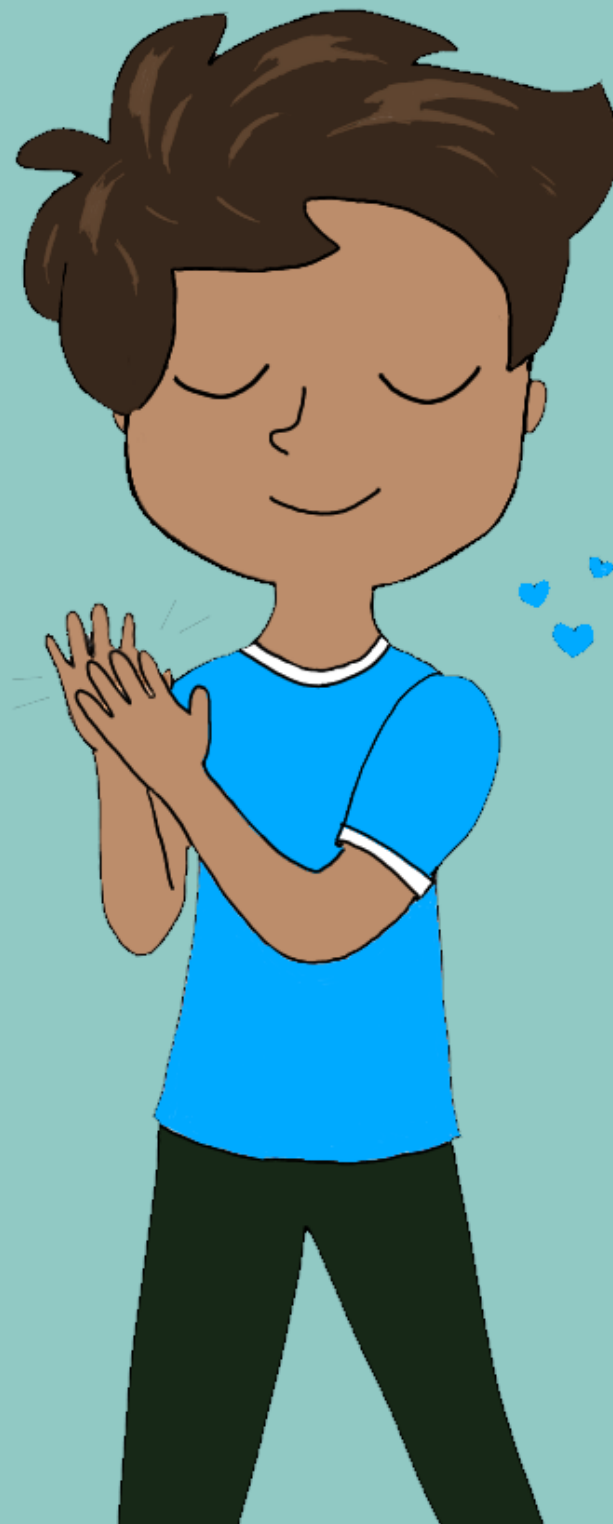


youth mind



the acknowledgement issue

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Letter from the Editor

Dear Readers,

It is with great pleasure that Youth Mind shares our latest issue. The Acknowledgement Issue is this year's winter magazine theme.

When deciding on this theme, our team thought of areas in our life we tend to forget about or not give the acknowledgement that we should. After all, life can get busy with school, work, relationships and more. We can sometimes forget the special little moments that can happen during a day at school or walk home from work. That's why it's important to slow down and appreciate what's around us – so we don't forget to stop and smell the roses.

Our team at Youth Mind wanted to acknowledge those parts of our lives that sometimes fall by the wayside. In this issue, we acknowledge things like the importance of bees, feeling valued at work and appreciating different cultural recipes.

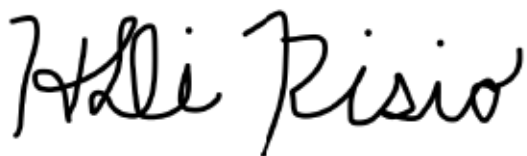
When we are used to certain things always being there, we tend to overlook them. Our article on gratitude journals is a great way to ensure that we are intentionally bringing awareness to areas in our lives and in our society that need more appreciation.

We hope that in reading these stories, you can reflect on your life and the ways you can acknowledge or appreciate places, people or just anything you feel you have been neglecting.

So, as always, happy reading, and thank you for continuing to be a part of this journey with us.

We appreciate all of you!

Sincerely,

A handwritten signature in black ink that reads "Haeley DiRisio". The signature is written in a cursive, flowing style.

Haeley DiRisio



Land Acknowledgement

Youth Mind Magazine acknowledges the Indigenous land on which we work that has been inhabited by Indigenous peoples since the beginning.

As settlers, we're grateful for the opportunity to meet here and we thank all the generations of people who have taken care of this land — for thousands of years.

Long before today, there have been Indigenous peoples who have been the stewards of this place.

We wish to acknowledge the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. We also acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the Credit. We recognize and deeply appreciate their historic connection to this place.

We also recognize the contributions of Métis, Inuit, and other Indigenous peoples have made, both in shaping and strengthening this community in particular, and our province and country as a whole.

As settlers, this recognition of the contributions and historic importance of Indigenous peoples must also be clearly and overtly connected to our collective commitment to make the promise and the challenge of Truth and Reconciliation real in our communities, and in particular to bring justice for murdered and missing Indigenous women and girls across our country.

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The gamble of education

Acknowledging the privilege and deception of post-secondary education in Ontario

Written by LAURA BOURBONNAIS
Photo by PRISCILLA DU PREEZ (UNSPLASH)

TUITION FEES REMAINED stable for domestic students throughout COVID-19. However, post-secondary isn't always accessible or recommended for everyone.

In 2019, Conservative Leader Doug Ford made cuts Ontario Student Assistance Program (OSAP) funding. This left many young people to figure out other avenues for funding their education.

Some Ontario graduates share their experiences and advice for youth who are considering post-secondary.

Academic fulfillment and work transitions

Brie Bennett's York University theatre degree and gender and women's studies certificate left them unfulfilled amid attention problems and isolation.

"I was expecting this deep enrichment and connections, and I was very separated from myself, from my industry and from my peers," they said.

They were hired as an acting coach with a London, Ont., film company due to film and theatre

experience rather than their degree.

"I have to list who I worked with, the type of roles that I played and the types of shows that I've done for someone to be slightly intrigued," they said.

Bennett was initially told by an academic advisor that their certificate would allow them to work as a community worker. Another advisor in their final semester said they would need a social service worker (SSW) diploma.

Their degree and certificate were only starting points.

"That left me really crestfallen," Bennett said.

Cameron Chevrier, a University of Ottawa bachelor of social sciences graduate in international development, chose their program randomly, lacking interest. They are now content with their University of Victoria master's in sociology.

"It turns out finding a program that you actually care about helps," they said.

Chevrier found a supportive community, their research interests (indigeneity and trans identity

making) and their ideal supervisor. They're still establishing professional goals.

"I went to grad school to buy myself time to figure out what I wanted to do," they said.

They were hired full-time by Employment Social Development Canada (ESDC) as a junior policy analyst. With Métis Algonquin ancestry, Chevrier works with the director of Indigenous Affairs.

Mary Rykov is a York University creative writing undergraduate. She has undergraduate degrees in psychology, communications and music therapy. Rykov has a diploma and master's in music therapy and a doctorate in adult education.

As a singer-songwriter, her passions and curiosity led her to success. She took Orff music training, worked as a nurse's aide and in special needs. She attended Canada's first music therapy program, becoming Alberta's hospital system's first music therapist. Her research put music therapy into Sick Kids Hospital.

