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NOTRE VOIX NOTRE HISTOIRE

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La prochaine date limite :
Vendredi 29 octobre 2021

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Photo par Colette Mbariko

Becoming

Fiona Patterson
Contributor

A cold, slimy hand reached out from the damp earth and wrapped its bony fingers around her ankle. She tried to pull her foot away as she quickened her pace, but she felt the grip tighten, and she stumbled to regain her footing. Breathing heavily, she fought to get away, trying desperately to scream for help, but no sound came out. Voicebox dead. Vocal cords paralyzed. In the meantime, the owner of the hand had begun to dig and crawl its way out of its grave, clutching at earth and stones with one hand while gripping her ankle with the other, pulling her down toward it.

A head emerged. A skull, more like. With rotten shreds of flesh and clumps of hanging hair. Eye sockets holding hollow eyes, fixed upon her head. A gumless, toothy, gaping mouth.

Her heart was pounding so loud that she could hear it in her ears. She tried again to break free, but this time two cold, slimy hands gripped her ankle as the body pulled itself out of the ground. Pain coursed through her calf, stark and blinding, as it sunk its teeth into her flesh. She screamed for help, and this time sound managed to escape. Adrenaline rushed through her, and she yanked herself free, and hobbled away as best she could, dragging her maimed leg.

She made her way into a thicket and hid. Her leg throbbed, burned, ached, and itched all at once. A feverish feeling began to overtake her. Inside her mind, thoughts swirling, she racked her brain trying to decide what to do. The wound was losing blood fast. She shivered, shook, sweated. It felt like death. It probably was death.

Slowly, a chilling sensation began to emanate from her leg, slowly sweeping

throughout her whole body like antifreeze running through the pipes for the first time. Within moments, her body had become cold, ice. She felt her heart slowing, her limbs becoming heavy. And her thoughts slowed too. Her thoughts now came one at a time, the spaces between them becoming longer and longer, as she fought to maintain sentience. Like a train slowing as it comes into the station.

And then they stopped, the thoughts. For a moment, there was nothing. Peace, at last. She no longer felt pain, heat, or cold. It was as if the world had gone into darkness and nothingness, but she could still see, somehow.

And then something clicked inside her head, like a radio dial being turned to the right station.

A different frequency.

Now there was only one thought, one need, one desire—
Brains.

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A propos de nous

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.

Opinions published in Pro Tem are those of the individual writers, and do not reflect the views of the publication as a whole. We will not print copy deemed racist, sexist, homophobic, or otherwise oppressive.

Les lettres adressées au journal peuvent être éditées au niveau de la clarté ou de

contenu. All copy appearing in Pro Tem is at the discretion of the editorial team.

Feel free to respond to what you read in the pages of Pro Tem! / N'hésitez pas à réagir à ce que vous avez lu dans Pro Tem!

To see past editions of Pro Tem, please visit our website: www.protemglendon.com.

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

Bonjour, Glendon!

Happy Halloween ! We brought back our spooky, spectacular Halloween issue this year! Please enjoy all our Halloween and fall-themed articles, along with a new Halloween-design to Pro Tem, thanks to our layout designer! Halloween était un peu différent l'année dernière en raison de la pandémie, nous espérons donc pouvoir vous apporter un peu de normalité cette année.

This issue, you'll find exclusively Halloween content, from a delicious pumpkin cheesecake recipe, amazing Halloween movie suggestions, and cool places in the city you can visit for cozy fall photos! My favourite is the chilling short story "Becoming," which brings a whole new meaning to the walking dead! La semaine dernière, c'était aussi notre premier giveaway ! Tout s'est très bien passé et nous remercions tous ceux qui y ont participé. Pro Tem a hâte d'organiser d'autres giveaways comme celui-ci à l'avenir, alors gardez les yeux ouverts pour les futurs événements sur notre compte Instagram [@protemglendon](https://www.instagram.com/protemglendon).

Our next contributor deadline is also this Friday, October 29! Don't forget to send in your articles, recipes, poems, short stories, or editorials to editor@protemglendon.com!

À la prochaine fois,

Brianna Carrasco
Editor in Chief



Envoyez vos contributions à
editor@protemglendon.com

UPSA's Fall Meet the Profs Event

The UPSA team

The Undergraduate Psychology Student Association (UPSA) hosted the first Meet the Profs event of the year on October 26, from 6:00-8:00 PM EDT! The Meet the Profs event is one of the many initiatives undertaken by UPSA to promote student success and effective networking among the undergraduate student community and psychology faculty members. UPSA hopes to provide an enticing opportunity for stu-

dents to access valuable academic information and to receive guidance by facilitating their conversations with experienced researchers and faculty members.

The event began with UPSA providing a short overview of the club and going over the event outline for the night. Following the introduction, the facilitators introduced the professors and briefly went over their areas of interest and experience. Throughout the event, chat monitors shared necessary links and answered questions accordingly.

Afterwards, the participants were divided into breakout rooms with one to two facilitators and one professor in each room. Students had the opportunity to ask questions while they are in the breakout rooms.

Each breakout room discussion ended after 20 minutes with the professors being rotated into other rooms so that students had the opportunity to meet all the professors. Once the rotation in all the breakout rooms finished, everyone was returned to the main room around 7:50 PM. Once everyone is back in the main room, students had the opportunity to ask questions or provide their feedback. UPSA thanked the participants and the professors before ending the event.

