

THE

# UNITER

FREE.WEEKLY.  
VOLUME 73 // ISSUE 18 // FEB. 14

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to you

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POWERLIFTING COMMUNITY

VALENTINE'S ON A BUDGET P5

AFRICAN FASHION WEEK P11

MINDING MIDTERM STRESS P14

THE OFFICIAL NEWSPAPER OF THE UNIVERSITY OF WINNIPEG

## \* ON THE COVER

Hao-Yi Sim performs at a squat at Manitoba's largest, most diverse strength competition hosted in Winnipeg. Read more on page 7.

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## IT'S THE TIME

It's been a busy time for students in the cold, cold days of winter. Reading week is just around the corner: a time to catch up on studying and some much needed rest.

Here at *The Uniter*, we're taking time to write "evergreen" pieces: articles that can go in any time and don't have a looming deadline. We take an in-depth look at things because we can.

We bring readers content that is relevant both for timeline and subject.

With this issue coming out on Valentine's Day, volunteer writer Leia Patterson talks about how to celebrate the holiday on a budget. With midterms around the corner, campus reporter Ryan Haughey looks at how to stay on top of things in the midst of the tension.

In addition to romance being in the air, it's Black History Month, and we have three related stories on local Black History Month celebrations, African fashion and the Afro-Prairie Film Festival.

So take a leisurely read of *The Uniter* during reading week. You deserve it!

- Charmagne de Veer and Callie Lugosi

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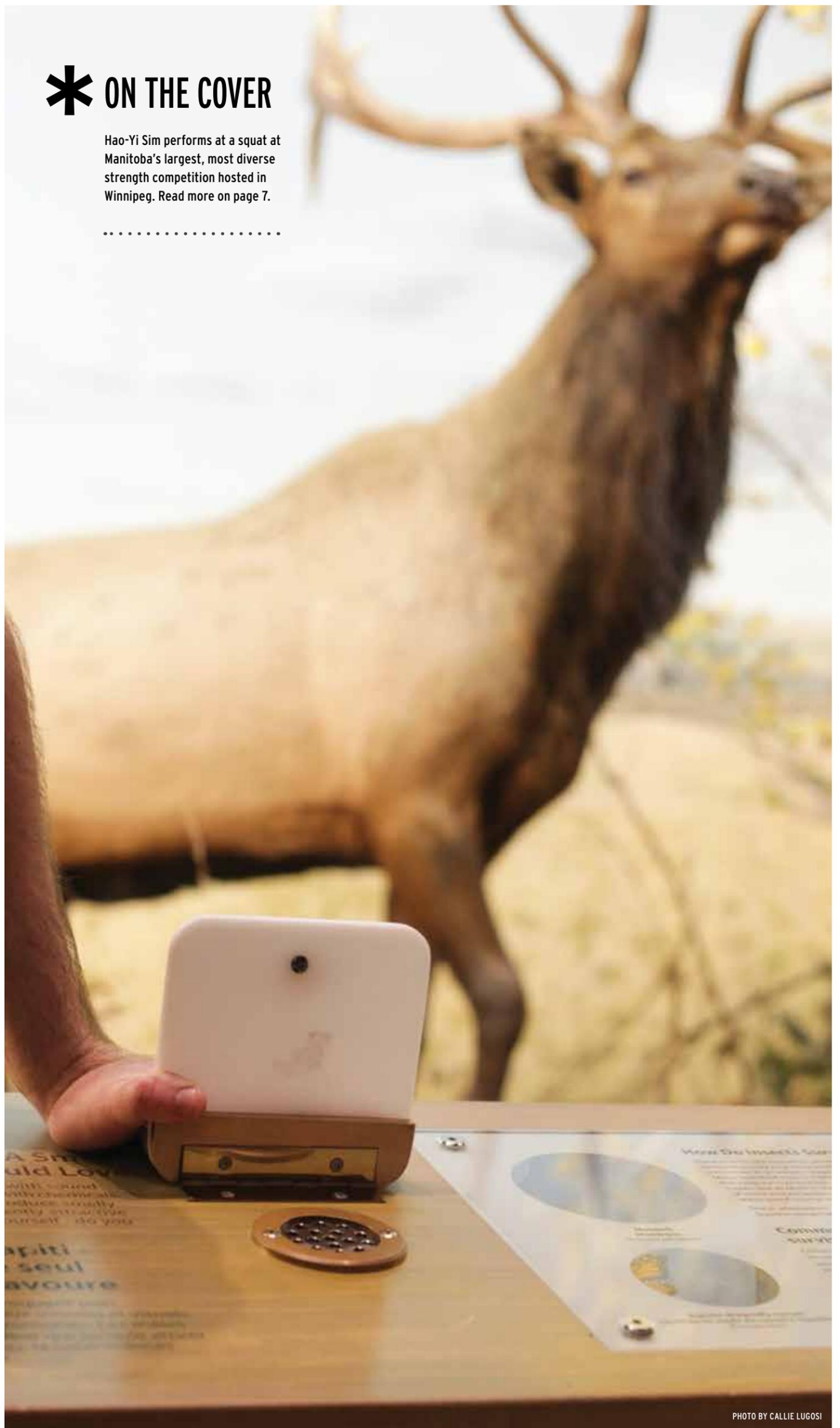


PHOTO BY CALLIE LUGOSI

Bull elk rub themselves in their own urine to attract their harem of females. Visitors can smell the elk's "cologne" at After Dark: Wild Romance. Read more on page 5.

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Submissions of articles, letters, graphics and photos are encouraged, however all new contributors (with the exception of letters to the editor) must attend a 45-minute volunteer orientation workshop to ensure that the volunteer understands all of the publication's basic guidelines. Volunteer workshops take place Wednesdays from 5:15 to 6:15 p.m. in room ORM14. Please email [volunteer@uniter.ca](mailto:volunteer@uniter.ca) for more details. Deadline for advertisements is noon Friday, six days prior to publication. The Uniter reserves the right to refuse to print material submitted by volunteers. The Uniter will not print submissions that are homophobic, misogynistic, racist or libellous. We also reserve the right to edit for length/style.



PHOTOS BY CALLIE LUGOSI

Barbara in her St. Vital townhouse

SARAH JO KIRSCH

FEATURES REPORTER



Barbara Bruce introduces herself in Cree. Her name is Kitchi Pinesiw Piminaw (Flies High Thunderbird), and she is from the Ma'ingan-doodem (Wolf Clan).

The Two-Spirit Métis elder's entire professional career has been devoted to fostering Indigenous cultural awareness and community building.

She started in the 1970s when she began working at the Manitoba Metis Federation after a stint at the University of Winnipeg.

"I said, 'Okay, I'm going to be a radical activist,' which I was, 'and I'm going to quit university.'"

From taking over the Manitoba Legislative Building with her peers in her youth, Bruce found her life's purpose in nurturing and advocating for the local and national Métis, Indigenous, Inuit and Two-Spirit communities.

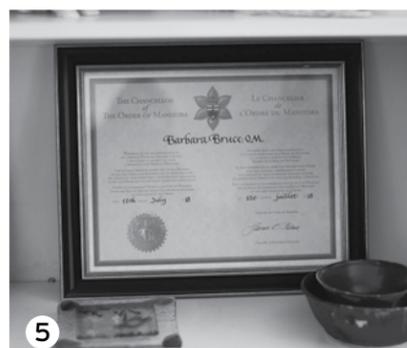
Bruce was recently awarded the Order of Manitoba for her efforts and achievements.

Amidst her work in activism, she ran an art gallery dedicated to First Nation, Métis, and Inuit art and handcrafted goods for seven years.

Works by Daphne Odjig, Norval Morrisseau and many other Indigenous heavy-hitters passed through the Northern Traditions gallery. Some of it made its way into Bruce's own collection.

