

Fall 2014

# glue

THE OTTAWA STUDENT MAGAZINE

HOME TEAM+IMPROVEMENT+BREW

p. 15+16+44

## FALL BACK

10 years of *Glue's* cultural, political and social musings

## CITY IN COLOUR

Rebel artists **BOMB**  
Ottawa's streetscape

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## HOUSE OF CARDS

A political survival guide

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## A TRIBE CALLED RED

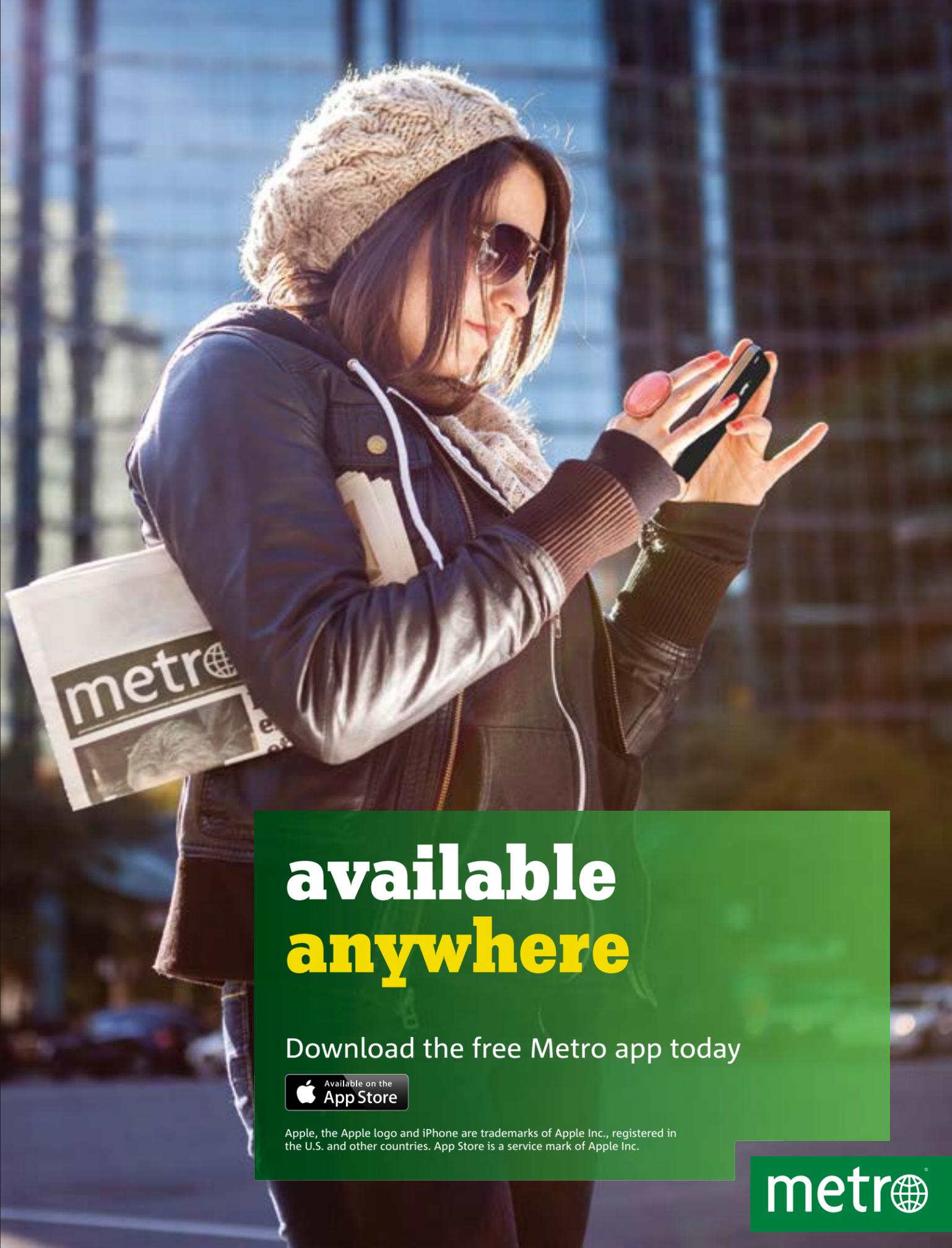


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Anaresh Sivakoti Photo

# CONTRIBUTORS



**Megan Delaire**  
Writing

Intrepid reporter Megan **came to the pitch table with a solid idea:** Learning how to home-brew. She added flavour with each draft. “I think I’m a hard enough worker, but sometimes we all need a little momentum. The organization and persistence of the entire *Glue* team in producing this issue inspired me to forge onward when deadlines crept up in the thick of what I think we all agree was our most chaotic school semester.”



**Steven Smeall**  
Photography

Steven played an **integral role in booking the athletes and scoring the field** for our “Hometeam” photo shoot. It’s one of the strongest visuals we have this issue. “What I enjoyed most about *Glue* was working as a team. Everyone came together to make sure the photo shoot was organized well and saw it through to the end. I couldn’t have asked to work with a better group of people.”



**Maggie Muldoon**  
Advertising

There is so much more to *Glue* than the biannual issue. Maggie was so **helpful, always present and energetic** at our events and distribution days. “Working with *Glue* was not always smiles and laughs, it took a lot of effort hard work and dedication. At the the end of the long year I can say that working with *Glue* was a really good life lesson and I feel more prepared for the real world than ever before.”



**Brendan Wilson  
Benjamin Comeau**  
Graphic Design

Trying to commission designers when stories were still a work in progress wasn’t easy, but **these two were able to read between the lines** and produced exactly what we didn’t know we wanted. **BC:** “The best part about working with *Glue* is getting to work with your fellow students in a collaborative effort.” **BW:** “I enjoy the fact that I will have a piece of art published where many people I don’t know will see it.”

Stephen Sedgwick-Williams Photos



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The Algonquin Commons Theatre is a new theatre that opened in the fall of 2012, on the Algonquin College Woodroffe campus. The primary purpose of the space is to host student events, (a mix of theatre, live music, guest speakers, dance and more), and the space is also available for outside rentals.

For more information please call the Theatre Box office at 613-727-4723 ext. 6442



Fall 2014

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*Glue* is dedicated to reflecting the experiences of Ottawa’s college and university students, on their campuses and in their city. Our magazine celebrates their interests and discoveries which all contribute to making student life unforgettable. *Glue* is published twice a year by students in the journalism and advertising programs at Algonquin College.

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# A LETTER FROM THE EDITOR



**RACHEL AIELLO**

Our identities are like murals. Each layer adding to the overall meaning. Much like our identities, art can be a curious combination of self-expression, unique experiences and new outlooks. As we’ve learned in making this issue, who we are and how we share ourselves is much like a mural. We’re all diverse and beautiful and each one of us effects the community we belong to.

**That’s what this issue is about: making our mark.**

Hear from writers who have struggled to come to terms with an aspect of their identity, whether it be

their ethnic combination, their religious persuasion, or the reconciliation that comes after an adolescence spent engrained in the prison system. Our writers have certainly turned the mirror on themselves, and then directly onto the pages of this magazine. We’re hoping that the reflection catches some of you in it, too.

It is also our aim to shed some light into Ottawa’s vault of best kept secrets, from Parliament Hill, to performance spaces, how to get there safely as a cyclist... and where to stop for a street-side bite in-between.

This issue, for us bright-eyed and hopefully new grads is as much about looking back on our years of post-secondary as it is casting our sights into the scary unknown that is the future. As you’ll see in our retrospective, the latter affects the former in all sorts of interesting ways.

So, for those first-years picking up this copy of *Glue*, thanks! And welcome to the craziest ride. Gearing up for your first varsity game? Worried how you’re going to balance it all? That stuffs in here, too. Live every moment, now’s the time.

For those nearing graduation, wondering what’s next? Page 8, silly.

Now, sit back, grab your beverage of choice—in our opinion, *Glue* is best served with something caffeinated, or from a cask—and enjoy. ☑



**BRAD FOUGERE**  
Managing Editor



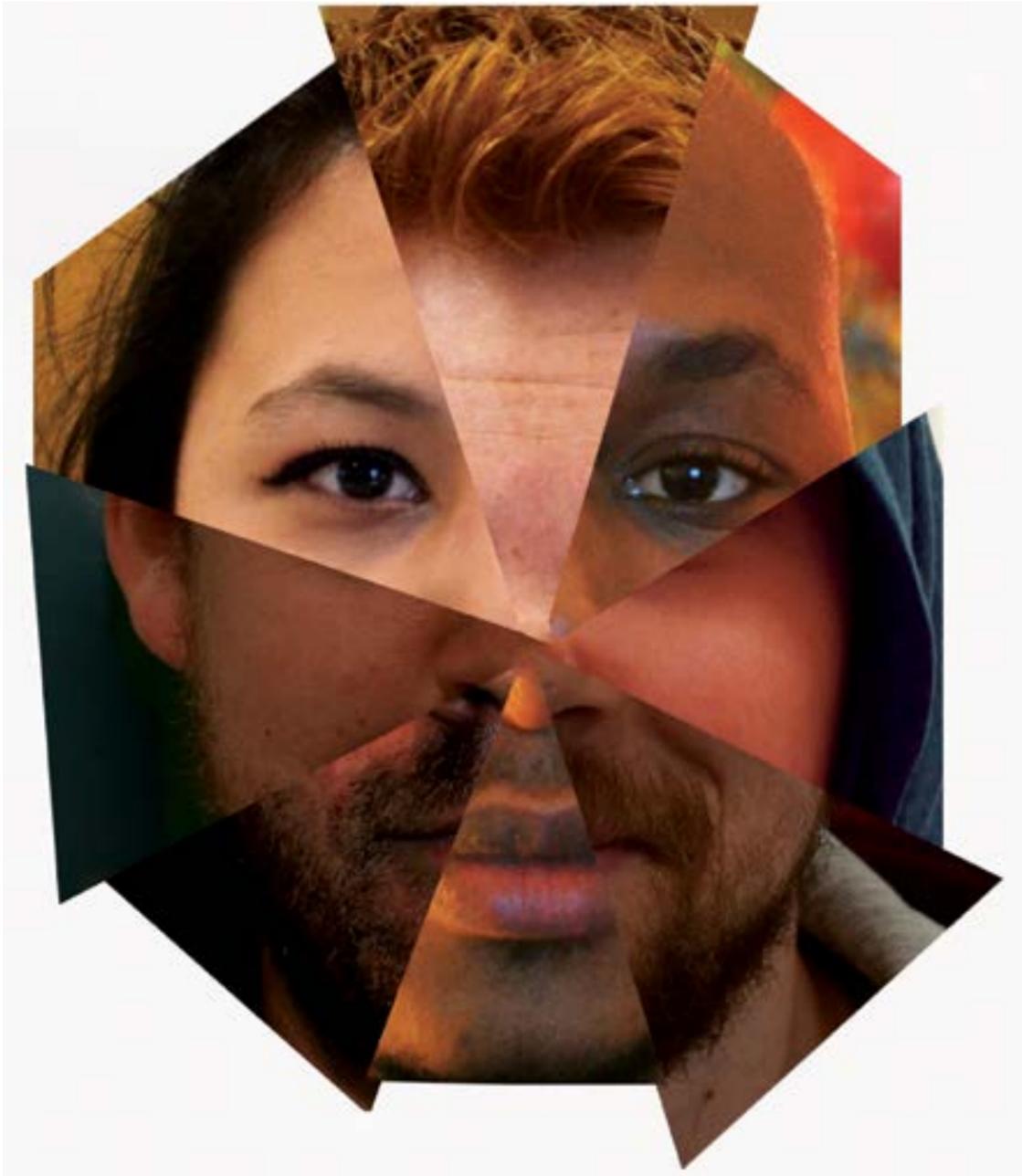
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**MEGGIE SYLVESTER**  
Online Editor



# THE FACE OF DIVERSITY

**We're living in a time where the world's borders are breaking down. Pegging someone's background takes more than pinpointing a place on a map. As Tamir Virani learns: cultural identity is more than skin-deep.**

A small but growing portion of the population can stop you in your tracks as you pass by them on the street. As you continue on your way you flip back in your mind to your grade school geography days as you try to distinguish their origin. As curious as it may be to you, those with a mix of facial features from around the world often find it equally as challenging to pinpoint their own cultural identity.

At age seven, in the third grade, I was standing in a circle of fellow classmates. We were huddled together outside while we waited for the bell to signal our return to class. The topic lands on cultural backgrounds and more specifically, our own. When asked, I excitedly chime in with my blend: "Egyptian Indian, Greek and Italian. With

Even as a child, Daly-Buajitti was cognizant of every stare that was prolonged just enough to make her feel that something was wrong with her appearance. In school, she endured fellow classmates making fun of the way her father looked. And as she grew older, friends and acquaintances either tiptoed around – by inquiring about her

name to figure out what she really was – or over simplifying her cultural identity into one category. Nowadays, however, when people pry about her ethnicity, she tells it like it is. Getting there may not have been easy, but it was worth it. Being mixed is something to be proud of for her. She sees it as a privilege.

