Connections

Editor

The fifth issue of *The Phoenix* has as its theme, “Connections”. In this issue, you will find poetry, articles and artwork that all relate to how we connect to each other and to the world of which we are a part of. Why “Connections”? “Connections” emerged as a somewhat natural sequitur to our last edition, which focused on “The College Idea”. The heart of the College System at York is to create smaller communities within the larger community of York University. And at the heart of all communities are the connections that exist between the individuals and groups that comprise those communities.

Not only that, but the opening of the York subway station brought with it a very tangible and real connection between the university and the GTA. Connections, therefore, exist not only in the realm of the intangible (Friendships, Family, Love, Culture, Religion, Language) but through the tangible (Roads, Walkways, Air Travel), the audible (Music, Speech) and the edible (the binding and bonding effect of sharing a meal comes readily to mind).

We hope that in reading this issue of *The Phoenix* that all these various forms of connections enlighten and inspire you to make connections of your own.

“Lounging Shapes” - Matt Panzini, 2018
A Message from the College Head
Prof. Pablo Idahosa

If the transition from Master to Head is thankfully now over, it in no way changes our constant reaffirmation of our College’s core functions. Indeed, whether through Academic Orientation, the first year transition, our academic success programming, the peer leadership and support, student engagement and leadership development, the support we give to College Council and the affiliated student support, along with our student-faculty interaction, and our broad and specific intellectual commitments and social and communities, here at Founders we will maintain our obligations to ensure our mandates are met.

To this end, the theme of connections, notwithstanding the unfortunate labour dispute, is an appropriate one for this issue of The Phoenix. Indeed, it perhaps signals a moment to reflect on the connections that we have, we want to sustain, and the newer ones that we intend to make. In the coming months, one of those connections we will be making is to local schools, in reaching out to them about the meaning and value of university in general, as well as finding ways to reconnect with the communities that surround York. Additionally, considering the internationalization initiative which the University is re-undertaking, we here at the college are reaching out to students to establish partnerships with Universities in Tanzania and Italy.

Study can be a lonely, singular practice. It need not be, however. Despite and maybe because of the labour disruption, we hope that in thinking about the connections with our core values and our practice of reaching out beyond ourselves – to other students, to other communities and to other students in other countries-- we can find a way of re-grounding ourselves.

A Message from the President
Marlon Gulluscı

Connections. Connections are everywhere. Connections are organic in nature that we create through adversity, family, friendship, and community. These connections routinely and effortlessly cross boarders, traverse vast geographic landscapes, unite cultures, and bisect individual and shared experiences.

Founders is the embodiment of diversity, not only in respect to program affiliations, but also home to people with diverse experiences and ideas on a global scale. The community sews together an insurmountable amount of connections into one place. Connections are free flowing and dynamic, constantly altering their trajectory.

I myself have had the opportunity to branch out and make a wide range of connections with peers, alumni, staff, faculty members, and community members. These connections are ever evolving. As I conclude my final term as College President my connections shall continue to grow outward and into new and uncharted territory. With your time at school, take time away from readings to connect with new people. You never know where and what they might lead to.

Remembering Professor Emeritus
Michail Vitopoulos

It is with great sadness that we inform the Founders Community of the passing of Professor Emeritus Michail Vitopoulos on February 18, 2018. In addition to his scholarly work as associate professor of Modern Greek Studies in the Department of Languages, Literatures & Linguistics, Professor Vitopoulos was also an active member and leader in Toronto’s Greek community.

To those of us who had the pleasure of meeting Professor Vitopoulos, he will always be remembered for his kindness, warmth and laughter and will be dearly missed.
How does Founders maintain connection with the community?

Erica Alusio
College Programs Assistant

Technology moves fast, this isn’t news. There are always new apps and mediums for socializing, sharing and messaging. So how does Founders connect with their community?

1. Facebook: https://www.facebook.com/FoundersCollegeAtYorkU
2. Instagram: founderscollege
3. Twitter: @FoundersYorkU
4. Weekly event emails to Founders listserve

As you can see, we use various platforms to connect with our student body and faculty members. We use these outlets to advertise various sponsored and cosponsored events and workshops. These platforms allow us to stay connected and reach out to hundreds, sometimes thousands, of people. So, what is the issue? According to our students, it’s overwhelming. Being bombarded by countless emails and posts from their programs, departments, faculty and college can be so overwhelming that plenty of students end up ignoring this information altogether. We are now living in a digital generation, and although there are many positive aspects to today’s technology and mediums for communication, this may sometimes cause a lack of authenticity as well as information overload. Through our own means of communication, we have witnessed firsthand, due to their overuse, the ineffectiveness of digital communication. Although, we will continue to use these platforms, for the sake of keeping up to date with trends, Founders also seeks a more human approach to connecting to its community members. It is important to remember that humans are social beings who are programmed to read and understand facial expressions and body language. These are the basic areas upon which humans connect and bond that cannot be replaced by electronic means. That is why beginning this September 2018, our Peer Mentors will have the added responsibility of Class Ambassador. A Class Ambassadors role will be to visit various classrooms throughout the academic year to interact with and promote our upcoming events, workshops and resources to faculty members and students. We hope that this new initiative will give students who are not familiar with our college a chance to better understand who we are, what we do, and in addition, become familiar with our Peer Mentors. Our aim is to put a face to Founders College. This initiative is also in conjunction with our longstanding and continuing open door policy, where students, faculty and staff are always welcome to see us. One should not underestimate the value of human interaction.

Threads
Marco Sestito
College Administrative Coordinator

The theme of this edition of The Phoenix, “connections”, is a broad one. After all, connections exist everywhere and in a myriad of different forms. To name just the first few types of connections that come to mind there are interpersonal connections, biological connections, physical connections, religious connections and symbolic connections. What’s more, these categories are broad in and of themselves. Take, for example, interpersonal connections. The connection that exists between a parent and child is different than that which exists between coworkers, that in itself is different than the connection that exists between lovers, siblings, or teammates. And within these subcategories are further subcategories: how many of us, for example, have one friend who is best and even if all our friends are equal in our eyes do we not relate to each of them slightly differently? Amidst all these different connections is there a common thread—a “United Field Theory of Connectedness” as it were—that links a man to his wife, to his country, to his teammate that in turn links them to each other? Do we really exist in a world of connections or is it a world where we inhabit different separate states of being? An overly compartmentalized jigsaw that fits together but whose pieces remain inherently singular?

I remember as a university student a parlor game called “Six Degrees of Kevin Bacon” [I suppose it was the early 2000s hipster version of “Six Degrees of Separation”, assuming of course that hipsters were even around back then. Who knows]. As an example, let’s take Humphrey Bogart, who connects to our man Kevin as follows: Kevin Bacon => Apollo 13 => Bill Paxton => Titanic => Kathy Bates => Misery => Lauren Bacall => Key Largo => Humphrey Bogart. Impressive? I suppose. Useful? I’ll get back to you. So what does this have to do with connections? Whether or not “Six Degrees of Kevin Bacon” can truly link every actor to Mr. Bacon is not important [Although if you have time to kill, do visit https://bacon.mybluemix.net/]. What is important, however, is the clue it provides as we search for our “United Field Theory of Connectedness”. A theory with a fairly simple answer.

