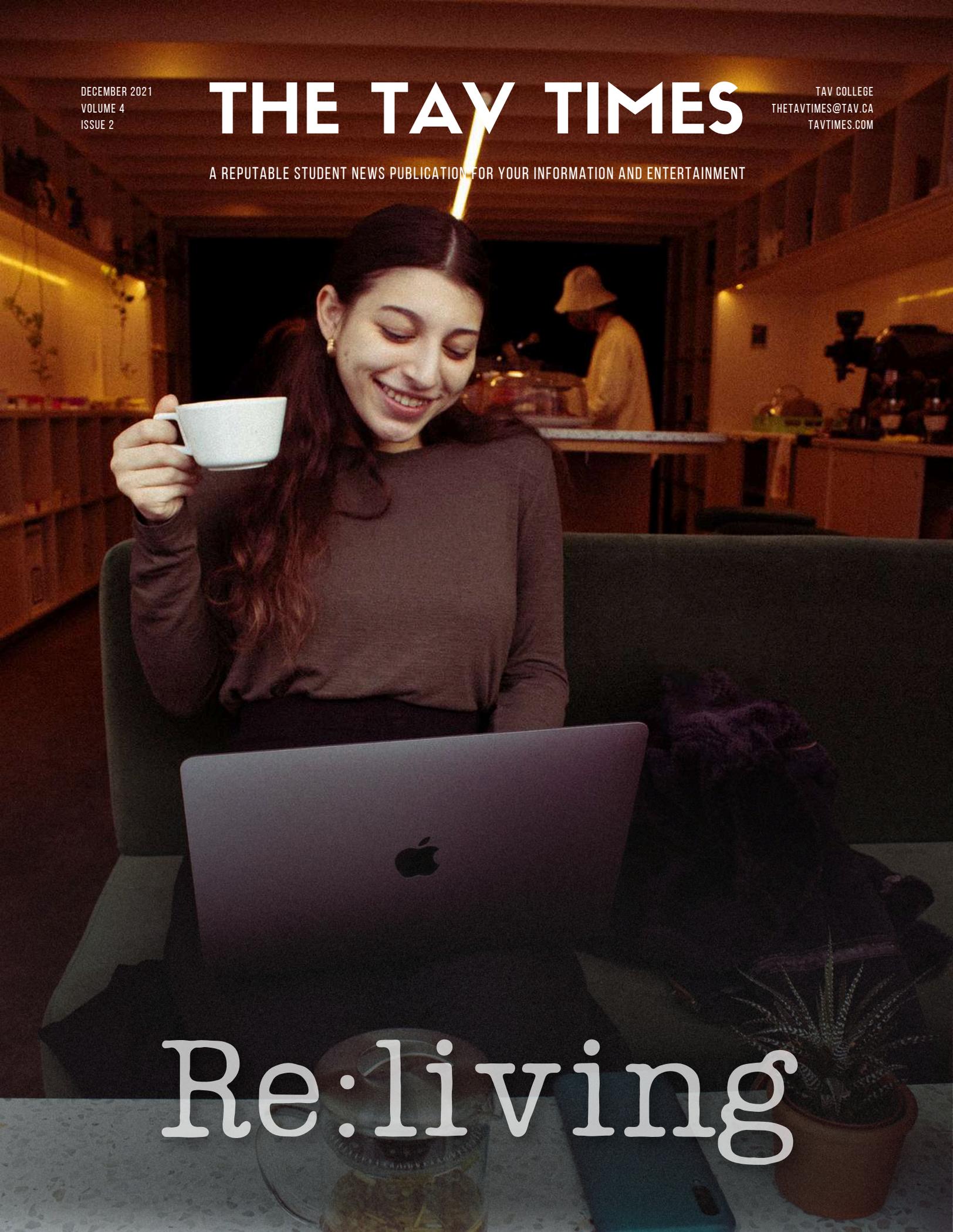


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A REPUTABLE STUDENT NEWS PUBLICATION FOR YOUR INFORMATION AND ENTERTAINMENT



Re:living

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RE:LIVING



HOW STRESS IS RELATED TO YOUTH

THE BOND OF BRAIN AND SKIN

BY MAHLA SEFATI
PHOTO SOURCE: CAMILA QUINTERO FRANCO

One feels ashamed, the other blushes. One has pain; the other shows it through the eyes. One feels stress; the other gets a pimple. One loses a loved one in life; the other adds a small line just beside the eye. This bonding is inseparable. Experiencing stress is inevitable. We all have had it to some degree. However, the big difference is how we and our bodies respond to it.

The biology of stress

According to Let'sTalkScience, "stress is a biological response to things that happen to us. If we perceive a situation as stressful, the hypothalamus region of our brain begins the stress response. It starts

by sending a message to the pituitary gland. The pituitary gland then sends a message to the adrenal glands. The adrenal glands are found on top of our kidneys. These glands then release the stress hormone cortisol; Then, we feel it."

How stress affects Your Skin

According to a New York Times article, cortisol causes increased oil production in our skin glands, leading to an unhealthy face that has acne and clogged pores. So, the more stress we have, the worse the skin gets. It means that within chronic stress, the nervous system releases more and more cortisol that slows down the

Adrenal Glands:

Adapted from Vodo Gram website

produce hormones that help regulate your metabolism, immune system, blood pressure, response to stress, and other essential functions.

Pituitary Glands:

Adapted from Cleveland Clinic website

is a vital pea-sized organ. If your pituitary gland doesn't function properly, it affects essential parts like your brain, skin, energy, mood, reproductive organs, vision, growth, and more. It's the "master" gland because it tells other glands to release hormones.

production of beneficial oils.

The skin gets dry, rough, and much more irritated because those healthy oils act as a protective layer for us. Without adequate lipids to seal in hydration, the skin starts to "leak" water in a process known as transepidermal water loss (TEWL). Chronic exposure to cortisol also prevents the production of hyaluronic acid and collagen. These are what keep the skin soft and youthful.

When facing a stressful situation, acne, wrinkles, dry skin, face flushing, sore lips, rashes, and all are on our skin. No matter who we are or where we live, these symptoms remain the same.

How to rescue your skin

According to the Florida Dermatology and Skin Cancer Center website, there are ways that you can help your body, especially your skin to stay fresh, clean, and soft.

- Make sure you have a proper healthy routine for your skin; the least you can do is buy and use day and night cream, eye cream, and sunscreen.
- I know that you might not have enough time, but do not underestimate the power of exercise.
- Schedule time for activities that make you feel relaxed.
- Do not forget about vitamin F; talk to your friends and spend time with them. It is always fun.
- Take time for yourself. Take a warm bubbly bath, read a self-help book, take a warm bath, get a massage, listen to music, meditate, and so on.
- Keep your hands off your face. As soon as you touch your face, dirt, germs, and oil transfer from your hands to your face.
- If you have an unwanted guest on your face; avoid picking, popping, or squeezing pimples as this can cause scarring.
- Know your skin type and do not shop randomly. Understanding your skin type will help you learn how to care for your skin and select skincare products that are appropriate for you. Try not to shop based on brands and prices; shop for the product that suits you the best.





INVOLVED FOR GOOD

AN INTERVIEW WITH MARINA BARR, A MONTREAL ACTIVIST

BY ESTY ROSENFELD
PHOTO SOURCE: MARINA BARR

What got you started in the mental health field?

From when I was young, I had unrealistic and unattainable fitness goals. I'd spin for 2 hours a day and then I'd do an hour circuit. I thought that if I did all this exercise and just ate a certain amount of calories a day, I'd be able to look a certain way.

Through the amazing people in my life, I learnt to love my body. I learnt to accept

that we are all given different things and we should just embrace what we have. I'm so much more than a body. The second I realized that, I was actually able to be happy. It really impacted my mental health in a positive way.

The other element which made me become passionate about mental health was that I know a lot of people who suffered from addiction. Some turned out great but others lost their battle to addiction.

When did you first get involved in creating change?

The first time I actually got involved and did something was for Chabad Lifeline. Lifeline, in general, is amazing because it's free and immediate. They have counselors and everything someone who's struggling can need.

There was no young adult program in the city and we wanted to change that. We wanted to make mental health a topic that people can speak about. I wanted to create a platform where people can just be themselves. I didn't want it to be a place where you are sugar coated. I wanted it to be a judgment free place where you can open up and have people help support you.

What I really focus on is raising awareness and having an open platform to speak. It's an important subject that's, oftentimes, so taboo. We definitely came a long way, that's for sure. On Instagram, it's super talked about. At the same time, social media is a superficial world. It's not as much addressed on an individual and community level.

What other organizations are you involved in?

I volunteer for The Family Store, Chai Lifeline, Friendship Circle and Chabad Lifeline.

Volunteering for these organizations has helped me realize that I have so much to be grateful for and I don't take anything for granted. All these experiences are so humbling and really made me the person I am today.

I work full time and I am in school full time as well but if I can help someone, I'll cancel all my plans and be the first one there. I don't even second guess it at this point.

What do you hope for in the future?

Addiction and mental health are very close

to my heart so I'm always going to be helping in that area. I think long term, I really want to help any kid affected by addiction or mental health. I think that it's really important for me for kids to feel like kids. It's really hard to have access to help if you can't afford it and you don't have the proper support system. It makes it a super lonely experience. I want to make sure that kids can grow up to be the best they can be.

What do you say can be done to help better support people going through rough times?

Don't give your advice. They probably tried everything you're going to throw at them. Unless under crazy circumstances, obviously step in. Otherwise, just be there. Show up as a friend, be someone who cares and be a support system. Do things to help them get their minds off of what they are going through. Check in with your friends and make sure they're okay. That's what counts at the end of the day. That's what fosters real friendships.

What can people do to help create change?

Realize that everyone has mental health struggles to some extent. Some people hide it better, some people cope with it better or have better tools to deal with it. The more we talk about it, the more people become okay with it. People will feel less alone.

Be yourself and be true to who you are. You can never go wrong with that and at the end of the day, that's the most beautiful version of you.

We have to work on making the world a positive place instead of a competition.

If you can be a positive light in someone's life, do it. Try to make someone smile everyday because you'll never regret it.



PHOTO SOURCE: MARINA BARR

VOLUNTEERING FOR CHABAD LIFELINE! HELPING THOSE DEALING WITH ADDICTION AND MENTAL HEALTH.



PHOTO SOURCE: MARINA BARR

IT'S EASY TO REMEMBER WHY I VOLUNTEER WITH CHAI LIFELINE CANADA, BECAUSE THE WORK THEY DO SO CLEARLY TOUCHES SO MANY DIFFERENT PEOPLE. SPENDING TIME WITH CHILDREN WHO ARE SICK CONTINUES TO TEACH ME GRATITUDE AND COMPASSION FOR EVERY SINGLE PERSON, AND THAT GUIDING IDEA IS OBVIOUS WHEN YOU SEE WHAT CHAI LIFELINE CANADA DOES. THEY GIVE TO FAMILIES AND ARE THERE FOR EVERY STEP OF THE JOURNEY, FOR EVERY MEMBER OF THE FAMILY. WHEN I TALK WITH THE PARENTS AND SIBLINGS, EVERY MEMBER OF THE FAMILY TALKS ABOUT WHAT CLL HAS DONE FOR THEIR FAMILY. AND IT'S THAT COMPASSION AND WARMTH THAT MADE ME FALL IN LOVE WITH THE ORGANIZATION.



PHOTO SOURCE: MARINA BARR

THE FAMILY STORE- THE VERY FIRST PLACE I EVER VOLUNTEERED AT AND ONE OF THE MOST INSTRUMENTAL PLACES IN SHAPING MY VIEWS ON WHAT IT MEANS TO HELP OTHERS.



#TRENDING

THE POWER OF NOSTALGIA

BY MIRANDA ALVAREZ
COVER IMAGE: DANIELA ALVAREZ
ARTICLE IMAGES: CANVA

Are trends actually doing their job?

According to the Cambridge Dictionary a trend is “a general development or change in a situation or in the way that people are behaving.” When you think of past generations, in just seconds you will picture a certain style, music, or even representative character from that time. We had the golden 20’s with flapper girls, 50’s housewives and racism, 70’s David Bowie and disco, 90’s jelly sandals and chokers, the 2000s were ruled by low rise jeans and Paris Hilton, and even the 2010’s trend with UGGs and Call Me Maybe. But lately, we have seen a big increase in bringing those past trends and making them trendy now. Netflix is packed with new TV shows and movies based on past years and the younger generations are romanticizing them.

Blast from the past or stuck in it

Is it because we are, as Irene Levy put it, “lacking in creativity?” To be more connected with our elders? Or just because, to be honest, they are way cooler than anything this generation has created so far? I am not trying to shame current artists; I respect the newer genres which go from indie folk to electronic and house, which were not a thing before. Everyone is doing their own things and nothing sticks. You only know who the biggest techno artist is if you listen to them. There’s no big person everyone is connecting to, while before, it was more representative. Although bands such as The Beatles or The Rolling Stones, David Bowie, were very controversial to their time, they are now respected and looked up to. So does this mean that future generations will be listening to Justin Bieber, doing TikTok dances, and feel nostalgic?