The St. Vital townhouse she and her partner have lived in for the last two-and-a-half years is overflowing with brilliant pieces. Each painting and sculpture has its own story.

"When people want to come into our space, we want them to feel beauty, so they feel beauty inside of (themselves). That's what we want to create," Bruce says.



**1) CONSCIOUS COMPANION**

"We tried different names for her. Notice, I'm surrounded by cedar. We tried sky, storm, and then we said "cedar" and she (perked up)."

**2) PARTNER PACT**

"This art here is by Daphne Odjig. She's Odawa-Potawatomi. She was just a powerful woman but so incredibly gracious and welcoming and with that smile and just very kind and so full of respect. When we first started our store, we bought these. The two big ones have sisters to them. It's a set of four. My business partner has the other two. The story is that if I go first, he'll get these two, and vice versa."

**3) FEMME FATALE**

"I like that picture there. Like, 'Don't fuck with me.'"

**4) FAN FANTASY**

"When we are in Puerto Vallarta, we like to go visit art galleries. We walk into this gallery, and who walks in? It's (Marta Gilbert). She's from California original. She's Cherokee and Osage. She walks in, and I'm just going crazy. She looks at us - she just looks right through you - and our eyes went, 'Oh my god, this woman is on another plane.' Her originals go from US \$5,000 on, so what we decided to do - which was more reasonable - was to get some prints, and we asked if she could sign them, and she did. They're all signed. We were so fortunate. She loved us."

**5) VERY OFFICIAL**

"In 2018, I was awarded the Order of Manitoba. I have this big medallion that I can wear now. Very official."

**6) BESTOWED BLANKET**

"This is a West Coast blanket that was given to me. It's a thunderbird. That's my name. I don't know how to explain it, because I don't know the culture there. I was just honoured. It's got seven feathers."

## ARTS AND CULTURE BRIEFS

THOMAS PASHKO // ARTS AND CULTURE EDITOR @THOMASPASHKO

### Write Ur Own Rom/Com

The never-ending comedy shenanigans at Wee Johnny's are spilling over into Valentine's Day. Hosted by U of M Improv, "Write Ur Own Rom/Com" will be an interactive improv experience in which audiences will collaborate with comedy performers to create two improvised romantic comedies. The show runs from 8 to 10:30 p.m. at Wee Johnny's (177 McDermott Ave), cover is \$5.

### How I Learned to Drive

Protagonista Theatre is Winnipeg's newest theatre company. They're kicking off their existence with a doozy: Paula Vogel's Pulitzer Prize-winning drama, *How I Learned to Drive*. Directed by Neil McArthur, the play addresses issues of sexual trauma and its aftermath through a non-linear story structure. The show runs Feb. 20 to 23 at PTE's Colin Jackson Studio Theatre (third floor of Portage Place). Tickets are available at protagonista.ca.

### All You Can Eat Perogies!

Do you love perogies, but hate that there always seems to be a finite amount of them? The North Point Douglas Women's Centre is hosting a fundraiser All You Can Eat Perogy Dinner and Cake Auction. The event will take place on Feb. 21 from 5 to 8 p.m. at Immaculate Conception Parish (181 Austin St. N). There will also be an art raffle, craft sale, a graffiti table for kids and a 50/50 draw. Tickets are \$10 for adults, \$5 for children and are available through director@npdwc.org.

### Winnipeg Tattoo Show

Winnipeg's biggest tattoo convention is running from Feb. 22 to 24 at the RBC Convention Centre. Advanced bookings are available for sessions with any of the more than 200 artists who will be doing live tattooing. In addition to local artists, there are tattooers from all across Canada and international artists from New York, Austin and elsewhere. The weekend will also include needle-making workshops, drag queen performances, a show by eccentric circus performers Monsters of Schlock and more. Tickets and info available at winnipegattooshow.com.

### Boss Babe Pyjama Party

Boss Babe Pyjama Party is a monthly event hosted by Hustle + Charm, Winnipeg's community of women entrepreneurs, where women can make personal and business connections in a slumber party atmosphere. For Black History Month, the event will include a panel discussion by four Black women making change in Winnipeg, including Hustle + Charm founder Charmaine Jennings. The event takes place Feb. 23 from 6 to 10 p.m. at 500-62 Albert St. Tickets and info available at hustleandcharm.ca/public-calendar.

## DID YOU SEE THAT MOVIE?

Afro Prairie Film Festival asks audiences to consider what stories they see on screen

DAVIS PLETT

 @UNKNOWNINGCLOUD

ARTS AND CULTURE REPORTER

Major film releases featuring Black characters and stories are few and far between. When these films do make it to theatres – such as 2018 films *Sorry to Bother You* and *BlacKkKlansman* – they often are only in select cinemas for short runs.

Three years ago, Black Space Winnipeg partnered with the Winnipeg Film Group Cinematheque to do something about the rarity of Black narratives on screen. They began with a monthly film screening, featuring popular Black films that had not or were no longer playing in mainstream theatres. The screenings were incredibly successful and in turn led to the creation of the Afro Prairie Film Festival.

Ben Williams is the production centre director and director of development and marketing for the Winnipeg Film Group, as well as a co-curator of the festival. The Afro Prairie Film Festival takes to the screen for its second year this Black History Month, from Feb. 21 to 24. It will feature keynotes, workshops and screenings ranging from drama to comedy to horror and experimental filmmaking, including francophone films and stories



Ella Cooper is the founder of Black Women Film! Canada.

dealing with LGBTQ2S themes.

“We call it an Afro-centric film festival that helps to give a platform and a voice to Black filmmakers,” Williams says.

“It’s the first of its kind in all of central Canada.”

Williams says he hopes the festival can elevate Black stories and provide support and awareness for Black filmmakers and audiences.

“I’ve been at the film group for almost five years, and in that five years, I’ve only seen four Black filmmakers make films through here,” he says.

“I know there are other Black filmmakers here in the city, but they haven’t been coming through the Winnipeg Film Group. What we’re trying to do is bridge awareness with the Black community ... and also try to elevate the voices of the Black community, whether that’s here in

Winnipeg or Canada as a whole, or all of North America for that matter, because the voices aren’t really heard enough.”

Ella Cooper is the founder of Black Women Film! Canada and the keynote speaker for the 2019 Afro Prairie Film Festival. She says she wants to emphasize that the elevation of Black voices isn’t possible without audiences to do the elevating.

“I think that there’s a plethora of ways you can participate (in) and celebrate Black History Month, regardless of whether you’re of the African diaspora,” she says.

“We talk about the need for content and more diverse voices, but the reality is if you don’t show up as the audience, then the work is not going to continue. We can make the steps to make the works, promote the works, get it out there, but it’s really about the audiences voting by showing up, by saying, ‘Yes, I want to see

this. Yes, out of all the things happening this week, I’m going to go check this out.”

Williams says the Afro Prairie Film Festival is for anyone who loves the art of film and storytelling.

“There’s all these different festivals that cater to different groups but Black people. Because we don’t have enough of a platform or a voice, nobody knows our stories,” he says.

“We’re trying to say, ‘Hey, look! We want everyone to be aware that this festival is about filmmaking. It’s about connecting people, period.’ That’s what filmmaking is supposed to do.”

*The Afro Prairie Film Festival takes place at Cinematheque from Feb. 21 to 24. Individual screenings are \$10, and student festival passes are \$30 (regular passes are \$40). Ella Cooper will deliver a free keynote address on Feb. 21 at 6 p.m.*

## “SANCTIONED ARTY VIOLENCE”

Upcoming Winnipeg Professional Wrestling event showcases local talent and safer spaces policy

DAVIS PLETT

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ARTS AND CULTURE REPORTER

Tucked away in the hip neighbourhood of West Broadway behind beloved local eatery The Tallest Poppy, The Sherbrook Inn isn’t really a place where you would expect live wrestling to be a hit.