The thread that links the tapestry that is the life of one individual to that of another and theirs to others still until they are all linked to the tapestry that is existence is us: me, you, that guy you just passed on the subway this morning, etc. If connections exist it is because we want them to, actually, we need them to. In an age where social media and the Internet have promised infinite connections and delivered instead unprecedented levels of isolation, perhaps it is time to remember that we are—if we choose to be—the thread that can tie people together.

In elementary school we learned about the web of life and how all these different plants and animals are connected to each other. Let’s expand on that shall we and create a web of humanity, where we put down our cell phones and seek out real connections with the people around us. Who knows, you might find out that you and Kevin Bacon are not as far apart as you thought.
Professor Fahim Quadir Leaving York University
Professor Pablo Idahosa
College Head
It is with a contradictory combination of a certain degree of dejection but also delight to learn that our colleague, fellow and friend, Fahim Quadir is leaving York to undertake new challenges and another rewarding chapter in his life and successful career. Fahim leaves York and his current position as Interim Dean of FGS to become the Dean of Graduate Studies and Vice-Provost at Queen’s.

We will not speak at length about Fahim's extensive accomplishments as a scholar, administrator and institution builder. Everyone who has worked with Fahim for any extent of time has experienced first hand his many gifts in these areas. His record of achievements is all the more significant because, in our own experience in the two programs he was so crucial in getting off the ground, these critical qualities are wonderfully intertwined in ways that really become much more than the sum of their parts.

What we would like to stress in this note to Fahim is the deep respect and gratitude we feel for his professional commitment to our programs, the department and the Faculty he now directs. Fahim: You have made a difference in the lives of many students, faculty and staff, and for that we are all profoundly grateful. We are going to miss you, more than words can say. Our loss is Queen’s gain; we are certain you will contribute to their community as much as you have at York.

It goes without saying, but we will say it nonetheless, especially in these difficult times at York: On behalf of the College, we want to thank Fahim so much for his fellowship, which is emblematic of his selfless service to Founders and reflected throughout the programs and the department that he has been a member of, as it is to his wider and many contributions to the University.

All our thanks and best wishes, Fahim.

Retirement Conference in Honour of Distinguished Research Professor Nicholas Rogers
Professor Stephen Brooke & Marco Sestito
After nearly forty years of outstanding service to York University, Distinguished Research Professor, Nicholas Rogers, retired in December 2017.

Professor Rogers made immense contributions to the undergraduate programme in History and has influenced the education of several graduate students in a number of York university programmes.

We are certain you will contribute to their community as much as you have at York.

It goes without saying, but we will say it nonetheless, especially in these difficult times at York: On behalf of the College, we want to thank Fahim so much for his fellowship, which is emblematic of his selfless service to Founders and reflected throughout the programs and the department that he has been a member of, as it is to his wider and many contributions to the University.

All our thanks and best wishes, Fahim.

Retirement Conference in Honour of Distinguished Research Professor Nicholas Rogers
Professor Stephen Brooke & Marco Sestito
After nearly forty years of outstanding service to York University, Distinguished Research Professor, Nicholas Rogers, retired in December 2017.

Professor Rogers made immense contributions to the undergraduate programme in History and has influenced the education of several graduate students in a number of York university programmes.

What we would like to stress in this note to Fahim is the deep respect and gratitude we feel for his professional commitment to our programs, the department and the Faculty he now directs. Fahim: You have made a difference in the lives of many students, faculty and staff, and for that we are all profoundly grateful. We are going to miss you, more than words can say. Our loss is Queen’s gain; we are certain you will contribute to their community as much as you have at York.

It goes without saying, but we will say it nonetheless, especially in these difficult times at York: On behalf of the College, we want to thank Fahim so much for his fellowship, which is emblematic of his selfless service to Founders and reflected throughout the programs and the department that he has been a member of, as it is to his wider and many contributions to the University.

All our thanks and best wishes, Fahim.

Retirement Conference in Honour of Distinguished Research Professor Nicholas Rogers
Professor Stephen Brooke & Marco Sestito
After nearly forty years of outstanding service to York University, Distinguished Research Professor, Nicholas Rogers, retired in December 2017.

Professor Rogers made immense contributions to the undergraduate programme in History and has influenced the education of several graduate students in a number of York university programmes.

What we would like to stress in this note to Fahim is the deep respect and gratitude we feel for his professional commitment to our programs, the department and the Faculty he now directs. Fahim: You have made a difference in the lives of many students, faculty and staff, and for that we are all profoundly grateful. We are going to miss you, more than words can say. Our loss is Queen’s gain; we are certain you will contribute to their community as much as you have at York.

It goes without saying, but we will say it nonetheless, especially in these difficult times at York: On behalf of the College, we want to thank Fahim so much for his fellowship, which is emblematic of his selfless service to Founders and reflected throughout the programs and the department that he has been a member of, as it is to his wider and many contributions to the University.

All our thanks and best wishes, Fahim.

Retirement Conference in Honour of Distinguished Research Professor Nicholas Rogers
Professor Stephen Brooke & Marco Sestito
After nearly forty years of outstanding service to York University, Distinguished Research Professor, Nicholas Rogers, retired in December 2017.

Professor Rogers made immense contributions to the undergraduate programme in History and has influenced the education of several graduate students in a number of York university programmes.

What we would like to stress in this note to Fahim is the deep respect and gratitude we feel for his professional commitment to our programs, the department and the Faculty he now directs. Fahim: You have made a difference in the lives of many students, faculty and staff, and for that we are all profoundly grateful. We are going to miss you, more than words can say. Our loss is Queen’s gain; we are certain you will contribute to their community as much as you have at York.

It goes without saying, but we will say it nonetheless, especially in these difficult times at York: On behalf of the College, we want to thank Fahim so much for his fellowship, which is emblematic of his selfless service to Founders and reflected throughout the programs and the department that he has been a member of, as it is to his wider and many contributions to the University.

All our thanks and best wishes, Fahim.

Retirement Conference in Honour of Distinguished Research Professor Nicholas Rogers
Professor Stephen Brooke & Marco Sestito
After nearly forty years of outstanding service to York University, Distinguished Research Professor, Nicholas Rogers, retired in December 2017.

Professor Rogers made immense contributions to the undergraduate programme in History and has influenced the education of several graduate students in a number of York university programmes.

What we would like to stress in this note to Fahim is the deep respect and gratitude we feel for his professional commitment to our programs, the department and the Faculty he now directs. Fahim: You have made a difference in the lives of many students, faculty and staff, and for that we are all profoundly grateful. We are going to miss you, more than words can say. Our loss is Queen’s gain; we are certain you will contribute to their community as much as you have at York.

