

THE

UNITER

FREE.WEEKLY.
VOLUME 70 // ISSUE 14 // JAN. 7

Weird living

Manitobans get creative to get by

HIP HOP
HAVEN P6

WEST END BISON AND
BANNOCK P12

THE YEAR OF THE
UNDERDOG P17



WINNIPEG FOLK FESTIVAL UPCOMING EVENTS

TICKETS
TICKETMASTER.CA / WINNIPEG FOLK FESTIVAL OFFICE
(203-211 BANNATYNE AVE.)

CORB LUND
AND THE HURTIN' ALBERTANS
FEB 10
BURTON CUMMINGS THEATRE

MATT ANDERSEN
& THE BONA FIDE
FEB 26
BURTON CUMMINGS THEATRE

AMELIA CURRAN
MAR 6
THE GOOD WILL - SOCIAL CLUB

FRANK TURNER
& THE SLEEPING SOULS
WITH NORTHCOTE & MO KENNEY
MAR 8
GARRICK CENTRE
Co-presented with Union Events

DE DANANN
MAR 11
WEST END CULTURAL CENTRE
Co-presented with the WECC

WINNIPEGFOLKFESTIVAL.CA

The Uniter,
Manitoba Music
&

The Good Will
Social Club
present:

THE 2016

Uniter Fiver

SHOWCASE

*The Middle Coast
Deep Dark Cave
Adam Hanney & Co.
Ashley Bieniarz
Fox Lake*

HOSTED BY JANE TESTAR

JANUARY 14 / THE GOOD WILL SOCIAL CLUB / 8 PM
\$10 COVER / \$5 FOR STUDENTS

SPONSORED BY:

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101.5

COLLECTOR
STUDIO

MANITOBA
MUSIC

MORTFELL
RECORDING

LONG &
MCQUADE

CKUW
95.9

* ON THE COVER

This pooch is enjoying some alternative housing thanks to Mike Chopek's ingenuity.
.....

NEW YEAR, SAME U

How you feel about the New Year can be a bit of a divisive topic, and there are few who feel truly neutral about the return to old routines or beginnings of new ones. On campus, many staffers returned to work after their winter break - some rejuvenated, some dejected as they faced the Mondayest of Mondays.

As classes start up again, the ambient bustling in the halls has become somewhat contagious. If nothing else, we Winnipeggers know that we need to build some kind of buffer towards the world in January. We need to seek out some source of cheer, even if it's as simple as welcoming each additional minute of daylight we collect.

The poster boards have been cleared of old notices to make way for new events, and talk of the countdown to Festival du Voyageur is already beginning. We're working out the finer details for the Uniter Fiver, our humble contribution to the rallying through January. Join us next week, Jan. 14, at The Good Will Social Club as we celebrate the five new local bands you've voted as your favourites.

We've made a few changes here, and you'll see a couple of new names on the masthead this week and next. But for the most part, we're back to doing what we do: putting this weekly collection of stories together for your reading pleasure.

If you've resolved to trying something new, our door is always open for volunteer writers, photographers and illustrators (see page 16 for more info). And if you think this shift of the calendar is just more of the same old, well then you just keep on keepin' on. We'll be in our homes and coffee shops and office caves working on the same mission we've had since September: making a better paper for you each week.

- Anastasia Chipelski



Christa Bruneau-Guenther, one of the three owners of the newly opened Feast Cafe Bistro. (Article on page 12)

PHOTO BY SIMEON RUSNAK

ONLINE EXCLUSIVE

READ ANOTHER TAKE ON MILITARIZATION AT THE U OF W ONLINE AT UNITER.CA



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WHOSE

HOUSE?

AARON'S HOUSE



PHOTOS BY SIMEON RUSNAK

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

Aaron Zeghers has more than earned his place in Winnipeg's film community. As an artist working in film, video and photography, Zeghers playfully combines experimental, documentary, narrative and found footage elements to create challenging and personal short films. His newest, *Holland, Man.*, follows his father Don Zeghers as he dissolves his generations-old family farm.

"Basically, the film is five projectors running at once," Zeghers explains. "Three reels of 16mm, one of Super 8, one digital, plus live musical accompaniment."

In addition to his own artwork, Zeghers is the co-founder and co-programmer of the Winnipeg Underground Film Festival, as well as a film programmer for the Gimli Film Festival. He's also used his technical skills as a collaborator with other artists, including working as cinematographer on Curtis L. Wiebe's 2014 film *Of Truth and Magic*, and did the film transfer for *City of Rivers*, the 1964 Winnipeg tourism film that went viral in late 2015.

Zeghers' spacious Osborne Village apartment doubles as a workplace for him in more ways than one. It's an impressive artist's workshop and he acts as the building's caretaker in his down time.

"A good friend and former bandmate of mine was the previous caretaker," Zeghers says. "I weaseled my way into being next-in-line two and a half years ago. Now there's lots of stuff here."

"That's why I'll never leave," he laughs, half-jokingly, half-desperately. "I'll be here forever!"