PHOTO SOURCE: CANVA

The Old feeling Young

As much as it has been impactful for the youngest, it has also helped the oldest. They get to enjoy what they’ve liked for years without being shamed as they used to in past eras. This doesn’t mean they are expecting it to stay the same. Since they too want the future of the world to grow and have something personalized. “It’s a disposable generation. They get rid of what they create, but it has been there since before. Why work on making something new and innovative when it’s been proven that the older style is successful and stays for a while.” is what Alfredo Alvarez, a 54-year-old man from gen X has to say. They would love to see how much we can make something amazing with all the opportunities coming our way, not be lazy and get too comfortable with what we have. I hear people from gen X say that the quality of music and lyrics were better back then, it’s a debatable yet understandable point of view. Does the fact that there is more freedom in what you can put out there have a more positive or negative impact on what we are creating?

PHOTO SOURCE: CANVA

Are the young feeling left out?

To get the feeling of younger generations, I asked Daniel Sequelis, who is 15 years old, what he thinks about past trends making a comeback and becoming part of their present. "I feel like some people like to experience what their parents or family members experienced in their time," says Sequelis. So, are we bringing back trends because we can't think of anything new or because of a sense of connection? For me, I can tell you some of my favorite, underrated, simple pleasures in life are singing in the car with my dad to KISS and stealing my mom's clothes to go out. What about taking disposable camera pictures and feeling the rush of getting them developed? It's amazing, but, thankfully, we are starting to become more environmentally aware and not doing that. We are now using editing apps that are cheaper and easier to carry around. So, does this mean newer generation trends

are a mix between old trends and new technology?

Live in the moment

How can we fix this problem? If it even is a problem. Maybe this is happening because there's so much going on in the world. People don't really realize that back then it was just as bad, if not even worse. So thinking about how it used to be makes it feel as if we aren't really here. It's not all bad though, this could help us take what we know is good and incorporate it into the present. I think that accepting where we're at and working from that could help us create, as a generation, something that we love, are proud of, and would like future generations to remember us by.

THANK YOU TO ALFREDO ALVAREZ, IRENE LEVY, AND DANIEL SEQUELIS FOR BEING OPEN TO DISCUSSING WITH ME ABOUT THEIR FEELINGS AND OPINIONS ON THE SUBJECT.





MUSIC OF YESTERYEAR

AN INTERVIEW WITH KEVIN HAYES, A MONTREAL MUSICIAN

BY ESTY ROSENFELD

COVER PHOTO SOURCE: KEVIN HAYES

IMAGES: CANVA

Jump Start

I had an early jump start into the world of music. My mother, Anita, was musically driven. She was a music teacher and an opera singer in Montreal. My dad was a ragtime piano player.

My parents would always be playing music with their friends and we'd listen and try to copy them. I did take one music lesson from a royal conservatory teacher but I didn't like the idea of having to read music to play so I just ended up playing by ear.

When I was around 10 years old, my sister and I got our first guitar for Christmas from the Eaton's catalogue.

A little bit of everything

At around 13 years old, we used to go to my friend's house and sit and play the drums, bass or guitar. We'd try to create different riffs and songs. We'd just jam endlessly on those.

Then, a group of my early musician friends formed a band and rented a space in Montreal-West. I was playing flute all the time and we had 4-6 of us on different instruments, hammering it out.

At that time, we were just listening to a lot of music. Any chance I got to hear a musician in a park or NDG or anywhere, we'd go down and listen.

There was a music department at Marymount High School. I would just go there all day long and play whatever instrument was around. I had a couple of friends who had older brothers in wedding bands so their homes were full of musical instruments and organs. We'd go during lunch to their house and play for an hour.

When I was at Montreal-West High School, we were given access to instruments so we got together and just played. We'd swap

and play different instruments every day. For the first hour, we'd just be learning how to play that particular instrument and then we'd just jam.

At 14, I started working in the piano factories. I was building, refinishing, doing actions, putting keytops on, tuning, restoring and repainting pianos.



Anita Hayes, "queen of the Fairies", worked for the Montreal-West Operatic Society for 27 years. She started as a soprano and then a mezzo-soprano. She won the Philidalphhea Gilbert and Solomon award for best mezzo-soprano. She did lots of theatre and other types of music as well. She's 91 now. To this day, she plays for my children so they can dance around and sing.

Image provided by: Kevin Hayes



Touring as a Teen

One of my biggest influences was Jim Pelton. We crossed Canada when I'd finished grade 8. We both had harmonicas in the same key and so we busked for months. We'd try to go into places and do little shows.

I ended up doing the Yellow Door coffee house, amongst others and playing with some very high end musicians. I'd just sort of jump in and share a song with them. It gave me the opportunity to actually play live which is difficult to do when you first start. It's kind of challenging to play with somebody who you've never played with before and come up with something that's keeping with the song they're playing.

When I was in my late teens, I went together with Allision Brailey on my first Canadian tour. For close to a year, we lived in our car, travelling around and playing music at different events. Both of us sang and I played guitar, we really complimented each other. She was a brilliant vocalist and very encouraging. She wrote a lot of the words and I wrote a lot of the melodies.

The people who I worked with would share their expertise and experiences. They showed me how to play or do different things or gave me ideas of how I can approach different songs. I learned to play in Dorian mode from Robbie King who was one of the big names in motown and funk playing.

Globe Trotting

To date, I've been on tour in the Western world. I've worked with a lot of people doing European tours or South American tours. I've done 24 Canadian tours. I played in Jamaica every year in January. I only stopped because of COVID.

I was one of the founding members of the People's Gospel Choir of Montreal which had 100 voices and 12 musical instruments players. We played for 40 000 people at the Jazz Festival. Everything just fell into place perfectly. Everybody just came together and did a great team presentation. That was one of my most successful shows, personally.

Instruments and Albums

I'm known as a guitar player and my preference is actually Flamenco guitar. I'm covering 127 and am proficient on 26 instruments.



I've been on 42 albums. 26 recordings that I've predominantly written or I had a guest working with me. I covered most of the instruments then maybe brought another vocalist.

I did a lot of background playing with singers in studios or for television. The majority of the music I've done has been either pop, pop-rock or rhythm and blues. I've studied Jazz at McGill. So I've done a mishmash of things.

I've worked with Jim Pelton.

I've worked with Jimmy James, the guitarist and his colleagues for years at the clubs in Montreal.

I did some of the background vocals for Gerry Boulet on the album Jézabel. We had massive singers doing that. It was one of the most successful recordings I've worked on as an employee. It sold millions of copies, I believe.

I did the Governor General's award when Leanoard Cohen was the poet laureate for Canada, I believe it was in '92.

I've done some vocal work with Roch Voisine on I'll Always be There.

Where to begin

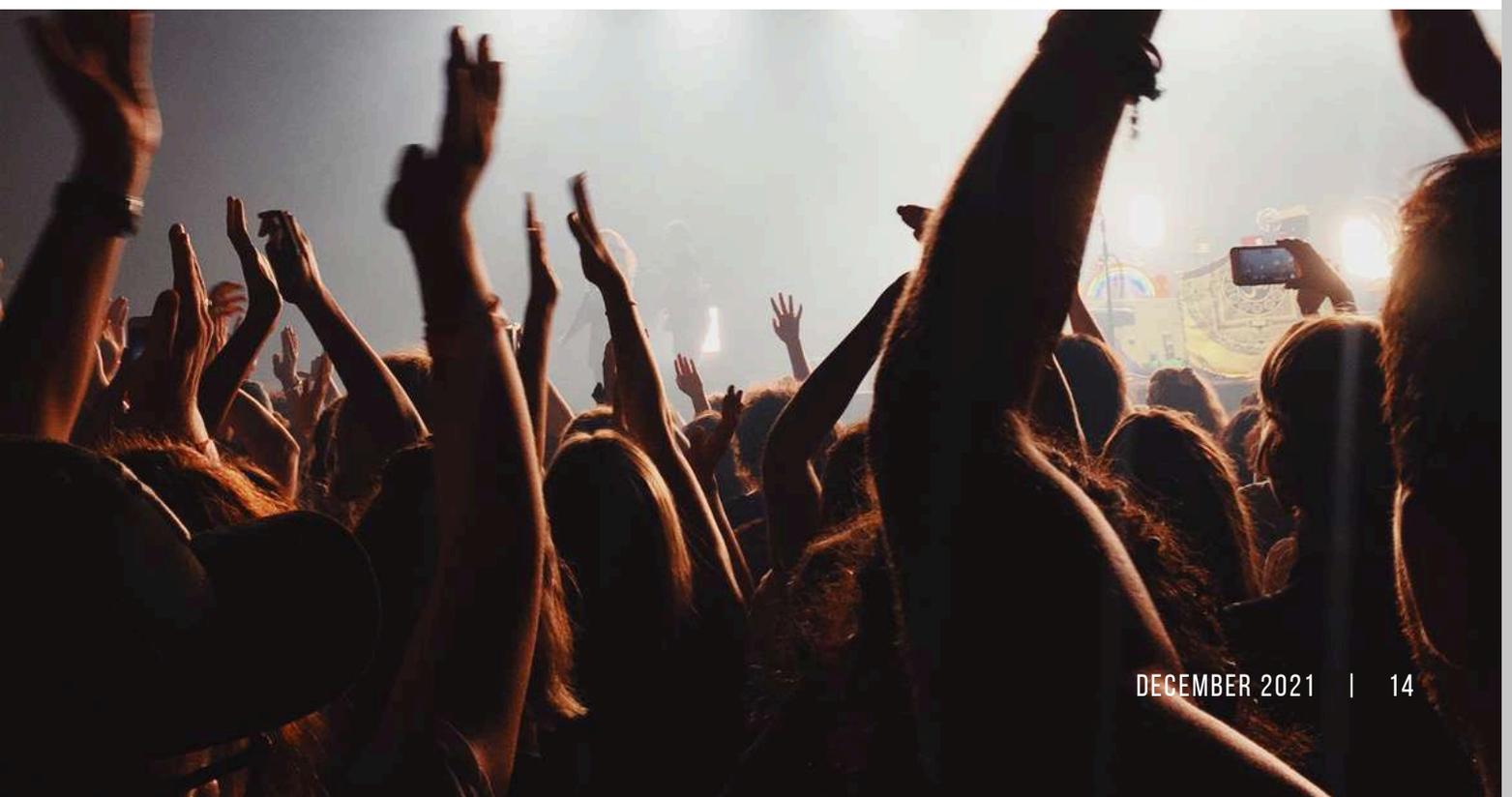
Try to play by ear. Don't get too bogged down in the meaning and the writing of the notes. Explore your own musicality and write your own songs.

Jam with friends. Take every opportunity to play and rehearse. Broaden what you are able to play on, your styles of music and who you are able to play with. You will only make money if you keep doing it. I just encourage everybody to give it a go.



OLD MAN

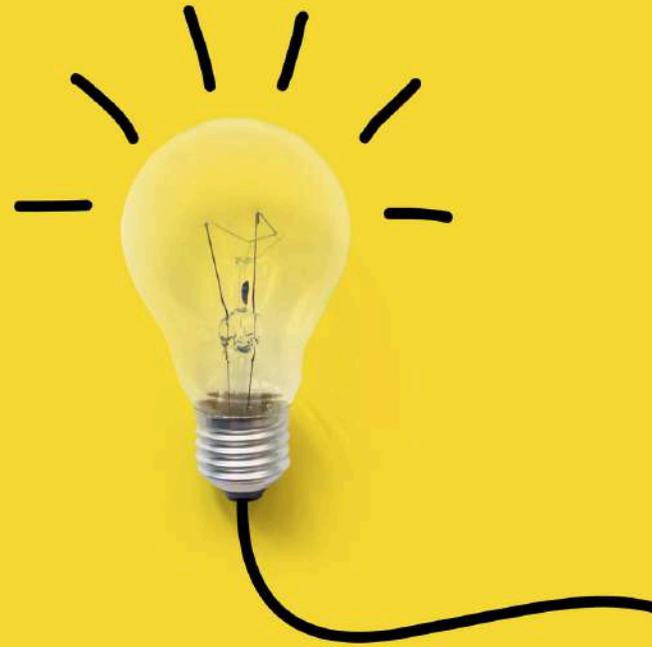
INSTRUMENTS:
KEVIN HAYES
VOCALS:
ALLISON BRALEY



IDEAS THAT CONTRIBUTE TO A BETTER FUTURE!

INNOVATIONS THAT WILL INSPIRE YOU TO
TAKE ACTION AND BE PART OF THE SOLUTION!

BY LUISA RAMÍREZ
PHOTO SOURCE: CANVA



Each stage of history has its own challenges. So, it is necessary to seek solutions and implement changes that respond to the needs that society demands.