It goes without saying, but we will say it nonetheless, especially in these difficult times at York: On behalf of the College, we want to thank Fahim so much for his fellowship, which is emblematic of his selfless service to Founders and reflected throughout the programs and the department that he has been a member of, as it is to his wider and many contributions to the University.

All our thanks and best wishes, Fahim.

Retirement Conference in Honour of Distinguished Research Professor Nicholas Rogers
Professor Stephen Brooke & Marco Sestito
After nearly forty years of outstanding service to York University, Distinguished Research Professor, Nicholas Rogers, retired in December 2017.

Professor Rogers made immense contributions to the undergraduate programme in History and has influenced the education of several graduate students in a number of York university programmes.

What we would like to stress in this note to Fahim is the deep respect and gratitude we feel for his professional commitment to our programs, the department and the Faculty he now directs. Fahim: You have made a difference in the lives of many students, faculty and staff, and for that we are all profoundly grateful. We are going to miss you, more than words can say. Our loss is Queen’s gain; we are certain you will contribute to their community as much as you have at York.

It goes without saying, but we will say it nonetheless, especially in these difficult times at York: On behalf of the College, we want to thank Fahim so much for his fellowship, which is emblematic of his selfless service to Founders and reflected throughout the programs and the department that he has been a member of, as it is to his wider and many contributions to the University.

All our thanks and best wishes, Fahim.

Retirement Conference in Honour of Distinguished Research Professor Nicholas Rogers
Professor Stephen Brooke & Marco Sestito
After nearly forty years of outstanding service to York University, Distinguished Research Professor, Nicholas Rogers, retired in December 2017.

Professor Rogers made immense contributions to the undergraduate programme in History and has influenced the education of several graduate students in a number of York university programmes.

What we would like to stress in this note to Fahim is the deep respect and gratitude we feel for his professional commitment to our programs, the department and the Faculty he now directs. Fahim: You have made a difference in the lives of many students, faculty and staff, and for that we are all profoundly grateful. We are going to miss you, more than words can say. Our loss is Queen’s gain; we are certain you will contribute to their community as much as you have at York.

It goes without saying, but we will say it nonetheless, especially in these difficult times at York: On behalf of the College, we want to thank Fahim so much for his fellowship, which is emblematic of his selfless service to Founders and reflected throughout the programs and the department that he has been a member of, as it is to his wider and many contributions to the University.

All our thanks and best wishes, Fahim.

Retirement Conference in Honour of Distinguished Research Professor Nicholas Rogers
Professor Stephen Brooke & Marco Sestito
After nearly forty years of outstanding service to York University, Distinguished Research Professor, Nicholas Rogers, retired in December 2017.

Professor Rogers made immense contributions to the undergraduate programme in History and has influenced the education of several graduate students in a number of York university programmes.
Sonnet 2
Michael Karpati
If love my friend as a romance I do,  
I know not from whence these emotions came.  
If love her as a friend, no more, I do,  
Fraternity and friendship are the game.  
She does love me, not as a friend, as more,  
But I know not how to that warmth return.  
If wont she is to love, forevermore,  
How to share her emotions I shall learn.  
If people romance do in their lives need,  
Shall time prove me no diff’rent in my love?  
If in my love I am of the same creed,  
Is she the one to prove it like a dove?  
The answer I do seek is simple still,  
That love my needs will certainly fulfill.

Sonnet 12
Michael Karpati
Do I have kin, so far beyond what I  
Do know about? Is there another who  
Does wonder if more kin for them is nigh?  
Will kin to me come any time, if true?  
Will I have friends, beyond those I have made  
So far in life? Can one make friends again,  
When to adulthood one has entered?  
Frayed  
Relationships may dictate it, it’s plain.  
Does anybody truly know me well?  
Am I alone in this world till the end?  
Will I know anybody’s inner knell,  
Or will I be forever mine own friend?  
We must meet luck wherever it we find,  
And mortals meet wherever they be kind.

Phoenix
Mastoureh Alvandkouhy
I am the Phoenix,  
Don’t touch, Stay out  
I am majestic, colourful, powerful,  
My feathers are rooted deep in my body,  
You name them culture, tribe, religion,  
Don’t touch, Stay out  
I am not a mythical bird,  
I am reality, I am justice,  
I am the collective consciousness of all women,  
Afghans, Iraqis, Africans, Latinos,  
Don’t touch, Stay out  
I never die, I am ancient,  
I don’t need a father,  
Don’t touch, Stay out  
I am burning NOW, I am consumed by my flames,  
My bones are turning to ashes; I am giving birth to my child,  
This great beauty is not for your pleasure,  
Don’t touch, Stay out  
I must warn you, this is a RE-BIRTH  
My child is not fragile,  
It carries all of my pains, rapes, tortures,  
It carries all of my wisdom, resilience, hope,  
Don’t touch, Stay out  
My child will start again; with great vision, an everlasting inspiration,  
My child flies high, far ahead to the front,  
Don’t touch, Stay out  
This scream is not crying,  
This is our chant, evoking you,  
LISTEN

Rubix Cube
Breanne Howarth
You walked in and out of my life like a sunbeam  
oh how do I miss you.  

but I guess it was a gradual shift  
less phone calls  
less sharing  
less photos  
being sent through the wire  
less words  
less meetups  
less time  
less of anything  
now it’s just a “read” message  
and I should’ve seen it coming  
but I didn’t because I touched your face and  
what seemed like important moments we shared.  

I eat your prose  
and wonder what you’re doing,  
I hope you’re happy  
I hope the world has given you a winning hand in scrabble  
so you can spell the words:  
"love"  
"connection"  
"her"  
and that you can meet the muse that loves you back  
with the same fire you carry around every single moment.  

I’m glad we met  
you turned me inside out  
in such a small amount of time  
it’s magical.  

cherish it for the rest of my life,  
for sure.  
but I had hoped to be old and fumbling  
with teacups  
on the patio of a coffee shop with you  
while we talked about our youth  
and then go home to our lovers.  

I miss your face over gelato and your eyes because they were kind  
and so were you.
Adopting a Complex Diction
Connection
Pika Blue
These brumous days are made up for by stelliferous nights, And a mistpouffer can be heard throughout this elysian oceanic sight. The agathokakological ecedentesiast was a Byronic hero in disguise, And the Nyctophile sidekick, tended to soliloquize. The advent ceraunophile found the bron tide quite audible, And the orphic town that existed on the outskirts of the country, was anything but plausible. The pluviophile adored the petrichor that ascended after a long week’s wait, Meliorism is eunoia, that may very well alter innumerable fates. The adults in town are selcouth, but ironically inclined, The children are ludic, and raconteurs of an adept kind. The Mizpah led to recounts of minutiae, A newly assimilated redamancy, elated the frayed. Somnambulists roam the streets due to an enigmatic syzygy, Animals are aquiver due to a wavering perigee. A longing for eleutheromania, leads to a pursuit of halcyon for hiraeth, In a town where everyone is a nefelibata, there are forever indefinite shibboleths.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.