1) SPIROGRAPH

"This is my latest hobby. It's something I'm working on for a Super 8 animation dealing with numerical mythology. (It's inspired by) an artist, Christina Battle, who did an installation called *The Twelve Devil's Graveyards Around the World*, based on a book of the same name. Basically, it's this conspiracy theorist from the '60s who says if you put an icosahedron (a shape with 12 points) inside the Earth, each vertex points perfectly to a mystical place. It's total bullshit, but it's interesting."



2) COWBOY COSTUME

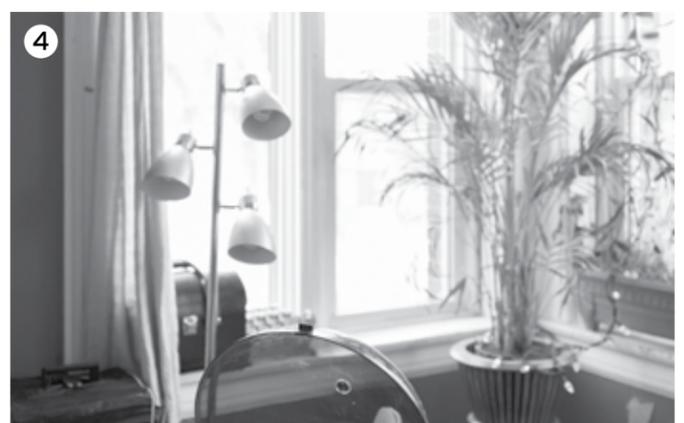
"I definitely didn't drop this costume into the toilet at Union Sound Hall on Halloween. I swear, that never happened."

3) SCREENING AREA

"We have stunning HD-quality for our low-fi, shitty VHS collection."

4) PLANTS

"I love me some plants. Maybe that's the farming background I grew up in."



5) FRIDGE PHOTOS

"I love found photography. Make the most of your fridges, not only for keeping your vegetables crisp and your dairy products chilled. It can also be used to display the lost art of yesteryear."

6) ANTIQUE LAMPS

"I call these the H.R. Gieger-inspired feng shui lamps. I actually found another pair, but the wiring was ripped out and the bulbs were missing."

7) WALL OF PHOTOGRAPHY AND LIGHTBOXES

"This is some of my art. Obviously not these beautiful (lightbox) here. I really like shooting on 120 film, especially the positive (as opposed to negative) film. That's the actual positive film in the frames. With the 120 camera, I don't have to wind an entire frame, I can wind half a frame, overlapping a couple images that are thematically linked."

DANCERCISE INTO THE NEW YEAR

Move more but still have money

SAMANTHA SARTY

 @SARTYSARTY

ARTS REPORTER

Instead of hitting the gym to pump out a New Year's workout resolution, try a different way to get your body moving: dance.

Throughout Winnipeg, there are many affordable drop-in dance classes.

Ian Mozdzen, organization administrator at Young Lungs Dance Exchange (YLDE), says in comparison to the mechanical environment of a gym with its "abrasive radio music" and "crammed spaces," dance gives you another way to get healthy.

"I went to a gym for over a decade and it was like torture," Mozdzen says. "When I started dancing full time, I stopped going to the gym. Dance works your body in a much finer way. There is no equipment required. Your senses heighten, you get this amazing feeling of freedom and you actually look younger!"

And as far as affordability goes, YLDE, a network of artists supporting up and coming dancers, offers many projects to explore where exercise and expression can be found for around \$7.

Another option comes from M. Funk Dance Productions where a drop-in fee of \$15 gets you into a class where Meagan Funk teaches jazz and burlesque as a combined genre.

The burlesque fusion class allows dancers to try jazz moves with a burlesque edge.

"It is a ladies-only class that is unique in the fact that it empowers women to feel sexy and confident while getting a great workout at the same time," Funk says.

Funk says the class includes choreography that's both risqué and classy with sassy moves such as struts, shakes, shimmies, bumps and grinds. She'll also throw in a prop from time to time, such as a chair.

Although that class is just for self-identifying women, Funk also offers a co-ed contemporary jazz class that's inclusive to all.

"It's a class that incorporates jazz technique and flowing, lyrical dance routines. It is a fun way to let go and be able to express yourself," Funk says. "Both classes are geared toward the beginner level and no previous dance experience is necessary. They are also both very affordable."

Other options to check out include YLDE's Research Series, where groups of artists who have explored untested movement ideas will share their new concepts to create a class for everyone to try with 20-minute warm-ups followed by



PHOTO BY JILL GROENING

Learn to dance at Young Lungs Dance Exchange.

two 45-minute sessions of dance.

If you're looking for a more technical yet introductory foundation as a dancer, Mozdzen from YLDE recommends seeking out The School Of Contemporary Dance's general program. Their rates run a bit higher, but Mozdzen says it's a great place to learn beginner moves.

Other resources to find different kinds of dance include NAFro Studios, Ted Motyka Studios, Alora Pole Fitness, Arthur Murray Dance Studios and the Leisure Guide.

Most importantly, Mozdzen says not to be discouraged when it comes to seeking

out dance.

"Everyone can dance. It's something humans do."



For more information about M. Funk Dance Productions' classes, visit mfunkdance.com.

For more information about Young Lungs Dance Exchange, visit younglungs.ca.

TAKE A MINUTE

Self-care isn't just baths and cake

SAMANTHA SARTY

 @SARTYSARTY

ARTS REPORTER

Being nice to yourself is more than just treating yourself to material things.