Currently our world requires committed citizens in the search for alternatives to reimagine a better future. As young people, we are called to feed our curiosity, be agents of change and lead high impact projects.

Perseverance, discipline, and a visionary spirit are fundamental elements to advance in the process. This helps generate a contribution in the community. Therefore, I share with you some innovative and disruptive business ideas that can inspire and motivate you to dream. It may awaken the entrepreneurial spirit that you carry within. Like you, these companies started with a small idea that they managed to materialize with effort and dedication.



PHOTO SOURCE: BRUCE

1. Chopvalue: www.chopvalue.com

This company decided to collect the chopsticks that are normally discarded in restaurants, to give them another use. Once they are collected and processed, they become a composite material that is the raw material for the manufacture of decorative objects such as shelves, cabinets, cheese boards, table tops and so on. The company offers a portfolio of high-quality products, based on the circular economy model.

2. Desserto: www.desserto.com.mx

Leather is a material used in different industries and mostly comes from the skin of animals such as cattle, sheep, goats, horses, buffalo, pigs, and aquatic animals such as seals and alligators. Unlike traditional alternatives, this company managed to develop "the world's first highly sustainable and environmentally friendly organic material made with Nopal cactus." The product is offered in different colors and textures, so it can be used for the manufacture of handbags, clothing, interiors, and other items.



3. Dryleaf: www.dryleaf.ca

Every day more businesses are offering substitutes for single-use plastics. This company offers bowls, plates and trays made with fallen leaves. While a coffee capsule takes around 500 years to decompose, according to WWF Australia, ecogreen products disintegrate rapidly in the environment, reducing environmental impact and preventing more garbage from ending up in the landfill.

4. Zero food waste foundation: www.zerofoodwaste.ca

Trying to reduce the amount of food that is wasted in Canada, this initiative seeks to establish communication between restaurants, hotels and catering companies with organizations that provide services to communities in need. This project has a social impact through the reduction of hunger by providing food to families that need it and an environmental impact since it reduces the emission of greenhouse gasses that would be generated if organic waste were sent to the landfill.





5. New harvest: www.new-harvest.org

New Harvest is a pioneer in the research of cellular agriculture, a new technology that allows the production of meat through a scientific process without using industrial farming methods. This non-profit organization proposes this idea as a solution that allows the production of food from animal cells without killing the animals. In addition, the resources are optimized by requiring less water, land and electricity. There is less generation of greenhouse gasses that contribute to climate change. Humans are less at risk of contracting diseases from bacteria and viruses that can be transmitted through animals.

6. Shameless: www.shamelesspets.com

Without a doubt, dogs and cats have become an important member of modern families and, aware of this, the Shameless brand offers a variety of treats and cakes for our pets. To manufacture its products, the company uses food ingredients that are in good condition but are discarded in farms or supermarkets because they do not meet the appearance standards required for their final sale. In order to produce their products, the company applies rigorous protocols to ensure that recycled ingredients meet quality standards. Finally, they also have a positive impact on the environment by reducing the amount of food that would go to waste.



7. Mori: www.mori.com

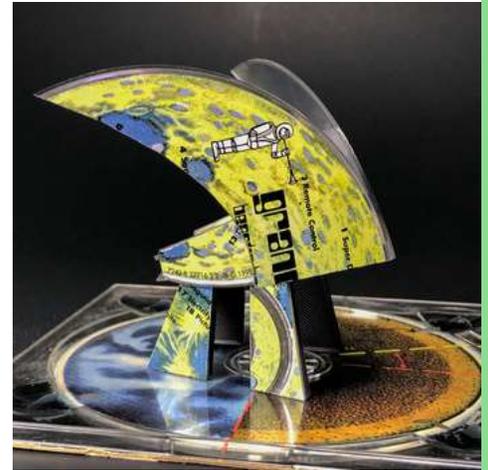
Much of the world's food waste occurs in the supply chain. To solve this problem, this company intends to use silk protein to cover food with a protective layer that allows it to preserve its freshness for longer. Although it seems like something out of a magic tale, this technology only uses salt, water and heat to extract protein from silk and create an all-natural, invisible and edible protective layer.

8. Tektiles: www.tektil.es.art

Generally, objects that were fashionable at some point in history become obsolete with the arrival of new technologies. CDs are a clear example of this because despite having revolutionized the world of music in the 80s, they ended up being replaced by streaming services years later. It is not easy to know what to do with old and unusable compact discs, because they require special treatment as they are made of different materials. For example, Montreal does not have facilities to recycle CDs and, in most cases, these objects end up being disposed of in the landfill.

Faced with this situation, Tektiles arises, an innovative, different and disruptive proposal that offers unique pieces of art made with CDs. Jonathan Wilansky, its founder and TAV College professor, has not only created characters that could inhabit a science fiction world but has also found an alternative to give these elements a second life. The character designs, in addition to being creative and original, seek to spread the message of 'reduce, reuse, recycle'. Undoubtedly, this project is a commitment to art, to the generation of environmental awareness and a real example that shows that we can reuse the objects that surround us if we give freedom to our imagination.

PHOTOS PROVIDED BY: JONATHAN WILANSKY

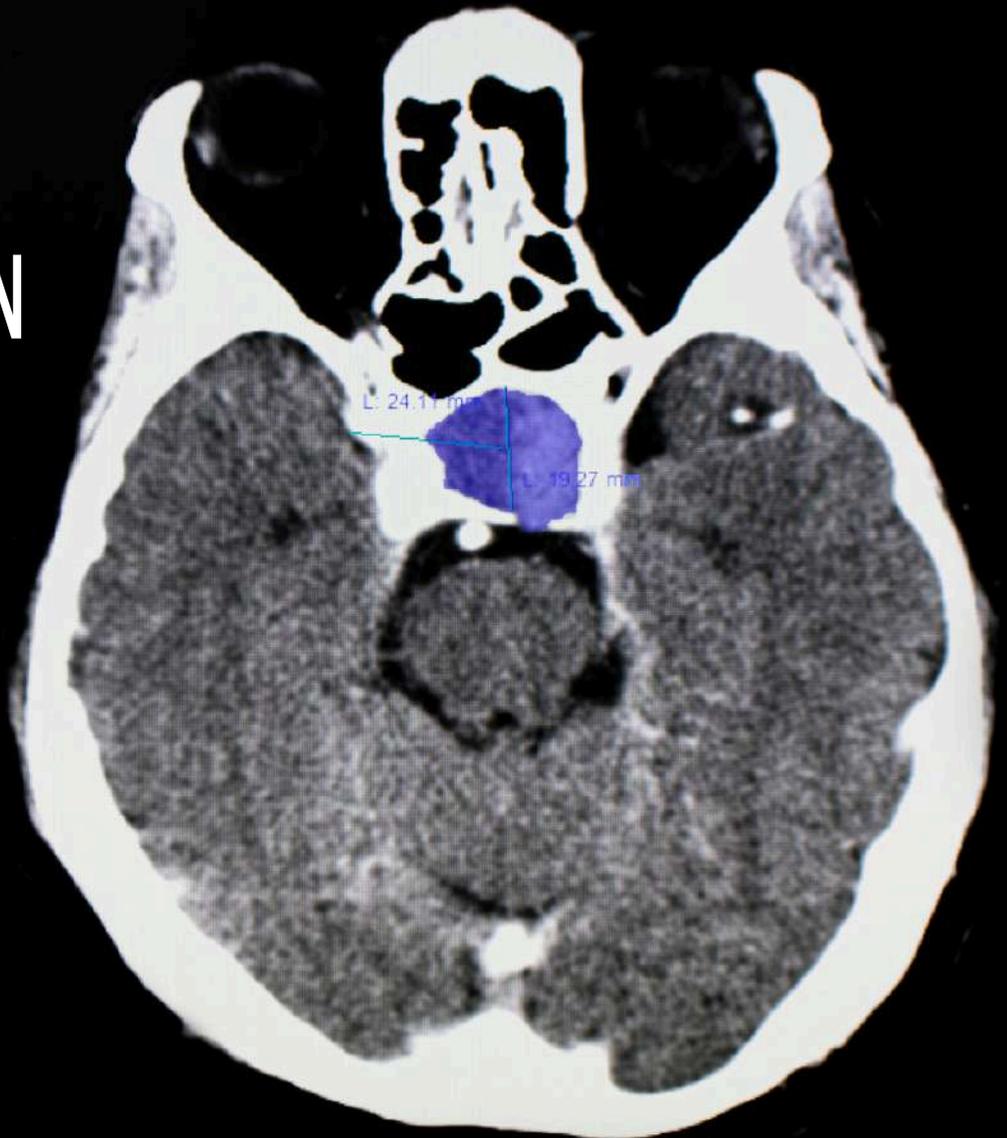


SCIENCE

TRUST, INTUITION & TIMING

AN INTERVIEW WITH
MS. ROBYNE GARELLEK

BY MAHLA SEFATI
PHOTO SOURCES: CANVA



MS. ROBYNE GARELLEK IS A PROFESSOR IN EARLY CHILDHOOD EDUCATION. SHE HAS A MASTERS IN EDUCATION AND CURRICULUM AND HAS BEEN TEACHING AT TAV SINCE 1993.

Mahla: Ms. Garellek, please tell us what started this journey?

Ms. Robyne Garellek: I had very bad migraines and I just didn't feel right. My whole body didn't feel right. The tumor was touching the pituitary but at the base of the brain. So, I was gaining weight even though I was eating nothing, and my body was producing its own cortisol. It was like I was on cortisone pills. I kept going to the doctor and he kept telling me there's nothing wrong with you, it's all in your head. Well, PS, it was in my head, I had a brain tumor.

Mahla: What made you decide to get this checked out?

Ms. Robyne Garellek: I've been going to doctors for years, and I was gaining so much weight that I went to a diet doctor. He took a blood test and from the blood test he didn't like the results so he sent me to a specialist.

Oh my god, there were so many tests. I did a cat-scan and an MRI. Then, I had to go to have a Venus trapping which is when they put tubes from my groin all the way to my brain. After all the tests, the specialist diagnosed me.



ADRENAL GLANDS:

(ADAPTED FROM JOHN HOPKINS MEDICINE WEBSITE)

SMALL, TRIANGULAR-SHAPED GLANDS THAT ARE PLACED ON TOP OF BOTH OUR KIDNEYS. THEY PRODUCE HORMONES THAT HELP MANAGE HOW WE RESPOND TO STRESS, OUR METABOLISM, IMMUNE SYSTEM, AND BLOOD PRESSURE.

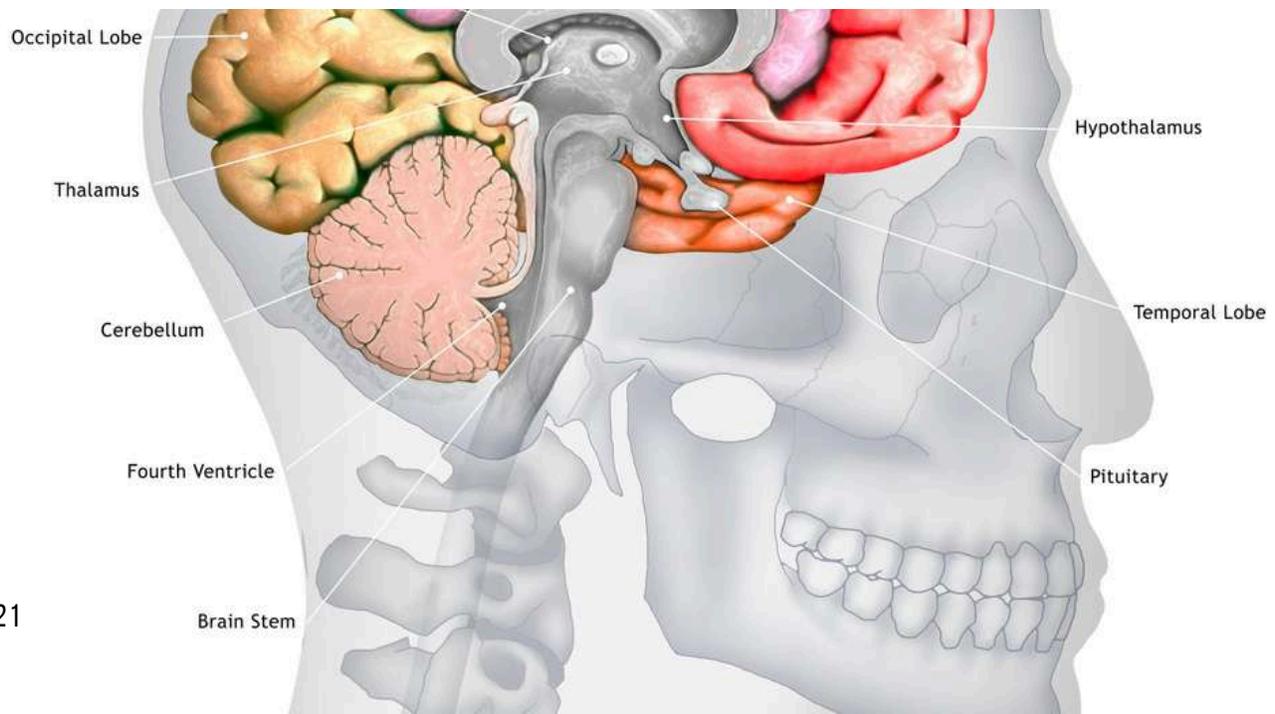
I had to figure out what was wrong with me by reading an article in Good Housekeeping magazine, believe it or not. And it was called “When the adrenal glands go crazy.” It was talking about all the symptoms I had been experiencing. So then I knew I had to go to a specialist.