The following professors attended the event: Dr. C Ward Struthers, Dr. Maxwell Barranti, Dr. Esther R Greenglass, and Dr. Raymond Mar.

Dr. Struthers is a professor of social psychology within the Department of Psychology at York University where he has worked since 1996. He teaches a range of undergraduate and graduate research methods and social psychology courses. His general area of interest focuses on social motivation which is the scientific study of how we evaluate and judge ourselves and others and then use those evaluations and judgements to guide our social interactions. He uses a broad range of theories and research methods from social, personality, and evolutionary psychology to understand how individuals negotiate and repair their relationships following interpersonal transgressions. His research is primarily focused on answering questions associated with how, why, and when intrapersonal

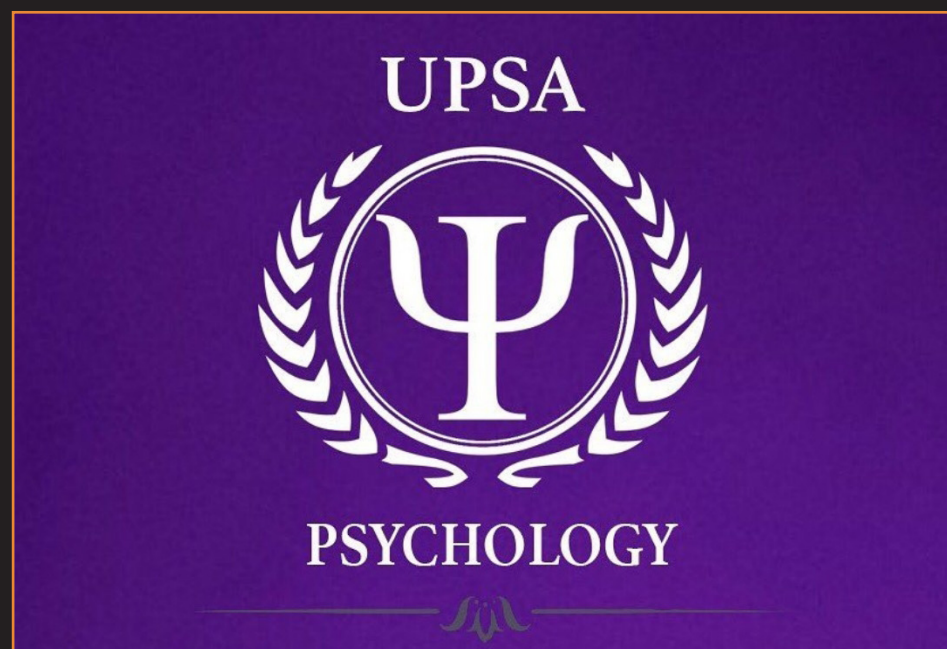
and interpersonal factors associated with victims and transgressors influence their respective post-transgression responses such as seeking revenge, harboring grudges, forgiving, and apologizing.

Dr. Barranti teaches courses on personality psychology, statistics, and research methods. He is passionate about teaching the foundations of modern personality science. In his research, he focuses on self- and other-perceptions of personality, accuracy, and self-knowledge.

Dr. Greenglass is professor of psychology at York University. She has published widely in the area of stress and coping and given many papers and invited addresses at several psychology conferences in many different countries. She and her students are presently studying the psychological effects of COVID-19 and her research has received support from the Faculty of Health at York University

Dr. Mar is the Faculty Representative of UPSA. He is also a psychology professor whose lab examines how imagined experiences (e.g., reading books, watching Netflix) impact real-world thoughts, feelings, and behaviours. You can find out more about the lab at yorku.ca/mar/.

Thank you for all who came out to the event! You can find more information on the Undergraduate Psychology Student Association on our Instagram account @upsayorku!



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All About York's Women in White Coats' Fall Events

Women in White Coats team

Women in White Coats is York University's first female-led organization designed to bring together female-identifying students pursuing careers in science and health fields. The "white coat" career category includes various careers spanning from clinical research to veterinary sciences. Our community-based goal is to foster relationships between students, provide a support system, and build candid relationships. We encourage diversity and inclusion and aim to foster passion and inspiration during our members' journey towards a bright future. We are presently running a high school mentorship program, Girls STEMpowered, in which we run mentorship-style seminars that empower and prepare young women for pursuing a degree in STEM. We share valuable advice, knowledge of the university STEM experience, and aim to inspire the future of female science- and health-leaders.

Club members have access to resources for professional schools, self-care activities, volunteer opportunities, and mental health and academic resources through our website at <https://www.yorku.ca/club/womeninwhitecoats/>.

Each month, we host a minimum of 3 club-wide events. One is designed for members to network with and learn from established female professionals in the health and science industries. In the past two months, we have had an Introduction to LinkedIn Workshop run by Jennifer Mavor and a Journey to the White Coat Q&A Panel by Dr. Andrea Tricco, an epidemiological researcher with a focus on knowledge synthesis science at St. Michael's in Toronto. Other monthly events are community-based and are great ways to destress and virtually connect with other women in STEM at York. Make sure to stop by for our virtual Coffee House drop-in events to chat and connect, and we host regular Study Sessions around midterms and finals. We also have an upcoming Halloween murder mystery night!