When disabled by nerve damage, Rykov traded postdoctoral studies for the Metropolitan University of Toronto's publishing program. She's now an academic editor, poet, essayist and writing mentor. She's taken University of Toronto poetry classes and York, tuition-free for those 60 and over, which has expanded her reading.

Experiences, goals and financing education

Bennett expected more support. They recall preparing for a Broadway show audition with an acting conservatory professor who didn't provide much help.

"There could've been more help from professors and the department instead of just going "good luck," they said.

They're looking to professional workshops and considering Factory Theatre. The Stratford festival and acting conservatory are future dreams.

Bennett said they wouldn't return to university "due to the expenses, lengthiness and exhaustion."

From a low-income home, they enrolled with a Registered Education Savings Plan, expecting OSAP grants to cover most of their tuition before Ford's budget cuts.

Bennett now has student debt.

"Post-secondary education should be free," they said.

For Chevrier, their co-op terms in public service prepared them for work. Accessible through entrance scholarships and research funding, graduate school is increasing their job eligibility. They're even considering a PhD.

As a Canadian graduate student, they have "a lot of opportunities to get supplementary funding for social science research through SSHRC," among other organizations.

Without family support, scholarships were insufficient for their undergraduate.

Rykov used her music therapy experience in undergraduate papers and her research experience made her a better editor. Her freelance experience serves her in grant proposals and her community college teaching experience helps her mentor writers.

"Everything comes in useful," she said.

Rykov funded her education through grants, loans and work.

"Even during my music therapy training, I was singing telegrams," recalled Rykov.

The Ontario Cancer Society (OCS) gave her a graduate bursary and funded her doctorate and postdoc. Provincial and federal grants fund her writing fellowships and projects.

Advice and final thoughts

Bennett, Chevrier and Rykov recommended students follow their passion.

Bennett and Rykov suggested considering college. Bennett added that youth should follow their skills and pursue what makes them happy.

Chevrier recommended applying for various scholarships, avoiding attending institutions for their name and connecting with professors in their field of interest.

"They'll usually be really happy to talk to you about what they're also passionate about," Chevrier said.

Rykov recommended students learn about their field, work hard and ask for help as needed. She added that any program is "as good as you make it."

That is, for those who have access. ♦



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Hidden away from patients

Exploring lesser-known health-care careers

Written by ELIOT GILBERT

Photos by PAVEL DANILYUK (PEXELS)

HEALTH-CARE PROFESSIONS are being ignored, according to some professional advocates.

Frontline health-care providers such as doctors and nurses have been more visible for the past three years due to the COVID-19 pandemic. Even though society is grateful for the service of these frontline workers, there are still some professions that remain

unseen.

“Frontline providers are definitely heroes, and they’ve earned all the praise they’ve gotten and more,” says Julia Palmer, a 27-year-old medical laboratory assistant from Ottawa. “But there are so many roles in this field that more people should know exist as well.”

Medical laboratory science

Palmer is in the medical laboratory science field. “We basically run tests to help diagnose and treat patients,” she explains. “So everything from blood tests to tests that assess organ function.”

According to Palmer, many people believe that doctors or nurses run their own tests. In reality, after a sample is collected, it is sent to a laboratory to be analyzed.

“We’re tucked away in hospitals, so it’s easy not to notice us,” she says.

Palmer says that many other health-care professionals do not fully understand what hospital laboratories do.

In Ontario, the laboratories are made up of many different departments and four different professions. All of them serve a similar purpose: to use science to analyze patient samples. After analysis, the results are reported to the patient’s doctor, so they can use the information.

The scale of these tests is significant. The CDC explains that 70 per cent of medical decisions depend on clinical lab results.

In addition to routine tests, laboratories are used for emergency response and bioterrorism threats. This includes Ontario’s response to COVID-19.

“I think people don’t realize how much labs helped with pandemic response,” Palmer says. “We were the ones running the tests.”

Lab workers are not only found in the lab.

“A large part of my job as a lab assistant is actually taking blood,” Palmer explains. “So I’m working right alongside nurses a lot of the day.”

Pathologist assistants

Similar to medical laboratory science, pathologist assistants work away from the front lines. Pathologist assistants work with pathologists to prepare and analyze tissue in order to diagnose diseases. Their scope of practice is large. A few tasks include cancer diagnosis, assisting surgical teams, analyzing tissue under microscope and general management duties.

“There’s no other profession quite like it,” says Heather Dow, the executive director of the Canadian Association of Pathologists.

Dow explains that the profession is a great career choice for people who enjoy working with their hands and learning about the human body.

The profession is unregulated in Ontario. However, according to Dow, pathologist assistants are increasingly seeking certification through the Canadian Certification Council of Pathologists’ Assistants (CCCPA).

“It’s important for the general public to know that our profession exists,” says Dow. “Patients should know that their tissue doesn’t disappear into a black box.”

Medical radiation technologists

Medical radiation technologists (MRTs) are more visible than the previously mentioned professions, yet members still feel they lack public recognition.

The Canadian Association of Medical Radiation Technologists conducted a survey that found 91 per cent of surveyed members of the MRT profession believe they aren’t getting the recognition they deserve.

“It’s strange because we work directly beside patients, but we sort of blend into the hospital,” says Samantha Wang, an MRT student from Ontario.

Wang explains that many people falsely assume that MRTs are nurses.

“I don’t mind that much, but I do think the profession should be recognized for its own merits.”

MRTs have four disciplines they can choose to work in. Most disciplines involve using medical imaging to help diagnose patients. The most familiar technology is magnetic resonance imaging.

In addition to imaging, MRTs also act as key players in the cancer treatment team. They use radiation therapy to help destroy cancerous tissue.

“The technology we use really is second-to-none. There is no better way to study a patient’s body to look for abnormalities,” Wang says.

Besides the technology, Wang stresses the importance of MRTs themselves.

“At the end of the day, it’s people who are operating the technology. We’re specialists, and I think [we] deserve to be recognized.” ♦

Don't do the hustle

Five signs of an appreciative employer and how it can benefit a workplace

Written by BRITTANY STUCKLESS

Photos by FAUXELS (PEXELS)



ALL TOO OFTEN, people find themselves stuck in unhealthy work environments. Sometimes falling deep into “hustle culture,” as it promises fortune in return for complete dedication. However, finding an appreciative boss who cares for employees may be a better option.

Hustle culture is the ideology that people can always work more, earn more and strive for praise. But it can do the opposite of what people want to achieve. Instead of reaching goals and maximizing income, it can quickly lead to burnout.

Some employers are abandoning the notion of hustle culture and choosing another approach. Showing gratitude and highlighting the importance of work-life balance may be the keys to success.

Here are five ways employers show gratitude for employees that young people may want to look out for as they enter the workforce.

Relaxed atmosphere

If being at work feels comfortable and easygoing, it's a good sign. An employer who practices gratitude won't encourage a high-stress atmosphere.

This is something Dr. Michael Sommers and Erin McCaughan, co-owners of Evolve Chiropractic and Physiotherapy in Toronto, strive to achieve.

“We have tried to create a working environment where staff feel that they are a part of an important role and feel valued for their work,” Dr. Sommers says.

He also believes creating a relaxed environment is a two-way street.

“In return, they create an amazing work environment in our clinic. Our patients are happier because all of our employees are happier,” he says.

Gestures

Small tokens of appreciation can boost morale and make employees feel valued. McCaughan explains how she likes showing simple acts of kindness towards employees.

“Obviously, compensation is a huge factor. But it's also showing employees that you care with simple things, like bringing in donuts!” she says.