**Those words would continue to follow me around for the next several years as I struggled to identify my cultural background, and more specifically if it even "counted"**

"I feel lucky and I think it's an advantage in a sense," says Daly-Buajitti. "I sometimes feel like I understand issues better because of it. It's given me a unique perspective on things."

Karima Stacey feels the strength her mother developed growing up in apartheid South Africa helped her deal with the discrimination she experienced as a child.

"I'm studying human rights and conflict studies because of what my mom went through," says Stacey, 22 who studies at the University of Ottawa. "I feel more accepting and open-minded because of what I went through."

In high school, a group mistook the cultural combination of Chinese, Malaysian, Indian and Scottish from her mother and British father as African.

"There was a really bad situation with a group of actual white supremacists," she recounts. "One boy kept harassing me and eventually got expelled."

"I kept being like 'I'm not even black!' At that age you're just not confident enough to brush them off," says Stacey.

Stacey finds she is constantly picked out of a crowd. People forwardly express their curiosity about her background. "Sometimes people will just come up to me and start speaking Spanish or Arabic," she says.

"It almost bothers me when people ask just because it's not a straightforward answer."

However, Stacey now feels good about her mixed background. "It made me want to be more aware of discrimination in the world."

As for myself, I'm still just as likely to proudly rhyme off my list of ethnicities. My mixed identity is my own to delineate and share. It's malleable throughout my self-development. Race doesn't define identity, even though most of society seems to think so. We define our own identity.

a little Turkish thrown in for fun."

"So then you don't really count as anything," said one kid.

There's a French proverb that says: "If you want to know the truth, ask a child."

The sentence shot into me, lodging itself in my memory. While at only seven years old, I couldn't completely make sense of it. Those words would continue to follow me around for the next several years as I struggled to identify my cultural background, and more specifically if it even "counted."

Mixed-race adolescents now coming into their own look back at their childhoods as the time where their own self-concept was sculpted by the comments and treatment of their peers.

The solution many seem to find: identifying themselves closest with a new culture: A combined race.

"If I'm going to identify with someone based around racial qualities, it's usually other mixed people," says Melissa Daly-Buajitti.

Getting to the level of comfort she has with her own mixed identity now, wasn't an easy path for Daly-Buajitti. The 23-year-old Ontario College of Art and Design student could be the poster child for mixed race people. Her father is of Chinese and Thai descent and her mother of British descent.



Karima Stacey has experienced harassment on account of her ethnicity. She's channelled that into her studies of human rights and discrimination.

Sophie Desrosiers Photo Illustration

Tamir Virani Photo

# WHAT'S IN A NAME?



**When people think of us, they think of our names. It's a major part of our personal relationships, as well as our self-identification. So what happens when you don't identify with your name? For those with birth-name disassociation, it becomes an everyday issue, writes Rattus Norvegicus.**

With all due respect to my parents, they chose the wrong name for me. When I was born, they looked at me and decided I was a *David*. It is a common, traditional name and there is absolutely nothing wrong with it. The problem is, it isn't mine.

Our names form our identity. With every government form we fill out, every school application we write and every pizza we order, we are asked for our name.

While *David* is a perfectly adequate name, it has an uncomfortable association in my mind.

**Our names form our identity—with every government form we fill out, every school assignment we write and every pizza we order—we are asked for our name**

So why do some of us have trouble accepting our given name?

My early life was plagued with undiagnosed mental disorders that caused me an incredible

amount of grief. I was able to successfully move past this period of my life.

However, I can no longer hear my birth name without feeling a sharp reminder of those times. After a fair amount of consideration, I decided on the name Rattus Norvegicus.

At first glance, it isn't the most complimentary name. Rats aren't seen as pleasant creatures. It's for this reason, however, that I relate most to them. I too, appear unpleasant at first glance. Being shy, I often come across as cold and haughty.

I frequently experiment with my appearance, which leaves me looking quite unapproachable at times. But under that rough exterior lies an intelligent, loving soul, a description that would fit any rat that I've encountered. Alas, the name stuck.

When people think of our name, they think

of us. So when we don't identify with our name, we feel the effects of this issue every single day. Luckily, we have options.

"My dad and I have not the best past," said Suzanne Eden, a 21-year-old holistic psychology student. "I don't even see him anymore."

Eden is currently in the middle of changing her last name. She was born Suzanne Morrish, but in a situation very similar to my own struggle, will be using her mother's maiden name to distance herself from a past that she no longer identifies with.

"To take on my mom's name was kind of the last step in releasing my past and just moving forward."

George Wood—born Jason William Gautreau—is a 35-year-old federal employee. While carrying his own share of personal reasons for a name change, he also has a much more practical

reason for doing so.

"I hated my first name," he explained. As a child, Wood shared a first name with many of his peers.

"So I was always known by my last name, which was a long French name." When a friend in high school noted his similarities to an obscure comic book character, Wood combined the character's name with his mother's maiden name and found his new identity.

The common element in the struggle between birth name and its owner, is identity.

When it comes to identity there is no compromise. The impact and struggle are very real.

Whether it revolves around a birth name that the owner isn't fond of or a past that invokes nightmares upon the slightest recollection, the issue is serious. And for some, the solution is just a name change away.

**To take on my mom's name was kind of the last step in releasing my past and just moving forward**

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# PROTEST MUSIC: EMPOWERING THE PEOPLES

## Meggie Sylvester muses on the origins of the electric powwow and how A Tribe Called Red captured a revolution through song.

It's Saturday night at Babylon nightclub in October 2007, the beat of the drum roars with an infused electric pump. The exhilarating mix between traditional powwow and dub-step sounded unlike anything heard in Canada before.

The combination of Northern Cree and electronic music adapted by Ottawa-based group A Tribe Called Red has since engaged an entire generation of Indigenous and non-Indigenous peoples, though no one could have suspected the impact that night.

"I certainly didn't know at the time that it would become everything it is now," said owner of Babylon nightclub Adam Kronick, but the rest has become a significant piece of Canadian music history.

The disc jockey trio Ian Campeau, Bear Witness and Dan General created a sound so unique on the national stage that the group earned a nomination for the Polaris Music

Prize in 2012 — an award that celebrates creativity and diversity in Canadian music.

TCR's roots are in social activist movements. Idle No More, an Indigenous revolution that began in the winter of 2012 has become an important element of their stage presence.

What makes Tribe so unique, however, is their aim to bridge Indigenous forms of artistic expression with contemporary music. According to TCR, combining various genres challenges racist notions experienced by First Nations. Tribe displays images of misrepresentations of Aboriginals as caricatures, mascots and uncivilized peoples.

While challenging these notions with contemporary, electronic sound, Tribe also explores traditional oral story-telling. The result is a soundtrack and a carved-out place for Aboriginal youth in Canada and beyond.

Carleton University professor Elaine Keillor and author of *The Encyclopedia of Native*

American Music of North America noted TCR adapts their music by building on traditional culture.

"The art of oral story-telling is so important and is often combined with what we call 'music' in Western culture," said Keillor.

This unique combination has had a profound effect on Aboriginal youth.

"People in our community owned it so quickly and said 'this is ours, for us,'" said Bear Witness in an interview with the *Boston Globe*.

"We really started to realize what we had done."

TCR's aim is truth and reconciliation for Canada's First Peoples.

"This is something we are just starting to work out now," said Bear Witness, "It's allowing communities to grow again."

Protest comes in many forms, but music captures the energy.

Meggie Sylvester Photo

# ACHIEVING ALIGNMENT

What student isn't busy? We all have a million things going on all the time between work, school, staying healthy and maintaining an ounce of sanity and a stable social life. Chasing a balanced life can be tricky, but worth it for students on the go.

**Finding balance as a busy student can become a real juggling act. Tip the scale in your favour by following balance guru Julia Vodyanuk's pointers.**

## Minding mental health

According to the Centre for Addiction and Mental Health, people 15 to 24 are more likely to experience mental illness or substance abuse disorders than any other age group.

It seems simple, but taking time to clear your mind can make a world of difference in every aspect of your life. Ensure that your happiness isn't coming from material things, suggests Yuriy Derkach at the Algonquin College's Spiritual Centre.

It's important to work on not letting the stress of a materialistic or hectic lifestyle weigh you down.

## Maintaining physical activity

The freshman 15, sophomore 20, whatever the phrase may be, staying physically healthy when you're a student can seem impossible. Being fit doesn't have to take a long time, even getting up half an hour early to workout helps. Finding one that can be completed in the comfort of your bedroom is even better.

Discovering something you like is key. You're not going to want to run if you hate it. So, try kick-boxing or karate instead, suggests Wayne Boucher, fitness and health co-coordinator at Algonquin College.

Keep yourself accountable. Schedule your workouts in your planner or phone. Tell your friends and family or set alarms. That way even if you don't want to do it, you'll feel obligated to.

## Making the grade

The stress of being in school is usually the catalyst to being off-balance. Giving yourself the time to focus and study is important.

Invest in a good agenda. Writing down your homework and life-happenings will not only help you clear your head of endless to-do lists, but helps create a safe-haven to keep track of your entire life.

When everything is laid out in one place it makes life easy to organize. You'll make your boss and your teachers happy when you show up on time, says Margaret Higgs, Carleton University's Learning Support Services coordinator.

Communicate if you're struggling in a class. Ask for help, there is nothing more dangerous for your academic well-being than ignoring the problem.

## Meeting up

Your social life can often be the last thing you think about when life gets busy. Maintaining friendships is key.

Sarah Maclean, 21, a fourth-year psychology student at Carleton recommends setting aside time to talk to friends or parents back home and having some fun once in a while.

Although partying your life away in college seems tempting, wasting a day hungover isn't the best way to stay on top of the balancing-act. However, being a hermit won't help you much either.

Once in a while, invest in some "you" time; it doesn't have to be often.

At the end of the day you have one responsibility: taking care of yourself, in all elements of the student lifestyle.

Michelle Ferguson Photo

# A DIFFERENT DISPLAY

Even though you've grown since you last went head-to-toe with a Tyannosaurus, the museums you loved as a child still have a lot to offer. Ottawa museums have stepped up their game over the last few years, offering things for young adults such as 3D movies in IMAX theatres and partying inside exhibits. The advantage to revisiting the museums from your elementary school field trips? They're affordable, interesting and fun.



## Bytown Museum: History and modern times merge together

At the Bytown Museum you get to learn how the Rideau Canal was built. Tours are also offered in six languages. Be sure to check out various DJ coffee house nights organized by student employees at Bytown. Students can join a council which volunteers in producing blogs and podcasts—perfect for people with multi-media skills to get in touch with history. Erin Manning, a tour guide at Bytown and graduate of applied museums studies program at Algonquin College, explained that you get to learn new things because of the interactivity of this museum.

## Museum of Nature: Parties and paleontology draw in students

In the immersive environment of the Museum of Nature, you can see a musician playing on the inside of a whale during Nature Nocturne: Rock the Castle, a series of ongoing party nights created for young adults. Each month's event has a different theme and the evening is filled with music, activities, dance, food and drink. "Museums are essential for everyone," said Frederick Schueler, a research curator in natural history documentation and exploration. He is also a guest speaker for various events at the Museum of Nature.

**Museums are reinventing themselves to stay relevant with the addition of interactive exhibits and student-centric events. Glue reporter Jennifer Wallace did the groundwork, and here's what local museums have to offer.**



## War Museum: Students step into shoes of soldiers through interactive exhibits

At the War Museum students engage in interactive media approaches by watching dozens of historical documentary films played on giant plasma televisions and listening to narrations. While touring the museum students can see Harley Davidson motorcycles from World War I and World War II. Students can learn impactful information about Canada's war history and they learn how to relate to soldiers through the exhibits at the museum. "The relative idea is to preserve, remember and educate," said Theo van Vugt, a tour guide at the War Museum. Visitors will be engaged by listening to war soundtracks, wearing real cork helmets, and sitting in realistic trenches. "I like the War Museum for its Canadian culture," said Thea Bennett, a third-year hairstyling student at Algonquin College. "It's really important because you forget about the past."



Mike Timmermans Photos

# FRIDAY NIGHT LIGHTS

**The energy of a rowdy crowd and having home field advantage can fuel athletic performance. Here's the psychology behind root, root, rooting for the home team. By Steven Smeall**

There is one minute left in the third period of the game, and the home team is trailing 3-2. Despite being down, the fans are still confident in their team. The players are hyped about how much this crowd is behind them. In the blink of an eye, a one-timer blasts by the away team's goalie, and we're going to overtime! The stands erupt as the home team goes on to win the game!

Is it possible that the team reenergized just based on the crowd's cheers? "The home advantage is a consistent finding that exists across both professional and amateur sports," says Matthew Sorley, the undergraduate chairman of the Department of Psychology at Carleton University.

