

THE **U** N I T E R

20 YEARS OF JUICE—P3

KEEPING UNHOUSED WINNIPEGGERS WARM—P9 & 13

CLIMATE CARE ON CAMPUS—P10

THE HYDRO-IMPACTED



A CALL TO ACTION FOR NORTHERN MANITOBA'S INDIGENOUS COMMUNITIES

PAST AND PRESENT

THOMAS PASHKO
MANAGING EDITOR

THOMPASHKO

Six years ago, when *Maclean's* magazine ran a cover story proclaiming Winnipeg "Canada's most racist city," local reactions were intense and mixed. Mayor Brian Bowman made a public statement of solidarity, while local radio DJ Dave Wheeler chastised the writer of the *Maclean's* story, Nancy Macdonald, on the air, claiming that Winnipeg's crisis of violence toward Indigenous women wasn't racist because Indigenous Canadians were "damaging their own race."

Almost exactly one year later, *Maclean's* published a new article by Macdonald calling Winnipeg "a capital of reconciliation." Winnipeg has made major strides in addressing racism. The initial *Maclean's* article served as a wake-up call for many local organizers, and, in 2018, Wheeler was fired from his longtime radio gig for his long history of on- and off-air bigotry.

But this past week is an important reminder that we can make big strides while still having an even bigger problem.

In this week's cover feature, features reporter Keesha Harewood examines the long-term damage that Manitoba Hydro has done to Indigenous communities in northern Manitoba. The history of Hydro's damage to these communities goes back many decades and continues today.

This is just one example of local systemic racism to rear its ugly head in the last seven days. On Jan. 28, it was announced that the police officer who shot and killed Eishia Hudson, an unarmed Indigenous teenager, would not face charges. On Feb. 3, the Winnipeg Fire Paramedic Service (WFPS) held a press conference to address a report that firefighters deliberately delayed assistance to an Indigenous woman with a stab wound to the neck because the paramedic assisting her had attempted to blow the whistle on racism within the WFPS ranks.

We can make progress, but the work is never done. Systemic racism still exists within Winnipeg's local institutions. The hydroelectric dams keeping our lights on still operate at the expense of First Nations peoples. And, despite a very brief absence, you can still hear Dave Wheeler on local radio from 6 to 10 a.m. every weekday.



SUPPLIED PHOTO

The members of Winnipeg alt-rock band Julien's Daughter met through an unusual forum: Kijiji ads. Read more on page 3.

UNITER STAFF

MANAGING EDITOR
Thomas Pashko — editor@uniter.ca

BUSINESS MANAGER
Olivia Norquay — businessmgr@uniter.ca

CREATIVE DIRECTOR
Talia Steele — creative@uniter.ca

ARTS & CULTURE EDITOR
Hannah Foulger — culture@uniter.ca

FEATURES EDITOR
Charlie Morin — featureseditor@uniter.ca

CITY EDITOR
Alex Neufeldt — city@uniter.ca

COMMENTS EDITOR
Haley Pauls — comments@uniter.ca

COPY & STYLE EDITOR
Danielle Doiron — style@uniter.ca

PHOTO EDITOR
Daniel Crump — photoeditor@uniter.ca

STAFF PHOTOGRAPHER
Callie Lugosi — callie@uniter.ca

STAFF PHOTOGRAPHER
Keeley Braunstein-Black — keeley@uniter.ca

STAFF ILLUSTRATOR
Gabrielle Funk — gabrielle@uniter.ca

FEATURES REPORTER
Keesha Harewood — features@uniter.ca

ARTS & CULTURE REPORTER
Naaman Sturup — naaman@uniter.ca

CITY REPORTER
Cierra Bettens — cityreporter@uniter.ca

CAMPUS REPORTER
Callum Goulet-Kilgour — campus@uniter.ca

VOLUNTEER CO-ORDINATOR
Holly Liu — volunteer@uniter.ca

CONTRIBUTORS

COMIC
Hely Schumann

WRITERS
Haley Charney
Hannah Magnusson

MOUSELAND PRESS

MOUSELAND PRESS BOARD OF DIRECTORS: Kristin Annable (chair), Anifat Olawoyin, Larissa Peck, Andrew Tod and Jack Walker — For inquiries email: board@uniter.ca

CONTACT US

GENERAL INQUIRIES
editor@uniter.ca

ADVERTISING
businessmgr@uniter.ca

ROOM 0RM14
UNIVERSITY OF WINNIPEG
515 PORTAGE AVENUE
WINNIPEG, MANITOBA
R3B 2E9
TREATY ONE TERRITORY
HOMELAND OF THE MÉTIS NATION



@TheUniter

@TheUniter

facebook.com/theuniter

SUBMISSIONS

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.

In-person volunteer orientations are currently suspended due to COVID-19, but over-the-phone and remote orientations can be arranged. Please email 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, transphobic, ableist, racist or libellous. We also reserve the right to edit for length/style.

PLENTY OF GOOD TO GO AROUND

Good + Plenty promotes diversity in the arts and music scene

CHARLIE MORIN | FEATURES EDITOR |  CHRLSMORIN

In early 2020, Lana Winterhalt and Christian Higham launched Good + Plenty WPG to address the lack of diversity in Winnipeg's art and music scene. Good + Plenty is a promotional company for artists and musicians who are "women, non-binary, LGBTQ2S+, living with a disability, BIPOC, and beyond," according to their website.

Winterhalt says the music scene in Winnipeg often showcases not only the same performers, but also sound and light technicians.

"What could we do to change that, or to make the Winnipeg music scene more reflective of Winnipeg?" Winterhalt says.

She says Good + Plenty aims to focus on creating diverse and accessible shows.

"We want to be really creative with the venues we're picking and how we're putting an event together, that it really amplifies everyone's art together and can continue to weave the community together," Winterhalt says.

The company will involve younger members of the community through all-ages events and also tries to focus on older musicians and artists.

Live events planned for March 2020 fell through due to the COVID-19 pandemic. Instead, Good + Plenty has taken the time to focus on their action plan and policies.

Winterhalt says they plan to conduct research by talking to people in the industry and host round-table informational events to talk to communities and better understand the issues they face.

The educational component will include offering workshops to the community and creating resources to share with venues outlining how to make their spaces and shows more inclusive.

One existing resource is a growing directory, compiling both performers and people who are trained in sound, lights and tech, currently available on the Good + Plenty website.

Olivia Onuk is an event organizer involved with Good + Plenty.

"Many of my events were birthed from the need to see more people who looked like me in the arts and music scene in Winnipeg sharing their talents comfortably, going far and being well-promoted," Onuk says in an email statement. "I knew that if I was really tired of not seeing something, I was going to have to make it happen."

Onuk is a co-founder of The Black Label WPG, which aims to "highlight, promote and celebrate Black-owned businesses, professionals and creatives in Manitoba," according to a post on their Facebook page. The project has been stalled due to funding and COVID-related reasons, but Onuk is hopeful it will soon resume and notes they are open to partnerships.

"The plan is a platform where people can learn more about BIPOC artists in Winnipeg, view their work, attend events, workshops, classes, groups or talks led by them and hire their services," Onuk says.

"People know we're here, they know we



Event organizer Olivia Onuk works with Good + Plenty WPG, which attempts to address the lack of diversity in Winnipeg's art and music scenes.

exist, and they know we do good work, but we're not top-of-mind," Onuk says. "Where ... diverse ideas and varied perspectives are welcomed, everyone feels valued, and everyone grows."

Check out the directory at goodandplenty-wpg.com. Black Owned Business Manitoba, a directory of Black-owned businesses across the province, can be found at black-ownedmb.com.

20-YEAR MILESTONE FOR JUICE JOURNAL

Despite a lack of live events, the literary journal remains high-quality

CHARLIE MORIN | FEATURES EDITOR |  CHRLSMORIN

Juice Journal, the literary journal for and by University of Winnipeg students, just released its 20th volume – albeit, without an actual launch event to celebrate this achievement.

There's a lot to celebrate. Over the years, *Juice* has provided a community for emerging writers and published the early works of local authors, including Joshua Whitehead and Katherena Vermette.

Anne Caprice B. Claros is an editor for *Juice 20* and has been involved with the journal since 2016. She says they received over 100 submissions for this year's journal, which is similar to previous years – despite the challenge of producing the journal remotely.

"The biggest part of (the challenge) was ensuring that we produced a journal that stayed true to our promise of quality on top of ... (making) sure everybody's represented (and making) sure new voices are heard," Claros says, noting the journal includes works from a variety of people studying outside the English department.

One main difference with this year's production of *Juice* is the absence of the open mic.

