

THE LINK

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The Orientation Issue p.39

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EDITORIAL: 40 YEARS OF HISTORY

For 40 Years, *The Link* Has Served Its Community and That's One Thing That Won't Ever Change

"With this premiere issue of *The Link*, the changing face of Concordia is reflected."

Those were the first words *The Link* printed at its inception, and, as we are embarking on our fortieth volume, they remain true.

Concordia has never ceased to change, and neither has *The Link*. Formed from the merger of two campuses newspapers, *The Georgian* and *Loyola News*, *The Link* has served as an advocacy publication, promoting marginalized voices at the forefront of our reporting since 1980.

Hundreds of talented journalists, photographers, and designers have walked through the doors of our office on the sixth floor of the Hall Building. They have shaped, and been shaped, by *The Link* before moving on to accomplish great things.

Three years ago, we made the decision to completely change the way we present ourselves to our community. As more and more people began to get their news online, we felt it necessary to adapt to that and in that way, our readership has also shaped us into what we are today: a monthly magazine and daily online publication.


Yet, through all this change, our fundamental values have remained the same. *The Link*'s mandate is to provide a learning space, and to serve our community by telling its stories. This year's masthead looks forward to continuing the tradition of

The Link's, and abiding by our mandate, starting with this first issue of 2019–2020. We hope our Orientation issue will help you situate yourself within Concordia and Montreal.

For plenty of people, both are new worlds, and even those who don't feel that way can always learn something new. Whether it's finding your place in the LGBTQ+ spaces of the city, learning how to find a helping hand at Concordia when money's tight, or simply wanting to know how to cheer on the Stingers or what bathrooms to avoid, we've got you covered with this one.

Things can be intimidating here for every one, from the person taking their first step into the Hall Building or the city, to someone that's spent their entire life living in Montreal. We hope this magazine is a tool you can look to for some help and to learn something new.

We can't promise it will always be easy, straightforward, or simple. But as our first editor-in-chief Doug Leslie wrote in the very first paper we published: "One thing it will never be is dull."

Forty years later, we promise to continue to follow the principles that have guided us since 1980. This anniversary will be one that shows just what *The Link* is about and we look forward to sharing it all with you. 



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Quebec's Ongoing Struggle With Secularism Laws

Everything You Need to Know About the Law Formerly Known as Bill 21

ERIKA MORRIS @THINGJPG



Amrith Kaur was celebrating her graduation from the University of Ottawa's education program on June 16. Having come to Quebec from England at four years old, Kaur was excited about being able to join the workforce. But, when she got home that evening and turned on the news, her dreams were dashed—Quebec's controversial Bill 21 had been passed into law.

The secularism law formerly known as Bill 21 bars people wearing religious symbols from working in education and the public

sector—like courts of law or public transit—in order to “keep the State secular.”

Kaur, a practicing Sikh who wears a turban, has accepted a teaching position in British Columbia, where she will be able to work without compromising this part of her identity.

“I was celebrating in the morning [of my graduation day] and when I got home it broke my heart,” she said. “Just because I’m an observant Sikh and wear a turban I need to leave my province.”

But, for many, this law came as no surprise. After all, Quebec’s premier Francois

Legault did campaign on the promise of secularism—along with immigration reforms, tightening laws on marijuana consumption, and a boost in public transit and infrastructure budgets.

As soon as discussions around Bill 21 began, it received strong backlash on the basis that it targets religious and ethnic minorities—especially women wearing the hijab. Protesters took to the streets for months, denouncing the secularism law as xenophobic and discriminatory.

The law also invoked the notwithstanding clause, effectively overriding sections of both

The secularism law formerly known as Bill 21 bars people wearing religious symbols from working in education and the public sector—like courts of law or public transit—in order to “keep the State secular.” Further, in its infancy, the bill didn’t precise what was considered a religious symbol and what measures would be put in place to enforce the law. Now, religious symbols are defined as “A religious symbol, within the meaning of this section, is any object, including clothing, a symbol, jewellery, an adornment, an accessory or headwear, that is worn in connection with a religious conviction or belief; or is reasonably considered as referring to a religious affiliation.”

Others were concerned by how this law would be enforced. At first, Public Security Minister Geneviève Guilbault said the police would enforce the law, but the CAQ quickly backtracked, and a last minute change to the bill gave the government the power to enforce the ban by imposing sanctions on institutions that don’t comply.

Along with the secularism law, the CAQ promised to reduce immigration levels by nearly 20 per cent, to “help better integrate immigrants to the [job] market, to the francophone majority and to our common values.”

Both these law projects were taken on by Minister for Immigration, Diversity and Inclusiveness Simon Jolin-Barrette. The provincial government stressed the need to pass the bill by June 16—when the National Assembly goes into recess—garnering criticism from the opposition, saying he spread himself too thin.

Jolin-Barrette was accused of not being available to answer questions on immigration reforms while focusing on the religious symbol ban, also deemed poorly developed by some members of the opposition and protesters.

He responded by saying, “There is only so much one person can do” and that, “You cannot criticize the fact that I’m working multiple hours on two important bills of the government.”

That answer was not good enough for several Members of the National

Assembly as they felt two very controversial bills that would alter the lives of minorities in Quebec would be passed too hastily and without enough consultation.

“I cannot imagine being in a commission on immigration and not having the minister there. It’s impossible to work in a democracy,” said Liberal immigration critic Dominique Anglade back in early June.

The National Assembly was also hit with a flurry of criticism saying they didn’t let those who would be directly affected by the ban to share their concerns. Protesters claimed that despite their efforts to be heard, they were shut out.

“I would say that with respect to any law it’s really important for the public to be able to participate in the democratic process, and that includes their ability to know what’s happening, to have a say in it, to make their voices heard in a variety of measures,” said Noa Mendelsohn Aviv, the director of the equality programme at Canadian Civil Liberties Association—one of the groups chal-



GRAPHIC SHEIDA
SHAMLOO

lenging the law in court

"This is all the more important when fundamental rights and freedoms are at stake and especially where a government has taken the exceptional measure of invoking the notwithstanding clause." As a pressure tactic, Montreal's Mayor Valerie Plante took a stance declaring the city of Montreal was strongly against the law project—though she said the city would still respect it—and the town of Hampstead said they would refuse to enforce it. Co-author of the Bouchard-Taylor Commission on reasonable accommodation Charles Taylor also said the CAQ's laws went too far. Outside of Quebec, Canada's Prime Minister Justin Trudeau also condemned the law proposal, and United Nations human rights experts expressed concern.

As the bill inched closer to becoming law, a rise in hateful acts against Muslim women was also recorded, from being spat on, to people trying to rip off their hijabs in public.

In May, a man was arrested following an altercation outside a mosque. When confronted about this, Legault and Jolin-Barrette denied any causation between Bill 21 and the rise in hate crimes, reiterating the law does not promote violence or discrimination.

Legault went as far as saying, "Islamophobia doesn't exist in Quebec," and he didn't believe the stories of Muslim women, even with 2017's mosque shooting in Quebec City still fresh in the province's memory. After the bill was passed into law, an Arab man was stabbed in a convenience store and a woman and her daughter were verbally harassed on the street for speaking Arabic.

But, Legault argues this secularism law will help avoid extremism. "If you don't do so, we saw madame Le Pen in France, we don't want this kind of extremism so I think if we want to avoid extremism we have to put in rules," he said.

Kaur said this rhetoric should be sounding alarm bells. "I think that's very scary if someone wants to toss a bone to someone who is racist or a white

supremacist," she said. "You don't toss a bone to anyone who is promoting hate, you're supposed to nip that."

She stressed that by interacting with people who are different from us we become more cultured and cognisant of how people are different, and taking that away will only prevent people from asking questions and understanding that those wearing religious symbols are normal people, too. "If you completely take away those things, let's say someone from Quebec goes somewhere very multicultural like Toronto, they're gonna be in such shock," she said. "What you're doing is creating a society of close-minded people. And people who are racist need to be told that their feelings aren't right, you shouldn't be pandering toward them."

Concordia translation student Jassmine Yassine argued even if she were to remove her hijab, she could still be targeted by racists and xenophobes because of the colour of her skin and the way she speaks.

The Legitimacy of the Secularism Law

Bill 21 passed into law with the use of closure, effectively ending all discussions, even though critics accused the government of not hearing the voices of those who would be affected by this law. Others were worried aspects of the law were still too vague.

"The vast majority of Quebecers want this ban," Legault said repeatedly. "Even today I heard some liberals say there needs to be more nationalists and I think it's time we listen to Quebecers."

But, Université de Montreal law professor Frédéric Bérard challenged that idea: the CAQ won with 38 per cent of the popular vote—though a *La Presse* poll in June showed that 46 per cent of Quebecers would vote for them now.

"It seems like it became quite a trend to say to the majority 'we will be suspending the rights and freedoms of minorities if this is what you like,'" he said "They're talking about majority [...] but only 38 per cent of people voted for [them] so I'm not sure [they're] repre-

senting the majority per se."

Bérard also argues Quebec's secular law is actually going against the very idea it claims to promote.

According to law, "The laicity of the State is based on the following principles:

- (1) the separation of State and religions;
- (2) the religious neutrality of the State;
- (3) the equality of all citizens; and
- (4) freedom of conscience and freedom of religion"

"Neutrality in terms of religion was developed by the Supreme Court of Canada and it says that the State cannot discriminate against or favour one religion," said Bérard. "And this is precisely what they're doing right now, they're discriminating against Muslims and Sikhs, mainly, but they leave the Christian symbols all over the place. They're using a concept they don't even understand."

Mendelsohn Aviv agrees.

"Secularism means there has to be room for different people to have different views in society and the state has to be neutral so people can have different religions or no religion," she said. "What this is doing is forcing people to be non-religious if they want to work in the public service."

Kaur believes this law is used to justify the actions of the Quiet Revolution, but is doing the same thing Quebec tried to get rid of in the Quiet Revolution: bodies having too much power over the average citizen.

She added the use of a grandfather clause allowing those currently employed to keep their religious symbols while barring new hires was confusing if the goal of the law is to eradicate all religious symbols from the public sector.

Bérard questions the legitimacy of the law, saying it's "obvious" it infringes on civil rights and liberties.

"You don't use the notwithstanding clause if you're of the opinion that it respects the constitution," he said.

The notwithstanding clause is constitutional but, Bérard said, it's not because you can use it that it is legitimate to—

which is why it's so rare that parliament invokes the clause.

He highlights the fact that this is the first time since 1975, the charter was amended the Quebec without consensus; without unanimity in the National Assembly.

"I think that says a lot about the legitimacy of this process," he said.

Berard also criticized the use of closure, but said it was part of their strategy all along. The National Assembly only went through the amendments on the last weekend it was open before recess.

"They passed the vote at night, everyone was exhausted, all MNAs wanted to go home for the holidays so they used the particular timing to propose amendments at the last minute. It was clear from the beginning it would end like this," said Bérard.

The Impact on Montrealers

The passing of Bill 21 into law has left many students and recent graduates in the dark on what their futures might look like.

In May, Concordia University's Senate adopted a motion opposing the law proposal, saying it may limit access to jobs in some fields for graduates and prevent students from completing their education in certain programs at the university.

Concordia spokesperson Vannina Maestracci said Concordia represents a broad range of nationalities, cultures and faiths, and is profoundly dedicated to freedom of expression, freedom of conscience, and access to higher education.

But, as Concordia is included in the institutions covered by the law, persons holding certain positions of authority will have to comply—none of which hold office at the university, said Maestracci.

Concordia education student Ikram El Mashoubi—who has been vocal in her opposition to Bill 21 since April—doesn't know what's in store for her next year of studies.

Because the aftermath and regulations of the law are still unclear, she doesn't know if it will impede on the logistics of her placement for her final internship. But, she feels it will "definitely affect the environment and it might create an unsafe environment for [her] to learn and grow as a student teacher."

Yassine found the government's argument that those wearing religious symbols can still work so long as they take them off while on the clock incredibly insulting.

"It's definitely not that easy," she said regarding removing her hijab. "We're talk-

ing about religious symbols and cultural practices. These are not to be taken lightly and made assumptions about. A religious symbol is similar to a vow and you don't break a vow whenever you please."

Born and raised in Montreal, Yassine had never felt there was any separation between immigrants and Quebecers. She describes herself as the type of person who can be friends with anyone, and she refuses to believe the majority of Quebecers support this law.

"We live in a free country where everyone can wear what they want and be who they are," she said. "When they passed Bill 21, I was shocked. This is not the Quebec I know, I don't think these are Quebecers' values. It's like telling someone you're not good enough because of how you look. It's telling someone I don't care about your experiences or the studies you've done, if you don't look like the others you're not accepted."

Legault's rallying cry has become "this is how we live in Quebec," while defending the implementation of this law and claiming it would help immigrants integrate.

"Why do I need to remove my hijab to feel integrated? I've lived here my whole life," said Yassine. "I felt like I was part of this society, this community. By imposing those laws you're telling me I'm not good enough."



Kaur argues not only post-secondary students and recent graduates will be affected, but also high school kids.

"If you've lived in Quebec your whole life, you want to do something for the place you've lived and if you're banned from doing public service jobs just because of your religious convictions you feel like a second-class citizen," she said.

But, the women aren't letting this bring them down.

"I'm not going to let this bill dictate my future trajectories because I want to stay in Montreal, that's for sure," said El Mashoubi. "Upon graduation, I will apply for a master's and see from there. I'm taking it one step at a time." ■

"This is not the Quebec I know, I don't think these are Quebecers' values. It's like telling someone you're not good enough because of how you look. It's telling someone I don't care about your experiences or the studies you've done, if you don't look like the others you're not accepted."

—Jasmine Yassine

Photos Miriam Lafontaine



Extinction Rebellion QC: The Global Climate Justice Movement Reaches Quebec

You've Seen Their Hourglass Logo All Over the City, But What Is the Group About?

