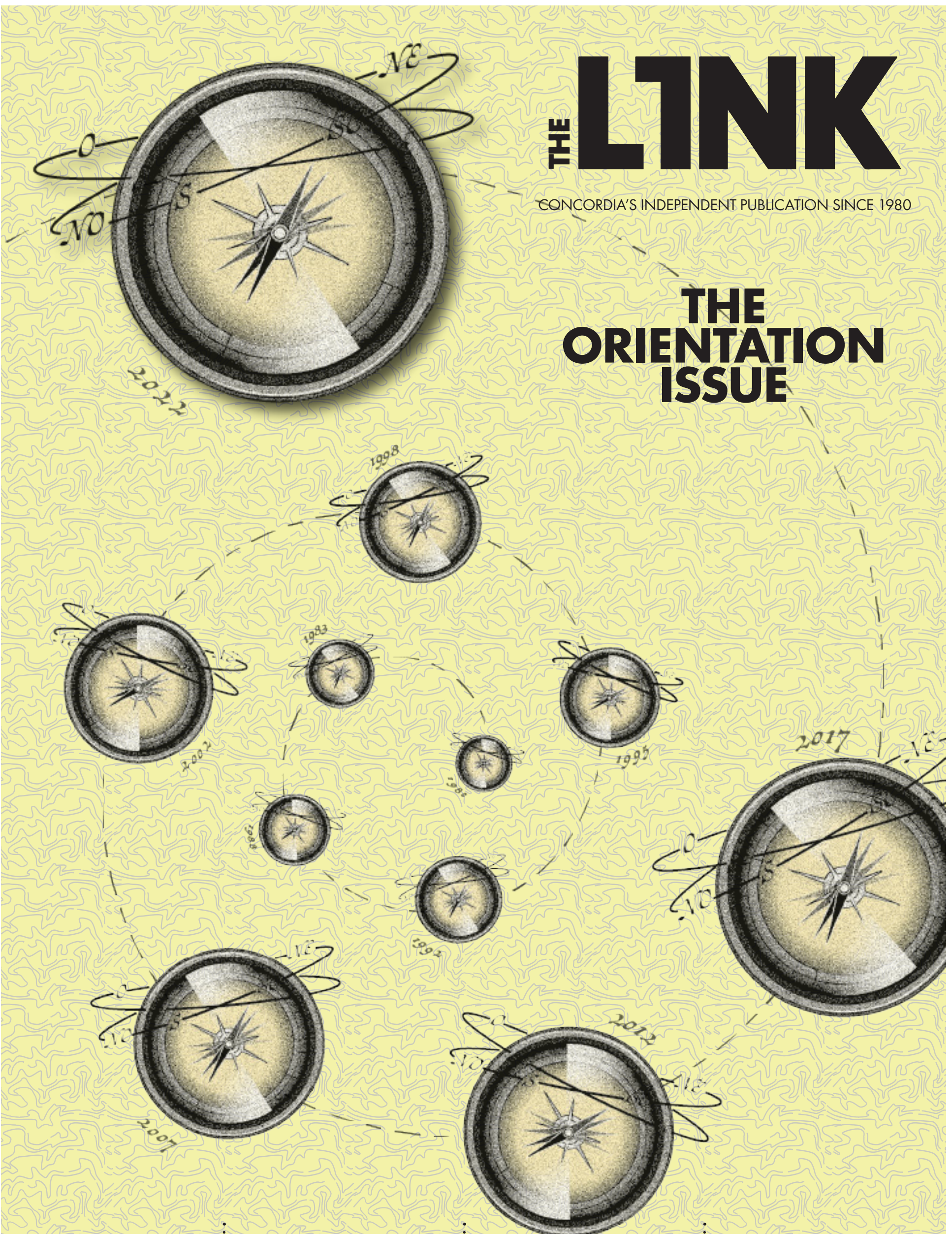


THE LINK

CONCORDIA'S INDEPENDENT PUBLICATION SINCE 1980

THE ORIENTATION ISSUE



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In Conversation With President Graham Carr

Concordia's President Sat Down With *The Link* to Discuss the Upcoming School Year

The beginning of a new academic year means students have a lot of unanswered questions. Concordia President Graham Carr sat down with *The Link* on Aug. 23 to address some of the most pressing issues students are facing across campus.

Marianne Liendo-Dufort
@itsmarana
Zachary Fortier
@zachfortiermtl

Full interview available online. Answers have been edited for clarity.

As the 2022-23 academic year begins, what will be Concordia's top priorities?

As we go into year number three with COVID, our priority is to continue trying to ensure we have a safe campus and create the best possible experience for our students.

I'm really excited about a couple of announcements we've made in the last two weeks. The announcement on experiential learning: every new student coming into the university this year will have at least one opportunity to do [EL] as part of their program by the time they graduate. We look like we're on track to increase that commitment to two [EL] by 2025.

Whereas many universities across North America are talking about the importance of experiential learning, we're actually at a point to say we can deliver and make that opportunity available for everyone.

The other announcement we made last week was that we're tripling the number of students we're going to admit into the cinema school at Concordia. That is specifically in response to the demand of the cinema industry and the labour shortage.

We have the biggest cinema program in the country; we were getting 700 applications for maybe 70 positions. The faculty of fine arts piloted a couple of short courses online in the past year—the demand is definitely there.

In the past year, Concordia made a return to campus amid multiple waves of COVID-19. Is there anything you would have done differently to ensure the health and safety of students, faculty and staff?

I'm not sure there's anything we would have done differently per se. Last fall, Quebec universities made decisions with regard to really pushing vaccination mandates. Other jurisdictions took a different approach where they had mandatory vaccine mandates. We brought about half of our classes back in person last year.

By the end of Fall 2021, because we could track

cases, Quebec universities came out very well in terms of avoiding outbreaks. It was tough in the winter. It was really discouraging for everybody. We had come through the fall so well, we were looking forward to being back fully in person in January, then Omicron hit.

We made the decision to do the first month [of the Winter 2022 semester] remotely, although the campus was open. I think it took a lot of steam out of everybody's semester, and it was exhausting. We were already kind of fed up, and Omicron was so rampant.

We followed public health guidelines. I think everybody did their level best to pull through the semester. I know there was a high level of anxiety, not just in the university, but in society at large. And that's perfectly understandable.

Multiple Canadian universities have re-introduced mask mandates this fall. Concordia removed most of its COVID regulations in late June. How will you commit to keeping immunocompromised students safe this school year?

Obviously we are watching what universities or higher education institutions are doing, as was the case last year. It is a bit of a mixed response. Western [University] announced this morning that they are introducing a mask mandate for academic spaces and activities.

Unless there is a new variant, the government at this stage has no intention of introducing new health measures. Our approach has been to align with public health guidelines.

We will be moving very actively with a communications campaign to underline the fact that masks will continue to be made available in the entrances to all buildings and that hand sanitizers will continue to be made available at all buildings.

Anybody should feel free to wear a mask if it makes them feel more secure. We'll watch things carefully; that's the approach that we are taking at this stage.

For individuals who are severely medically compromised, we have in place a protocol for faculty members by which they can apply to teach their courses remotely. The threshold is fairly rigorous in terms of what qualifies for that.

We've been through the experience of trying to support immunocompromised populations on campus, as I'm sure all institutions have. It's often very much a case by case situation. It's a challenge

to generalize because medical conditions are individual—they're particular. But it's something that we are very conscious of.

In March 2021, the Senate passed plans for a fall reading week, but only beginning in 2023. Why is it taking 31 months to implement the policy?

That's a good question. It has to do with the way in which schedules are designed. When we're designing, we're always making schedules for the full university a couple of years out, and it involves respecting holiday dates and so on and so forth.

In this particular case, this is a big adjustment for a lot of programs to go from because it's not just a fall reading week. We're going from a 13-week teaching semester to a 12-week teaching semester in both fall and winter. That is very significant for programs that have always designed their curriculum around 13 weeks of course delivery.

It takes time to make the adaptations for that, particularly, in some cases for programs that are subject to accreditation rules.

I, for one, am looking forward to Fall 2023. Both because I think fall reading week, which is something that students have been asking for a long, long time, is necessary, and also because I'm really excited about moving to the 12-week semester. That's going to give people a little extra breathing time over the end of year and New Year holidays. I think it is a really positive development.

Nationwide, student populations are facing a dramatic increase in cost of living. Seeing as more and more students struggle to make ends meet, what do you have to say to those criticizing Concordia's hikes in tuition rates?

There is no question that the cost of living is going up globally. Students are certainly no exception. With respect to tuition in particular, it's important to understand that in the Quebec context, tuition is set by the government. In the budget in the spring of this year, the government had a formula in place based on family income. That was the formula it usually used to determine what tuition increases would be.

Precisely because of the economic situation, the government this year opted against using that formula because then the tuition increase would have been significantly higher. It instead came



Courtesy Concordia University

forward with a very modest increase. I think the government has been responsive to the economic situation in its approach to tuition.

That also applies to the government setting tuition rates for out-of-province Canadian students, French students, students from French-speaking Belgium and with respect to international students.

What concrete actions have been taken by the President's Task Force on Anti-Black Racism since its preliminary recommendations were published in November 2021?

This fall, we will [publish] the report on the President's Task Force on Anti-Black Racism in October.

I'm incredibly impressed with the work that the task force has done. The task force involved the mobilization of a large number of faculty members, staff, students, alumni, who have been working pretty tirelessly with tremendous creative energy.

Yes, we have things in our past that we need to own up to and recognize, but this is also about setting a pathway for the future.

We pride ourselves on being an accessible university. We pride ourselves on our commitment to equity, diversity and inclusivity. Just as I'm really proud of the progress that we're making in terms of Indigenous Directions, I'm looking forward to making the same kind of progress for Concordia in response to the recommendations of the task force.

Are there any new initiatives or projects coming to Concordia this year that you would like students to know about?

One of the things I really hope we can continue to move forward on is the Sustainability Action Plan. That involves the whole community. Concordia has shown some pretty good leadership in this respect.

In the Times Higher Impact rankings last year, we placed 20th in the world for our work in addressing the SDG on climate action, top 50 in the world for what we're doing collectively to address the SDG on reduced inequalities and fifth in the world for what we're doing in addressing the need to develop sustainable cities and communities.

We're trying to walk the walk. We misstep, yes. We don't always get to the destination as quickly as we want, but I think there's a strong collective will to push forward.

LI

Concordia Postdoctoral Researcher Went Months Without Grant Funding

Both the Government and Concordia Share Blame for the Slow Transfer of Funds

Autumn Darey

In February 2022, Charlotte Moore found out she had been awarded a two-year grant from The Social Sciences and Humanities Research Council of Canada for her postdoctoral research.

Moore filled in and submitted the necessary paperwork by the end of March, as the grant was supposed to start on May 1.

When that date passed, Moore was only receiving \$192 cheques from her internal lab funding. She contacted Concordia to see what was wrong. After the Concordia payroll employees couldn't answer any of her questions, she contacted the SSHRC. The council informed her that the forms had never been filed on their end. SSHRC sent the money to Concordia on July 14, and Concordia only paid Moore on Aug. 11.

Moore's contract is 37.5 hours a week. On top of her lab work, Moore has previously

worked as a statistics tutor and will be teaching courses in the fall to earn extra money. Without a proper paycheque, she was worried she would not be able to pay rent.

Despite the struggles she has faced to get her funding, Moore never pinned the blame on the employees. "I definitely have empathy for the people who are working in payroll," she said. When she initially joined Concordia, the university was in the process of changing payroll systems, but more than a year later, Moore said, that could no longer be an excuse.

"It seems it's some systemic issue with either training or communication," Moore said. "There was a time where I was calling people on their office phones—nobody was answering."

Moore went on to explain that when someone in the payroll department finally picked up her phone call and she mentioned the numerous emails she sent, the employee told her they get hundreds of emails a day.

"I understand if things fall through the cracks, but the number one thing that should not be falling through the cracks is paying your employees," Moore added.

"I think that the entire department needs more resources, better training, more staff. But also, somebody needs to communicate with people who are having issues because payroll is really the type of issue that can ruin somebody's financial life," She explained.