"Open mics are definitely crucial ... they provide an opportunity for people unfamiliar with the journal to get to know the journal, and then for those already familiar with the journal to reconnect with their peers," Claros says.

Claros was disappointed the second annual Word Lunch, an event blending open mic and potluck, was cancelled this year af-

ter its success in 2019.

"It gives people an opportunity to connect outside of just an open mic," she says. "I believe that food is the best way to connect."

"Of course, what is missing is that in-person contact that really does so much to create community for the writers on campus," Catherine Hunter, a creative writing professor who has been an important part of *Juice* since its inception, says.

She adds that one of the biggest benefits of creative writing courses is meeting other writers.

Hunter supervises the production of the journal and helps with training. The previous year's editor trains the new editors, and students working on the journal have access to an advisory board.

"If students need to ask questions about distribution or layout and design, or editorial questions, they can rely on these experts," Hunter says.

This year, the remote production of the journal was a challenge.

"Managing all of that when you're not at school was not as easy as I thought, because you can't reach out to everyone you want," Claros says. "You can send as many emails as you want, but if you're not connecting with anyone, you're basically not getting anywhere."

Rather than gathering to discuss submissions, the team used Google Forms to give their feedback and make decisions remotely.

"Google (Forms) really afforded us an op-



The cover of the 20th edition of *Juice Journal*

portunity to still stay true to our promise of quality, and I think that is quite evident in the pieces that we chose for this year," Claros says.

"Every issue is different," Hunter says. "I think the quality of the writing has always been really strong from the beginning."

Order a copy of *Juice 20* for \$5 by emailing uwinnipeg.juice@gmail.com. Include your name and phone number, as well as the number of copies and your preference for pickup or shipping (include your address if choosing shipping). Follow [@uw_juice-journal](https://www.instagram.com/uw_juice-journal) on Instagram for more information and updates.



SUPPLIED PHOTO

Winnipeg alt-rock band Julien's Daughter

KIJJI ADS AND BASEMENT ROCK SESSIONS

Julien's Daughter setting a different tone in Winnipeg's alt-rock scene

NAAMAN STURRUP | ARTS AND CULTURE REPORTER | NAAMANSTURRUP

Kijiji.ca is used for many things. Known as a place for buying and selling cars, property and the occasional overpriced puppy, the popular website is also used for job and talent scouting, and this is where Julien's Daughter vocalist Emma Murphy began to chase her dream.

"When I was leaving high school, I wanted to put a band together, but I didn't really know anybody in the scene," she says.

"So I started these Kijiji ads to meet people with no specific guidelines. I met (Chelliot Osuntade) on BandMix (a classified advertisement website for musicians), and from there we experimented with different band lineups of people through Kijiji. We had five or six people we were in contact with, and it finally fell into the four people we have now."

The band released their debut EP *The*

Static That Carries Over on Jan. 15, a culmination of six singles that range from the dynamic and aptly named starter "Coffee" to the "Wellington" and "Foxy Roxy" distorted duo. Staying true to their roots, the band has placed "fans wanted" ads on Kijiji to help garner attention for their debut release.

The EP's name came about during a recording session with UFMF production co-ordinator David Dobbs when the band connected "Wellington" and "Foxy Roxy" together with some guitar feedback. However, Osuntade says the band's name came from a more unlikely yet familiar place.

"We met up with a guy who was supposed to be a drummer," he says.

"We initially thought he was at an age closer to ours, but we had mixed him up with another person Emma was talking with through Kijiji. He ended up being in his late '30s with kids. Though in the end it did not work out, when he left, someone mentioned, 'man I wish Julien's daughter played the drums.' And from there, we decided to keep that name."

For Murphy, the name provides some insight how the band and other artists can stay true to their roots.

"(We have) a real basement-rock sound," she says.

"You can make music that does not need to be super polished but is still enjoyable. There can be mistakes in the recordings, and though you can be insecure about them, you can still appreciate it. It does not have to be a pure recording."

Murphy notes that when the COVID-19 pandemic hit last year, it initially felt like the band's momentum would be ruined. Things, however, turned out quite differently.

"Without the pandemic, I do not think we would be as successful as we were in certain areas," she says.

"We would have recorded this EP alone, and we would not have been in contact with our current producer Adam Fuhr, so a lot of things would have been different. However, I am happy ... things turned out the way they did."

She says the band is steadily working on new content and continuing to develop their sound.

The Static That Carries Over is available at juliensdaughter.bandcamp.com and on major streaming platforms.



ADVERTISE WITH US!

Great reach, great rates!

For online advertising rates and more information, contact Olivia Norquay at businessmgr@uniter.ca.



CRITIEG



SUPPLIED PHOTO

LETTERKENNY

“Sleepover,” streaming on Crave

★★★★☆

CHARLIE MORIN | FEATURES EDITOR | [@CHRLSMORIN](#)

Released to Crave Dec. 25, 2020 (as per *Letterkenny* tradition on Christmas Day), it will come as no surprise to fans that Letterkenny’s latest season follows the standard formula: rapid-fire wordplay, brawls and one-liner truisms.

That is, save for one episode. “Sleepover” follows the Hicks, Skids and Hockey Players as they engage in sleepover activities: movies, games and girl talk.

For those unfamiliar with the show, *Letterkenny* follows these three main groups liv-

ing in the fictional town of Letterkenny in rural Ontario as they deal with day-to-day problems and interact with one another. As the seasons have progressed, other groups have gotten more screen time – not only as useful to the plot for the Hicks, Skids and Hockey Players, but with their own problems and storylines, as well.

This is where the “Sleepover” episode begins to deviate from the show’s standard formula. Alongside the usual parallel sto-

rylines following Hicks, Skids and Hockey Players is a fourth perspective showing Gail (Lisa Codrington), Rosie (Clark Backo) and Bonnie McMurray (Kamilla Kowal). The latter two fit with the Hick description, although Gail, for reasons aside from being the town barmaid, really can’t be categorized.

What is this breakaway group? It seems they are set apart from the main Hicks – Wayne (Jared Keeso), Katy (Michelle Mylett) and Daryl (Nathan Dales), with the conspicuous absence of Squirrely Dan (K. Trevor Wilson) – so they can both freely engage in the aforementioned “girl talk” from the episode description.

That’s the first true deviation from the *Letterkenny* formula. Although the episode begins with the usual rapid-fire banter, the tone after the intro sequence fits with the quiet feel of a mid-winter sleepover with good friends. The dialogue is deceptively normal compared to the usual pop-culture riffing, characters roasting each other and clever wordplay.

The episode includes a 30-second montage of a mid-winter nighttime Sudbury (where the

show is filmed), with scenic shots not typically seen on the show: a side angle of the barn, a quiet railroad crossing, an urban street basking in the glow of a unoccupied convenience store, a snowy residential road at night, an industrial area.

Letterkenny’s camerawork is known for its use of wide shots, although this has evolved to include more character close-ups over the years. The episode typically begins with one of a handful of the same scenic shots, including the sun rising over the barn. Taking the time to show these shots during the actual episode slows down the pacing to reflect the comfortable lull of hibernation, a sleepover among friends.

It’s a comforting episode to watch, although somewhat lacking the show’s usual wit. As well as giving the actors a rest from their usual rapid-fire wordplay, the whole episode feels like a break from the usual story. There is no plot advancement, no real conflict, no chorin’.

Even the Hockey Players take a break from their Tinder activity. The whole episode feels, as Reilly (Dylan Playfair) puts it, like a “well-earned night off, bro.”

ARTS BRIEFS

HANNAH FOULGER | ARTS AND CULTURE EDITOR | [@FOULGERSCOVFEFE](#) [@SPEAKSTORY](#)

MB Arts Network’s online performances

From Feb. 21 to March 31, MB Arts Network is hosting performances every Sunday and Wednesday at 7 p.m. on their Facebook page. The shows feature Manitoba musicians and performers, including Leaf Rapids, Kendra Kay, Woody Holler, Desiree Dorion, Sebastian Gaskin, Double the Trouble, Kelly Bado, the Ivan Flett Memorial Dancers and the Street Circus. On March 28, Stephanie Morin-Robert will perform her Fringe Festival hit *Blindside*. There will also be performances from nine emerging artists and alumni of Manitoba Arts Network’s mentorship program, including Cohen Sieg, Jane Cory & Kyle Burghout, Lana Winterhalt and The Prairie Joggers.