MAX CHORNEY

The Intergovernmental Panel on Climate Change released a report in 2018 stating that if we don't keep global temperatures from rising above 1.5° C by reaching net-zero carbon emissions within the next 12 years, the majority of life on Earth may cease to exist. Climate change has become an issue that will likely define current generations.

Extinction Rebellion is a global climate activist organization whose members use nonviolent direct action and civil disobedience to protest government inaction on climate change.

XR carried out its first action in London, England in 2018. Since then, XR chapters have popped up all over the globe, including in Canada.

There are multiple provincial chapters across Canada as well as a federal chapter. Provincial chapters lobby provincial governments, and the federal chapter lobbies Ottawa directly.

To qualify, an aspiring XR chapter has to abide by 10 fundamental principles and three core demands created by its original chapter. These principles include mobilizing at least 3.5 per cent of the population to join in protest, avoiding "blaming and shaming" individuals, focusing on institutional criticisms, and dedication to nonviolence.

The group demands, for one, that governments be honest with the public about

climate change, declare a climate emergency, and work with other institutions to promote awareness and change.

On June 17, the Canadian House of Commons declared a climate emergency. But, members of XR feel the government should be as blunt and clear as possible. They want the government to point out that, if nothing is done, life on Earth as we know it could end, and humans, along with many other species, could become extinct.

The organization also stresses that governments must act now in order to get to net-zero emissions by 2025 and XR's Quebec chapter now wants the government to establish an Emergency Measures Act to correspond with that declaration.

XRQC outreach coordinator Louis Ramirez said the group wants to see a policy similar to the War Measures Act.

This, he said, would write addressing the climate crisis into law by using emergency powers to see that the entire economy begins to be decarbonized as quickly as possible.

"But the opposite is happening. Fossil fuel subsidies are still there, there is no supply-side policy for climate change right now, the carbon tax is minimal and being pushed back on extremely hard," he said.

Provincially, despite roughly 300 municipal councils in Quebec having endorsed a "Declaration of a Climate Emergency," the initiative has yet to be

taken up by François Legault's Coalition Avenir Québec government.

XR's third core demand suggests a level of distrust that climate activists hold towards the government—a significant aspect of the modern climate justice movement. Specifically, they call for "citizens' assemblies" conducted by non-partisan organizations under independent oversight.

In this process, members are randomly selected from the public with quotas used to ensure that things like gender, age, ethnicity, education, and geography are all properly represented. Members of the assembly spend time deliberating in small groups and then draft and vote on recommendations. This transparent and inclusive process, XR argues, will help the public hold the government accountable during the transition away from fossil fuels.

One of the founders of XR's Quebec chapter Elza Kephart stated that the public must have direct supervision over any transitional process because "we can't trust the government [to operate without citizen oversight] because they got us into this in the first place."

"It's sort of like jury duty," said Kephart. "The simplest way to understand it for myself [...] is that when you have something as serious as a trial for murder, you don't have one person making a decision. You have 12 people who represent all facets of the population to examine the facts."



XR demonstrators march in the streets during late August 2019.

Photos Caitlin Yardley

“If we can trust 12 strangers [...] to judge a person’s guilt or innocence, then surely that’s the way we should be proceeding for the survival of humanity,” she continued.

The group says parliamentary democracy “has proved itself incapable of making the long-term policy decisions needed to effectively deal with the climate and ecological emergency.”

XR argues that politicians are unwilling to enact policies bold enough to deal with the crisis because of their obsession with “sympathetic media coverage” and the power of corporate lobbies.

Chapters may add any principles or demands that they deem appropriate, so long as those don’t contradict any of the 10 original principles and demands. For example, the Quebec chapter added biodiversity as a new fundamental principle. Similarly, the chapter in the United States added a “just transition” to their demand list, meaning that while moving away from fossil fuel consumption, they want to create new jobs to replace those lost.

International chapters benefit both directly and indirectly from XRUK’s success. XRUK allocates 20 per cent of its donation revenue for an international funding network for chapters that show substantial amounts of enthusiasm, membership, and organization, said Kephart.

In addition, the international chapters of XR benefit heavily from the name recognition established by XRUK, said Ramirez. Kephart reiterated that sentiment: “Wherever you see that symbol, you know there’s an XR somewhere else and that this is a force that’s across the globe.”

A New Kind of Climate Justice Organization: Nonviolent Civil Disobedience

Robin Scott—who has been involved in environmental activism since the 1980s—is a retired British physician and member of Doctors for XR in the UK. What differentiates XR from older environmentalist groups, according to Scott, is its broader support base, its popularity among young people, and most importantly its focus on nonviolent

civil disobedience.

“They’ve shown us that what we’ve been doing over the last 30 years hasn’t actually ‘cut the mustard,’” he explained. “This is a sustained grassroots broad-based movement, which I have not seen before [to the same degree] in environmentalism.”

For decades, environmentalist groups such as Greenpeace have been lobbying private corporations to make their business practices more environmentally friendly and putting pressure on governments to implement substantial environmental regulations.

Decades of effort have led to few gains. Modern climate activist groups like XR now focus on pressuring governments to adopt systemic change. That is where civil disobedience comes in.

In 2018, XRUK occupied the UK headquarters of Greenpeace. Though acknowledging Greenpeace’s history of leadership in environmentalism, XR wanted to pressure them shift their focus to direct action.

“Greenpeace is an amazing organization,” said one XR protester, “but we’ve got

12 years, according to the IPCC Report, and what they're doing won't do it, so we need new strategies."

XR's emphasis on nonviolent civil disobedience may represent an evolution in environmental activism. If the government doesn't take radical action as the climate crisis worsens, XR's appeal among the public—or, at least the appeal of XR's tactics—could broaden, they explained.

XRUK's mass demonstration in April 2019 consisted of thousands of activists heavily disrupting five major cities across the United Kingdom and resulted in over 1000 arrests. XR's Quebec chapter carried out its first act of nonviolent civil disobedience in front of Legault's Montreal office on July 13, 2019. Twenty-five people were arrested.

"Extremists"

Some have expressed deep concerns over XR's operational methods. One study conducted by Policy Exchange, a think-tank in the UK, found that there were "extremist" elements within the XR movement.

The report claimed that "the leaders of

Extinction Rebellion seek a more subversive agenda, one that is rooted in the political extremism of anarchism, eco-socialism, and radical anti-capitalist environmentalism." The report went on to say those who engage in "mass law-breaking" to further a political cause are essentially "condoning the breakdown of the rule of law."

The language used in this study bears a striking resemblance to the rhetoric that many intelligence agencies have used to discredit and infiltrate left-wing organizations. Terms such as "subversive" and "radical anti-capitalist" condemning civil disobedience as the "breakdown of the rule of law" invokes the anti-communist and anti-civil rights rhetoric of the Cold War era.

This was especially true in the United States, where the Federal Bureau of Investigations engaged in their COINTELPRO program between 1956 and 1971—aimed at labelling civil rights and other activist groups as "radicals" and "subversives."

One of the men who conducted the study, Richard Walton, is a former member of London's Metropolitan Police Counter Terrorism

"We can't pretend that it's business as usual anymore. My hope is that humanity will wake up and band together."

— *Elza Kephart*



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Command who retired from his post after being implicated in a spying scandal in the UK.

XR members stressed that the organization is completely nonviolent, and thus intelligence services would be wasting their time looking for threats within the group. According to Kephart, there are protocols in place to preemptively identify whether members show any possibility of committing any violence, and those members are dealt with accordingly.

There are also actors within the climate justice movement who find XR's methods to be problematic, though for different reasons. Akira De Carlos, spokesperson for student climate activist group *La planète s'invite à l'Université*, voiced concerns about how engaging in civil disobedience could endanger marginalized and vulnerable people, and may even deter them from joining in on climate activism.

"Actions that could possibly get people arrested is not an inclusive way of protesting," she said. "Arrests are dangerous for people of colour, specifically international

students, and we want to get everyone involved in our movement. She stressed that they have the same end goals, but that their tactics differ. "We definitely don't discourage what they do," she said.

XRQC members feel that these criticisms are misplaced. Though she said that the comments were fair, Kephart pointed out that "XR is not just about being arrested." There are many members of XR who cannot face arrest due to visa restrictions or home situations.

"When XR does an action, we have specific people who are willing to face arrest," she continued. "It's absolutely voluntary."

Ramirez emphasized that "if you're someone who can't [face arrest] because you worry that the police will treat you differently, there is still a place for you at XR."

Timothy Ellis of Lead Now—a Canadian organization dedicated to promoting climate and other progressive policy initiatives—stated that XR's tactics were emblematic of the type of "radical response" that those concerned about the climate crisis desire.

"At some point, it's reasonable [...] for

people to say 'this system is not working, so we've got to shut the system down.' And I think that's where they're coming from," he continued.

"To me, civil disobedience is the last straw, and we're at the last straw," said Kephart. She emphasized that the only way for the movement to accomplish its goals is for people to join the cause. "We can't pretend that it's business as usual anymore," she said.

When asked if she was hopeful for the future, Kephart replied that her hope was for humanity to "wake up and band together."

The coordinator for the Regenerative Culture Committee, who uses the pseudonym Blue Adler, fearing potential repercussions regarding her citizenship, also stressed the nonviolent nature of XR's tactics.

"Since we do a lot of nonviolent direct action, I think there are a lot of people who perceive us as extremists. But it's the opposite. People are willing to go to prison because it may be the only way [left to get action on the crisis]." □



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Jazz Up Your Space

A Vogue-Worthy Apartment Is Still Achievable on a Student Budget

SKYE LEGAULT

The start of the new school semester comes with the influx of students moving into the city. Whether it be living alone or with roommates, having a cute apartment is always a must.

There's the obvious hurdle that styling an apartment can be really expensive and downright tedious to do, but following some basic rules all while incorporating some customizable decor makes it possible.

"The biggest problem that comes with living in an apartment is the lack of space," said 21-year-old Concordia student Vanessa Beaulieu, who currently lives in an apartment. She suggested finding ways to make the most out of a small space by having multipurpose furniture that can double as storage or adapt to welcome guests.

That being said, investing in a futon that can go from a sofa to a bed is a good place to start. "Things like a kitchen table that can extend based on the amount of people seated or a bedside table that can provide extra storage are good," added Beaulieu.

The interior design of an apartment or

dorm is important since it sets the tone of the space and can determine how the person will feel while living in the environment. "There's a lot of different driving factors when you're designing a space," said Nada Youssef, pursuing her bachelor's degree in interior design at Algonquin College.

Youssef noted that decorating an apartment or dorm means taking into consideration that you have limited room; the layout is the main priority. "Avoid visual clutter," Youssef said. "If everything is cluttered and all over the place, you're going to feel suffocated and stressed out. So concealable compartments are useful."

Feeling comfortable where you live isn't just about the aesthetic, it's also about the practicality and the convenience of the users.

"I would recommend warmer colours when it comes to residential, because you don't want to be living in a sterile space that can almost make you feel dehumanized," said Youssef. "Also, mirrors and glossy surfaces help open the space by creating the illusion that the space is bigger when light bounces off of them."

A floor length mirror can make a room

appear larger and more open. Position the mirror so it reflects a window and catches the most light, adding dimension to the room.

Now, although you may be tempted to paint the walls of your new apartment a wild colour, Youssef suggests that the walls be painted white, allowing the colour accents in the room to change the look. Brightly coloured pillows or a patterned rug can be switched out every once in a while to create a new look, but the white walls will always provide a timeless canvas. This is a sure way to avoid getting bored with your space.

However, if the idea of colourful walls is still on your mind, removable wallpaper or decals are the way to go. It can stick to your walls and later be removed, which is convenient for those who move often.

"What I've learned [studying] environmental psychology is if you can't personalize a space that you're living in, then you're not going to feel comfortable in it," said Youssef. "You have to add your own touch—whether it's with colours, pictures or decorations."

DIY decor can do the trick especially if you find yourself on a smaller budget.

Plants can have a positive effect on mental health.

1– Consider changing the hardware on door handles and furniture. Instead of the dull-looking knob on an old dresser, swap it out for a fancy-looking one that you can find at your local hardware store. That extra touch will make your furniture look more expensive than it really is.

2– Chalk paint it. Update your dark wooden furniture pieces with a coat of chalk paint. “The rustic, unfinished look that the paint gives is really in style right now in the interior design world,” said Youssef. Try looking for outdated furniture pieces in thrift stores that can be brought back to life.

3– Display old album covers as art. Frame some record sleeves and hang them up on your wall in a cool composition to showcase your favourite artists and add some edge to your apartment. It will show you made the effort to personalize the space.

4– Wooden crates are your best friend. They can be used to stack up for a cute storage space and are rather affordable at a hardware store. Wooden crates can also provide a base for your mattress if you don’t want to purchase a pricey bed frame. Use them to create a nightstand, a TV stand, or glue them together to create a DIY bookshelf or shelving for small plants.

5– Make your own pillow cases. Pillows can change the look of a room completely. Using the same pillow inserts and switching the pillow covers each season will save you money and storage room. Craft stores have a great selection of fabrics to choose from and the covers can be easily made by following online tutorials. An old woven tablecloth could even be revived into a chic pillow cover.

“It’s absolutely undeniable that plants in an indoor space help with people’s mental health, with their moods and with their physical health.”

— Megan Mericle

6– Get a plant. Plants immediately add life to the room, and living in a busy city can mean you don’t get a healthy dose of nature. Outreach and Administrative Coordinator at Concordia Greenhouse, Megan Mericle, recommends succulents to people who are amateurs, or who don’t have a lot of time for plant care. “They are a good place to start because they require little watering and are pretty low maintenance, although they do need a spot with sunlight.”

Having personalized art pieces and plants in your home can have a soothing, positive effect on your mood since they diversify the space.

“It’s absolutely undeniable that plants in an indoor space help with people’s mental health, with their moods and with their physical health,” said Mericle. She adds that people may feel more encouraged to engage in outdoor activities like taking a walk or participating in a community gardening plot because they love the soothing effect of their plants.

“For inside, you can do so many different things to decorate your room,” said Mericle enthusiastically. “You can install vertical gardening in various ways by building shelves, reclaiming different materials like an old basketball to use as planters, hanging baskets in your window and growing plants on balconies or

railings.”