When asked about the situation, Concordia Deputy Spokesperson Fiona Downey said in an email that the university was concerned about what had happened, and is "looking into what went wrong in how Moore's case was handled to ensure that any failing on the part of Concordia be addressed."

Downey added, "we highly value the contribution of these researchers and strive to support them in pursuing their work at Concordia."

Issues surrounding payment of Concordia researchers and staff have been vocalized by the Teaching and Research Assistant Union at Concordia. While the union does not cover postdoctoral researchers, Mobilization Officer Tom

MacMillan felt Moore's despair.

"The issue of delayed payment of grants is far too common and widespread," MacMillan said. "It is outrageous that we live in a system where the employer has the power to hold this money and dispense it at its discretion, rather than it being in the power of students and workers."

The Link reached out to the SSHRC, but did not hear back. **LI**



WLi

Graphic Nadine Abdellatif

Intersectional Aid: Inside the Centre for Gender Advocacy

What Services Does the CGA Offer Concordia Students and the Broader Community?

Maia Fukuyama

A non-profit organization aiding students on issues related to gender and sexuality, The Centre for Gender Advocacy has been a staple in the Concordia community since 2001.

Working independently from the university, the centre takes pride in its use of an intersectional feminist approach. The CGA emphasizes the importance of accessible resources and services.

The centre is also home to a wide library of resources relating to advocacy in a harm-reduction approach. This means that their services are offered with the well-being of their clients at the forefront.

One of the centre's key services is the Legal ID Clinic, the only one of its kind currently operating in Quebec. The clinic provides services for students and community members wanting to change their gender and name on identity documents and academic files.

Celeste Trianon, CGA's trans advocacy coordinator, highlighted their experience with facilitating the centre's continued service of chest binder distribution to the public on a pay what you can basis. They have worked at the centre for over a year.

Trianon is currently a student at Université de Montréal's Faculty of Law. "I wish to continue with

legal activism and give back to the community alongside my future career," they said.

The CGA has also garnered respect for its campaign against Bill 2; this pushback against the originally transphobic bill, which would have turned back the clock on gender marker changes, led to major changes to the legislation.

In part because of Trianon and the CGA's advocacy, Bill 2 resulted in non-binary people being legally recognized for the first time in Quebec's colonial history.

Another service operated by the CGA is The Peer Support and Advocacy Program. Here, students can find a safe space to talk about their struggles with trained student volunteers trained in active listening.

Students can also obtain referrals to other healthcare resources via the PSA program. The program is available on a drop-in or scheduled basis, meaning assistance is readily available for those who need a helping hand. Drop-ins are open from 3 to 5 p.m. on Mondays and Wednesdays.

PSA Coordinator Barbara Saldana is a Concordia student majoring in women's studies. She is also pursuing a double minor in immigration studies as well as diversity and the contemporary world program.

Saldana's experience as both a student and an activist is a testament to the many oppor-



Photo Sophie Dufresne

tunities available for community and career building at Concordia. "I started off using the peer support services and found them very helpful," she said. "Later, I applied for a position and became the coordinator."

Saldana also provided information regarding new services that will be offered this year: dance and movement therapy, journaling groups, and peer support groups for queer and trans folk.

Administrative Coordinator Jordyn River spoke about different volunteer programs that the centre is implementing in the coming year, including a stream for campus outreach, library and archival volunteers, and finally, event volunteers.

"It's heartwarming to see the pure gratitude of the people that access our services," said River. "Seeing how powerful the services we provide day to day is one of the best parts of working at the centre."

The coordinators at CGA operate within a non-hierarchical structure to deliver their services. Through external partnerships with other non-profit organizations like Quebec's 2LGBTQ+ centre, Project 10, they have been able to create accessibility-related resources for the public, including a list of trans-friendly employers and a trans job fair, the first of its kind in Quebec.

The centre also maintains a map of gender-neutral washrooms on Concordia's campuses.

Coordinators pride themselves on creating an inclusive environment.

The CGA will be open on Tuesdays and Thursdays from 12 p.m. to 5 p.m. and Wednesdays from 12 p.m. to 7 p.m. during the Fall 2022 semester. Visit their website for additional information or to get involved. **LI**

Queer, Trans, and Two-Spirit Creatives Gather for Market at Le Frigo Vert

Jewellers, Authors, Artists and More Sell Wares at Second Iteration of Maker's Market

Jaime Kerr

On Aug. 27 to 28, Le Frigo Vert held a Queer, Trans and/or Two-Spirit Makers Market at its 1440 Mackay St. storefront near the Sir George Williams campus. The event allowed artists, artisans, cooks and other members of the LGBTQ+ community to gather and sell their handcrafted wares.

This market follows a series of similar events hosted by LFV this summer. Hunter Cubitt-Cooke, a member of LFV, explained that while the organization's lounge and café were shut during the summer months on account of staffing costs, they were still able to utilize its space for pop-up events involving the LGBTQ+ community. These included a healing fair in July, as well as an earlier rendition of the Maker's Market in late June.

According to Cubitt-Cooke, this iteration of the Maker's Market had a better turnout of vendors. He explained this was thanks in large part to the positive word-of-mouth generated from the first Maker's Market.

"For the first market, I got most of the vend-

ors through asking friends and stuff like that because people didn't really know about us as much," said Cubitt-Cooke. "But then it caught on pretty big. This time we actually got too many [applicants] to be able to fit everyone, so we unfortunately had to turn some down."

Inside, vendors from all corners of the LGBTQ+ community filled every available space. No two tables were lined with the same goods. Handcrafted jewelry and volumes of poetry were sold next to cat toys, custom t-shirts and patches emblazoned with "Fuck Capitalism."

Visual artist Édouard Vanasse was present alongside dozens of prints of his surreal, dream-inspired paintings. He explained that while he's frequented LFV in the past, this was his first experience there as a vendor.

"This is only the second time ever that I've sold my art on a stand. I would like to sell lots, but I'm really just starting to get out there," he said.

Poet and author Cora Wolfe said that while this was her first time inside LFV, she was optimistic about sales for her recently published book *One Heart Two Ghosts Three Lovers And A Rose*.

"I'm self-published, but honestly for the beginning of a self-publication journey I think I'm doing pretty well. Events like this one are where I usually sell most of my stuff. If I try online it rarely works," she said.

Wolfe, who also bakes, added that the pastries she offered alongside her poetry here were a huge success. "My cookies sold out in minutes!" She said.

Also present was Heaven's Crystal Shop run by artisan Heaven-Leigh Angel. Angel, who has handcrafted jewelry for the past seven years said she was also able to sell her work at LFV's first Maker's Market.

"It's great, not only because I can sell my art, but because I can meet other queer artists, so it's been a really solid experience," she said. "Most customers have been people who were just walking by and happened to peek in, but I also get a lot of people who saw me post ads online."

Cubitt-Cooke explained that while vendors aren't charged for using LFV's space for this event, they are asked to widely share their involvement with LFV. He said that this expanded outreach and positive word-of-mouth help LFV



Photo Jaime Kerr

empower local businesses and serve as a space for community building both key aspects of the organization's mandate.

Cubitt-Cooke added that word-of-mouth is especially helpful because it generates new volunteers for LFV.

"A lot of people don't know who we are or what we do, but once they get into our space they can really see what's going on there and once they're inside they often want to get involved one way or another," said Cubitt-Cooke.

Le Frigo Vert's lounge and café will reopen to the public on Sept. 6. Its upcoming pop-up events include a hands-on mushroom workshop on Sept. 14. **LI**

Join **THE LINK**, a student-led advocacy publication that's been around campus since 1980.

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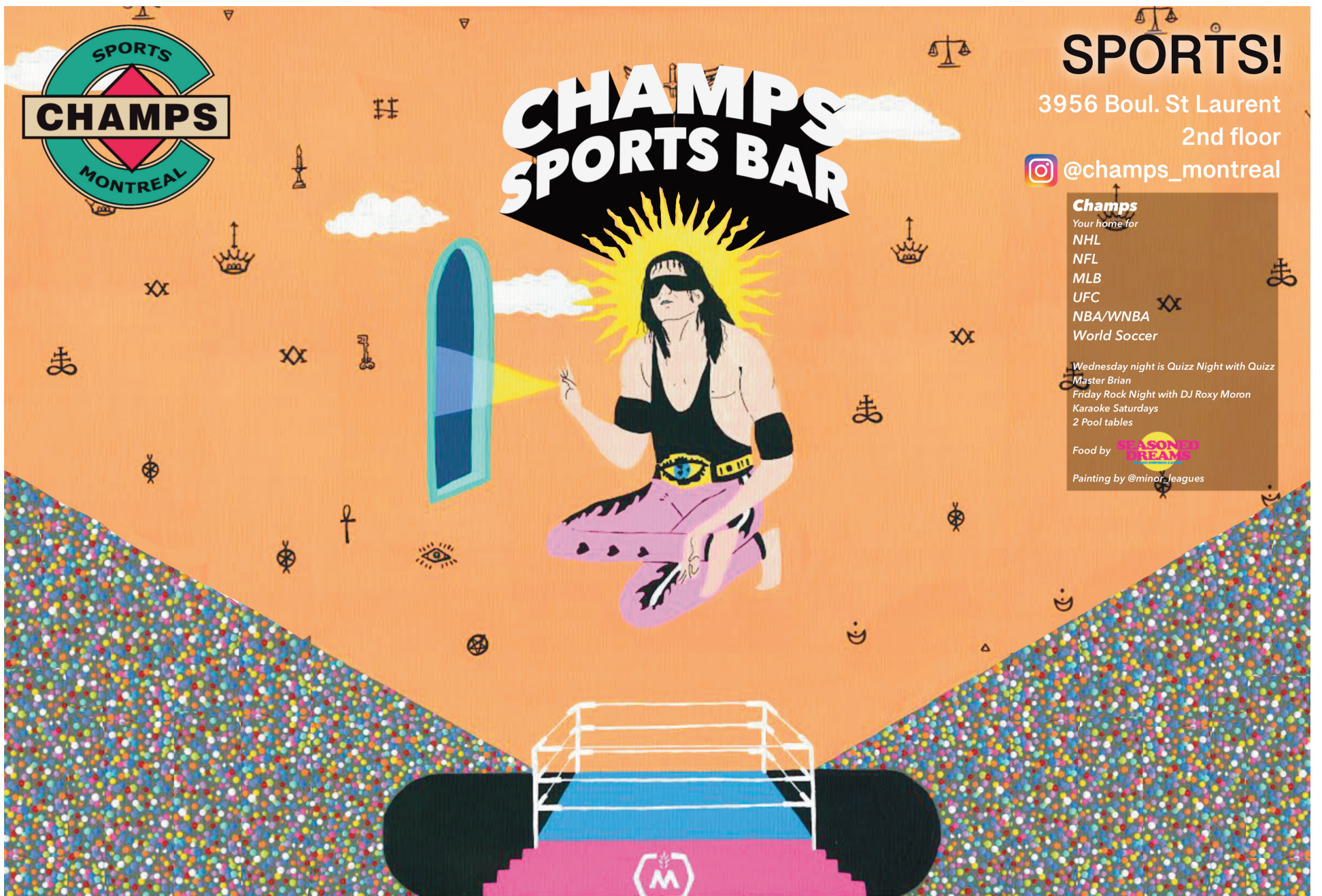
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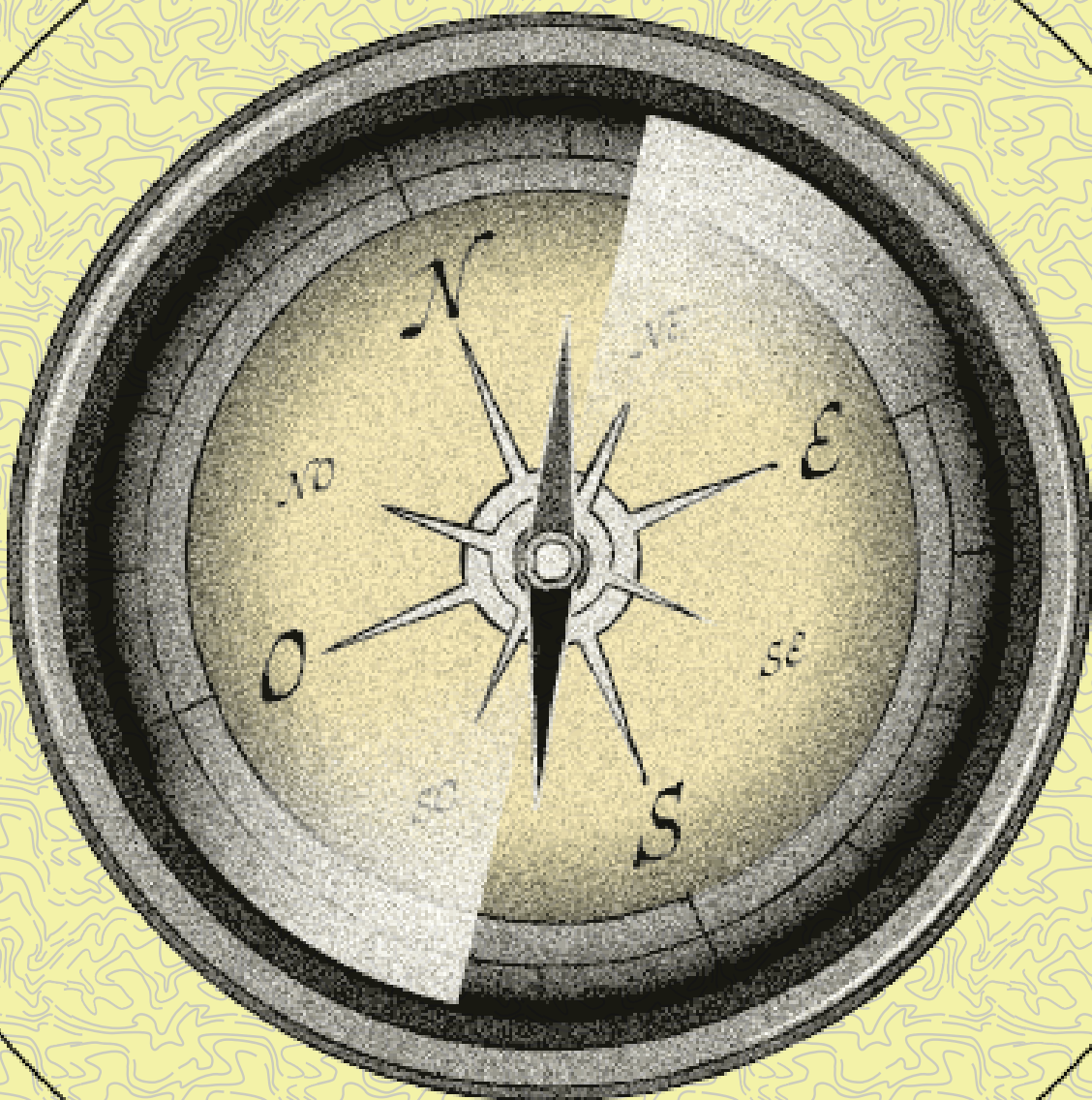