On the Opening of the York University Subway
Susette Schacherl
Are those days gone, then, Of waiting in our thousands for the buses? 41 Keele looming out of the mist like the rescue ship arriving. Saved! On all our lips the question: Is it an express? Shiny new rails reach all the way downtown. Trains will run on them – slowly perhaps, but run. The bright umbilicus makes us one with the city. A continent no longer cut off.

Felicity
Azeem Naveed
Let’s dive into the ocean and keep on swimming against the tide to find our shores it’s possible nothing impossible against the mythic odds we will live like the mythic gods and learn how to align the heart and the mind and learn all this in time before the sparks are to decline.
The Ties That Bind

Why you should you be interested in Family Research?
Roger Robineau
Founders Alumnus

In keeping with the theme for this month’s Phoenix I will speak to a special kind of connection. Not about connections to your future in terms of potential careers, or even current connections to family, friends and/or fellow members of Founders College. My focus will be on connections to our roots, also known as family research or genealogy. Specifically, connections to your ancestors and how their lives, traditions and sacrifices may have contributed to who you are today.

Merriam Webster defines genealogy as an account of the descent of a person, family, or group from an ancestor or from older forms. It is also defined as the study of family ancestral lines or family research.

The implication from this definition is that genealogy is about collecting names. Early in my genealogical research I ran across a bumper sticker that said: “He/she who dies with the most ancestors wins!”

However, genealogy or family research is more than “just” about collecting names, and can provide tangible benefits.

Family Research:
1. Provides meaningful connections to your ancestors. It makes a name and series of dates on a page into a living, breathing, person;

My uncle was shot down and killed in a bombing run over Germany during WWII. Until I started family research that was all I knew. I now know about his mission, the fate of his crewmates and even have a picture of his crashed plane!

2. Sharpens your research skills. There is more to genealogy than just clicking on a green leaf on Ancestry.com.

Sources of information may be online, however that is the tip of the iceberg. Relatives will be a valuable source of information. Talk to them? Some treasures can be found in libraries, local museums and archives. In fact the Archives of Ontario are housed on the York campus. http://www.archives.gov.on.ca/en/index.aspx

3. Heightens your sense of “self”.

Knowledge of family tends to help us be comfortable in our skin and more confident in our choices. For instance, you may find that a long line of ancestors shared the same profession (i.e. teachers). This alone may not prompt you to become a teacher but may provide a clue as to some characteristics that may have been passed down from your ancestors.

4. Increases your awareness of family connections to historical events or socio-economic conditions.

My first ancestor to Canada arrived around 1700. He was born in Paris within ½ mile of the Louvre. What economic or social conditions prompt a 17-year-old to leave Paris and come to Canada? Did he come of his own free will?

5. Connects you with a whole new set of people doing similar research, some of whom may turn out to be cousins.

There are over 11,000 Facebook genealogy groups around the world talking about genealogy and over 100 YouTube channels?

If you have roots in Ontario check out the Ontario Genealogical Society Facebook Group at https://www.facebook.com/groups/ontgensoc/?ref=group_header

I hope this gives you a bit of background on Family Research and I hope to return and speak of other facets of this addiction hobby in future editions of the Phoenix.

After a long career in Finance and Pension Fund Investment Management Roger retired in 2015 and devoted himself to a new hobby: Genealogy or Family Research. Roger is a mature student at York University just starting his studies in History and hoping to deepen his understanding of the lives of his ancestors. Roger is also on the Board of the Ontario Genealogical Society.

The Importance of Community
Sabrina Fortino
Founders College Peer Mentor

The university experience is all about connections: Connection to people, connection to education and connection to community. Founders has been a catalyst to the many connections I have built during my time here, with both faculty members and fellow peers that I will carry with me after graduation.

Founders consists of an incredibly inclusive and student supporting community. As a Peer Mentor and Student Academic Assistant, I have been able to be a direct part of the way Founders works to connect to their students from various programs to people, services and events to support the success of all students associated with our college. It is also through events Founders holds throughout the academic year that we are able to create a space for students with common interests or concerns to gather with faculty members and fellow students to make connections. This opportunity for networking and community building is what makes Founders a hot spot for making meaningful connections with others within an overwhelmingly large institution.

It is through my personal involvement with Founders that I have made my most valuable connections that have provided me with a lot of advice, inspiration, friendships and resources that have helped me to be successful in my studies. If there is one thing that is most important in university, it is making connections! And there is no better place to do that than at Founders!
The Ties That Bind

Oh, The Places You’ll Go!
Yvonne Blackwood

In the 1960s Barbra Streisand made the song “People” very popular. A line in the lyrics states, “People who need people are the luckiest people in the world.” I’d like to reword that line to say, people who help people are the most blessed people in the world. Have you ever done a good deed for someone and seen the look of gratitude in that person’s eyes? Or the smile on that face? Remember how you felt warm and mushy inside? One can hardly describe the feeling; you have to experience it. Sometimes you think nothing of a good deed that you do—it seems like such a simple thing really. But the impact that it has on the recipient gets your adrenaline flowing, and you want to do more, and more . . .

Volunteering some of your time to help others is not just a good thing to do, it is downright exciting and rewarding. Take it from me. I have grown immensely as a human being since I began to share a little (sometimes a lot) of my time helping others. It’s not just the spirituality that I feel within, it’s the dozens of other ways I’ve been rewarded.

I recall attending Sunday School during my youth, and hearing the minister quote this verse from the Bible, “Cast thy bread upon the waters: for thou shalt find it after many days.” I used to relate the verse strictly to my offering. I figured that if I gave freely, I’d get it back some other time, and more to boot. Looking back now, I realize that bread was a metaphor; it referred to other things such as our time and talents.

I first volunteered my time in 1982. It was after being totally submerged in my family and my job, a time when the universe revolved around our family—so we thought! Yet, I’d been feeling unfulfilled and empty and thought there must be more to life than what we had. Through sheer coincidence, or maybe it was divine intervention, a persistent gentleman, then Executive Director of a service organization, invited me to, “come and see what we’re doing with the Black youths.” As they say, the rest is history. I soon volunteered some of my time with the organization, then more and more time. Eventually, I became its the president. I have not stopped volunteering since then. Unwittingly, I had cast my bread upon the waters, and in return, I have been blessed abundantly.

It would take several articles to articulate the many blessings I have received since my first attempt at “giving,” so I’ll summarize: I have met scores of wonderful people from all races, cultures, and backgrounds who have enriched my life tenfold! There was one woman from the East Indian community who used to shower me with gifts despite my protests that gifts were not necessary.

One day, I said to her, “Nina, what do you want from me?” In my mind, she had to want something, or why else was she being so kind? Her reply was profound. “Yvonne,” she said simply, “The more I give you, the more I receive.” She was a Muslim and very persistent. I never questioned her again.