Self-care plays an important role in mental health, and finding resources to help with practicing it goes well beyond the temporary self-soothing methods of retail therapy.

"Self-care is more than the typical hot bath and pampering," Mary Jo Bolton, the clinical director at Klinik Community Health Centre, says. "It's more about intentionally being kind and compassionate to yourself in all ways."

She says it's more about the "how" than the "what." How you talk to yourself, how you care for your body, how you allow others to treat you and how you attend to your needs are all things to be conscious of.

Winnipegger Jodie Layne saw there was a need for more resources surrounding self-care and collaborated with Portland friend Kara Haupt to create the zine *Methods Of Self-Care (MOSC)*.

"Self-soothing and self-care aren't the same things. 'Treat yourself' is a fine ideology, but it's not self-care," Layne says. "In the zine, we wanted to focus on things that weren't material or that could be done when you feel like you have literally nothing left."

Layne recognizes that finding time away from other obligations can be a



ILLUSTRATION BY JUSTIN LADIA

difficult component in practicing self-care, especially if a person is facing marginalization or larger physical security needs, like housing and food.

"I work in community health and find so many government-produced resources are definitely inaccessible to most people," Layne says. "We created *MOSC* to make it feel like you were talking to your best friend, or the best friend you wish you had."

Layne says to look for the small things to care for yourself in the moment, like stretching, breathing, sending a friend an emoji or a selfie as a low-pressure check-in, or asking yourself if you can call a counselling line.

Bolton agrees that self-care can happen anywhere.

"I think it is about being intentional

but this doesn't have to take a lot of time," Bolton says. "It can mean taking 10 minutes quietly on your own to slow down, breathe, refocus and to check in with yourself about what you are feeling and needing."

To help with on-the-go self-care check-ins, Bolton recommends using *Calm in the Storm*, a new app that Klinik developed to help people deal with stress from the palm of their hand.

Other online resources include The Pep Talk Generator, a feature you can find on the website *Babe Vibes*. A paragraph of supportive words from contributors will pop up and take no more than three minutes to read.

Babe Vibes is also where you'll find *MOSC* downloadable for free or \$13 for a hard copy. With Haupt at the helm of

the site, it offers a whole other network of support with interviews and special projects.

Self-care doesn't need to be isolating. There are communities and resources full of support that long outlast the comforts of cake.



For a moment of self-care in a group environment, drop-in mindfulness meditation is offered every Monday and Thursday at the University of Winnipeg Bryce Hall Chapel from 12:30 to 1 p.m.

RAPPING UP

Studio 393's After School Leaders show off their stuff

MEG CRANE

 @MEGCRANE

ARTS AND CULTURE EDITOR

Graffiti Gallery is helping take hip hop in Winnipeg to the next level with Studio 393.

The series of free drop-in workshops for youth take place every week at Portage Place Shopping Centre.

"We offer a variety of workshops focused around the four elements of hip hop as well as a large variety of art workshops and projects," Patrick Skene, Studio 393 studio manager, says.

Workshops include hip hop choreography, breakdancing and rap.

"We have a recording studio, turntables, dance floors, dope art supplies and a great group of people who want to pass on the skills and lessons they've learned while paying their dues," Skene says.

He says their hip hop instructors are world class artists and the best in Winnipeg.

The instructors will work with people of all ages who show up for Studio 393 workshops, but Skene says they try to focus on people age 13 to 28.

"If there were 900 four-year-olds running around, it would be difficult to record your raps and nail that dope dance routine," Skene says.

Teaching four year olds to breakdance also doesn't fit in with the project's goal which is to create community leaders out of youth and young adults in the downtown area, according to Studio 393's website.

"Ultimately we have a safe space for teenagers and young adults in downtown Winnipeg to be themselves and to create the type of art that they want to," Skene says.

Skene thinks we will begin to see the impact of the program in the next few years as the youth become the new wave of Winnipeg's hip hop scene.

But the program is doing more than just boosting the kid's hip hop skills.

Skene says they've seen youth improve artistically and grow remarkably as people.

"Young people becoming confident, proud, skilled and interacting with their community through their own words and vision. As corny as it may sound,



SUPPLIED PHOTOS

there's days at the studio that are like being in a cheesy after school special. It's a positive place to be," Skene says.

For the past few months, Graffiti Art Programming and Studio 393 have been part of After School Leaders, a provincial program where youth spend six hours per week for 14 weeks on early career training, Skene says.

He says their particular program focused on the arts Studio 393 teaches.

On Jan. 13, Studio 393's After School Leaders participants will be ready to show off their stuff at a free wrap-up show at the West End Cultural Centre which starts at 5:30 p.m.

"We will be showcasing some new emerging rap artists and producers, DJs, breakdancers, hip hop dancers, visual artists and film. It's a great time and a good place to see Winnipeg's future artists," Skene says.



The final showcase for Studio 393's After School Leaders program will take place Jan. 13 at the West End Cultural Centre at 5:30 p.m. The show is free.



Studio 393 participants getting ready for their big show.