Painting by @minor_leagues



THE LINK

THE ORIENTATION ISSUE



ConU 101: Essential Resources

“Baby, I Need to Know-oh, Ooooh,” or Whatever Doja Cat Said

Zachary Fortier
@zachfortiermtl

Concordia's sheer size can be somewhat daunting for new (or even returning) students. The complex maze of buildings and hard-to-spot services is bound to confuse the uninitiated.

Here is a simple guide to the basic, yet vital, services available at Concordia.

Academics

Birks Student Service Centre

Located on the first floor of the LB building, Birks is the place to be if you're in need of assistance. The centre can help you with the following services and more: student ID cards, oaths of Quebec residency, late course completion, OPUS card assistance, tuition questions and name change. Contact Birks via email (students@concordia.ca) or dial extension 2668 when calling Concordia directly.

Financial Aid & Awards Office

Everything related to aid, bursaries, and scholarships is funneled through this office. It is located at GM-230 and can also be reached at fundingyoureducation@concordia.ca. When contacting them, include your student ID number, your preferred method of appointment (virtual, phone or in-person), your residence (Quebec, Canada or international), and your general availability for a faster response.

Access Centre for Students with Disabilities

The ACSD can be found at GM-300 at SGW and at AD-130 at Loyola. The centre's purpose is to accommodate students with disabilities throughout the school year. Requests can be made for exam accommodations, sign language interpretation and transcription, translation of material into large print or braille as well as mobility attendants. Once you're registered, you're set for your entire Concordia journey. Email acsinfo@concordia.ca to register for these services and more.

International Student Centre

One in five Concordia students come from outside Canada. The ISO provides a plethora of resources to Concordia's international student community. Ranging from tuition and health insurance assistance, aid with immigration documents as well as financial support and social events. It helps students get settled for the semester. The office can be reached at GM-330, via email (iso@concordia.ca) or by phone at the extension 3515.

Otsenhákta Student Centre

The Otsenhákta Student Centre is the central hub for First Nations, Inuit and Métis students, located at H-653. The word Otsenhákta means “near the fire” in Kanien:keha'ka (Mohawk). The centre provides Indigenous students with social events, academic assistance, and career advice. Members will host a powwow on Sept. 16 commemorating the centre's 30-year anniversary.

Black Perspectives Office

The BPO provides Black students with resources related to peer support, academic assistance, and advocacy. They also run a mentorship program that pairs students with Concordia alumni. To sign up to the BPO, visit their Student Hub or email bpo@concordia.ca.

Student Success Centre

The Student Success Centre is a key resource for first-year students. It is open from 9 a.m. to 5 p.m. from Monday to Thursday on the 4th floor of the Hall building and from 11 a.m. to 3 p.m. from Tuesday to Thursday on the first floor of the AD building at Loyola. The centre offers academic workshops, career fairs and group events.

Vanier and Webster Libraries

No, not like the CEGEP, and no, not like the dictionary. To make your way to Webster, walk down de Maisonneuve Blvd. until you see the Hall building; it's directly across the street. The Vanier library is the easternmost building at Loyola, right by the shuttle stop. Libraries are open 24 hours a day, seven days a week, thanks to an agreement pushed by the Concordia Student Union. Webster is a particularly great place to study (or nap) on campus, so give it a try!

Support and Health

Sexual Assault Resource Centre

SARC provides free support to people who have been affected by sexual violence. They offer trauma-informed psychotherapy, crisis intervention, peer support groups, workshops and trainings on sexual assault. Their office is located in the Hall building at H-649. Drop-in appointments are available from 10 a.m. to 4 p.m. Email sarc@concordia.ca or call 514-848-2424 with extension 5972 for more information.

Health Services

To book an appointment with Health Services at Loyola, dial extension 3575. To do the same at SGW, dial 3565. The appointment phone line opens at 9 a.m. on Monday, Tuesday, Wednesday and Friday and at 10 a.m. on Thursday. The department can provide Concordia students with access to a range of medical professionals. Spots can be limited and long wait lists can complicate things, so beware. Both in-person and virtual appointments are available.

Prayer Rooms

The Multi-faith & Spirituality Centre is located in the Z Annex on Mackay St. Additionally, the Muslim Students' Association operates two musallas on campus: one on the 7th floor of the Hall building downtown and the other at SC-03-02 at Loyola.

Centre for Gender Advocacy

The CGA is an organization that promotes gender equality and the empowerment of marginalized groups on campus and in the broader community. They organize programs, campaigns, resources, services and advocacy projects. Special taskforces focus on transgender and non-binary equality, peer support and anti-discrimination efforts.

Ombuds Office

The role of the Ombuds Office is to assist in resolving any concerns and complaints in relation to Concordia's policies, procedures and specific rules. This office is additionally responsible for promoting fairness in the university. It is entirely independent from Concordia's administration. It can be reached at ombuds@concordia.ca with a completed intake form.

Food

The People's Potato

Y'all want a hearty meal? Well, The People's Potato has got you covered! A vegan soup kitchen located on the 7th floor of the Hall building, the collective serves free meals between 12:30 and 2 p.m. on weekdays. Make sure to get there early to avoid getting caught in the line!

The Hive Café Solidarity Co-operative

Speaking of free meals, food free of charge is available at The Hive on the Loyola campus. Located on the second floor of the SC building, students can grab a free lunch on weekdays from 12:30 to 1:30 p.m. There is also a location in the Hall building downtown, but it doesn't offer the same free lunch program.

Le Frigo Vert

Le Frigo Vert is a food cooperative located a few seconds south of the Hall building on Mackay St. It is an anti-capitalist café and community space. Pre-made food is available, and loads of other products can be found as well. These include alternative wellness products like herbal medicine, as well as artisanal trinkets. The co-op operates Monday through Thursday.

Getting Around

Shuttle Bus

Bus down, Concordiana! You've probably seen those red buses cruising down the highway, and you too can catch a ride by simply showing a driver your student ID. The shuttle buses take students directly from one campus to the other. Buses come every 15 to 30 minutes, but they sometimes take a lot longer. Stops are located in front of the Hall building downtown and the Vanier library at Loyola.

STM

If the shuttle bus is about to make you miss your class again, the city bus is your next best bet. You will need \$3.50 in cash to get on without an OPUS card. To get between campuses, take the 105 Est to Vendôme station, where you can take the metro to Guy-Concordia. Reverse this if traveling from SGW to Loyola. There are multiple bus stops around Loyola, so your journey should be simple. This is also your reminder to register for your reduced fare OPUS card through your Student Hub if you haven't already!

The Tunnel

Though it has gained a reputation for being grim and dirty, you'll be quite thankful for the tunnel once the streets above are covered in ice and slush. It connects the Hall and library buildings to most other SGW buildings. If you're coming from the metro below, turn left at the Tim Horton's and look for a bright white sign with building names. You got this! **LI**

Who Runs the Show at Concordia?

An Introduction to the Key Players Involved in University Politics

Zachary Fortier
@zachfortiermtl

As Concordia opens its doors to thousands of new and returning students, the university's organizational structure remains a mystery to many.

Who actually has the power? Who decides the rules of the game at Concordia? At the risk of boring you with an onslaught of acronyms, here is an introductory guide to the governance on campus.

The President

Concordia's head honcho, President Graham Carr has been in office since 2019. The president's role is to provide leadership and map out the university's big academic and business affairs. He is the head of Concordia's Board of Governors and the Senate, charged with carrying to term all decisions made in session.

The Provost

Anne Whitelaw has been the university's provost since 2019. The provost is Concordia's chief academic officer as well as chief operating officer. She oversees the academic and budgetary affairs of Concordia. Whitelaw is also in charge of Concordia's initiatives on equity, diversity and inclusion. Her primary role is to ensure academic standards and to report to the president.

The Board of Governors

The Board is where all important decisions about Concordia are made—this is where most of the power lies. Board is composed of 25 voting members, mainly administration officials. Their task is to establish all legal and administrative frameworks for Concordia. Meetings are held between the middle and the end of every month. Seven meetings are planned for the upcoming year, the first being on Sept. 29. Two voting student representatives are present at the Board.

The Senate

The Senate is Concordia's second-highest decision-making body. Although less powerful than the Board, it is much larger: the Senate contains 54 voting members and 11 non-voting members. Members approve the university's budget, recommend nominations for honorary degrees, and deal with other important duties. Sixteen student representatives are present at the Senate.

Student Power

While the bulk of decisions on campus is made by administration officials, Concordia would be nothing without its vibrant, politically active student population. Ranging in size and influence, these student groups define campus life. Student representatives spend hours in aca-

ademic committees and organize mass events like student strikes and demonstrations. They spearhead the Concordia community.

Concordia Student Union and Graduate Student Union

The mother of all student groups, the CSU's main goal is to represent and protect students' rights. The CSU serves as the primary union for Concordia's undergraduate student population. Graduate students are represented by the Graduate Student Association. The CSU and GSA hold two voting positions on the Board and the Senate. Undergraduate students pay \$4.95 per credit to the union.