Shred Kelly plays the Winnipeg Folk Festival, virtually

British Columbia’s Shred Kelly makes their Winnipeg “stop” on Feb. 13. Shred Kelly’s virtual tour is hosted by eight music festivals across Canada, including the Winnipeg Folk Festival. A quarter of the proceeds will be donated to Protect Our Winters Canada. The show will include a 40-min set, a comedy short and a campfire song from different iconic performers. Tickets for their Winnipeg show at 7 p.m. on Feb. 16 can be purchased on Eventbrite.

Raine Hamilton at the West End Cultural Centre

Winnipeg singer-songwriter and chamber folk artist Raine Hamilton will perform live from the West End Cultural Centre on Feb. 5 with trio collaborators Quintin Bart on double bass and Natanielle Felicitas on cello. The performance will feature songs from her upcoming album *Brave Land*, as well as some old favourites. This new album will be released slowly over the year through a series of singles. Like many of her past concerts, this performance will include ASL interpretation. The concert is at 8 p.m., and tickets are available at [eventbrite.ca/o/west-end-cultural-centre](#).

Roaring 2020s at Home hosted by MEMETIC

Live from the Pyramid Cabaret, MEMETIC presents seven hours of swing-inspired house, tech and breaks. Performers include DJs Lotek, Manalogue, Komus and Nathan Zahn, and visuals by Pixel Pusher and Jabez Wray. The event will be hosted live on Twitch and is a fundraiser for the Pyramid Cabaret. Details about where to stream and tickets to come. The show starts on Feb 13 at 7 p.m. Find out more on their Facebook event page.

Winnipeg Jazz Orchestra quintets

Joel Green will perform at the third installment of Winnipeg Jazz Orchestra’s concert series on Feb. 8 at 7:30 p.m. Broadcast from the Royal MTC Tom Hendry Digital Studio, these free performances are scheduled every second Monday for the duration of the series. For the livestream link, go to the Winnipeg Jazz Orchestra website between 7:30 and 8:30 p.m. the day of the concert.

Theory at Home

MAWA presents Theory at Home, an informal critical discussion series online featuring guest facilitators. Praba Pilar is a queer diasporic Colombian artist creating performance art, digital/electronic installations, experimental public talks and workshops in museums, universities, festivals, galleries and streets around the world. This week, they will read Tiare Ribeaux’s *Cyanovisions – Photosynthetic Speculations*. Email [programs@mawa.ca](#) to receive the reading and Zoom link to the meeting.



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, online and distributed around the city while you enhance skills.

Contact Talia at creative@uniter.ca for more information!

FEATURE

Words by Keesha Harewood

Features Reporter

keeshaharewood

Photos by Daniel Crump

Photo Editor

dannyboycrump

THE HYDRO-IMPACTED

A CALL TO ACTION FOR NORTHERN MANITOBA'S INDIGENOUS COMMUNITIES



Sonya Ballantyne is a Winnipeg-based filmmaker from the Mispawistik Cree Nation whose family has been impacted by Manitoba Hydro.

For decades, northern Manitoba's Indigenous communities have suffered greatly from the malpractices of Manitoba Hydro.

Beginning in the early 1960s, Manitoba Hydro constructed dams to supply power throughout the province. Initially, the Crown corporation made promises to the affected

Indigenous communities to uphold a degree of respect for the people and the surrounding land. Hydro has failed to honour the original agreements many times over.

The impact of their actions is staggering.

Feature continues on next page.



SUPPLIED PHOTO

Wa Ni Ska Tan is an organization advocating for Hydro-impacted communities.

The impact: environment, culture and economy

“Well, there’s a whole slew of damages,” Leslie W. Dysart, the CEO of Community Association of South Indian Lake. (CASIL), says over the phone.

The damages stemmed from Hydro’s Churchill River Diversion (CRD) program, which began operating in 1976. The program allowed Hydro to raise water levels of Southern Indian Lake to divert water from the Churchill River into the Nelson River. Despite restrictions from the CRD interim licence issued in 1973, Hydro managed to acquire permission to keep operating CRD with less constraints through the Augmented Flow Program (AFP).

“There’s severe erosion due to the large amount of water fluctuations on our lake. You actually see trees that are falling into the water on an annual basis,” Dysart says.

Having grown up in South Indian Lake, Dysart witnessed firsthand the environmental decay of his community.

Specifically, he notes the community was once home to the largest whitefish fishery in North America. Due to Manitoba Hydro’s carelessness within the last two decades, the fish population collapsed, and the South Indian Lake economy followed.

This, however, is only one example of the losses elicited by Manitoba Hydro’s projects.

Dr. Ramona Neckoway, associate professor at University College of the North and director for the Centre for Aboriginal Languages & Culture, has researched other instances where Manitoba Hydro’s negligence yielded devastating results on the environment of affected communities.

Neckoway notes how hazardous it’s become to swim in or drink the water.

“They rerouted entire river systems, so they’ve excavated large parts of land to force water through,” she says.

“In 2021, we shouldn’t be concerned about turning on the tap to drink the water or be concerned about our children swimming in the lake. These are all fears I have,” Neckoway says.

Shoreline erosion and unnavigable waters are just some of the environmental problems Hydro-impacted communities are able to identify.

Dysart says other environmental issues, such as how the climate crisis relates to the dams, have not been studied at length. Yet Manitoba Hydro forges ahead with projects like its newest undertaking – the Keeyask Generating Station – without any concern for the damage done, or any real oversight by the provincial government.

“Manitoba Hydro is very much aware and has been informed through the decades,” Dysart says. He explains how the provincial government contributes to the problem.

“They are the regulators of Manitoba Hydro. It’s a Crown corporation. They issue the licences for these mega projects that Manitoba Hydro undertakes. Their approval processes are so lax, and there’s little oversight,” Dysart says.

The effect of Hydro’s lack of regulation isn’t

confined solely to impacted communities.

“There’s a ripple effect throughout not just the community, but the province,” Dysart says.

“Last time I checked, they (Manitoba Hydro) were close to \$24 billion into debt. All Manitobans have to be aware. They’re the ones who’re gonna pay off this debt.”

In addition to the economic and environmental turmoil, there is social and cultural damage.

Writer and filmmaker Sonya Ballantyne is especially in tune to the cultural traumas that have arisen from Manitoba Hydro’s operations.

In her captivating documentary *Nosissim*, Ballantyne tells the story of her grandmother and the turmoil she endured after the construction of a Manitoba Hydro dam near her home.

“My grandma told me about it when I was young,” she says, “that she was from a place that didn’t have any lights.”

Ballantyne grew up near Grand Rapids, Man. on the Misipawistik Cree Nation reserve. During childhood, she spent most of her time in Misipawistik and Chemawawin, where her grandmother was from.

According to Ballantyne, Chemawawin was significantly impacted by the dam in

“My parents, my grandparents, they lived on the land ... they moved between camps and communities, and they were mobile, and they were active, and now we’re kind of stuck in the communities, and we’re settled into these boundaries that have been created by colonial sectors. It’s had great impact and consequences on a whole bunch of levels.”

Grand Rapids, because it was the only community that was displaced.

“I remember researching it,” Ballantyne says. “People there were told that if they moved to the new place, they would get electricity. They would get access to the main road. They would have new houses and all this other stuff.”

Manitoba Hydro has never followed through on these promises. Without receiving any sort of payment in return, the loss of the original Chemawawin is all the more bleak.

“I remember people telling us about how the floodwater meant that the cemeteries were flooded there, and that you had to be careful when you go near there, because trees that were flooded would sometimes



“My grandma told me about it when I was young, that she was from a place that didn’t have any lights.”
- filmmaker Sonya Ballantyne

shoot up from the ground, because the roots would be destroyed,” Ballantyne says.

“I just remember how haunted that place seemed to be.”

Prior to Manitoba Hydro’s intervention, many of the northern Indigenous communities were self-sufficient and thriving.

Neckoway, who also grew up in a Hydro-impacted community, holds stories of her family from a time before the dam.

“My parents, my grandparents, they lived on the land,” she says. “They moved between camps and communities, and they were mobile, and they were active, and now we’re kind of stuck in the communities, and we’re settled into these boundaries that have been created by colonial sectors. It’s had

great impact and consequences on a whole bunch of levels.”

Without swift and effective intervention, these wounds will only deepen. However, there are people currently mobilizing for change.

Wa Ni Ska Tan

Sadie-Phoenix Lavoie is the community co-ordinator for Wa Ni Ska Tan: An Alliance of Hydro-Impacted Communities.

Wa Ni Ska Tan is a group of dedicated activists and researchers who aid Hydro-impacted communities in northern Manitoba and Canada.

As the community co-ordinator, Lavoie does campaign work, event organizing and



This image from Sonya Ballantyne's film *Nosisim* shows the construction of the Grand Rapids Generating Station during the 1960s.