We would love to see you guys at our events, they are open to all! If you are interested in becoming involved make sure to check us out on our Instagram @yorku_wiwc or email us at yorku.womeninwhitecoats@gmail.com!



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Comment faire une couronne d'automne

Rejean Ghanem
French Journalist

J'ai fait cette couronne automnale très facile à fabriquer à un prix abordable de seulement 15 dollars. J'ai acheté la plupart de mes fournitures au magasin Dollarama, mais celui de Michaels propose actuellement des soldes sur ces articles d'automne. Je vous suggère d'y jeter un coup d'œil aussi.

Il vous faut :

- Couronne nue du magasin Michaels
- Fausses feuilles d'automne : fleurs et verdure
- Petites fausses citrouilles ou pommes de pin
- Pistolet à colle chaude ou colle forte (optionnel)

Des astuces auxquelles vous pourriez faire recours :

- Choisissez un schéma de couleurs.
- Séparez votre floral uniformément. Ne mettez pas trop d'un article dans une zone — la variété crée un bel équilibre.
- Apportez la couronne à l'intérieur s'il y a du vent, mais vous n'avez pas besoin de la coller.

Mode de préparation :

C'est assez facile. Collez simplement le floral sur la couronne. La majorité des petites citrouilles et des pommes de pin que j'ai achetées avaient des tiges. Elles restaient donc simplement à la coller à l'intérieur. Très simple !



Photo par Rejean Ghanem

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NOTRE VOIX — NOTRE HISTOIRE

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YORK U

3 Psychological Horror Movies That Will Send A Shiver Down Your Spine

Colette Mbariko
Contributor

Glendon Students! The time is finally here; it's Halloween! There are many reasons to love this special holiday, including the decorations, the costumes, and the beautiful fall atmosphere. Even though I enjoy all those things, the one reason why Halloween holds a special place in my heart has to be THE HORROR FILMS! Fear is a natural part of life, and Halloween gives us a chance to indulge in those emotions, making it a little more entertaining. For as long as I can remember, I have been a huge cinephile. Movies have become a part of my identity. Yet, as a psychology major, I have always been drawn to psychological horror. It is one thing to watch an "in your face" scary movie with the stereotypical gore and pop-ups, but there is something criminally underrated about movies that subconsciously play mind games with you, forcing you to think about what you are observing. Obviously, horror films can be enjoyed at any time of the year, but as the green leaves start to brown and the air

grows colder, it has always been a tradition of mine to seek out my favourite scary movies, and truly embody the spirit and energy of Halloween. So, my fellow students, here are my top three psychological horror films that will surely keep you thinking about them for days after.

Trigger warnings: These films include some frightening scenes (i.e: blood, violence, etc), so please view these movies at your own discretion.

1. *Climax* (2019): Directed by Gaspar Noé, this French film holds the first spot on my list, and for good reason; it is absolute chaos! The story follows a dance troupe on a cold winter night during a rehearsal in the basement of an abandoned building. Their spirits are high and these youthful friends decide to revel in the festive atmosphere. Unfortunately for them, the night goes horribly wrong. As time passes, we watch these gifted dancers descend into utter bedlam and turmoil as they struggle to get through their unexpected doom. Gaspar Noé is no stranger to dark themes in his movies and is certainly no stranger to controversy; his notorious 2002 film *Irreversible* was banned in Australia for its graphic depiction of violence and assault. Despite the troubling story of this film, the cinematography and raw talent in this movie are absolutely breathtaking; the dancers in this movie are professionally trained, and most of them have never acted before. The movie forces viewers to pay attention to detail while the ending still leaves you with

unanswered questions. Worth the watch!

2. *Jacob's Ladder* (1990): It was definitely a hard decision to put this film in second place because it is truly such a genius piece of work. This movie follows the story of an ex-soldier, Jacob Singer, who had previously fought in the devastating Vietnam War. Due to gruesome experiences during his deployment, Jacob suffers from intense PTSD-induced visions and hallucinations. In this extremely accurate depiction of mental health, we watch Jacob slowly slip away from his reality as his condition continues to deteriorate. It is up to him to regain his sense of sanity and distinguish between reality and fantasy. The only crime made against this movie is the fact that its release did not do well in theatres. Luckily, in recent years, it has justifiably gained the attention it deserves, receiving praise for its realistic portrayal of PTSD in veterans.

3. *When A Stranger Calls* (1979): Our last film on the list, this movie made me absolutely terrified of taking babysitting jobs. The story follows Jill Johnson, a young woman babysitting a wealthy doctor's children for the night. When the children are finally put to bed, Jill receives a call from an unknown man with a very gruff voice asking, "Have you checked the children?" She initially dismisses the call, believing that it to be a harmless practical joke. Unfortunately for Jill, the mysterious man is not playing any games. This movie was remade twice, once in 1993, and again



Photo par Clipart World

in 2003. Fans of this movie will fiercely argue that the 1979 version is the best. This is certainly the ideal movie to watch when you are cooped up at home and in a mood for something scary.

Happy Halloween, everyone! Stay safe and stay spooky!