As a busy student, your home should be your sanctuary. It’s possible to personalize the space to meet your needs and match your personality without breaking the bank. [5]



Making Their Mark: Two of Concordia's Finest Artists

Daniel Itiose and Mel Arsenault Look to the Future as They Approach the End of Their Time as Concordia Students

Dustin Kagan-Fleming @DustinKFleming and Nanor Froudjian

Daniel Itiose's art is raw and real. It captures every aspect of its subject's face, down to the tiniest detail, and brings it to the forefront. "It's about my appreciation for the way nature works. I just explore the human condition," said the hyperrealist who is set to graduate from Concordia with a bachelor of fine arts at the end of the fall semester.

His style, that jumps out so viscerally at the viewer, derives itself from an appreciation of the natural beauty that exists in human beings. As raw and emotional or supposedly imperfect it may be, the natural look is beautiful, explained Itiose.

Blemishes and lines can shine in his works as he strives to depict people as they truly are.

When he arrived to Canada from Nigeria at age 12, Itiose was shocked to see how much people hated their natural looks and wanted to look perfect. He couldn't understand the dislike for "nature's design."

"That pushed me more into the realm

of hyperrealism in terms of wanting to get people to accept these so called flaws and these things about their faces that make them human," he said.

A style like his certainly takes drive. Perfecting that exact, lifelike style is a long process. One of his most recent works took Itiose approximately 300 hours. All of that while taking courses and maintaining a full-time job.

But the work that goes into pieces like his is just another reason that Itiose loves hyperrealism as a style. The work shows. He appreciates the work that is so evident in the piece as much as he enjoys the final result.

He's been able to enjoy the results of his process and work as an artist this year in particular. He exhibited pieces more than once for the very first time as his works *Catharis* and *Oculus* were shown at the Visual Arts Visuels Gallery on campus, and through the art collective Antes, something Itiose felt brought a new level of visibility to his work.

The success and growth of the last year

has him focused on a new goal as an artist: efficiency.

"This year was basically me trying to figure out ways to get it done, I wouldn't say quicker, but more efficiently [...] getting more comfortable and just, on the whole, getting better at what I do," Itiose explained. As he ventures past Concordia, he's already set himself the goal of creating 10 to 12 new hyperrealist works in 2020. His excitement to be finishing his university journey and continue pushing his own limitations and boundaries is clear.

Visual artist Mel Arsenault creates stories where everything begins with clay.

The compositions of her installations make a narrative, and it's up to each viewer to interpret and find its meaning.

"It's more of a gut feeling, I put things together [...] when I'm happy, when there's harmony—which for me is beauty—in the installation, then I stop," she said, adding that she can find harmony anywhere, even in a piece of trash on the ground.



Photo Sarah Boumedda



Photo Nanor Froundjian

Specializing in ceramics, Arsenault is beginning the second year of her master's degree at Concordia. She works with different types of clay like stoneware, porcelain, terracotta, and makes the coloured glaze herself using pure mineral pigments in powder form.

Here is ceramics in a nutshell: what differentiates clays from one another is their level of purity, she explained. Porcelain, for example, is pure because it comes from the top of the mountain, that's why it's white; wind, water, iron and dirt have not contaminated it. Older clays take other particles with them and get a darker brownish shade. Once clay is fired in the kiln, it becomes ceramic.

She explained that ceramics is "a really demanding medium," with no room for error. The precise timing between each drying stage is crucial to the successful outcome of the artwork.

Her background in woodworking inches into her pieces as she creates mini representations of furniture in her compositions.

Longing to escape the tediousness of her

desk job, Arsenault took up painting as a pastime and then decided to pursue a degree. Through her bachelor of fine arts in Concordia's painting and drawing program, she discovered ceramics and her artistic focus completely shifted.

"It was clear from the beginning that I could express myself better with ceramics than on a flat canvas," she said.

A dozen or so of her pieces were exhibited at the VAV Gallery in a show organized by Art Souterrain in the spring of 2018. "It brought me to another level," she said, as more and more people gained interest in her work.

Discussing her current projects, Arsenault said she's making bigger pieces. Inspired to create larger pieces after a residency in Denmark, one of her most recent projects, a work in progress called *The Pot of Pots*, is an assemblage of stacked pots, showcasing her skills in throwing, the term used for working on the potter's wheel.

"Ceramics is amazing, it's really fun, and it's endless." □

"It's more of a gut feeling, I put things together [...] when I'm happy, when there's harmony—which for me is beauty—in the installation, then I stop."

— Mel Arsenault

Rosie Bourgeoisie: Opulent and Voluptuous

Courtesy Marisa Parisella

The boundary-breaking, burlesque-dancing, body activist preaches self-acceptance through glam, glimmer and glitz

Bree Rockbrand

On stage, Rosie Bourgeoisie is an enigma. Flashes of pastel-coloured silk sway as the performer shakes and slides under the spotlight, a sly smile hidden and revealed between spins. A handsome robe, homemade and adorned in feathers, slinks to the floor.

"I think [Rosie] is like, a fantasy of this bougie royalty thing that I never had," explained Bourgeoisie. "It was really like this glam, opulent, fancy lady when I started. And it evolved, it grew with me."

With rows of pearls, rhinestone panties, and pink hair curled into a perfect ocean-like wave, there's no doubt that Bourgeoisie is true royalty.

The person behind the performer considers themselves to be shy—a far cry from the character they portray on stage. While they embody luxury on stage, in daily life they are humble, inviting, and emanate an unmistakable warmth. Their joy lights up the room.



Bourgeoisie, a self-defined body activist, has taken the Montreal burlesque scene by storm. They've been performing for six years—and don't plan on stopping.

With sets ranging from traditional to neo-burlesque and crossing genres in style and content, the character's divine opulence breaks the boundaries of gender and expression, while bringing a whole new

meaning to the words body acceptance.

Growing up in the Montreal borough of Ahuntsic-Cartierville, a young Bourgeoisie gleamed in their creativity and a love for dance. They've been performing for almost their entire life, taking dance classes at a local dance school into their teenage years.

"[Dance was] a way for me to feel good," they said.

Bourgeoisie often shared their dreams of acting and modeling with their mother—they revelled in the attention and the exhilaration of performing on stage and for family members. When Bourgeoisie started CEGEP, they decided to put dance on the back burner to focus on their studies.

Bourgeoisie would be back on stage though. Several years later, after modeling for a friend's plus-size clothing collection, Bourgeoisie was invited as the stage kitten at a burlesque show at Café Chaos, a now-closed punk bar on St. Denis St. that hosted burlesque and drag events. They scoped out the venue attending a drag event, and found the atmosphere to be accepting, free and "just lovely."

From the moment they were back on stage, the spark was ignited. "I missed performing on stage, because I wasn't dancing anymore," said Bourgeoisie.

As a plus-size person, Bourgeoisie found it difficult to find costumes in stores in their size. A friend lent them a corset, and they performed their first routine using regular underwear and stockings—very different

from the opulent and extravagant home-made outfits that shine and glimmer on stage with them today.

Bourgeoisie continued to build their rep-

"I think just being on stage, and taking space, being loud, and taking off my clothes—so being vulnerable and naked—is like, just so big."

— *Rosie Bourgeoisie*

ertoire—both of numbers and skills. They even started to make their own costumes, a feat which would bring Bourgeoisie up to another level of lavish extravagance. They

began to perform more frequently, auditioning for the burlesque troupe Sublime Rondeur, a troupe of plus-size burlesque performers.

"I think that the world of burlesque right now is at a really interesting point," said Pascale Frenchy Jones, manager of Montreal's The Wiggle Room.

"The roles of gender have always been interestingly played with, but now we're pushing the limits more."

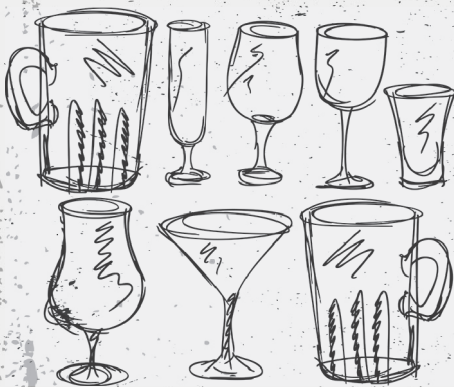
Jones and Bourgeoisie met as performers at Sublime Rondeur. "We're really trying to lose the identity of gender in burlesque in general. I think that Rosie is at the forefront of that."

"I think they're really pivotal," she added.

Referred to by Bourgeoisie as the Mom of the burlesque community, Jones played an integral part in the development of Bourgeoisie's character. They credited Jones for helping them through their first few years of burlesque, helping them shop for sequins and fringe.

"Every time I see them, they make me smile," said Jones. "As a performer, I think

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that they are a groundbreaking, door-smashing powerhouse. And as a person, they are an absolute angel.”

Frustrated with the lack of venues allowing artistic liberation, Bourgeoisie became a founding member of House of Genderfuck in 2016. A collective of queer, POC, allies, and trans artists, House of Genderfuck brought performers together to create a platform that would “break the boundaries of gender, expression, and gender expression,” Bourgeoisie explained.

From alien dominatrix scenes, to on-stage masturbation, the now defunct House of Genderfuck was all about not being in a box. With a laugh, Bourgeoisie described the collective as “very experimental.”

With routines that blend themes and genres, swinging between satirical comedy and drama, Bourgeoisie always tries to be political and have a message in their routines. Though the message may not be apparent at first, it’s always there, underneath that first layer.

One routine, performed to a remix of Britney Spears’ “Toxic,” discusses a past relationship of Bourgeoisie’s, dealing with its toxicity in a cathartic performance that is raw in emotion.

Other routines, like a fan dance to Lana Del Rey’s “High by the Beach” were created after the legalization of marijuana in October 2018—it brings the audience to a dreamy daze.

“I think just being on stage, and taking space, being loud, and taking off my clothes—so being vulnerable and naked—is like, just so big,” said Bourgeoisie.

Being on stage as a plus-size person is political in and of itself.

“As a plus-size person, you’re always told that your body is not worth it, that you’re not pretty enough that you should hide yourself. And I’m doing the opposite,” they said.

“A lot of people have come to me and said that I changed their way of seeing themselves,” they added.

Judy Stardust, a newcomer to burlesque who studied under Bourgeoisie at Arabesque Burlesque School, described Bourgeoisie as a mentor and a role model. Stardust recounted a moment where she felt herself

melt into her character completely.

“I let go of all my barriers that I had before, I let go of all [of] what people could think of me. I just abandoned myself to this art and to this character that I was building.”

“With Rosie, I just learned to embrace myself,” she added. For Stardust, burlesque is a way of embracing oneself and one’s sexiness.

“I like to see [that] all different bodies are celebrated, and Rosie is part of that,” she said. “They don’t apologize for who they are, and this love for themselves is shared with the public.”

A friend of Bourgeoisie’s and fellow performer Grant Canyon said that he wouldn’t be where he is now as a performer if it weren’t for Bourgeoisie, who helped him not only on a technical level, he said, but on an emotional level as well.

“I guess people assume that we’re comfortable being on stage and we’re comfortable with our bodies,” said Canyon. “But it’s not always the truth and the case and for me is that I wasn’t when I started doing burlesque. It took me a few months to be able to love my body and embrace it as it is.”

He added that the burlesque community not only encourages full authenticity, but praises it.

“Burlesque is the celebration of a body,”



he explained. “It’s a way to tell a story, or to make people laugh, or make people think, and entertain in a special art form.”

“It’s really nice to see that the burlesque community wants to celebrate bodies as they are and people as they are,” he added.

Canyon is inspired by Bourgeoisie’s persistence, noting their dedication to the craft in the consistent originality of their routines, to the glammed-out costumes they design. “I feel like Rosie has a big future in the burlesque community, and not only in Montreal but in the world,” said Canyon.

“And I just can’t wait to see it all happen.” □

Brad Collinson's Team: New Look, New Culture

With a First Full Offseason Finally Under His Belt, the 2019-2020 Stingers Football Team Has a New Attitude and Even More New Faces

Elias Grigoriadis
@eligrigoriadis

Thirty-five seconds left on the clock. Third down and nine yards to go. Their season on the line. Dropped pass. Turnover on downs. Shoulders drop. A 28-21 loss was the only difference between the Stingers finishing the year in a playoff spot at third place, and ending up at the bottom of the standings. It left a sour taste in the mouth of the entire team, none more than head coach Brad Collinson, but they didn't spend much time licking their wounds.

"I think it was like a day and then we got right back to recruiting," said Collinson. "We couldn't feel sorry for ourselves or anything like that and we just took the bull by the horns and went back at it."

Ending the season at two wins and six losses meant there was lots of work to be done and unlike last season, Collinson was going to have time to shape the team from the start.

It was a difficult position last offseason, given the sudden departure of both Mickey and Patrick Donovan, leaving the head coaching position for roles in the Montreal Alouettes organization only five months apart.

When he initially came into the role

of head coach, Collinson had only six weeks before the start of the season. Six weeks to get the entire roster on the same page about his style, his vision, and most importantly his staff.

There was a massive overhaul on the sidelines for the Stingers' coaching staff as they brought in veteran minds on both sides of the ball, with years of experience both coaching and playing at the highest levels in North America. The newest wide receiver coach, Seydou Junior Haidara, has experience with Concordia as well as with Montreal football.

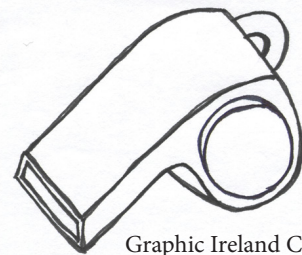
Not only did Haidara play against the Stingers while on his way to winning two Vanier Cups with the Laval Rouge et Or, he spent the last three years of his CFL career playing for the Montreal Alouettes.

"When [Collinson] came to me and told me it was a lot of the guys I've worked with before, I knew that there were people that I enjoy working with and that have that same competitive drive," said Haidara. "What mattered to me was that we were all on the same page and headed in the same direction with a lot of experience."