Sonya Ballantyne walks in front of the Grand Rapids Generating Station in a scene from *Nosisim*.

public engagement. Their job, at its core, is to send a message to those who are uninformed in southern Manitoba and inspire them into action.

Currently, Wa Ni Ska Tan is working with groups like the Manitoba Energy Justice Collision (MEJC) that have a campaign around putting in place a Manitoba Hydro shadow board. The board's function would be to monitor Manitoba Hydro's activities.

In addition to the shadow board and many other initiatives that operate on local, national and international levels, Wa Ni Ska Tan, alongside many others, has a particular issue on its radar.

"One major thing that we have been focusing on over the years is the Churchill River Diversion (CRD)," Lavoie says. "They're in a struggle with the provincial government to address the licencing for the Augmented Flow Program so they can raise water levels outside of their licence that they have with the First Nations."

"This is a constant thing, where Hydro basically asks the provincial government to

sign off every year to permit them to go outside of their licence agreement, but they don't consult properly," Lavoie says.

Dysart notes that South Indian Lake is among the communities that have yet to be consulted.

"It's hugely devastating to the environment, to the people, to the wildlife, to the fish. The regulators – Manitoba – want everybody to ignore that and just say 'well, Hydro wants it, (so) they should get it,'" he says.

"It's race-based decisions for race-based benefits, and we're on the downside of that," Dysart says.

After a project is built, the conservation and climate minister reviews the terms and conditions relating to the interim licence and can issue the final license if satisfied, which must be renewed after 50 years. Ultimately, the decision of whether or not projects such as the Churchill River Diversion continue is up to the current minister, Sarah Guillemard.

Do the right thing and help

Although the efforts of groups like Wa Ni

Ska Tan are commendable, and the resilience of the impacted communities is remarkable, Manitobans – especially those in the south – have a moral obligation to help.

"There's a responsibility for us to address the injustices that happened within Hydro and to prioritize the safety and health and well-being of Indigenous communities in our province when we're addressing the energy economy here in Manitoba," Lavoie says.

"And they have responsibility to apply pressure to the provincial government, to have more affordable energy but also (to respect) Indigenous rights."

The aim is not to stop using the dams altogether, but to operate them responsibly so Indigenous communities aren't sacrificed for unnecessary quantities of power.

If Manitoba Hydro is granted the licence, South Indian Lake's ecosystem will be subjected to further damage, flooding and devastation.

"Imagine small moose, every small being just being flooded and swimming in circles until they die and drown. We've had reports ... of eggs of ducks and geese just floating

downstream when this dumping of water occurs," Dysart says.

"You can still generate power without destroying us."

There are easy options to help in a significant way from home.

To start, MEJC has a letter-writing campaign on their website at mbenergyjustice.org. Personal letters are preferable, but the site offers a template that lets people input their information and click "send" in seconds.

Even simpler, there's a change.org petition seeking 25,000 signatures. Signing it would go a long way in sending a critical message to the provincial government.

The most meaningful way to help, however, is to actively learn about the issues surrounding Hydro-impacted communities. The topic is daunting and dense but must be understood from an Indigenous perspective for real, sustainable change to be achieved.

There are many Indigenous people who are vocal about this topic. Find them, and listen.

KEEPING WINNIPEGGERS WARM, AND MORE

Warming Centre aims to fill gaps in services

CIERRA BETTENS | CITY REPORTER | [FICTIONALCIERRA](#) [@CIERRABETTENS](#)

Winnipeg has entered its annual cold snap, and the concerns around public safety in freezing temperatures have become even more pressing in the time of COVID-19.

The Warming Centre, a partnership between the Spence Neighbourhood Association (SNA) and the West Central Women's Resource Centre (WCWRC) was created to offer a safe space to warm up and fill gaps in community services. Located in a former gymnasium at the Magnus Eliason Recreation Centre, the space provides warmth, hot meals and winter gear for those in need, as well as a variety of outreach services.

Lorie English, the executive director of the WCWRC, says the partnership was also a response to the fact that the majority of daytime and overnight shelters had reduced their capacity significantly because of COVID-19 protocols.

"The most alarming piece of data that we heard in our sector calls was that 80 per cent of the daytime drop-in spaces had been closed," English says. "The reduction of services was catastrophic to people who were unsheltered."

It's not just designated shelter spaces that have impacted people experiencing homelessness. Lin Howes-Barr, the executive director of

the SNA, says many usually rely on shelter in other establishments throughout the year.

It's "not just social-service agencies closing their doors, but also libraries, Tim Hortons, all these places that we know unsheltered folks depend on," Howes-Barr says. She adds that a number of families who access the SNA's services relied on school breakfast programs and are now struggling to fill the gap.

Howes-Barr says the Warming Centre offers much more than a space to warm up, receive a hot meal and get access to resources amid Winnipeg's frigid winter season. It can also provide a sense of community between staff and visitors.

"While everyone has experienced mental-health challenges around isolating in the pandemic, I think when you live in poverty, those challenges are sort of exacerbated," Howes-Barr says. "That need for community connection and that need to be supported is so critical."

English and Howes-Barr say their frontline staff has played a crucial role in public safety and curbing the spread of COVID-19. While Howes-Barr says there is no way to empirically determine how many cases the organization has helped prevent, she says transporting people showing symptoms to testing sites and al-



SUPPLIED PHOTO

The Warming Centre in the disused Magnus Eliason Recreation Centre gymnasium will help Winnipeggers experiencing homelessness keep warm this winter.

ternative isolation units has greatly prevented increased community transmission.

"We are the literal frontline. We are where people come first. We are the people they come back to," English says. "I think our contribution to curbing the spread of COVID-19 has been significant."

While the Warming Centre offers a place for community members to escape the cold, Howes-Barr says the connections and support

from staff are what truly make the space warm.

"They're making it warm in the truest sense of the word," Howes-Barr says.

The Warming Centre is located at 430 Langside St. Winter gear and hygiene products can be donated by calling 204-333-9681 to arrange a drop-off time. Monetary donations can be made to the SNA or the WCWRC.



JOHN MEDINA (SUPPLIED)

Festival du Voyageur has gone above and beyond to bring the in-person Festival experience online.

FESTIVAL DU VOYAGEUR GOES VIRTUAL

Programming includes workshops and eight days of free online concerts

CIERRA BETTENS | CITY REPORTER | [FICTIONALCIERRA](#) [@CIERRABETTENS](#)

This year's Festival du Voyageur may look a bit different. Instead of gathering under tents in Whittier Park, the festival can be experienced from the comfort of home.

Running from Feb. 12 to 21, the festival's programming includes eight days of free virtual concerts, dozens of online workshops and different partnerships aimed at bringing

the spirit of Festival to the living room.

"It's the first Festival for many Manitobans that they're not spending eight days in the park," Lor Brand, the festival's marketing and communications co-ordinator says.

Brand lists a number of ways to emulate the sensations of Festival du Voyageur at home. Before gearing up for festivities in a ceinture

fléchée, one can pick up a traditional Franco-Manitoban meal kit from Promenade Café and Wine. To take it a step further, festival attendees can pre-order a Caribou cocktail served in a Festival-style ice glass from Patent 5 Distillery.

And perhaps the most meticulous detail: Brand says the festival's boutique will sell an essential oil mimicking the woody aroma found on the traditional festival grounds.

"We really tried to mimic as much as possible what people see in the park," Brand says.

This year's musical lineup brings a number of new and familiar performers, including Andrina Turenne, a musician with hometown roots in St. Boniface. Turenne attended the festival from a young age and says the annual event holds a special place in her heart as a Franco-Manitoban and Métis musician.

"My dad was the general director for the first 10 years and founded what most of Festival is built on," she says. "I remember when I was a kid, Festival du Voyageur was, like, bigger than Christmas, bigger than any of the holidays. I just couldn't wait."

Turenne says her formative years as a young

musician were heavily shaped and inspired by being exposed to the talent that the festival brought to the stage. Since her teenage years, she has performed in a number of different bands and formations.

"I think it really contributed to me feeling like I had permission to dream about doing that," Turenne says.

Aside from the musical acts that headline the festival, Brand says Festival du Voyageur also acts as an avenue to combine education and celebration. What makes the experience unique is its presentation of information on Franco-Manitoban and Métis cultures in a way that's fun and inviting, Brand says.

"When it's framed in this way as a big celebration and a party, essentially, people are way more open to learning," Brand says, "to create those bridges and celebrate at the same time. To me, that's the importance of Festival du Voyageur."

To learn more about Festival du Voyageur's virtual programming, visit heho.ca/en/2021-virtual-programming.