When he organized Winnipeg Professional Wrestling’s (WPW) first event at the hotel’s bar last December, even co-founder Devin Bray had his doubts.

“We thought it would be like a fart in church,” he says. “We had no expectations. We thought we were going to lose money. We thought we were going to piss people off.”

Bray founded WPW along with several other longtime wrestling enthusiasts. Their first event was attended by over 300 people, massively exceeding their expectations.

“It was weird, unlike anything I’d ever seen at a wrestling show before,” he says. “It really reaffirmed what we’re doing and the fanbase that we’re going for – the Wolseley, West Broadway, (University of Winnipeg areas), people our age that live around where we live around.”

Bray says they wanted to put a contemporary spin on a style of wrestling with a long history in Winnipeg.

“It harkens back to when the Winnipeg arena would have wrestling shows 30, 40 years ago in smoke-filled arenas, and people (were) buying into what was happening 100 per cent,” he says.

“We wanted to bring that back, that atmosphere and that edge but also make it a little more progressive ... I have my phone number posted, and we have a set of rules for fan and wrestler conduct ... We want to blend stand-up comedy and live theatre with athleticism and violence.”

Tyler Colton, a.k.a. The Canadian Hercules, is a local independent wrestler who performed at the inaugural event and is slated to fight at WPW’s upcoming Feb. 28 show, also at the Sherbrook Inn. Going into his first match for WPW, he was skeptical.

“It’s not very often – I don’t think ever before in Winnipeg – that a show has been run by people that don’t have experience in the wrestling business besides being fans,” he says.

“I’d never stepped inside the Sherbrook before I met with (WPW) to talk about the show. So when I stepped in, and I looked around, and I thought, ‘Oh my god, the ceiling is very low’ and ‘Oh my god, this place is small’ ... But once we were there and were set up, I think it went really, really well. After every show, people tell you, ‘That was a really great show.’ But that one got real genuine. People were like, ‘That was super, super fun.’”

For Bray, wrestling is a multifaceted spectacle, and he wants WPW events to showcase this.

“Professional wrestling as an art form is complex, and we want to present it in sev-

eral different ways throughout the night in the three-hour (performance),” he says.

“We want to see it like a movie or live show, not just the baseline grappling.”

Bray says wrestling fans new and old can expect the unexpected, good beer and adrenalin at the Feb. 28 fight.

“We’re really lucky that Half Pints (Brewing Company) has stepped up and been the sponsor,” he says.

“We have a huge surprise that I can’t let out ... You can expect sanctioned party violence, all in the bar. It’s a good atmosphere.”

*Tickets can be purchased at the front desk of The Sherbrook Inn, Into the Music (97 Osborne St.) or at [www.firstrow.ca](http://www.firstrow.ca).*



Winnipeg Professional Wrestling (WPW) at The Sherbrook Inn

# LEARNING THROUGH TASTING

Winnipeg's Black History Month to include cooking class this year

DAVIS PLETT

@UNKNOWINGCLOUD

ARTS AND CULTURE REPORTER

Winnipeg's Black History Month (BHM) celebrations are going in a tasty new direction.

Events in celebration of BHM continue across the city to celebrate Winnipeg's vibrant Black communities. Sobey's Extra (2850 Pembina Hwy.) is hosting cooking classes. The next one, on Feb. 20, will feature some mouth-watering Afro-Caribbean dishes. It's the event's first year, and the menu will include jerk chicken, jollof rice, beef patties and pineapple slaw.

Along with chef Patrice Gilman, Nadia Thompson is spearheading the project and is impressed with how it all came about. Due to the growing visibility of Winnipeg's Black population, Sobey's and their dietitians contacted Thompson out of the blue through the Congress of Black Women of Manitoba Inc. (COBW MB), an organization she's a member of.

Sobey's "had an initiative that they wanted to be more involved in Black History Month," Thompson says. "We felt it would be a good way to share our culture through food."

The COBW MB is a non-profit organization that provides a central hub for issues concerning Black women in Manitoba. Their website states that their main

goal is to provide a forum for discussion and change but also to raise awareness.

Another organization aimed at showcasing Manitoba's Black community is the Black History Month Celebration Committee (BHMCC) itself. The BHMCC is rooted in the National Black Coalition of Canada that officially launched celebrations in Winnipeg in 1981.

Nadia Thompson's twin sister Rhonda Thompson is head of BHMCC. She noted that the community does vigorous work to raise awareness at the government level, especially to adjust curricula and make sure more Black history topics are covered in Canadian schools.

"We're getting the word out into the schools ... we're taking the initiative from other provinces that have tried to do the same," she says.

Cultural awareness is a main goal for the BHMCC. As Thompson points out, there are many hurdles that Winnipeg's Black community has had to overcome.

"We have individuals in our community that can tell stories firsthand about being turned away to rent apartments when they first came," she says. "They had to go to low-income housing. They had to take jobs as domestic workers and railroad workers, because we were seen to be a lesser population. The struggle was real."



ILLUSTRATION BY GABRIELLE FUNK

Mavis McLaren is head of the Jamaican Association of Manitoba, which is hosting four BHM events at their Jamaican Cultural Centre. In 1968, Mavis arrived from Jamaica to a surprisingly cold Winnipeg. Since then, she's always been proud of how the Jamaican community has collaborated and flourished as a community, just like back home.

"Even in Jamaica, there's a variety of different cultural backgrounds," she says. "It's a multicultural country. Our cultural celebrations are intertwined."

Winnipeg's BHM is full of events for everyone. These include luncheons, movie nights, a basketball clinic and many others. These are geared towards all Winnipeggers but are especially framed as an outreach to the city's young people.

The history lesson (Feb. 18 at the Jamaican Cultural Centre) and youth debate (Feb. 16 at Truth and Life Worship Centre) are two especially important events, according to Nadia Thompson.

"Without knowledge, we're nothing," she says. "The more we come together, the wider we spread out... if we continue to get requests to do different things in the city, we could do Black History Month 365 days a year."

Check out [bhmwinnipeg.blogspot.com](http://bhmwinnipeg.blogspot.com) for a summary of Winnipeg events going on in this February. Also follow the BHMCC on Facebook and Twitter (@bhmwinnipeg).

# CAN'T BUY ME LOVE

Why money doesn't make Valentine's Day

LEIA PATTERSON

VOLUNTEER @LKBPI7

Valentine's Day has long been the day for couples to show their affection for each other and singles to renounce love forever. Whether it be with roses and chocolate, stuffed animals or champagne, the holiday honouring St. Valentine is the time of year to show you care – at a huge profit for all those candy and flower shops.

According to Stats Canada, in 2016, Canadians spent \$224 annually on candy and chocolate, most of that being purchased around Valentine's Day. Money during the holiday is also spent on wine, dinner reservations, flowers and jewelry. Around 190 million greeting cards are distributed every Feb. 14.

This makes for an expensive holiday, especially for university students. Is it really necessary to spend all this money to show affection?

Fortunately not, according to Marina Adshade, professor of economics at the University of British Columbia.

Adshade, who specializes in the finance of love and relationships, says it's better to make presents meaningful and personal instead of sticking to clichés.

"It's better to make it personal," Adshade says. "Valentine's is for showing someone you know them."

Catering to one's partner results not only in a meaningful holiday, but it can also mean not spending hundreds of dollars on expensive dinner reservations and champagne. A present with personal or sentimental value can be more financially doable – and also more emotionally rich and worthwhile.

"There's a cost to getting to know somebody," Adshade says. "Make it specific to the individual."

There is no shortage of unique ways to celebrate the holiday in Winnipeg. This year, all sorts of unconventional places are getting into the romantic swing of things, including the Manitoba Museum, which is hosting After Hours: Wild Romance, an event for adults.