"What's also interesting is that its effects generalize across sports, gender and age."

Sorley says that most of the effects that a crowd has on a player breaks down to a boost of confidence.

"When we're confident, we typically exert more effort, demonstrate extra resilience when the going gets tough and exhibit enhanced concentration," explains Sorley.

With the return of the Ravens football team last year, Carleton students have a chance to show some team pride.

Ravens head coach Steve Sumarah says that the support from Carleton fans was amazing through their first season.

"The crowd support we have received has been second to none," said Sumarah. "They really have bought into football back on campus."

The home games regularly sell out despite the team's standing.

"I definitely think the crowd has an impact on the way we play, especially at home," says GeeGees quarterback Aaron Colbon, of the annual Panda Game between Carleton and the University of Ottawa.

"It's always a motivation to go out there and give them something to cheer about."

The crowd has the potential to positively affect the performance of an individual and the team as a whole. They can change the result of a game.

So gather up your friends, put on their colours, and go help your team bring it home!



Aarash Sivakoti Photo

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# HOME IMPROVEMENT

Are your nightmarish neighbours turning your duplex into a don't-plex? Glue's got some tips to avoid living in a high rise from hell.

By Michael Timmermans

Student living isn't always easy, here's how to avoid becoming a nosey neighbour or negligent roommate:

### False Advertising

When Algonquin College event management student Sarah McKenna went through a break-up last year, she needed a

place as soon as possible. She wound up with a stranger in a sublet nightmare.

"An ad on Kijiji seemed too good to be true," said McKenna. "I was right."

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From fake legal documents to a fire from a poorly-maintained stove – McKenna knew she had to get out.

"She created a trespass letter about my boyfriend and tried to make it look like a police notice," she said.

The icing on the cake for McKenna was the weird bathroom requests. "She had a sleeping condition and didn't want me flushing the toilet after she went to sleep."

She bounced and hasn't looked back.

### It's all about respect

Whether you live in residence or an apartment, it's a shared space.

The hall of my apartment building frequently smells like a Snoop Dogg show. Thinking it was coming from my place, a neighbour complained and I caught the wrap.

In this miscarriage of justice, the real potheads keep hitting the bong and anxiety got high at home.

We know from Newton's third law of motion that actions have equal and opposite reactions. Keep that in mind when it comes to what you do chez vous and it will be a happy living space for you.

### Practice moderation

You don't live in a monastery. No vow of silence is needed. Be reasonable.

"If you are having a party or friends over, let your neighbours know," says Chantel Armstrong, a rental agent with District Realty.

A music major studying tribal percussion? Best not to bang away if the only thing separating you from your neighbours are

**An ad on Kijiji seemed too good to be true. I was right... I knew I had to get out**

paper-thin walls. Like to let loose? Do it on the weekend and move the party to the bar early, or give your neighbours a heads-up.

"A simple gesture can save yourself phone calls and letters from the landlord," says Armstrong.

### Be smart. Do your homework

I had to live on cement floors for two months with all my stuff in boxes. My dog thought a pipe was a chew toy and flooded the floors of our apartment. The only reason thousands in repair costs didn't come out of my pocket was because of a \$20-a-month insurance policy.

Know your lease and building regulations or you may find yourself out on your ass.

If you cause damage or loss to another property, you're on the hook even if it's an accident. Look into insurance for protection.

### Remember that relationships take a bit of work

"If you're experiencing difficulty with your neighbours, go over and talk to them," recommends Armstrong.

All relationships require some elbow grease. Get to know your neighbours. If an issue arises, try resolving it with a friendly knock at the door.

"From my experience, communication is key to any relationship, including neighbours."

With that, welcome to the neighbourhood!

### Living experience:

Glue editors have experience living month-to-month, without the comforts of our parents' couch, or the safety of someone doing our laundry. Here are some life lessons we've learned:

Get it in writing: Draft a roommate contract before signing. You'll come to learn some friends just can't live together.

Although a free couch might seem like a good idea, consider the bed-bugs bill.

Split on groceries: The necessities like bread, milk and eggs are easily shareable.

Michelle Ferguson Photo



# POETICALLY SPEAKING

**Wordsmith King Kimbit gives a snapshot of the Capital's vibrant slam poetry scene.**  
By Katrice Sutherland

**K**imberly Nguyen has a way with words. Audiences snap their fingers, captured in a reel of poetry whenever she takes to the stage as King Kimbit. Nguyen, a 21-year-old Carleton University student is one of Ottawa's most recognized artists in the city's growing slam poetry phenomenon. Beyond studying towards a degree in mathematics, Nguyen was the first female to win the Urban Legends Grand Slam competition in 2012. Slam poetry is a competitive art form where participants advance through multiple divisions of audience-judged performances in hopes of building a reputation in the community or earning cash prizes. Two of the most active troupes in Ottawa are Urban Legends Poetry Slam and Capital Slam. These teams foster a poetic environment for artists to rehearse in a safe space and prepare for competitions. *Glue had the chance to chat with Nguyen about slam poetry in the city.*

**Glue:** Why do you think audiences are attracted to the growing phenomenon?

**Nguyen:** People are spilling their souls out there. Then people in the audience can relate and it makes them think, "Oh, I'm not the only one who feels this way after all."

**G:** What do you think is the most interesting aspect of Ottawa's poetic community?

**N:** I find the Ottawa poetry community has the least drama. I thought all poetry was like Ottawa poetry because that's all I knew. But

then outside, there are different organizations that have beef with each other in their own city and they have a lot of disagreements.

In Ottawa, I find, most people are supportive of each other and it's really welcoming. Especially having the support of the people you look up to.

**G:** Why do you think students should invest their time in spoken word and slam poetry?

**N:** Slam poetry saved my life. I used to hang out with the wrong crowd. Then poetry when I got into it, I found was something I'm good at and I'm getting good feedback out of.

Poets are a great crowd to hang out with

because they're giving you a healthy atmosphere and not getting into trouble. It is also a good way to vent and get things out of your system—it's a good medium.

It can be as real as you make it.

It's a de-stresser; it's therapeutic to write and everyone should try it.

**G:** What would you recommend first-time poets do to become involved?

**N:** As these slams come out watch them, see how they go. Definitely start out with open mic first if you're not ready to be judged for your poetry. There's no numerical judgement for that.

Katrice Sutherland Photos

Local venues like Mike's Place at Carleton University, Umi Café in Chinatown and Mercury Lounge in the ByWard Market host popular open mic nights where aspiring poets of all ages can connect with a welcoming audience.

Can't make it? Check out a slice of one of Nguyen's slams below, or try your hand at our rhyming dictionary.

## KING KIMBIT: Still Here

Performed at the protest against human rights violations in Viet Nam in front of the Vietnamese embassy.

Not all that glitters is gold / I know / But whenever I dream of Vietnam  
I see the sea that surrounds it and the glistening on it's surface from what  
appears to be rays of light's reflection / And here my logic plays deceptive  
because the glittering golden beams I see is really gold that's been reflected  
/ and whatever treasures lay at the bottom I may never get to discover /  
But the gold I see glisten is that of the blood and the bones of my sisters  
and brothers, those who were not so much blessed with the same fortunes  
met by my mother and father, whom had gotten up and left in the same  
haphazard manner / Fleeing for freedom by leaving the motherland in  
the attempts to escape the aftermath of the war / ...

## Types of rhymes:

### Beginning Rhymes:

When words have the same first consonant or syllable sounds.

**Ex:** physics/fizzle, scenery/cedar, pantaloons/pantomimes, carrot/caring

### End Rhymes:

Words that duplicate the final vowel and consonant, or last syllable sounds.

**Ex:** marigold/buttonholed, scholar/watercolor, humanity/serenity

### Eye Rhyme:

When words are spelt alike, and look the same but are pronounced differently.

**Ex:** pint/lint, temperate/date

### Feminine Rhyme:

When the final syllable is unstressed.

**Ex:** pleasure/leisure, longing/yearning, fashion, passion

### Masculine Rhyme:

A rhyme that occurs when the final syllable is stressed.

**Ex:** desire/fire, observe/deserve, cat/hat

### Rich Rhymes:

When the identical syllable sounds are found in a word, sometimes in doubles or triples.

**Ex:** soaring/adoring, conviction/prediction, sanity/vanity, cyst/persist

### Wrenched Rhyme:

Occurs when the poet seems to surrender to a difficult rhyme.

**Ex:** Door-hinge/orange, rhinoceros/preposterous

### Mosaic Rhyme:

When one word or piece of a word matches up with another.

**Ex:** proposal/suppose, lover/coverlet, unintended/ pun intended

By Rachel Aiello

DESIGN  
CREATE  
INSPIRE

Algonquin College's School of Media and Design offers 24 programs that explore every facet of the creative arts.

With so many programs to choose from it's easy to find your passion.

# FINDING YOUR TRUE COLOUR

What drives an athlete is what's inside—their desire, heart and what they're made of. According to True Colors International's personality test, the colours of orange, blue, gold and green represent the four central personality styles. Josh Wegman reports that this test can tell you about your sports personality type.

## ORANGE

The colour orange is for spontaneous people who seek action, motivation and excitement. People who are orange seize the moment rather than sitting around waiting for it to appear.

Rock climbing is a sport that doesn't gain the attention that hockey, soccer and baseball do, but it is definitely exhilarating enough for someone requiring action and excitement.

"If you fall you can die, pretty straight-forward," said Curtis Cheslock, a respiratory therapy student at Algonquin College who has been rock climbing for four years. "For me, the best part about it is the thrill of imminent risk."

In the midst of a climb, a rock climber can never second-guess themselves. They have to be confident and driven to get up to that next rock. "It's challenging," said Cheslock. "But in the end, it's extremely rewarding personally."

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## BLUE

Keeping cool under pressure, being a true team player and wanting to go the extra mile for others are some characteristics of the colour blue. People who are blue also seek gratification and peace.

Most team sports are ideal for someone blue, due to their teamwork excellence, but the sport that stands out most is soccer.

Soccer requires extensive passing and ball possession. Slowly moving the ball up-field and waiting on the perfect chance to attack is the standard strategy for most soccer teams. Since the ball is passed around so much among each and every player, it really takes a full team effort to win rather than one superstar.

"You have to trust in your teammates in order to succeed," said Kelsey Baxter, communications student at Carleton University who has played soccer since she was seven-years-old. "But once you have success, it's pure bliss."

One other characteristic of the colour blue is sensitivity, which may force people to think of the stereotype that soccer players whine a lot and fake their injuries. "Soccer players can definitely fabricate the pain from time to time," said Baxter. "But a lot of the time we're not being wimps. Being on the wrong end of a slide tackle can be extremely painful."



Kelsey Baxter has been playing soccer since she was seven, she enjoys the strategy and teamwork.

Josh Wegman Photos

## GOLD

Someone who is gold is stable, strong and hard-working. Think of the phrases "good as gold" or "a solid-gold work ethic" for this colour. Hockey is one sport where being strong and hard-working pays off because the players value winning.

"A lot of the time in hockey a player will go without getting credit just because they didn't register a point," said Bryan McWhirter, who played hockey for 10 years growing up. "But so many players will grind and do the dirty work for whatever it takes to win."

Missing teeth, broken noses and black eyes are all routine when it comes to hockey. Players are willing to sacrifice their body by blocking a 90mph slap-shot, or taking a bone-crushing hit just to help their team.

"Knowing you played hard and helped your team win is the most rewarding part," said McWhirter.

## GREEN

Someone who is green excels at logic and numbers. They use their composed demeanor to take on the task at hand.

One sport that uses numbers more than any other is baseball. Sabermetrics is the term used to describe the analysis of baseball statistics based on in-game activity. Every major league team uses these statistics to evaluate their own players as well as players they plan to pursue.

"Baseball all comes down to percentages and numbers," said Adam Casey, Algonquin College aircraft maintenance student, who has played baseball for eight years.

Even in-game, a manager will look at whether they should bring in a left-handed pitcher or a right-handed pitcher to face the appropriate hitter based on his handedness, statistics and tendencies.

"Just because the numbers are so important, it doesn't mean you don't have to execute," said Casey. "You still have to focus on what you need to do out there to be successful."



Adam Casey has been playing baseball for eight years, he enjoys the numbers behind the sport.

### WHAT'S YOUR SPORT?

Curious to know what sport best suits your personality? *Glue* has got you covered. Add up your points for each answer to find out what sport you should be signing up for.