WINNIPEG-BASED CLIMATEWEST LAUNCHED LAST MONTH

Non-profit focuses on Prairie provinces

CALLUM GOULET-KILGOUR | CAMPUS REPORTER | CGOULETKILGOUR

On Jan. 19, ClimateWest, a Winnipeg-based non-profit, launched with the mandate to “deliver credible, useful, and timely climate information, data, and tools tailored to the Prairie region in support of positive adaptation to climate change,” according to its website.

ClimateWest is a partnership between the International Institute for Sustainable Development, the Prairie Climate Centre (based at the University of Winnipeg) and the Prairie Adaptation Research Collaborative (based at the University of Regina). Environment and Climate Change Canada, the Government of Alberta, the Government of Manitoba and the Government of Saskatchewan are providing financial support.

Jane Hilderman, the executive director of ClimateWest, says the organization will fill an important gap.

“There wasn’t anything on the Prairies that had the regional mandate to deliver climate information and data,” she says.

The aforementioned organizations, however, have laid the groundwork for ClimateWest. The University of Winnipeg’s (U of W) Prairie Climate Centre has produced important work, especially

in the areas of data and science communication through its flagship project, the Prairie Climate Atlas.

“The opportunity came forward to work together in a more formalized and ambitious (way) under the banner of ClimateWest,” Hilderman says.

“We get to rely on the great work that has come before us, the experiences, the knowledge and the insights that (the partners) bring to the table,” she says, adding that it has allowed them to accelerate their operations from the start.

Though studies have found that inhabitants of the Prairie provinces are less concerned about climate change than other Canadians, it will have a large impact on all aspects of life. Extreme weather events and droughts will be more likely, which will particularly impact the agricultural sector – a key part of the Prairie economy.

Part of ClimateWest’s mandate is to support clients, such as rural communities and small businesses, that might not have the resources to, for instance, hire employees to work on climate policy.

“We can support a team that is trying to figure out what it means to consider climate risk in an operational business plan and be



PHOTO BY DANIEL CRUMP

Jane Hilderman is the executive director of ClimateWest, a non-profit providing climate information and data to the Prairie region.

a resource to them,” Hilderman says.

“We can be highly responsive to what the needs are on the ground, but, more broadly, we’re trying to raise the bar on how we can be more climate-ready as a region,” she says.

“We’ll be developing training opportunities, thinking about audiences that maybe haven’t had the same chance to invest in climate-risk thinking yet,” Hilderman says.

In a press release, Dr. James Currie, U

of W interim president and vice-chancellor, says “ClimateWest is an innovative partnership supported by and bridging the Prairie provinces and federal government, which will ensure that our region has high-quality climate services to address the challenges while creating opportunities and prosperity in an era of climate change.”

For more information on ClimateWest, visit climatewest.ca.



PROFile

QUEER THEORY AND A LOVE OF READING

Heather Milne, associate professor, Department of English, U of W

KEESHA HAREWOOD | FEATURES REPORTER | KEESHAHAREWOOD

Heather Milne became an associate professor at the University of Winnipeg after completing a bachelor’s degree, master of arts and PhD in English.

“I’ve always had a love of reading ... (my studies) seemed to be a way that I could put my love of reading to good use,” Milne says.

As a “queer-identified person,” Milne focuses on queer theory often, although she points out that it was not the topic of her dissertation.

“I’ve been involved in gender studies and thinking about questions around gender and sexuality in my work,” she says.

Milne currently teaches a class called Queer Literature, Culture, and Theory. When she first took on the course, it was titled “Twentieth Century Lesbian and Gay Literature,” but she changed the title after a couple years.

“I didn’t want to limit it to 20th century, and I didn’t want to limit it to gay and lesbian,” Milne says. “Because, of course, there are other kinds of queer identities to talk about!”

What is something that you’ve learned from your students?

One thing that I really learn from my students, particularly in my queer-themed classes, is just how a younger generation is really thinking about gender differently and opening up all kinds of spaces to inhabit non-binary genders.”

What’s the best thing about your work?

“I get paid to read! I love to read. It’s amazing. And also, I love teaching. I love just the energy of a classroom. I will be really happy to get back into the physical space of the classroom because ... there’s something about the magic of the classroom that I’m really yearning for right now.”

If you could have any superpower, what would it be?

“Just this morning, I went for a cross-country ski on the river, and I began to get tired, and I found myself wishing that I could have endless endurance.”



PHOTO BY KEELEY BRAUNSTEIN-BLACK



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Members of the ToyBox team (left to right): project co-ordinator Meagan Nenka, pilot team lead Madison Kehler, project lead Dr. Sheri-Lynn Skwarchuk and technology advisor Dr. Ken Reimer

DIGITAL EDUCATION DURING A PANDEMIC

U of W groups present innovative solutions

CALLUM GOULET-KILGOUR | CAMPUS REPORTER | [CGOULETKILGOUR](#)

Since last March, one of the biggest side effects of the COVID-19 pandemic has been its impact on education and children. Students have had to deal with on-line learning, hybrid arrangements and, often, a decrease in the scope of the material taught.

Many organizations have emerged, however, with projects aimed at supporting students, teachers and parents. Two such ventures have originated from the University of Winnipeg (U of W).

ToyBox, a project created by U of W professor Sheri-Lynn Skwarchuk, is an

“educational tool, which is designed to improve children’s numeracy, literacy and wellness,” according to a press release.

Skwarchuk says the project started in 2018 when there was “an innovation call to improve math and literacy in our province.”

“People were very worried about the low scores that were coming out of Manitoba,” she says.

Essentially, ToyBox emails weekly literacy, numeracy and wellness activities to families. Skwarchuk says the target age is two to eight years old.

“Everything is evidence-based,” she says.

Though this started off as a project with the goal of helping parents, it has evolved into something that can also be used by other caregivers, early-childhood educators and teachers, Skwarchuk says.

There are two primary ways to participate. “People can either participate in the study and be a ToyBox tester, or they can just receive the strategies,” she says.

Recently, ToyBox received provincial funding to undergo a second round of testing. “We’re aiming for 800 families, and we want to keep having as many people sign up as possible,” Skwarchuk says.

Another innovative project stemming from the U of W comes from Gallery 1C03, the university’s art gallery. Their recently launched digital education program is based on the *Sovereign Intimacies* exhibition, which was displayed from September to December 2020.

Jennifer Gibson, director of Gallery 1C03, says this is the first time they have developed a digital education program.

“We spent the fall term working it out, and we were super pleased to be able to launch it (in early 2021),” she says.

This program is geared toward classroom teachers. The package includes detailed lesson plans, a slideshow of artwork, a document explaining the artwork with descriptions, an essay by the exhibit curators and more.

“We’re talking about artists that are First Nations, Inuit and Metis, collaborating with artists living in what is currently called Canada, who came to this land and are not part of the settler-colonial history,” Gibson says.

There are targeted lesson plans for early years (Grades 1 to 4) and middle to senior years (Grades 4 to 12).

Both Skwarchuk and Gibson strongly urge interested parents, teachers and other parties to reach out.

For more information on the ToyBox project or to sign up, email toybox@uwinnipeg.ca.

For more information on Gallery 1C03’s digital education program or obtain the materials, visit uwinnipeg.ca/art-gallery/education-outreach.html.

CITY BRIEFS

ALEX NEUFELDT | CITY EDITOR

The queens return

Read by Queens, a drag queen and king-hosted storybook reading series from Sunshine House and the Winnipeg Public Library, will return for the first time since the COVID-19 pandemic began in a virtual event on Feb 20.

Collegiate pod now online

A six-part podcast series about the University of Winnipeg Collegiate called *Hallowed Halls* is now available online. The podcast, created by collegiate alum Isaac Wurmaan, covers the school’s history, current programs, reputation and notable alumni.

Virtually welcoming potential students

On Feb. 10, the University of Winnipeg will host a virtual open house for future students. The event will feature representatives from university faculties and information about available programs, as well as information about university applications and supports available to students. Registration is available on the university website.

Pathway to Graduate Studies deadline

The application window for the 2021 Pathway to Graduate Studies program, which provides opportunities for Indigenous students in STEM at the University of Winnipeg, closes on Feb 5. The program, set to run from May 3 to 28, is free of charge, with on-campus living accommodation available to successful applicants and no minimum GPA requirement.

UWSA election bylaw restructuring

On Jan. 29, the UWSA announced it had been reviewing and restructuring its election bylaws to avoid the racist harassment of election candidates that happened during the 2020 general election. The changes will include a postponed 2021 general election, changes to the role of the chief elections commissioner and additional electoral reform proposals that will be released in the coming weeks.