I had a pituitary tumor that was at the base of the brain, touching the optic nerve. It was about the size of an orange. The doctors said that another month I would have been blind in one eye.

Mahla: Can you please tell us about your treatment process? What were your first thoughts when you faced this huge challenge in your life?

Ms. Robyne Garellek: I could not wait to get the tumor out so that I could look like a normal human being. That was my first thought and, then, I didn't get scared until after the tumor was taken out. It took about two months until I had the surgery. I was at the Montreal General hospital which was really good. They were really nice. Once I had the tumor taken out, everything went back to normal. I lost about fifty pounds within those first six months. Before I was over 250 pounds.

After the surgery, I was on chemo pills for about two years. That was when many things started. My blood pressure was high, everything was high. Then, I started to have anxiety attacks a few times a day which they treat with pills. It was terrible. I thought I was having a heart attack. I



was terrified to be alone, the anxiety was so bad. I was afraid I was going to die alone. It was like everything hit me. I remember sitting in the shower and crying and holding clumps of hair in my hand.

Mahla: How did you overcome these obstacles?

Ms. Robyne Garellek: I went to see a counsellor. My in-laws were very against it because they felt that it should stay within the family. But my husband's uncle came in from St Louis, and I had a long talk with him; he was a social worker. He spoke to my in-laws, and told them that I needed to get help. I went for almost two years. I saw different people. Yes, for two years of my life I was not available to anybody, not to my husband or to my children. I had a lot of help.

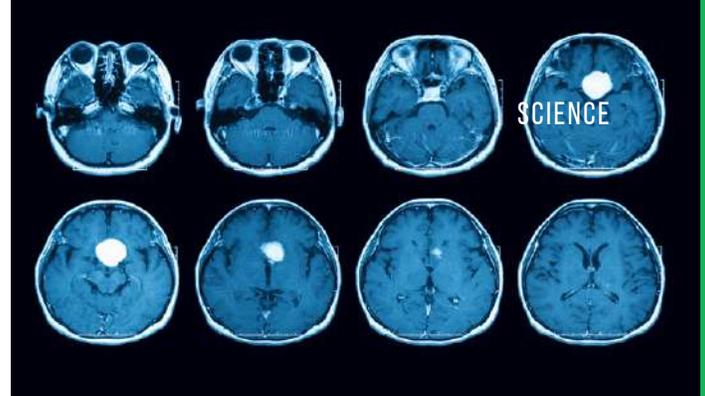
My community was incredible. For two years they sent me meals, and helped me. I had high school students and college students coming to help out with my children. They really took care of us and I give them a lot of credits.

Mahla: Did you choose to let your family and friends know about what you were going through? If yes, what were their reactions and how did their reactions impact you?

Ms. Robyne Garellek: My immediate family knew. I did not tell anybody because I was not sure what was happening. I think I told one friend. My family was scared, but I was worried about my children and this was the most important thing for me. I was worried that my kids might grow up without a mother.

Mahla: What is something that kept you going?

Ms. Robyne Garellek: Before the surgery I was not that stressed. But I remember that after the surgery I prayed to god, please let me live another week. Please let me live another week. I was terrified of dying. The



reason was that there were so many changes going on in my body afterwards, I literally was counting the days.

Mahla: How has this experience impacted your life?

Ms. Robyne Garellek: I live for every day. I really try to be the best person I can be. What I think is important for your readers to know is, you know your body. When you feel something is not right, keep going to doctors.

Mahla: What changes would you like to see in the future? This can be about the people's reactions, comments, treatments, hospitals' environments and so on.

Ms. Robyne Garellek: I think the problem with the healthcare system is that general practitioners (GP) only know the basics. So, my GP knew nothing. I had to go to a specialist in order to get a diagnosis.

I would like GPs to listen to their patients more, and when a person says something is not right go further than the basics.

Mahla: What messages would you like to provide to the TAV Times readers?

Ms. Robyne Garellek: I think that you should know your body. When you feel that something is totally wrong or something doesn't feel right, go and check it out. Don't wait. I waited so long, it was almost two years that I have been suffering before the two years after the surgery. Know your body and keep pushing until you find out what's wrong with you. Don't just let it go. Because I would have been blind had I let it go.

HOW HAVE DIETS CHANGED THROUGHOUT THE YEARS IN CANADA

DIS-MOI CE QUE TU MANGES, JE TE DIRAI CE QUE TU ES
- TELL ME WHAT YOU EAT AND I WILL TELL YOU WHAT
YOU ARE -

JEAN ANTHELME BRILLAT - SAVARIN

BY HA NGUYEN
PHOTO SOURCE: HA NGUYEN

Test your knowledge

Before getting started, do you know:

- What year was junk food created?
- What year was canned food invented?
- What year was Coca Cola invented?

Potatoes

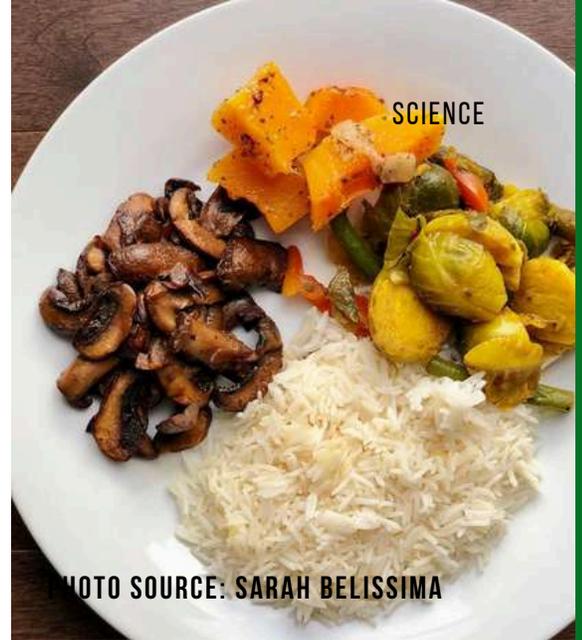
Canadians love potatoes. That is just a fact. A few popular traditional dishes made from potatoes are poutine, pommes persillade, pâté chinois and rappie pie. According to an article from Statistics Canada by Barbara McLaughlin, Canadians consumed about 113 kilograms of vegetables in 2003 and 30% of it is potatoes.

As time passed by, the typical “potato and meat” meal was soon replaced by pasta and other carbohydrates sources such as rice due to the diversity of immigrants in Canada. [1]

A wave against fat

During the 1900s, people started to become aware of their food intake and nutritional values.

Unfortunately, a trend of having no fat and/or low fat diets gained popularity, along with boycotting products that contained fat. Due to the lack of nutritional knowledge in the general population, people chose to stay away from fat without knowing about the different types of fats.



During that era, products with “fat free” or “low fat” labels were created. [11]

Nowadays, people are more aware of the different types of fat. Generally speaking, most people know of fats as “healthy fat” and “unhealthy fat”. Healthy fats are monounsaturated and polyunsaturated fats. They are proven to lower the risk of diseases. Good fat can be found in vegetable oil, nuts, fish and seeds. [6]

Unhealthy fats are trans fat and saturated fats. Trans fat can increase disease risks even when taken in very small amounts. Processed food has a lot of trans fat from partially hydrogenated oil. Eating too much trans fat can cause blood sugar, cholesterol, heart problems and several other diseases. Saturated fat is not as harmful as trans fat, but it is recommended to consume with moderation for better health. [6] Saturated fat can be found in red meat, dairy products, coconut oil or palm oil. [7]

Low carb diet

For those who follow dietary trends, a low carb diet has been a huge one in the last decade. It is not recommended to cut carbs completely out of your diet. However, being selective with carb is never a bad choice. Low carb diets limit carbohydrates intake in rice, pasta, starchy vegetables, etc while focusing on protein intake, fat and healthy vegetables. [1]

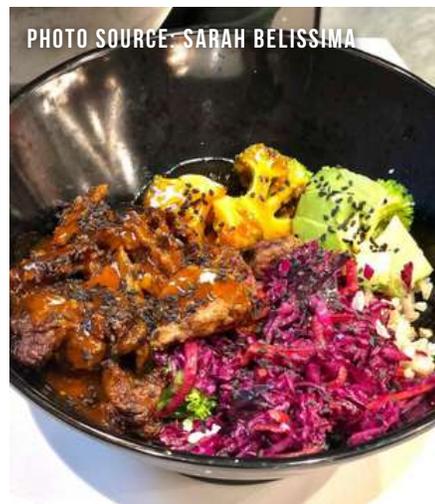
A few well-known low carb diets are keto diets, zero carb diet, the Atkins diet and low carb Paleo diet. It is believed to lower the risk of type 2 diabetes, heart diseases, high blood pressure and weight loss. [1]

Cultivated meat - the new trend for the future

Cultivated meat - commonly known as lab meat - is making its way to the market and potentially (even expectedly) taking over and replacing the old-fashioned meat in the near future.

Cultivated meat is produced by taking a small sample of stem cells in lean muscles to reproduce those cells in a culture. After a significant amount of cells have grown, it creates muscle tissues that are extremely identical to muscle fiber in steak. This end product is 100% real meat as it is extracted from the animal and shares similar DNA as well as chemical structure. The only difference is this meat can be made without shedding any animal’s blood. This process takes 6 to 8 weeks. [2]

Apart from its ethical benefit, cultivated meat is also believed to have a great advantage in health, economy and ecology. According to the Environmental, Science & Technology’s article in 2011, 1000 kg cultured meat will reduce energy consumption by up to 45%, land consumption by 99%, freshwater usage by 96% and greenhouse gas

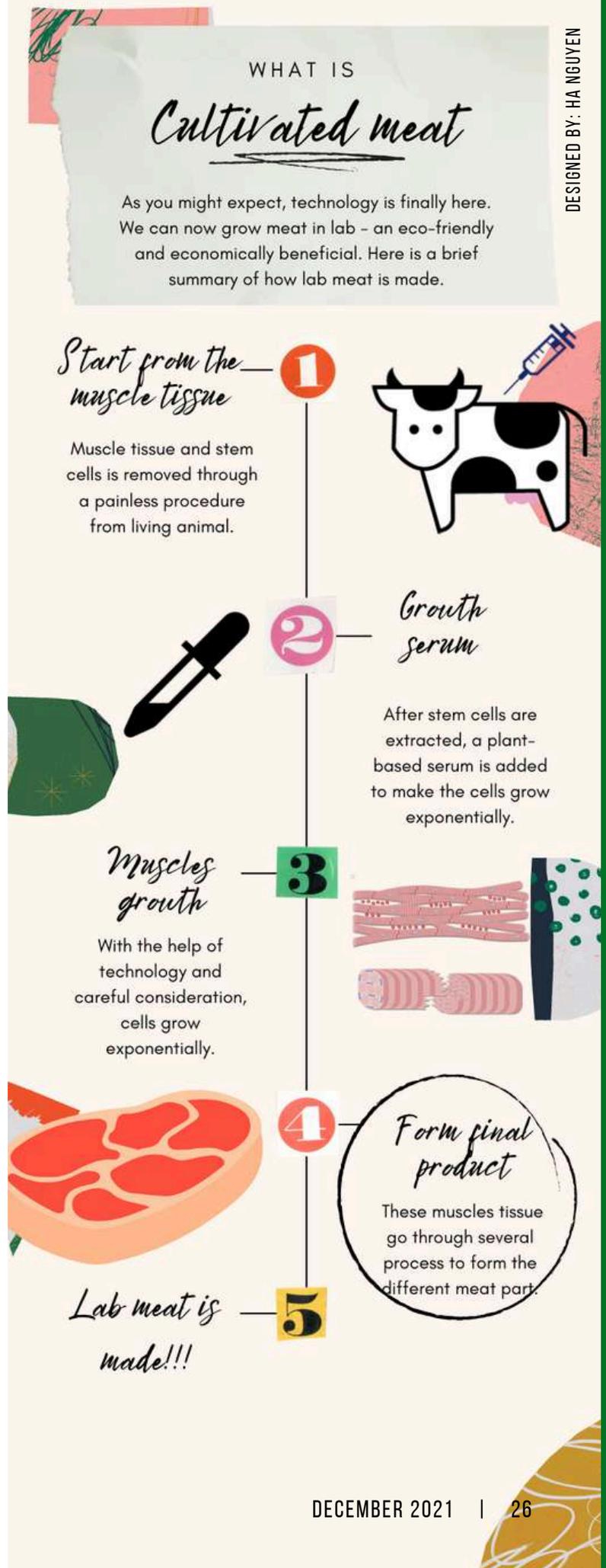


(methane) emissions by up to 96%. [4] However, recent studies raise concern about carbon emission due to its industrialized manufacturing process, and its ecological benefits are called into question.