#### Your friends would describe you as:

- A) determined (1 point)
- B) calm (2 points)
- C) smart (3 points)
- D) fun (4 points)

#### Your spirit animal would be:

- A) monkey (4 points)
- B) elephant (3 points)
- C) bird (2 points)
- D) horse (1 point)

#### When out with new people you:

- A) run the conversation (1 point)
- B) play off others' energy (2 points)
- C) keep quiet, play sudoku on your phone (3 points)
- D) suggest a group activity (4 points)

#### On a first date you try not to:

- A) let the other person pay (4 points)
- B) discuss politics (3 points)
- C) count the times the other person talks about themselves (2 points)
- D) talk through the whole movie (1 point)

#### In elementary school you were most likely to be picked:

- A) first (1 point)
- B) you just wanted to play (2 points)
- C) last (3 points)
- D) you did the picking (4 points)

#### In high school you were a member of:

- A) outdoors club (4 points)
- B) mathletes (3 points)
- C) social justice committee (2 points)
- D) varsity team (1 point)

#### Fill in the blank: "Good things come \_\_\_\_\_"

- A) in small packages (1 point)
- B) when you least expect it (2 points)
- C) in pairs (3 points)
- D) to those who deserve it (4 points)

#### In an emergency situation you're most likely to:

- A) freak out (4 points)
- B) call for help (3 points)
- C) stay calm and deal (2 points)
- D) respond immediately (1 point)

### Results:

**8 - 13 = Gold**  
 You're stable, strong and hardworking. You strive for excellence but enjoy collaborating. Consider a sport like hockey.

**14 - 20 = Blue**  
 These people keep cool under pressure, are peaceful and true team players. Sports for this type include: soccer, curling or rowing.

**21-26 = Green**  
 Logical and good with numbers this type keeps their composure and has strong analytical skills. Consider baseball, tennis or golf.

**27-32 = Orange**  
 This type is all about adventure, spontaneity and excitement. Adventure sports like rock climbing, snowboarding or water-skiing.

# BIG SHINY TUNES TEN

The harp has been around longer than any magazine. Experienced harpist **Joseph Cacciotti** takes us to music class with 10 things we didn't know about the classic instrument.

## 1 Harps are a tool of seduction

Gentlemen, if you want to impress a lady, show them your harp. The bigger the better. Small harps are limited in what they can play, whereas the possibilities are endless with bigger models.

## 2 The harp has style and eco-sense

There are many styles of the harp. Buying recycled harps can save money. Dr. Dennis Waring makes smaller harps from recycled materials, selling the kits to create them from home.

## 3 An instrument of mystery

A former National Arts Centre harpist, Joanna Meis, composed a song inspired by the ambiguity of the harp in orchestral pieces, called *The Inaudible Harp*.

## 4 Harps can do it upside-down

A harp is like an upright piano. As the piano earns its sound from the hammering of small mallets, the harp's strings are arranged in a similar fashion, except struck by a harpist's skilled fingertips.

## 5 Harpists know how to use their hands

A harp player must keep their fingernails short. This is to maintain the clearest pitch. One of the challenges is to hit delicate harmonics. You have to position your hands to hit the right spot, using the palm to dampen the string, and placing the base and tip of the thumb at the perfect spot or the harmonic won't sound. With practice you can get sound that leaves your audience wanting more.

## 6 If you're good, it's a moneymaker

The harp can be used to make money, regardless of your skill level. Whether from busking on Sparks Street or playing at events while in school.

## 7 Harps are a team player

In an orchestra, it's difficult to hear what a harp plays until the other instruments remain silent. It contributes to the overall performance to build a full sound.

## 8 A sound to span the centuries

The history of the harp reaches long before the first carvings of the instrument in seventh century Ireland.

"The origin of the harp is in any hunting-based society," said Mary Muckle, harp teacher and leader of the Ottawa Harp Choir and Youth Harp Ensemble.

Troubadours and travelling minstrels often played harps and spread the news of the day with music and song throughout the medieval ages.

## 9 The harp is versatile

Though it is most well-known as a classical instrument, the harp can be played many ways. Twins Camille and Kennerly Kitt are actresses, performers and arrangers that have played harp duets of every kind—from Lady Gaga's *Bad Romance*, to Iron Maiden's *Fear of the Dark*.

## 10 More than just music

Harp music is universal and has a profound effect that is beneficial. It can be appreciated by all, regardless of age or mental state and can be used in music therapy. According to Julie Leduc, music performance student at the University of Toronto, the music of the harp is not a cure but is certainly part of the treatment. 📌



Photo Provided by Joseph Cacciotti



**In celebrating *Glue's* 10th anniversary, Brad Fougere took a trip back in time to see how our mandate has stuck.**

**W**hen *Glue* Magazine began publication in 2003, the editors of the day needed a direction. Ten years later, *Glue* continues to inform students in the Nation's capital on political, social and cultural issues. As we celebrate our 10th anniversary, we look over major events of that first year through a lens of *Glue* stories that had a finger on the pulse of the major events of the day. The issues students in Ottawa faced in 2003 have had a lasting impact.

Politically, the sponsorship spending program was becoming a scandal for the governing Liberals. Socially, on the money front, students were facing the prospect of rising education costs in Ontario after a promise of tuition freezes by the provincial Liberals. And culturally the LGBTQ community, who won the right for same-sex marriages in 2003 continued to fight against hatred and prejudice.

Looking back, the issues students faced then are not that different from those we've been facing. Though there has been some evolution, these issues are more than just old news. Learning from the past is key to looking forward with clear vision. So let's recap what's got us here, and where we've come in the past 10 years. For the students starting out or just wrapping up their studies, *Glue's* got you covered.

Brendan Wilson Illustration

# Ten years: A timeline



## Political: Canadian Political Change

The political events seen during the days the initial *Glue* was published have had a lasting impact. If we look at the sponsorship scandal as a baseline, the political sphere has been flipped on its head. The government Liberals have fallen to levels close to where the former Progressive Conservatives were at the time. Now, the Conservative Party (born from a 2003 merger of Canadian Alliance and the former PC party) are on top leading a majority government. The political landscape was a very different one in 2003-2004. The Conservative Party of Canada was in its infancy, the Liberals had a stranglehold on Parliament and Jack Layton was the new leader of a New Democratic Party with nowhere to go but up. It was an Auditor General report and subsequent inquiry called by then-Prime Minister Paul Martin that sparked the changes that lead to a majority for Stephen Harper. "I think it's a case where whatever gets the biggest headlines captures the attention," says Lawrence Martin, public affairs journalist at *The Globe and Mail*.

**Then:** Brent Reaney's Grassroots article in *Glue's* first issue profiled Green Party of Canada's Matt Takach. Takach, a criminology grad from Carleton, was an important organizer to the Greens during their breakthrough years. He ran provincially multiple times in those early years prompting then-Ontario Green Party leader Frank de Jong to muse "If we had ten of him, we'd have an MP elected by now." As one of the few paid staffers for the national Greens, Takach was responsible for organizing candidates nationwide, fundraising and policy development amongst other duties. The major shift happening at the time helped the Greens garner votes. With those votes were able to add to the coffers as existing campaign finance rules provided funds for votes cast to the running parties. The crumbling of the Liberals and the distaste for a united right – "I've had people phoning me and asking them to send a Green Party bumper sticker to put over their old Canadian Alliance one." Takach noted in the article – lead to the eventual election of Elizabeth May.

**Now:** Many current post-secondary students were still in their pre-teens, while current *Glue* staff were watching the sponsorship scandal unfold. The Conservatives were able to take power and haven't looked back. A possible look ahead to what they'll be writing about a decade from now: trade. The success of the trade agreements tentatively signed by Harper with the European Union on the heels of various smaller trade deals in Central and South America and the pending Trans Pacific Partnership could determine a very important question. "Will this be a Conservative century?"

## Social: Student Financial Burden

2003 wasn't the first time education cost was an issue demanding national attention, to be sure. Costs, debt levels and the wait times for discharging the debts if a student ran into trouble were all demanding attention in 2003. Tuition freezes were being promised by incoming governments but they would not last. Tuition costs averaged \$4025 in 2003, according to Statistics Canada. Student debt averaged about \$20,000 in 2003. The 2012 numbers were \$5581 and \$26,000.

On the election trail in Ontario, former premier Dalton McGuinty would promise education reform and a two year tuition freeze to all Ontario students leading up to his 2003 election. Just two years later, after the appointment of Bob Rae to shake up the education system, tuition began to rise steadily. Tuition costs across the province have as much as doubled according to the Canadian Federation of Students – Ontario.

**Then:** Jenn Hardy's article in issue two focused on the state of funding for post secondary students in Ontario. Hardy examined the disparity between the loans granted to students from various demographics. In addition, she looked at the Rae Review and what affects that would have on student debt. Hardy spoke with Canadian Federation of Students – Ontario chair Jesse Greener who cited the changing loans granting system as a path to even greater student debt. The fear was that even with a more liberal granting platform, more money in the pockets of students would lead schools to ask more of them in return. Lower funding for colleges and universities would mean higher tuition and higher debt levels for the students.

**Now:** Given the current job market and education inflation, young people are feeling more than ever that it's time to take a stand. From student federations taking a stand against tuition hikes, to unpaid interns demanding a fair chance, the education and economic systems are becoming increasingly entangled. When access to a career is experience, but the access to experience now comes at a cost; it's the beginning of an unsustainable hamster wheel churning out overqualified and unpaid graduates.

It's possible that inflation will lead to continuous rise in tuition. The downloading of federal costs onto the provinces is a main drain on funding to help curtail the raising costs. Pair the rising costs with educational inflation and it's likely the rise in college enrollement will continue to rise.

## Cultural – LGBTQ Equal Rights

Canada has come quite a long way since Pierre Trudeau declaring the state had no business in the bedrooms of the nation. This statement was one of the foreshocks to a continuous ripple of progress leading up to 2003's historic ruling that "marriage for civil purposes is the lawful union of two persons."

In Ontario, in 2003, the first same sex marriage occurred when Michael Stark and Michael Lesnher entered into a civil union. Also in this year the United Church of Canada voted to endorse same-sex marriage. After the Ontario Appeals court ruled that the Canadian Charter of Rights was violated by preventing gay marriage, Ontario became the first province to rule for equality. That eventually led to the Civil Marriages Act that gained Royal Assent in July 2005. While the ruling was a moral victory, it did not end the battle for equal treatment.

**Then:** In the winter 2007 issue, Andrew Notley penned "Same Sex, Same Love." A look inside a budding relationship with his partner Kevin, the article explores numerous similar relationships. Notley found comfort after coming out to his family. He also spoke with openly gay students who found that finding themselves in an urban centre went a long way to make them feel more comfortable in their own sexuality. Poignantly, Notley wrote "Just because gays can marry doesn't mean everyone will approve."

**Now:** Rights do not begat understanding. But, assuredly it is a more accepting society ten years after the Michaels won their battle to wed. Throughout the last ten years Canada saw further rights gained, including pension benefits of their spouses and divorce. Contemporarily there has been an overwhelming shift in society, observed by all major institutions. Most all schools have a pride center and gay characters are a mainstay on primetime television, as we our watching our brothers to the south make their way into legal recognition of same sex marriage.

In 2010 when Vancouver hosted the Winter Olympics, we were the first country to introduce a pride house in the athlete's village. Many lesbian, gay, bisexual, transgender and queer athletes and volunteers took part from across Canada, and welcomed in international LGBTQ athletes as well.

Canada was also host of World Pride this summer in Toronto, welcoming over 1.2 million people to "celebrate the history, courage, diversity and future of Toronto's LGBTTIQ2SA communities."

What will the editors of the Fall 2024 edition of *Glue* say of the issues we've captured within these pages? We can't wait to find out. 🏳️‍🌈

-With files from *Glue* editorial team



# Sampling Spirituality

By Dali Carmichael

The path to adulthood is winding. Trends suggest more young adults are rediscovering religion as part of their identity. Having a sense of spirituality can give those transitioning between adolescence and adulthood a framework to reflect and ask important questions.

The coming of age experience is one that is truly universal. Across geography, culture and time, people reach a period in life where they get to define their identity as an adult. In the western world, that usually happens after high school.

The traditional, linear pathway through life – maybe graduate college, get a job, settle down and have a family – is a thing of the past.

It seems, now more than ever, that there are a plethora of experiences to be had. It is time to get a post-secondary education? Start a family? Travel the world?

Of course, older generations had to make these choices as well, but anything other than the straightforward, linear path may have been seen as unusual, financially irresponsible or even out of reach.

In an increasingly secular world, one thing that a lot of those older folks neglected to do was define their spirituality.

Since the rise of baby boomers, the number

of people who resign themselves to one religion or another has decreased exponentially.

But, believe it or not, spiritual practice in the western world is not dead.

In a time of uncertainty, where there is widespread anxiety about economic instability, aging populations and wavering job prospects, even the youth – perceived as wild, reckless and careless – are opening up to religion, finding ways to ground themselves by getting connected to their spirituality.

For some, it is a given. Without a second thought, they take on the religion of their parents and practice traditions that have been in their family for generations.

For others, that need to try different experiences seeps into their exploration of spirituality. We've all had one friend who was into a certain fad one week and another the next.

The modern trend is really about finding a way to practice spirituality in a way that meets individual needs.