Reading from Zalika Reid-Benta

On Feb. 10, Zalika Reid-Benta will give a virtual reading in the third 2021 event of the English department’s Black Writing in Canada series. Reid-Benta is a Toronto-based writer whose debut short story collection *Frying Plantain* has won the 23rd annual Danuta Gleed Literary Award and the 2020 Kobo Emerging Writer Prize and has been nominated, longlisted and shortlisted for many other awards. Reid-Benta also received the 2019 Byblacks People’s Choice Award for Best Author.



LIFE ON THE BORDERLINE

The fault in our self-care

HANNAH MAGNUSSON | COLUMNIST | [HANNAHCANWRITE](#)

The cure for depression is not essential oils, a healthy gut or radical self-love.

The comparison between physical and mental illness is becoming tired, but it bears repeating. You wouldn't tell someone with a severed limb to love themselves until it spontaneously reappeared or to surround themselves with blood crystals and stolen sage. We cannot purchase or "good vibe" our way out of mental illness when the world is collapsing around us.

For starters, our bodies don't recognize capitalism as a sign of safety. Our bodies recognize basic, ancient physical cues that pre-date bubble baths and athleisure by a long margin. Physical activity (exercise or gentle movement), belly breaths, belly laughs and safe physical contact all signal to our body that a threat has passed.

The dopamine (feel-good chemical in our brains) rush when we purchase something is the same as the rush we get when we run, breathe deeply or get a long hug, which tricks us into a false sense of feeling better. The difference is that while physical safety cues also release longer-lasting feel-good chemicals, the dopamine-only rush from shopping ends when we receive the product, leaving us with less money and feeling as low as we did before.

This is where the self-care story turns rather cruel. As the costs of living skyrocket, women's rights remain hotly contested, parts of the world literally catch fire, and society insists on placing the value of humans on a sliding, colour-coded scale, it's not surprising that global happiness levels have been

declining over the last few years. When people feel less happy, they are increasingly looking to health and wellness products to make themselves feel better.

But why is everyone suddenly convinced that health and wellness are key to happiness? Perhaps a better question would be: why do people suddenly think it's their own fault that they are unhappy?

To answer this question, we need to look at our cultural heritage in Canada: white supremacy. It's not just for neo-Nazis. After all, this country is built on the foundation of settler colonialism, on the backs of Indigenous peoples who are now dangerously marginalized by this same culture.

White-supremacy culture tells us that if we can't afford to be well, we don't deserve to be well. If we can't afford to do yoga retreats, fad diets and cleanses, it's our own fault that we are sick and sad. If our job doesn't cover therapy or give us time off to go to appointments, we're not trying hard enough to get better.

Never mind those of us who can't afford shelter, food or basic personal-hygiene products. The myth of pulling ourselves up by our bootstraps is not only physically impossible, but wildly out of touch with the realities of living below the middle class.

We need accountability, not positive affirmations. Accessible healthcare, not organic food. Safe, affordable homes, not fitness regimes. Wellness "gurus" can sell us all the tips to playing the game they want, but we'll never win when the game is hopelessly rigged against us from the start.



ILLUSTRATION BY GABRIELLE FUNK

Hannah Magnusson is a master's student in the arts department at Athabasca University. Her research focuses on the intersection of storytelling and advocacy, studying how fostering empathy between different perspectives can build a bridge

to understanding and action. She lives on Treaty 1 territory on the shore of Lake Winnipeg.



THE UNIVERSITY OF WINNIPEG

Student Services

WEBINAR WEDNESDAYS

In weekly sessions, Student Services staff will continue to share valuable strategies and tips to help you succeed at UWinnipeg. The next session is on **Wed., Feb. 10**. Please see: uwinnipeg.ca/student-services/webinar-wednesdays.html.

GRADES

Grades for Fall Term classes are now posted on WebAdvisor.

Due to the COVID-19 public health emergency, University of Winnipeg students may choose how their grades will affect their grade point average (GPA) calculation for the Fall 2020 term. For details, please see Final Grade Options. The deadline to submit a request is **Fri., Feb. 12**.

READING WEEK

Winter Term Reading Week is **Feb. 14 – 20**. No classes all week. The University will be closed on Louis Riel Day, Feb. 15.

FALL/WINTER TERM COURSES – FINAL WITHDRAWAL DATE

The final day to withdraw from a Fall/Winter Term (U2020FW) class is **Tues., Feb. 23**. No

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

BURSARIES FOR GRADUATE & PROFESSIONAL STUDIES EXPENSES

Graduate and Professional Studies Expenses Bursary is available for students in their final year of an undergraduate degree program in the 2020-21 academic year that are applying for Graduate or Professional Studies which begin in 2021-22. The application is open until funds have been exhausted.

STUDENT AID

The Canada Student Aid program is offering more loans and non-repayable forms of aid (grants) this year. If you have ever thought about applying, this would be the year to do so. You can still receive student aid for the September 2020 to April 2021 study period even as long as you **apply before the end of February**. Go to: uwinnipeg.ca/awards/government-student-aid/index.html.

MYVISIT APP

Need to see a Student Central representative or an Academic or Career Advisor? You can now queue for Zoom drop-in sessions

with Student Central, and/or Academic & Career Services using myVisit!

Student Central has drop-in Zoom sessions where students can ask questions "in person" with a SC staff member.

The Zoom waiting room is enabled. One student will be admitted at a time. Students wait for their turn and need to present their UWinnipeg student card (or other photo ID) to talk about their account, the same as actual in-person interactions at SC.

To add yourself to the queue, please use the myVisit app (by Q-nomy) available for Apple or Android phones. Turn off the location permission in the app. The SMS notification when it is your turn shortly will provide the Zoom info. Student can add themselves to the queue 10:00 am - 4:30 pm from Monday-Friday.

Thirty-minute Zoom appointments with Academic and Career Advisors can be booked through the myVisit app or via www.myVisit.com as well.



SEEKING SHELTER IN WINNIPEG TRANSIT SHACKS

Province must invest more to aid those experiencing houselessness

HALEY CHARNEY | VOLUNTEER | HALEYJCHARNEY

Every year, people experiencing houselessness in Winnipeg die from exposure to frigid Prairie temperatures. However, their stories largely go untold. There is no governing body that tracks the deaths of houseless people in Canada. Tom Brodbeck called attention to this shame three years ago in an article for the *Winnipeg Sun*, and yet no federal government agency has taken action.

People experiencing houselessness in Winnipeg have names, stories, goals and hopes, just like every other Manitoba resident, but because of housing insecurity, they live at incredible risk. Mild at first, this season now brings with it the usual challenges of previous Prairie winters. As if the cold wasn't enough, people experiencing houselessness in 2021 also face the threat of a viral pandemic.

COVID-19 has changed how emergency shelters must run, with shelters limiting capacity to promote the safety of the people using their services. This means fewer beds available to a population for whom a warm place to spend the night can quite literally be the difference between life and death.

Emergency shelters and other related community services like food banks have seen an increase in the amount of people using their services, due to hardships related to the pandemic. In the last month alone, 1,167 people have accessed an emergency shelter in Winnipeg.

In an effort to stay warm and perhaps avoid the crowds at emergency shelters, some folks experiencing houselessness have taken to finding temporary refuge in Winnipeg bus shacks. 311 has received record numbers of calls related to bus shelters being used as temporary homes and unofficial consumption sites for those who need a safe place to use drugs. Some of these bus shacks have been cleared, with the folks in them told to go to emergency shelters that may or may not have space. However, like clockwork, the bus shelters fill again.

The use of bus shelters as emergency refuge from the cold can be directly linked to the closure of community centres, libraries and the indoor areas of fast-food joints where people experiencing houselessness often went to warm up. Simply put, people are becoming desperate for a safe place to escape



ILLUSTRATION BY GABRIELLE FUNK

the winter weather.

Additionally, advocates from End Homelessness Winnipeg stress that the story doesn't end with more funding for emergency shelters. Instead, the organization has told reporters that long-term affordable housing and transitional housing options must be made largely available.

While the provincial government has invested over \$2 million over the last year in emergency shelters and outreach organizations, the current state of bus shelters downtown indicates that this amount just isn't enough.

The provincial government must do

more. If there was ever a time that the citizens of Manitoba needed additional investment in social services to keep them safe, it's now. In particular, those experiencing houselessness, who are among the most vulnerable, require rapid, effective action by the provincial government.

Haley Charney is a rhetoric and communications major at the University of Winnipeg. She believes strongly that investing in our community and supporting the most vulnerable are key to creating a more just society for us all.