Lab grown meat is also believed to have several health benefits, as it is clean, antibiotic free and disease free. Since scientists can control the whole production process, nutritional values such as fat, protein or cholesterol levels are expected to be adjustable. However, no scientific evidence has either confirmed or refuted any of these claims. [12]

Despite all the unknown pros and cons of cultivated meat, the government has high hope for it. As the world population grows, the demand for food also rises rapidly. Therefore, lab grown meat can be a viable option as it requires less time and eventually, less money to mass produce. [12] Singapore is the first country to approve the sale of cultivated meat to the general public and the responses have been positive [13]. Along with Singapore, many countries attempt to complete their cultured meat technology and make it more accessible to the public. Many Canadian universities, including University of McMaster, University of Toronto and University of Guelph are involved in this project. [5]

With all the expectations and hard work from scientists, lab grown meat will make its way to your dinner table sooner than you might think. With all the pros and cons in mind, would you try it out?



Answers:

- Junk food was created in 1893. The first American junk food was called Cracker Jack - a sweet and salty popcorn coated with caramels and peanuts. [8]
- Canned food was invented in 1810 by Nicolas Appert to help preserve food for the army and navy. [9]
- Coca Cola was invented in 1892 in Georgia, United States. [10]

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BREAKING THE SILENCE

DESTIGMATIZING MEDICAL CONDITIONS

AS TOLD TO ESTY ROSENFELD

About this series:

This series aims to raise awareness about different medical conditions through storytelling and information.

The beginning

From when I was little, my mother would encourage me to lose weight. She would tell me that I am fat and help me cook my diet foods.

I also got pretty affected by what I saw in the media. I love K-pop. Dieting is really popular within our communities. The K-pop idols are always talking about their diets and what works for them. If they're your idol and that's how they look then you want to try and look like them.

At school, people told me I was fat.

Because of all of that, I started seeing myself as a fat person. A girl has to be 42 kilo to look good. That's always been my goal.

The progression

When I was 12, I started seriously dieting. I just wanted to lose weight in my thighs and stomach. I would only eat 400 calories a day. I would do the diet for a week, lose a lot of weight and that would last for a month.

Then, summer would come and I'd start going to the gym and exercise excessively.

Eventually, I started an intermittent fasting diet. I would eat for 8 hours and fast for 16 hours.

After that, I started doing a water diet where I'd drink 3 litres of water per day. I would do this for 6 days and on the 7th day, I would stop drinking. By the 8th day, I'd lose all my water weight.

I developed secretive behaviours around food. I'd hide food in my room and binge on it. I was afraid of people judging me for my eating habits.

For security's sake
Eventually, I needed to control what I ate to give me that sense of security. My dieting got worse during exam season, pre-summer season, and before school would start.

Whenever someone would comment on my food intake or weight, it would get worse. Like when my mother commented "look

who's hungry today", I wouldn't eat for the next three days.

I feel like when I'm skinny, it helps me fit in. It gives me a sense of confidence. On days that I feel good about myself, I eat because I feel like I deserve food. Those days don't come often.

Whenever I tried to stop, I'd feel guilty. I'd lack my sense of control and security so that wouldn't last long. I also have a strong fear that if I'm not skinny then people will leave me because I'm too ugly and too fat.

When I look in the mirror, I see a fat human being with a dumpling face. I'm always cold, shaking and extremely tired. At some points, I could hardly walk or stand on my own. Oftentimes, I would lose a lot of hair and my period would stop. Despite those warning signs, I can't seem to eat any healthier.

AT MY FUNERAL

I WONDER WHAT MY FUNERAL WOULD LOOK LIKE
HOW WOULD IT FEELS WHEN I DIE
WOULD I BE HAPPY?
WOULD PEOPLE BE HAPPY?
WOULD ANYONE CARE?
WOULD ANYONE COME?

AN MY FUNERAL, THERE WON'T BE BLACK AND WHITE
IT'LL BE BLUE WITH PEOPLE WHO SMILES
THERE WON'T BE ONE WHO CRIES OR BLAMES ME FOR TAKING
MY OWN LIFE
INSTEAD, I HOPE THEY WISH ME LUCK IN MY NEXT LIFE
I'LL BE IN THE SKY, WATCHING MYSELF BURNT WITH A SMILE

AT MY FUNERAL, I'LL REMEMBER THE ONE WHO COMES
I WONDER WHO WOULD SPEND AN EVENING MOANING THE DEAD,
NOBODY
YOU CAN LIVE A LIFE SURROUNDED BY PEOPLE, BUT ONLY
THOSE WHO COMES TO YOUR FUNERAL TRULY CARES

AND THOSE ARE THE ONES YOU WANT TO SEE BEFORE YOU GO

AT MY FUNERAL, I WONDER IF I WILL REGRET
REGRET FOR LIVING A LIFE WITHOUT PURPOSE
REGRET FOR NOT BEING HAPPY
REGRET FOR GIVING UP
OR REGRET FOR BEING BORN

AT MY FUNERAL, I WONDER WHAT I WILL WISH FOR
A HAPPIER LIFE?
A PRETTIER FACE?
OR A CHANCE TO RESTART MY LIFE ONCE AGAIN?

TOO LATE, THERE IS NO GOING BACK
AFTER TAKING ALL THESE DOSES, IT WILL BE OVER
NO WAKING UP, NO TOMORROW
BECAUSE THERE AIN'T A RESTART BUTTON IN LIFE
IF YOU EVER COME TO MY FUNERAL, PLEASE DON'T CRY
TELL ME: "YOU DID WELL, NOW SPREAD YOUR WINGS AND
FLY,
FLY TO THE SKY, AND GOOD LUCK IN YOUR NEXT LIFE"
AND I WILL LET IT ALL GO WITH A SMILE

A TOWN WITHOUT ME

A TOWN WITHOUT ME
A TOWN WHERE EVERYBODY LIVES HAPPILY
I WONDER IF ANYBODY WILL EVER NOTICE
THERE'S SOMEBODY MISSING

I CAN'T HELP BUT IMAGINE A TOWN
WITHOUT ME
THE SUN WILL RISE, PEOPLE WILL SMILE
AND ALL MY TRAITS WILL DIE
I WILL DISAPPEAR AS IF I NEVER EXISTED
BECAUSE I WAS NOBODY

I WILL GO TO A PLACE FAR AWAY
A PLACE ONLY PEACE COULD REACH
A PLACE WHERE MY HEART AND SOUL ARE
WHOLE
A PLACE WHERE MY FOOTPRINTS WILL STAY

I WANT TO GO TO A PLACE OF ETERNITY
WHERE NOBODY HAS TO SKIP A SINGLE
MEAL
WHERE EVERYBODY IS COMFORTABLE IN
THEIR SKIN
WHERE NO ONE GIVES TWO FUCKS ABOUT
HOW YOU LOOK

A TOWN WITHOUT ME
A TOWN OF JUDGMENT, HATRED AND
SORROW
A TOWN WHERE EVERYONE, BUT ME, FEEL
HAPPY
A TOWN WHERE HAPPINESS IS MADE FROM
THE SADNESS OF OTHERS

A TOWN WITHOUT ME,
A TOWN THAT NEVER DESERVED ME
A TOWN THAT I WHOLEHEARTEDLY WISH TO
FIT IN
BUT ALSO SINCERELY WANT TO LEAVE

I WONDER WHAT HAVE I DONE
TO DESERVE THE LIFE I DID
TO FEEL LONELY IN THE CROWD
TO CRY OUT LOUD IN DESPAIR AND NOBODY
ASKS

COVID's impact

Because of the lockdowns and being stuck at home, I ate more than usual. Everyone was home so I couldn't really hide my food or purge. When we all went back to school, it got worse because I felt like I had to lose everything I gained.

This summer, I bought my first laxative. I finished a whole box of laxatives which is about 500g in a month's time.

The diagnosis

About two months ago, I went to my family doctor. I was diagnosed with binge eating disorder, bulimia and anorexia. I always knew that this was an issue so it wasn't surprising.

The first step I took was to throw away my laxatives. I try to eat with everybody because I am secretive about my food intake. I got referred to a psychologist and nutritionist but I can't get an appointment because they are booked solid.

In silence

Only a few people know. I never told my parents. It's nobody's responsibility to know about it and to make sure I eat. I don't like when people know I'm not doing well so I try to hide it and pretend that I'm doing fine.

Say it louder

Anyone can have an eating disorder. You never know what people are going through so don't comment on people's weight or their eating habits.

I wish that people who know someone with an eating disorder would be more sensitive and considerate. There has to be a reason that someone one day stops eating. There's probably something going on in their life. So instead of telling them to eat, ask them what's going on. Try your best to accommodate them and try to be understanding. Try and boost their self-esteem a bit.

I would tell people who are struggling with eating disorders to go and get help. You deserve food so I hope you can learn to eat without caring about the calories. You need to eat to stay alive.

With hope for tomorrow

I have a little sister and I don't want to be a bad influence on her. It can be really confusing for a little girl so I try to eat in front of her. She's my biggest motivation to try and get healthy. I don't want her to adopt my habits.

I hope that one day I'll be able to eat without thinking about it.

The name and all identifying details have been withheld for privacy.
Poetry courtesy of the narrator.

If you'd like to share your story, email thetavtimes@tav.ca with 'breaking the silence' as the subject line.

IS THIS WHAT GROWING UP FEELS LIKE

I MISS THOSE DAYS
WHEN THE SCARIEST THING IN THE WORLD WERE GHOSTS
WHEN SANTA STILL EXISTED
WHEN I WAS YOUNG

I MISS THOSE DAYS
WHEN MY EYES WERE CLEAR
WHEN MY WORLD WAS A WONDERLAND
WITH ME, THE PRINCESS, HAPPY WITHOUT A PRINCE CHARMING.

I MISS THOSE DAYS
WHEN I THOUGHT MONSTER LIVED UNDER MY BED
IF I LEFT THE LIGHTS ON, I WOULD BE FINE
NOW THE STREET LIGHTS ARE UP, YET MONSTERS ARE STILL
WALKING

I WANT TO GO BACK
TO THE TIME MY SMILE WERE REAL
TO THE TIME WHEN MY TEARS WEREN'T HELD BACK
TO THE TIME WHEN I WAS MYSELF

IS THIS HOW GROWING UP FEELS LIKE?
THE WORLD IS HARSH AND PEOPLE ARE COLD
SOCIETY OF JUDGMENT WHERE NO PEACE COULD REACH
AND I'VE LOST A PIECE OF MYSELF, EVERYDAY.

IS IT HOW IT'S GOING TO BE?
KIDS GROW UP, THINKING THE WORLD IS A FAIRY TALE
TURNS OUT IT IS JUST A FUCKING HELL
ROTTEN FROM THE INSIDE

IS IT HOW IT'S GOING TO BE?
PEOPLE PAY NO MIND WHEN YOU ARE SICK
THEN WISH THEY HAVE NOTICED SIGNS ONCE YOU'RE
GONE?

IS THIS WHAT IT IS?
THAT WE CAN NO LONGER RETURN
THAT NOTHING IN THIS WORLD COULD POSSIBLY HOLD US BACK
THAT WE ARE JUST KIDS IN DISGUISE
WHO CAN'T HOLD THE CRUELTY OF THIS WORLD

IS THIS WHAT IT IS?
THAT WE HAVE HAD ENOUGH
YET WE HAVE TO KEEP MOVING
BECAUSE WE STILL BELIEVE IN MIRACLE
WE STILL BELIEVE
DESPITE ALL THE UGLINESS OF THE WORLD
STILL EXISTS SUCH BEAUTY AS LOVE, KINDNESS AND HOPE

IS THIS WHAT GROWING UP DOES?
THAT WONDERS JUST COME IN A DIFFERENT FORM
AND IT HITS DIFFERENT THAN IT DID
CAUSE THE BEAUTY OF LIFE ISN'T WHEN THE SUN RISES
IT LIES IN THE SHINING STARS, LIKE HOPE, INFINITE AND
GLOWING

EATING DISORDERS

Information adapted from NEDIC, NIMH and NEDA.
Infographic is intended for general learning purposes.