Gestures don't have to be materialistic. Sometimes, ignoring the concept of “leaving personal life at home” can show gratitude.

“There's also being there when they are having a hard time and need extra support,” McCaughan says.

Respect

Employees are their own people outside of work and remembering that indicates an appreciative employer.

“I think employee-employer relationships are just like any relationships in our lives,” Dr. Sommers says.

When an employer forms a bond with their employee, it can signify mutual respect. Employers who believe in hustle culture may be more inclined to treat their staff as replaceable.

Accommodation

The “go hard or go home” hustle culture mindset means that some employers deny vacation time and sick days. This attitude can heighten stress levels in employees, creating a toxic workspace.

Dr. Sommers and McCaughan think this is the wrong way to lead a team.

“Work-life balance is critical, and I think we are learning this to a greater degree with each passing year,” Dr. Sommers says.

Part of work-life balance is trying to be as accommodating as possible when employees need time off.

“Burnout, whether mental or physical, is a very real danger in today’s workplace,” Dr. Sommers says.

McCaughan also believes it’s important to try and help accommodate time off requests when possible.

“It’s tricky when you live in an expensive city. But it’s really about balancing out financial goals and being able to enjoy life,” she says.

Encouragement

An employer who acknowledges their staff’s future goals and other commitments is another sign of gratitude. For young people, many jobs are temporary. As such, it’s important to look for a boss who won’t interfere with school and the future.

Some employers will actively encourage growth and be happy for their staff when they move on.

“We have tried to invest in our employees,” Dr. Sommers says. “They require reciprocity and effort, and they need nurturing.”

People are learning the damages of hustle culture and showing gratitude may be necessary for employers to avoid high turnover.

“I think hustle culture is potentially damaging for everyone. Perhaps the younger generations are getting better at seeing this than older generations,” McCaughan says.

Ultimately, the keys to abandoning hustle culture are knowing one’s worth, limits and needs.

Like Dr. Sommers says, “Young people need to continue advocating for themselves.” ♦

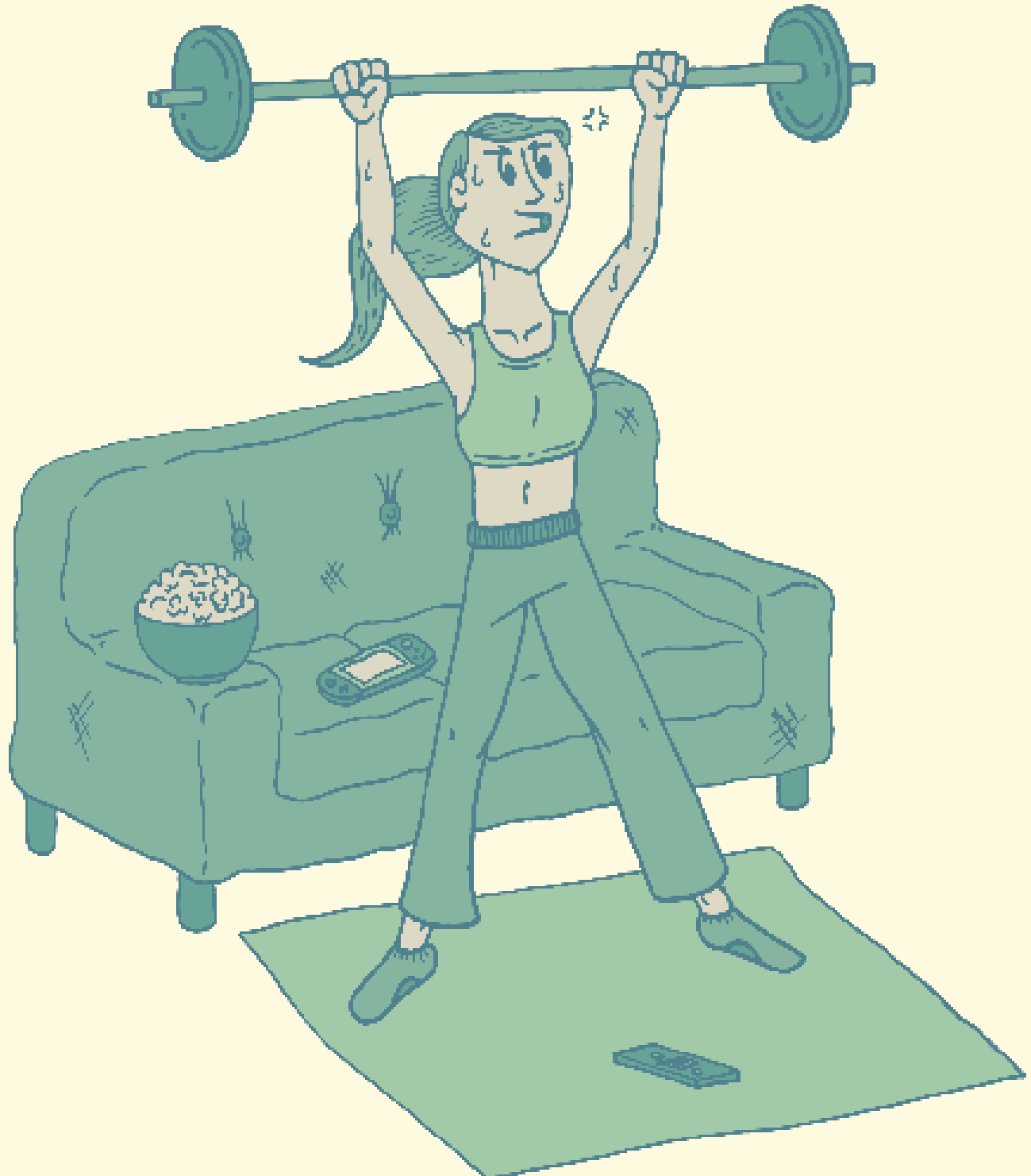


Fitness for all

Using home exercise as an affordable alternative

Written by JORDAN DESMARAIS

Illustrations by BRETT MCDONALD-CURTIS



150 MINUTES OF MODERATE physical activity or 75 minutes of vigorous weekly exercise, is ideal, according to University Hospitals.

Being physically fit improves physical health, prevents disease and makes everyday activities easier to practise. Despite its importance, many people don't exercise. According to Statistics Canada, only 16 per cent of Canadian adults are achieving the recommended weekly exercise.

One of the main reasons is money.

Buying gym memberships or even at-home equipment can be expensive. Many are discouraged by the cost and may avoid exercise entirely.

However, exercise doesn't necessarily require a major financial investment. There are a variety of workouts and activities that can be done from home or by using household items.

Going for a walk is one of the easiest ways to exercise. The walk's duration doesn't matter. Walking helps keep people healthy and in shape and provides a great opportunity to listen to podcasts or music.

Although they aren't for everyone, weights are great tools to aid with fitness goals, though they can be pricey. That said, there are alternatives to spending a fortune on weights.

Dr. Virinder Kasbia, a chiropractor and yoga teacher, says many household items can be used in exercises rather than weights.

"You can use a broomstick and attach canned goods on the end for additional weight. Filling some grocery bags or a water jar can also be great substitutes," she says.

Dr. Kasbia also addressed the importance of stretching. Anyone can stretch with or without specific items. People can stretch by themselves, but using elements in their surroundings can provide additional benefits.

"Stretching is just as important as the workout. It helps your body perform better during the workout

and it decreases your risk of injury."

An example is using stairs or a bench to give leg muscles a deeper stretch.

There are various ways to exercise at home, but sometimes some prefer having an entire workout planned for them. The internet can help in finding a workout plan and looking up specific exercises is easy. Many sites even provide suggestions for sets and reps. Once the desired exercise has been found, the next step is to design the ideal program.