ARTS AND CULTURE BRIEFS

MEG CRANE // ARTS AND CULTURE EDITOR

 @MEGCRANE

All Access 2016

On Screen Manitoba's All Access 2016 is featuring keynotes, panels, case studies and featured interviews in partnership with New Media Manitoba. This year's installation of the event is focusing on online monetization and distribution, exploring creating linear and interactive content, showcasing virtual reality opportunities and new entertainment formats. It takes place Jan. 11 to 13 and registration is available through onscreenmanitoba.com.

Campus podcast

CBC's first original podcast series is taking a look at what student life is like. Inspired by their own post-secondary experiences, host Albert Leung and producers Sean Brocklehurst and Eric Van have been taking a look at topics such as sexual assault, avoiding debt and gender identity. New episodes of Campus are posted at cbc.ca/radio/campus every other Tuesday.

Healthy Living Extravaganza

The Healthy Living Extravaganza is a great place to focus on New Year's resolutions of improving health. On Jan. 10, the East End Community Centre will be packed with vendors. For \$2 admission, attendees will get to take part in fitness classes, including yoga, zumba and belly dance, and check out several presentations, including about spiritual health, hip hop and chiropractic health.

Art on the wall

On Jan. 8 at 7 p.m., the opening reception of 99 Pieces of Art on the Wall will take place at cr8ery. The exhibit will open with 99 pieces of art on the walls for sale. As pieces are purchased, they will be taken down and packaged. The art that remains on the wall will be up for grabs until Jan. 19.

Encounters

Theatre Project Manitoba presents *Encounters* at the Rachel Browne Theatre from Jan. 7 to 17. *Encounters* will bring in playwrights Sydney Hayduk and Fraz Wiest for an interactive evening with the audience. They will each share a play, which will be followed by a talk with the audience. The talk could include cocktails, painting, dancing and time travel.

CKUW TOP 20

December 28, 2015 - January 3, 2016

TW = This Week // != Local content // * = Canadian Content



| TW | LC/CC | ARTIST | ALBUM | LABEL |
|----|-------|-------------------------------------|------------------------------|------------------|
| 1 | ! | Rastamils | It's A Dream | Self-Released |
| 2 | ! | Scott Nolan | Silverhill | Transistor 66 |
| 3 | | Deerhunter | Fading Frontier | 4AD |
| 4 | ! | Human Music | Sup | Sundowning Sound |
| 5 | ! | Sweet Alibi | Walking In The Dark | Self-Released |
| 6 | ! | The Unbelievable Bargains | Exuberance Abounds | Transistor 66 |
| 7 | ! | Chic Gamine | Light A Match | Self-Released |
| 8 | ! | The Noble Thiefs | It's Tough To Be The Bad Guy | Pipe & Hat |
| 9 | | Empresarios | The Vibes | Self-Released |
| 10 | | Ryan Adams | 1989 | Pax Am |
| 11 | | Pixel | Golden Years | Self-Released |
| 12 | | Vieux Farka Toure & Julia Easterlin | Touristes | Six Degrees |
| 13 | ! | Autumn Still | When It Was | Self-Released |
| 14 | ! | Vince Andrushko | Vince Andrushko | Self-Released |
| 15 | * | Corb Lund | Things That Can't Be Undone | New West |
| 16 | ! | Red Moon Road | Sorrows And Glories | Self-Released |
| 17 | * | Metric | Pagans In Vegas | Universal |
| 18 | * | Adam Hill | Old Paint | Self-Released |
| 19 | | New Order | Music Complete | Mute |
| 20 | ! | JP Hoe | Hideaway | Maplemusic |



PHOTO BY MATTHEW SAWATZKY

A photo of the late elder Madeline Spence of Nisichawayasihk Cree Nation (Nelson House).

A SAD SORT OF CLEAN

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

Matthew Sawatzky & Ellen Cook, Gerald Kuehl, and Robert Spence Show runs until Jan. 23 Mennonite Heritage Centre Gallery (600 Shaftesbury Blvd.)

It's easy for many southern Manitobans to spend their entire lives living with Manitoba Hydro electricity while knowing little about the Crown corporation itself. But despite the relatively low cost of electricity and the positioning of hydroelectricity as a clean and sustainable energy source, Manitoba Hydro is responsible for a sad reality that few of us south of Lake Winnipeg ever see.

Such is the subject of *A Sad Sort of Clean*, a multi-artist show which examines the destruction caused by Hydro's waterway diversions to the environment and, more specifically, to the many First Nations communities in the affected areas.

The flooding and subsequent destruction of northern land meant an end to self-sufficiency for many First Nations, while promises of free electricity and running water were never delivered.

The exhibit is a tactful, effortless meeting of visual art, photojournalism and activism. The show's photo pieces, created by photographer Matthew Sawatzky and Cree elder Ellen Cook, examine the environmental toll of Hydro-created flooding.

The photos show a frightening contrast wherein typically beautiful Canadian wilderness is overtaken by a post-industrial wasteland. The accompanying text presents shocking statistics, such as the fact that the areas flooded by Hydro total 260,000 hectares. It's a figure 1.5 times greater than 1997's Flood of the Century, but

this flood has lasted for decades.

In addition to the overabundance of water, the photos show other areas entirely destitute. We see ramshackle homes without power or water, despite the fact that Hydro produces \$4 million of energy daily. Another photo shows a set of rapids, the namesake of the Misipawistik (Grand Rapids) Cree Nation, dried up from diverted water.