Arts and Science Federation of Associations

ASFA represents students enrolled in dozens of arts and science programs. The association holds social events, academic projects, and organizes social advocacy workshops. Operated by a team of coordinators, staff, and volunteers, ASFA works in tandem with the CSU on a number of projects, both on and off campus.

Fine Arts Student Alliance

FASA represents fine arts students at Concordia. Besides maintaining an impeccably curated Instagram feed, the alliance organizes tons

of social events and group activities for Concordia's most artistic minds. They also organize many advocacy projects.

Engineering and Computer Science Association

The ECA is home to over 5,500 students in the Gina Cody School of Engineering and Computer Science. The association organizes events like the Iron Ring ceremony and other social events.

Commerce and Administration Students' Association

CASA-JMSB, or CASA, as they more commonly refer to themselves, as the association for John Molson School of Business students. They organize social events, a conference program and provide funding to business initiatives operated by JMSB students.

Beyond the System

Hundreds of students make up the multiple levels of student governance. But for those less inclined to get involved in mainstream political life in the university, there are tons of activist groups, cooperatives, and student-led projects in and around Concordia. Among them are groups like Sustainable Concordia, the Black Student Union, the Concordia Food Coalition, or hey, even *The Link!* **L1**

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A Guide to Concordia's Art Galleries

Fall Brings Exciting New Exhibitions to the Centres of University Talent

Gabriela Vasquez-Rondon

Between the Loyola campus and the Sir George Williams campus, Concordia is home to five art galleries. Though often overshadowed by the ever-popular McCord Museum, the Montreal Museum of Fine Arts, and the Canadian Centre for Architecture, each one offers its own unique experiences

Leonard & Bina Ellen Art Gallery

The Leonard & Bina Ellen Art Gallery is located on the ground floor of the Sir George Williams Campus' Library Building. Through its exhibitions, it presents the delicate shifts in our communities that shape today's society. The gallery is also home to a permanent collection of Canadian and Quebec art.

Each year, the curators present three main projects between the months of September and April. The gallery reopens officially on Sept. 7 and premiers *Thinking again and supposing. Trajectory of an exhibition*, a collaborative work between Sarah Greig and Thérèse Mastroiacovo, two conceptual drawing artists who teach Drawing at Concordia. Other upcoming projects include Deanna Bowen's *The Golden Square Mile*, a five-chapter video and photo project that explores the history of slavery in the Canadian Pacific Railway.

The Communication Studies Media Gallery and Mobile Media Gallery

Created by the Department of Communication Studies, the works showcased in this gallery usually explore themes of ephemeral occurrences as well as time-based and location-specific transitory events. The gallery is at Loyola campus, in the Communication Studies & Journalism Building, in CJ 1.419.

FOFA Gallery

This gallery is the main stage for any work presented by the Faculty of Fine Arts students, alumni, faculty and staff. Hosting events, publications, and exhibitions, the venue seeks to innovate by approaching art in a pedagogical way, fostering curatorial experiments, training opportunities and more.

Some works that will be featured in the coming weeks include Caroline Gagnon's *Fetish Territories*, Madelaine Mayo's *Vex-Visceral*, and Adam Gunn's *Regretté de Tous*. The three projects will be exhibited from Sept. 12 to Oct. 21 at FOFA, situated in the Engineering, Computer Science and Visual Arts Integrated Complex, in EV 1-715.

VAV Gallery

The VAV Gallery is a student-run exhibition space seeking to highlight the work of undergraduate students in the Fine Arts department. Working

as a mediator between its budding artists and the Montreal art scene, the gallery helps create accessible exhibition opportunities for young creatives.

Open throughout the year, the exhibits rotate on a three-week basis. Alongside their normal programming schedule, VAV hosts a number of different workshops, events, panel discussions and lectures, among other functions. It is located in the SGW campus' Visual Arts Building, in room VA-100.

MFA Gallery

As opposed to the VAV Gallery, which is for undergraduate students, MFA promotes and exhibits the installations and thesis shows of graduate students from the Master of Fine Arts Program in Studio Arts. The gallery can be found in the downtown campus, in the Visual Arts Building—room VA-102.

Encouraging local artists has always been important, and with this easily accessible list of Concordia galleries, the hardest choice will be to pick which one to visit first. **LI**

The Art of Meal Prep

Meal Prepping, Tips and Recipes that You Will Regret Not Knowing Before

Mila Gasperin Patrolin

Have you ever come home to find no food left in the fridge? So have I... and my only options were yet another pack of ramen or crazy expensive food delivery. Since I've learned the art of meal prepping, I now have more than two survival strategies to avoid starvation.

Meal prepping allows you to save a lot of time in your busy weeks by allocating a few hours to cooking on a Sunday afternoon (or whatever day fits your schedule). And that's it, most of your meals will be ready for the following week! When it's dinner time, you'll just have to heat up your meal. Same goes for lunch; it becomes easy and budget-friendly to pack your tupperware before heading out to campus.

Ready to begin your meal prepping journey? Here are some of my tips and favourite recipes to get started!

Tips:

In my opinion, the key principles of meal prepping are based on making it fun, saving money and being organized.

First of all, having staples in your cupboard and fridge to easily elevate a boring meal is a

must (e.g. soy sauce, sesame seeds, mustard, sesame oil, fish sauce, sriracha, olive oil, balsamic vinegar, nuts, herbs, etc.). This will allow you to switch things up regularly and avoid feeling like you're eating the same bland meals every day. Also, for a satisfying and healthy meal, I would recommend building your plate with the three following components: a source of vegetables, a source of carbs (rice, pasta, quinoa, etc.) and a source of protein (fish, meat, eggs, etc.).

Second, budgeting is crucial when it comes to meal prepping. It may sound obvious, but look out for products that are on special and shop at Segal's for cheap essentials. Allocating a portion of your monthly budget for groceries and other food-related expenses is the best way to make wiser decisions. Choosing frozen vegetables and fruits is always a budget-friendly option; they won't go bad as fast.

Finally, being organized is the supreme guiding principle. Plan your meals and what you need to buy before you set foot in the grocery store. Also, stack up on air-tight containers to store your food in the fridge: they will also keep your meals fresher for longer. Don't hesitate to freeze leftovers if you don't think you'll eat them before they expire.

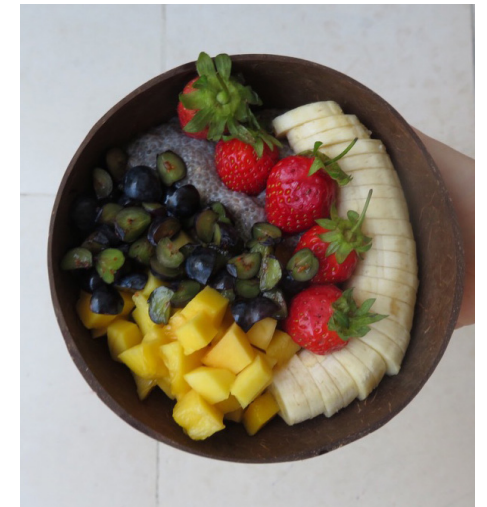


Photo Mila Gasperin Patrolin

Recipes:

Three-bean Mediterranean salad: 4 servings

Drain and rinse 3 cans of beans (19 fl oz each) of your choice and add them to a mixing bowl alongside 1 chopped red onion, 3 tomatoes, 1 cucumber, 1 cup of feta cheese and the juice of a lemon as well as 2 tbsp. of olive oil (add some fresh parsley if you're feeling extra).

Tofu rice bowl: 3 to 4 servings

Chop a block of tofu into cubes and let it marinate in a bowl with 2 tbsp. of cornstarch, 2 tbsp. of soy sauce and 1 tbsp. sesame oil for at least 30 minutes. Then, place the tofu on a baking tray and bake it in the oven at 400 F for 45 minutes. Cook rice according to the packaging and steam any veggies you'd like (green beans and carrots are my go-to) to serve alongside.

Sheet pan salmon and veggies: 2 servings

Chop one head of broccoli and roughly 3 cups of potatoes. Place them on a baking tray. In a bowl mix 3 cloves of garlic, a thumb-sized piece of ginger, 2 tbsp. of soy sauce and 2 tbsp. of olive oil evenly distributed on the veggies (keep half of the sauce for the salmon). Place the baking sheet in the oven at 400F for 30 minutes. Place the salmon fillets on another baking sheet and cover them in the remaining sauce before cooking in the oven for 15 minutes.

Creamy lentil stew with naan: 2 to 3 servings

Sauté a chopped onion, three cloves of garlic, a thumb-sized piece of ginger, and 2 carrots in a saucepan with oil. Once the vegetables are soft, add 1 tsp. each of cumin, garam masala, and turmeric. Season with salt and pepper to taste. Cook for five minutes before adding a can of chopped tomatoes, a can of coconut milk and one cup of broth. Simmer for 20 minutes and finally add a can of lentils and a bunch of spinach. Serve with naan bread and yoghurt. **LI**

A Taste of Home: Finding Culinary Comfort as an International Student

Connecting With Egypt and Lebanon in the Heart of Montreal

Nadine Abdellatif

Leaving home and traveling to a new city halfway across the world is never easy.

Before moving to Montreal from Egypt I found myself worrying about how many aspects of home I would be losing once I'd settled into this city. However, I found myself pleasantly surprised at just how many pieces of home I found scattered around Montreal, in some of the least expected places.

For me, the essence of home and comfort is embodied in food and cuisine, specifically the food my mother would cook. Having roots in Palestine, Lebanon, and Egypt, my mother's cooking exposed me to the diversity of Middle Eastern and North African cuisine, and allowed me to form connections with each of these places.

When I arrived in Montreal, I found that one of the most prominent cuisines in the city was food from Levantine countries such as Lebanon. As the days and months passed, I discovered more and more places, compiling a list of my absolute favourite spots. These restaurants and bakeries bring me back to that comfortable, nostalgic feeling of home.



Graphic Nadine Abdellatif

KAZAMAZA

Serving a range of Lebanese and Syrian food, every aspect of KazaMaza's menu is to die for. Their food is so fresh and flavorful, and each dish and small mezze is home cooked and made with love.

In all truth, it's probably the most authentic Lebanese restaurant I've come across outside of Lebanon. I never got the feeling that they were trying to modernize any of their dishes in order to meet some unrealistic expectation. Each dish is made exactly how it should be, exactly how it's been made for many generations.

The staff and owner are so welcoming, and every aspect of the place's ambiance is so familiar. From the music to the decor, every single element of the restaurant's space makes me feel right at home.

4629 Park Ave.

What to order: Aside from my grandmother's rendition, their Fattoush is by far the greatest I've ever had. I'd also recommend their Akkawi cheese and Hummus!



Graphic Credit Nadine Abdellatif

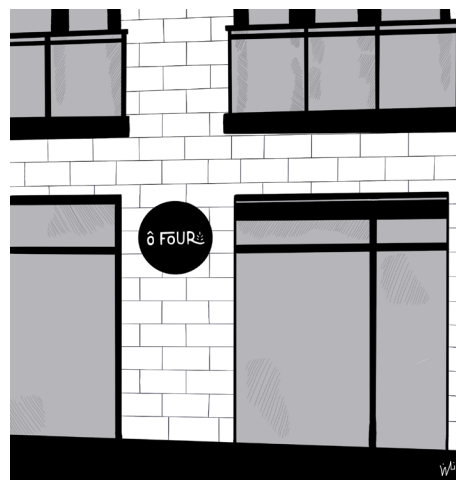
TRIP DE BOUFFE

Trip de Bouffe is by far my go to spot for all of my Middle Eastern pantry essentials. Primarily a Lebanese bakery and grocery store, it also has a wide variety of catering services and prepped Lebanese dishes such as Mouloukheya, vine leaves, Tabbouleh, and so much more.

I love this place because it really allows me to enjoy all of my comfort food and meals from home. It's great to have access to good, authentic ingredients without having to have those meals at a restaurant.

277 Mont-Royal Ave. E.

What to order: Their Halloumi and Labneh, as well as their Halawa— a sesame based sweet treat that goes perfectly with tea.