There are a wide variety of virtual programs to purchase that are often inexpensive.

According to Healthline, some of the best fitness programs are Peloton Digital, Jefit and Obé Fitness.

Social media platforms like YouTube, TikTok or Instagram are also useful for discovering new exercises.

There are also many guide videos to consult for those unsure about how to carry out the exercises.

Not everything is free when it comes to fitness, but many sports can be practised for fairly cheap.

Basketball and soccer are great examples of sports that can be practised anywhere as they only require a ball. Even if someone doesn't have a hoop or net, there's always a public park to kick a ball around.

Working out with friends or family can also improve the experience and having others around to keep each other accountable and push them to improve can be useful, regardless of the exercise.

An article by Health Essentials recommends simply using one's body, doing pushups, squats and sit-ups can be just as effective as going to the gym.

There are many ways to practise fitness at home. With a bit of research and creativity, finding ways to exercise without expensive equipment and memberships can be done. ♦

The buzz around bee appreciation



How initiatives in the GTA are acknowledging and supporting the importance of bees

Written by **GRACE NELSON-GUNNESS**

Photos by **SARA KURFESS AND BIANCA ACKERMANN (UNSPLASH)**

PEOPLE CAN EASILY recognize the environmental contribution that large animals such as wolves, deer and bears provide. This translates to individuals caring for their well-being and fighting to preserve their populations. But people often forget about the little power-house pollinators. Bees are responsible for one out of every three bites of food.

Sarah MacKell is the lead biologist of Wildlife Preservation Canada's Native Pollinator Initiative. They say bees are necessary for more than just the production of honey.

"Bees pollinate many food-producing plants. Some plants are completely reliant on them, and others heavily depend on them because their yields are increased by bees," says MacKell. "Without pollination, these plants would not be able to reproduce and produce the fruits, nuts and vegetables that we rely on."

However, despite their importance, the bee population continues to decrease. These issues depend on things like location, what people plant and the harmful chemicals they use to preserve their plants.

MacKell says "Bee populations are declining for many reasons, including habitat loss, pathogens and parasites from managed bees, such as bumble bees and non-native honey bees, agricultural chemicals and climate change."

Habitat loss can be seen more in urban areas. As density continues to rise in people, buildings, roads and concrete, bumble bee colonies in Toronto lose their natural habitats. These include spaces such as gardens, farmlands and meadows.

MacKell clarifies that outside of habitat loss, dense urban spaces can hinder bee populations. This is due to urban warming bringing about high temperatures that are intolerable for many species.

Annemarie Baynton, the program manager of PollinateTO within the City of Toronto's Environment and Energy Division, says that high temperatures can affect other pollinator habitats in addition to bumble bees, such as monarch butterflies.

This is especially unfortunate because crop production is not just essential for rural farms. Mackell says that with the rise of necessary

initiatives to improve urban food security, urban spaces like Toronto need bees.

"We need thriving bee populations in these urban areas to ensure these community efforts have high enough yields to meet their goals," MacKell says.

This allows places such as Toronto to focus on doing better for the bee population. The PollinateTO program aims to motivate individuals and communities in Toronto to build pollinator-friendly gardens for these pollinators.

"PollinateTO-funded projects will support neighbourhood beautification and well-being, and contribute to the creation of resilient ecosystems and enhanced urban biodiversity," says Baynton.

Pollinator-friendly gardens attract bees and other pollinators because they can access the pollen they need to survive. They also contribute to food production.

"By planting native plants, you will be providing much-needed habitat that native pollinators need to survive. Native plants provide pollen and nectar for food, as well as places to nest and overwinter," says Baynton.

This is why PollinateTO only provides funding to gardens that plant native plants and avoid invasive plant species.

The Bumble Bee Recovery program with the Native Pollinator Initiative, partially takes place in Toronto, in addition to contributing to the development of appropriate habitats for bees.

"The Bumble Bee Recovery program combines conservation breeding, annual large-scale population monitoring, expert research, community science, and education and outreach to ultimately increase populations of declining bumble bee species through releases and identify and address causes of bumble bee population decline," MacKell says. "We are the only program in Canada breeding declining bumble bee species for future release."

The Bumble Bee Recovery program conducts annual spring queen surveys for population monitoring. They also conduct queen collections for conservation breeding in the GTA.

Luckily, those who are not able to contribute scientific research can still support and appreciate bees.

Baynton says, “Pollinator habitats can be created almost anywhere: in parks, yards, apartment buildings, schools, faith centres, community gardens and more.”

In addition to planting native flowers that bloom in the spring, people can also create helpful habitats on the ground, which require little effort.

“Bees can live in many places, including underground. Most bees live underground in brush piles or logs, pithy stems and long grass,” says MacKell. “Help bees nest and overwinter by being a messy gardener and leaving sections of your yard with undisturbed soil, brush piles or logs and long grass.”

Supporting the bee population can bring Toronto communities together to engage in discussions about biodiversity in the city.

“Each PollinateTO project is required to educate and engage their community in some way. We hope that each PollinateTO project educates and inspires others, resulting in more actions taken to benefit pollinators. We are trying to create a pollinator stewardship movement across Toronto and beyond,” Baynton says.

Educating the community on how to properly care for the bee population motivates others to re-evaluate their own agricultural practices.

It can also encourage people to spread the word about bees to other communities, near and far.



The rise of slow fashion in Ontario



Combating fast fashion with local efforts

Written by **ELIOT GILBERT**

Photos by **KAROLINA**

GRABOWSKA (PEXELS)

A GROWING NUMBER of professionals and hobbyists are working hard to bring clothing and textile manufacturing back to Ontario.

“Clothing has been priced too cheaply for too long, so people don’t really understand how much work goes into things,” says Alexandra Julian, a production manager at a recycled clothing company.

This movement away from fast fashion in favour of local, environmentally-conscious textile manufacturing is slowly gaining popularity as people are becoming more conscious of their environmental impact.

Starting from the soil, ending in the soil

“I like to tell people we’re soil farmers,” says Andrew MacDonald, an Ontario-based homesteader.

MacDonald bases his family homestead around a concept known as [regenerative agriculture](#).

“Basically, what it means is that we build topsoil unlike commercial agriculture, which erodes it,” he says.

This topsoil erosion is a problem in many forms of modern farming. According to the Ontario Ministry of Agriculture, Food and Rural Affairs, [topsoil erosion lowers crop yield. It also increases pollution and promotes habitat destruction.](#)

“Sheep are grazers, so we feed them on grass,” MacDonald says. “We could essentially get infinite wool from grass and build soil at the same time.”

Some experts are critical of this view, [believing that animal agriculture is bad for the environment.](#)

“I disagree, obviously,” says MacDonald. “It’s an issue with industrial animal agriculture, not all animal agriculture. You can raise animals sustainably.”

In addition to sheep, the MacDonald family has experimented with growing cotton and flax. They have also grown plant material to be used as natural dyes.

“What I think is so special about using natural materials is that when you’re ready to throw them out, you can actually just compost them,” MacDonald says.



After carding, the wool is spun, then woven into fabric on a loom.

“It takes many days and many steps. It’s a long process,” she says.

When the fabric is made, Campbell enjoys using it to make her own clothes.

Recycling clothes and mending

“At my work, we cut up old existing garments, blankets, quilts and make them into new garments”, Julian explains.

According to Julian, there is significant textile waste in Ontario.

“There are entire places called rag houses that have, I mean, incredibly enormous amounts of old clothing,” she says.

These rag houses exist to accept old textile waste to send them overseas. Much of which is destined for a landfill or incinerator.