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20-Something Book Club: Critique de Mexican Gothic de Silvia Moreno-Garcia

Brianna Carrasco
Editor in Chief

Dans le premier numéro de l'année scolaire, j'ai écrit sur le 20-Something Book Club, un club de lecture que j'ai créé où les membres lisent des livres sur les jeunes de "20-something" ! Le livre effrayant du mois d'octobre était Mexican Gothic de Silvia Moreno-Garcia. Étant donné que le 15 septembre au 15 octobre est également Latinx Heritage Month, un mois pour célébrer la vie et les créations des individus latino-américains, c'était génial de combiner la saison effrayante et Latinx Heritage Month en lisant cette histoire - cela n'a vraiment pas déçu !

Mexican Gothic suit Noemi, une jeune fille d'une vingtaine d'années vivant dans le Mexique des années 1950 et dont le père l'envoie surveiller sa cousine, Catalina. Catalina - qui vient juste de se marier et vit dans une petite ville dans les montagnes - a envoyé des lettres étranges et incohérentes suggérant que son nouveau mari essaie de l'assassiner, et le père de Noemi veut qu'elle voie si Catalina a vrai-

ment des ennuis - ou si elle a besoin de soins psychiatriques.

Nous voyons Noemi entrer dans High Place, la maison où vivent Catalina et la famille anglaise de son mari - et absolument rien n'est normal dans la maison. La description étrange de la maison pourrie et des champignons infestant les espaces de vie donne la chair de poule. Les étranges servantes et femmes de ménage, le nouveau mari effrayant de Catalina et la matriarche vieillissante qui croit en l'eugénisme vous feront crier à Noemi de rentrer chez elle et de ne jamais regarder en arrière.

Le livre était presque parfait. Noemi est une héroïne fantastique, qui ne recule jamais devant un défi et se consacre à sauver son cousin qu'elle aime beaucoup. Les descriptions atmosphériques de High Place et de ses habitants étaient parfaites pour la saison d'Halloween. De plus, c'était génial de voir une approche mexicaine du genre gothique - littéralement gothique mexicain !

Cependant, la fin aurait pu être un peu plus longue pour une meilleure conclusion de l'histoire et les éléments surnaturels étaient parfois un peu trop incroyables pour moi - je préfère de loin une histoire avec des maux humains aux surnaturels. Sinon, je recommanderais ce livre à tout le monde ! Cependant, si l'histoire vous intéresse, assurez-vous d'être au courant des avertissements de déclenchement au préalable, car Noemi fait face à de nombreuses situations horribles lorsqu'elle est à High Place - vous pouvez trouver les déclencheurs en les recherchant en ligne !



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Halloween TV Specials: Binge or Cringe?

Michael Aquilino
English Journalist

Not limited to just Halloween, many TV shows have aired episodes celebrating the holidays, be that Christmas, Thanksgiving, St. Patrick's Day, and many more. Critically acclaimed series, *Seinfeld* (1989-1998), even created their own anti-consumerism holiday "Festivus" episode. Personally, when watching a show, I tend to skip over the holiday episode reruns, watching them instead during the holiday in question; watching Christmas episodes in April just doesn't feel right.

Are these episodes even worth watching during the holiday season? For the love and spirit of whichever season it may be, I say yes! These episodes may be corny at times, and more often than not repetitive, but I find that they hold a certain value, one that regular episodes may not hold. Every holiday, no matter which one it is, or who is celebrating it, is significant in one form or another. After all, if they didn't exist, there would be no real point in celebrating them.

However, a problem arises when Halloween is taken into account. What is the real significance of Halloween? When you are young, Halloween is a time to be with your friends and family, dressed up in your favourite costumes, munching on all of your favourite treats. That said, as you get older, the joys of Halloween are not as applicable to you. You may now want to stay in on Halloween, perhaps still eating some treats, and cozy up to a scary movie, or a Halloween TV special! The adult-oriented, spooky sitcom specials remind us of how great Halloween really is, and that you are never too old to experience the wonders and mystery coupled with every thirty-first day of October. This is why these specials are so important, and so much fun to watch.

In these episodes, we get to see our favourite characters branch out of their comfort zones, wearing memorable costumes (I'm talking about you, Ross Geller!), and taking part in holiday festivities. These specials are just that: special. They often do not align with the rest of the series and present roughly 20 minutes of laughs and excitement. Some of my favourite Halloween specials and recommendations include: *How I Met Your Mother*, "The Slutty



Pumpkin Returns" (season 7, episode. 8); *Friends*, "The One With the Halloween Party" (season 8, episode. 6); *Brooklyn 99*, "Halloween" (season 1, episode. 6); and *That 70s Show*, "Too Old to Trick or Treat, too Young to Die" (season 3, episode. 4).

In answer to the article's title, I would definitely encourage everyone to

binge! Even if you would only like to watch one or two episodes, I urge Glendonites to rediscover the holiday of which we used to hold so dearly, by celebrating it in new-found ways! And not to worry if my episode recommendations don't quite suit your tastes; nearly every TV show, including your favourites, has released a Halloween

special! If you find yourself with some free time this Halloween, sign into Netflix, Hulu, or Amazon Prime, and don't forget the candy! Happy Halloween!