Another significant coaching staff addition, Ed Philion, was hired as defensive coordinator in January. Phil-

ion adds almost 30 years of experience, both as a player in the NFL with the Buffalo Bills, Carolina Panthers, and Jacksonville Jaguars as well as in the CFL with teams like the Calgary Stampeders and the Montreal Alouettes, with which he would win a Grey Cup in 2002. With another Grey Cup Championship as the defensive line coach for Edmonton in 2015, Philion was another piece of the puzzle that fit right into the identity of the team Collinson was looking to build.

"We have to approach everything like it's third-and-one and keep moving forward. On the defensive side of the ball we want to get after people and just play fast," said Collinson. "[Philion] has a proven record and it's hard to argue against results like the ones he's got."



Graphic Ireland Compton

This mentality is something that might appear new to some of the recruits that have been brought in over



Photos Elias Grigoriadis

the offseason. The camp roster featured 40 new players, brought into the program to compensate for departures in key spots.

“Recruitment is a year-round job and we lost about 15 seniors to graduation. We have to look after our future too and we brought in a lot of local talent,” said Collinson, whose rookie class includes roughly 35 recruits born in Quebec. “There’s going to be a learning curve, but there are already some [rookies] turning heads and pushing the vets, which is exactly what we wanted.”

With a rookie class that big, they’ll have every chance to develop together over the coming years, but that won’t come without its share of growing pains. A relatively new staff, alongside a massive rookie class, presents its own unique challenges. That isn’t something lost on Haidara and the rest of the coaching staff.

“It’s going to be a process. We have lots of new systems and young coaches. I think the biggest challenge is to get the players and the coaches going in the same

direction,” said Haidara. “I’m asking them to give me everything they’ve got and I return that favour [...] the mutual trust between players and coaches is really important, especially with such a new group.”

The jump from CEGEP—or high school in the case of the non-Quebec recruits—to university football is daunting to say the least. Not only are there new playbooks, staff, and a wildly different approach to the way student athletes are treated and what is expected of them, but a “third-and-one style” that asks them to go all out at all times.

The play-fast mentality that Collinson is trying to bring to the team is something most of the returning players are familiar with. Linebacker Jersey Henry—who enjoyed a breakout season and was invited to the annual East-West Bowl—is entering his fifth year with the Stingers and is all too familiar with the way Collinson likes to run his practices and how that translates into a distinct style come game-time.

“There’s always a good tempo to practice. It’s at a running pace and there’s no time to slack around,” said Henry. “We have roughly 90 guys on the field and he makes sure that nobody is taking anything lightly. Everything is really organized though. So it’s not hectic or crazy.”

Organized chaos would really be the most accurate way to describe Collinson’s sessions. With so many different positions and roles on football teams, there are a dozen constantly moving units, each working on something different. Collinson runs the whole show with the precision of an orchestra conductor and the fervor of a drill sergeant.

It’s expected that you work just as hard getting from one drill to another as you do working on the drill itself. On more than one occasion, Collinson could be seen ordering around some of the players who were caught walking.

“The whole staff demands the best

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Seydou Junior Haidara is one of the many coaches brought on by Collinson.

we ended last season,” said Henry. “A lot of the players still have a lot to prove after last year and that fire is still there for sure.”

Collinson was adamant about the change of culture that was needed and it is still an ongoing process that can be seen through the players’ mentality during practice.

“What we want here is an attitude of excellence and that starts with the smallest details for every individual player. When you come into practice, everyone has to have that mentality because you never know when your number can be called,” said Collinson. “The competition [in practice] is contagious and nobody wants to get shown up so it pushes players to be better.”

The disappointment from last year’s end to the season is still weighing on a lot of the returning players and staff. They have made all the necessary additions and brought in an incredible amount of depth but it remains to see how they’ll cope with new systems and big holes to fill on both sides of the ball. 

“We have to approach everything like it’s third-and-one and keep moving forward.”

— **Brad Collinson**

Growing the Game

How Pro Deals Are Becoming More and More Realistic for U Sports Hockey Players

DUSTIN KAGAN FLEMING
@DUSTINKFLEMING



Photos Dustin Kagan-Fleming

Carl Neill feels safe taking risks. The risks he takes on the ice with the Concordia Stingers are part of what has made him one of the most dangerous and productive defencemen in university hockey. His potential risks off the ice are why he's alright with putting himself in danger's way when he's playing an aggressive, physical game that could result in injury.

Since graduating from the Quebec Major Junior Hockey League at the end of the 2016–2017 season, Neill—a former NHL draft pick by the Vancouver Canucks—has been committed to U Sports hockey.

He's earned a collection of honours and awards in that time, proving himself to be among the country's elite, and even earning professional contract offers.

Unlike many of the rising number of U Sports athletes around him getting these offers, Neill isn't biting just yet.

"There were offers that were coming in after [this past] season ended, but like I said when I came here, I want to get a degree before I leave," said Neill. "It would have taken an offer I couldn't refuse for me to leave."

That's Neill betting on himself and his play. It may be a risk not to take what's in front of him, but he believes it's worth it. He's had contract offers every year since leaving junior, but never ones he felt safe with.

Many were short term contracts or in lower tier leagues. He knows that hockey isn't forever—one injury could take him out of the game, and a one-year contract that doesn't offer long term financial security is out of the question for him

right now.

Instead, he's taking the longer road to the professional leagues, earning his degree so that after what he hopes is a long professional career, he's not left without options.

"I'd rather have a really good backup plan," said Neill, whose parents instilled in him the importance of a degree from a very young age.

It's not a rule without exceptions as Neill mentioned. It would be difficult to turn away from a deal like an NHL entry-level contract. Those align players with an NHL team and pay between \$47,500 USD (although most on these contracts earn about \$70,000 USD) and \$925,000 USD a year, and that's before factoring in signing and performance bonuses. All in all, highly skilled NHL players on those kind of contracts can earn over \$3.7 mil-



lion USD.

While the goal of a contract like that is a lofty one for Neill or any other players in U Sports, it's becoming more and more of a possibility. Just a few months ago, the NHL's Calgary Flames inked centre Luke Philp to such a contract.

He had been a star player for the University of Alberta and worked his way to a deal that not only financially supports him but is going to have him playing in either the NHL or the American Hockey League, with the affiliate team of the Flames, the Stockton Heat. He'll have the best trainers and coaches possible and the chance to impress at the professional level and earn further contracts.

While Philp's deal might be the top tier, it's just another example of more and more U Sports players finding contracts. The league is improving every year and so are its players. Stingers head coach Marc-André Élement has seen this development happening for years and knows just how

high of a quality the league has reached.

A veteran of 120 U Sports games and former captain of the Stingers, Élement played for the team from 2006 to 2011—a very different time for U Sports.

"It's so different from when I played. The game is getting faster and faster. Kids are stronger. The pace of the game is so intense," said the Stingers coach.

"I find the players that come play in U Sports show up every night. They know they only have 28 games. You can't take a night off."

The level of play is fun for fans, but it's also getting results for players.

"Nowadays, every year there's a lot of guys who go and play pro right away," said Élement, describing players that, unlike Neill, choose to grab professional offers after just a year or two in U Sports.

In the past season alone, Concordia saw four of its players turn pro, three after graduating and one after just a year of play. Other teams saw players earn Ameri-

can Hockey League deals (a step below the NHL), contracts with the Russian Kontinental Hockey League (one of the premiere leagues in the world), and ECHL deals.

This offseason, U Sports players signed European pro contracts across Sweden, Switzerland, France, England, Scotland, Norway, Hungary, Slovakia, Finland, and Belgium.

U Sports has proven to be a viable option for graduating players into pro leagues across the world. It's a chance for players who age out of major junior hockey without contracts to show their talent and keep developing as players with scouts and coaches watching. It's a league that can help fresh talent, late bloomers, and players in need of a rebound alike.

According to Élement, professional teams trust players coming out of U Sports—they have noticed just how strong of a league it has developed into. The coach also explained that young players are recognizing the benefits of U Sports, like scouting visibility, level

of play, and gym time.

Neill, like his coach, has seen the prestige and level of play in the league rise. He noted that it's in a bit of an ever growing loop.

"It goes hand in hand with the quality of players that are coming here," said Neill. "Guys are starting to realize there's life after hockey and there's more and more guys who could play pro that are deciding to go the U Sports route."

With more players joining, more impact players with high pedigree from major junior hockey end up in the league. That helps the visibility of the league, and these players end up graduating to the pros.

The more visibility and graduates the league has, the more pro teams pay attention and send scouts to games. The more players realize that this is the case, the more high end players take the U Sports path, and so on and so on

Mission accomplished

While plenty of players are earning contracts, there are two streams of U Sports players earning them.

You have the Carl Neills, finishing their time with the universities, spending four or five years with a team in most cases before turning pro. On the other hand, you have players staying for one, maybe two years, showing what they can do and finding contracts.

Concordia has lost their

top centres like this in back to back years. Last year it was Hugo Roy, the goal scoring machine that earned a multi-year AHL deal. Before that, U Sports MVP Anthony Beauregard left the team for a tryout with the Laval Rocket of the AHL before signing in the ECHL and later heading to play in Europe.

For Beauregard, the plan was not to come in and play a season and a half before turning pro full time. He was an undrafted player that had played a few pro games in the ECHL. He didn't think that a real return to the pros was possible so quickly. He also didn't really understand the level of the league before joining the Stingers.

"[How good U Sports is] was more like a surprise. You know when you quit pro hockey you think it's going to be easy. But I can tell you it's not," said Beauregard with a laugh. "It's just another league where you have some good teams and some good players."

But when he was given top line minutes along with powerplay and penalty kill time, he put up 19 points in 12 games in his first season in 2016-2017 before scoring 60 in 28 and earning league MVP and pro interest the next.

How differently he and Roy viewed the league coming in shows just how much the reputation and league itself are growing year to year. Roy joined the team in 2018—

replacing Beauregard as the team's top line centre—and had an extremely successful rookie campaign that earned him a contract with the Milwaukee Admirals.

His words just after: "Mission accomplished."

"It was my goal coming to Concordia. I knew that I would have the opportunity to play a lot. It was my goal to get a pro contract," said Roy.

He had chosen U Sports because he knew it meant a chance to be seen by pro scouts and develop quickly to get to the big leagues as fast as he could. Beauregard never lost sight of his dream when joining Concordia but didn't have quite the timetable planned out that Roy recognized was possible.

The two had similar paths towards the same goal, though. It's the same goal that Neill has, the same goal that most U Sports players have. Even if some take the long route with a backup plan and others jump in head first, they're all shooting for the same thing. The end game that they're looking for is becoming more attainable as the league and it's players get better and better.

"U Sports is a really good league. Better than everybody thinks," said Beauregard.

"I will never regret my move to come to Concordia." □

"It goes hand in hand with the quality of players that are coming here. Guys are starting to realize there's life after hockey and there's more and more guys who could play pro that are deciding to go the U Sports route."

— Carl Neill

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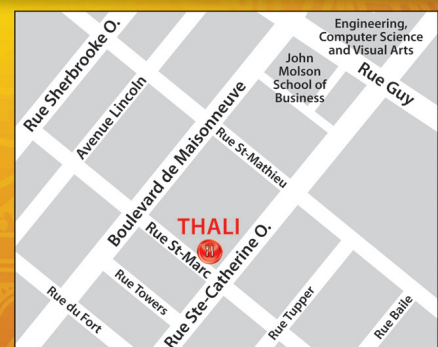
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Don't @ Me: Astrology Rules

Don't Believe Me? It's Written in the Stars

Erika Morris @thingjpg

I open Twitter to a flood of “Brace yourselves, Mercury is in retrograde again!” tweets. My friends tagged me in five different astrology memes, commenting “Haha, this is you.” I add my complete birth chart on my dating app profile and compare them with prospective matches. My Co-Star app sends daily notifications, dissecting my psyche in ways that sometimes feel like personal attacks. I know it can sound silly, so why am I so into astrology?

When I'm talking about astrology, I don't just mean your sun sign. I'm talking about your full birth chart, from your sun, moon, and rising signs to your Mercury and Mars placements. Your chart also tells you which houses you find these in and what transits were taking place in the cosmos when you were born. Every aspect of your personality, your potential, and how planetary movements are affecting you are covered in your chart. There are essentially infinite amounts of chart combination possibilities, making it nearly impossible to find someone with the exact same chart as you.

Of course, I don't believe that astrology can predict my entire future. To be honest, it's mostly just fun. Being in your early twenties basically means living through a constant identity crisis—and astrology gives you something to relate to.

“Oh my gosh, you're so right! I do love harmony, balance, and would dedicate my life to justice—I'm such a Libra.”

If we're going to dive deep, reading

your birth chart and daily horoscopes pushes you to be more introspective—something everyone can benefit from. Whether what you read was completely accurate and left you feeling like someone's stalking you, or you can't relate at all, you had to think about your identity and values, even if just for a second.

Astrology gives you new ways to be vulnerable, without it being scary, by slapping the label of “Scorpio” or “Gemini” on there.

In religious studies, they call this self-representative communication. Frederick Bird wrote, “Momentarily, [people] identify themselves character/roles called for by their script. In doing so, they assert the importance of various character traits. According to Edmund Leach, ‘We engage in rituals in order to transmit collective messages to ourselves.’”

So, when you express your feelings and actions through astrology, it can help you relate to others. “Oh you're also a neat freak? It's because we're both Virgos!”

Complex ideas, like life cycles, relationship patterns, and personality become easier to digest as well, especially in the age of memes. It can help ease the stress of constant existential dread and make you feel like you have direction. Or, it just gives you a laugh and you can move on.

Whether you find horoscopes vague or not, chances are you can use the advice. If some astrology column is telling you that you need to evaluate your work ethic because your Saturn is in Taurus, to be careful of miscommunication during a Mercury retrograde, or to do an act of kindness today, we can all benefit from that; there's nothing wrong with turning to astrology for a reminder.