Julian is not alone in thinking textile waste is a problem. Research from 2022 shows that 73 per cent of garments and textiles are thrown out. Yet, 95 per cent of them could have been recycled.

In addition to recycling, Julian says she practices reducing consumption. One way she does this is by mending.

“It used to be a totally normal chore along with laundry or dishes, but instead, something gets a hole in it, and we throw it out,” she says.

Though Julian advocates for recycling clothing, she is quick to caution that it does not entirely solve the issue.

“It often ends up with people buying already usable garments and cutting them up for their own creative satisfaction,” she explains.

Julian says it is important to save and repurpose damaged textiles instead.

More than recycling, though, Julian advocates for a slow, more conscious attitude towards clothing.

“If you make all of those parts locally and pay fairly, the cost of clothing shoots up so dramatically,” she explains. “We would almost need to return to a time where people owned far, far fewer pieces of clothing and take more of a make-do-and-mend attitude.”

Spinning yarn, weaving and sewing

“I take raw wool and make it into fabric,” says Emily Campbell, an Ontario-based weaver and spinner. “It’s an incredibly rewarding process.”

Raw wool is the unwashed, shorn fleece from a sheep.

She explains that she also enjoys working with alpaca fleece, silk and cotton, but often, she works with wool.

This is partly because wool is the most available local fibre, but also because of her preference.

Wool, she explains, is water repellent and antimicrobial. It is also good in hot and cold weather due to its ability to regulate heat. To Campbell, this makes wool the best fibre to use in Ontario.

The process for making a wool textile is involved and laborious. After cleaning the wool, the fibre is sometimes blended with other fibre, then dyed and carded.

“Carding is basically brushing the wool to detangle, separate and straighten the individual fibre,” Campbell explains.

Heat rising

Addressing the current global climate crisis

Written by JORDAN DESMARAIS

Photo by JORDAN DESMARAIS



ACCORDING TO THE [National Oceanic and Atmospheric Administration](#), Earth's overall temperature has risen by 0.18 C each decade since 1981.

That may not seem like a lot, but it takes a large amount of heat to affect Earth's temperature.

Global warming is often not given the attention it needs, despite the ongoing climate crisis. There are already noticeable signs that the planet is being heavily impacted by rising temperatures. The most significant being the melting polar ice caps.

An article by the [World Wildlife Fund](#) says the planet is losing "Arctic sea ice at a rate of almost 13 per cent per decade."

Younger generations often discuss global warming but conclude that it is an unsolvable issue passed onto them by previous generations.

That only holds true if nobody tries to make a difference. The global population is closing in on eight billion people and while overpopulation might be an issue, there will always be people who can make a difference.

Preventing global warming can be accomplished in various ways. One of the most impactful green alternatives is using public transportation over private vehicles.

An article by [LeaseCar](#) states that transport accounts for around 30 per cent of total global carbon emissions.

Automobiles produce greenhouse gases that harm the atmosphere.

It's unlikely that cars will go out of use entirely but alternatives like trains and buses help. They are better options since they transport multiple people at once.

When going somewhere nearby, walking or biking are healthy alternatives to driving, both for people and the environment.

Another way to reduce car time is to plan travels in advance. Minimising time spent in cars in any way, will have a positive impact on the environment.

Littering is a habit many have that has an overwhelming impact on global warming. Most of what is littered is made of materials that won't break down over time. These materials cause greenhouse gases.

According to [National Geographic](#), plastic takes

more than 400 years to degrade, meaning most of it still exists in some form. Only 12 per cent has been incinerated.

Armin Mozafari, a second-year student at Carleton University, says littering is a neglected issue.

"Littering is a problem that most people don't care about. If you need to throw something out, find a trash can or bring it back home and throw it out there," Mozafari says.

There are even a few ways to prevent global warming while eating.

Thrown-out food accumulates in landfills.

There, the food will rot, which produces methane—a key contributor to global warming. Avoiding buying and cooking food that won't be eaten is a way to help reduce this.

Nutrition, especially meat consumption, should also be kept in mind when buying groceries.

Producing fruits and vegetables takes less land, energy and water than livestock. Growing crops also emits fewer greenhouse gases.

One common habit in technology-centred communities is energy waste in homes. Most of today's technology is powered by oil and gas, which are fossil fuels. It's possible to limit energy usage by remembering to turn appliances off when they're not in use. Doing so will prevent a great deal of harm to the planet's atmosphere.

Luke Baines is a member of [Ingenium's business development team](#) in Ottawa. He says fossil fuels don't need to be a primary source of energy nowadays.

"Fossil fuels are avoidable because we have so many other options available as energy sources. They have been around for a while, but people have been better at using them more recently," he says.

The planet isn't as healthy as many choose to believe and global warming continues to affect it. If left, global warming will become an even bigger issue in only a few years.

One person can't address climate change alone, but if everyone makes changes to make their lives more sustainable, the planet could see a move in the right direction.

Good vibes only

Learning the difference between appreciation and toxic positivity

Written by **BRITTANY STUCKLESS**

Photos by **COTTONBRO AND ALEX GREEN (PEXELS)**



TOXIC POSITIVITY IS the attitude that people should have an optimistic outlook on situations beyond their control. However, it can involve dismissing negative emotions and situations while projecting a positive outlook at inappropriate times.

Examples of toxic positivity

It may not always be clear when someone is displaying this behaviour. Often, toxic positivity involves overly-simplified catchphrases.

Krysta Fitzpatrick-Sceviour is a women's studies instructor at Memorial University of Newfoundland. She notices toxic positivity can be common on social media platforms.

"Right now, I am seeing a lot of memes and inspirational quotes saying things like 'fake it 'til you make it' or 'stay positive,' 'good vibes only,'" she says.

Greg Hewlett is an online ESL instructor for teenagers and young adults. He pinpoints other common phrases associated with toxic positivity.

"It's a superficial glossing over of harmful experiences and feelings. Like saying 'everything happens for a reason,' or 'everything will work out,'" he says.

Hewlett explains where these attitudes may originate.

"These platitudes are rooted in a lack of empathy

and patience for understanding," he says.

The repercussions of toxic positivity

[Evidence](#) suggests that toxic positivity can worsen mental anguish.

Hewlett also says he believes unrealistic optimism can affect young people's ability to process difficult situations.

"It doesn't give youth the strategies or perspectives to deal with problems in their lives. It also pretends issues can be buried and that doing so won't cause further problems," he says.

In other words, it can delay crucial development in young people.

"Having hard days, weeks, months, even years is a natural and nuanced part of being human," Fitzpatrick-Sceviour says.

Likewise, refusing to feel negative emotions can reduce one's ability to overcome difficult times. Ironically, this defeats the "purpose" of toxic positivity entirely.

"Toxic positivity culture suggests that suffering can be easily tossed aside with a good attitude. Ignoring negative emotions can lead to harmful coping mechanisms and an inability to build healthy coping skills," Fitzpatrick-Sceviour says.

Gratitude vs. toxic positivity

Practicing gratitude during difficult times may be

more rewarding than buying into toxic positivity.

Sharon Tan is a Toronto-based registered massage therapist and wedding planner. To her, gratitude and toxic positivity are inherently different.

“I interpret appreciation as accepting the situation as it is, whereas toxic positivity I would interpret as someone saying ‘everything is not that bad,’” she says.

Gratitude may also be a healthier practice than toxic positivity. Appreciating that life is unpredictable can be a better way to cope than dismissing a tough situation.

“It’s finding small things you are thankful for, even when things are negative and tough. It’s seeking comfort and coping skills, which you can be grateful for. Toxic positivity is merely burying the negative, which is dangerous,” Fitzpatrick-Sceviour says.

Hewlett says the difference between them may simply be practicing patience.