HALLOWEEN HAUNTED CAMPUS

VIRTUAL EVENT October 28, 2021
4:00 pm EST

IN-PERSON EVENT October 29, 2021
3pm-6:30pm EST

To register visit the **York International Calendar**

Une journée d'automne à Unionville

Brianna Carrasco
Editor in Chief

Quand j'étais dans ma phase de lycée de Gilmore Girls (qui n'a jamais vraiment pris fin), j'ai appris que l'épisode pilote de Gilmore Girls avait été tourné dans le quartier Unionville à Markham. Pour réaliser mon fantasme automnal de Gilmore Girls, ma mère et moi avons décidé de nous rendre à Unionville pour découvrir les monuments emblématiques. Effectivement, le célèbre Luke's Diner est un magasin de vêtements fermé à Unionville, et un kiosque sur lequel est assis Rory Gilmore dans la première émission.

Ma mère et moi y retournons parfois par an pour prendre le déjeuner et pour faire une petite promenade. Il n'y a rien de plus automnal qu'Unionville au mois d'octobre, alors voici un guide touristique destiné aux visiteurs de quelques heures à Unionville!

Votre premier arrêt sera au Unionville Arms Pub situé au centre de la rue Main. Le restaurant décontracté est mon lieu de prédilection pour la nourriture à Unionville. Que ce soit quelque chose de classique comme des frites et des ailes ou quelque chose de plus chaleureux comme la soupe à l'oignon ou comme un plat à part unique comme une salade de thon Ahi, le Unionville Arms Pub ne risque pas de nuire. Leur nourriture est délicieuse, mais particulièrement savoureuse!

Après le déjeuner, je m'arrête toujours au H Café, un magasin de desserts japonais sur la rue Main. À quelques pas de là, le café — qui était autrefois celui Uncle Tetsu — vend des gâteaux au fromage japonais moelleux, à la crème glacée au matcha, à des madeleines aux haricots rouges et à un grand assortiment de thé aux perles. C'est généralement là que je croque des bonbons que je rapporte chez moi. Cette fois-ci, j'ai sauté le gâteau au fromage japonais (que je dévorerais, à tout le moins, en 60 secondes maximum) et j'ai opté pour une glace au matcha pour profiter de la journée ensoleillée et automnale que nous avons passée.

Après cela, ma mère et moi nous sommes promenées dans la rue Main d'Unionville. La promenade est assez courte et rien ne change beaucoup chaque année, mais c'était merveilleux d'en profiter de l'air automnal et de voir les sites habituels : la gare historique rouge vif d'Unionville, la boutique Flowers by CC aussi jolie que pittoresque qui vendait des mini plantes String of Turtles et les plantes Hoya kerrii en forme de cœur. Même les magasins sont super adorables, depuis un magasin de poterie à créer soi-même jusqu'à divers magasins de crème glacée et de thé aux perles. Les maisons ressemblent également à un fantasme de « cottagecore », toutes décorées de citrouilles et de décorations d'Halloween. Cela représente un endroit où vous voudriez prendre votre retraite!

Enfin, ma mère et moi avons fait notre randonnée jusqu'à Toogood Pond, un petit plan d'eau à cinq minutes à pied de la rue Main. Je recommande fortement Toogood Pond si vous cherchez une courte escapade de la ville. L'étang peut être par-



Photo par Brianna Carrasco

couru en quelques minutes, mais ça vaut le coup! Ce n'est généralement pas très fréquenté, ce qui vous permet de vous arrêter sur le sentier et d'observer la faune dans l'eau. Nous avons aperçu une loutre plongeant dans l'eau, une tortue prenant un bain de soleil sur un rocher et un héron bleu secouant la tête dans et hors de

l'étang. Les feuilles colorées étaient fascinantes et faisaient de superbes photos.

J'espère que vous aurez la chance d'explorer Unionville à l'automne! Même si vous ne pouvez pas aller cet automne, Unionville pendant la période de Noël est toujours un délice et elle ne déçoit jamais non plus en été!

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Best Places in Toronto for Fall Pictures

Rejean Ghanem
French Journalist

Now that shops and restaurants are open and are almost in full swing again, many have become inspired to take more photos, not just for social media, but for memories' sake. During the pandemic, I realized I had not taken many photos of the exciting things I did, providing me with nothing solid to look back on. Now, it has become my new mantra to capture almost everything - because who knows when we could lose the opportunity again! In the spirit of taking more pictures and capturing memories, I have compiled a list of places to take beautiful photos this fall. Whether your aesthetic is nature, high fashion, or something moodier, I have listed all the best places for you. Happy photo-taking!

1. Trinity Bellwoods Park: You can get the CN Tower in the background with the beautiful fall trees. This backdrop per-

fectly captures the fall colours and provides a personal touch, with the CN Tower representing Glendon's city. The perfect mix of nature and city life!

2. Rouge Park: Perhaps one of the most stunning parks in Toronto, you can capture nature while fall is at its peak. The oranges, yellows, and reds in the park are the perfect pop of colour for any photo and give off such a tranquil vibe.

3. Casa Loma: If you want gorgeous fairytale photos, Casa Loma is the place to go. Pro tip: lower your exposure and up your contrast to capture a darker mood.

4. Front Street: Okay, I know this is a super basic suggestion, but if you want to achieve those high fashion-type Instagram photos with a super chic "model off-duty" vibe - this is your place. You will have to be creative; walk around, and you will find plenty of coffee shops, fountains, and up-scale buildings to take your photos.

5. Dineen Coffee: Want to channel the busy-student-studying-in-a-cute-fit look? Grab your mug and caffeinated beverage of choice for the camera at Dineen, a classy boutique café in downtown Toronto. Make sure to show up right at opening hours, as seats fill up quickly.