## Adapting traditions

Chloe Swaneck did not have a traditional bat mitzvah. For starters, at 22 she was a good decade older than most women who signify their entrance to adulthood through the Jewish ritual.

Upon entering her last year at the University of Ottawa, where she studied international development, globalization and communications, Swaneck decided it was time to embark upon her own spiritual journey by investigating her maternal roots in Judaism.

Swaneck had a Jewish mother and a Catholic father. "I didn't know anything about Judaism at all, I grew up in an area where there wasn't a synagogue, so I went to Catholic school and I went to Catholic church every weekend."

She felt unsatisfied with her understanding of religion and how it informed her identity.

Her process started with thoughts of exploring her own spirituality, by buying books and researching Judaism. After dating a Jewish boy for several months, she spotted a table at a



Dali Carmichael Photo Illustration

university fair where students were advertising Chabad, a Jewish organization that provides lessons to university students wanting to learn more about Judaism. Swanek's exploration came full circle when she realized that her journey into Judaism was connected to her mother's identity.

"I found a lot of like-minded people that I

using three measurements: identification, or the extent to which young people identify with a group or tradition; involvement, or the extent of their participation; and salience, the importance they see groups or traditions having in their lives.

He asked teens how they would respond to the

### Fighting uncertainty

Andrew Reid, 22, of Bolton, Ont. Could be seen as a member of this growing demographic. He'd gone to church when he was younger and had attended some youth-group gatherings with friends in high school, but as a teen he did

**While young adults may not typically be the most enthusiastic group of religious individuals, multiple studies have shown that they are one of the cohorts most open to exploring religion, especially if they have been exposed to some sort of spiritual practice in the past**

didn't know existed who acted and had similar mannerisms to my mom," said Swanek. "I just connected them to the fact that my mother was British, not really that she was from a different religion altogether."

Since then, she has focused more on the teachings of the Torah than the Bible.

### Swanek's case is not unique

Pamela Dickey Young, a professor of religion and culture, theology, and women's studies at Queen's University is currently conducting a study based on the idea that identity is fluid in young adults and as such, is the time of life where they try out different characteristics. "We're talking 18-25 year olds in our survey," said Young. "How do young adults construct their religious identity, how do they construct their sexual and gender identities and how do they see the intersection between those things?"

While young adults may not typically be the most enthusiastic group of religious individuals, multiple studies have shown that they are one of the cohorts most open to exploring religion, especially if they have been exposed to some sort of spiritual practice in the past.

"We asked a question about religious identity and about 60 per cent of our sample listed their religion as Christian, which is surprising because this is how they've labeled themselves," said Dickey. "People are not naming themselves as religious."

Dr. Reginald Bibby of the University of Lethbridge, has studied sociological trends in Canada for over four decades, paying special attention to religious trends. In 2008, Bibby surveyed 5,000 youth across Canada. He researched the role of religion in youths lives

statement; "I'd be open to more involvement with religious groups if I found it to be worthwhile." Thirty-eight per cent of youth that attended religious services less than once a month reported that they agreed, while monthly-plus service attendees climbed to 65 per cent. This was tested across young adults from different religions and the numbers were fairly static.

He also discovered that monthly attendance rose by 7 per cent since asking teens the same question in 2000.



Graydon Paitich has turned to meditation through crystals to fulfill his spiritual needs.

not define himself as spiritual or religious.

While studying international development at the University of Ottawa, Reid joined Campus for Christ (now called Power to Change), an organization that brings together Christians from campuses across Canada.

"I'd say now that God really brought me to Ottawa for the work that he was going to do in my life," said Reid. He explained that he felt lost in first year of university.

"I was living the typical first year life, partying and drinking and sleeping around and (doing) drugs and things. I just wasn't finding satisfaction...The bible kind of explains it as grabbing after the wind, just really not (finding) sustenance."

Over the past few years, Reid has dedicated himself to his religion. He was able to travel to Uganda on a missionary trip. He tries to read the bible at least once a day, even if it's only for five or 10 minutes in the morning before heading out for the day.

In August 2013, he made a bold move that he admitted was outside of the cultural norm for his age group. Reid married Deborah Inge, his girlfriend of about two years. He explained that on top of feeling physically and emotionally comfortable with her, they had built a spiritual connection. He felt that marrying Inge and starting his own family was the next step in furthering his faith.

Reid says that his friends and family have mostly been very supportive of his dedication to his new-found religion.

Others have found meaning though combining aspects of various religions, or through unorthodox practices. Graydon Paitich, 20, had travelled down a less traditional spiritual route.



Chloe Swanek is one of a growing number of young-adults finding religion during post-secondary. Growing up in a mixed-religion household, she began exploring the role spirituality played in her identity.

After growing up Catholic, he eventually found spirituality through psychedelic drugs when his high school athletic career ended. When the drugs stopped fulfilling his spiritual needs, he turned to meditation through crystals. He said that all of those practices allowed him to connect to an experience.

"The way that I see it is (that everything is connected) through energy," he said. "People all have these energy centers and they've been labelled as different chakras."

Majoring in human kinetics at the University of Ottawa, the idea of transferrable energy through the human body appealed to Paitich. He explained that the crystals act as catalysts for that energy, giving it a channel to be released from the body when used in meditation.

These are just some of the ways that people can access their spirituality in forms alternative to traditional religion.

This reconnection through spirituality is not uncommon, even in secular Canada.

### Religion in Canada thriving

The National Household Survey defines religion as, "the person's self-identification as having a connection or affiliation with any religious denomination group body sect cult or other religiously defined community or system of belief...is not limited to formal membership in a religious organization or group." People who did not identify with a religious group were given the option to self-identify as "atheist agnostic or humanist" or could provide their own response.

In May 2013, Statistics Canada released data based on information collected from over three million volunteers during the 2011 NHS. While the number of people declaring no religious affiliation climbed from 16.5 per cent of Canadians in 2001 to 23.9 per cent in 2011, over three quarters of Canadians still reported that they identified with one form of spirituality or another.

"My own Project Canada national surveys have found that over a five-year period, one in three adults who say they have no religion 're-affiliate,' identifying in most cases with the religion of their parents," wrote Bibby in a 2011 National Post op-ed. "Within ten years, the figure increases to two in three."

In the past, a major element of self-identity in young adults was determined by their profession. But with career prospects so far out of reach, they are finding different ways to define themselves. Millennials are the highest-educated generation ever, but reportedly, the least connected to their communities. One way for them to get reconnected to their place in the world is by investing in their spiritual self.

Having a sense of spirituality can give young adults a framework to reflect and ask important questions about themselves and their goals life during transitional phases, like graduating school, dating or starting a career.

Whether it means carrying the cross of their fathers, wearing the star of their mothers, or contorting themselves until their chakras are aligned and they feel connected to something bigger than themselves, spirituality can simply be a route to self discovery. ■



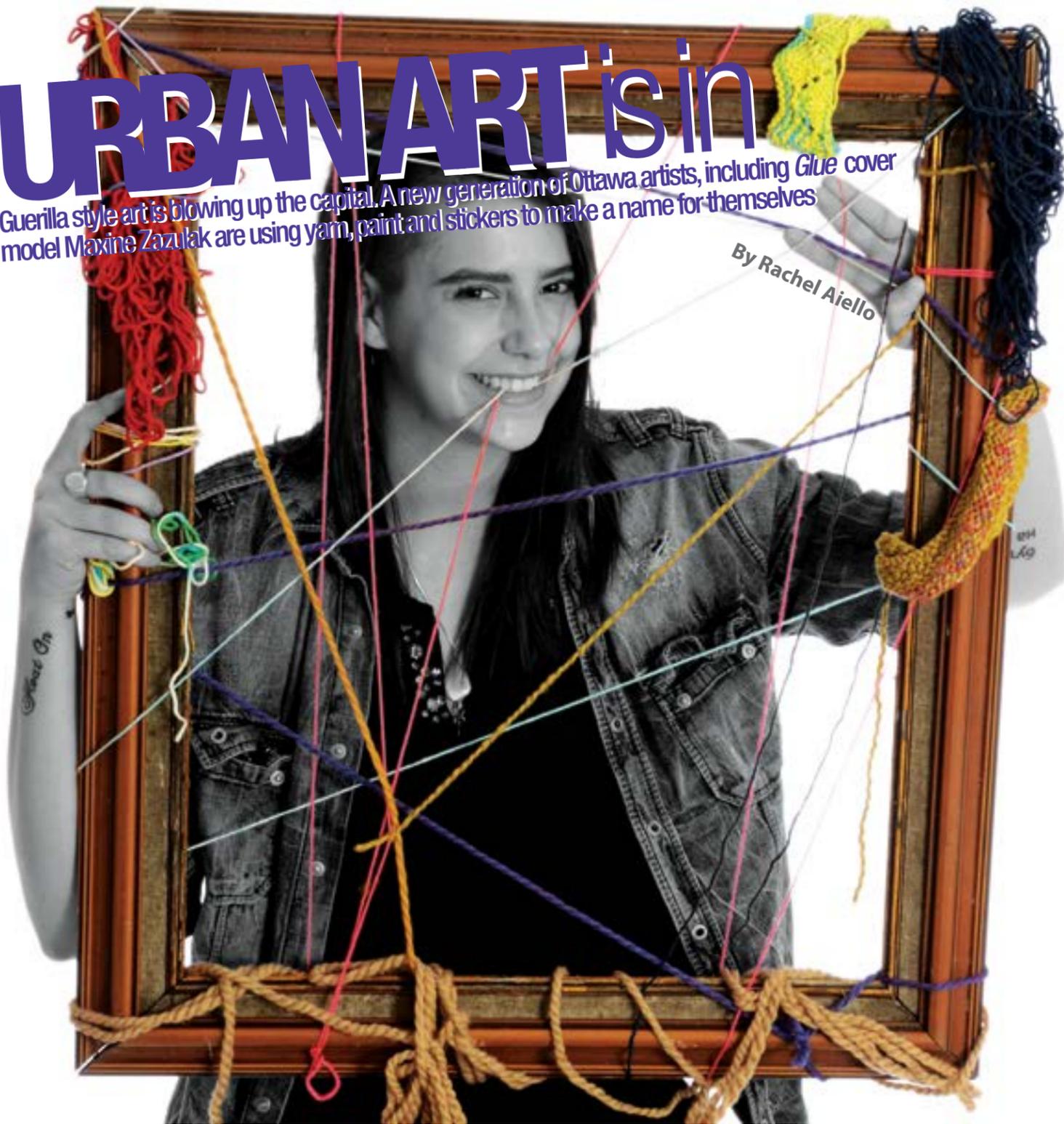
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# URBAN ART is in

Guerilla style art is blowing up the capital. A new generation of Ottawa artists, including *Glue cover* model Maxine Zazulak are using yarn, paint and stickers to make a name for themselves

By Rachel Aiello



In the city, the lines between what's considered public art and street art rooted in graffiti have been blurred, creating the space where urban art thrives. Through the student-centric immersion of **spray paint**, wheatpaste **stencils**, **stickers**, and **yarn bombs**, it's become about mediums outside museum walls.

The rattling of paint cans and the hiss of the colour spraying onto the brick could be heard as Mique put the finishing touches on a large floral mural in Chinatown. The sound that came next still makes her laugh to this day. Three police cruisers pull up, sirens pulsing. Dominique Boisvenue, or "Mique" as her signature reveals, turns around, dropping her can and mask and approaches the officers, in her paint-splattered jeans.

“Apparently they got calls of vandalism,” she said.  
“I was painting flowers”

Boisvenue explained to the police that she was one of a group of student artists from the Ottawa School of Art, engaged in splashing some colour on the capital at the community level, legally. These murals are part of a larger movement of short-term, creative, tactfully-anonymous instillations aimed at bringing art into the streets.

Like Boisvenue, Ottawans working towards creating an art-in-the-everyday cityscape are pushing the boundaries of public space. This guerilla approach – and the students that are participating in it – are pushing back, playfully, as a counter-discourse to the current notion that youthful expression isn't encouraged outside of weekend art events more temporary than their current endeavors. These art attacks can be as subtle as a sticker on a street sign or as unsuspecting as a crocheted tree branch.

By finding ways to get their voices heard and their work displayed, the following students are creating a more colourful environment and helping Ottawa shed its dull exterior in exchange for something rivaling nearby cities like Montreal and Toronto with enviably more expansive urban art scenes.

What is currently a prestigious environment of city-commissioned public art is being challenged, according to Deborah Landry, a University of Ottawa professor of criminology with a specialized focus on street art and the bylaws surrounding it.

Murals, sculptures and larger architectural instillations have been appearing more around the city, as a way to add a shared identity to the many burbs and boroughs.

However, these large-scale and relatively permanent pieces are only accessible by established artists who are privy, says Adrian Gollner, a local artist and the presenter of the workshop: Demystifying the public art commission process, at the OSA.