“To be thankful is to feel the effort and energy offered by another, and this can only happen if one is mindful enough to notice and reflect,” he says.

Hewlett explains genuine appreciation isn’t associated with toxic positivity.

“Toxic positivity, on the other hand, is ultimately just impatience for the negative experience to already be over,” he says.

While toxic positivity may be a negative practice, it doesn’t mean people have bad intentions.

“If you are trying to get yourself through an issue, and it’s the only thing you have to hang onto to get by, then great,” Tan says.

Despite this, it’s best to avoid toxic positivity when trying to help peers. And sometimes, the most straightforward action is the most helpful.

Like Tan says, “I think simple listening is what people appreciate.”





Focusing on the positive

Practising daily gratitude using journals

Written by **DRUCILLA GARY**

Photos by **DEBBY HUDSON (UNSPLASH)**

PEOPLE OFTEN TRY as to think positively but can sometimes fail to do so.

An article written by [SkillPath](#) states, “The human brain has a natural tendency to give weight to (and remember) negative experiences or interactions more than positive ones – they stand out more. Psychologists refer to this as negativity bias.”

Regardless of the kind of person someone is, people can tend to think negatively more often than not. If someone is regularly told how well they are doing, but something negative is brought up, they will likely focus on the negative.

That’s why activities such as gratitude journals can help someone focus on the positive.

Gratitude journals are designed to help people acknowledge the positive parts of their day. Focusing on the positive encourages an optimistic outlook.

One of its most common uses is highlighting the daily moments that can make someone feel grateful.

Karine Belhache, a teacher at Le Phare Elementary School in Ottawa, says that gratitude journals are a great activity.

“It’s important to have time everyday for gratitude. Gratitude journals are a great tool for that because you can look back at the pages from previous days to remind yourself of what you are grateful for.”

Unlike other journals, gratitude journals aren’t only meant for writing. In fact, the [School Mental Health Ontario](#) states that writing things down is a good start, but other techniques such as drawing or adding photographs can be great additions to the journal and can give life to the memory.

Gratitude journals do a lot of good, and they can be paired with different activities. One example is

gratitude circles. In gratitude circles, people share at least one thing they were grateful for that day.

Having each person write down what they are grateful for makes it easier to remember when sharing with the group. It also gives people a chance to verbalize their gratitude.

Belhache has used both gratitude journals and circles. She believes that writing is useful but shouldn't be the only option.

“Writing isn't for everyone, so it's important to make the journal less repetitive and boring. Having mementos completes the memory, and it's equally important to have them,” she says.

Belhache says gratitude circles should be practised regularly to get the most out of them.

Although both techniques are great tools to improve

positivity, she stressed that they shouldn't always be done together.

“Journaling can be very personal, so forcing someone to share what they've written should never be an option,” Belhache says.

Everyone can make time for gratitude whether it's through journals, gratitude circles or another activity. Making an effort to remember the good parts of life opens up plenty of opportunities for people to appreciate each day.





Acknowledging Indigeneity and the land

How to develop a sincere land
acknowledgement and avoid
performative activism

Written by **GRACE NELSON-GUNNESS**

Photo by **JAN KROON**

INDIGENOUS TREATIES WERE written to ensure land was shared with non-Indigenous settlers. However, Indigenous Peoples and their territories were overtaken when Europeans arrived.

More educational institutions and organizations in [Tkaronto](#) and across Turtle Island, now known as Canada, are acknowledging this important history. One way is by implementing land acknowledgements.

[Land acknowledgements](#) are formal statements

that acknowledge that Indigenous Peoples were the first to inhabit their traditional territories. They also highlight the strong relationship that Indigenous Peoples have with their land.

Acknowledging that relationship encapsulates how they live and what they believe in.

“Indigenous Peoples’ connection to the land is all about our ways of being and our ways of knowing. We see the land as being sacred,” says John Crutch, the Indigenous training coordinator at the University of Toronto’s Office of Indigenous Initiatives. “The land, the waters, the animals, the insects. Everything in creation is sacred to us. We also believe that everything in creation is our relatives.”

Crutch is Anishinaabe on his mother’s side and

settler German-Canadian on his father's side. He is a member of Wikwemikong First Nation on Manitoulin Island.

Carolynne Crawley is an Indigenous activist and the founder of [Msit No'kmaq](#).

Crawley explains people need to respect the land around them just as much as human relatives. The right for the land to be loved and connected with, motivates her work.

"My work is really looking at reconciliation with the earth because the earth has also been greatly harmed by colonialism and capitalism and continues to be harmed. So, I find ways to connect people with the earth, whether it's through sensory experiences, sharing teachings or learning about those relatives," says Crawley.

Crawley has Mi'kmaw, Black and Irish ancestry.

Non-Indigenous individuals did not make an effort to connect with the land in the same way. They viewed Indigenous land as a commodity rather than a gift that provided resources for human beings.

"As far as I know, we don't even have a word for the selling of land. It is a sacred gift from the creator, and it is meant to be shared," Croutch says. "And so that's how we saw the treaties when we signed them. We were under the assumption that we were going to share the land and the resources to everyone's benefit, but that's not how it happened."

Since settlers severed the relationship between Indigenous Peoples and their land through [residential schools, reserves and other segregation tactics](#). They should recognize their position through land acknowledgements.

All land acknowledgements need certain components to properly display respect and acknowledgement. This means discussing the importance of non-human beings.

"Also acknowledge the lands and the waters. Because for Indigenous Peoples, there is no separation between us," Crawley says.

It is also critical to be sincere. It is important to find a balance between personalizing a land acknowledgement and recognizing Indigenous Peoples.

"Be humble. Don't make it all about yourself, but bring yourself into the land acknowledgement. Make it personal," says Croutch. "Say, 'I realize the benefits that I have accrued at the expense of Indigenous Peoples, and I am going to work to learn more about

the history of Indigenous Peoples.'"

Lastly, land acknowledgements without actions behind them are not true acknowledgements.

Crawley references an [article](#) by Algonquin-Anishinaabe-kwe author Lynn Gehl and asks, "If you knew that something that was really valuable to you was taken away from you, and every time that it was being used, that person acknowledged that it wasn't theirs and they stole it and they're not doing anything about it, how would you feel?"

The first step is educating oneself.

"The most important thing about a land acknowledgement is that it's factual. You do your research, do your homework and find out whose land you're on," says Croutch. "Take the time to learn how to pronounce their names."

In addition, both Croutch and Crawley strongly encourage people to demand more from politicians. To do so, people should learn more about the Land Back movement, which aims to return land to Indigenous Peoples.

"89 per cent of all land in Canada is controlled by the government and the crown. And 0.2 per cent of all land is designated as reserves, and then, it's like, 10.8 per cent is privately owned," Crawley says.

Although land acknowledgements should include certain elements, they shouldn't be developed by going down a checklist. They need to be heartfelt and profound.

Land acknowledgements are not the be-all and end-all of promoting Indigenous rights. Rather, if land acknowledgements are done correctly, they can be starting points for observers and listeners to educate themselves.

For the love of cabbage

Why year-round farmers' markets deserve the same amount of attention in the winter

Written by GRACE NELSON-GUNNESS
Photos by MAEL BALLAND AND SOMI JAISWAL (UNSPLASH)

MANY PEOPLE THINK the same things when it comes to grocery shopping.

People walking through the automatic doors of their closest supermarket chain, rolling carts down the narrow aisles of produce and dry goods and finally waiting their turn to pay.

But those who overlook alternative ways to buy their groceries miss out on the fresh produce and goods local farmers and vendors' offer at markets. Especially during winter months.