CLASSIFIED AS MENTAL
ILLNESSES



SECOND TO HIGHEST MORTALITY
RATE OF ALL MENTAL ILLNESSES



PRESENTS IN PEOPLE
OF ALL BODY SIZES



SELF-OBJECTIFICATION AND BODY IMAGE
ISSUES CAN OCCUR WITH SPENDING 30
MINUTES PER DAY ON SOCIAL MEDIA



AFFECTS EVERY DEMOGRAPHIC



MOST COMMONLY TREATED
WITH MEDICATIONS AND A
VARIETY OF THERAPIES

TYPES OF EATING DISORDERS

ANOREXIA NERVOSA

- Behaviours that inhibit maintaining a healthy weight
- Fear of gaining weight
- Distorted views of body and weight
- Underestimates seriousness of it

BULIMIA NERVOSA

- Cycles of food restriction followed by bingeing
- Excessive and restrictive behaviours to compensate for the bingeing
- Distorted views of body and weight

BINGE EATING DISORDER

- Overconsumption of food in a short period of time
- Feeling no control of food intake or quantities
- Disregarding hunger cues

ORTHOREXIA

- Eating only 'healthy' foods
- Enjoys eating correctly over a food items taste or texture
- Exclusively trusting homeopathy to treat illnesses
- Obsessive focus on food

SIGNS + SYMPTOMS



UNSTABLE
WIEGHT



IMPAIRED BODY
FUNCTIONING



ABNORMAL LAB
FINDINGS



SLEEP
DISTURBANCES



COGNITIVE
PROBLEMS



FREQUENT DIETING



FREQUENT CHECKING IN
MIRROR FOR 'FLAWS'



DIZZINESS AND
FAINTING



ALWAYS COLD



MOOD SWINGS

CO-OCCURRING DISORDERS



DEPRESSION



ANXIETY



OCD



PTSD



MOOD
DISORDERS



PERSONALITY
DISORDERS



SELF-HARM



SUICIDAL THOUGHTS
AND BEHAVIOURS



COMPULSIVE
EXCERSIZE



CARDIOVASCULAR
DISEASES



SUBSTANCE
ABUSE



DIABETES



OSTEOPENIA



PCOS

RISK FACTORS



GENETICS



WEIGHT STIGMAS



LOW SELF-ESTEEM



DIETING



BODY
DISSATISFACTION



TRAUMA

TAV + COMMUNITY

TAV'S HOMELESS INITIATIVE GROWS

HOW ONE TEACHER'S
VISION BECAME
REALITY

BY ESTY ROSENFELD
IMAGES: CANVA



Throughout the pandemic, the news reports surrounding the homeless community were quite jarring. CTV news reported that services had shut down or decreased their capacities, places of shelter like stores or libraries became inaccessible, police were ticketing homeless people hefty fines for gathering, for breaking curfew and for not wearing masks.

Globally, the World Bank estimated that 88- 115 million people became extremely impoverished with less than 1.90\$ to spend per day. The NCBI reported that countries experienced an uptick of up to 36% in domestic violence incidents. According to the CDC, cases of mental health conditions have dramatically increased. 40% of adults in the USA are experiencing depression, substance abuse and/or suicidal ideation.

In Montreal alone, CTV noted that it's estimated that the number of homeless people nearly doubled during the pandemic.

From Inspiration to Actualization

Noémie Giguère, the sexual violence resource counselor at TAV, was reading a Tonny Robbin's book after going through a difficult time in her life and feeling pretty despondent. Inspired by the way he helped a homeless person and the impact it had made, she felt compelled to do something. On a subsequent trip to Mexico, Noémie decided to put together some care bags and give them out to the homeless there.

"When I came back home," said Noémie in an interview, "I decided I wanted to do this program in my class. We did it the first year and got really good feedback from the students. I realized that this is not only touching the hearts of the homeless people but of the students as well."

Ever Growing

The initiative has experienced tremendous growth. Starting out 8 years ago with a group

of 15 people, there are now a whopping 100 students who joined in on the project this year. Noémie feels that the project "is becoming bigger than us. It has evolved and I'm really happy about that."

Originally, her students would put together a list of items which she'd go and buy from the dollar store which would then be packaged and distributed. This year, however, the college partnered with We Care Project and received 150 bags from them.

"This is not only to provide tangible support but to also interact with and create a connection with them," says Noémie. "It depends on how receptive or what state the person is in but I want them to take the time to smile, say hi to them and ask them their name."



WE CARE PROJECT BAGS WHICH THE STUDENTS DISTRIBUTED
PHOTO: ESTY ROSENFELD



Small Changes Go a Long Way

In the first class of the course called foundations of adaptation problems, Noémie has her students express their honest thoughts about the homeless community. She receives a wide variety of responses based on the students personal experiences or their country of origin.

After completing the semester, some students' views on homelessness completely change.

Beyond the Individual

There are many gaps in the system which contribute to the reason why the homeless community keeps growing. What happens when people get released from the psychiatric hospital, from jail or juvenile detention centers? "70-80% of them can't or won't go back to their families," Noémie says. "If you don't have a support system at home, how are you going to go to get your medications, who's going to follow up with you? So these people end up on the streets."

But it's not only personal factors which are causing people to end up on the streets. The wait lists to get seen by a mental health specialist and the shortage of professionals are determinants to consider.

A paper written by the Canadian Mental Health Association estimated that in 2012, "1.6 million people had an unmet mental health-care need." The study notes that the Canada Health Act of 1984 does not cover much needed services like psychotherapies, counselling or peer support leaving 80% of Canadians to rely on their family doctors to treat their mental health problems. Not only are the services offered by their GP highly limited but, oftentimes, the physicians cannot provide the necessary support needed and are not adequately equipped or trained to fully treat mental health illnesses. The issue is only

exacerbated by the fact that an approximate 4.5 million Canadians do not even have a primary health care provider.

RISK FACTORS



- MENTAL HEALTH
- ADDICTION
- DIVORCE
- A BIG, NEGATIVE LIFE EVENT



- DOMESTIC VIOLENCE
- SEXUAL VIOLENCE
- MENTAL HEALTH
- ADDICTION
- IF THEY AREN'T MOTHERS BECAUSE THERE ARE MORE SERVICES FOR PARENTS

IT'S IN THE NUMBERS

16KM

HOW MUCH AN AVERAGE HOMELESS PERSON WALKS PER DAY

60%

EXPERIENCED STRONG TRAUMA IN THEIR YOUTH SO THEY MAY HAVE A HARD TIME CONNECTING WITH PEOPLE

30%

OF YOUNG HOMELESS PEOPLE BELONG TO THE LGBTQ+ COMMUNITY BECAUSE THEY AREN'T ACCEPTED AT HOME

10-80%

ESTIMATED AMOUNT OF INDIGENOUS HOMELESSNESS PEOPLE BECAUSE OF INTERCULTURAL ISSUES, LANGUAGE BARRIERS AND ADDICTION

“We also need affordable housing because prices are going up like crazy,” Noémie stated. “It would be a good idea to have supervised housing with counselors or some type of social program.” Something which other cities and countries around the world have successfully achieved.

Take Finland, for example. According to the Y-Foundation, one of the key developers of the country’s Housing First principle, homelessness has gone down from 20 000 in the 80’s to about 4000 today. The country provides unconditional housing with tailored support and access to the proper services. They also work to prevent people who have lost their jobs or fallen ill from losing their current housing through government aid.

In the USA, Community Solutions Built For Zero initiative reported that one homeless person can end up costing 35 000\$ because they are more likely to use emergency health

services and become caught within criminal justice systems. They work to collaborate with all the existing infrastructures, services, nonprofits, leaders and communities to help create changes. Made up of more than 90 cities and countries, the movement has managed to get 14 cities to reach a functional zero for at least one of the homeless populations. Similar to the Finn’s module, they work to prevent more people from becoming homeless, build response systems to end homelessness and provide affordable housing to close the housing gap.

Taking Action

Noémie feels that “as citizens, we need to raise awareness. Just say hi and smile. Don’t ignore them. Recognize that they are people first. You can create your own bag and keep it in your car or in your bag. [...] Inform yourselves and learn about this to help break stereotypes.”

TAKE IT FURTHER



SUPPORT ORGANIZATIONS SERVICING THE HOMELESS COMMUNITY



CREATE BAGS TO GIVE OUT WITH SOCKS, HIGH PROTEIN FOODS AND DRINKS



ADVOCATE FOR BETTER HOUSING SYSTEMS



LEARN MORE TO HELP BREAK STEREOTYPES

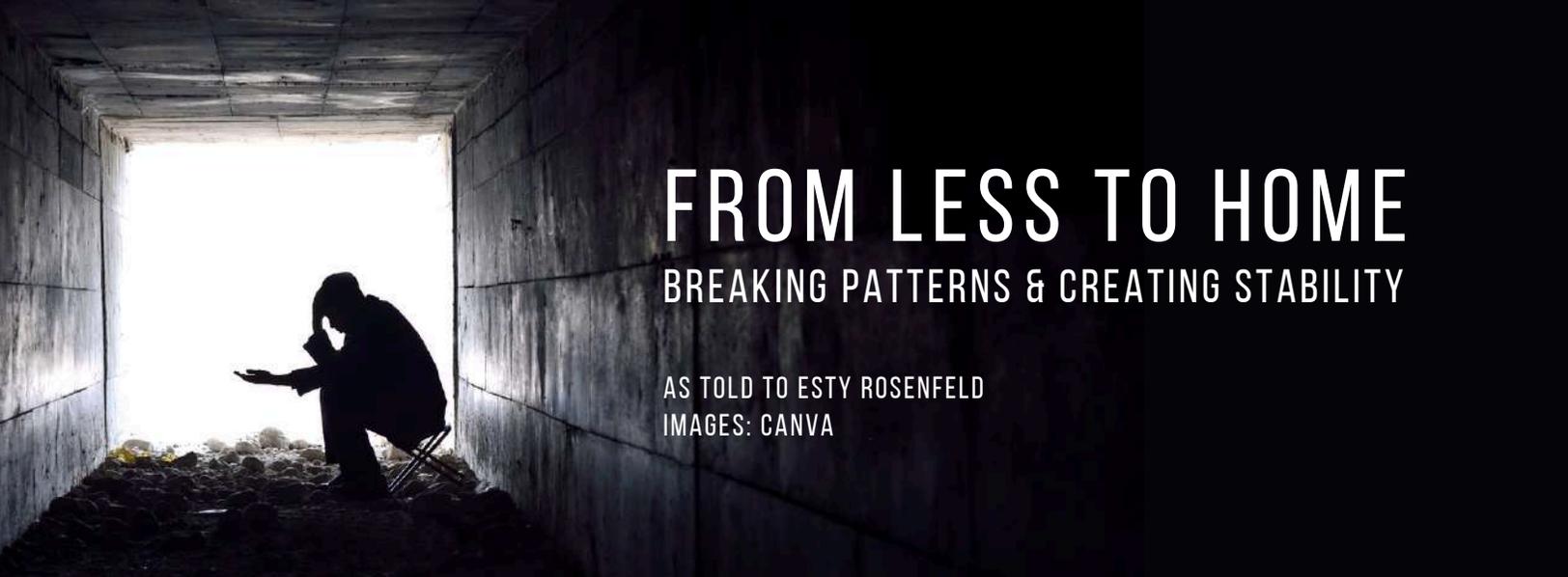
- MISSIONOLDBREWERY.CA
- CHEZDORIS.ORG



RECOGNIZE THAT THEY ARE PEOPLE FIRST SO SAY HI AND SMILE



WATCH **HERE AT HOME** ON NFB WHICH COVERS HOMELESSNESS IN CANADA



FROM LESS TO HOME

BREAKING PATTERNS & CREATING STABILITY

AS TOLD TO ESTY ROSENFELD
IMAGES: CANVA

Rocky start

When I was little, my mom escaped her abusive brothers and we moved into a women's shelter. While we were living there, my mom met a boyfriend and we went to live with him. He ended up being even more abusive than my uncles.

When I was 8, he came home all angry after losing his job. He held up a big chef's knife at my mom while threatening to kill me, make her watch and then kill her.

A few days later, he scheduled a couple of interviews in another state. We camped in a tent on the side of the road along the way. When we got there, he went to be interviewed and told us to find a spot to stay for the night.

My mom and I walked all day through that town, trying to find a place to stay but there was nothing available. Eventually, we walked into a bait and tackle shop. My mom broke down and spilled her guts. Without skipping a beat, the owners opened the cash register and gave us money. They told us to get onto the Greyhound bus so we rushed back to the gas station. We had just enough money to buy bus tickets. The bait and tackle shop owners had called the gas station and told the attendant what was going on. He promised us that we'd get on

the bus even if my mom's ex showed up. He saw how hungry I was and let me take food.

When the bus came, we darted on to the very back of it and ducked down. The bus usually stopped for 10 minutes. The attendant told the driver about our situation so everyone immediately got back on. As we drove away, my mom's ex pulled into the gas station.

That bus took us to another town. All we had was a duffle bag with some underwear and socks. Someone told us about a homeless shelter so we looked them up in the white pages and walked around 6 miles to get there. It ended up being a men's shelter but since there were no vacancies in the motel where they usually place women who come looking for help, they let us stay in their front office overnight. The next day, they brought us to a women's shelter where we stayed until my mom got back on her feet.