So, next time you try to be edgy and hit me with that tired “Mercury is in Gatorade,” line, it won't change the fact that astrology rules. 🌌

Graphic Jessica Lee



Immigration and the City: Cultural Influence in Montreal

A People's History of Canada Column

Samantha Candido @samalicandido

Montreal is home to many well-defined cultural communities, each with their own unique collective identities.

These groups lay roots in different areas of the city, forming distinct communities and villages, differentiated by their architectural styles.

As the political motive for immigration transitioned from one of employment to one of multiculturalism, each of Montreal's largest immigrant communities have transformed the city through their own diaspora.

The continued vibrance of these diasporas speaks to the resilience of maintaining themselves in a constantly evolving population.

Montreal is home to many Italians, their immigration spanning over the course of a century.

As fifth-generation Italians call Canada their home, they contribute to a post-national identity within a country that is constantly evolving in its identity, according to Dr. Raluca Fratiloiu, in her 2006 dissertation.

Italian immigration to Canada was a part of a larger migration toward an economically developing North America. Immigration policy centered around

national projects like the construction of the Canadian Pacific Railway, provoking the migration of thousands of Italians to Canada.

Two pillars emerged from what centred the idea of early Italian immigrant identity: one based upon their hometown and one of their sense of *italianità* (Italianess), provoked by the uncertainty of living in a new, foreign environment.

Creating buildings that stood for them as a community carried great symbolic importance.

The vitality and determination of Montreal's Italian community is symbolized in the cultural patrimony of the Casa d'Italia.

Opening in 1936, the Casa d'Italia was a festive and historic meeting place for Italians and their French-Canadian neighbours.

The twentieth century art deco building, erected for newly settled Italian Canadians, became the heart and soul of Italian community life.

Post-war immigration policy saw a transformation that favoured Italian immigration for unskilled and semi-skilled labour to fill the gaps of industrial labour forces.

Italians in the post-war context no longer immigrated to escape misery, but

to advance economically, as there was an increasing need for jobs in the service industry.

This coincided with a 1962 change in immigration policy that abandoned Canada's previous, overtly racist, Immigration Acts of 1910, 1919, and 1952.

These acts restricted admission to white American, British, and European applicants, favouring a points-based system with preference given to eligible of-age workers that spoke French, English, or both.

Due to an influx of immigrants of various backgrounds, Montreal was the most populated and wealthy city in Canada throughout the 1960s and a major centre of North American industrialization and expansion.

From the 1970s until the early 1990s, new and important organizations anchored themselves within the Casa d'Italia.

These included the Quebec chapter of the National Congress of Italian-Canadians, the Italian-Canadian Community Foundation, the Italo-Canadian Seniors' Council, the *Servizi Comunitari Italo-Canadesi* and became the home of the Italian cultural centre.

Other sites of *italianità* evoke a discourse of nostalgia and belonging, such as the Café



Graphic Aiden Locke



Graphic Katharine Amyotte

Italia on St. Laurent Blvd.

Within its walls, Italians can reconnect to a distant homeland and channel feelings of nostalgia a sense of italianita is evoked through the café's products, its wooden tables and retro- décor of soccer champions and Italian Canadian characters.

The café allows the stories of first generation Italian Montrealers to come full circle as they fulfill a sense of belonging to their homeland, as a place that holds these emotions.

Immigrants from across the globe have found similar communities in Montreal, all contributing their own thoughts, art, and inspirations.

A growing community of immigrants from Haiti demonstrated the multi-faceted nature of politics in Montreal.

Harvin Hilaire, ex-VP External Affairs for the Haitian Students' Association of Concordia, feels that the Haitian community has left an impact on Montreal's cultural scene.

"Personally, I feel that the Haitian community has a great impact on Montreal's

culture from our food, the music we dance to, and to our language," said Hilaire.

"You can see that a lot of our culture has been adapted by other communities in Montreal. [The influence of Haitian immigrants] is probably due to the fact that there are so many Haitians [here], but it's only normal due to the fact that Haiti is so close to here and the French language is easier to adopt for Haitian immigrants."



In one way, their political struggle challenged preconceived notions of revolts in First and Third World countries.

On one hand, Montreal could be seen as an imperial metropole, where those who held power in Western capital could direct the economic fate of the Caribbean.

Caribbean immigrants and emerging new political groups became essential to defining new democratic frameworks, as activists challenged racism and demanded real changes in economic, cultural, political, and educational spheres.

In the more distant past, Irish Montrealers, as a linguistic minority group,

struggled against French Canadian exclusionary policy.

The Irish community in Montreal have served as a crucial bridge between the French, who adopted Irish orphans from the first arrival of migrants in the late nineteenth century, and the English, who share history and language.

A large settlement of Irish immigrants in the 1840s and 1850s led to violent outbursts with French Canadian rural labourers, both in fierce competition for seasonal jobs as longshoremen in Montreal's port.

At the end of the nineteenth century Montreal became a French-speaking city, within a province governed by a powerful English-speaking minority of Brits and Scots, that stood in juxtaposition to a struggling subgroup of Irish people originating from Great Britain.

The Irish improved their socio-economic status in this period, yet participated widely as both employer and employee in commerce, industry, and professional oeuvres.

Irish settlers inhabited working-class

neighborhoods in Montreal's south-west such as Griffintown, Pointe Saint-Charles, Verdun, and Lasalle, in modest working-class to middle-class homes.

Researcher Charles Boberg at McGill University says that the Irish are the earliest social group to immigrate in large numbers.

Over time, Boberg believes that the Irish became the least distinct of a large group of immigrant settlers in Montreal and linguistically, have lost their identity.

As Irish neighborhoods broke up and intermarriage became widely accepted between them and French Canadians or other settlers from Great Britain, the Irish assimilated more into Francophone society, while the other portion blended in with other English-speaking European groups to form an Anglophone distinction on their own.

Irish identity is making a comeback through a historical commemoration project, making headway on the Montreal side of the Victoria Bridge.

A memorial park is to be constructed around the Black Rock to remember over 6,000 Irish immigrants who died and were buried there in 1847 as a result of typhus

fever. Negotiations between the Montreal Irish Committee, Hydro-Québec, and the municipal government are ongoing for relocating Bridge Street, so that visitors can stand directly in front of the Black Rock to easily read its inscription and commemorate a dark beginning.

Relative to other groups, the survival and development of Montreal's Jewish community came out of the response of a "reluctant host" group.

Before World War II, the Jewish community was struggling with confronting the linguistic, political, and socio-economic institutions of the anglophone and francophone communities of Montreal.

As they endeavored to establish themselves, the Federal government was willing to open its doors to foreigners to develop Canada's industry, but the Bourassa provincial government preferred to maintain the bilingual compact of Confederation and spread French-Canadian settlement across the province to develop land.

The successes of the Jewish community ensured that inter-ethnic relations would plant the seeds for a vibrant ethnic pluralism in Montreal. Jonathan Mamane,

a student at Concordia University, recounts the sense of vibrancy and celebration that holds Montreal's Jewish community together.

"Jewish communities usually get together for celebrations, and we have lots of those," he says. "In Jewish culture, celebrations can take place anywhere there are enough people to throw a party."

While Jewish community gathering isn't tied down to any particular place, Jewish schools, the Jewish General Hospital, and the Young Men's-Young Women's Hebrew Association demonstrate that Montreal's Jewish community was compelled by the dominant anglophone and francophone counterparts to develop their own resources and institutional autonomy.

All public institutions in Montreal were regulated by Catholic and Protestant authority, which held an almost imperial force within society.

This situation pushed the schooling system to request from the provincial government that Jews be identified as a neutral party, which received stark opposition from Jewish immigrants, objecting to their erasure.

"Due to an influx of immigrants of various backgrounds, Montreal was the most populated and economically wealthy city in Canada throughout the 1960s and a major centre of North American industrialization and expansion."

- Sean Mills

School boards were unable to provide Jewish teachers or appoint Jewish Representatives to their Board of Governors until a court ruling stated that Quebec could create a separate Jewish education system within its mandate by 1930.

Even prior to World War II, religious prejudice was present in Montreal. Jewish people would encounter difficulties obtaining health care and finding employment in hospitals.

What began as a series of clinics the early twentieth century expanded into a single hospital unit as more immigrants arrived within ten years.

The YM-YWHA started in Montreal in 1910, in a room rented for \$7.50/month within the Baron de Hirsch Institute.

Sir Mortimer B. Davis was a philanthropist that granted a sizeable donation to expand the centre into a larger facility in 1929, which later on became the namesake of the Jewish General Hospital.

As both institutions overcame the financial strains of the Great Depression and

benefitted from their popularity, they expanded their services as the Jewish General Hospital purchased land to develop wings in specialized care, and the YMHA was regarded as a community centre as well as a private club.

It is interesting to note that similar motivations pushed Jewish and Italian parents to select anglophone schooling.

They were guided by the same desire to prepare their children for a competitive job market, looking to the Canadian nation as a whole, much to clerical discontent in Montreal.

By having ethnically sensitive schooling systems that adopted a trilingual approach, the city's plurilingual character allowed opportunities for anglophone communities to assist in fulfilling the ambitions of immigrants wanting to settle into Montreal's metropolitan society.


Overall, Montreal resembles other north-eastern cities that had similar immigration flows over the nineteenth and twentieth centuries.

Political organizing and institutional independence has never ceased amongst any of these groups, thus becoming their own nations in the city.

As each of these groups exists in response to French Canadian institutions and cultural imposition, it causes one to question if there really is a foreign or anglophone scare to justify erecting exclusionary policies.

Many of these groups continually clash with agendas of language, education, and civic engagement, despite that some groups share cultural exchanges with French Canadians as francophone minorities.

Montreal remains a city trapped between an immigration-led pluralistic society, bound by multicultural monuments and organizations, and a provincial government seeking francophone uniformity.

What we do know, is that the better-appreciated parts of Montreal culture were conceived through cultural exchange and not uniformity. 



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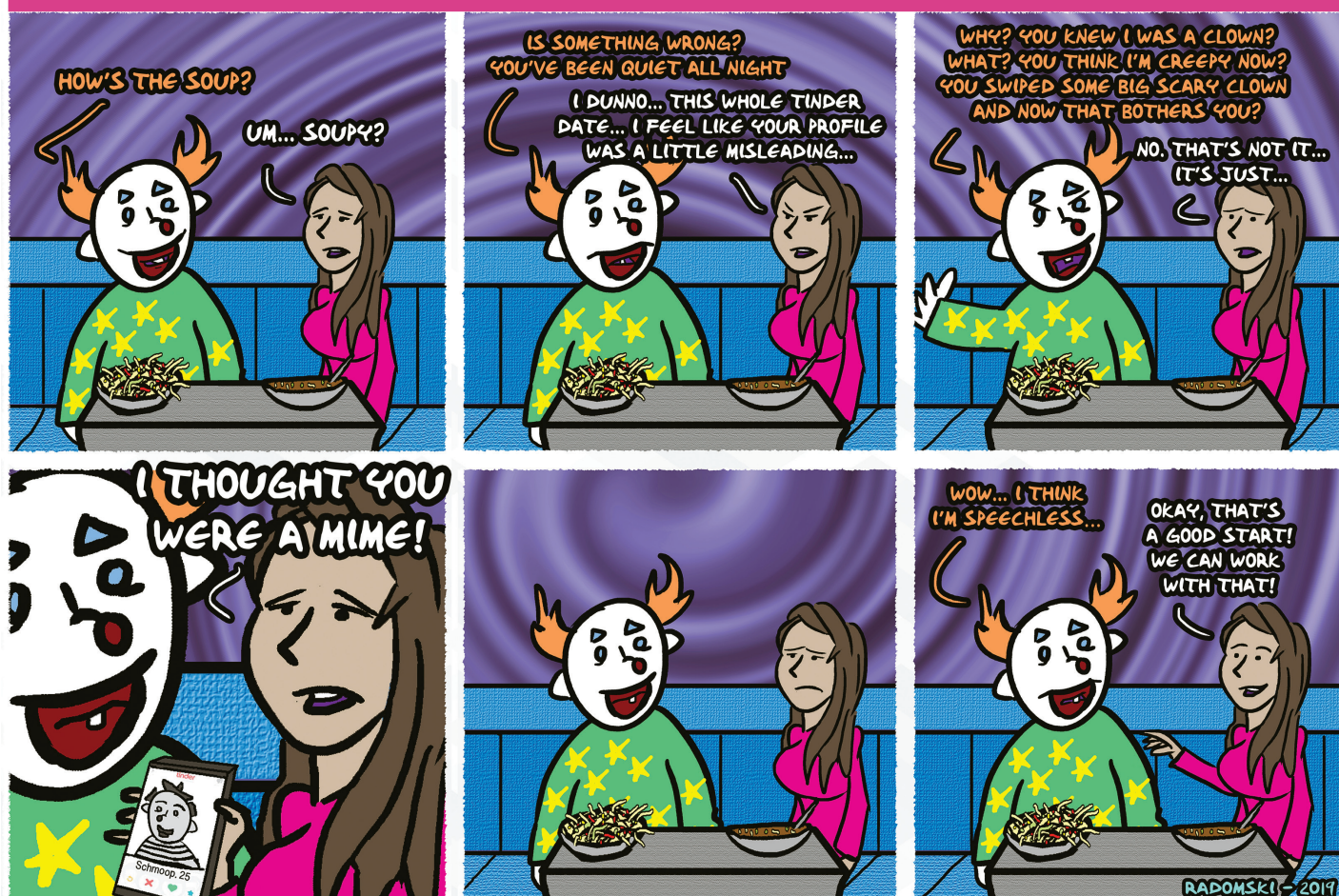
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WELCOME!



I hope you've had a great summer and are ready for an exciting fall.

If you're new to Concordia, I'd like to welcome you to our extraordinary community. If you're returning, welcome back!

I encourage you to take advantage of all we have to offer. Have a great year!

A handwritten signature in black ink that reads "Graham Carr".