If Sawatzky and Cook's photos show Hydro's damning environmental legacy, the illustrations by Gerald Kuehl examine the human toll. His pencil drawings of elders from First Nations living in Hydro-affected areas are truly the highlight of the show. The work is stunningly realistic, bringing to mind the early airbrush portraits of Chuck Close.

However, where Close's portraits were often cold and detached, Kuehl's work humanizes his subjects with genuine love and warmth. His emphasis on facial wrinkles tells a different story in the face of every elder. Despite all the monochromatic drawings being identically formatted, every image feels unique.

By focusing on details like wrinkles, clothing or hair rather than eyes, Kuehl makes the experience feel less like viewing a portrait and more like meeting a person. It's reminiscent of those first meetings where staring into a person's eyes might be too forward, so you look at the hand you're shaking or the mouth that's speaking. That such a human presence can be conveyed in these drawings is a testament to Kuehl's talent.

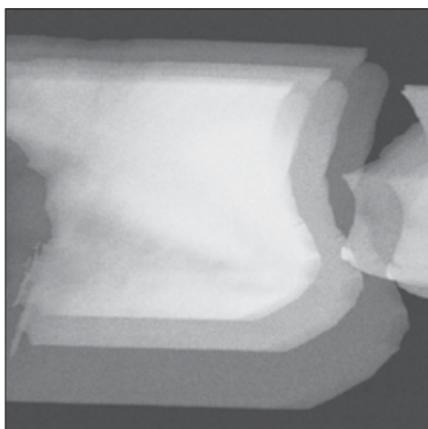
That feeling of being too forward continues in the painting of Robert Spence, a Cree hunter and fisherman who has lived in Hydro-affected areas his entire life. His surrealistic painting is accompanied by a confessional writing that spells out in stark terms the pain associated with Hydro's devastation.

There's a sense that Spence has shared too much, that we're privy to more than we should be. But this is a case where too much is just enough. In fact, too much is entirely necessary.



Blisters

Are You Awake
Independent



Are You Awake is the first full length album from now infamously on hiatus and influential Winnipeg shoegazers Blisters. The album was recorded three years ago for a Montreal label that went belly up, so it was just released independently last year.

Produced and mixed by Riley Hill in Winnipeg, the album's sound is dark and gloomy but is full of moments that are beautiful and uplifting, brought to you by goosebump inducing guitar layering of Daniel Monkman and Skitty Popes and vocal harmonies buried beneath halls of reverb.

The collection of eight songs maintains clear influences from bands like My Bloody Valentine and Galaxie 500 (especially on "Attic"), giving the band a hazy and deep emotional sound. Lizzy Burt sings with Monkman on most of the songs, and her voice is the perfect complement. She brings the songs to a higher level of emotion and provides a human element to the woody layers upon layers of guitar and effects.

Monkman's songwriting takes the album to bright heights; his lyrics (when audible) are nostalgic and regretful. On the album's opener, they sing, "Come along to the playground, They don't play like they use to." The flow of the album is perfect as the songs blend interestingly and sweetly into one another.

The attention to detail throughout is impressive and gives the album consistent playability. Only 40 of these albums exist on the planet and with album artwork reminiscent of the X-Files, *Are You Awake* feels as if it is from a different plain of existence.

- Gil Carroll

Black Moth Super Rainbow

SeeFu Lilac
Independent



SeeFu Lilac is the latest offering from Pittsburgh Pennsylvania's princes of demented synth funk, Black Moth Super Rainbow. After a three year gap between albums filled with a string of releases by the group's frontman "Tobacco," BMSR has once again created the middle portion of the venn diagram between beautiful and fucking weird.

SeeFu Lilac is half vocoder heavy trip-hop anthems, half Lynchian lullabies that got lost in a vortex in between the couch cushions. In fact, I would be surprised if the songs "Warm Water Leviathan" and "Unfinished Sketch 7: Radiation Society" didn't show up in the next David Lynch film.

The album starts off with the title track, an accordion and guitar duet seemingly performed in an attic in 1959 as the musicians watch the Memorial Day parade through a tiny window. The channel immediately changes as "The Chew" begins. It's a classic Black Moth ballad meeting their usual requirements of feeling like you're watching alien pornography on a couple different benzodiazepines. "Since You've Seen Her" is the album's standout track - it's as if the aliens are recreating *The Godfather* as a porn flick and there isn't enough valium in the world to feel normal.

"Umbros Vorhees," track six on this album, and according to a 0.23 second Google search, two words that the band just completely made up (and doesn't spell anything backwards, don't worry I checked) - could just be samples from one of the original GameBoys. "DVD Sweetener" (a dark simile for Special Features perhaps?) is only 1:37 long, and works great in combination with the repeat button.

SeeFu Lilac fails to please only in the sense that it ends before it really gets going. My advice is just to listen to it again.

- Mischa Decter

A SLIM LINE TO WALK

Balance is key to a healthier diet

MEG CRANE

 @MEGCRANE

ARTS AND CULTURE EDITOR

New year, new resolutions to become a better you. For many people, that involves eating healthier.