Graphic Credit Nadine Abdellatif

ÔFOUR

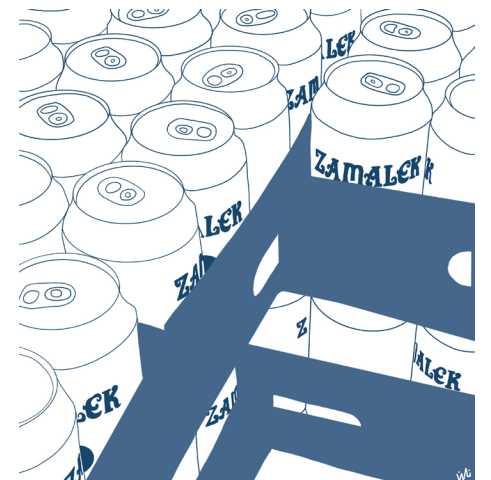
For the entirety of my primary school years, I had a Zaatar Manouche (a flatbread with a thyme and olive oil mixture baked on top) every single day for breakfast and lunch, and never seemed to grow out of it or get bored with the flavor. It remains my favorite food to this day.

Ôfour is the restaurant that allowed me to reconnect with that essential part of my routine and who I am here in Montreal. They take that traditional Lebanese bakery construct, and bring it to the heart of Montreal. They serve a variety of sandwiches with meat and plant based options at an extremely high quality and ridiculously affordable price.

Their food is perfect for absolutely any occasion, and they also have the convenience of delivery with their menu available on UberEats. I would highly recommend ÔFour to anyone looking for a quick, filling, and affordable bite at the highest quality.

3452 Park Ave.

What to order: Their Zaatar Manouche is my absolute favorite, but their menu is extremely diverse and welcoming for plant and meat based individuals.



Graphic Nadine Abdellatif

ZAMALEK MONTREAL

Hibiscus juice is a very common beverage made and consumed in Egypt for any and all occasions, and was a very large part of my childhood and upbringing. Zamalek is an Egyptian brand devoted to bringing authentic Hibiscus juice, and the culture around it into Montreal.

Named after one of the most beautiful areas in Cairo, Zamalek can be found in multiple cafés such as Melbourne Café and Le Kahéra, but also online! I would highly recommend Zamalek to any Egyptians looking for a small taste of Egyptian summer in Montreal, but also anyone looking to try a new and refreshing flavor.

5647 Clark St.

Melbourne Café
4615 St. Laurent Blvd.

Le Kahéra:
282 Mozart Ave. E.

What to order: Their Sparkling Hibiscus Juice

I'm truly grateful that I have access to these places, as they make me feel like I'm not too far away from home. In times where those cravings hit deep, KazaMaza, ÔFour, Trip de Bouffe, and Zamalek cure my homesickness ever so slightly.

My biggest hope is that this could help international students with roots in Egypt and Lebanon find ways to feel connected despite being so far away, and get a little taste of home—even if it's not Mama's cooking. **L1**

Prominent Profiles: The Back-to-School Edition

How Outfits Reflect Personalities and Interests

Cèdre Obeid

Summer is over, and students are hurrying back to their usual pursuits, wearing their outfits as a means to convey an expression, a goal or just because the laundromat is closed and they have nothing else to wear.

At Concordia's Sir George Williams campus, we bear witness to a full spectrum of aesthetics, ranging from the traditional and the classic, all the way to the E-girls/boys and the Goth scene.

Julia and Jariana are part of a 24-member dance team called Zero O'clock. The team is diverse; they like to challenge the idea of "having a perfect body to be able to dance and be athletic". Zero O'clock has competed around Canada in different contests: from Ontario to Quebec, they were also involved in the closing ceremony during Otakuthon.



Céline's style is anything but conformist; they've adopted the soft punk aesthetic with a "bright colours," twist.

They've majored in theatre design and love everything that has to do with theatre.

"Fashion is important because it's a language; a way of communicating with other people, just like visual art and theatre," Céline, said.



Carl is Lebanese, queer and neurodivergent. They say their style is all about Indie, Fairycore and Princess Vibes.

“We should have less expectations or stereotypes on people, especially children growing up, and allow them to express themselves however they like” Carl said.



Hanine is a vegan activist; she aims for cruelty-free sustainability and ethical use of resources.

Her clothing theme screams red: it's loud, colourful and stands out from the crowd.

Doctor Who is one of her biggest idols: he taught her to “be proud of who you are and live your life to the fullest, we're all stories in the end”.

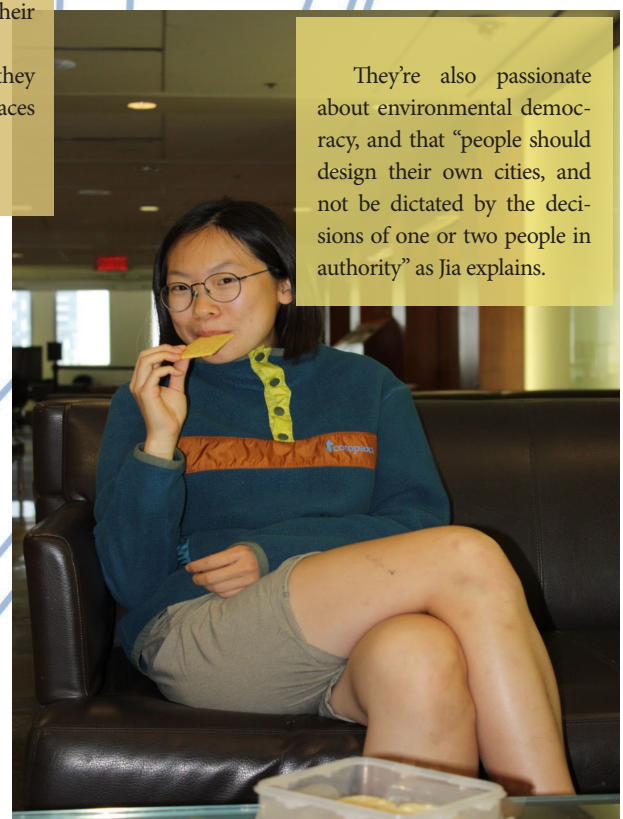


We spotted Abyaz right after Salat al-Juma'a (Friday prayers) wearing his traditional Thawb: a robe common around Muslim communities. It ensures men are properly covered and modest in their attire.

Abyaz studies finance, minoring in marketing. He is also very involved in his local muslim community, particularly in the mosque of Brossard. There, he gives a Youth Halaqa [religious study of the Quran] for anyone willing to explore Islam or good companionship.

Jia is an Environmental Geography major. The name for their style of choice is The Comfortable Cyclist.

Jia loves Montreal's urban planning, in fact that's what they plan to study for their master's in order to bring more green spaces into Montreal and beyond.



They're also passionate about environmental democracy, and that “people should design their own cities, and not be dictated by the decisions of one or two people in authority” as Jia explains.

Photos Cèdre Obeid

Where to Sweat it Out

A Guide to Staying Active on Campus



Photo Credit Conor Tomalty

Conor Tomalty
@conor_tomalty

Finding places across campus to stay active can be a challenge for many new and returning students. Be it recreational sports, drop-in activities or simply lifting weights at the gym, there are tons of ways to burn calories.

Gyms and Fitness Centres on Campus

As many of you may already know, there are two main campuses at Concordia University: Sir George Williams and Loyola. Each campus has one fitness centre. Located in the Engineering & Visual Arts Building is Le Gym, whereas the Loyola campus is home to the PERFORM Centre, which is connected to the Ed Meagher arena.

Fortunately, student discounts are available at both locations. This is also because there is a fee in your tuition that helps pay for recreational activities. Unfortunately, both fitness centres run on two different systems, and therefore, are exclusive. This means that you should only pay to access the gym closest to you. Otherwise, you have to pay for two subscriptions.

Le Gym offers a wide variety of physical activities and programs. Besides the workout room, there is a hardwood court used for badminton, indoor soccer, basketball and more. It offers programs with personal trainers, fitness and nutrition classes.

Le Gym is open Monday to Friday from 6:30 a.m. to 9 p.m. and 8 a.m. to 8 p.m. on the weekends. Pricing for Concordia students is \$80 a semester and \$220 for the whole calendar year, with weekly and monthly plans offered as well. Fitness classes and pricing for drop-in classes vary depending on the sport. More information on what sports and classes are offered can be found on the Concordia website under Recreation.

The PERFORM centre is where students in physiotherapy and health sciences work and study. The centre features new equipment and top-notch teaching methods and techniques. Professionals are available to guide you in your training, as well as opportunities to participate in research activities. Access to the basketball court or arena is difficult to come by, as these spaces are often either occupied by staff, varsity teams or rented out.

The hours are Monday to Friday from 6:30 a.m. to 10 p.m., and fees for students are \$70 for

the semester and \$195.69 for the calendar year, with options for one, two or three months as well.

Clubs, Intramurals, and Recreation

For those of you who enjoy being physically active without spending time in a weight room, Concordia offers other means of exercise. v

Clubs themselves are organized and run under the Concordia Student Union. Clubs like the Badminton Club, Ultimate Frisbee Club, Running Club, and more can be found on the CSU's website.

Intramurals are organized by Concordia Recreation. For intramural sports you must assemble a team and register. The sports included this fall semester are basketball, hockey, soccer, dome soccer, ultimate frisbee, dome ultimate frisbee and volleyball.

Each sport has its own requirements. For example, the fee for dome soccer is \$2,500 per team, whereas the fee for basketball is \$750 per team. Registration dates are also held towards the end of summer from Aug. 15 to Sept. 5, so hurry fast and register before all spots fill up.

For more information, you can visit the Concordia website under Recreation/Intramurals.

International Sports for International Students

There aren't too many non-American sports offered at Concordia. If you are looking for an activity native to another country, such as cricket, handball or netball, then sadly, you are not in luck.

The reason behind this was explained to The Link by the Head of Recreation and Intramurals, Michelle Dodds. Dodds' job is to provide various leisure and recreational opportunities for Concordia students. She explained that sports like cricket, which is played on a field, require "renting a space, which changes the fees for students."

Whether or not an Intramural sport is run comes down to three factors: equipment, space availability and having enough participants who register.

Fret not, fellow Stinger. There are still internationally played sports such as soccer, badminton and basketball available. Le Gym also has classes to practice mixed martial arts. So, if you're looking to vent that frustration towards not playing cricket, learn how to slam someone into the floor. **L**

The Team to Watch: Concordia Football

The Stingers Football Team Looks to Build Something Legendary in its 2022-23 Campaign

Conor Tomalty
@conor_tomalty

“Everybody is locked in,” says Stingers’ quarterback Olivier Roy, “I love to see the energy at practice and at training camp [...] It’s a complete opposite for me from what I saw when I first came here in 2019.”

If you haven’t heard by now, Concordia football is the flagship team amongst all Stingers Varsity 1 athletics.

Concordia University Athletics has a proud legacy amongst sports in both Quebec and Canada. The Stingers football teams from the past

have made marks in the history books, and this year’s 2022-23 group is no exception.

On paper, a 4-4 win-loss record after the 2021-22 season is nothing to marvel at. What has drawn attention to the program is the amount of talent shared amongst the players, the respected reputation of the coaching staff and the growth of the unit throughout the past five years.

“When we took over this program five years ago, we always said we wanted to build,” explained head coach Brad Collinson. “It’s like building a house, you know? You want to have the foundation, first floor, second floor and then the finishings with the roof on. So, that’s where we’re at right now.”

Coach Collinson has labelled this phase as the next step in the build due to the “veteran group,” which has been recruited and brought in by the coaching staff.

The veteran presence comes mainly from the offence via their skill positions. Slotback Jacob Salvail is an athletically gifted receiver who totalled 40 receptions in eight games for the Stingers last year, amassing 632 yards and seven touchdowns in 2021.

Accompanying him is one of the RSEQ’s true playmakers, receiver Jaylan Greaves, whose 27 receptions for 605 yards and five touchdowns earned him the 2021-22 RSEQ Rookie of the Year award. Greaves’ ability to rack up lengthy spouts of yardage per play—with a 22.4 yards per reception, good

enough for second best in U Sports last season—has garnered him much notoriety across the league.