Graham Carr
President
graham.carr@concordia.ca





An Incomplete Guide to Alternative Queer Spaces in Montreal

Where to Gay It Up,
From Morning to Night

Victoria Lamas

Attention,

LGBTQ+ friends! There's a world of queer pleasures and possibilities outside of the Gay Village! Get off at Papineau metro, walk underneath the Ste. Catherine St. E. rainbow-coloured skyline until you reach Berri-UQAM—and never look back.

Don't get me wrong, the Village is not all bad. You can find me on stage at **Bar Le Cocktail** embarrassing myself (buy me a shot and I'll serenade you!) on their karaoke nights, which happen between Thursday and Sunday after the drag shows. Or **Cabaret Mado**, a prominent spot in the Montreal drag scene.

Men can find a little bit of fun at one of the several **saunas**, at any time of the day or night. And, plenty of cute people, including you, can be found dancing and flirting on the dance floors of clubs like **Unity** and **Complexe Sky**.

In anticipation of going home with a cutie, make sure you were tested recently—it is encouraged, but not required, to include in your going-out purse a transcript of your latest screening. We all know sexual health and getting tested regularly is important, but can be daunting if not straight

or cis. **L'Actuel** is an LGBTQ+ friendly clinic in the village, at 1001 Boul. De Maisonneuve E. Their service is quick and efficient.

In the heart of the Village, at 1426 Beaudry St., the feminist bookstore **L'Eugélonne** offers queer literature—poetry, zines, mangas, lesbian erotica, oh my! Check it out and maybe leave with a tote bag from **Lez Spread the Word**, an LGBTQ+ organization by and for queer women, to put our Orientation issue in.

Newly moved into their 1336 Ontario St. E. location, the thrift store **Belle & Baluchon** is rapidly becoming a personal favourite. The boutique offers something you don't see enough of—discretion. While some of us are out, loud, and proud, some are still discovering themselves and need to do so away from prying eyes and judgmental looks.

The owner is dedicated to accompanying you in finding clothes to fit your gender expression, and that are actually affordable. Whoever you are, Belle & Baluchon welcomes you, and hopes you'll find an outfit you'll love and feel comfortable in. Cash only.

Now, you've seen the Village. You've taken multiple photos of the balls in the sky and basked in the rainbows. You must be hungry; I know I am.

Buy your crush (or me!) a slice at **Notre-Dame-des-Quilles** in Rosemont-La Petite-Patrie, Montreal's not-so-unofficial lesbian bar—complete with pizza and a bowling alley.

Among their many events, the venue hosts queer movie nights, burlesque performances, regular DJ sets, and the elusive **Lesbian Speed Dating** nights. The event is open to non-binary folks, and cis and trans women identifying as lesbian, bi, or pan.

Make friends and lovers at LSD! I promise the terror of IRL meeting wears off quickly as you're trying to answer the host's boisterous questions. One that's stuck with me: Which sporting equipment would you use in sexual context? Buy me that shot and I'll tell you what I answered.

Over in the Mile-Ex, there's always something going on at **Bar Le Ritz PDB**. Queer folks flock to their thematic dance parties—Lady Gaga, Beyoncé, the 2000s. The Ritz is somewhere where we



Belle & Baluchon offers both style and discretion.

Photos Sarah Boumedda



can feel right at home, dancing to “Toxic” for the fifth time in one night.

Truthfully, it’s a little out of the way and hard to access with public transport, but the experience is worth the long-haul commute. Especially at the **Glitter Bomb**, the crown of the Ritz’s queer dance parties which is held about once a month. Dance your heart out and cheer on the drag performances happening throughout the night! Come as you are—heels, sneakers, fake lashes, lipstick, jeans, leather. Cash only.

If drinking is not what you’re into, you might want to check out the **Sober Queer Dance Party**, a newer initiative hosted in collaboration with Pervers/cité. Offering an alternative to nightlife centred around drinking, the party doesn’t have a per-

manent home, but has been hosted at Le Cagibi before.

A glowing gem of the past on the Main, **Café Cléopâtre** is where to go for all things sexy. At 1230 St. Laurent Blvd., the ground floor houses a strip club, while the second is a cabaret space for shows and steamy events.

Notably, Montreal’s naughty queer **Glam Gam Productions** is no stranger to Café Cléo—it’s even where they had their latest show, *Greasy: A Lesbian Love Story*.

The queer drag group with a penchant for the political, **House of Laureen**, often performs and organizes community-oriented events at the cabaret space. Also, some of the yearly kink positive festival Montreal Fetish Weekend’s events happen

there.

Feeling daring? Bring a date to the **Bareoke**, a night of karaoke and striptease at Café Cléo organized by the Glam Gam gang, on the first Saturday of every month.

Come March, the **roller derby** season picks up. Gather your friends to go see a live game. The tickets are affordable, and you won’t regret going to cheer on women, non-binary, trans, and gender non-conforming players in the Montreal Roller Derby league.

With all that projected running around town, you’ll need a sturdy bike you can depend on. For a practical and unconventional date, head to **Right to Move** (2153 Mackay St.) on Wednesday nights. The weekly event welcomes women, trans folks, and femmes to repair and work on their bikes in a supportive and relaxed environment.

Looking to meet queer women? Check out the monthly dance party **Où sont les femmes?** created by Lez Spread the Word. You can also pick up a sister for our Orientation issue, in **LSTW**, a lesbian magazine from the same organization.

Look, in a world where being queer is all too often about surviving, we find pockets of community that sustain and strengthen us. Have fun, be safe, and I’ll see you at Glitter Bomb. ☐

Meet the Concordia Stingers

Women's Basketball

Head Coach: Tenicha Gittens

Player to Watch: Myriam Leclerc

Exciting Rookie: Nikita Telesford

After advancing to the final eight of the national championship for the first time in 20 years, Gittens' team will be looking to take the next step. After losing their first game, the Stingers were scorching hot, winning six games in a row between November and January before cooling off and finishing the season with a 10-6 record in conference play. Leclerc, U Sports Rookie of the Year led the team in both points and assists per game, and along with veteran guard Caroline Task and forward Coralie Dumont, provided most of the team's scoring punch. The Stingers are bringing back most of last year's nucleus while strengthening their team with two recruits. Forward Telesford (6'2") and center Shanice Neita (6'1") will add some size to the team. Telesford brings a wealth of experience to the team, having played the last four years at Oakland University in the NCAA. Gittens will also be banking on growth from promising young players like Leclerc and RSEQ All-Rookie Areej Burgonio.

Oseremen Irete



Men's Basketball

Head Coach: Rastko Popovic

Player to Watch : Adrian Armstrong

Exciting Rookie: Sami Jahan

With unforgettable celebrations, all-star nominations, a national championship berth, and the ultimate prize of winning the 2019 Réseau du sport étudiant du Québec championship title in the books, the Concordia men's basketball team has set new goals and challenges. Coming off an impressive title run, the Stingers will look to keep their momentum from last year, despite losing key pieces like Ricardo Monge and Garry Merisier. They will look to exploit defences with their depth and shooting, guided by senior Armstrong. The Stingers will also look to an exciting younger performer, Jahan, so he can gain valuable experience in his first year. Though the road ahead won't be easy, with Popovic at the helm, Concordia remains a team with both high skill and expectations.

John Ngala
@LhommeJo



Photos Elisa Barbier

Men's Soccer

Head Coach: Greg Sutton

Player to Watch: Sean Holmes

Exciting Rookie: Marc-Antoine Chaudry



It's difficult to overstate just how difficult of a season it was for the men's soccer team. With Sutton taking the reigns of both the men's and women's programs, the former ended their season 1-10-1—their worst record during Sutton's tenure. After scoring only 10 goals and conceding 32 over the course of 10 games, big changes were required. Chaudry, the RSEQ's goalkeeper of the year at the CEGEP level was brought in alongside midfielder Michael Polisena—who captained Vanier College's team for two years. Polisena will also hopefully help carry the load of the midfield alongside, Holmes who was one of the few consistently bright spots in a difficult season. Some moves have been made to the lineup, but the direction the team is taking to get back into playoff contention is still unclear.

Elias Grigoriadis

@eligrigoriadis



Women's Soccer

Head Coach: Greg Sutton

Player to Watch: Chama Sedki

Exciting Rookie: Haley Wheatley

The Concordia Stingers women's soccer team is coming off a disappointing season in which they finished with a record of 4-9-1 and missed the playoffs. In Sutton's first season at the head of the women's squad, the Stingers allowed 40 goals in 18 games, making them the worst defensive team in the league. Their 18 goals scored was good enough to place them in the middle of the pack, but will need to threaten the opposition's defence a lot more. A new addition that will help put the ball in the net is midfielder Wheatley. She led the Dawson College Blues in goals last season, and Sutton will look to involve her in his team's attack to help his strikers create offence. Midfielder Sedki should continue anchoring the midfield for the Stingers, helping the team on both ends of the field. Sedki was named to the RSEQ Second All-Star team last season, picking up an MVP award in six of the 14 games she featured in.

Olivier Neven

@noworneven



Football

Head Coach: Brad Collinson

Player to Watch: Adam Vance

Exciting Rookies: 40-person rookie class

After missing out on the playoffs in the last game of the year on tie breakers to finish last in the standings, Collinson and the Stingers football team have something to prove. A massive overhaul saw Collinson add 40 new recruits to the training camp roster and bring in a slew of new coaches. This is finally looking like a team of which he is in complete control. It's a stretch to see even a quarter of this enormous rookie class find regular first-string roles but they bring in a new intensity and can push some of the more established veterans. While they lost two massive players to the Canadian Football League draft in Maurice Simba (Toronto) and Michael Sanelli (Montreal), there is still a strong veteran presence in the locker room. Players like Adam Vance, linebackers Jersey Henry and Samuel Brodrique, and wide receiver James Tyrrell are all going to be essential for the team to return to battling for a playoff spot.

CONCORDIA'S PROPERTY MANAGEMENT
IS AIMING FOR

zero waste

WHAT IS ZERO WASTE?

At Concordia, Zero Waste means reusing and sending 90% of our materials to compost and recycling. It also means reducing our total waste by 50%. Read on to find out why this is important and how you can help.

why zero waste?

OUR WASTE PROBLEM

- Canadians produce 36,100 kg of waste per person each year, more than any other developed nation.¹
- Plastic materials and other litter in oceans can become concentrated into gyres, of which there are now 5. The North Pacific Gyre is known as the "Great Pacific Garbage Patch" and occupies an area twice the size of Texas.²
- Plastic debris causes the death of more than a million seabirds every year as well as over 100,000 marine mammals.³

1: World Bank "What a Waste" database, 2,3: UNESCO: Facts and figures on marine pollution

WHY COMPOST?

43% of our trash contents are compostable materials.* This is why we have over 100 compost bins on both campuses and are adding another 100 more this year.



*According to 2013 Concordia Waste Audit

(Photo: Chris Jordan)

how can i help?

AS AN INDIVIDUAL

Compost your organics! All food waste, soiled paper, and compostable plastics are accepted at Concordia.



Use a **reusable mug** and **recycle your disposable coffee cups** at Concordia. Lids are trash, though.

Join **CUCCR**, our Centre for Creative Reuse. Donate and take materials for your projects for free! Visit cuccr.ca



AS A GROUP

Become a partner and commit to reaching zero waste. We can organize an assessment of your waste, help develop an action plan with your team, get you certified as a Zero Waste Concordia contributor, or help make your waste reduction idea a reality.



AS AN EVENT

Request volunteers to help sort waste at your next event with our partners at Waste Not Want Not



CONNECT

Learn more. **Visit our website, facebook, and instagram.**

- concordia.ca/zerowaste
- [@zerowasteconcordia](https://www.instagram.com/zerowasteconcordia)
- zerowaste@concordia.ca

Get reusable dishware from our partners at the Dish Project



Donate leftover food through the Tablee des Chefs to those in need.





Men's Hockey

Head coach: Marc-André Élement

Player to Watch: Carl Neill

Exciting Rookie: Pascal Corbeil

A fast-paced team that can drive offence from a skilled, puck moving defence, the Stingers may have a very fresh look this season. Following a disappointing first round playoff exit last year, the team is bringing in a recruit class in the double digits to complement an already large roster. High end recruits from leagues like the Quebec Major Junior Hockey League and the Western Hockey League highlight the crop of rookies. Corbeil—a defender with high flying offensive talent—and Jeff de Wit—a strong goal scoring threat—all look to be standout rookies for the team. The team is aiming to offset the loss of their top centre Hugo Roy, captain Philippe Hudon, and versatile winger Charles-Éric Légaré to pro deals and graduation last year, in order to battle for a berth at the national championship, which they earned just two seasons ago. That may depend on how the team's new players adapt to the league. The team remains anchored by one of the best blueliners in the country in all-star defenceman Neill and their pesky, productive winger Philippe Sanche.

Dustin Kagan-Fleming @dustinkfleming

Women's Hockey

Head Coach: Julie Chu

Rookie to watch: Emmy Fecteau

Veteran to watch: Audrey Belzile

Last season concluded in a heart-breaking loss to hometown rival, McGill, in the second game of their semi-final matchup in the RSEQ women's hockey playoffs. This loss also marked the departure of four key players who had marked the Stingers' success over the past few campaigns. Captain Devon Thompson, assistant captain Sophie Gagnon, forward Melinda Prévost and goaltender Katherine Purchase completed their collegiate careers, and will now need to be replaced. However, the offensive duo of Rosalie Bégin-Cyr and Belzile will be back to lead Concordia. The team will also benefit from the arrival of rookie forward Fecteau. She was the captain of the CEGEP Limoilou Titans last season, putting up 46 points in 24 games, her second consecutive season with over 40 points. Taking over for Purchase, goaltender Alice Philbert will get the chance to be the main netminder for the Stingers. Chu had to rely on Philbert's work early last year, giving a chance to Philbert to get some starting minutes ahead of her opportunity to serve as the Stingers' top goalie this year.