If Doctor Seuss cannot be regarded as a prophet, we can at least say he was insightful when he wrote, “Oh, the places you’ll go . . .!” And oh, the places I’ve been, and the people I’ve known! A new dimension was added to my life. It made me happier and more fulfilled.

But you must always remember one thing: the people whom you help are not necessarily the ones who will help you along life’s journey, but it doesn’t matter. Volunteer some of your time. As Doctor Seuss continued,

“...Today is your day!
Your mountain is waiting.
So. . . . get on your way!”

Whatever you do, do it willingly, lovingly and with enthusiasm. You never know when that bread will come floating right back at you, sweeter, fresher and tenfold!

How to Adjust to University Life
Muhammad Khan
International Development Studies

I still remember the day when the 1998 bus stopped at York Commons and I entered the York Lanes area and started wondering if this place is really a university or is it a small shopping mall. As I entered Vari Hall I realized that this is a big university and making friends or getting to know people would not be an easy task. I had a class at the Lassonde School and after asking a couple of people, I finally managed to find the place. When I entered the class I started wondering how I would be able to adjust to university life. I decided to sit at the front of the class, but unfortunately, I didn’t get to know a single person. By next class I decided to make an effort and interact with my classmates. Despite making some conversation, I knew I wanted further connection and more interaction. I eventually came across Enactus at York and soon enough, joined the team. I felt happy that I was finally getting to know people. During the Fall semester I got further exposure to York and I started joining social clubs to further my opportunities and engage in university life. My advice to students going into first semester is get involved within the community and make friends, in doing so, you will truly have a better university life.
The Ties That Bind

Phoenix
Description by Joshua Cea

The theme of “connections” was at first hard to grasp in one single image, as I thought about how to represent York University and its students.

What I decided to do then was to draw the phoenix enclosed by a circle, a symbol of wholeness and a representation of the self. The circle is then made up of a collection of triangular shapes to demonstrate each person that made an long-lasting impact to me here at York University. White was added to encompass the goodness and purity of life across spectrum.

Drawing was done using Prismacolor pencils.

“Phoenix” - Joshua Cea, 2018

Connections
Abdeali Saherwala
Founders College Peer Mentor

Connections is an idea which we have cherished, used, abused and taught to our children. But what exactly does connections mean? In Biology or Biomedical Sciences, connections mean chemical, physical, muscular or neural connections between different parts of the body to help convey a message or to move some part of the body. In spirituality or religion, connections are the foundation between yourself and a deity or deities. Through this connection you pray for good things, pray away bad things and if you have sinned, you ask your lord for forgiveness. In family or society, connections are derived from whether you know someone to whether someone is genetically related to you or not. You can have a connection with the Prime Minister of Canada if you are his son/daughter, his closest advisor or even his best friend. You can even have connections with a land, country or a geographical area based on the emotional, familial, social, economical or spiritual connection you have with that place. Muslims have a connection with Mecca and Medina because that is where the Kaaba is and that is where Islam was born. The meanings of connections are complex and vary based on the types of connections one is describing.
There are other discrepancies. Additionally, my town’s dialect, due to its proximity to Sicily and numerous Greek settlements, sometimes pronounces words with a Greek accent. Greek and Italian are also similar, though the difference in alphabet may sometimes dissuade a reader from believing so. For instance, in Italian we say *cucina*, for kitchen, and in Greek one would say, *κουζίνα*, which is pronounced *kouzina*. *Sabato*, or Saturday, is Σαββάτο, pronounced like *sāvātō*. A quick search will relate the similarities in pronunciation, despite the alphabet.

A note on Italian pronunciation: In Italian *ch* are pronounced as you would pronounce a *k*. You will not find original Italian words with the English letters *J, K, W, X, or Y*. As a result, letter combinations, or other letters, will make these sounds. *GI* makes a *J* sound (as in *giusto*), *IE* forms a *Y* sound (as in *ieri*), and you will seldom find the *W* or *X* sounds in Italian words. Typical English sound combinations are also found in Italian, but using different letters. The combination of *SCI* in Italian makes an *SH* sound, as in the word *lasciare*. A *C* paired with an *I* makes a *CH* sound, as in the word *cucina* or *preciso*. In English, sometimes *Cs* make a sound like an *S* sound, like the word perceive, but in Italian the *C* sounds are more complicated. A *C* at the beginning of a word makes a *K* sound (*colore, or conto*), and if you want to create an *S* sound, you would use the letter *S*, as in the word *sensibile*. *CH*, in turn, makes a *K* sound in the middle of the word, like my second last name, *Caschera*, or the words *anche* and *finché*. In Italian, you also pronounce every letter you see (that isn’t part of a combination); for example, the word *noioso* is pronounced “noy-oh-so”, and *qualsiasi* is pronounced “kwahl-see-ay see”. Es at the end of a word are pronounced like you’re saying the letter *A*, so *sensibile* is said as “seen-see-bee-lay”. There are three popular letter combinations that are pronounced fully: *SF, GLI, and GN* which are fully pronounced but quickly—so you’d quickly combine regular *S* and *F* sounds to pronounce *sfondo*, and the same is done for the *G* and *N* sounds in *gnocchi*. The *GLI* combination sort of sounds like the combination of the English letters *LY*, as in the word *million*. Did you expect so much nuance? 

The point of this short essay is to discuss certain sentiments that are different in every language, but you know instinctively when you hear them: expressions of beauty. I learned how to spell beautiful properly when I was young because Jim Carrey, in his popular movie *Bruce Almighty* (2003). Sometimes I still do. I have heard this word in a few languages, and beautiful and its offshoots, such as pretty, or lovely, are interesting to me. I believe that the colloquial terms used for these words indicate a lot about a people and how they use language.

When I was 13, I went to my cousins’ elementary school in Italy where they were learning French and spoke briefly to their teacher about French. She assured me that in Canada we learn Quebec French, an accented and slang-y version of France French. I brushed this off, knowing that of course, even the language of the Republic was not immune to dialectization. Upon learning French from a woman native to France in university, the same sentiment was expressed to me. In Quebec, for example, the term for traffic lights uses the word *lumière* as its base while in France they use the word *feu*, or fire.