According to Statistic Brain, the number one New Year's resolution for 2015 was to lose weight.

It also said that only eight per cent of people are successful in achieving their resolutions. Nearly a quarter of people who make resolutions fail every year.

So, what can you do to be successful in your goal to have healthier eating habits?

Anna Lazowski, registered holistic nutritionist at Winnipeg Wellness, says she dislikes the word "diet" because it gives people the idea that they should restrict their calorie intake and be hungry all the time.

"Often it's just about shifting around what you're eating, with an emphasis on protein, healthy fats, the

right carbohydrates and dramatically increasing vegetable intake," Lazowski says.

"When people know they're going to start restricting food, they often give themselves permission to gorge on everything."

That is often what happens over the holiday season, and Lazowski says this is never a good idea, although there's no harm in the occasional indulgence.

Lazowski runs programs to get people off of sugar, but says people doing that can eat as much as they want of a wide range of foods.

"If you're eating the right foods, your blood sugar will be balanced, you won't get 3 p.m. cravings or be on a caffeinated roller coaster," Lazowski says.

However, if you're changing your diet in part to lose weight, she says the best thing to do is get regular sleep.

"Staying up late not only drives you to eat later than you otherwise would, it also messes up your hormones which can make losing weight that much harder," Lazowski says.

Sara Siedleski, a registered holistic nutritionist with her own practice, says after the holidays, it is important that people get back to eating a normal diet rather than binging on treats, as many do in December.

"When getting your meals back on track, you need to be aware of your sugar intake first and foremost," Siedleski says.

She recommends removing obvious sugars, such as pop and candy, but also



ILLUSTRATION BY SCOTT A. FORD

hidden sugars, such as that in white rice and potatoes.

"Focus on building a meal plan from fresh fruits and vegetables, nuts and seeds. Eat clean proteins such as chicken, turkey, fish, beef, beans and lentils. Use healthy fats such as avocados, coconut oils, olive oils and keep grains to a minimum," Siedleski says.

She suggests people consider skipping

the holiday binging altogether next year and instead have a few special treats here and there.

"The seasonal 'junk foods' can lead to weight gain, poor sleeps, low energy, low immunity and higher stress," Siedleski says.

That's probably not how most people want to start off the new semester.

THE COLUMN

SMALL TALK

WITH DUNJA KOVACEVIC

 @BILDUNGSROMANC3

WE ARE NOT ALL SISTERS... AND THAT'S OK

First wave feminism had a clear, political goal: get women the vote.

Second wave feminism had more varied aims and worked within other movements, like the civil rights and antiwar movements. Second-wavers believed in women as a social class, emphasizing the need for solidarity and sisterhood to bring about social change.

Third wave feminism is a loosely defined term that represents a variety of different belief systems. It addresses a wide range of perspectives that other women's liberation movements failed to address, namely, a rejection of collective female identity.

The idea of universal sisterhood is problematic because it implies that there are universal experiences shared by women – like motherhood, menstruation, or pregnancy. And by believing in these universal experiences, we rely on a fixed notion of womanhood which is often determined biologically.

See the problem? Thinking about gender in essentialist or reductive terms automatically excludes or edges out people who don't fit the profile: women without uteruses, who aren't mothers,

who don't menstruate. While gender essentialists certainly exist within the feminist community, I personally can't get behind a movement as exclusionary as the one it is working against.

Intersectionality, on the other hand, stresses interactions between class, race, gender, sexual orientation, ability and other aspects of identity while recognizing how these all factor into larger systems of power and oppression differently.

A white woman is not working with the same deck of cards as an Indigenous woman in this city or that of a woman living half a world away. To claim that "we are all the same" not only grossly minimizes the struggles of others, but it dismisses the belief that we are all the experts of our own lived experiences.

This sort of "we are all one" essentialism often gets co-opted by white women attempting to speak for, and over, women in other circumstances. Nicki Minaj has been an outspoken voice for black women in the music industry. Minaj is highly critical of the ways this same industry commodifies and sexualizes them while overlooking their success in favour of slim, white, "acceptable" bodies.

In response to a series of tweets about her most recent MTV Video Music Award snub, Miley Cyrus criticized Minaj in the press for her tone, implying that Minaj was, in effect, being a sore loser. Cyrus's response suggests it was a fair race to begin with, that there is an equivalency in their struggles as women in the music industry. She glosses over Minaj's experience as a black woman in America, in the music industry, and in the media, which is altogether different from Cyrus's experiences.