More mayhem

The next bunch of years, we bounced around from place to place. My mom was barely around because she worked 2 jobs to make ends meet. She became so neglectful that she started living in her bedroom. She'd buy food for herself but not for me. A lot of days, my only meal would be school lunch. So I was starving.



IMAGES PROVIDED BY:
JUSTIN HAND-GREGORY



TAV FALL PHOTO CONTEST 2021

IMAGES PROVIDED BY: JUSTIN HAND-GREGORY

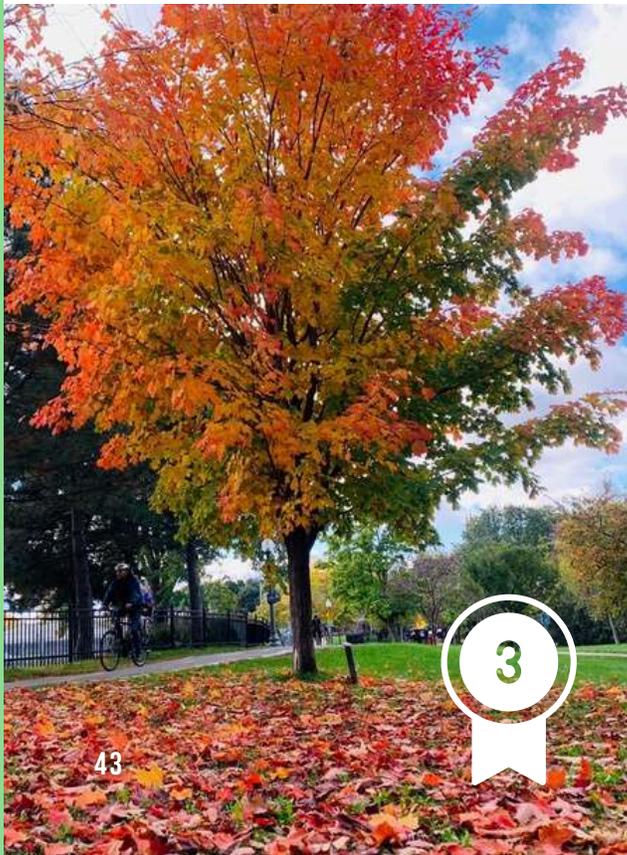
Winners and their photos of Fall Photo Contest 2021.

Jenna, 1st place

Negin and Chidimma, 3rd and 2nd place

Judges: Justin Hand-Gregory (student experience advisor), Dany Dao (photography teacher), and Jonathan Wilansky (Communication, Digital Marketing, Social Science).





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FOOD DRIVE

TAV STUDENTS CAROLYN COOK, AVIVA GABBAY, SIMONE CORBETT AND JESYCA ZEPHIRIN COLLECTED FOOD TO DONATE TO A WOMEN'S SHELTER.

PHOTO: ESTY ROSENFELD



TCSA DONUT DAY

IMAGES PROVIDED BY: JUSTIN HAND-GREGORY



TAV GYM UPDATES

IMAGES PROVIDED BY SHEVY SCHWARTZ



Shevy Schwartz has always been a health and fitness enthusiast. In 2013, She got certified as a personal fitness trainer at TAV College and continued her education studying group fitness, sports injuries, kinesiotherapy, orthotherapy, anatomy of stretching, muscle energy techniques, massage therapy, physiotherapy assistance, vertebral alignment and naturopath.

She then founded the school École d'énergie santé which is accredited with SNMQ, SNNQ, RMQ and ANPQ for massage therapy, kinesiotherapy, orthotherapy, naturopathy and stretch coach.

TAV College did not have a gym on their premises. The students of the Personal Training course given at TAV used the gym at the YMHA. At that time, she was working at the YMHA as a personal trainer and weight room floor supervisor. She got to know the students and situation. She then approached the college proposing they allow her to start a much needed gym at their college. It turned out to be a successful project which expanded from one small room to 3 large rooms.



The gym is open to all TAV students, no charge or memberships needed. It offers many different health and fitness programs for all the students at a small fee per class. Students can join the program classes with friends or family members as well.

The programs include:

- Zumba-Dance
- Muay Thai- Muay Thai, sometimes referred to as "Thai boxing", is a martial art and combat sport that uses stand-up striking along with various clinching techniques. This discipline is known as the "art of eight limbs" as it is characterised by the combined use of fists, elbows, knees and shins.
- Strong Nation- HIIT classes
- Wing Chun, or Ving Tsun, is a concept-based traditional Southern Chinese Kung fu style and a form of self-defense that requires quick arm movements and strong legs to defeat opponents. Softness and performance of techniques in a relaxed manner is fundamental to Wing Chun.
- Step Class- Cardio
- Therapeutic stretch classes

The gym is under constant supervision. Students can receive a one-time program from Shevy at no charge. Shevy is there to help each student achieve their gym goals and answer any questions they might have.

The gym equipment is constantly being cleaned. Masks are at the front door for students to take on their way out. Hand sanitizers are there for use upon entry and exit.

If you have any additional questions please don't hesitate to reach out to Shevy.



LIFESTYLE + CREATIVITY

CAFÉ ÉCLAIR: A CAFÉ LIKE NO OTHER

IF YOU ARE LOOKING FOR A FUN AND UNIQUE COFFEE SHOP AND A GREAT STUDY SPOT, CAFÉ ÉCLAIR IS FOR YOU!

BY: CHANA LEAH NATANBLUT
IMAGES: CHANA LEAH NATANBLUT

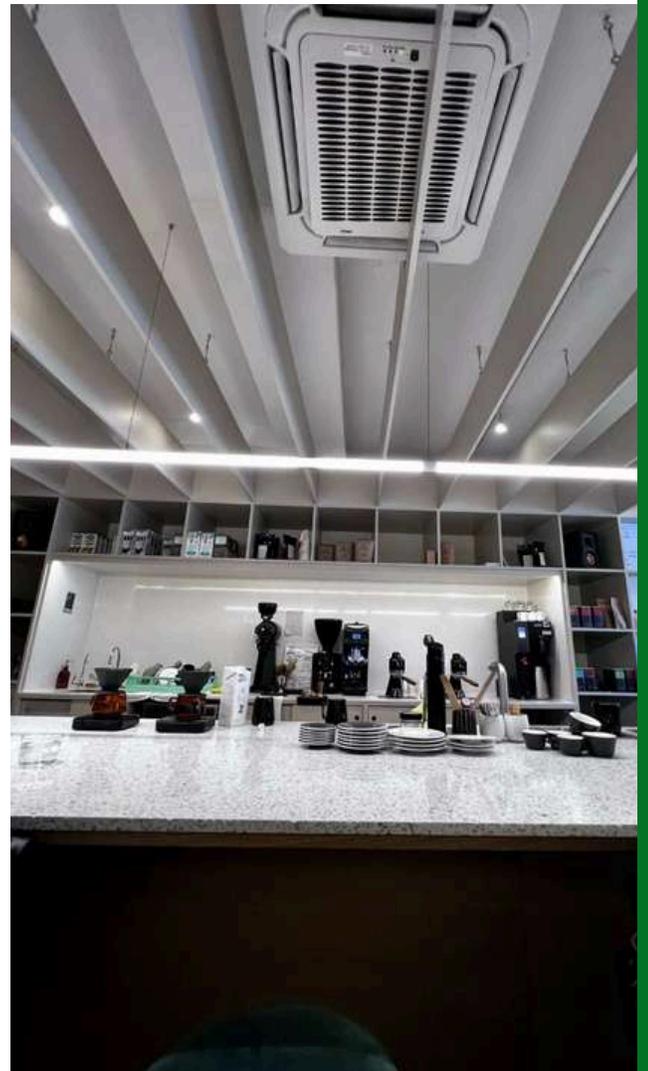
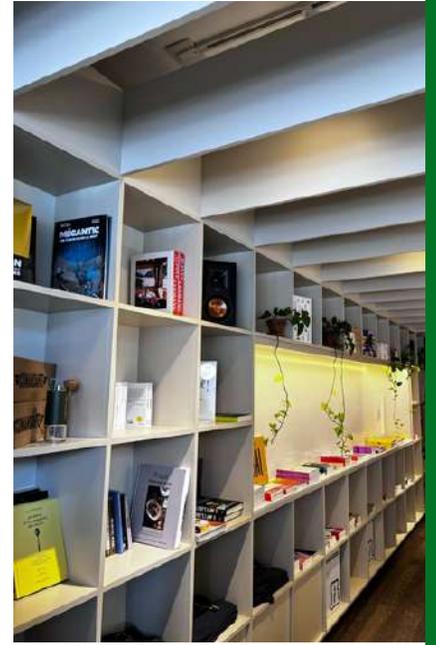
Café Éclair is a hidden-in-plain-site coffee shop located in Montreal's Plateau-Mont-Royal borough, at 12 Maguire St. My friend and I were about to cross a street when I noticed the small sign. I was taken aback by the original layout of the overall shop. The place itself is not huge but there is more than enough for everyone to feel comfortable and have their own space. When a person walks in, they are met with comfortable couches to the right. There was also a wall-to-wall bookshelf filled with small pencils and papers for a customer to write notes, various books, and different plants. In the center, there is one big, oval-shaped table with green bar-stools lining the left side. On the other side stood the barista, behind him was a sink, and a small unit attached to the wall with all sorts of teas. I truly enjoyed how there wasn't a separation between employee and client. It creates a very friendly environment, especially for people like myself who enjoy meeting and having short, interesting discussions with new people. At the end of the room was a picture that changed colours, it very much added to the unique experience this coffee shop gives you. I loved how many plants and books there were. The place felt very spacious and relaxing.

I decided to get a cup of ginger tea. I saw the barista checking the temperature of my tea a few times until it was just right. The cups themselves were cute. You are served your drink in a cup with the remainder in a tea press, an idea I find very enjoyable. I also noticed how the barista was so friendly when he spoke to other clients, and how he tried to do a specific design for a young boy's latte. The tea itself was great. I noticed they also serve food. Their website says that they offer take-out as well.

I really enjoyed finding such a different cafe, there were many students when I came but it wasn't crowded or busy. I am definitely looking forward to my next trip here, maybe I will find another cafe to write about!

"The best coffee in Montreal"- Barista of the day

"The best-designed coffee shop in the whole city"- Regular customer



HOW MANY REGRETS ARE YET TO BE COUNTED?

BY: MAYYAH_PITHY (PEN NAME)
AMEENAH SALAMI

how freely have you walked with men who
never have the right to hold your hand
under their arms?

how many regrets do you feel?

after obeying the one you were taught to
see as "uncle"
wrapped your ear with his thick lips?

the "uncle" that stripped you
with his icy fingers?
the one that forgot his about-to-quench
thirst

would question your lifetime?
how many times did you dot
an empty space in your heart
to count regrets?

did you start counting
after
the beast swore to dig beneath your
thighs?
after
the one that only rubbed,
and was ready
to dig
from behind?

and told you to support
your worn-out lips
with your index finger,

and never forget to lick
its salty and metallic sweat.

twenty,sixty,hundred dots
to fill a deep emptiness.

can you tell me how many dots are yet to fill
your emptiness?...if you've sworn
to bury your voice.

DID YOU GRILL HER TO GOD'S TASTE?

BY: MAYYAH_PITHY (PEN NAME)
AMEENAH SALAMI

PHOTO SOURCE: CANVA

Her smile
can split the moon
in two.
A prayer of curls
and
Sparkles of pearls,
her hair.
When she was younger,
she was almost a saint
She painted herself piousness
For years she smelled of mild and growing flesh.

Known to be a damsel.
Lubnah,
was her name
She was taught modesty
not until
she grew towards
her early twenties
And a saint
became a knave
Possessed that
of a snake.

Kept muttering,
"I will grill myself to my taste."