In French, people most commonly, in my experience, say *belle*, whether you are in Jonquière or Marseilles. *Cette fille est belle*, or *Cette une belle journée* are two phrases that come to mind. The masculine is *beau*, like, *Cet homme est beau*, or maybe you’ve heard of *Le Musée des Beaux-Arts*, a museum in Montréal. If you were to Google, perhaps, “how to say pretty in French”, you would encounter a particularly informative Wiki-How article that lists other words like *jolie, splendide*, or *mignonne*, pretty, gorgeous, and cute, respectively. These are words an English speaker would encounter, and offer nary a credulous look. In France, you are more likely to be described candidly and by your physical appearance, which allows for a study of which descriptors can be seen as compliments—an undertaking for another essay.
Italian uses similar descriptors to French due to its classification, along with French, Spanish, Romanian, Catalan, and Portuguese, as a Romance language. I believe that the Latin-based languages can be placed on a similarity spectrum that looks sort of like this:

<table>
<thead>
<tr>
<th>French</th>
<th>Italian</th>
<th>Catalan</th>
<th>Spanish</th>
<th>Portuguese</th>
</tr>
</thead>
</table>

Language similarity spectrum

The gist being that Italian is like French, Catalan, Spanish, and Portuguese; Spanish, and Portuguese are like each other and Italian; and French is different from both Spanish and Portuguese, but like Italian; Catalan is like Spanish, but also like Italian and French—Romanian is, well, so hard to place that I couldn’t even confidently put it on my spectrum; as a combination of both Latin and Eastern pronunciation, its place is better suited to an eastern language spectrum. Romanian is the closest to Latin grammatically, but because Italian is more generally similar it makes sense that it would be in the middle of a spectrum such as this.\(^1\)

Italian’s most widely used indicator of beauty is bella or b elo. One could also say carina/o, avvenente, or, a word I heard quite often visiting family and growing up: pulito. This word is what inspired me to write this piece; it sort of bothered me upon hearing it. Pulito, simply, means clean, and the French, pulire, means the same thing.

Sometimes people would refer to children and say, suo figlio è pulito, or che pulita sua ragazza. Directly translated, it seems odd. I remember thinking back to Paul McCartney in A Hard Day’s Night, referring to his grandfather as “a clean old man”, but don’t necessarily remember it as a compliment, especially since his grandfather was such a troublemaker.\(^2\)

There’s something to be said about using this word as a compliment. My father’s family is from Rome, and this was not a word that was used growing up, leading cleanliness was associated with wealth. This is often cited anecdotally by people like your friend who knows a lot of trivia, but does have historical precedent. Certainly, the ability to bathe often was not disseminated amongst the lower rungs of society and that could be what is being reflected here. I am not sure if it is as simple as that, because things like this are rarely simple.

A culture’s emphasis on being clean may also relate back to its experiences of epidemics, or perhaps its monarchical roots. In Italy during the bouts of the Black Death in the 1350s, people who could bathed often and ran to the countryside to escape the plague. The same happened in Ancient Rome, and certainly across other cultures. Monarchs in antiquity were often able to clean themselves more often than their subjects due to their wealth. Additionally, cleanliness may be read as being put together, a compliment that goes below skin-level.

English, colloquially, is incredible to behold due to the absurdity in the use of certain words. When did people start using cool as a compliment, when its relative, frigid, or cold, is obviously not something one would want to be called? Its opposite, hot, is regarded as a comment on a person’s attractiveness sexually, whereas warm is synonymous with kind and open, and scathing and its ilk, scorching and blistering as used to describe extreme heat?

It can be said, then, that language is essentially inconsistent and, at best, irrational.

Yet, as our only spoken form of communication, we have no choice but to learn other languages. With this short essay I hope to illuminate the inconsistencies found within language and encourage everyone to learn a tongue besides their own. Inevitably, I believe, you’ll find you learn just as much about yourself.

\(^1\) “Proper” or “Right Italian”

\(^2\) I’ve sourced these from a book called E’ Tempi ‘I ‘na vota cu’ by Saverio Italiano from my hometown in Italy, given to me by my wonderful cousin Sauro.

\(^3\) “Kitchen”. Pronounced “ku-cheena”.

\(^4\) I should mention that beautiful in Greek is very different from the Italian, being, in the feminine form, ομορφη, or ómorfi.

\(^5\) “to Leave”

\(^6\) “Background”

\(^7\) A type of pasta.

\(^8\) UneJamKuqEZi at Duolingo perfectly describes how to pronounce this letter combination.

For more information on pronunciation and learning Italian, I use Duolingo and ThoughtCo together. This is only a brief examination of Italian pronunciation, which should at least help you get through this piece.

\(^10\) Thank you, Jim Carrey, you Canadian comedic icon. Your performance in Eternal Sunshine of the Spotless Mind moved me so much I haven’t watched it in about 10 years.

\(^11\) This is certainly up for debate, and I would love to hear other opinions about this proposed spectrum of the Romance languages.

\(^12\) From IMDb: The constant mention of Paul McCartney’s grandfather being “very clean” are references to actor Wilfrid Brambell playing a “rag-and-bone man” in Steptoe and Son (1962), featuring the catch-phrase, “You dirty old man.” “Steptoe and Son” was remade in the US as Sanford and Son (1972).

\(^13\) “Ugly”.

---

11
Connections
Laura Bilotta

No two intimate relationships look the same, each one is special and complex and even if they end, they always teach us something critical about ourselves. This is why dating shouldn’t be seen as a means to an end; it’s an experience that will shape you and will help you realize what you ultimately want and need in a relationship. Some of the lessons you learn may be trivial; like don’t take a date out for fast food, but others can be things that completely change your worldview. It may take a high school heartbreak to learn that just because you love someone doesn’t mean that you’re meant to be together forever, or sleeping with some for the first time only to be ghosted to learn that not everyone is as they seem. These lessons are hard, but they’re necessary, without learning them you’re destined to never meet your perfect person. That’s why it’s so important to get out there, take your time and don’t settle. Strike up conversations with whomever you can, you’ll improve your conversation skills and make friends. Go on dates and figure out what you like and don’t like, even if it’s not a love connection the experience is worth it. Most importantly focus on being your best self; your relationships won’t be successful and fulfilling unless you are happy and healthy. It’s easy when something is wrong in our lives to want a relationship to fix it but that will only lead to disappointment on both sides. Do the things you love and take care of yourself that way you can be the other half you were meant to be.

"For over 15 years, Laura Bilotta has been helping singles find love through the thousands of events she has hosted and with the thousands of matchmaking consultations she has offered through her company, Single In The City. With this, Laura has garnered the title as one of Canada’s top Dating and Relationship Experts.

When Laura is not matching up singles through her events or matchmaking services, she is giving them advice through her talk show on Talk AM 640 and her previous television show on Rogers. Her advice has been featured on Global News, Elite Daily and Bustle as well as many other media outlets.

Laura recently released her first book, Single in the City: From Hookups & Heartbreaks, to Love & Lifemates: Tales & Tips to Attract Your Perfect Match. Her book is available in-store at Chapters, Indigo and on Amazon. It has received rave reviews, including that from Sex and Relationship Expert, Jessica O’Reilly, who writes, "If you’re truly ready to push your comfort zone, be honest with yourself and invite love into your life, turn to Laura Bilotta and Single in the City."
Founders
Khadeja Elsibai
Founders College Peer Mentor

When I think about Founders College, two things come to my mind: the starting point and involvement. I started school at York University feeling nervous, excited and a bit lost. A few weeks into the school year, I was hired by the Founders College Master’s Office (now Office of the College Head) as an Information Assistant (work/study position). This opportunity was a gateway to meeting students and College fellows and becoming more involved in the College. I started to feel a sense of belonging which encouraged me to give back to the student life at Founders. Since second year, I have been a peer mentor and worked for the Office of the College Head as the Peer Mentorship Program Coordinator (work/study position).