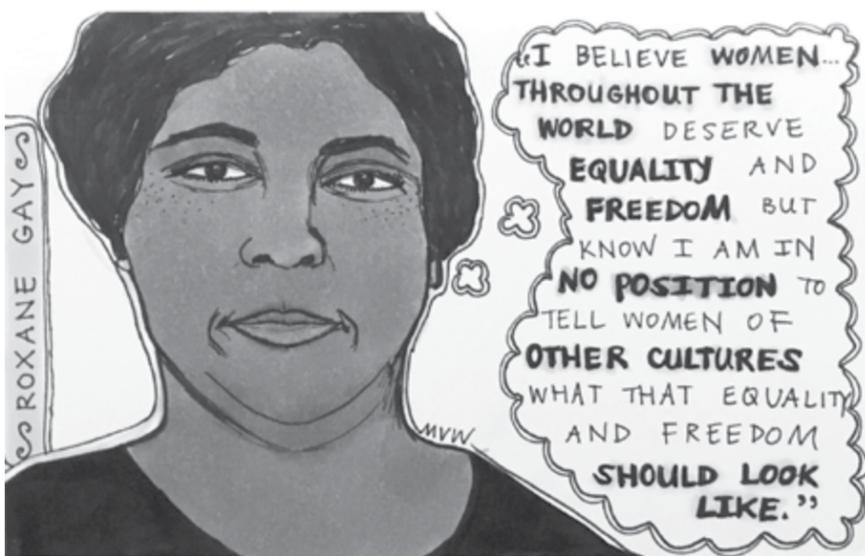


ILLUSTRATION BY MOLLY WILLIAMS

Criticizing other women for the choices they make in response to their myriad oppressions undoes the long history within the feminist movement of fighting for autonomy. On the other hand, when we assume that all women who live or look differently than we do are oppressed, we strip them of agency or choice, and also position ourselves as more liberated, educated and *not equal*. It means we are not, in the end, the same.

That's not to say we can't feel connected to one another, or have compassion for others. It also doesn't mean our experiences won't overlap sometimes. The thing is, patriarchy oppresses almost everyone – women, men who aren't the "right" kind of masculine, and especially those who don't fit comfortably into either gender category.

But the good news is that equality doesn't have to mean sameness. Rather

than yelling about how much we're alike, we could learn about our differences by supporting one another as allies instead of suffocating each other as sisters.

Dunja Kovacevic is a writer and co-founder of Dear Journal. Issue 1 is now available for purchase at Music Trader and online. Connect with them on Instagram: @dearjrnl.



Patriarchy: a system or society where men hold most power and political position, have social privileges and where masculinity is upheld as ideal.

Weird living

Manitobans get creative to get by

WORDS BY MEG CRANE



PHOTOS BY DANIEL CRUMP



The cost of rent is on the rise in Winnipeg. According to the Canada Mortgage and Housing Corporation, rent in 2014 was up to an average of \$1,016 from \$969 in 2013.

For some people, this means they need to work more. For others, it means they need to budget less money for going out or for groceries. But some people are finding ways to safely house themselves without making those sacrifices.

Instead of accepting high rent as a fact of their lives, these three Manitobans have found alternatives that fit their lifestyles.

Anneliese Schoppe, a full time housesitter, stands with most of her belongings.

COVER FEATURE continues // NEXT PAGE

The bus

“The bus I live in is an old school bus,” teacher Mike Chocek says.

During the school year, he lives in northern Manitoba. In the summer, he lives on a plot of land one hour east of Winnipeg.

Three years ago, Chocek decided he wanted to spend his summers growing a garden. In part, he did this because he wanted to bring his Grade 2 and 3 students to southern Manitoba where they could learn about agriculture.

Chocek bought a piece of land, but didn't have the time or money to build a permanent structure. Part of it was getting building permits.

He didn't want to deal with the bureaucracy, but still needed a structure on the property to live in. The bus solved his problem.

“It's a little better than staying in a tent,” Chocek says.

He bought the bus from its former driver who had renovated it, so it has bunk beds, a double bed, a sink, fridge and kitchen table. He has plans for further renovations.

For one, there is no running water, but he plans to run water to the bus from a nearby stream. Right now, he thanks that stream for keeping him clean and he hauls in drinking water.

Chocek says he will get around to building a shack for himself one day, but the bus will stay on the property as a guest house.

Grouphousing

Musician Jessie Zifarelli felt he had to make a choice between having a traditional living situation and following his passion. He chose the latter and took up residence at Pan Am Boxing's Transitional Youth Housing and

Recreational Facility Project.

“It's a building for guys only and it's for people who are in a tough situation. They're coming out of jail. They're coming out of a bad living situation with their parents or they were into drugs. It's for guys who want to get their life on the right track,” Zifarelli says.

Zifarelli says having a safe home gives the men time to do what they want to get ahead in life, whether that's finding employment, going to school or, in his case, working on a music career.

He was previously living in Frame Arts Warehouse, which was shut down in August. He only had two days to find an affordable place to move.

“There were no rooms that anybody had available for rent, unless they were in really, really bad neighbourhoods and I didn't want to go there,” Zifarelli says.

Zifarelli was living at Frame because he preferred to be surrounded by artists, which made working toward his goal easier.

“Instead of my neighbour being an accountant, my neighbour was a painter. And my other neighbour was a pianist. And the other was a guitar player,” Zifarelli says.

He said it allowed them all to thrive as artists.

“I like being around other people who are likeminded and working towards a common goal,” Zifarelli says. At Pan Am, the other men are not working towards artistic goals, but all are trying to better themselves and Zifarelli says that helps him stay motivated.

He has lived in apartments with roommates and said he likes the freedom, but right now it's not a financially viable option.

He says as a young person, it's hard to get the requirements to have an apartment. He's never been approved for an apartment because he doesn't make enough money to meet most rental agencies' standards.

“I'm a young guy. I don't have college or anything like that,” Zifarelli says. “There's no entry-level jobs that pay that much.”