Louis Pringle

@LouisPringle96



Women's Rugby

Head Coach: Jocelyn Barrieau

Player to Watch: Laetitia Royer

Exciting Rookie: Mahalia Robinson

The 2018 season served as a transitional period for the Concordia Stingers women's rugby team and first-year head coach Barrieau. The team dealt with the departure of veterans Frédérique Rajotte and Alex Tessier, two of the best players in team history and a pair of former most valuable players. During the season, Barrieau sought to establish a winning culture that positively affects recruitment. They finished the season with a record of two wins and five losses. This year, rookie player Robinson will contend for a spot alongside returning all-stars, Lia Hoyte, Jasmine Baxter, and Shawna Brayton. The 2019 season also marks the return of veteran player Royer. In Concordia's 2018 home opener, Royer returned to the pitch after an ACL tear. Unfortunately for both her and the team, she tore her ACL for a second time that day. After her injury, Royer worked through intensive rehabilitation for seven months. In her second season as head coach, Barrieau is looking to field a consistent team that can move up into the RSEQ's top division. Returning leadership and fresh talent are strong tools for the Stingers.

Cassidy MacDonald

@Casmacdo



Ireland Compton
@IrelandCompton



Photo Ion Etxebarria

Men's Rugby

Head Coach: Craig Beemer

Player to Watch: Lucas Hotton

Exciting Rookie: Alec Montminy

After an exciting two season long unbeaten streak through the regular season and postseason, the men's rugby team now has their sights set on something bigger. The team went 7-0 once again last season, claiming the RSEQ Championship and earning a trip to the national championships for the second year in a row. A true powerhouse, this team has been the epitome of discipline and consistency over the last two years, earning them the honour of hosting the third annual Canadian Men's Rugby Championship in late November 2019. After two runs that ended in disappointment, the team looks to come back stronger, giving some of Canada's most talented teams a run for their money. Among players not returning this season is standout Jonathan Banks, who was a driving force on this team last year. But with seasoned talent in returning players like Hotton, Julian Alexander, and Charles Debove, the team looks to come back with a dangerous roster. 🏉

Loyola Is the Only Place to “Go”: A Concordia Bathroom Survival Guide

The Tiers of the Porcelain Palaces of Concordia

April Tardif Levesque
@apriltdif



Concordia’s bathrooms are so decrepit and unsanitary that an entire student union slate won on a platform centred around demanding better bathroom conditions.

Armed with yellow rubber clothing and janitorial equipment, it was unclear to some if they were campaigning to lobby for better bathrooms, or to clean the bathrooms themselves.

Most Concordia students would welcome either possibility, given the dilemma faced by most: Where to do their business in a place that is better than a portable restroom at RibFest, near a food truck with dubious food-handling standards?

If that sounds oddly specific, try your luck in the ground floor bathrooms at the Hall Building.

If you’re feeling even more brave, head to the ground floor bathroom in the EV Building. If you remain untraumatized, congratulations, you may be

ready for RibFest. But school is not some undercooked, wasp-infested meat festival, it’s your everyday life now.

You need bathrooms you can trust: bathrooms where there might be writing on the walls, but at least no bodily excretions or rodents.

If you’re not down for the campus experience, check out the Loyola campus. For all of the abuse it gets, Loyola is actually quite pleasant compared to downtown. There may be no comparable food or shopping opportunities, but it beats studying with distractions, and the bathrooms are infinitely more livable.

Concordia’s best-kept secret is the sparkling-clean lavatories throughout its CJ Building.

This is by far the cleanest bathroom experience and you’ll see for

yourself. You couldn’t ask for a nicer window-view while taking care of business.

If you’re too urban to leave the city-centre, or just scared that the shuttle driver will make you throw out your \$5 flat white to embark on the nightmarish journey to Loyola in the crowded charter bus, you have other options.

Unlike in a fire, the higher you go in any building, the safer it gets when it comes to bathroom experiences.

The upper floors of the JSMB Building are great, if you can navigate past the turbulent seas of students in suits and their occasional dirty looks.

Try to blend in with your environment and carry a spare blazer somewhere on your person, in case the inhabitants of this building realize what you’re there for. If everyone finds out about the

cleaner bathrooms, they stop being the cleaner bathrooms.

If the trolls on Spotted:Concordia are correct in that no one actually reads our articles, only a few of you who read this will know about the cleaner bathrooms.

This is our little secret.

The upper floors of EV are also great; this building is used for almost everything but actual undergraduate classes, so try to blend in discreetly.

There's also that whole atrium section that seems to house blood drives and open houses, or events where desperately hopeful engineering students appear to throw their resumés as perfectly operational paper planes at recruiters.

Terrible Thrones

Ground floor EV bathrooms are a fatal error to make, something that most newcomers are unaware of. It is by far the most accessible bathroom to both students and the general public.

It has multiple entrances, multiple events, and is on Ste. Catherine St. W., making a public bathroom for the Montreal community at large.

It's about as clean as you'd imagine given those circumstances—spare yourself the practical experience.

The use of the upper floors is a total mystery to most, and their clean bathrooms are a mystery to all but some.

As for the Hall Building, where most of us are herded and housed, try to avoid these bathrooms at all costs.

Between horrific sights, smells, sinks that sound like horns, funhouse mirrors, mystery floor floods, broken doors, and holes in the walls filled with mysterious things, the overcrowding

makes conditions even more like a house of horrors, and even the bathroom of a house of horrors would have a hand dryer that functions better than a computer fan.

As we kick off a brand new school year, we wish you the best of luck with your studies, and with your bathroom hunting. ☒



RESOURCES TO KNOW

Multi-Faith and Spirituality Centre: 2090 Mackay St., Z annex

A student space made to relieve stress, the Multi-Faith and Spirituality Centre houses a lounge, a kitchen, and a meditation room for students to use. Enjoy free coffee or tea when you walk into the downtown space and take part in some of their events. You can try some guided meditation once a week, take part in a drum circle, or relax with some meditative mandala colouring. They also can help students with financial troubles through the student emergency and food fund, providing grocery store gift cards.

Muslim Student Association: Hall Building seventh floor

Offering services to students across both campuses, the Muslim Student Association strives to serve Muslim students at the university. In addition to serving the Muslim community by offering daily prayer and Friday prayer services, they also host a number of events and lectures aiming to inform students on the teachings and applications of Islam in today's society.

Zero Noise Room: Library LB-361

Sometimes even study rooms and spaces are too much. They can be crowded with people talking over projects, loud typing, and a multitude of other distractions. Maybe for that last final or just for a moment of peace, you need complete quiet. You can find that in the zero noise, "Friends of the Library Room." Located on the third floor of the library, the room doesn't allow any talking, keyboards, and ask for phones to be silent—basically any kind of noise is banned.

Sexual Assault Resource Centre: Hall Building H-645

SARC is dedicated to providing confidential and non-judgemental support to individuals who have been affected by sexual assault or harassment. Located on the sixth floor of the Hall Building, the centre offers a feminist, survivor-centred, and intersectional approach to their services. Services include crisis intervention, advocacy for those accessing resources on and off-campus, accompaniment for survivors who wish to involve the hospital or judicial system, as well educational outreach programs and awareness campaigns. ☒

A Guide to Concordia Politics

Rowan Kennedy
@RowanKennedy8

Here's the Lowdown on Concordia's Inner Workings

Understanding student politics at Concordia means getting down with over 100 clubs and an intricate government system, and that can be... complicated to say the least?

Waltzing up to a club space can seem like walking into the great unknown, so let me help you come prepared.

Undergraduate students pay a fee-levy of \$3.95 per credit each semester to the Concordia Student Union. The CSU has a projected budget of \$2.8 million this year. Now your reaction may have been: Who trusts students with \$3 million? Let me try to explain.

Approved Concordia associations are supported by you. Among them are Queer Concordia, student media like *The Link*, *The Concordian*, CJLO, and CUTV, as well as other organizations like the Concordia Greenhouse, Le Frigo Vert, and the People's Potato. You pay for these through the fee-levies incorporated into your tuition.

These levies are organized by the CSU—an elected body of Concordia students representing undergraduates. The CSU is made up of students from all faculties; an executive team of seven students, 12 arts and science councillors, six from the John Molson school of business, eight engineering and computer science representatives, two from fine arts, and two independent councillors. CSU representatives hold seats on the Concordia Senate and Board of Governors, giving

students a say in important administrative decisions, overseen by the Senate and the university President. The CSU plays a significant role in student life as it has the most resources to dedicate to organizing student activities.

So, what does the CSU spend your money on?

The CSU is set to launch its campaign for environmental sustainability at the orientation fair this month: a plan to support sustainable organizations and raise awareness around climate change.

The CSU plans to make “over the hood” changes by rebranding with new colours and a new logo. In addition, the executive team is working “under the hood” to complete policies across the board to ensure organization in allocation of funds and rules for clubs.

CSU General Coordinator Chris Kalafatis said, “Putting all these things that have been unwritten for so long on paper will make it better for future teams [...] We want everything to be clear, instead of left to interpretation.”

An election committee is being created to help elections run more smoothly. Cut the Crap, whose members hold all executive positions but one, also campaigned to clean the bathrooms, and that's all I could ask for. While the CSU represents all undergraduate students, each faculty has an association or group which advocates and organizes events for them.

Over 20,000 students in the arts and science faculty pay \$1.22 per credit to ASFA, generating \$500,000 in revenue. The fee-levy has stayed at \$1.22 despite four years of referendums to increase the amount paid. ASFA hosts events all year round, including Frosh events which take place at the end of August.

Last year marked a year of controversial elections for the CSU, the closure of the Association for the Voice of Education in Quebec, and continuing pressure on the administration to act against sexual violence on campus. In June, former Concordia president Alan Shepard took up a position at Western University, leaving Graham Carr as interim President. And, now, international students will be forced by deregulation to pay higher tuition costs.

In November 2018, a decidedly disorganized midterm CSU election was cancelled last minute as ballot boxes were left unattended, and ballots not properly labelled; outcry and calls for resignation ensued, and the demand for online elections came to a climax. A month and a half later, the CSU IT director had expressed concerns about building the infrastructure needed in such a short timeline, but the polls opened and closed without a hiccup.

In April, however, shit hit the fan when the whole winning slate was disqualified amid accusations of election fraud by Chief Electoral Officer Florian Prual. The follow-

ing, which I'll refer to as The Great Panic, lasted for two weeks. The impression was that the runner-ups had won the election, Facebook had gone wild; the local meme page, Spotted: Concordia, was awry. The Judicial Board reviewed the decision and decided to reinstate all but one member of Cut The Crap, excluding their candidate for Finance Coordinator, Danielle Vandolder-Beaudin. She stood accused of encouraging voters online to vote for Cut the Crap while the polls remained open. It should be noted that the Judicial Board had requested additional information—and many screenshots of other Cut the Crap members campaigning after the allotted period were provided—but chose to disregard it.

Drama like this is (hopefully) what you're in for this year on this season of *Campus Survivor*!

AVEQ, of which the CSU was a member, closed in January as a result of mismanagement and a drop in membership. Between 2015–2019, AVEQ served at a provincial level; grouping together student associations province-wide, and later from Concordia and Université du Québec à Rimouski. In summer 2018, AVEQ took a turn for the worst, membership was down record numbers, and they projected a deficit of approximately \$70,000 by the end of the year. To no one's surprise, the plug was pulled.

After the closure, accusations came out that the asso-

Last year marked a year of controversial elections for the CSU, the closure of AVEQ, and continuing pressure on the administration to act against sexual violence on campus.

RESOURCES TO KNOW

Aboriginal Student Resource Centre: Hall Building H-641

The ASRC offers a safe and welcoming space for First Nations, Metis and Inuit students. Whether you're an Indigenous student looking for a place to socialize and relax in between classes, or you're seeking a quiet computer lab to get work done, the ASRC is your go-to. They also provide important services like support and guidance pertaining to academic success, and help writing resumés and scholarship applications. Elder Vicky Boldo is available to meet and support students three days a week on both a drop-in and appointment basis. Looking to kick back and get creative? The ASRC hosts weekly beadwork sessions in their lounge. Be sure to check them out for more information regarding the schedule for this semester.

Queer Concordia: 2100 Mackay St.

A longstanding resource at the university, Queer Concordia is a safe space and resource for the queer community of Concordia. They provide a wide range of services throughout the year, including queer support groups, a library with hundreds of books to borrow, as well as free condoms, dental dams, and lube. They host events like inclusive dance parties, free therapy sessions, workshops, and queer friendly/inclusive frosh week. It's a space that can help you feel welcome in your community while providing you the services and support you need.

Concordia Greenhouse: Hall Building thirteenth floor

Want to be surrounded by green and feel a little less trapped in the concrete jungle? Check out the Concordia Greenhouse. The plant-filled space runs workshops and events while also offering volunteer and work opportunities. It's a space that both calms and educates while pursuing a goal of sustainability and community building. It's a good escape from the greys and whites that define so much of the colour scheme of Hall. Sit around their tables and study, relax, or enjoy some of their ongoing projects while trying their home-grown tea! They have two plant sales a year to enjoy as well.

Zen Den: Guy-De Maisonneuve Building GM-300

Looking for a place to unwind during exam season? The Zen Den, located in room 300 of the GM Building, has everything you need. In a welcoming space, with comfy seats, warm lighting and calming images, Counselling and Psychological Services offers resources for practicing mindfulness and self-care, as well as tips and tricks for stress reduction. They also offer workshops on well-being and other activities, like pet therapy, art therapy, and drop-in yoga to help students find their zen on campus. ☐

ciation's credit cards were being used on personal expenses by executives. AVEQ collected a \$3.55 per credit fee levy and had a budget of \$347,000.

Now, buckle up.

In early 2018, allegations of longstanding and widespread sexual misconduct in the Concordia English department surfaced online. These stories were amplified by Heather O'Neill, author and a former student of Concordia's English department, who told her story to the CBC of an inappropriate relationship with a professor in the 1990s.

At the same time, the Quebec government passed Bill 151: an act to prevent and fight sexual violence in higher education institutions. Shepard vowed to take decisive action, only to have Ibi Kaslik, another high profile author, come out with a similar story of a professor she had filed a complaint against—who still taught until that day.