Over the past 3 years, I have learned that getting involved and staying engaged in student life helps students feel at home at York and stay updated on changes in the university, supports personal and professional growth, and challenges students to step out of their comfort zone and become confident. I have also learned that some students do not participate in extra-curricular activities, despite their benefits and the continued efforts of student leaders, faculty, and staff to engage students in social and academic initiatives. For anyone who would like to participate in events or access resources, a simple step is to start with reading emails from Founders College and other divisions on campus. Indeed, most students do not read the emails that they receive from academic units at York! Furthermore, it is helpful to be attentive to posters displayed across the university as one may come across an opportunity to get involved and connect with the Founders and York communities.

I encourage all students to participate in extra-curricular activities which Founders College, and other organisations at York, such as student governments, clubs and unions, have to offer. For instance, through attending a paint night held by a student club in the Founders Assembly Hall, I was able to relax and free myself from the stress of academics by painting. In approximately one hour and a half, I was able to produce the painting (below) which I call “connections”. It represents the diversity, yet similarities of the colours which I used, and by extension, the diversity and similarities between members of the Founders community, which enriches community members’ experiences and creating lasting memories. I once again encourage everyone to enrich their York experience by attending Founders College’s academic workshops and social events and seeking support from student leaders and on-campus services. We can only control our decisions, and a simple decision such as getting involved at Founders College, can have endless rewards.

“Connections”
- Khadeja Elsibai, 2018
Connections
Mahdis Habibinia
Founders College Peer Mentor

Sometimes you meet someone and it’s as clear as day that the two of you, on some level, are soul mates. No, I’m not talking about romantic love. I’m talking about those people that make you feel alive. The two of you just work. Whether you understand one another or you’re in love or you’re partners in crime, the stars in your night sky just doubled in number. You meet these people under the strangest circumstances. They are your soul mates and they help you survive. I don’t know if that makes me believe in fate, but it definitely makes me believe in something.

There are those people you meet who practically become your family. They are the ones who embody comfort and radiate familiarity. Sometimes they become your rock, your shoulder, an ear, or a go-to. There are those people you meet who become your lover, your significant other. These are people you cry oceans for; you go to the moon and back for. Sometimes you feel this pull, like gravity, and suddenly you find yourself encapsulated in their stare. There are those people you meet who become your comrade, your “riding companion”. These are the people you confide your darkest of secrets to; they sit with you in the darkness until you can see the light. They are your first call when you want to share exciting news and sometimes, just sometimes, your last voice of reason when the going gets tough.

Every now and then you meet someone and they embody all three types of people, sometimes only two. Sometimes only one. But regardless of which, I believe there are four types of connections you can have with these people, four types of social fortitude.

There is the transitory family, friend or lover. They are the bridge that connects an important, or seemingly trivial, transition in your life. They can encourage a change within you, ease the burden of the weight of the world, and/or thrust you from one platform to another.

There is the karmic connection that almost always embodies an “evening of scales.” These people give you experiences that may be a catalyst to progress or a catapult to fulfillment. Whether temporary or long term, karmic connections have a clear purpose visible in hindsight.

Then there is the “sunk cost” connection derived from the sunk cost fallacy. The misconception of the fallacy is that you make decisions based on the value of people, investments or experiences. But in reality, your decisions have nothing to do with value but, instead, the amount of time or emotional investment you have accrued. A sunk cost connection isn’t any different; the more you invest in someone, the harder it becomes to abandon them and our comfort zone. So sometimes, just sometimes, you settle.

Finally, there is the soulful connection. This bond goes deeper than skin, conversation, likes and dislikes. They are marked by the “us against the world” mentality, the “two peas in a pod” metaphor, or the “puzzle piece fit” simile. These people fit in your life and you in theirs.

What is it about all of these connections that make them so powerful? Maybe it’s the oxytocin that floods our brains. Maybe it’s our primitive nature; after all, human beings are social creatures. We crave social connection and interdependence because we are most comfortable when we’re connected, sharing strong emotions. Maybe it’s the fact that we are highly susceptible to our feelings. Maybe it’s the need for survival. Or maybe it’s the fear of loss—a common social pain.

The things that cause us pain are things that are evolutionary recognized as threats to our survival. The existence of social pain is a sign that evolution has treated social connection as a necessity, not a luxury.

But you see, sometimes, just sometimes, these connections aren’t always meant to pass the test of time. Just the test of survival.

Sometimes you birth bonds with people, and it’s so clear that the two of you, on some level, belong together. They become your lover, friend, family, or something entirely different. You meet these people and become entangled in these relations, under the strangest or most normal of circumstances but their impact on your life is far from normal. Sometimes it’s so clear that the two of you belong together but for only a short period of time. And so sometimes they leave, or you leave, or life puts you on two separate paths that never intersect again. Your job is done. Their job is done.

I don’t know if that makes me believe in fate, but it definitely makes me believe in survival—the transitory friend that helped you survive high school, the soulful lover that helped you from a spiraling abyss, the karmic comrade that helped you survive your mental warfare.

Connections are endurance. They are survival at its rawest and most colourful.
At last, on 17 December 2017, the long anticipated subway extension into York University has opened. Hurrah! Or is it really a big hurrah? Although the six new stations that have opened are large, modern, airy, spacious, and have a direct connection to the university, what comes next for transit in Toronto? There is now a direct connection between downtown and York University, but where is the connection that connects the east part of Toronto to the west? At the time of this article being written (March 2018), the Eglinton Crosstown line is under construction and scheduled to open in 2021. With 25 stations along its route, and a projected decrease of 60% in current commuting times, it is a great step forward in transit in Toronto. Connecting the neighbourhoods of Mount Dennis in the west and Longview in the east and everything in between, getting across up-town will be a breeze compared with current transit methods.

However, even with the Eglinton Crosstown line, the existing Yonge Line that runs alongside Yonge Street is still over capacity and overcrowded, especially the portion between Bloor-Yonge Station and Union Station. Scarborough residents wishing to go downtown must use either the Yonge Line to reach their downtown destination, or, take the bus to take the Scarborough RT, and then transfer over to the Bloor-Danforth Line only to transfer at the overcrowded Bloor-Yonge Station. With ridership continually growing, there will be more and more strain on the Yonge Line if there are no actions taken to alleviate the growing demand of riders in Scarborough. A feasible solution, in my opinion, is to have a subway line run underneath Don Mills Road starting at Don Mills Station, have an interchange at Pape Station, continue south underneath Carlaw Avenue, turn west to follow Queen Street East towards downtown. Its last station would end at the current Osgoode Station on the University Line. This way, it will mirror the University Line, allowing for riders to hop on the subway before reaching Yonge Street, alleviating pressure off the interchange at Bloor-Yonge Station.