'AN ENABLER AND A LIFE PRESERVER'

For people with eating disorders, Instagram is a double-edged sword

DANIELLE DOIRON | COPY AND STYLE EDITOR | DANIELLEDOIRON

During my third year of college, I remember sitting on the edge of the bed and telling my then-partner I couldn't eat. I had been living with eating disorders for more than a decade, but this was likely the first time I mentioned them out loud. When he didn't know how to help me, I took to the internet.

I didn't seek out a professional counsellor right away. I spent years surrounded by people who recognized my illnesses but didn't seem to deeply, viscerally understand my experiences. So I blogged about them.

One of my classmates did the same. Reading her story helped me better understand and process my own. Now, I share snippets of my recovery on Instagram, something that's helped me better connect with people and talk openly in my real life.

However, these same social-media platforms can also exacerbate others' illnesses. Sites like Instagram, TikTok and Pinterest have repeatedly tried to block posts that could encourage eating disorders. "Discovering, damage-controlling and deleting (pro-anorexia) content has become a rite of passage for web companies," Ysabel Gerrard writes in a *WIRED* article.

This is far from a new concept. In an attempt to crack down on misinformation, Instagram temporarily eliminated their "recent" tab from hashtag pages in advance of last year's presidential election. The platform also adds warnings to posts and stories that mention the coronavirus. Users who click on them are redirected to credible public-health websites.

Search for #AnorexiaRecovery, and Instagram will display a content advisory warning and support resources. Hashtags like #Thinspiration have been blocked entirely. But, as Georgia Tech researchers found, these types of bans didn't stop people from searching for specific terms. Instead, they used variants.

"'Thighgap' became 'thyghgapp.' 'Thinspo' became 'thinspooooo,'" a *WIRED* writer noted in 2016. "Only 17 terms were banned by Instagram, but according to the Georgia Tech researchers, there were 250 variations — many of which promoted even more triggering material."

As De Elizabeth writes for *Glamour*, "Banning thinspo content is kind of like playing whack-a-mole — as soon as a site bans a certain hashtag, another pops up in its place." And that's not even the most pervasive problem.

"Whether we're searching for it or not, our feeds are filled with images of 'perfect' bodies that, at the very least, can contribute to negative self-esteem, and at worst serve as triggers for those of us living under the shadow of an eating disorder."

The internet was "an unmistakable accomplice" in De Elizabeth's "destructive behaviour." However, it was also a source of hope.

"This is what makes the Internet so complicated when you have an eating disorder — it's an enabler and a life preserver. LiveJournal fed my dangerous appetite for thinness. But it's also where I finally found my safe haven, when not even my closest friends knew



ILLUSTRATION BY GABRIELLE FUNK

what I was going through."

It's easy to say people with eating disorders should avoid social media entirely, but that's both irresponsible and impossible. It's also impossible to block or include a warning for every potential search term relating to eating disorders. The warnings that already exist are problematic themselves, because people seeking help may feel chastised or discouraged when searching for specific terms.

There's no quick fix for the double-edged sword that is Instagram and the internet as

a whole. For now, I'm just grateful for the solace both have brought me and so many people who might otherwise struggle and recover in silence.

Danielle Doiron is a writer, editor and marketer who splits her time between Winnipeg and Philadelphia. She's spending the pandemic reading, practising yoga and cursing out the governments in both cities she calls home.



DIVERSIONS

HOROSCOPES

Mercury is in retrograde until February 21.

This retrograde is taking place in Aquarius. Aquarius is the most tech-y sign of the zodiac, and the speedy planet's retrograde is known to mess with our tech. Any gadget-related mishaps will probably be especially annoying, so we should be extra careful. Double-check emails and texts before sending and always back up your work on your computer.

SOURCE: ASTROLOGY.COM

ARIES

If you are getting sick of doing the same thing every day, look in the mirror to find the solution. It's time for you to use some of your fabulous ingenuity. Brighten up your blah daily routine by coming up with a new avenue to explore. You might find you've been missing out on an obvious option that's right in front of you. Take things where you want them to go today, whether anyone else is on board with your idea or not. You don't need other people's permission to live your life.

TAURUS

Feed your hunger for more creativity in your daily routine by taking time to experience some art in all its forms. Music, poetry, dance, even graffiti can offer you some new ideas and give your brain new ways of thinking. Visit a few music websites and find out what's new on the scene that you might like. Expand your music collection with things from other cultures. Voices singing in unfamiliar languages will transport you to another place and time.

GEMINI

It's time for you to get a little more creative with the things you do for fun. Your entertainment budget was blown long ago! You don't need things to be first class, top shelf, or super exclusive to be enjoyable. It is possible to spend absolutely no money and still have a good time, you know. Put your noggin to work coming up with free fun ideas. And if you need help coming up with inexpensive ideas, ask a frugal friend for their advice. They have some great ones.

CANCER

Why pressure yourself into taking on more than you can handle right now? Sure, you may feel up for the challenge, but you're not seeing all of those small details, and they can add up to quite a workload! You would be much wiser to focus on one single project. How can you finish it as perfectly as possible? Getting yourself involved in too many things will only frustrate you and wear you down. Today, the best way to move forward is to pick a path and proceed slowly.

LEO

Today you might find yourself in an introverted mood as the day gets started. You won't be too interested in connecting with other people until later in the day when you're feeling more confident. You've got to ask yourself what you want out of one of your newer relationships. In order to find the answer, you need to think. No one else can tell you what you want. Asking people what they think about your situation will only confuse you, so don't bother.

VIRGO

If you are trying to start any kind of new relationship today, whether business, friendship, romantic, or otherwise, you need to make sure you're not putting too much pressure on yourself. Tension is contagious, so the more nervous you are, the more nervous the other person will be too, and that is hardly conducive for a joint project. So even if you're nervous, try to smile as much as you can. Show them that you are at ease around them. Then they'll be more at ease around you.

LIBRA

Due to a higher level of uncertainty in your life, you could become a bit overwhelmed today. This isn't exactly an ideal day to venture out into a lot of new situations. Staying home is the best option for today, but if you can't swing it, just give yourself some extra time to adjust. And if you need to travel, you can help ease any stress that may occur by bringing along a few things that remind you of home and that will keep you comfortable, such as a favorite book or pillow.

SCORPIO

Secrets are for keeping, so if you are privy to any private information today, keep it to yourself. Avoid the people who can get you to spill your guts, and zip your lips. You won't have to stress about it for too long, though, because by the end of the day the secret will either be irrelevant or spilled by someone else. You've built up a reputation for being trustworthy, so don't ruin it by letting something slip in the heat of the moment.

SAGITTARIUS

You think you're all ready to move forward on something, but you aren't quite ready just yet, so don't rush ahead. There are a few details that still need to be taken care of, and you need to finish them before you can run off to the next new thing. Plus, someone is standing in your way. Although they're not trying to hold you back on purpose, they will be an obstacle. The good news is that this pause in the action will make the end result that much better.

CAPRICORN

There is favorable energy pulsing around your financial health right now, but you have to do your part to ensure that it stays pumping a while longer. As boring or tedious as it may be, you simply have to do the research required to make an informed decision about your money. Stay informed so you won't be sorry five years from now. Think about what you want for your future and give it more weight than whatever gadget or new toy you want right now. Delayed gratification is something to explore.

AQUARIUS

Just because a few things are up in the air regarding an upcoming event or adventure doesn't mean that you can't let yourself get all jazzed up about it! Uncertainty is its own kind of excitement, and you should get comfortable with it. Sure, things could fall through and your plans might not come to fruition, but so what? At least you enjoyed that happiness and anticipation. Plus, you will feel more grounded and comfortable about not knowing every little thing in the future.

PISCES

Are you being too critical of yourself? Giving yourself grief accomplishes nothing. It doesn't help build your ego, it doesn't solve any problems, and it most certainly doesn't help make you happier. If you did something wrong, try to fix it. If you can't fix it, at least learn from it and move on. Dwelling on a failure is unproductive, and it's unattractive to the people in your life. No one likes to see you beat yourself up about stuff that doesn't really matter.

THE AGE OF AQUARIUS

WHAT IS THE AGE OF AQUARIUS?

An astrological age is a time period in astrologic theology that astrologers claim parallels major changes in the development of Earth's inhabitants, particularly relating to culture, society and politics.

This cycle, which lasts roughly 26,000 years, means the zodiac sign visible at dawn on

the first day of spring changes about every 2,000 years.

Out of all the signs, Aquarius is the most free-thinking. The Piscean Age was dominated by a Christian patriarchal system. The new age is all about making room for a more egalitarian world.

Aquarius is heavily associated with getting informed and technology. So, the Age of

Aquarius, then, is about acknowledging that the system is broken and not waiting for someone to fix it.