Commissioned art thrives off of professional artists bids and their ability to execute under the city's parameters, he says. “The term public

implies accessibility and more significantly when it comes to art, connotes a sort of organic integration between the object its allotted space and the fact that it is singularly positioned to serve the public,” says JAKe, street artist and author of *The Mammoth Book of Street Art*.

## PAINT-BY-LAW

One way this is being done is through people picking up spray cans. So much so that it's to the point where one of the legal walls is falling off. According to Boisvenue, there's too many layers of paint on the concrete.

There are only three legal walls in Ottawa, in the city's attempts to control where graffiti happens. “I think it's inevitable. Ottawa is a capital city and they need to have this front to show to other cities that it's a conservative government town, it's beautiful, and for that, you cant have scrolling tags everywhere,” says graphic design student Seita Goto.

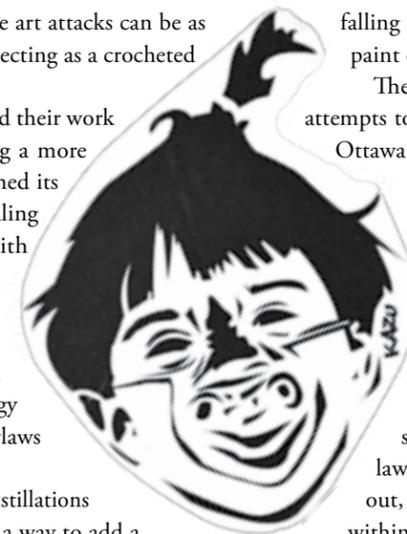
“But, I do wish there were more places where people could actually pursue their artistic side.” Goto, began his outdoor artistic expression as an angsty teen tagging, got into graffiti because of its controversial regulation.

The city of Ottawa has been on a graffiti crackdown since the introduction of their “Graffiti Management” by-law in 2008. Goto admits it wasn't that easy when starting out, citing limited space at the walls, and the understanding within the community that ‘if you can't do better, you can't go over someone's work.’

“‘Graffiti is illegal’ they say.”

“No. Graffiti is public art, that's all it is; the caveman did graffiti, that was not illegal, that was helpful,” says Boisvenue.

As problematic as this has been for the subversive art form, many writers have found ways to adapt their styles to fit the regulations, opting for more visual mural pieces that are less text-heavy.



Aarash Sivakoti Photo

Maxine Zazulak Sticker

This has been demonstrated in recent work done by *Ottawa Urban Arts*, an initiative born out of the graffiti by-law as part of a city mural program promoting artistic and creative expression as an alternative to vandalism. This was the first time seeing the city qualify “urban arts.”

## STICKING IT TO THE CITY

The expansion of what is considered urban art has welcomed more fleeting forms of urban décor.

“What I feel when I see other people’s artwork – and it could be stuff I don’t even understand – but it makes me smile when I see it and I always think, ‘if I could do that for someone else,’” says graphic design student Maxine Zazulak.

Her specialties are wheatpaste stencils and stickers. Currently, stamps and posters are one area of urban art with little restriction—other than the potential of destruction of property. Her most iconic piece is an adapted stencil of her as a child with a Rhino mask on.

The rebellious spirit has been enjoying testing what she’s capable of pulling off, while gaining recognition for her street art over the last few years.

Zazulak gets out weekly to post up her work. She always carries around a stash of stickers to paste wherever she wants to have her voice heard and her originally executed designs, seen. The daughter of an artist, Zazulak was pulled into contributing colour to her hometown, out of a desire to see the city enhance what’s available for young artists.

Like Zazulak, many are looking for a space to create art outside of a classroom, freely available to interact with the city and its citizens. She’ll even slide stickers into street art magazines in stores, or in her favourite little spots around the city to see who will stumble upon them, allowing them to join in on decorating their day-to-day.

The downtown core has proven to be the best spot for the Ottawa-native to put her stamp on. Although her art is unlikely to last long, the high-traffic area allows for maximum impact of her instillations. “I often get asked if I get upset when it gets taken down, but you have to go into this knowing it’s all temporary. All art is,” says Zazulak.

## BOMB DETONATION

The “here for a good time, not for a long time” mentality behind street art is exemplified through yarn bombing.

For some urban artists this form creates a sense of community, much like the sculptures that were commissioned in the Westboro area, the Glebe’s red chairs, or the sculptures lining the sidewalks in Little Italy.

Amanda Burton, 30, is one of these artists. She has been “bombing” the city of Ottawa since her introduction to the movement at Nuit Blanche 2012. For her and fellow Otown Bombers, the resurgence of sensory and textile art has been a welcome addition to the streets of Ottawa. “It’s just like a hug,” she says.

The handmade yarn panels are being wrapped around lampposts, bridges and even trees. It’s about making ordinary objects artful. Yarn bombing is aimed at integrating a dialogue as a counter-discourse to what art is expected to be. As a fully accessible medium, all those who happen upon it are able to experience it. For Burton, who studies sign language, this is what makes adding these colourful patterns around the city so important.

The most prolific places to “bomb” – parks, bridges and benches – can often be complex territory. “Welcome to Ottawa” some would say, where three levels of government are regulating what can go where. Between the NCC and bylaw, this usually means most yarn bombing won’t be hanging around for long. Most bombers feel it’s an okay trade-off for their ability to integrate into a space.



Graffiti artist Seita Goto and his tag *Melos*, at the legal Ottawa Tech Wall.

“You have to go into this knowing it’s all temporary. All art is”

“Urban art symbolizes the people living in the city, the mix of personalities and it’s not all greys you know?” says Goto. “It just shows the diversity in the city I think.”

Once the spray can runs dry, the yarn reaches the end of its spool and the sticker adhesive loses its tact, the picture is still as vivid. The story it tells is: The youthful contribution to the art-scape in this city is meaningful.

Remco Volmer, program manager at Artengine, an Ottawa-based collective, agrees.

“Public space in its purest form is meant to bring people from all walks together, in a shared environment and art in the public should be indicative of that notion,” he says.

Through these guerilla art projects that live between the buildings that make up this city, a voice is being projected. It forces Ottawans to reflect on what art is – and does – for them.

“Public art is in your face,” says Karole Marois, an artist whose mural work has been commissioned by various groups in the city. “It shouldn’t be only in the museums, it should be part of all around you.”

With improving infrastructure and new buildings under construction the hopes are that the city will recognize the need for more public art and will look to call on young talent.

“This is contagious,” says Boisvenue.

“Right now people may not be aware of how many willing artists there are because there is such segregation between young emerging artists and the more bureaucratic ones. But as soon as they see the possibilities and we put them in their faces it will be, like ‘yeah I want that.’”



Artist Dominique Boisvenue puts the finishing touches on her commissioned mural at The Daily Grind cafe, as an extension of Chinatown Blossoms.

Rachel Aiello Photos

**Types of Urban Art** The most common type of urban art in the Ottawa area is writing, painting or “bombing.” It can be personalized, political and evocative.

**Where is it?** Urban art can be found almost everywhere: In the downtown core, suburban neighborhoods and rural communities. It exists on many surfaces including bridges, buildings, walls, utility boxes, and in parks.

### Who is affected?

Urban art affects all citizens. If it is left to spread in our community it can:

- Leave the impression that someone cares
- Lead to decreased vandalism
- Encourage business and shopping
- Increase aesthetic appeal
- Help prosperity and increase property values
- Affect the sense of safety for residents and visitors

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# Glue

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Advertorial

## Ten years of Glue, 10 years of you

This year, *Glue* Magazine is celebrating its tenth year of publication. To mark the anniversary, journalism, advertising and public relations students collaborated in planning an event that brought a decade of *Glue* alumni together to toast one another.

On the evening of February 12, attendees got to hear from past *Glue* staff that have gone on to do great things. The featured speakers were former senior editor Catlin Kenny, now an associate managing editor at Flare Magazine and the author of *Glue*'s first cover story, Brent

Reaney, who is now the publisher and editor of *EDGE* YK, in Yellowknife.

The event was emceed by local celebrity and former *Glue* writer, HOT 89.9's Jenni Condon. In addition to being a fun night of cheers, chatting, mingling and making connections; giving back was also front-of mind. Thanks to donations from sponsors, the *Glue* tenth anniversary party was able to raise money for Algonquin College's Plant Some Roots Foundation.

*Here's to another ten years. 🍷*



Photos courtesy of Journalism and Advertising students



After spending more than two years incarcerated, *Glue*'s **Brandon Gillet** tells his tale

Aarakh Siwakoti Photo

# “I never understood just how deep my **morality** had slipped. I crawled into the **abyss** of the criminal world. I thought I was **rebellious** like any other teenager”

I was terrified of my reputation following me into my new life. Walking onto campus at Algonquin for my first day was a step I didn't think was possible.

After explaining my situation to a guidance counsellor at my alternative high school I was asked, “have you thought of college?” My response was, “not even in the slightest,” as I didn't think that was an option until that point because no one told me I could.

Flash forward to my second year and I was one of the college's student leaders during orientation, changing a new students' post-secondary perspective from terrified to excited.

It was one of the greatest feelings I've ever felt.

Becoming the president of the Algonquin Media Club, a class representative, and a fundraiser has made me feel accepted and valued. A stark contrast to the shadows of past feelings of fear and hopelessness.

In 2005, I was arrested with an old friend on Highway 401 after running from the vehicle which contained three ounces of cocaine valued at over \$8,000 and three pounds of marijuana valued at about \$13,000. I had just turned 18. I got two years in jail after waiting six months for a trial.

I never really understood exactly how deep my morality had slipped. I crawled into the abyss of the criminal world. I thought I was just rebellious like any other teenager.

Eight years later, I can say I was so wrong. Involvement in crime has its

price, with society and yourself. The darkness of the world creeps in on you and before you know it, your dance with the devil has already begun. Some people find a way out, while others can never escape it. Going to jail was a stark reminder of that.

In prison, people do get hurt often – sometimes even killed – or die of undetermined causes.

When you go to the penitentiary, upon entry you must hand over \$80 to rent your body bag. “In case you don't leave here on your feet,” I was told. What sort of sick message is that supposed to send to a barely-legal first-time prisoner?

I was lucky I had the support I did because not everyone finds that escape. The friend I was arrested with died in prison, in 2009.

I was a kid, I didn't know what I know now, but I am forever haunted by the past and what could have been.

For instance, while I was on the inside my five-year-old brother, Devon, was diagnosed with Neurofibromatosis two – a condition causing benign tumors in various parts of the body. Due to nature of my charge I was repeatedly denied an escorted pass to attend his brain surgery. To date, he has received four brain surgeries and is doing well. I remember my mother asking me to turn my life around while we waited through one of those surgeries after I got out.

During the time I was in the jail, routine became my life, as my world

outside of a cell was at a stand-still.

Most people simply do their time quietly and move on, though the politics can stir things up when people disturb this way of life.

Some of these memories are burned forever in my mind.

There is a hell of a lot of blood in a human body.

In jail you can be beaten severely for not following the rules by inmates and guards. So it's obvious to say that some people like to remind you of your required obedience, daily.

Another challenge: The food. Everyone knows it sucks but I'll tell you why. They cook it at the jail in Lindsay, Ont. then freeze it and ship it out to other institutions. It is then steamed till ready and served which basically eliminates all flavour and extra nutrients. You are left with a pile of mush of which is only satisfactory to keep you alive. Nothing more, nothing less.

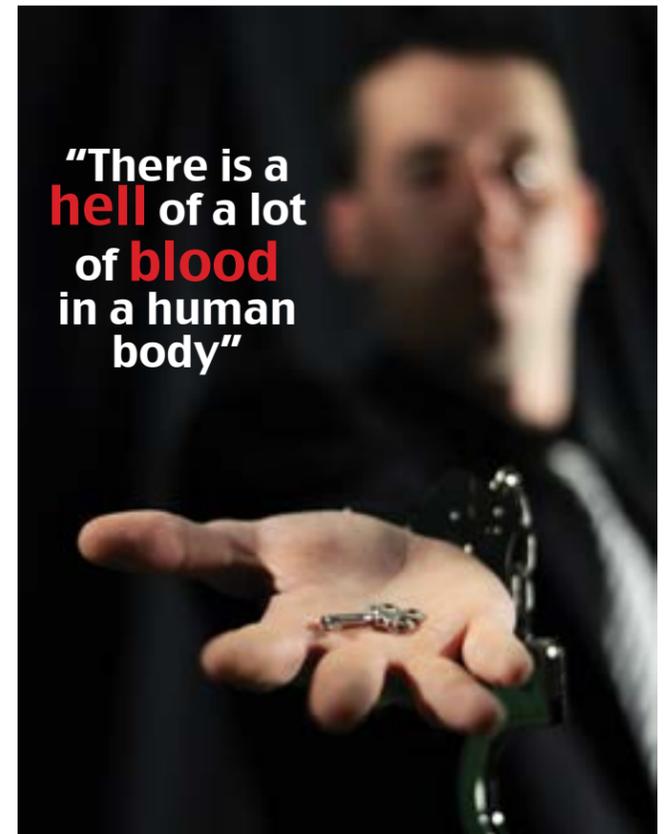
If you want extra protein or carbs, you have to buy items from the canteen that are generally marked up about 200 per cent.