Within the Greater Toronto Area (GTA), there are various year-round farmers' markets. They have made a commitment to supporting local farmers and also committed to giving them a space to share their purpose, ethics and passion about what they grow year-round.

Nicole Jacobs, the Dufferin Grove Farmers' Market manager, says, "I think running the market itself allows us to support local farmers. They can sell their goods, they can promote their brand of who they are and they can connect with the community, which is important."

Emma Vredenburg is Evergreen Farmers' market's visitor experience and operations manager.

According to Vredenburg, the meaningful connections farmers make with customers help to sustain their business. They educate consumers on the best times to grow and eat fruits and vegetables.

"This cycle creates excitement as consumers look forward to seeing specific items on the tables during certain months," she says. "For example, blueberries



in late summer, apples in the fall, fiddleheads and asparagus in the spring and root vegetables and preserved goods in the winter."

Markets such as The Stop Farmers' Market, provide services that make the morning set-up less difficult and close the gap between the producer and consumer.

"We offer support to our vendors, who are new farmers and local business operators, in offering discounted vendor fees, access to a table/tent for the market, free access to our greenhouse and commercial kitchen and connecting them with other vendors for mentorship and support," says Hilda Nouri, the urban agriculture manager at The Stop's Farmers' Market.

But despite the commitment of year-round farmers' markets, selling during Toronto's cold winter season comes with its challenges. Customers who show up in the summer often don't visit markets during the winter months.

“Market patrons usually decrease in numbers during the winter months, so there is a decrease in sales for most,” says Nouri. “This could be for many reasons, including less interest or awareness of farmers’ markets in the winter and decreased ability to travel to the market during winter.”

Another reason is the difference in products available during the winter. Jacobs says that people are more attracted to fruits and leafy greens that are prominent in the summer months. As a result, the root vegetables that thrive in winter don’t receive the same appreciation.

Additionally, when the ground freezes in the winter, the growing season changes for farmers.

“Not all vendors and farmers have enough crops to come to the market during the winter months. It may be that what they have is just not enough,” says Jacobs. “Some farmers may stop coming once it’s December, and then they will return in April, May or June depending on what they have.”

However, the adaptability and persistence of year-round farmers’ markets is something to be admired. They have established many programs and resources that help local businesses and minorities.

Nouri says The Stop operates a 10-metre greens program in a greenhouse, which hires those facing employment challenges. They use their Indigenous Garden Program to work with local bakers and they have partnered with Black Creek Community Health Centre to offer free spots to graduates from their

Black entrepreneurship program.

The Dufferin Grove Farmers’ Market has established their Community Fridges organization to help customers who may be facing financial struggles and to help make them feel welcomed.

“Farmers can put a couple of goods on the table, and people can just take things if they can’t afford to shop. No questions asked. You can just go to that table, and so everyone can walk through the market with the same dignity and leave with something regardless of what they brought in their pocket that day,” says Jacobs.

The Dufferin Grove Farmers’ Market aims to eliminate the idea that farmers’ markets are only for people earning a certain income.

Needless to say, there is a lot to appreciate about year-round farmers’ markets. There are different ways to keep them going around the GTA. Jacobs says people should attend, spread the word and find root vegetable recipes—since that’s the kind of produce sold.

Nouri says donating and volunteering helps markets operate at their best all year-round. This includes community gardens and kitchens.

Appreciating and celebrating year-round farmers’ markets in the winter helps more than market managers. Local farmers, community gardens, underprivileged individuals and those with a craving for root veggies, also experience the benefits.





**We have
the Internet,
what's next?**

Can science fiction teach society about responsible technology use?

Written by **ELIOT GILBERT**

Photos by **MIKHAIL NILOV AND KINDEL MEDIA**

MANY TECHNOLOGICAL INNOVATIONS originate from science fiction.

“For better or for worse, tech innovators draw on these stories for inspiration,” says Thomas Price, an English literature teaching assistant at an Ontario university.

Price always begins his teaching year dramatically.

“I walk over to the blackboard and write the word ‘CELLPHONES’ in capital letters,” Price says.

The students, according to Price, are expecting to hear the standard day-one classroom cellphone policy. He asks them to take out their phones and place them in their laps. Some of the students are nervous, resistant or annoyed.

“I then give a short lecture about how cellphones were partly inspired by a comic in the early 20th century, and they all breathe a sigh of relief,” Price says.

He does this to demonstrate that many people take technology for granted.

To Price, it is important to recognize where these ideas originated.

“By studying the stories where these ideas came from, I hope students can form a better relationship with the technology most of us use daily.”

An internet ruled by corporations

“The internet, as an idea, didn’t come from science fiction. The idea that an internet-based society would be ruled by mega-corporations? That comes from cyberpunk,” explains Price.

The genre Price is referring to, [cyberpunk](#), has been a popular form of storytelling since the 1970s. It often features a dark, gritty, futuristic urban setting, explains Price. Advanced technology, greedy corporations and protagonists on the outskirts of society are common themes, he adds.

“In the early 1990s, hackers directly based their ideology on cyberpunk philosophy,” Price says. “They hated corporations and restriction of their freedoms



and actively fought against it illegally,” he explains.

It is unclear how prevalent these ideas were due to the anonymous nature of hackers. That said, [WIRED](#) agrees that cyberpunk-inspired hacking was an early internet phenomenon.

The subculture in the early ‘90s was significant enough to have [Time Magazine report on cyberpunk in 1993](#). Predicting a world where it would become a large youth counterculture.

“This type of angry-at-the-world hacker still exists into the 21st century in the form of hacktivist collectives like Anonymous,” Price says.



20th century.

“That kind of hints at a really important question in AI ethics, actually,” says Eric Nguyen, a graduate student studying ethics and morality in AI. “Why were people thinking about machine intelligence well before computers were ever invented?”

To Nguyen, the reason is simple: people want to make sure they’re using technology responsibly.

“It’s kind of the underlying point to a lot of sci-fi stories, isn’t it? ‘Future technology goes wrong because society didn’t think of the moral implications of it,’” he says.

According to Nguyen, the AI field often and openly uses science fiction stories for inspiration. He points to the works of [Isaac Asimov](#) as examples. Nguyen says the purpose is to ask questions about how the technology in development should be used.

“Asimov and others like him get talked about pretty frequently because he had this utopian view of AI and robotics,” Nguyen explains. “It’s all about creating better societies through technology, rather than the opposite.”

The opposite, as Nguyen puts it, has been featured heavily in more dystopian views of technology.

“Not that I’m an English professor, but I believe that these stories are meant to be warnings for people like me,” he says. “As an AI researcher, the last thing I want to have happen is anything negative. Technology can be and should be used for good.”

Science fiction’s role in modern times

“I don’t think it needs to have a role per se,” says Price. “It can just be entertaining, and that’s it.”

Price is quick to clarify that though science fiction does not need a role—it has one.

“It always has been and always will be, I think, a way for people to make sense of technological advancements,” he says.

To Price, it is human nature to look forward and develop new technology.

“When you look at the history of humanity, we’ve gotten where we are today because of technology,” he says. “At the same time, we have to really scrutinize the way we use science, and we don’t always use it well by any stretch. Science fiction is a tool to analyze our relationship with our inevitable technological progress.”

To Price, cyberpunk is an ideal genre to ask pressing 21st-century questions.

“How much power should corporations be granted? How much privacy should people be allowed? How should we interface with technology in responsible ways?” he asks.

Do AI ethicists dream of electric sheep?