The event is described as a chance to see how romance is done "in nature." Offering both couples and singles the



PHOTO BY CALLIE LUGOSI

The northern shrike spears prey in an attempt to attract a mate.

chance to partake in activities like tango lessons, a mating ritual dance and a scavenger hunt, the event gives guests the chance to see how animals do romance in the wild.

Corinne Antoniuk, the museum's learning and engagement producer, describes the event as "romance elevated."

"It's a chance to be part of something ... (and) learn something, too."

After Hours: Wild Romance is a unique and interesting way to spice up Valentine's Day without breaking the bank. Participants even get to learn about plant and animal mating rituals in nature. For those who prefer tradition, the museum will offer chocolate and

flowers, just in the form of roses frozen with liquid nitrogen.

"It's flowers and chocolate with a twist," Antoniuk says.

It's good to have a twist when it comes to romance. Valentine's Day isn't just about Hallmark cards and jewelry anymore. Whatever one's budget may be, there are fun, romantic ways to celebrate this Feb. 14. The only thing left to do is to find loved ones and share it with them.

After Hours: Wild Romance takes place on Feb. 14 from 6 to 11 p.m. at the Manitoba Museum. Admission is \$12 for museum members or \$15 for non-members.



### Stories From the Northwest

Saltwater Hank  
Independent

There are rare moments when it seems that every hippie you've ever met was right - that time really is a construct, man.

That it's all in your head - that the past and the present and the future and every minuscule, incomprehensible, halfway moment exist at once. That you can touch the air beside your face and brush against uncountable realities.

Though you'd never call him a hippie, it seems Saltwater Hank is in on the secret. On an album of whip-smart, heartbreaking and often hilarious bluegrass, Hank manages to dissolve the membrane between past and present, crafting a dust-clouded world of somewhere-in-between.

Hank, the stage name of Tsimshian folk artist Jeremy Pahl, is a storyteller through and through. He spins tales that traverse the heart-pounding wilds and mind-numbing labours of a life. His are stories of loss and wrongdoing and truth and chow mein. His are *Stories From The Northwest*.

The recordings are unassuming but undeniably rich, full of furious fingerpicking and Pahl's lilting and often haunting voice. The constantly weaving fiddle, courtesy of Chloe Nakahara, is seemingly alive, as if in constant duet. The record feels like an amalgamation



of local passions and talents, from the crack backing band to the album's art by Prince George graphic artist Evann Campbell. It feels like a celebration, a coming together of small town voices and outsized talents.

And while the ingredients are relatively simple, the songs rarely are. The slyly political suite of "Coyodel #1" and "Coyodel #2" are equal parts comical and moving, while the stirring "Ballad of Maud Watt" tells the story of the folk hero who traveled through frigid winds and snow to petition on behalf of beavers.

Delving into the legends of the past and the politics of the present, *Stories from the Northwest* is an album that bends folklore and reality into new shapes, an album that celebrates Indigeneity and history and the ground beneath your feet.

by Kaelen Bell



SUPPLIED PHOTO

## CRIT PEG

### LOCAL SKY TONIGHT

An eye-opening cosmic journey into the limits of perspective

SARAH JO KIRSCH

FEATURES REPORTER

@CACOPHONEPG

Last week, the latest collaborative effort from local performance art heavy-hitters Lorri Millan and Shawna Dempsey, *Local Sky Tonight*, was presented at the Gas Station Art Centre.

Once again, writer Millan and writer/performer Dempsey delve into where humanity has been and where it could be going with a good dose of their ultra-charming brand of feminist wit.

Dempsey ushers audiences down the rabbit hole of how the people of Earth have explained and retained the observable astronomical landscape, all while she is dressed in a dapper rabbit suit.

Armed with a laser pointer, the lustrously leporine Dempsey struts back and forth before a projection of Winnipeg's night sky. She at once de- and re-mystifies the stars with balanced servings of fact and fable.

Painting astrophysical concepts with broad and bright strokes, the 45-minute monologue astutely and engagingly illustrates the limits of human perception on a macro- and microcosmic scale.

The duo likens humanity's attempt to observe the universe to "not being able to see the forest when you are a speck of lichen on a tree."

Most compellingly, they explore how humans have coped with those limitations through creative speculation.

The duo attempts to rationalize the systems of logic fashioned by the human imagination to contextualize the portion of space visible from Earth through what it finds worthy of mythologizing.

Those celestial legends conjured from

ancient imaginations of the northern hemisphere reveal the perspective of the cultures from which they emerged and by which they are preserved.

A new legend lives in the scientist's quest for the great universal constant - the search for that elegant equation that will blow open the wisdom of the cosmos.

Dempsey and Millan keep coming back to the question of perspective and its boundaries.

The creative perspective of those storytellers who anthropomorphized groups of stars and the epic stories of conflict and heroism that immortalized them are limited by cultural practice and hierarchies.

Though technology has offered ways to amplify what humans can perceive, the spectrum of what the species can tangibly process remains paltry.

Echoes of fairytales and youthful curiosity inspire dreams of seeing *Local Sky Tonight* performed in a planetarium. The experience would be complete with animated illustrations of the constellations and other eccentric images the script invokes.

Despite the spartan set, Dempsey and Millan inspire as many gasps of realization as comic chortles through the audience with their critical and quirky contemplations on the fallibility of fixed perspective. Informative, insightful and hilarious, *Local Sky Tonight* is as much a study of the skies as of the poor suckers trying to understand them.

Just think: if the legends upon which the Christian calendar hinges had been conceived in the southern hemisphere, Christmas would be in June and Easter in October. Millan and Dempsey suggest that perhaps, in one of the "ker-spillion" theoretically extant parallel universes, it is.

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Feature	Words by Charmagne de Veer and Daniel Crump	Charmagne: Business Manager	 @chardeveer
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# More power to you

Inclusivity a trademark of powerlifting community



Tricia Kell performs a deadlift.

“Do you even lift, bro?”

It’s a phrase that has become synonymous with the notion of big, muscle-bound guys who spend their free hours beefing up at the gym. But if the field of 57 competitors at Brickhouse Gym’s recent powerlifting competition is any indicator, inclusivity is part of the sport.

“Unlike other sports that expect you to have perfect physiques, with powerlifting you can never judge a person’s ability to do the sport by how they look. You could have a tiny woman barely five feet (tall) deadlifting hundreds of pounds, and a (larger) person may be doing the same,” Jocelynn Johnson, one of the competitors, says.

“People of all body types, ages, medical

conditions and disabilities do this successfully.”

Powerlifting is a form of strength training that consists of three different kinds of lifts: squat, bench press and deadlift. In competition, each athlete gets three attempts at a maximal weight single lift using a barbell loaded with weight plates for each discipline.

Powerlifting is also a Special Olympics, sport with one of the competitors being the Barbenders Powerlifting Team.

“A lot of times, you might think powerlifting is a lot of heavy weights, and that seems intimidating, but it’s really about coming in and doing things technically well and just having fun with it. It doesn’t have to be heavy. If you come in here and do things properly, it’s something that anyone can

enjoy,” Barbenders coach Brent Lohmer says.

Lohmer is also a personal trainer and coaches one of the Barbenders participants’ mom, Tricia Kell.

Kell says when Lohmer suggested she try powerlifting, she was hesitant at first.

“(Lohmer) said to me ‘but, then you’d understand why (your daughter) is so passionate (about lifting).’ So I said, ‘yeah, okay,’ and I got totally hooked,” she says.

Kell, who competes in the Masters 3 category, encourages others to take up the sport.

“Absolutely try it. If I can do it, they can do it. I’m the oldest one here (at) 64, and it just really keeps you younger. I feel like I could still jump a fence,” she says.

: continued



Powerlifter Jocelynn Johnson



Powerlifter Roger Girard



Jocelynn Johnson performs a benchpress. Johnson has worked with the Manitoba Powerlifting Association and judges to develop hand signals to replace the verbal commands Johnson cannot hear.