Two years of my life in a cage while so much in the world changed and it was all my fault.

Thankfully, it's behind me now and my sights are set on a new path for the future. Upon graduation, I want to try and join the army. My hope is that Algonquin can be a springboard to getting a university education while serving my country. There are hurdles. I need to work to get my weapons ban overturned before I can enlist. I plan to use the positivity of finishing high school, and graduating from the college to further my studies. I can see myself teaching English overseas once I complete a bachelor's degree with the military.

The darkness of the past will remain, but the future is bright. ■

Aarakh Siwakoti Photo



“There is a **hell** of a lot of **blood** in a human body”

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 The Observatory

# Political survival guide

How to make it in politics without losing your mind or your soul. Dewar, Chiarelli, Ashton and Naqvi talk shop. By Michelle Ferguson

So you're moving up in the political world, young staffer. Gone are the days of sign waves and early morning "bird" watching. It's time to hang up your "Honk for \_\_\_\_" sign, and find a new way to get flipped off. No more knocking on doors only to be greeted by more wood – your impromptu anatomy lessons, courtesy of free-spirited constituents, have come to an end. And those snarling Rottweilers and their cussing owners? They can kiss your canv-ass. You're the top dog now – the king of castle.

But from senate scandals, to robocalls, to just plain ignoring campaign promises, Canada's political systems don't have the best rap sheet. So how do you avoid becoming a dirty rascal?

Follow these simple guidelines and you may just climb the Hill with your mind at ease and your soul intact.

## Don't be THAT politician

If you feel the need to change the subject when asked what you want to accomplish while in office, head straight to the door. Do not pass go. Do not collect \$160,000.

"There are two types of politicians in the world: those who want to do something and those who want to be something," said Rick Chiarelli, City of Ottawa councillor. "Most of them are the second."

But politics should never be about ego or power for power's sake. Before running in the 2007 Ontario provincial elections, Yasir Naqvi, MPP for Ottawa Centre, sat down for several days writing out why he wanted run and what he wanted to do for his community.

He encourages anyone who considers running to do the same. "Because at the end of the day, the job you are applying for is to be a public servant—to serve the community," said Naqvi.

There are **TWO TYPES** of politicians in the world: those who want to **DO** something and those who want to **BE** something



Shaayaan Jameel Illustration

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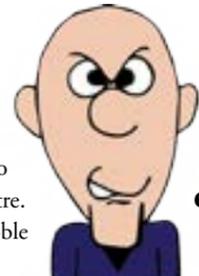
**Keep your eyes bright and your hands clean**

Forget Frank Underwood and House of Cards. Remember that Danish guy you met in grade 11? His name was Macbeth...

If there's one thing you should remember from high school English, it's that no hands are better than bloody hands. "There's too much cynicism in politics," said Paul Dewar, MP for Ottawa Centre. "And to learn it as a game to be played, I think undermines the noble aspect of what politics can be at its best."

If you're getting involved in politics it should be because you believe in the good side and want to make a difference. "I remember more than one person saying that with time I would get jaded and that I would lose my interest in the issues," said Niki Ashton, MP for Churchill, Man.

"Why would people say that? I wasn't there to be idealistic. I was there to represent the people that sent me to Ottawa and to fight for things that might not be resolved the next day or the next year, but things that needed to be fought for."



**"My dog ate it" is still not an acceptable excuse**

Shortly after he was first elected in 2006, Dewar was called upon to speak during a debate on Afghanistan.

Taken aback, he took it on and did what he would normally do in his teaching days: his homework, carefully crafting his arguments based on his research. "But I soon realized that people in my surroundings, even people at the front bench of government didn't know the basic facts of what was going on. And that really astounded me," he said.

He remembered being pillared by shouts and heckles for stating a basic truth. Debate should be about challenging ideas, not basic ignorance.

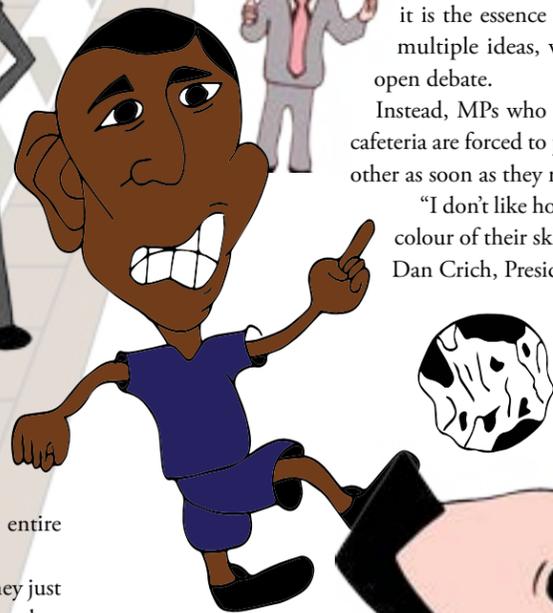


**Be colour blind**

Partisan politics has its ups and downs. On one hand, it is the essence of politics—multiple parties equal multiple ideas, which should help create healthy, open debate.

Instead, MPs who have civilized conversations in the cafeteria are forced to put on the theatrics and yell at each other as soon as they return to the House of Commons.

"I don't like how people see colour—may it be the colour of their skin or the colour of their party," said Dan Crich, President of the Carleton Liberals.



**Know the dark side... but don't give yourself over to it**

Too many people are kept out of politics because they don't want to contend with the darker side.

Chiarelli, who used to play goalie in hockey, was used to getting hit or scored on. But the first time he saw lies about himself printed in the media he nearly lost his lunch. "It was like my vision of the entire world had collapsed."

But his dad told him to get keep his chin up. "So they just scored six goals on you. Show up next time and get a shut out," Chiarelli remembered him saying.

Just like hockey, if you want to play in politics you need to learn to take a hit – and keep your focus on your constituents. But you also need to be willing to drop the gloves and fight back sometimes.



Shayam Jameel Illustrations

**THE BEST LAID PLANS**

Terry Fallis on his version of Canadian politics

A political survival guide was inspired by the satirical novel-turned-TV-show, *The Best Laid Plans*. Written by Terry Fallis, an author from Toronto with a strong political and public relations background, TBLP tells the story of Daniel Addison, speechwriter to the Leader of the Opposition. Fed up with all the lies and deceit of the political world, Addison quits his job and seeks refuge in the University of Ottawa's English department. But before he can make his great escape, he must first help find a Liberal candidate to run against the most well liked Finance Minister in Canadian history. That's when he meets Angus McLintock—an unlikely candidate with an unruly beard, a thick Scottish accent and a fiery temper. While neither of them knows it at first, McLintock is exactly the person Addison—and the rest of the country—needed to restore their faith in the power of politics.

As a semi-autobiographical novel, here's what Fallis has to say about:

**Angus McLintock, the honest politician:**

"I think we need more politicians like Angus McLintock. So he was the character that really embodied, for me, the types of characteristics I would like to see in our politicians — those who put the national interest ahead of everything else, those who are honest, and want to do the right thing and aren't necessarily guided by their own personal interests or their party's political interests; they are really guided by the national interest or the public interest."

**Daniel Addison, the tired young staffer:**

"When young people arrive on Parliament Hill, fresh faced and ready to serve and to do what they believe is right, it often doesn't take very

long before they are infected by the malaise of politics. I certainly went through that process and that sort of transformation that Daniel Addison undergoes in the early stages of the novel, where he ends up feeling more cynical and jaded and jaundiced."

**How young people should approach politics:**

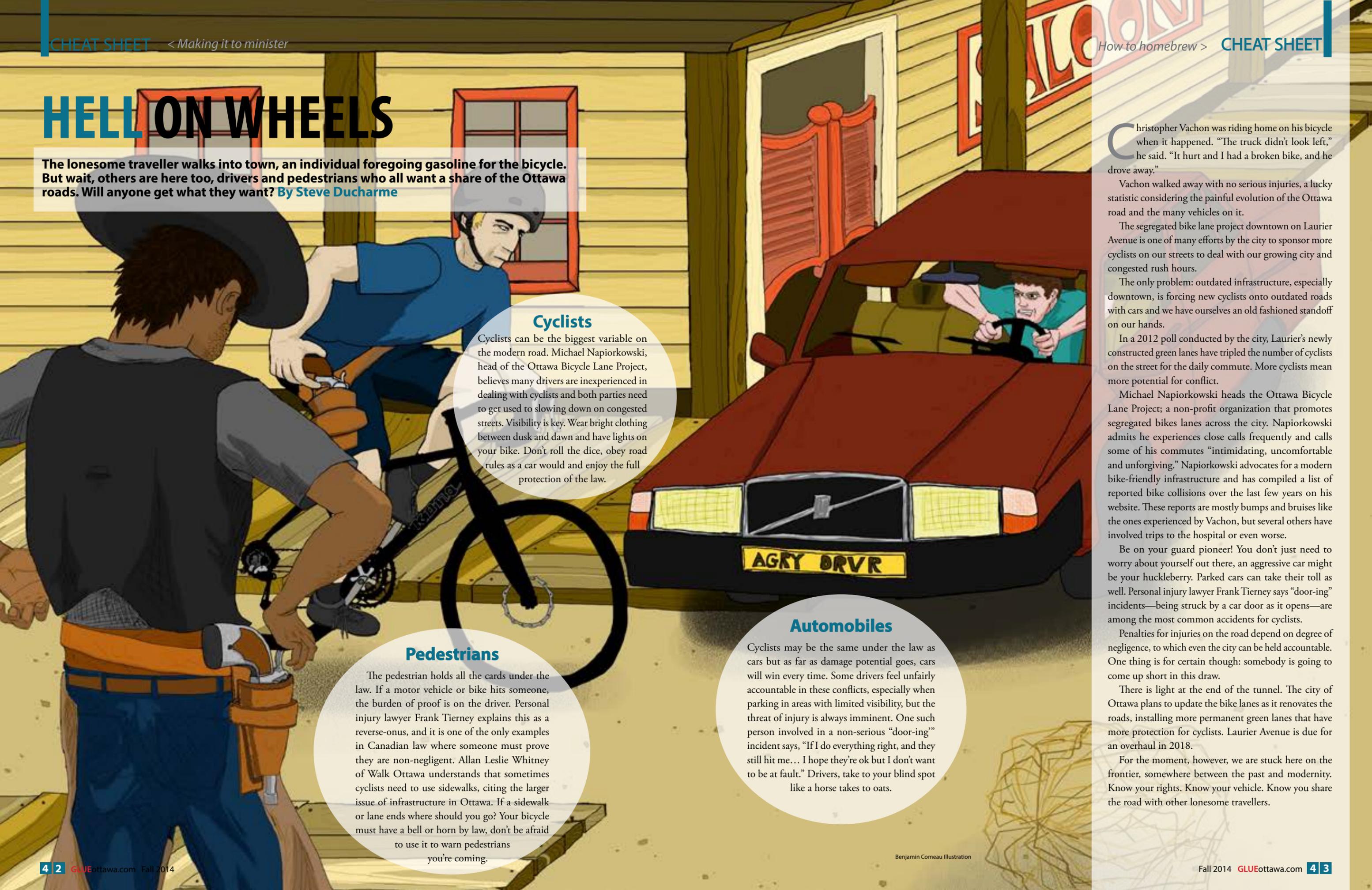
"I think it helps to have a greater interest in policy than in politics. If you're more interested in the actual policies that a government might introduce to deal with some of the challenges that we're confronting as a nation, that's probably more fulfilling work than just working in the straight political trenches, where you don't really have the luxury of thinking too much about policy because you're too consumed with politics."

*For more from Fallis, check out [glueottawa.com](http://glueottawa.com)*



# HELL ON WHEELS

The lonesome traveller walks into town, an individual foregoing gasoline for the bicycle. But wait, others are here too, drivers and pedestrians who all want a share of the Ottawa roads. Will anyone get what they want? **By Steve Ducharme**



## Cyclists

Cyclists can be the biggest variable on the modern road. Michael Napiorkowski, head of the Ottawa Bicycle Lane Project, believes many drivers are inexperienced in dealing with cyclists and both parties need to get used to slowing down on congested streets. Visibility is key. Wear bright clothing between dusk and dawn and have lights on your bike. Don't roll the dice, obey road rules as a car would and enjoy the full protection of the law.

## Pedestrians

The pedestrian holds all the cards under the law. If a motor vehicle or bike hits someone, the burden of proof is on the driver. Personal injury lawyer Frank Tierney explains this as a reverse-onus, and it is one of the only examples in Canadian law where someone must prove they are non-negligent. Allan Leslie Whitney of Walk Ottawa understands that sometimes cyclists need to use sidewalks, citing the larger issue of infrastructure in Ottawa. If a sidewalk or lane ends where should you go? Your bicycle must have a bell or horn by law, don't be afraid to use it to warn pedestrians you're coming.