Many experts agree that science fiction introduced AI to the world. However, academics argue when the concept was initially introduced. Suggested origins include anywhere from [ancient Greece](#) to the [early](#)

Overcoming the high costs of financial shame for free

Financial literacy experts from non-profit organizations try to combat the stigma around discussing money

Written by **REBECCA BENITEZ-BERONA**

Photo by **KAROLINA**

GRABOWSKA (PEXELS)

GROWING UP, ELLYCE Fulmore was taught two essential rules about money by her parents: don't go into debt and save every last penny. These ideas would later have a greater impact on her life.

She didn't want to disappoint her family and made sure to follow these rules. But one of the first things she did when entering university for physiotherapy, was take out a student loan.

After graduation, Fulmore found herself with a lot of student debt and an added high-interest loan. On top of shame, she didn't feel confident about pursuing physiotherapy anymore, thinking she had made a serious mistake. After graduation, Fulmore found herself with a lot of student debt and an added high-interest loan.

"I was so ashamed and threatened by my debt that I deleted every single email from the student loan centre that came to me," said Fulmore.

Data collected by [FP Canada](#) in 2020 found that money was one of the top forbidden subjects in conversation, alongside politics, sex, religion and health. One in four Canadians felt it was taboo. Meanwhile, one in ten Canadians would not bring up



the subject at all.

Robert Smith is a financial counsellor at West Neighbourhood House (West NH) in Toronto. He said that generation Z and millennials are experiencing an evolving economy.

An economy that no longer supports individuals making less than \$40,000 with added pressures of student debt. On top of that is a diverse Canadian population with an immigrant background, who mostly did not have the resources to navigate financial discussions in Canada.

"No one wants to admit when they're struggling. With money, this fear of opening up can lead to a fear of mistakes," Smith said. "Seeing money as a threat often leads to people avoiding help, which only damages your financial situation more."

When Fulmore finally found the courage to reach out for help from her bank, all she was given was product information with no assistance on how to use it.

"I felt misled and alone more than before I asked for help," she said.

Jeff Klein is another financial counsellor at West NH. He added that many who feel ashamed of their finances may have also had negative experiences with a bank advisor.

"If they see you are not making enough income, have an overdraft or a late fee, there can be judgement," Klein said. "They go through so many people quickly

every day, which doesn't take into account your complex situation."

According to Klein, this could lead to a domino effect. Distrust of the bank may lead people to make worse decisions. This could include taking on loans from establishments that take advantage of shame. A lot of these loans appear attractive by creating a menu similar to a fast-food restaurant. They have all kinds of loans available but no extra details about the potential risk of high-interest rates and extra fees.

"One mistake with a bank, and you're in a spiral," he said. "Climbing back up that ladder is never easy when you don't feel like reaching out."

Building confidence with financial literacy

Knowledge-Box Canada project coordinator Danny S. Wells said the first step to overcoming shame is building confidence through financial literacy. Wells, alongside program coordinators Kuruparan Nadarajah and Jennifer Vo, fight the negative stigma around financial discussion. Free programs for disadvantaged youth and women are available through Knowledge Box and Nexim International Development Organisation (NIDO) collaborations.

"We want to make sure these webinars are represented by people that make them accessible," Wells said. "We want youth to see their experiences represented, but we also want them to feel safe enough to reach out through email or a phone call."

A large part of their mission is to provide non-judgemental spaces to ask questions, mentorship, and personalized financial care. Spaces that can rarely be found in mainstream bank institutions.

As coordinators and personal development counsellors, Nadarajah explains the importance of relationship building.

"Nobody ever takes time to sit someone down and tell them the first steps they need to take to achieve their goals," Nadarajah said. "We want youth to understand that they are always included, and usually, they tend to open up over time."

Knowledge-Box and NIDO facilitate in-person and online workshops concerning financial literacy and pre-employment, specifically for young people in low-income neighbourhoods.

"Financial literacy is important for survival in this city, so we make sure we follow up," said Vo. "Knowing that you have that connection is what can help beat that shame."

Personalized coaching

Shame can still affect those who have all the basics down but don't know how to reach out for help. At West NH, Smith said financial health is encouraged through their programs as much as literacy. There, they can receive individual coaching to find the best course of action.

They provide coaching that builds on the knowledge that one already has with individualized plans. Whether it's deciding what to do after a tax refund, buying a car or finding a job with higher pay.

"You are never alone in this situation," Smith said. "Whatever your financial goal is, we will work on it together."

Personal growth = money growth

After going through her own experiences with financial shame, Fulmore was able to regain control by understanding her identity in relation to money. As a queer woman with ADHD, Fulmore learned about the barriers in the economic system that affect her ability to access financial education. Understanding herself as a person allowed her to understand her self-worth.

Now, Fulmore is a financial coach, business owner and successful online content creator. She has over 14,000 followers on Instagram and over 514,000 on TikTok.

"When you understand where you come from and what systems are built to prevent you from receiving help, you can adapt to find a better plan," said Fulmore. "That is what I try to do through my social media."

Fulmore fights the stigma around money talks by using her dance moves to cater to the target audience on TikTok—generation Z. She provides financial information in sync with her moves.

For Fulmore, the aim is to reshape negative feelings that young Canadians feel around money. This will help them approach their finances without fear.

"I try to deliver that safe space, so young people don't feel bombarded with information," she said. "I want them to know that discussing money can be fun and lighthearted—not scary."



grateful

Written by **LAURA BOURBONNAIS**

Photo by **LIV BRUCE (UNSPLASH)**

I live for peaceful moments by the lake midday during summer, the gratifying feel of spring rays on frigid cheeks, rivalling the shy blush of peeking tulips after months of hibernation.

I love the solemn nights I share with a good book during the rainy fall, the floating feeling in my tingling toes after taking off ski boots on a snowy afternoon after the slopes, the furious love I feel for loved ones, pointed fingers and arguments and all, the ongoing, unspoken conversations maintained with

friends regardless of distance, our spontaneity and their unwavering support hovering from afar.

I'm grateful for this body of which I don't always approve, that I shelter from myself by turning off the lights in the bathroom and looking away.

I'm grateful for the resemblance I bare to my ancestors, that they passed down their curiosity, will, drive, labour, stubbornness, patience and love in each stroke of my face and life line on my palms

for me to be here today,
carving my path
while leaving the door open even
wider
for those after me,
as they once did.

I'm grateful for their presence,
whether or not we remain
strangers
or tease each other on the phone,
proud to call each other family;
I know their spirits.

I'm thankful for celebrations
and shoulders to lean on when
heartbroken
and wise words whispered past 1
a.m. on dirty tiles,
love lingers in our blood, my
family's trauma and joy alike,
itched in my genetic code,
tying us together, no expiration
date in sight.

I recognize my imperfections and
strive to better myself
to better my community.
I strive to fill my life with meaning,
moments, purpose and people
and to take my time,
to be present with others instead
of struggling to relive memories
on my own.

I accept imperfections,
perfection is unattainable
but peace and fulfillment are
within reach
if I'm patient.

I recognize the shelter and gift
of our planet and its people in
the midst of conflict, change and
uncertainty and strive to take care
of it

as I care for myself
and others
as we grow old.

I am grateful for travel and culture
and languages and knowledge and
books and growth
and lullabies and nostalgia and
kitchen counter dance parties
and quiet.

for throbbing concert halls and
music festivals and six flag park
chaos in aggressive humidity and
chocolate-licked lips with too
many calories to count,
for startlingly beautiful animals
and plants and oceans and forests
and mountains and life, which
goes on and grows through
while we've predicted its end for
centuries
and contributed to it.

I am humbled by what it means to
be human,
how similar, complex, confusing,
frustrating,
hurt, kind and flawed we all are.
that we have each other
even when we feel alone in our
grief and late night aches.

I am humbled to be here
in these pages,
long after I'm gone,
elsewhere,
this remains.

words remain
and so we do
too.

ym