The name you most likely have heard by now is that of Roy’s. The Stingers’ star field general’s 2021-22 season made him a nationally respected player. His 163 completions, 2470 passing yards and 18 touchdowns all rank first in U Sports for that year. Roy’s performance landed him the title of RSEQ player of the year.

When asked about his awards and statistics from 2021 Roy was stoic, saying, “The personal accolades I got last year were great, but it’s always a team [sport], and it’s really not me [alone on the field].”

Recruiting focused heavily on the offensive-line during the off-season. The O-Line’s main weakness aided Roy in ranking first nationally for another category last year, the number of times sacked, 23. Yet, both coaching staff and players have shown their confidence in the unit itself thus far.

“Our offensive line is a group that is really coming together right now,” says coach Collinson. “A lot of really young guys in the group, but I’m really happy and pleased with what they’re doing and [how] they are working together.”

That aforementioned building phase remains to be tested going into their first game of the 2022-23 season. Although coach Collinson’s house-building metaphor seems to be sound and executed to plan, there is still work to be done on the teams’ weaker areas.

The last factor in the success of the Stingers this year will be their defence as a whole. The offences’ prowess from last year has at times overshadowed the problems found on defence statistically in 2021.

On that side of the ball, Concordia allowed 30.4 points per game and 398.1 yards per game. This is mainly due to the stacked offensive squads that make up the RSEQ, with the two juggernauts being Université de Montréal Carabins and the Université Laval Rouge et Or who both totalled 28.3 and 29.3 points per game respectively in 2021.

The question before the season’s start differs significantly from last year. In 2021, the questions came from the unknown capabilities of the Stingers. For the 2022-23 season, the main question is not how will this football team do, but how far will this team go.

The squad has shown its aptitude when competing in games where the score is close or wherein they have been trailing. A valuable aspect of this year’s squad is the experience from the hard-fought battles they’ve had to face. **L1**



Photo Conor Tomalty

The Snooze Train: Orientation Edition

A Personal Guide Through all the Best Spots to Take a Nap at Concordia

Anthony Issa



Photo Anthony Issa

Concordia university spans an overwhelmingly large range of buildings and locations. I have done my best to explore in detail all the nooks and crannies to offer readers spots to relax or take a nap for newcomers disoriented by the layout of the university.

Let's be real, school can be a real time-sinker; assignments sneak up on students all the time. You will at some point be pulling an all-nighter, maybe two. Hell, probably a month's worth of all nighters.

I'm sure for first years, this can be daunting, but worry not, for I am here to make sure all your slumber needs are met through my guide. Concordia definitely has amazing places for students to rest up and make sure they don't entirely destroy their sleep schedules.

JMSB

JMSB hosts many floors but not much open space outside of classrooms. However, there are some areas ideal for nap time in case you need to catch a break from your many failed attempts at being a successful entrepreneur.

On the third and fourth floors, there are a few sofas lying about. They are a bit bland in colour, well worn with permanent butt marks etched onto the seating from years of use. They don't feel particularly soft, but if you're willing to get creative, you can turn these sofas into a makeshift bed. Maybe make sure you bring a blanket and a pillow with you to ensure maximum comfort.

JMSB also has many study rooms you can rent. If you have a couple of buddies and don't mind ruining your back posture by napping seated upwards, this is an alternative way to catch a quick snooze.

Zen Den

I would also suggest that new students check out the Zen Den areas of the JMSB and MV buildings. These quiet rooms have nice couches, pillows and mats designed for mindfulness positivity. You can find these dens at MB 5285 and EV 2783.

The Libraries

In my opinion, the best nap locations are definitely at the libraries located on both campuses. I personally prefer napping at the Webster library, but Vanier also has a decent selection of quiet spots to sleep.

At the Webster Library, my new favourite spot to rest is now the Friends of the Library lounge situated in room 361. A librarian recommended the spot as it's perfect for taking a break from the stressors of student life.

It's well-hidden from plain sight as you have to find it in the back corner near the washrooms but it's worth your time if you can find it. The room is designated to keep noise to a minimum and because nobody goes there it's perfect for a deep slumber. The room has pillowy chairs, some natural light and cushions. As an introvert, it is my official go-to place at SGW if I want to recharge my social batteries.

Vanier is also an optimal spot as the desks have walls between each other giving you the privacy needed to either nap or have a good cry.

The library also has group study rooms that make for optimal nap times. A bonus is the ability to turn off the lights and close the door leaving you in total darkness if that's your preference to get some shut-eye. To access these rooms, you just need to make your way to the third floor via the stairs or elevator.

SGW—Hall Building

The Hall building is another ideal spot for nap time. There are guaranteed tables and comfortable chairs on almost every floor (you can even pass by The Link's office to test out their amazing sofas).

I would be remiss if I didn't highlight Concordia's greenhouse, which can be accessed from the 12th floor if you know where to go. As suggested in the name, it's an outdoor garden area at the top of Hall where you can literally smell the roses.

While it doesn't have the most comfortable places to sit or lie down, there are a couple of benches you could use for a nap. Just bring a blanket and let yourself slowly fall asleep as the sound of the water fountain melts away your academic anxiety.

Loyola

Loyola campus is a big terrain with many disconnected buildings which can be puzzling. If you don't feel like walking through a maze to make your way to the library for a nap, there are other options available. During the summer and fall semester, there are plenty of spaces to lie down in the shade of a tree or to sleep on a park bench. It's also a great space if you want to bring a blanket and lay on the ground.

When indoors, I find the Journalism and Communications building basement a well-rounded spot to take a quick rest. It's got nice couches and it's fairly quiet most of the time.

There's also the science complex building subfloor which connects to the Communication building. If you find your way to the cafeteria then you can access some pretty nice tables and high chairs but fair warning it can get noisy. The spot is most ideal in the evening when the campus is quieter. Overall a decent place to crash after a 4-hour class.

And there you have it, our nap sightseeing tour is complete. The first semester of university is often overwhelming but hopefully you can find some time to rest on campus after crunching through night-long study sessions. **LI**

Don't @ Me: Application Fees Shouldn't Exist

University is Expensive Enough—We Shouldn't Have to Pay When We Get Rejected Too

Sophie Dufresne
@i_m_sope

I'm very proud to say I've never gotten rejected by any university or program of study. However, this isn't because I'm a straight-A student.

It's because I've only ever applied to programs that I was at least 98 per cent sure I'd get into. Application fees played a major role in my strategy, and maybe that's why they exist, but when they only deter people who cannot afford to sacrifice \$100 for a rejection letter, they are not efficient—they are elitist.

Half of Canadians aged between 18 and 24 already have student loans, so why would they risk becoming more in debt if they doubt their ability to get into their program of choice? You might think application fees only discourage students who wouldn't get in anyway, but that's not necessarily true.

If application fees were meant to filter out the weakest students, everyone would get accepted into their first program of choice. Of course, this isn't the case, as students who can afford to apply to any program they want are not phased by the cost in the slightest, making it classist.

On the other hand, academic imposter syndrome—feelings of academic inferiority despite academic success—is more common than we might expect. This psychological phenomenon affects about 20 per cent of university students, according to recent studies. Students who struggle with imposter syndrome might feel like they would be wasting \$100 if they applied to their program of choice thinking they wouldn't get in—even if they had the grades or a hefty portfolio to show for it.

Applying to add the creative writing minor at Concordia is free, but applying to transfer into the creative writing major isn't. Thinking I wouldn't get into the major and not wanting to lose \$100, I applied to the minor instead—only to be offered a spot in the major program. This made me think about all the other students who opted against applying to their dream programs in fear of losing their money.

Many users on online forums claim that application fees exist because people who can't afford them won't be able to afford their tu-

ition anyway; however, people who have scholarships or bursaries still have to pay to apply.

In fact, these fees don't exist everywhere. In Europe, many universities don't have them—even international students don't have to pay to have their applications read. Many do not have any tuition fees either. For example, public universities in Germany, Norway and Iceland are completely free regardless of the applicant's nationality. These countries instead have a very low registration fee, which is only paid by students who accept their offer of admission.

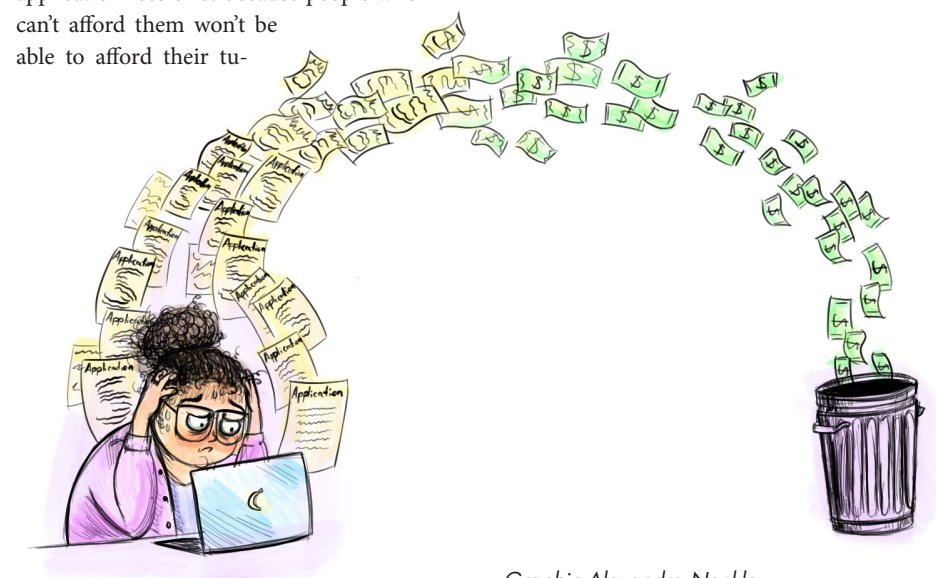
Of course, I believe tuition should be free because education is a right; but this may be a lot to ask amidst the rise in tuition fees we see every year in Quebec. This is why I'm starting by first asking for the abolishment of application fees.

Concordia administration may be surprised to learn that not every Canadian university charges application fees. Quest University in British Columbia is just one example. Aside from charging application fees to non-US international students, it is completely free to apply.

Granted, this university is very small and relatively new, which may be why they can afford to not charge applicants. Nonetheless, I think that large universities receiving public funding in addition to charging students an arm and a leg are likely also able to cover administrative costs.

Students have been wondering for decades where their tuition money goes and why fees keep increasing. Just open *The Link's* search bar and use various combinations of terms such as "tuition increase" or "why is tuition so expensive." The latter gets 16 results and simply "tuition fees" gets 235 hits, the oldest article dating from Aug 31, 2010.