Elijah Wood puts on his game face and performs a squat.



Tammy Hardt of the Barbenders Powerlifting Team, performs a deadlift.



Hao-Yi Sim takes a powdering.

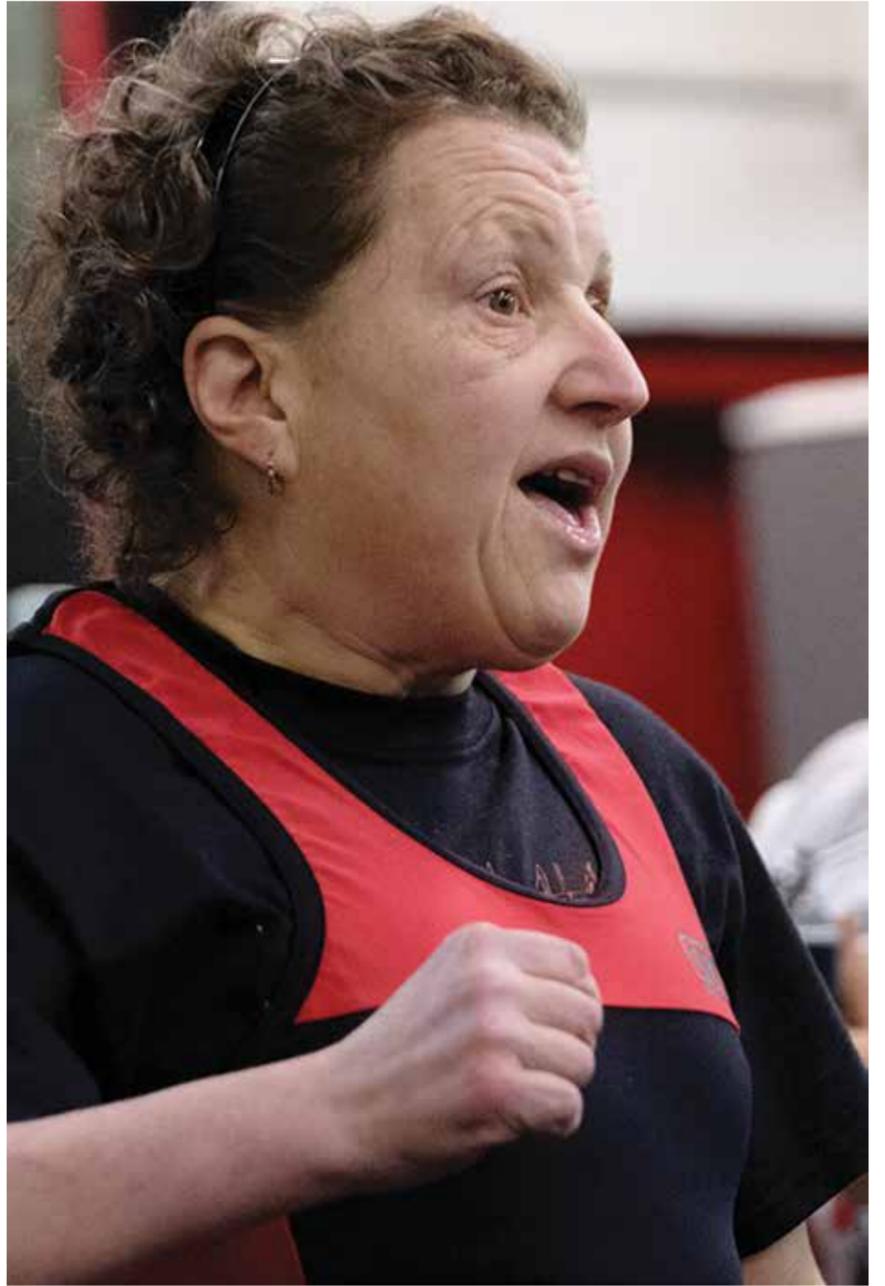


Tricia Kell began powerlifting after her daughter's coach suggested it may help her understand her daughter Tammy's passion for the sport. At 64, Tricia says that the lifting helps her stay young.

: continued



Hao-Yi Sim gets ready for a squat.



Tammy Hardt is a member of the Barbenders Powerlifting Team, which competes in the Special Olympics. On top of training with the Barbenders, she also trains three times a week with her coach, Brent Lohmer, who describes Tammy as "a pillar of strength."

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## CELEBRATING AFRICAN FASHION IN THE 'PEG

Adding "a little bit of spice" to local style

ALEXANDRA NEUFELDT

CITY REPORTER

 @ALEXEJNEUFELDT

Winnipeg's large and diverse African diaspora community includes fashion designers, makeup artists and models, such as designer Ali Opemipo for Aplus African Fashion.

"Over the years (Aplus African Fashion) has been growing," Opemipo says. "The summer is the high business demand time, but every year it grows really well, and we've been able to get more return customers over the years."

Opemipo says the business started three years ago, and that she is the designer and marketer for the shop, while her mother is the seamstress.

"This is what I love doing, I love designing, and my mom loves sewing. She went to sewing school back in Nigeria and has her own business on the net, and when she came here, she decided to continue, and that's how we came together," she says.

Summer is the busiest season for Opemipo, when she has shows for new designs and participates in Folklorama, which is a big event for the designer/seamstress duo.

While she says fashion is important everywhere, she says she's seen her business have a really positive effect on Africans in Winnipeg, and that she's seen many Canadians interested in the styles and sewing their own versions of patterns, which she says has "a positive influence on the fashion life."

"It's different from wearing just a normal designer dress," she says. "So I would say African fashion brings a little bit of spice into the society, which is really admired from people all over the world."

"Winnipeg has been privileged, and I think they are enjoying the fact that they can see different designs from different brands apart from what is more everyday." She says.

While local designers host their own shows and may participate in markets or events like Folklorama, the upcoming African Fashion Week provides an opportunity for members of the local African fashion community to come together.

During African Fashion Week, "international and local designers (of) African descendant designs or cultures (fashion designs, art and collections) are shown to a broader audience, to buyers, press and the general public," according to the event's Facebook page.



Ali Opemipo is a local fashion designer.

"Our platform aims to empower, educate and connect trilling brands and individuals interested in decimating barriers and creating structures around industries for business," it says.

The event's promotional materials have primarily featured designs by Francophone Edmonton-based designer Tounkara.

African Fashion Weeks have become major events in Montreal, Toronto, Edmon-

ton and Vancouver.

While the biannual event typically takes place during February and September, according to the African Fashion Week website, it has been rescheduled to start on March 16th, rather than February 16th.

The event organizer was too busy with Toronto Fashion Week to provide comment.

# U

## THE UNITER IS SEEKING COMIC CONTRIBUTORS

The Uniter is looking for local emerging artists to create comics on a volunteer basis.

See your work in newsprint and distributed around the city while you enhance skills.

Contact [creative@uniter.ca](mailto:creative@uniter.ca) for more information!

## CITY BRIEFS

DANELLE GRANGER // CITY EDITOR  @DANELLEGRANGER**Oil, Equities and the Zero Lower Bound**

All are welcome to attend the economics department seminar featuring Dr. Robert Vigfusson from the Federal Reserve Board, Washington. Vigfusson will present his work on "Oil, Equities and the Zero Lower Bound." The presentation will be on Feb. 15 from 3 to 4:30 p.m. in Room 4BC55 in Buhler Centre.

**Drop The Mic #9**

QPOC Winnipeg presents: QPOC Drop the Mic #9 featuring Queen Sheba on Feb. 15 at 6 p.m. at X-cues Cafe & Lounge. Sheba has six albums, two of which were up for a Grammy under the Spoken Word category, and she is a two-time NAACP Image Award Nominee. The event is \$10 (no one turned away). Stay for the QPOC Black History Month Dance Party to follow at the same venue, featuring DJ Jordan & Petty Wap.