At the same time, it is also a good idea to extend the Sheppard Line westward towards Sheppard West Station, formerly Downsview Station. The current alignment of the Sheppard Line feeds into the already busy Yonge Line in the western end, and stops at Fairview Mall in the east. With no other way for riders to cross Yonge Street without transferring onto a bus, it is rather difficult for riders to get across the top of Toronto efficiently and reliably. However, even if the government decides not to extend the Sheppard Line both ways, it is still a good option to build an LRT through Sheppard Avenue, similar to the Eglinton LRT. The area around Sheppard Avenue currently does not have the density needed for a subway, unlike Yonge Street, or even Bloor Street. There are plans for an LRT to be built from the current Don Mills Station to Meadowvale Road, just east of Morningside Avenue. This way, riders can travel across the top of Scarborough much faster and more efficiently, and with the idea of a Don Mills subway being built, getting downtown will become easier and less stressful by bypassing the Yonge Line.

To conclude this ramble about possible future transit improvements in Toronto, I will end this article with a question. What will transit in Toronto and the Greater Toronto Hamilton Area look like in 25 years time? Historically speaking, Toronto has been the economic and industrial centre of Canada for many decades. Yonge Street has been and still is one of the most important thoroughfares in Ontario, and there are plans to extend the Yonge Line towards Richmond Hill. Without constant spending on infrastructure and transit improvements in Toronto, people cannot move around the city efficiently. The city is like your body; without the proper exercise, nutrition and sleep, it will not run efficiently and function at its most optimal state. Write to your local MP’s and MPP’s and urge them to bring up and discuss transit improvements and funding in your area so that there can be more efficient connections between you and your destinations in the near future.
The Phoenix – Founders College

We speak often here at Founders about the Founders Community—a community of faculty, students, staff and alumni that support and empower one another—to witness firsthand this community at work during Meet Your Major was a testament to the strength of our community and the connections it fosters through generations of students, alumni, faculty and staff.

Meet Your Major
Marco Sestito
College Administrative Coordinator

The College hosted its inaugural Meet Your Major Alumni Panel on February 27, 2018. The event provided current undergraduate students an opportunity to meet, ask questions and learn from Founders College alumni. Representing our alumni were: Momita Ahmed, Digital Marketing Programs and Projects Manager, Microsoft Canada; Brandon Atkinson, Assistant Manager, Overnight Programs, Camp Oochigeas; Joanne Huy, Project Coordinator, Learning for a Sustainable Future; Joseph Sestito, Principal, St. John the Baptist Elementary School; and Sophia Sestito, Environmental Manager, EllisDon Corporation.

We were privileged to have 2018 Founders College alumni. Representing our alumni were: Momita Ahmed, Digital Marketing Programs and Projects Manager, Microsoft Canada; Brandon Atkinson, Assistant Manager, Overnight Programs, Camp Oochigeas; Joanne Huy, Project Coordinator, Learning for a Sustainable Future; Joseph Sestito, Principal, St. John the Baptist Elementary School; and Sophia Sestito, Environmental Manager, EllisDon Corporation.

Students attending the panel were attracted by the prospect of learning first hand about the transition from post-secondary studies and into the workforce from professionals who in many cases were only a few years removed from having to make that same transition. Our alumni were gracious in the advice and knowledge that they imparted to our students, understood their apprehensions and offered timely and sage advice on how to overcome those apprehensions in order to succeed.

Connecting Communities

The following contributions highlight the connections that exist between the College, our affiliated programs, alumni and students to the community both within and beyond the university.

The Lusophone World – Global and Local Connections, Youth Summer Program led by the Program of Portuguese & Luso-Brazilian Studies: a Huge Success!
Professor Maria João Dodman
Luso-Brazilian Studies

This youth Summer program was organized last July and it was designed for students ages 14 to 18 (or Grades 9 to 12) of any cultural or linguistic background. For a week, students met from 8:30 to 3:30 and learned about the Lusophone world through activities that mixed learning with recreation, experiential education, community engagement and much more. Students learned for instance about the Portuguese immigrant experience through archival research and a walk through Toronto’s original Portuguese neighborhoods. They also engaged in Capoeira, Brazil’s martial art, Mozambican dance, theatre and painting workshops to name a few of the activities. Overall, we wanted to ensure that students left not only with a greater understanding of the Lusophone world, but also with new skills, an appreciation of academic work and university life, while making new friends from a variety of cultural backgrounds. The sessions were held at Founders College, but the very last day, students travelled to Little Portugal for the program’s closing ceremonies at the Gallery of the Portuguese Pioneers. All sessions were delivered by experienced educators, facilitators, volunteers and students from York University. Students also interacted with a variety of Portuguese-speaking professionals who led some of the activities. The program was free and it included free breakfast and lunch, made possible due to the generosity of our sponsors and community partners, especially LA&PS and Manuel da Costa, community philanthropist and great support of our program. For a full report: https://pchp-phlc.ca/2017/07/18/report-card-youth-summer-program-2017-a-success/

Sponsors and Community Partners:
Manuel da Costa, President of Viana Roofing, Gallery of the Portuguese Pioneers, Portuguese Canadian Walk of Fame, and other organizations; Narda Razack, Associate Dean of Global and Community Engagement, Faculty of Liberal Arts and Professional Studies, York University; Marcie Ponte, Executive Director of the Working Women Community Centre; and the Camões Institute.
FCI Celebrates its 11th Anniversary
Federazione Canadese Italiana

The Federazione Canadese Italiana (FCI), York University’s one and only Italian Club celebrates 11 years as a York University Cultural club. Throughout the years, FCI has played an active role within the University. Organizing food drives and sporting events during York University’s Multicultural week, winning club of the year twice and organizing many academic and cultural events on and off campus. In addition to successful events and involvement within the University, FCI continues to be active members within the college’s that house them, participating in Orientation week, volunteering at University book sales and most recently playing an active role within Founders College, where they are currently housed participating in Founder’s Salsa Night and building professional relationships with Founders College Council.

FCI’s 11th annual Masquerade Ball celebrating the Carnevale di Venezia was the club’s most successful event, with more than 250 York University Students and faculty members in Italian Studies. Students and faculty members in Italian Studies. The evening featured students dressed in traditional Carnevale costumes and masks. “Our annual ballo is one of many activities that our club hosts to showcase Italian culture on campus and in the greater community,” said FCI President Alessia Celebre, a fourth-year student in the Faculty of Liberal Arts & Professional Studies.

FCI continues to be a student run club focusing on student involvement and participation within University and Community events. As a club, FCI is committed to offering the students of York University with a safe and welcoming space that embraces the Italian culture at York University. “The FCI office in Founders College is a great space to learn about the club and meet all the amazing members.” said FCI Vice-President Stephanie Aprile, a fourth-year student in the Faculty of Liberal Arts & Professional Studies. Through its growing numbers, FCI continues to build connections within the University through tabling days in Vari Hall and taking on a more active role as a club. Federazione Canadese Italiana is proud of their involvement within the University and the reputation they uphold as a good standing York University Club.