Photo par Brianna Carrasco

Health and Wellness

Best New Age Shops in the GTA

Brianna Carrasco
Editor in Chief

I've been collecting crystals for some time now. I carry them around with me in a little baggie containing amazonite for better communication, rose quartz to make sure that I'm always surrounded by love, and howlite to keep me calm and anxiety-free. While I'm not necessarily sure if these gemstones "work" on their own, I keep them with me as an emblem of good luck. While using crystals should never be used as a replacement for real medical attention or mental health treatment, they can be used to give you a little boost of confidence during a difficult presentation or some luck during a job interview. Here is a list of five new age stores and crystal shops in Toronto and the GTA to get your fix of crystals and other witchy objects! All of these stores are open for online orders as well.

The Rock Store: On Harbord Street between Spadina and Bathurst is

The (literal) Rock Store. It's probably the largest metaphysical supply store I've been in, with a long table filled with any type of crystal you can think of, surrounded by tarot decks and new age informational books. Whether you're looking for tumbled stone, raw crystals, or crystals in any type of jewelry that you can think of, you'll definitely find what you need!

Odyssey Books: You can find this in the beautiful 15th-century Tudor buildings of Pickering Village, taking you back in time while you shop for your crystals. The store actually takes up two store spaces with two different entrances. Not only does this shop carry a handful of different crystals, but it also carries various good luck charms and herbs that you can carry with you or even add to a witchy full moon bath!

Crystal Bliss: Crystal Bliss in Whitby is a renowned metaphysical supply store with a large Instagram following. If you live too far from Durham Region to stop by, you can check their Instagram stories as they sell their newest products on their social media platform daily. Crystal Bliss allows customers to create their own bracelets with personally chosen crystals to fit their needs. They also offer a variety of crystals

in carefully carved shapes, from skulls to half-moons to hearts!

Sacred Quest: Just down the road from Crystal Bliss, located in a purple house, Sacred Quest is Crystal Bliss' less expensive and homier cousin. The employees are some of the friendliest people I've ever met, and the store is jam-packed with crystals and useful guides on how to use them.

The Witch's Fix: A bit farther away from Toronto, Hamilton's The Witch's Fix doesn't only sell crystals and tarot decks, but stickers, journals, and wall decor. Their website also has downloadable worksheets to learn more about new moon and full moon rituals, crystals, tarot spreads, and other fun witchy activities! Thankfully, if you live too far away, the store offers free shipping.

I hope that this list inspires you to check out your nearest new age shop! Whether you believe in the benefits of crystals or not, these shops offer natural tools such as bath herbs or essential oils to help with the treatment of common ailments like headaches or mild anxiety. Enjoy your new crystals!



NOTRE VOIX
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Lecture de tarot pour le collectif: general outlook for this month

Abigail Gillen
Bilingual Journalist

Cinq de bâton : Le cinq de bâton représente la compétition, le conflit ou la rivalité. En ce qui concerne le mois à venir, il peut représenter un problème de communication : une situation dans laquelle un individu ignore autrui. Si tout le monde se bat pour se faire entendre, mais ne prend pas le temps d'écouter — le conflit peut mener à un malentendu et à un sentiment d'isolement. Bien que ce ne soit pas la carte la plus prometteuse à obtenir, ne vous inquiétez pas, car beaucoup de conflits auxquels vous faites face ce mois-ci pourront probablement être résolus en amorçant la communication et en laissant chacun exprimer ces commentaires, voire ces soucis.

The Lovers: The Lovers card represents partnership, union, duality, and choice. While it could represent new love or deeper romantic connections for this upcoming month, it may also signify a choice to be made between two things that are opposing. If it is the latter, be sure to think about it carefully and make the decision that is best for you. The Lovers could also signify harmony between two characteristics of one's personality, such as yin and yang. You may find that this month you feel more balanced or aligned with what you want and what you're able to get done.

Neuf de denier : Le neuf de denier représente les fruits de travail, l'indépendance et les récompenses. À force de travailler, vous avez peut-être atteint un point où vous vous sentez autonome et indépendant. Après avoir surmonté les obstacles au passé, vous pouvez maintenant profiter du sentiment de joie, de sécurité et de confort matériel que vous avez pu obtenir en cours de route. En connaissant les difficultés du passé, prenez le temps d'en profiter de chaque belle journée.

The Chariot: This month you might need to really start putting in the work, or continue to do so, to reach your goals. You're getting there! The Chariot represents direction, control, and willpower. It could signify overcoming a conflict or challenge and moving forward in the right direction. If you feel as if you've been working hard with little progress, take this as a sign of encouragement because The Char-



iot is a good omen letting you know it will pay off.

La tour inversée : La tour inversée peut signifier un désastre évité, un retard du désastre ou la crainte de la souffrance. Rappelez-vous que ces ruptures peuvent être bénéfiques pour briser votre dépendance à quelque chose qui vous retient en fait. La tour est construite sur une base précaire, et elle doit tomber. Si la destruction peut être douloureuse, l'humilité peut vous apporter la paix ou une leçon précieuse en conséquence. Qu'est-ce que vous craignez? Qu'essayez-vous d'éviter? Et qu'est-ce que vous pourriez en tirer?