**Métis Student Celebration**

The Louis Riel Institute (LRI) and The University of Winnipeg will celebrate the success of Métis students at a special event on Feb. 14 from 5 to 7 p.m. in RM70. The event honours the recipients of the LRI Bursary, while acknowledging the growing awareness of Métis identity on campus. Student success stories will be highlighted, and there will be a presentation of the University of Winnipeg sash.

**Mental Health First Aid training sessions**

Mental Health First Aid (MHFA) training for adults who interact with youth will be available to UWinnipeg faculty, staff and instructors from March 5 to 7. These sessions are intended for an adult audience whose primary focus is youth (ages 14 to 25). The course fee is \$40. For more information, contact Christy Rostek at 204-988-7676 or [ch.bell@uwinnipeg.ca](mailto:ch.bell@uwinnipeg.ca).

**I Love to Read Month**

Celebrate I Love to Read Month with Inspire Community Outreach at Scout: Coffee + Tea on Feb. 16 from 3 to 4:30 p.m. Meet some of the minds behind the *All Kinds of Minds* book and enjoy readings, special activities and even buy your own signed copy. All proceeds of the vegan sprinkle doughnuts from Oh Doughnuts and coffee sales will be donated to support children throughout Winnipeg.

**UWinnipeg open house**

All are welcome at the University of Winnipeg's 2019 Open House on Wednesday, Feb. 20 from 9 a.m. to 1 p.m. and 5:30 to 8 p.m. It's an opportunity for future students to meet professors and current students and attend faculty introduction sessions. Campus tours are available throughout the day, either at the main campus or some of the other buildings like the Buhler Centre or the Science Complex. For more information, visit [uwinnipeg.ca/openhouse](http://uwinnipeg.ca/openhouse).



# WRITE FOR US!

**The Uniter is seeking writers.**

Are you looking to develop your writing style or develop a portfolio? Writing for *The Uniter* is a fun and collaborative opportunity to grow your journalistic or creative writing skills and a chance to see your work in print!

We send out story lists to volunteers on a weekly basis, or you can pitch your own ideas. You can write as often as you like - weekly, biweekly, monthly, once or twice a year - it's up to you. Writers can be students or community members.

All new writers are required to attend a volunteer orientation to learn more about the paper.

**See [uniter.ca/volunteer](http://uniter.ca/volunteer) for a full schedule of orientations. The next orientation is Feb. 27 from 5:15 to 6:15 p.m. in ORM 14 in the Bulman Centre at the University of Winnipeg.**

## THE UNITER IS SEEKING VOLUNTEER ILLUSTRATORS

Are you an emerging illustrator?

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For more info, contact Talia at [creative@uniter.ca](mailto:creative@uniter.ca).



## MENTAL HEALTH MATTERS BECAUSE...

Students unite in mental wellness advocacy campaign

RYAN HAUGHEY

CAMPUS REPORTER



The Canadian Alliance of Student Associations (CASA) has launched a campaign called #StudentsLetsAct to urge the Canadian government to create positive change for those struggling with mental illness.

Post-secondary institutions across the country handed out broken-heart-shaped cards that read “mental health matters because...” Students were asked to write their thoughts and share their stories on the cards. CASA is collecting the cards and will send them to Ginette Taylor, the Canadian Minister of Health.

“We got messages that said anything from ‘mental health matters, because you are important’ to ‘mental health matters, because I don’t want somebody else to lose their partner,” Adam Brown, CASA’s board chair, says.

“There are some very deep and personal messages that students were writing that really show the fact that we need a better mental health system in this country, and

the federal government really needs to step up when it comes to targeted mental health funding,” Brown says.

He says CASA hopes to urge the government to review their financial support systems for students with permanent disabilities, so that students experiencing mental illness can be included in financial support programs.

CASA also hopes that Statistics Canada will work to collect more data on student mental health, so that the government and post-secondary institutions can be more effective in their practices and policies regarding mental wellness.

“This is a campaign that was made by students for students,” Brown says. “We want the federal government to read students’ stories. It’s one thing for us to go there with a bunch of statistics and numbers, but it’s another thing for us to send thousands of messages from across the country about why students think this is important.”

Brown says students can make a difference on a local level by contacting their Members of Parliament and constituency offices to share their thoughts on the needs of students in regards to

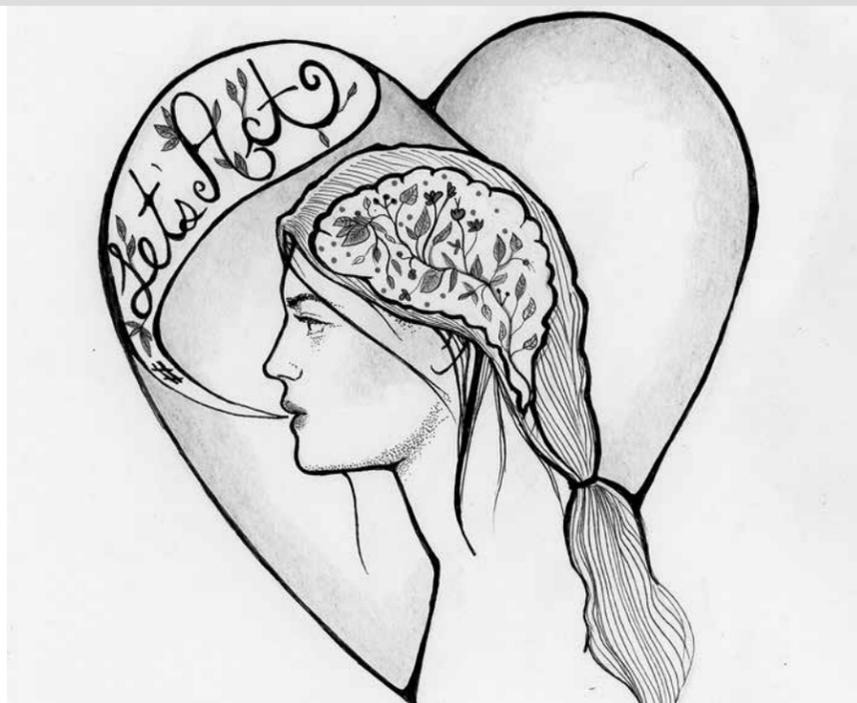


ILLUSTRATION BY GABRIELLE FUNK

mental health.

The University of Winnipeg Students’ Association (UWSA) is in the midst of launching their own campaign called Take Note.

“Take Note is a series of events addressing gender-based violence on campus but also in general society,” Zee Morales, the UWSA vice-president of external affairs, says.

Jade DeFehr, the UWSA vice-president of student affairs, says when examining student mental wellness and advocacy for such, “it is important to look at the whole variety of issues that can impact student stress and not just rely on corporatized campaigns.”

DeFehr and Morales say campaigns like #BellLetsTalk are just a start to the work that needs to be done to address the issues surrounding mental health.

Brown says #StudentsLetsAct takes that extra step by directly targeting the campaign at the federal government.

With the federal election coming up, Brown encourages students to ask candidates about their intentions and opinions on mental health advocacy and student supports.

*CASA is still collecting students’ messages about mental health through their website. Students can submit their stories by going to [casa.ca](http://casa.ca) and filling out the electronic form.*

## MIDTERM TENSIONS

Students prepare for midterms and the stress that comes with them

RYAN HAUGHEY

CAMPUS REPORTER



Midterm tests and practical exams are often associated with stress, but with the right study habits and self-care practices, students can make it out alright.

Anika Dowsett is a theatre major at the University of Winnipeg (U of W) and doesn’t have any traditional midterm tests but instead has upcoming performances, group projects and theoretical presentations.