The university created a sexual violence standing committee and taskforce to implement changes to its sexual violence policies, and suspended two professors, pending investigations.

A year down the line, Kaslik found

out from a journalist that the school had exonerated one of the accused professors. This sent the school into a frenzy; the Concordia Association for Students in English called the system of reporting sexual misconduct broken, while Concordia defended its handling of the case. In March, an independent report commissioned by the university found that the climate in the English department was "unhealthy," and recommended that professors should no longer hold classes in bars or consume alcohol or drugs with students. The mess was amplified by calls for action from protesting students which endured until this past April.

Which leads us to this September, as the Sexual Assault Resource Centre launches its "It Takes All of Us" campaign. "It Takes All of Us" is a sexual violence training focusing on consent, bystander intervention, supporting survivors, and the effects of sexual violence. All students and faculty staff must take the training before Oct. 4.

Negotiations with the provincial government have led to the university increasing tuition costs for all students. Those hit the hardest are its international

students. In March, the provincial government announced a plan to deregulate international student tuition. As a result, the university will lose out on grant money, but gain the power to set their own tuition rates for international student and keep 100 per cent of the tuition paid by these students.

This mass deregulation comes as the number of international students grow much larger in population. Since 2011, international student population at Concordia has increased from 12.2 per cent to 20 per cent, and hell if the university won't take advantage of that and be greedy. Despite protests that occurred between March and June, the university's response to deregulation was to proceed to implement tuition hikes.

Despite all that has happened over the last few years, and what will continue to happen, do not be discouraged. Concordia is a unique community. Participating, making friends, and belonging is a way many people feel valued. The politics may be complicated, but they wouldn't be if people didn't care. ☐



Graphic Breea Kobernick

CONCORDIA

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ALL FACULTY, STAFF AND STUDENTS MUST
COMPLETE THE TRAINING BY OCTOBER 4, 2019

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Low-Cost Campus Living

What Resources Are Made Available to Low-Income Students on Campus?

Marcus Bankuti @marcusbankuti



Photos Olivier Cadotte



Paul Gott knows what it's like to be a struggling student. In the mid-90s, he and the girlfriend he'd been living with split up, and he suddenly had nowhere to go. So, he drove his tour van—he was, and still is, the frontman of punk band The Ripcordz—to the edge of Concordia's Loyola campus, parked it on West Broadway St., and lived there for three or four months. It was January.

"I had to register for courses, and the only ones I could get were in the morning, like the 8:30 a.m. courses," he said. "The head of the journalism department kind of looked at me like, 'You'll never make those classes.' But [...] the moment that the buildings opened at seven o'clock in the morning, I was out of the van and into the lovely, warm Concordia buildings."

At the time, Concordia didn't have the same resources it has today—though it did have different ones. For example, there

was a shower in the Bryan Building, which now forms part of the Science Pavilion.

There was one enduring aspect he identified as more important than any other—a place to go.

"The moment you register, you become part of a community, and there are all these places and things and people to help you. And it felt really good just getting back into the university. That and the fact that the university has heating."

Even having a place to spend time, he said there are a lot of problems you run into being homeless and you need a lot of help. "The one thing that I really loved about the university, or still do, I guess, is that there are so many resources for the students. It's more than just food. It's help, it's guidance," said Gott, now a professor in the Department of Journalism. "I try to find these and let my students know that these things are happening."

In a landscape in which underfunding is routine and tuition and housing costs are on the rise, financial difficulties are common, but not everyone who needs assistance is aware of what's available.

"I've talked to students, and I say, 'Why don't you go get the free meal or this or that and the other thing?' And they go, 'Really, that happens?' [...] Sometimes I get the feeling that everybody who knows about things are the people who don't really need to use them," he said.

Jane Lefebvre-Prevost, an advocate who ran on a platform of supporting low-income students in last year's Concordia Student Union elections, said she would estimate that at least four to eight people in a 30-person classroom would be in this low-income category, though you might not be able to tell just by looking at them.

She cited generational poverty as a particular risk factor, but noted a recent survey suggesting that nearly half of Cana-



Opened in 2019, the CSU daycare and nursery helps student parents.

dians are a paycheck away from financial insolvency.

Family estrangement may also be an issue for some, as parental assistance can make a big impact in terms of financial security. This is an especially common problem for LGBTQ+ students. “When you’re trans or when you’re queer, the risk of being disowned, especially when your identity is open and public, is a very real thing that happens to a lot of people at Concordia.”

While not enough to eliminate the burden of financial hardship, there are a range of resources and services on campus to help students obtain necessities or make ends meet. “Most of them are fee-levy groups,” said Lefebvre-Prevost. These receive fee-levies from every student, then they pool those resources together to create services for low-income students.

“There’s obviously the People’s Potato,” she said, citing one of the best-known resources on campus. It’s located on the

seventh floor of the Hall Building and offers vegan, by-donation meals every weekday between 12:30 p.m. and 2 p.m. during the school year. According to its website, it serves over 500 lunches daily.

“It’s a normalized service,” said Lefebvre-Prevost. “Everyone will use it—no one will shame you if they see you in the People’s Potato line.” It also has a biweekly food assistance program, which functions as a food bank. She acknowledges some people could feel insecure about using this feature, but implored students not to wait until it’s too late.

Le Frigo Vert on Mackay St. offers affordable groceries to students. It sells local produce, bulk items, and prepared foods, much of it organic. On Thursday afternoons, you can find meals, coffee, tea, and snacks available by donation. It also hosts a range of free health-related services and workshops.

Confined to Loyola campus? The Hive Café Solidarity Co-op on the second floor

of the Student Centre offers a nut-free, vegan lunch at no cost between 12:30 and 1:30 p.m. on weekdays. The location is not wheelchair accessible, but a meal can be brought downstairs if arrangements are made in advance.

While this service is limited to Loyola, The Hive can also be found downtown on the second floor of the Hall Building. Both locations offer a pay-it-forward service. “Let’s say I’m someone who’s not financially struggling,” explains Isaiah Joyner, External Affairs and Mobilization Coordinator at the CSU. “I go and buy [two] coffees and I donate [one], so by paying twice as much, somebody who normally would not be able to afford that coffee [will be able to claim it]—it’s kind of like a tab, but for everybody.”

Students in dire straits can access the Student Emergency and Food Fund, administered by the Multi-Faith and Spirituality Centre on Mackay St. “We have people that are struggling financially.

[Perhaps] their paycheck is due next week but it has been delayed,” said Sai Niranjana Jyothimahalingam, the centre’s student outreach assistant. “They don’t have money for their meals.”

Appointments for short interviews are scheduled by email according to Jyothimahalingam. “We don’t ask for any proof or bank statement or anything like that. [We] just talk to them, and if [we] deem them eligible, [we] immediately give them grocery cards.”

The CSU also issues emergency food vouchers, which can be requested by contacting office@csu.qc.ca, while the Financial Aid and Awards Office, Concordia University Student Parents Centre, Campus Wellness & Support Services, Aboriginal Student Resource Centre, and the Access Centre for Students with Disabilities can distribute flex dollars for use on campus, as well as vouchers for The Hive.

Jyothimahalingam said that most of SEFF’s users are international students—a category that has lately suffered particularly onerous tuition increases, sparking protest.

Students without an established social network in Montreal are drawn to the Centre’s community spirit. Coming from India in the winter, “I’d never seen temperatures below zero ever in my life,” said Jyothimahalingam. “I couldn’t go out, I couldn’t take a walk. It was depressing. I just came [to the centre], and it felt like home.” Those of all origins and religious backgrounds, including secular students, are welcome to drop in for free coffee or tea, social activities, meditation or even to play board games.

Jyothimahalingam hopes more students will discover the centre. “Not many students really know about it, and they regret it. ‘I just graduated and now I found out that this exists.’ I hear so many comments like this.”

If all else fails, you may choose to do as Gott did when he was a student. “Whenever there was anything happening in the University, I was there, eating cheese and drinking wine or coffee or whatever happened to be free.”

Concordia’s online events page is an invaluable resource for discovering free campus activities, and not only for the

prospect of complimentary refreshments. Recreation, health and wellness, art exhibitions and workshops are some of the free events that can be found on the calendar.

Joyner said some students may not know the resources available to them through their union. “They sometimes just don’t know what we do here.” The CSU, which represents all undergraduate students, is tasked with operating a range of core services and is involved in many aspects of student life.

Their main office is just around the corner

I’ve talked to students,
and I say,
‘Why don’t you go get
the free meal or this or
that and the other thing?’
And they go,
‘Really, that happens?’
[...] Sometimes I get
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body who knows about
things are the people
who don’t really need
to use them.”

— Paul Gott

from People’s Potato. Here, Joyner said, they distribute “menstrual products, condoms, agendas, [and] different things that we just offer for free.”

Free condoms, lube, gloves, and dental dams can also be picked up at the Centre for Gender Advocacy and Queer Concordia, both located on Mackay St. “Safe sex is the best sex, and consent is key,” said Joyner.

He added that the CSU holds clothing swaps once per semester. Clothing is collected in large bins throughout campus then made available at the CSU office. “We have a long line. People come and they just take what they need. Now you have clothes for free,” he added.

The CSU’s Legal Information Clinic is also located on the Hall Building’s seventh floor and is available to undergraduate students. “There you can get free legal [information] for any situation that may arise for you,” said Joyner. Volunteer law students provide assistance. They can’t provide legal advice or representation, but the clinic strives to connect students to resources to meet their needs. It has a second office at Loyola campus.

The CSU also operates the Housing and Job Resource Centre, or HOJO, located on the second floor of the Hall Building, across from the Hive. They assist undergraduates who “need help dealing with their landlord, finding student housing and different resources in terms of living [...] and making sure they know their rights as a tenant,” said Joyner. Similarly, it offers job search tools and can help you understand your rights as a worker, with no appointment necessary.

The Graduate Students’ Association also offers its own versions of HOJO and the Advocacy Centre, according to its website.

Students may also find jobs through the work-study program, which is offered by the Financial Aid and Awards Office to those who meet eligibility requirements.

Additionally, the CSU itself offers employment to students who are currently studying at Concordia.

Students with dependents face an especially difficult balance, and the CSU offers the CSU Daycare & Nursery downtown. It’s primarily for undergraduate students, but according to Joyner, is open to graduate students when it still has space. More enrolment information can be found on its website. Other childcare opportunities and parent resources can be found through the Concordia University Student Parents Centre.

Another major drain on students is the purchase of textbooks, but owning these can provide flexibility for low-income students.

“Personally when I was in this situation, I was working at a call centre,” said Lefebvre-Prevost. “In between calls I would have my textbooks out and I’d be trying to get as much information as I could while working.”

Joyner suggests students use Facebook groups to find used textbooks, or visit the Concordia Community Solidarity Co-op Bookstore on Bishop St., which strives for below-market prices and offers a consignment service, so students can sell books they no longer need.

Worst-case scenario, one can go to the library to access course reserves, said Joyner. Students can access course texts at Concordia’s libraries, but only for as little as three hours at a time, and the book you need may not be there when you need it. The libraries also offer technology rentals to students, including laptops and tablets and are open round the clock.

Mental health is a growing concern at universities, and a prominent issue for low-income students. “If you’re struggling to make rent, if you’re struggling between paychecks [...] that is something that will inevitably affect your mental health because you’ll constantly be stressed,” said Lefebvre-Prevost.

Concordia offers counselling at both campuses through Campus Wellness & Support Services. However, appointments can require lengthy waits and are capped at 10 per student. According to Joyner, this year’s undergraduate healthcare plan will increase the annual limit for psychological services from \$750 to \$1000, which can be used to access off-campus psychotherapy, but each session will still require financial contribution from the student.

The Centre for Gender Advocacy on Mackay St. offers its free Peer Support and Advocacy program to everyone. The volunteers who provide one-on-one support aren’t therapists, but are trained to listen and offer peer support.

Similarly, Concordia Students’ Nightline, (514) 437-9797, is a volunteer-based listening service available by phone on Thursdays, Fridays, and Saturdays from 6 p.m. to 3 a.m.

One of the most difficult challenges facing low-income students is their profound dis-



advantage in tending to their academic responsibilities or joining clubs. “You can’t just create more hours in a day for a student. Everyone has 24 hours,” said Lefebvre-Prevost. Without time to manage everything, “what ends up happening is you cut out what you can, and what you end up cutting out is that study time.”

Professors may give some leeway on deadlines, but there’s a limit to what they can do. “I must admit that as a professor I find it difficult,” said Gott, “because you try and take things into account, but you also have to balance it with setting some sort of standard for all students.”

He also worries leniency could lead to students leaving his classroom without the skills required by the industry into which they’re graduating. “It’s something I tell my students. Okay, you miss a deadline in class, you miss a deadline in class. You miss a deadline at CBC, you get fired.”

Students struggling academically can access the Advocacy Centre located on the second floor of Concordia’s Hall Building.

If your GPA drops below 2.0, you need to go to a tribunal, or you need any academic support, you can go to them and make an appointment, said Joyner, and they will make sure you take the right path to academic success.

A supporter of free tuition, Gott acknowledged this is not enough, as it could still leave some students working multiple jobs just to survive. He encourages students to fully explore their bursary options.

Lefebvre-Prevost emphasized the importance of working within your limits to achieve your goals. “I would say to students who are low-income that you can take it slow; [...] you can take fewer classes, you can even take a break. Do what’s best for you. Don’t try and be like your peers. Know your limits and apply those limits to your academic life.”

She encourages students who are not in this position to learn to be good listeners and to help in small ways, such as offering class notes to students who may have been working. “Not out of pity, or donating, but [by] asking and creating an equal bond.”

At times in her own undergraduate career, Lefebvre-Prevost said she didn’t take advantage of available services to the extent she could have. “I did what a lot of people who are low-income do, and that’s white-knuckling it, pretending you can support yourself on your own, that you’re independent, that you don’t need external help, because if you admit to yourself that you need help, you are admitting that you’re ‘weak.’ You’re not weak.” □

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