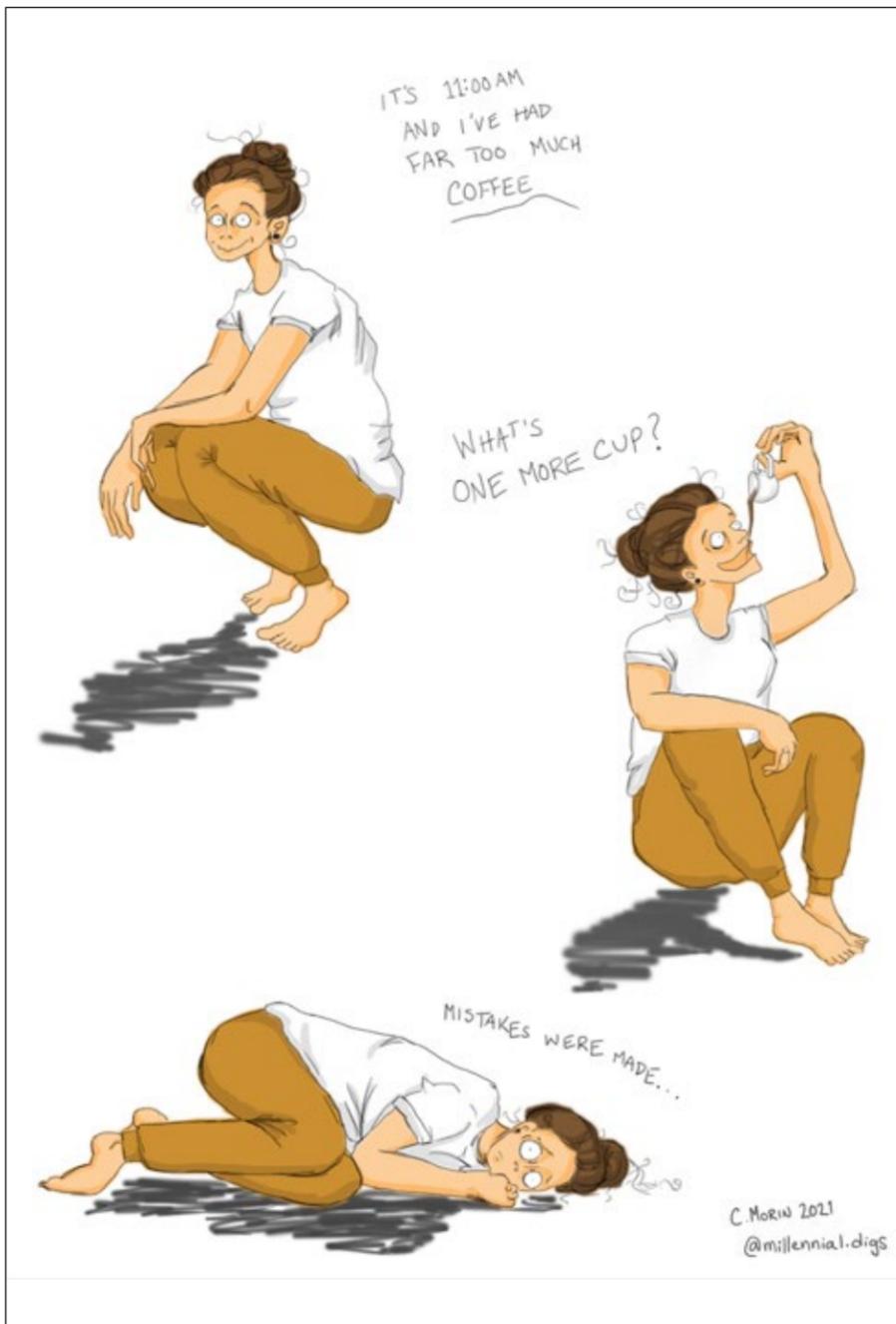
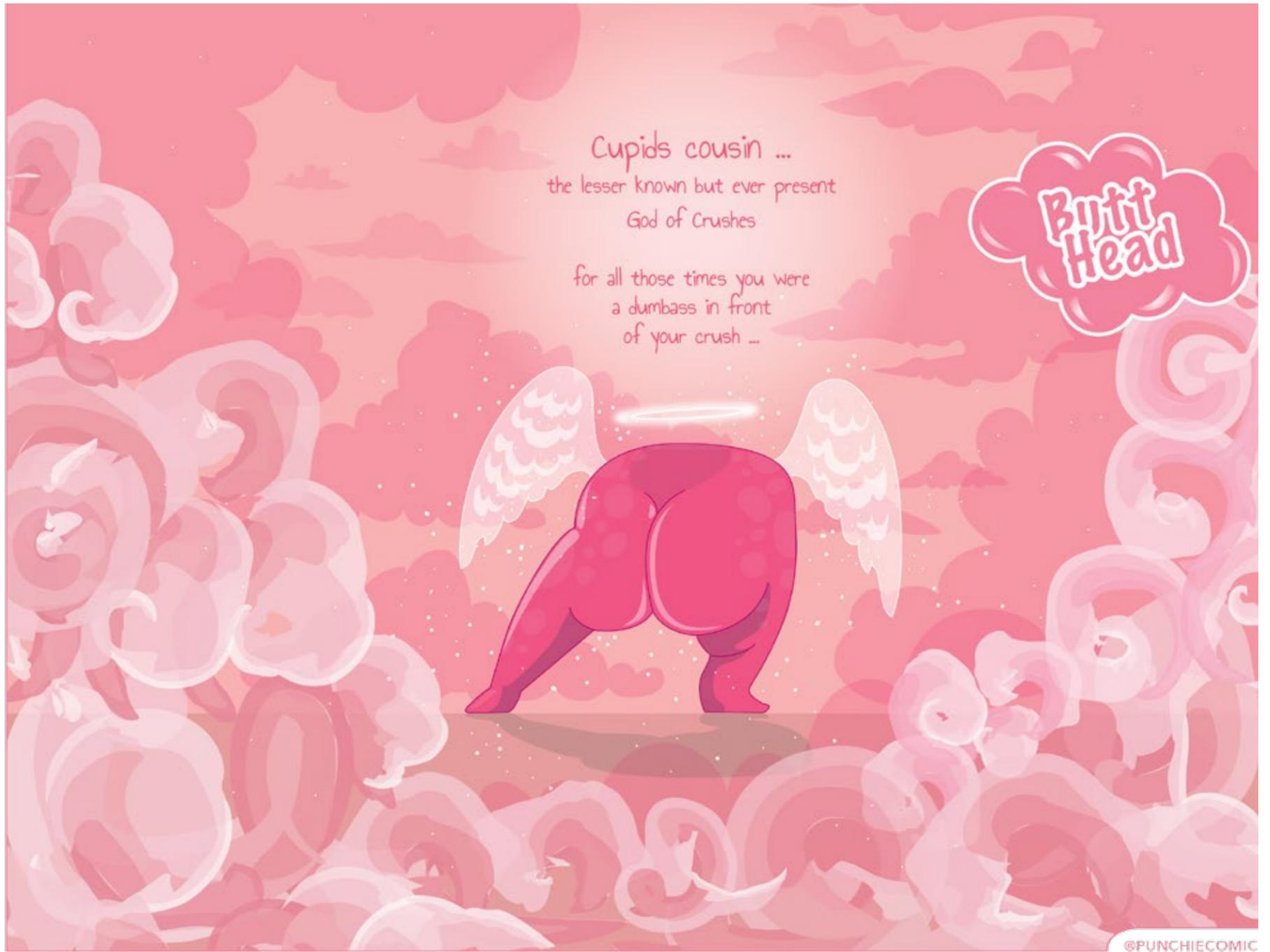
As the Age of Aquarius begins, humanity is set to focus on the innovative and socialist ways that only the air element can generate for us.

SO WHAT'S NEXT?

— Knowledge is power. 2020

has shaken us all to our core and helped expose the cracks in society's foundation.

We've all experienced a shift in the way we relate to power and safety, so we should think of 2020 as the training wheels for a revolutionary couple years to come that could change the way we relate to our communities and what we value in society.



A Conversation with Andrea Subissati and Alexandra West

The Faculty of Horror

Tackling all things horror with a slash of analysis and research. The Faculty of Horror is your best source for classic and contemporary horror film discussions that will haunt the libraries of your mind!

HOSTED BY OLIVIA NORQUAY
OF *BIKINI DRIVE-IN*

THURSDAY, FEB 25 / 7 P.M.

ON FACEBOOK LIVE ON
THE UNITER PAGE

FREE