Five of Pentacles: The Five of Pentacles is a less favourable card than the previous two. It could suggest a time of hardship or insecurity. It could also mean that you might lose something significant, so keep yourself organized and check that you're not forgetting anything. The Five of Pentacles could be a reminder to sort out your finances as well. Make sure that you do not forget to pay off your credit card or any other bills that you might have coming up. If you're experiencing bad luck or more issues than usual this coming month, this card also signifies that there is help available if you choose to acknowledge and accept it.

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WOOD RESIDENCE

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Barres de gâteau au fromage à la citrouille

Rejean Ghanem
French Journalist

C'est l'heure des gâteries automnales ! Ces barres de gâteau au fromage à la citrouille peuvent être préparées en 20 minutes. Des mesures qu'il vous faut :

- 3 tasses de chapelure de biscuits Graham
- 6 cuillères à soupe de sucre cristallisé
- 10 cuillères à soupe de beurre fondu
- 1 boîte (15 oz) de purée de citrouille (pas de mélange pour la tarte à la citrouille)
- 3/4 tasse de crème épaisse
- 2 gros œufs
- 3/4 tasse de sucre granulé
- 1 cuillère à café d'extrait de vanille
- 2 cuillères à café d'épices pour tarte à la citrouille
- 8 oz de fromage à la crème, ramolli
- 1 œuf large
- 1 jaune d'œuf
- 1/2 tasse de sucre granulé
- 1 cuillère à café d'extrait de vanille

Il y aura trois parties à préparer :

1. Croûte de biscuits Graham : Miettes de biscuits Graham, sucre en poudre, beurre fondu.
2. Couche de citrouille : Citrouille en conserve (citrouille pure - pas de mélange pour la tarte à la citrouille), crème épaisse, des œufs, sucre en poudre, extrait de vanille, épices pour la tarte à la citrouille.
3. Tourbillon de gâteau au fromage : Fromage frais, œuf (et le jaune d'œuf, ce qui peut être une préparation supplémentaire), sucre en poudre, extrait de vanille.

Mode de préparation :

1. Mélangez les biscuits Graham, le sucre et le beurre. Huilez votre poêle. Le moule doit ressembler à un moule de brownies. Placez le

mélange dans le moule et pressez-le avec une tasse. Cuisez-le au four à 350 o C pendant 10 minutes.

2. Pendant la cuisson, mélangez tous les ingrédients de votre gâteau au fromage dans le mélange. Assurez-vous que votre fromage à la crème est doux. Prenez une spatule et grattez tout le mélange qui est collé contre le bol. Assurez-vous qu'il n'y a pas de grumeaux. Ensuite, dans un autre bol, mélangez les ingrédients de la garniture de citrouille.
3. À ce stade, le fond de votre biscuit Graham est cuit. Retirez-le du four et versez le mélange du gâteau au fromage en dessus.

4. Enfin, avec une cuillère, déposez le mélange de citrouille sur le mélange du gâteau au fromage et faites-le tourbillonner avec une fourchette ou un cure-dent. Enfourez-le à 350 o C pendant 37 minutes puis mettez-le au réfrigérateur pendant 2 heures.



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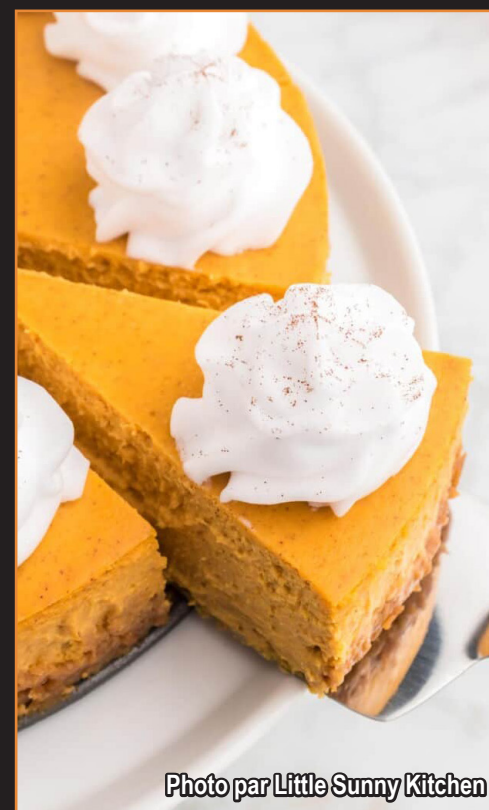


Photo par Little Sunny Kitchen

Bureau des
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Arts créatifs
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Avec Emma JM. Ates

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Halloween Around The World

Rejean Ghanem
French Journalist

While adults dress up and children go trick-or-treating in countries like Canada and the United States, other countries celebrate Halloween in their own unique way. It is important to remember that most countries do not celebrate Halloween, but may observe similar practices around the same time of the year. Let's check out Halloween around the world!

1. Ireland/Scotland. It makes sense to begin our list with Ireland since it is commonly believed to be the original birthplace of Halloween. Thousands of years ago, the Celts performed pagan and Celtic traditions during Samhain. Samhain marks the end of harvest season during the last week of October. Many occult practices originate from Celtic traditions. During Samhain, the Celts enjoy bonfires and play games. The Irish and Scottish continue this tradition today!