And showed that
no generation of
the python
is friendly,

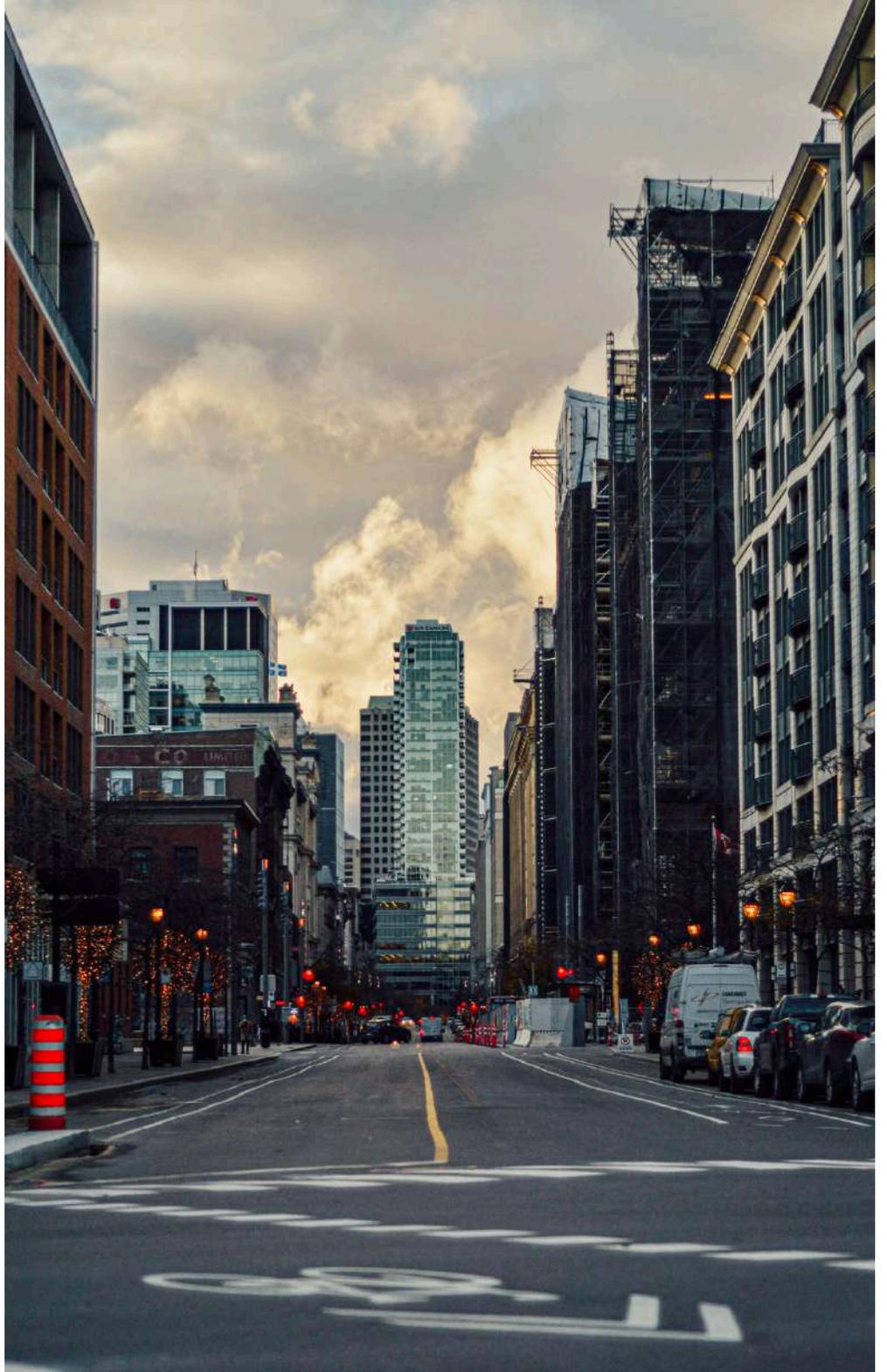
And told that
their kisses and spittles
are filled with dark
poisons as

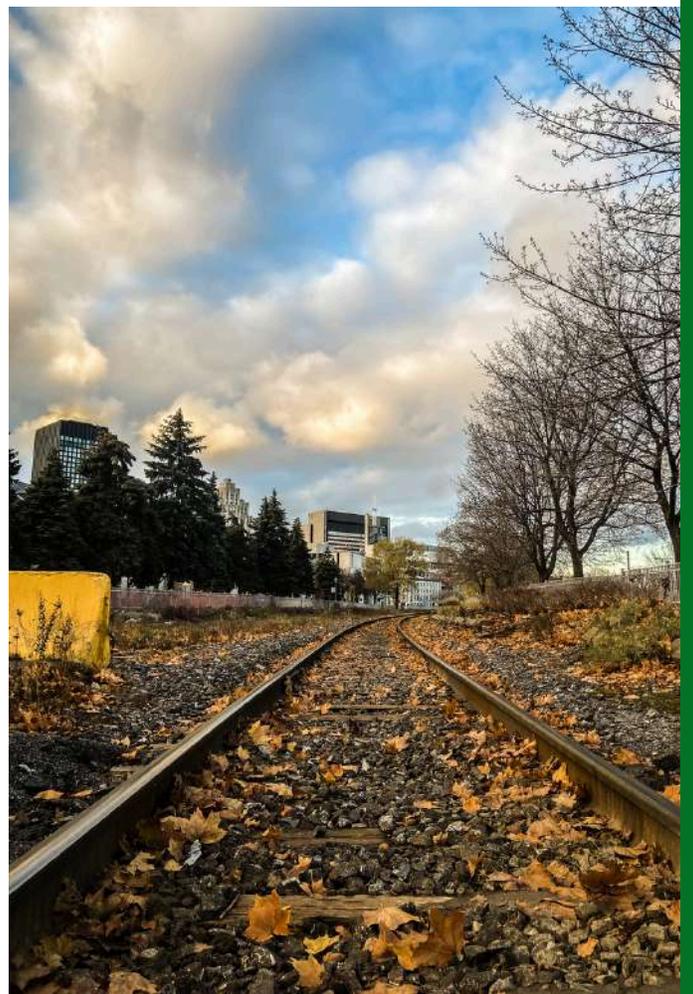
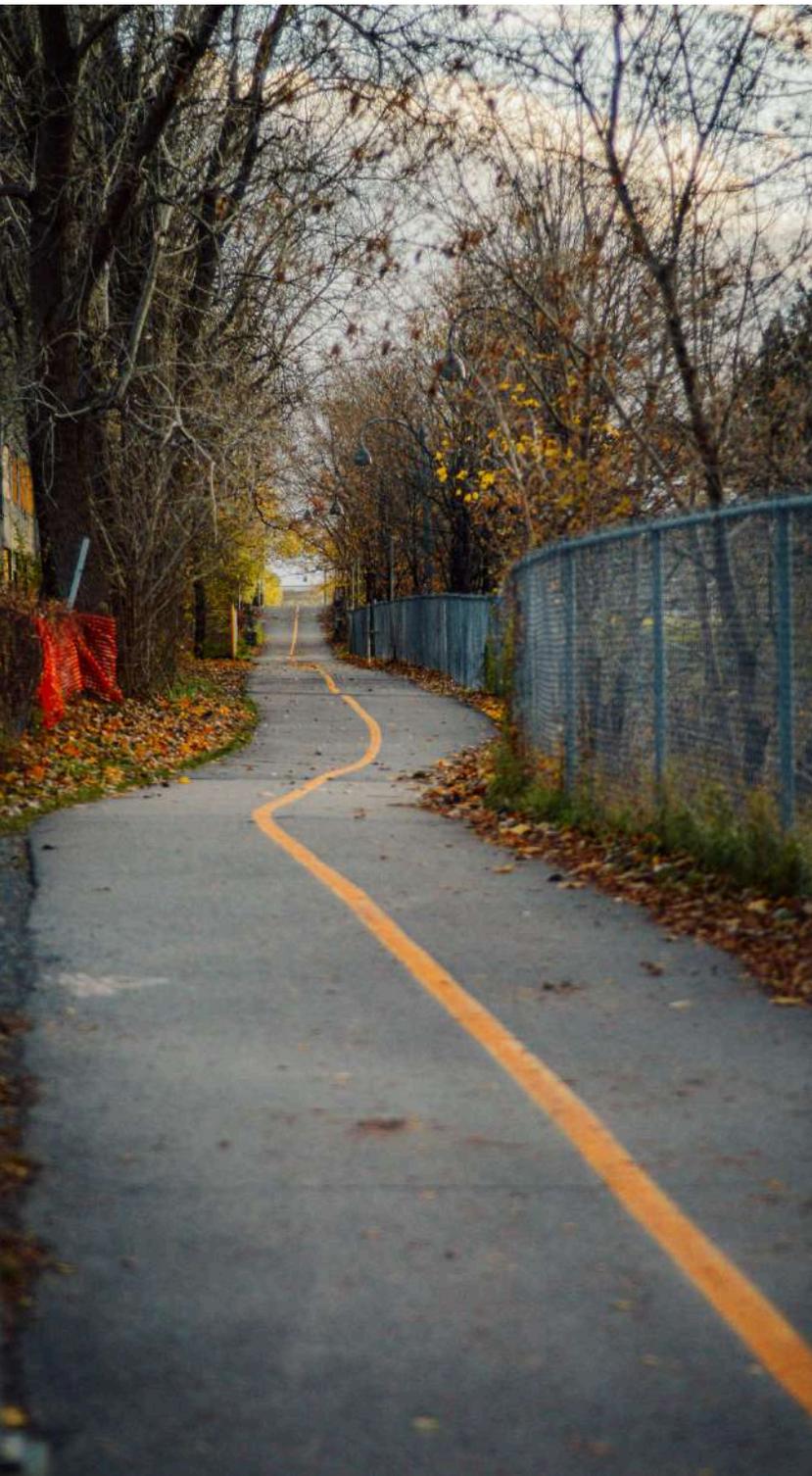
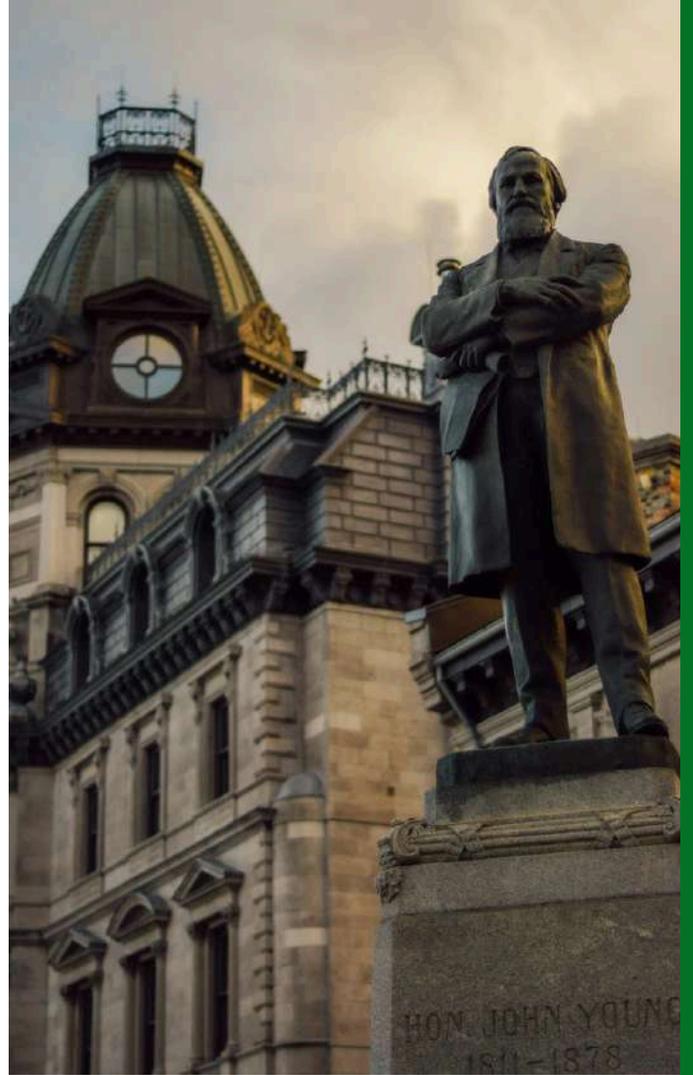
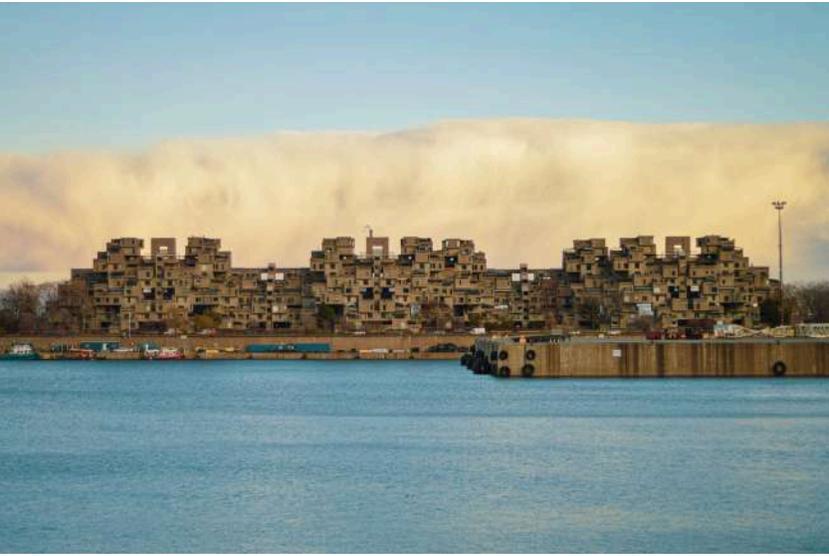
to what had been
behind
her sanctity.

A voice asked
from beneath
a broken piece:
"Did you grill her to God's taste?"

THE HEART OF MTL

BY: DILSHAAN DEEP SINGH







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