“There is a lot of rehearsing outside of class, which isn’t necessarily studying, but you’re expected to do four hours of rehearsal every week outside of class,” she says.

Dowsett says her study habits for traditional midterms incorporate some procrastination and going over materials the night before or the morning of a test.

“I think my excuse is that I’m always thinking about the classes I really enjoy, so I never have to sit down and study,” she says.

Dowsett says the theatre department has less formal tests and more memorization of lines and acting.

“It’s important to have those mindfulness and grounding techniques like making sure you’re eating healthy and sleeping enough, because if you’re not doing those things, then there’s no way you’re going to

be able to get up there and perform and get a good mark,” she says.

Exercises of mindfulness can be extremely helpful when dealing with stress during midterms and at any stressful time in life. Klinik offers weekly mindfulness meditation sessions free of charge.

Veroniek Marshall, the clinical director of Klinik, explains mindfulness meditation means being in the moment and sitting with and accepting one’s thoughts.

“It can be anything from a guided meditation to focusing on your breathing to mindful eating,” she says.

Marshall says practicing mindfulness often makes one’s nervous system more at ease and used to feeling mindful.

“When the nervous system is activated, like during exams, it’s hard to take in information,” she says. “If you’re in high stress, it can be hard (for) your brain to be functioning the best it can.”

In addition to keeping healthy eating and sleeping habits, Dowsett says she deals with school-related stress by taking baths, reading, playing with her cat, playing Yahtzee! and dancing alone in her kitchen to loud music.

“I try to make sure that I’m making time for myself and still remain passionate about the courses I’m taking in a context outside of school,” she says, ref-

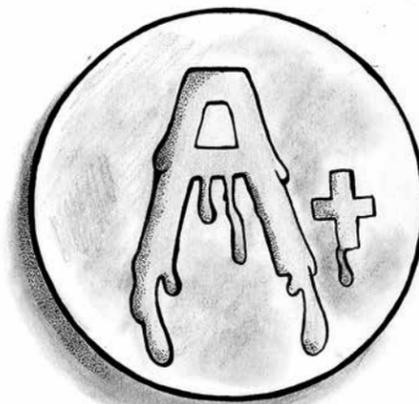
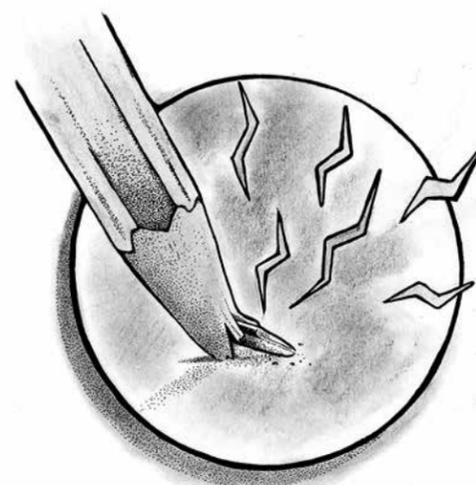


ILLUSTRATION BY GABRIELLE FUNK

erencing her non-school, theatre-related interests. “It’s easy to start hating what you’re doing when it’s all graded, and you’re no longer doing those things just because you love it.”

*Klinik’s Life In Balance Mindfulness sessions are on Tuesdays from 12 to 1 p.m. at 870 Portage Ave.*

## INTIMACY BEYOND SEX

Positive sexuality a good thing but not the only thing

JASE FALK

COLUMNIST

A lot of talk around sex positivity foregrounds sexuality as inherently a good thing – something to not be ashamed of and even as a way to enact self-love and community-building. This is wonderful, and I see this as a very positive force in many people's lives.

However, for myself, physical touch is rarely something I desire and often can result in feelings of stress rather than comfort. I've come to understand myself as somewhere on the ace/demi-sexual spectrum. I don't hate sex, but it's never been a primary form of sharing intimacy for me.

When I hear friends talk about their sex lives, I'm glad for the kind of openness being fostered but too often feel the pinch of not being able to relate to the joy they feel. When I express this, it is often met with you'll meet someone someday, or you've just got to get out there more.

The thing is, I have met people before. I have had deep relationships filled with love, where sexuality was barely a part of it. I'm afraid when I hear love being correlated so closely with sex.

I live in fear of the words of cultural theorist John Berger, who poetically describes being in love as "a completeness which

only the act of making love can temporarily accommodate." This statement has always felt to me like it erases the expansiveness of what intimacy can be.

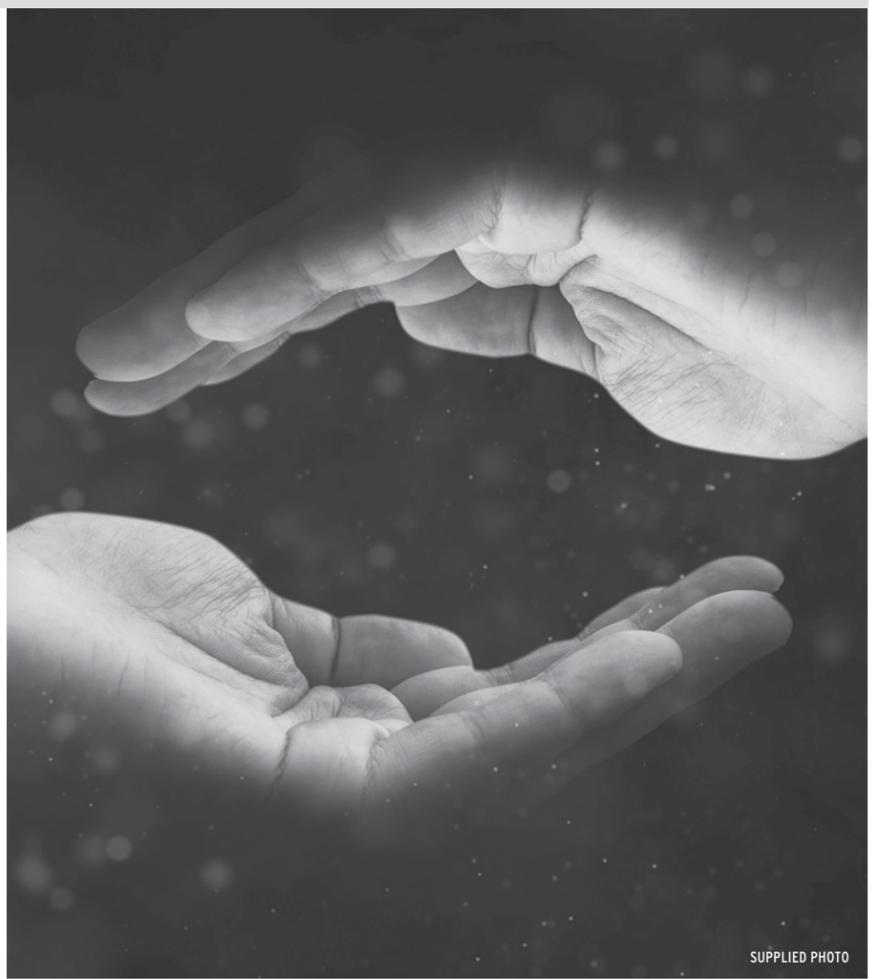
Being in love for me is walking through art galleries, losing yourself in a painting with another person; it is sharing sandwiches in the (now closed) conservatory; it's reading through the novels that formed each other as teenagers and laughing at all the clichés; it's moments of physical touch that melt into the landscape of everything else.

I've been afraid of my body, of the bodies of others. There is trauma tied to my experience of sexuality, but my preferences for space are true and not less than the desires of others.

Not desiring physical touch does not mean I am disconnected from my body. I am deeply interested in exploring new forms of embodiment. In the fall, I moved into an apartment with a large living room with windows that let in streams of light.