2. Mexico. On November 1st and 2nd, Mexico and parts of Latin America celebrate Día de los Muertos (Day of the Dead) to honour ancestors and family members who have passed away. It is claimed that on October 31st, the gates of heaven open and the souls of loved ones reunite with their family members for 24 hours.

3. Italy. All Saints' Day is observed in Italy, especially by religious Italian people. On this day, the day after Halloween, families place chrysanthemums on the graves of their loved ones and leave a red candle by their window during sunset to welcome in the spirits of their ancestors.

4. The Philippines. Pangangaluluwa is a Tagalog tradition, mostly observed in the provinces, where people go door-to-door at night singing songs, in exchange for alms and prayers for souls still in purgatory. This is not exactly "Halloween," but instead, All Saints' Day. This practice comes from the Christian belief that we become souls after death, and if we are not accepted into heaven, we remain in purgatory for a lengthy period of time.



I'm Giving Apples to Trick-or-Treaters This Year: Here's Why I Don't Feel Bad

Ameer Shash
Contributor

Leaves rustle and spiral in a tornado-like motion as the wind howls on a Toronto suburban street corner. It is the day that many children have been waiting for all year: Halloween. For many parents, however, Halloween is merely one long trek down neighbours' winding driveways and a prelude to expensive dental appointments. Indeed, it's time that we made Halloween healthier — after all, for some trick-or-treaters, the Halloween hunt for candy constitutes serious exercise after a long year indoors. Why not make healthy eating a part of the fun, too?

After their excursion for sweets, children head home with their "prizes," many touting bags filled with a variety of candy and chocolate bars. Hopefully, they'll

eat it at home, after their parents have both inspected their candy for maliciously-placed objects and sanitized the wrappers to remove possible traces of COVID-19.

By and large, Halloween this year has the potential to be relatively safe and healthy; at least trick-or-treaters will be protecting themselves with medical-grade Halloween masks, right? But in my opinion, the chocolate and candy have got to go. That's right: I'm one of the bad apples that will be giving out good, nutritious apples for trick-or-treaters this year. Here's why.

First off, why should we encourage kids to continue to live a sedentary lifestyle, fueled by junk food? For nearly two years, millions of people have been glued to their computers, desks, and beds. This leads me to another reason why I'm giving apples to trick-or-treaters; as the old adage says: "An apple a day keeps the doctor away." Doctors want their patients to live healthy lives (and would prefer not to see you during a pandemic), so hold off on collecting candy. Instead, support local Ontario farmers by purchasing and eating locally-grown apples. Our economy has been hard-hit by the pandemic, but why let yourself be hard-hit by unhealthy choices?



What Halloween sweet treat are you?

- Pick your favourite fall activity.
 - Going all out with your spooky decorations and carving the best jack-o'-lantern on the block
 - Going to the apple orchard, then stuffing yourself with apple cider and apple pie
 - Eating hearty fall food, like soups and stews
 - Cozying up next to a rainy window with a good book and a steaming mug of tea
- What's your go-to fall drink?
 - Pumpkin Spice Latte
 - Apple Cider
 - Chai Latte
 - Iced Oat Milk Latte
- Which classic Halloween movie is a must-watch?
 - The Shining
 - Rosemary's Baby
 - Scream
 - Hocus Pocus
- How ready are you for Halloween?
 - I was born ready; I've had my costume picked out since last Halloween.
 - I haven't figured out my costume yet; any suggestions?
 - I'm reusing my costume from last year; do I really need more than a pointy hat?
 - I'm not; it's just another day of the week.
- What will you be dressing up as?
 - Chucky (Child's Play)
 - Saeyouk, No. 067 (Squid Game)
 - Glinda the Good Witch (The Wizard of Oz), which might translate to a glittery pointed hat
 - Probably using the excuse that they, "dressed up as themselves"
- Last question: how do you feel about candy corn?
 - An essential part of Halloween; how could you go without?
 - Controversial, but ultimately delicious
 - Not a fan, but if they're offering, I'll take it
 - No thanks, I'll stick to the tasty sweets instead



Results

If you got mostly As: you're Candy Corn! It's no secret; you've been waiting for this day all year. Halloween is your time to dress up and go all out, and there's no season you'd rather be living in. You're a true Halloween enthusiast, and you've probably got a spectacularly spooktastic bash planned for the weekend. The perfect way to round off the night? Some classic trick-or-treating, of course!

If you got mostly Bs: you're a Pumpkin Lighthouse Cookie! You're a seasonal fan; Halloween isn't a blip on your radar, until September rolls around. Then, you're Michael from The Office trying to evacuate everyone during the fire drill, and suddenly Party City is seeing you more often than they would like. Eventually, though, you pull something together, and look fabulous on the day of. No one needs to know the process; the important part is that you got there in the end!

If you got mostly Cs: you're Reese's Peanut Butter Cups! Let's be honest; you might like Halloween, but your main motivation is the treat part of trick-or-treat. Laidback and fun-oriented, you probably went out with friends in high school on Halloween to see what kinds of treats your neighbours were handing out. You're the perennial trick-or-treater, but it's really not that serious.

If you got mostly Ds: you're Halloween-Themed Milk Chocolate! You're less than enthusiastic that Halloween's here. What's a holiday if you don't get a day off? The fact that you're eating chocolate with a festive wrapper doesn't change the fact that it's just plain chocolate. In fact, you'd rather eat these than the traditional Halloween candy, because it's more true to form.