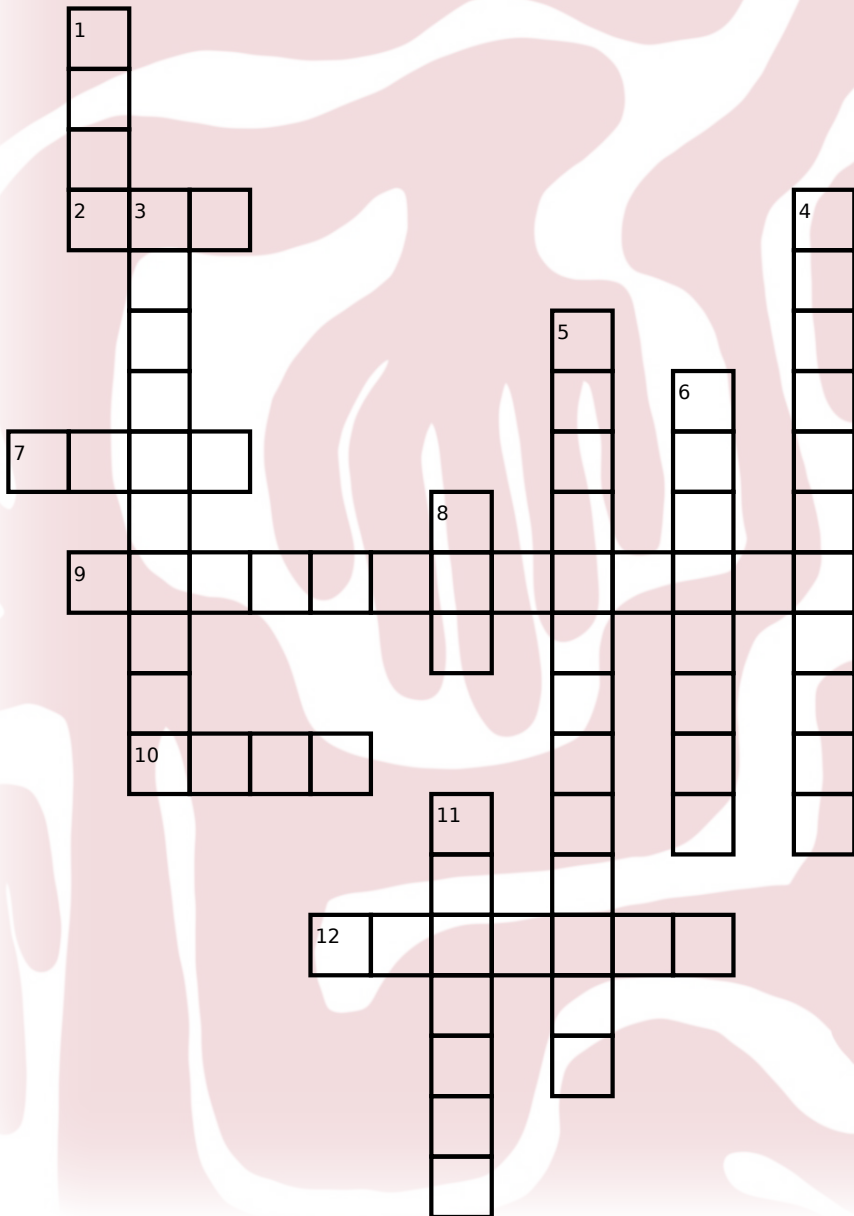
If our overpriced tuition fees cannot cover administrative costs, what do they cover besides the salary of professors? Most services Concordia offers are funded by the CSU anyway. I don't think Concordia would suffer from the abolishment of application fees as much as students suffer from their existence. **LI**



Graphic Alexandra Nackley

CROSSWORD

Sophie Dufresne
@i_m_sope



Down:

- 1. Where all the capitalist dudebros talk about stocks and NFTs.
- 3. A dangerous means of inter-campus transportation involving the breaking of every traffic law.
- 4. A BIPOC/queer-centred alternative food and art campus commune.
- 5. *The Link's* rival paper.
- 6. The first woman in Concordia's history to earn a PhD in engineering.
- 8. Serves and defends the rights of Concordia students, as well as act as their highest representative body at Concordia.
- 11. A student-run solidarity food co-op located on both campuses.

Across:

- 2. Group aiming to empower Black youth while educating and spreading awareness about the African diaspora.
- 7. A space to edit and record audio or film video as well as to hang out with experienced reporters.
- 9. A collectively-run soup kitchen offering free vegan meals to students and community members.
- 10. Offers support services to survivors of sexual violence.
- 12. Concordia's independent, student-run advocacy newspaper.

Playlist: Music to Study or Procrastinate to

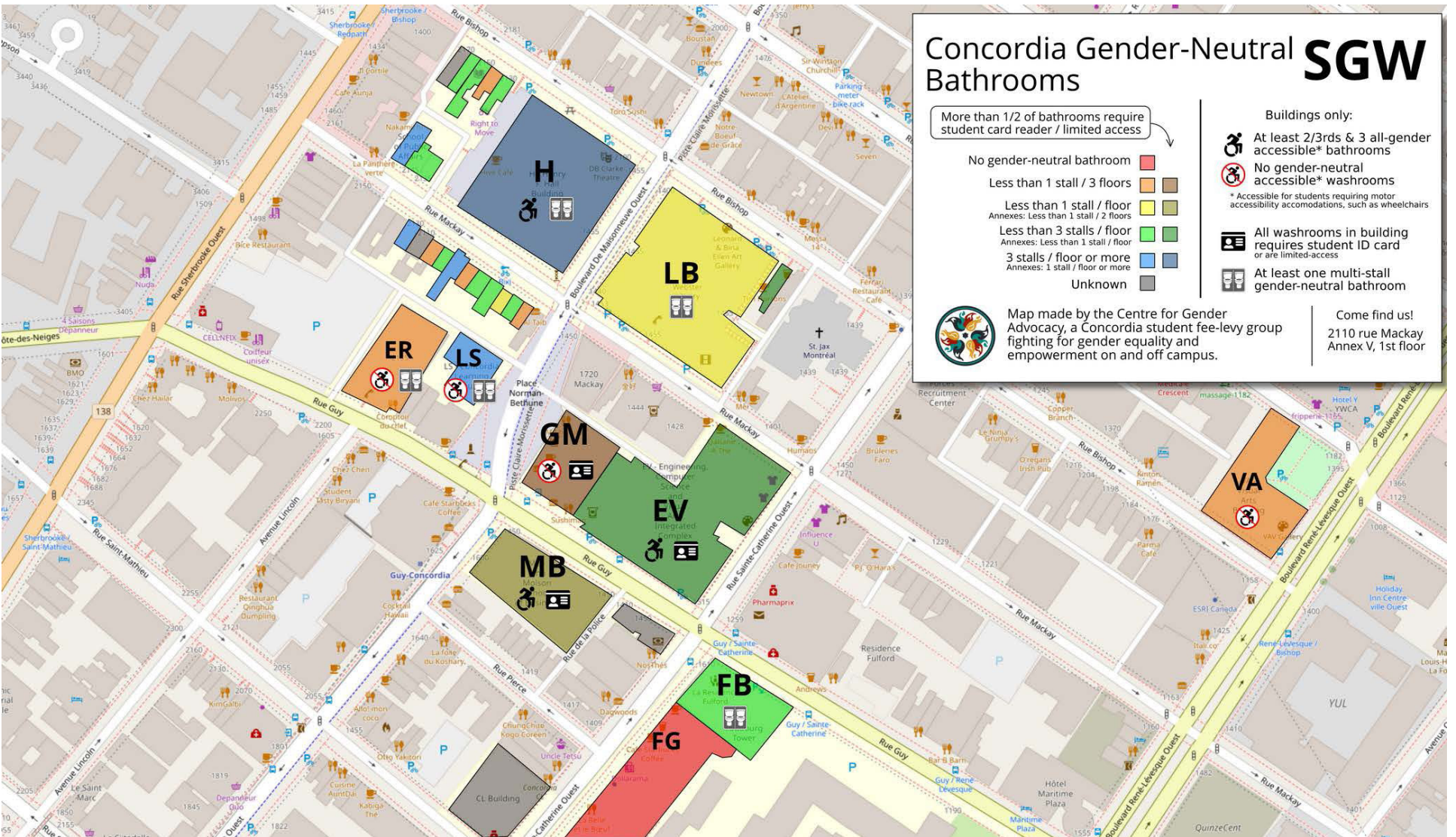
Aude Simon

- 1. *Half-Moon Bag* by Feng Suave
- 2. *That Kind of Love* by I'MIN
- 3. *Your Love Makes Me Depressed* by Shiloh Dynasty ft. itssvd
- 4. *Sleepy Time Beats* by Redpestbeats
- 5. *I'm Fine* by Hentaidesu
- 6. *Canals* by Joakim Karud
- 7. *Soak Me in Bleach - Lo-Fi* by The Amity Affliction ft. Mik
- 8. *The Isle* by ticofaces ft. Spinmont
- 9. *Eternal Youth* by RÛDE
- 10. *Egyptian Pools* by Jinsang
- 11. *A World at Peace* by Ibrahim
- 12. *Controlla* by Idealism
- 13. *Space Song* by Beach House
- 14. *Asayake* by Urushi
- 15. *Sowa* by Fatoumata Diawara
- 16. *Nabi* by Peggy Gou ft. OHHYUK
- 17. *Sakura Trees* by Saib
- 18. *Possédé* by Emma Peters ft. Crisologo
- 19. *Underwaterfall* by Bearcubs
- 20. *Perdida* by Biig Piig

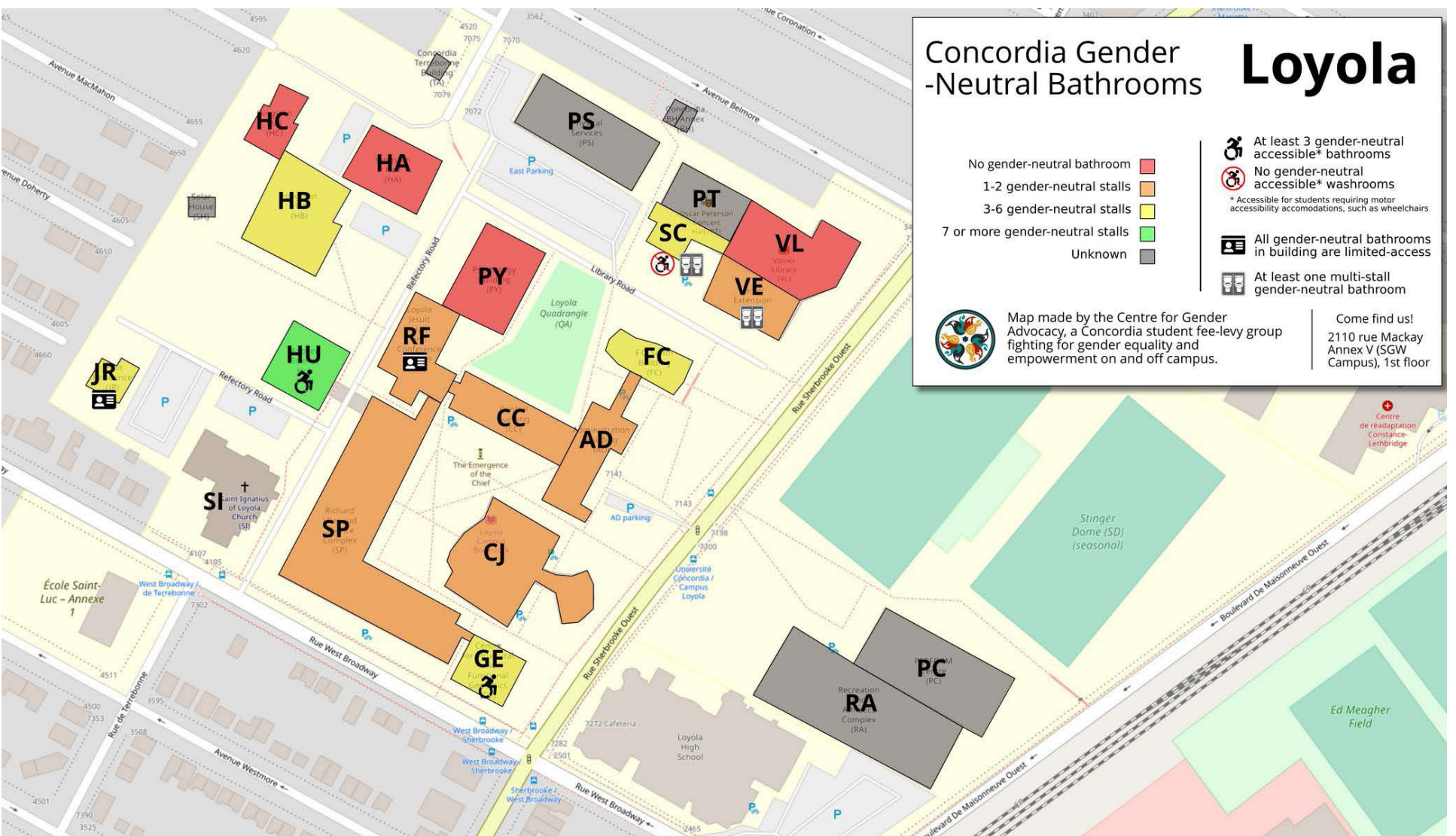


Graphic Nadine Abdellatif

Concordia's Gender-Neutral Bathrooms on Campus



Courtesy Center for Gender Advocacy



Courtesy Centre for Gender Advocacy

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Festival Tillitarniit – De nombreuses mains
au CCA, conçu par asinnajaq.