Despite having no training, I've been practising dancing here. I'm trying to explore the possibilities of how my body interacts with space, getting to know the new aches, pleasures and forms of motion that my body is capable of.

Sexuality as a form of exploring embodiment sounds beautiful and fun. It's also



SUPPLIED PHOTO

not something that I see bringing the kind of fulfillment I want.

If sex positivity means removing the shame that has kept so many people from exploring the potential for joy to be found in their bodies, why can't that encompass something even broader?

I want to explore expressions of joy in my body and how it interacts with others

in a way that does not centre on sexuality. I do not want to feel pressure that only through sexuality is my love and intimacy valid.

*Jase is a queer non-binary student and writer who lives on Treaty 1 territory.*



THE UNIVERSITY OF  
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## Student Services

### ABORIGINAL STUDENT SERVICES CENTRE

#### Metis Cultural Celebrations

The Aboriginal Student Services Centre is involved in organizing a couple of events surrounding Metis culture and celebrating Metis identity, during the week leading up to Louis Riel Day:

The first is the joint Louis Riel Institute (LRI) and University of Winnipeg event honouring the recipients of the LRI Bursary, celebrating Métis students at our institution, and acknowledging the growing awareness of Métis identity on campus. The event will feature student success stories as well as the presentation of the University of Winnipeg sash.

This gathering will take place:

Thurs., Feb. 14  
5:00-7:00 pm  
Room 2M70 (2nd floor, Manitoba Hall)

The second event is a Louis Riel Celebration:

Fri., Feb. 15  
11:30-1:30pm

Watch for posters around campus for more details.

### ACADEMIC & CAREER SERVICES

#### Student Success Workshop

Does your GPA need a boost? Do you want to get better grades but aren't sure where to start?

The Student Success Workshop is designed to help you create a plan to reach your full academic potential.

The workshop is held over three days/times. The first session during the last week of February is full. Another session has been scheduled:

Mon., March 4, 12:30 - 1:20 pm, Room 3M71  
Wed., March 6, 12:30 - 1:20 pm, Room 3M71  
Fri., March 8, 12:30 - 1:20 pm, Room 3M71

Registration in advance is required.

To register, please go to: [uwinnipeg.ca/academic-advising](http://uwinnipeg.ca/academic-advising) and click on "Student Success Workshop"

### AWARDS & FINANCIAL AID

#### T4A Tax Forms

If you received an award through The University of Winnipeg in the 2018 calendar year, a T4A income tax form will be MAILED to you at the end of February. (The form will not be available through WebAdvisor, as previously published.)

For more information on completing your income tax return, please visit the Canada Revenue Agency (CRA) website: [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca) or speak with a tax professional.

### EXCHANGE OPPORTUNITIES

#### Resource Area

Learn more about studying abroad by using the UW Exchange Resource Area:

Rice building, 2nd floor, Room 2Ri55  
Monday- Friday, 9:00 a.m. - 4:00 p.m.

Staff are available in the Resource Area during these times:

Mon - 10:00 am - 12:30 pm  
Tues - 11:30 am - 1:00 pm  
Wed - 10:00 am - 12:30 pm  
Thurs - 11:30 am - 2:00 pm

Please also see our website: [uwinnipeg.ca/study-abroad](http://uwinnipeg.ca/study-abroad)

Deadline for applications for 2019-20: March 1, 2019

### INTERNATIONAL STUDENT SERVICES

#### Income Tax Clinic

Are you an international student who was in Canada for a minimum of six months in 2018 and would like file for your income taxes?

The International Student Services Office is offering 30-minute appointments to file for taxes with the assistance of trained volunteers.

Students must book an appointment in advance. Online booking will open Mon, Feb. 25.

Appointments will be available from Mon., March 11 to Fri., March 22, from 9:00 am to 4:00 pm., in the ISS Lounge (473 Portage Avenue).

Go to this webpage to book your appointment (starting Mon, Feb. 25):

<https://iss-tax.youcanbook.me/>

Contact ISS for more information: [iss@uwinnipeg.ca](mailto:iss@uwinnipeg.ca)  
204.786.9469

### STUDENT CENTRAL

#### Fall/Winter Term Courses

The final day to withdraw from a Fall/Winter Term (U2018FW) class is Fri., Feb. 15. No refund is applicable.

Courses are dropped through WebAdvisor using the "Student Planning/Registration" link.

#### Winter Term Reading Week

Reading Week is February 17-23. The University is closed Mon., Feb. 18 for Louis Riel Day, but the campus will be open for the remainder of the week.

#### Changes to SC's Hours

Mon., Feb. 18 - closed for Louis Riel Day  
Fri., Feb. 22 - open 9:00 am - 4:15 pm

#### Spring Term 2019 (U2018S)

The Spring Term Timetable will be posted on the website in mid-February for undergraduate courses between May - August. Go to [uwinnipeg.ca/timetable](http://uwinnipeg.ca/timetable).

Tiered Registration Times will be emailed to students' Webmail accounts on March 4. Tiered registration begins March 19.

### Tax Receipts

T2202a tuition tax receipts for 2018 will be posted on WebAdvisor on Feb. 28, 2019.

### Letter of Permission

Are you planning to take a course at another accredited institution this Spring Term? If you would like to receive credit, please complete a Letter of Permission Application Form by the deadline: Friday, March 15

For more information and a form, go to: [uwinnipeg.ca/student-records](http://uwinnipeg.ca/student-records) and click on "Letter of Permission."

### Moving?

Moved in recent months? Changed cell phone providers?

Please make sure you update your address, phone number, and other contact information with the University. Refund cheques are currently being processed.

Update your address, phone number and other details in WebAdvisor through the "Address Change" link.

### STUDENT RECRUITMENT

Open House 2019  
Wed., Feb. 20  
Day session: 9:00 am - 1:00 pm  
Evening session: 5:30 - 8:00 pm  
Duckworth Centre

Meet professors and current students at the Information Fair in Duckworth Centre.

Attend "Faculty Introductions" to learn more about various areas of study within each faculty.

Take a tour, either of the main campus or of other buildings like the Science Complex or the RecPlex.

For more information on open house, please see: [uwinnipeg.ca/openhouse](http://uwinnipeg.ca/openhouse)



## CONFFOUNDERS

a puzzle series by Justin Ladia

PUZZLE 04  
/15 pts.

### Continuity Errors

★★★★☆☆

Awards season always gets me in the mood to watch movies. In fact, on my laptop I've saved a list with a few movie titles that I want to watch. But last weekend, when I tried to access this list I instead found that someone hacked the file and changed everything! Can you figure out what happened to my list?

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1. The Verdant Man          | 7. Deceasedjester               |
| 2. One Blemish is Spawned   | 8. Cap Fluff                    |
| 3. The Curtains of Anger    | 9. Admirable Partition Stalking |
| 4. Within Bowl              | 10. Hoofgander                  |
| 5. The Form of Thin Biscuit | 11. Link of Slobbers            |
| 6. The Dim Horseman Mounts  | 12. Accuse Sprinter             |

+10 points if you solve all the clues above. +5 points if you find out "what happened".

Think you've solved the puzzle? Find out at [www.justinladia.com/confounders](http://www.justinladia.com/confounders).

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# WHAT A DIFFERENCE A YEAR MAKES.

## PUT THEORY INTO PRACTICE.

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[assiniboine.net/advanced](http://assiniboine.net/advanced)



# UWSA FOOD BANK

We're here to help  
**STUDENTS!**



**The UWSA Foodbank** is a Winnipeg Harvest outlet for students & community members needing food assistance. The program runs Friday afternoons on campus.

UWSA Students can contact us at [foodbank@theuwsa.ca](mailto:foodbank@theuwsa.ca) OR register online at [theuwsa.ca/foodbank](http://theuwsa.ca/foodbank)

Community Members can contact Winnipeg Harvest at **204-982-3660** for more information