## Automobiles

Cyclists may be the same under the law as cars but as far as damage potential goes, cars will win every time. Some drivers feel unfairly accountable in these conflicts, especially when parking in areas with limited visibility, but the threat of injury is always imminent. One such person involved in a non-serious "door-ing" incident says, "If I do everything right, and they still hit me... I hope they're ok but I don't want to be at fault." Drivers, take to your blind spot like a horse takes to oats.

Christopher Vachon was riding home on his bicycle when it happened. "The truck didn't look left," he said. "It hurt and I had a broken bike, and he drove away."

Vachon walked away with no serious injuries, a lucky statistic considering the painful evolution of the Ottawa road and the many vehicles on it.

The segregated bike lane project downtown on Laurier Avenue is one of many efforts by the city to sponsor more cyclists on our streets to deal with our growing city and congested rush hours.

The only problem: outdated infrastructure, especially downtown, is forcing new cyclists onto outdated roads with cars and we have ourselves an old fashioned standoff on our hands.

In a 2012 poll conducted by the city, Laurier's newly constructed green lanes have tripled the number of cyclists on the street for the daily commute. More cyclists mean more potential for conflict.

Michael Napiorkowski heads the Ottawa Bicycle Lane Project; a non-profit organization that promotes segregated bikes lanes across the city. Napiorkowski admits he experiences close calls frequently and calls some of his commutes "intimidating, uncomfortable and unforgiving." Napiorkowski advocates for a modern bike-friendly infrastructure and has compiled a list of reported bike collisions over the last few years on his website. These reports are mostly bumps and bruises like the ones experienced by Vachon, but several others have involved trips to the hospital or even worse.

Be on your guard pioneer! You don't just need to worry about yourself out there, an aggressive car might be your huckleberry. Parked cars can take their toll as well. Personal injury lawyer Frank Tierney says "door-ing" incidents—being struck by a car door as it opens—are among the most common accidents for cyclists.

Penalties for injuries on the road depend on degree of negligence, to which even the city can be held accountable. One thing is for certain though: somebody is going to come up short in this draw.

There is light at the end of the tunnel. The city of Ottawa plans to update the bike lanes as it renovates the roads, installing more permanent green lanes that have more protection for cyclists. Laurier Avenue is due for an overhaul in 2018.

For the moment, however, we are stuck here on the frontier, somewhere between the past and modernity. Know your rights. Know your vehicle. Know you share the road with other lonesome travellers.

# BYOB

rew our own Beer

More students are hopping on the home-brew band wagon and becoming basement brewers. Intrepid reporter **Megan Delaire** masters the craft.

Grains and yeast can be combined to create some delightful foods. But, they are most intoxicating in their bubbly amber liquid form: beer. For a process that can be as simple as baking a cake, home-brewing is not as common as it could be. But this is changing. While brewing beer at home is an activity as old as the beverage itself, home brewing has made a comeback with the resurgence of high-quality micro-brews and is bolstered by the do-it-yourself hobbyist movement. The presence of micro-breweries, brewer supply stores and home-brew communities like Members of Barleyment is helping to foster a rich and informed beer culture in Ottawa. Busy students, never fear: home-brewing can be affordable, easy and rewarding for anyone.

## Home brewing can be as easy or as hard as you want it to be

Kits allow different levels of involvement in the beer brewing process. The traditional brewing process involves using malt and barley for the sugar, plus hops for flavour and yeast for the fermentation that creates alcohol. The most involved method, all-grain brewing, involves steeping the grains and hops in water, then boiling them together to create a mixture called a mash. The mash is what the yeast is added to. It is then poured into a sanitized container called a fermenter and left to ferment for several weeks.

Kits include the required components and allow a home brewer to simplify the mash-making process. Without ever touching malt, barley or hops, a person can pour cans of extract containing the concentrated forms into water with corn sugar and boil for several minutes. Then all that remains is to pour this mix into a fermenter with cool water, stir vigorously and add yeast. Variations of this process include using concentrate as well as steeping some grains. The combinations of ingredients are endless.

Home brewer and University of Ottawa student Bairn Krueger has been experimenting with a grain and extract combination. "I switched to using a partial extract brew," said Krueger, 24, "which is where you still use your extract but instead of using your liquid malt or sugar, you end up using some specialty grains to get more flavour out of your beer."

## Customize your brew to your taste

If expensive flavoured beers are your thing but don't fit your budget, try making a custom craft. Purchasing fruits will add to the cost of brewing a batch, but you have the ability to shop for the cheapest and freshest ingredients. This process of experimenting with different flavour profiles can also refine your pallet as you learn to identify the subtle flavour notes of your beer.

Carleton University student Graham Reid likes to add fruits later in the beer brewing process.

"You can use fruits and stuff to really help steer the beer, because beer is always changing," said Reid, 23. "I put in some mixed berries once because I was doing a wheat beer and I wasn't all that happy with how it was going. So I put in some mixed berries and it really turned into something that I was quite happy with."

## HOW TO AVOID MISTAKES

As with preparing any food or drink over heat, certain precautions must be taken when brewing your beer. Follow your kit's instructions closely and be vigilant about sanitization. Beer becomes "infected" when exposed to unwanted bacteria due to improper sanitization. Infected beer will not make you sick, but will have an unpleasant taste. "Brewing is 90% cleaning," said Beyond the Pale brewmaster Shane Clark. "If you can learn to clean, you can make beer that's going to be clean beer and not have infections and problems, and then you can delve further into fine tuning the elements as you go."



## The cost-to-yield ratio can work out in your favour

As with many DIY projects, after the initial splurge on tools, producing your own beer, rather than purchasing it, can save you money. For the novice, canned extracts, corn sugar and brewing yeast are all inexpensive, readily-available at brewing supply stores and virtually fool-proof. For the more experienced brewer, purchasing malt, grains and hops in bulk will save money.

Gio Pagini, a Carleton University student, found bottles a little costly to buy at first, but didn't regret his purchase in the end. "If you want to put it all into bottles it costs a little bit more, because you have to invest in the bottles," said Pagini, 23. "But, that being said, you can use them again. In the long run it's definitely worth it."

Bottles and equipment can be re-used, so their cost only adds to that of the initial brew. "It costs me about \$45 in raw materials for a keg of beer, so that's pretty cheap. And that's including everything," said Reid.

## Sharing is caring, social rewards are big

When the time comes to bust out your beer brewing knowledge, show what you can do with a few simple ingredients by sharing your beer. Your friends and family will be happy and you will feel the deep satisfaction of sharing something delicious that you have created.

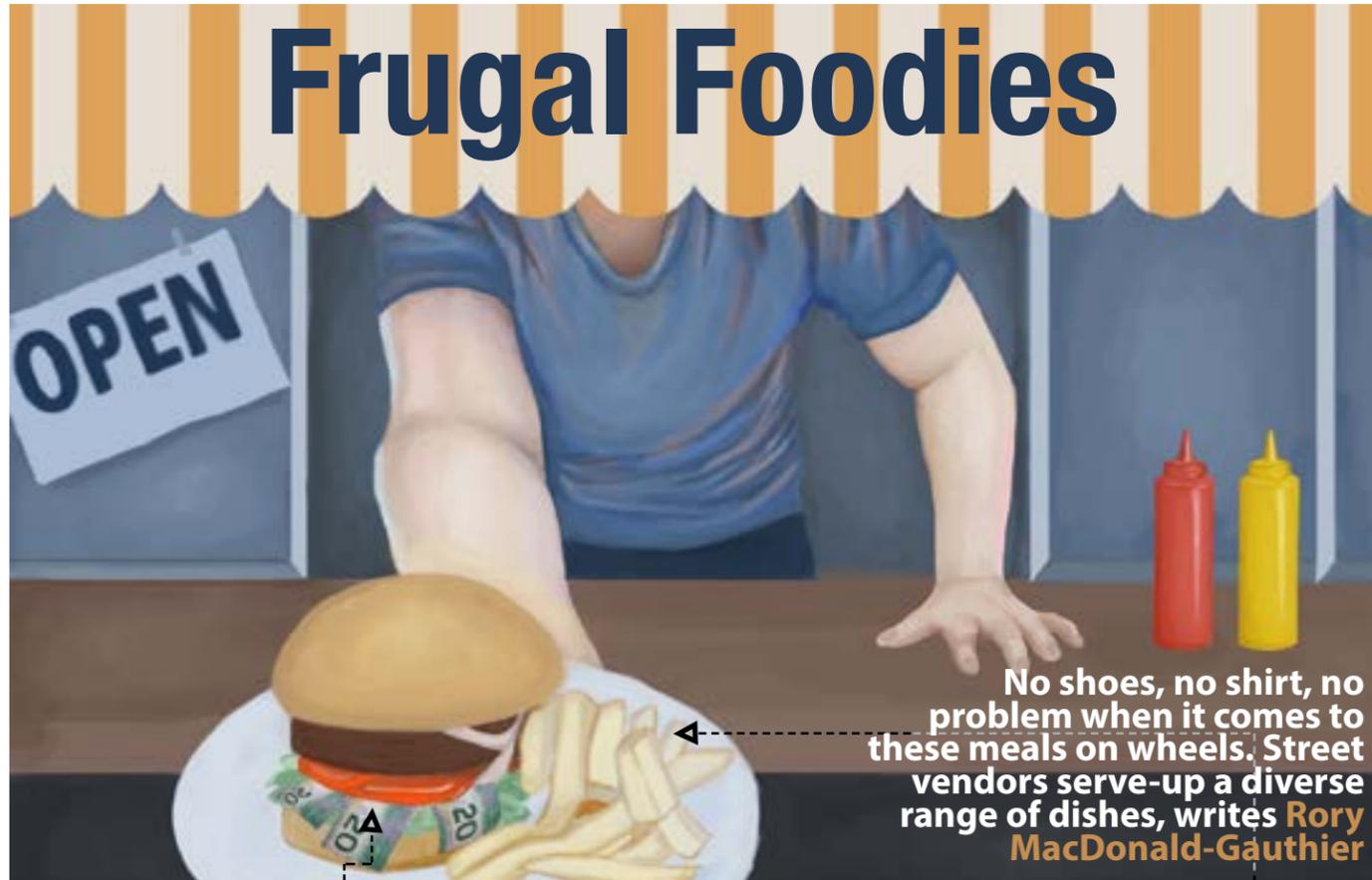
As the co-owner and operator of Ottawa microbrewery Beyond the Pale, Shane Clark has made a profession in sharing the beer he brews.

"You share your beer, that's the key. That's what brought me to end up doing this, because I was making so much beer," said Clark. "I couldn't drink it myself so I got to share it with people and see their reactions and learn what people like."

But the social side of brewing isn't limited to just sharing your brew. Invite curious friends to help out like Algonquin College student Regina Neppel, 21, does.

"You're able to include people on it. I always have friends help me when I'm making it. It's a good bonding experience."

# Frugal Foodies



No shoes, no shirt, no problem when it comes to these meals on wheels. Street vendors serve-up a diverse range of dishes, writes Rory MacDonald-Gauthier

As a student, a strict diet of fast food and prepared meals seems to be all that there's time for. Your freezer-burnt taste buds are begging you for some fresh new flavours and you'd be okay with an epicurean experience outside of a cafeteria line. The problem: You've only got \$10 in your pocket. Fret not, hungry student. Let *Glue* introduce you to the savoury-sweet spot in the middle of the cheap, fast and good love triangle. **The secret location of these snacks? The street!** Thanks to the recent rush of food trucks, our nation's capital is buzzing as loud as our stomachs are growling.

## Cheap

For roughly the same price as a six-pack of beer you can experience various cultures' goodies from far, far away. The intriguing thing about the addition of new food trucks to our city is that they specialize in being different from one another. For around \$10 you can have a chef-crafted dish in your hands. Now THAT's flavour friendly financing.

## Fast

Stone Soup Foodworks, one of Ottawa's oldest non-hot-dog/poutine food trucks is conveniently located on the University of Ottawa's campus. Stone Soup's motto is simple: Slow food, fast. This mantra is exemplified through many of the trucks across the city. Part of the food truck style is a gradual cooking process that lets all of those delicious juices really sink in, but can be served at a rapid pace – allowing customers to fully savour the hearty flavour, efficiently.

## Delicious

Still hungry after eating at Stone Soup? No problem. Whether it be Chinese steamed buns from the Gongfu bao cart, fish tacos from Ad Mare or a Belcher Burger from Urban Cowboy, there is a world of new tastes and treats out there. Luckily for us, they're often just around the corner.

Do yourself a favour by taking advantage of the diverse and intricate food that these street-vendors serve and don't be afraid to **branch out a bit for a bite.**



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