Festival Tillitarniit – many hands at CCA,
curated by asinnajaq.

28.07.2022 – 10.09.2022



Le CCA tient à remercier le Conseil des arts de Montréal et l'Institut Culturel Avataq pour leur soutien.

The CCA gratefully acknowledges the support of the Conseil des arts de Montréal and Avataq Cultural Institute.

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Six soirées de jeux inuits, performances
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Six evenings of Inuit games, musical
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complète

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International Wrestling Syndicate Strives to Make Wrestling More Inclusive

IWS Has Made Conscious Efforts to Bring Women Wrestlers to the Forefront of the Sport



Courtesy Zach Yarymowich

Simon Feisthauer Fournet

International Wrestling Syndicate, a Montreal-based professional wrestling federation, is a promotion that popularized the hardcore wrestling style in Canada. This extreme form of wrestling is defined by the absence of disqualification where the use of objects, outside interventions and many moves forbidden in normal stipulation—such as low blows—are allowed.

Having pioneered concepts like “fans bring the weapons” matches and creating impressive stunts in their shows, the wrestling federation has developed a dedicated fanbase. They even train their own talents through their training school, led by professional wrestler Andrew Scott aka Professor H Shayne Hawke.

However, some people, namely women and other minority groups, had been missing or overlooked from the wrestling world for years. Since the mid-2010s, the IWS and other federations have made efforts to change this.

With a women’s championship league and a roster of women athletes, the federation is trying to train and include more and more female wrestlers in shows. This includes internationally recognized Gen Goulet known as LuFisto, one of the first women ever to be featured in hard-

core matches. Female athletes who trained and debuted at IWS include Jessika Neri known as Jessika Black, Melanie Normand Fournier who goes by the wrestling name Melanie Havok and Kristara Napier-Davies known as Kristara.

Prior to this shift in wrestling culture, especially during the World Wrestling Federation’s “attitude era” of the late 1990s and early 2000s, women were included in wrestling shows but were rarely, if ever, given the opportunity to really show their skills.

“Usually the women’s match would be something called the ‘pop-corn match’ which would be the match right after intermission,” explained Neri. “So it would be the match to get people to slowly come back to their seats—it was kind of a give-away match.”

Neri added that women were not given the platform to showcase their athleticism and their storytelling. Whereas male wrestlers were able to tell a story through their character and go through with more “hardcore” stunts and fights, women were often relegated to intermission matches and were frequently sexualized.

Napier-Davies explained this lack of freedom and storytelling kept wrestling fans who were women from fully identifying with female athletes. “I always liked the women, but I didn’t like the moves they did, and then I started to

realize that it was never that they were not capable, it was that they were never given the chance to show what they really could do,” said Napier-Davies.

Neri explained that developing the storyline aspect was what made the audience start to care about what female wrestlers were doing. “I think that’s the biggest thing: it gives the same opportunity or the same playing field as the men have been having for so long without being eye-candy.”

“We don’t need to be eye-candy,” Neri added, “we can be showing our skills, our story-telling, our athleticism.” For Napier-Davies and Neri, this generates positive change since it brings more female models in the wrestling world. “I was like ‘I don’t want to do a bra and pantie match so I guess I can’t be a wrestler because that’s what women’s wrestling is,’” Neri said.

According to IWS Trainer Andrew Scott, having more recognized female wrestlers makes it easier to book women in shows and allows them as much complexity and leeway as their male counterparts. “In IWS, we try to give the women solid matches, book multiple womens matches, and give them storylines to work with. The only way to expand their visibility is to give them the tools to succeed,” he explained.

For Neri, an important part of this progress

stems from connection with other wrestlers. “Being with a supportive crew like the IWS is so important,” she said. “You are with friends, people that you trust and people that you know will be there to help you and that means the world, it’s a safe environment.”

The federation has taken steps to actively include women in an effort to support this, with Scott taking a zero tolerance policy for any form of discrimination.

For many IWS wrestlers, their federation not only allows them to showcase what they can do, but also functions as a community to train with and draw support from. IWS wrestler Alexandre Lessard explained that community played an important part in dealing with the intensity of the pro-wrestling lifestyle. “It’s a tight little family. I know if I have some trouble, if I’m going through some stuff we can go to each other and reach out,” said Lessard.

Normand Fournier added that even though women’s wrestling is undergoing a renaissance, there is still work to be done. “It will always be something we need to push,” she said. “There are still men in the crowd telling us to ‘get the swiffer’ and some stuff like this. It’s really freaking annoying that we have to still deal with that today. So we keep pushing and pushing and pushing, all the time.” **LI**

Ballin' on a Budget

How to Watch Sports, "In This Economy?!"

Brie Shimansky

When J-Lo said, "Love don't cost a thing" she clearly wasn't talking about love for the game. The recent shift from television plans to streaming services has rocked the whole of the sports industry. With that, we see subscription prices going up, and our patience going down. I don't know what's more stressful—paying the cable bill or watching the playoffs. With football, hockey and basketball seasons kicking off in a couple of weeks, these are my tips and tricks for watching sports in this economy.

Take really long walks with your dog

Every night, I walk my dog before going to bed. Last week, while he was destroying my neighbour's garden, I peeked inside his window to make sure Ninja's display went unseen. The good news, my neighbour was too busy watching the NFL pre-season. The great news, I could see his TV too.

It got me thinking—why would I ever spend money on pay-per-view when I could just stand in front of his house? And you might be thinking, "Brie, that's kinda messed up."

Is it though? I'm just "walking my dog," and there's nothing wrong with that. If you saw this guy's set-up, you'd understand—we're talking 4K over here!

As a serious journalist, I'd be remiss not to mention the pros and cons, so here they are:

There's nothing more convenient than going next door. It beats travelling a long way to a

dingy bar, and on the plus, my dog gets plenty of fresh air and exercise.

On the other hand, I have no control over what we watch, which could be problematic if he's a Leafs fan. Not to mention, that I can't hear a thing, but with the calls these referees make nowadays, this might as well be a positive.

Befriend a millionaire

Honestly, this one's a must in all aspects of life. It's like the age-old adage, "don't buy a boat, just be friends with someone who owns one!" Save yourself the trouble of browsing various sports packages, and just hang out with someone who's purchased them all. As an added bonus, you'll have the luxury of watching your favourite team lose in style—this one goes out to all the Habs fans out there.

Depending on how your millionaire made their coin, you might luck out and find yourself a workaholic. It's the best case scenario because then they'll be too busy to bother you while you watch the game. However, if you've landed on someone who's just cashed out their NFT investments, then their NFL commentary is surely the least of your worries.

You might actually like their personality. Stay for dinner and save some money on groceries too. They could even buy you tickets to live sports events.

Just be wary because the entire plan falls apart the moment they get arrested for white collar crime. If the court asks you to testify, then that's a whole thing.



Graphic Credit Nadine Abdellatif

Turn off your TV and log onto Twitter

Who among us doesn't enjoy a play-by-play from someone who probably lives in their mom's basement? Instead of watching the net, you could be scrolling the internet.

All jokes aside, these underground heroes provide live coverage, and even some interesting commentary. With so many accounts to choose from, you can really find your niche. For example, if you're looking for someone who only posts sports updates in the context of objectifying the players, you might consider following @cold_bruh!.

Similarly, another great way to stay on track is type the name of the game into your favourite search engine, and just keep refreshing the score. Oh you saw LeBron James score a three pointer? I actually got that information via seeing the number go up.

Follow multiple accounts and see people's varied perspectives. Keep track of every single game at once, take that NFL Red Zone. Have a laugh at the toxicity of the twitter world!

Just be careful online because you'll probably end up in a fight with someone who has "Tom Brady is the #GOAT" in their bio.

Being a sports fan means spending the majority of the year disappointed, and then suffering through the off-season just to do it all over again. It's a massive strain on your heart, but it doesn't need to be one on your pocket too. Hope this helps, but ultimately, the best advice I could give you is to not be a sports fan at all. **L**

SCHEDULE

FOOTBALL

Saturday Sept. 3 at 1 p.m.
@ Sherbrooke University

WOMEN'S SOCCER

Tuesday Aug. 30 at 6 p.m.
vs. Bishop's University Home-Opener

Thursday Sept. 8 at 6 p.m.
@ Sherbrooke University

MEN'S SOCCER

Thursday Sept. 8 at 8:15 p.m.
@ Sherbrooke University

WOMEN'S RUGBY

Sunday Sept. 4 at 12 p.m.
vs. Ottawa Home-Opener

MEN'S RUGBY

Sunday Sept. 4 time TBA
@ Bishop's University





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**WELCOME
 BACK**

Here's a very warm welcome to all new and returning students. Let's deliver a great term for everyone.

Looking forward to seeing you soon,

Graham Carr
 President
graham.carr@concordia.ca



Graphic Nadine Abdellatif

Orientation: The Return of the Newspaper

It is once again the beginning of a new school year. First-years are getting ready to begin their gruesome journeys, seniors are scrambling to get their final classes done, and for all the people in between, they are slowly forging their path towards graduation.

As students, we all follow compasses that will, through wrong turns and impetuous life-making decisions, lead us to where we ultimately need to be; wherever that is. Whether getting to the finish line looks like dropping out of school, changing newspaper format or double-majoring in linguistics and creative writing, with a minor in administration, it has to be mentioned that our lives were uprooted by COVID-19.

As a collective, we have faced mass disorientation and, going on three strong years, have had to reorient ourselves to what it means to continue living through a global pandemic. Although the shift brought by the virus had benefits for some, for others, the consequences were devastating. Housing became an issue of survival, the immunocompromised population saw their needs ignored, and amongst many other issues, our community saw a decline in mental health and governmental care for essential workers and what it meant to be one. It is safe to say our compasses went haywire.

For Vol. 43 of *The Link*, we went back to the publication's archives, and after a five year

magazine run, we have decided to return to a newspaper format. Instead of publishing in print a few times a year, our newspaper will be available every two weeks on both campuses, at a stand near you and at numerous locations around the city.

As students make their way back to campus, exiting their summer work schedules, and entering the realities of a new fall semester, the same problems remain. Fear for affordable housing, job instability, the ever-escalating tuition fees and poor student representation and accessibility to university services, which are paid for by students, persist in making our community antsy and unsettled. It is primordial to

keep on making the university accountable for the decisions they are making for the 2022-23 school year.

Despite Quebec being on the tail end of the seventh wave, masks are no longer required on campus, and they have not been since June 22. How will the establishment responsible for the health and safety of its student body and internal staff make sure that the needs of its entire community are listened to, and met.

We are coming back to a normal way of living. But is that right? **L**

THE LINK

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Letters to the editor are welcome. All letters 400 words or less will be printed, space permitting. The letters deadline is Friday at 4:00 p.m. *The Link* reserves the right to edit letters for clarity and length and refuse those deemed racist, sexist, homophobic, xenophobic, libellous, or otherwise contrary to *The Link*'s statement of principles.

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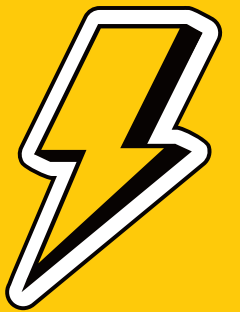
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LES MARDIS RÉTRO

Les chansons culte des années 50 à l'an 2000



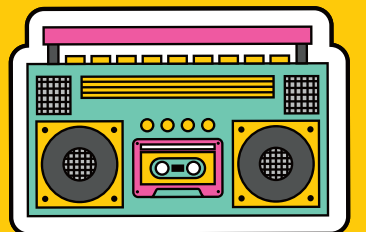
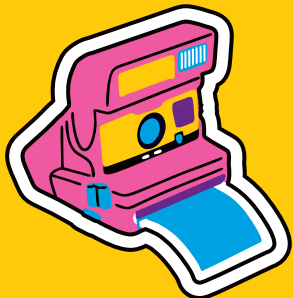
LES JEUDIS 2000

Le meilleur des throwback hits



LES WEEK-ENDS X-LARGES

La musique d'aujourd'hui - Top 40



57 PRINCE-ARTHUR EST.MTL • SHERBROOKE • SAINT-LAURENT