He says it's unfair, but he is happy working as a musician and isn't willing to change career paths for more money.

“It wasn't worth it to sacrifice my soul and my identity,” Zifarelli says.

Housesitting

Anneliese Schoppe gets paid to live in beautiful houses and apartments throughout Winnipeg.

She has been housesitting for more than a year, moving from home to home. She started by working for friends, but word of mouth has gotten her gigs for strangers all over the city.

“Occasionally I will rent a friend's room for a couple weeks if there's a gap,” Schoppe says.

She says it forced her to get a rid of a lot of her belongings. She can move everything she owns, which includes a mattress, in one truck load.

“I love Rubbermaid tubs,” Schoppe says. Because they are easy to move, waterproof and mouse proof, she says they're ideal for moving and for storing.

“It is kind of a little tricky at times to stock a fridge or pantry,” Schoppe says.

Some of the homes she stays in have pristine sets of cutlery, dishes and towels that she's not comfortable using, so she brings along her own.

“There's a feeling that you don't necessarily want to unpack too much or make it homey,” Schoppe says.

But she does get to be a temporary pet mom without having any long-term commitment.

One of her favourite animals to care for was Rotund, an 18 year old cat who needed a lot of special care, including medication and to be kept on a strict meal plan.

“He'd spit and get old cat food on your face,” Schoppe says. “Even though he was so gross, he was so cute.”

She initially got into house sitting because of the huge financial savings.

“It was always the biggest chunk of my budget,” Schoppe says, referring to rent.

Unlike other parts of a budget, like groceries, the amount paid for rent cannot be changed month-to-month, depending on a person's situation, Schoppe says. Rent is a constant amount and she didn't want to have to deal with that anymore.

“For the most part, I was always able to pay it. I was just resentful of how high it felt,” Schoppe says.

Schoppe also looks at it as a good way to share resources.

“One thing I like about housesitting is it's kind of like a car co-op in a sense that you want to make something used as much as it possibly can be,” Schoppe says.

When someone is overseas, it just makes sense for another person to live in their home, both to use the space and to keep it safe.

• • •

Buses, community housing and house sitting are just three alternatives to paying high rent.

Some people choose to move out of the city to build sustainable houses, such as Earth ships, or purchase tiny homes.

Others choose to couch surf, get involved with farm stays or find other inexpensive ways of keeping themselves housed inexpensively to save cash or allow themselves the freedom to pursue their passions.

Rents may be on the rise, but paying more to live isn't necessarily the only option.



PHOTO BY MIKE CHOCEK

Mike Chocek's converted bus retains a lot of that school bus charm.



PHOTO BY MIKE CHOPEK

Mike Chopek plans to keep his converted bus to use as a guest house one day.



PHOTO BY MIKE CHOPEK

The interior of Mike Chopek's converted bus.



Mike Chopek in the process of moving his belongings to his bus.



Anneliese Schoppe is a big fan of rubbermaid tubs for moving her belongings from house to house.



PHOTOS BY SIMEON RUSNAK

Feast Café Bistro at the corner of Ellice and Sherbrook.

FEAST IN THE WEST END

Ellice Ave café featuring First Nations inspired cuisine opens doors to the public

SHKELZEN MISKIQI



NEWS REPORTER

Owners of Feast Café Bistro hope to add diversity to the culinary scene in Winnipeg with First Nations ingredients and dishes.

The new café opened on Dec. 10 in the former Ellice Café and Theatre at 587 Ellice Ave.

If you're wanting to take a break from the cold weather, in need of a boost of energy, or have sweet tooth, Feast Café serves various teas, coffee, cappuccinos, lattes and desserts.

"I hope that (Feast Café) becomes a community hot-spot for people that live in the area. I also hope that (it) can also bring people from all over Winnipeg and the country to experience something different and experience something I would say real, true Canadian food," Christa Bruneau-Guenther says.

Bruneau-Guenther owns Feast Café and is co-owner of 585 and 587 Ellice Ave., which are home to the Adam Beach Film Institute and Bandwidth Theatre.

Among other dishes, the menu at Feast Café offers traditional "Tipi" tacos, bannock pizzas, and burgers made from bison meat. Salads and dishes such as

pickarel sliders and wild smoked salmon are also offered along with domestic beers and house wines. Feast Café also serves breakfast until 11 a.m.

Adam Beach, namesake and co-owner of the Film Institute and Winnipeg-raised Hollywood actor, showed up to Feast's opening day on Dec 10.

Beach shares a similar goal with Bruneau-Guenther when it comes to making a positive impact.

"I see us exploring our relationship and partnership and (bringing) a more positive impact to this neighbourhood of the West End," Beach says.

"You walk around there's a lot of drugs, a lot of alcohol, a lot of violence in Winnipeg and not just in the West End. We can show the vibrant nature of another side, which is very friendly and family oriented. We're out to give a more positive perspective when it comes to Aboriginal people," Beach says.

Once Feast has established its roots, Bruneau-Guenther hopes to donate 50 cents from each Tipi Taco sold to the Adam Beach Film Institute, a non-profit organization. With each coffee sold, Bruneau-Guenther hopes to give 10 cents to support youth suicide prevention.

Daphne Rogoza is excited about the opening of Feast Café. Once a regular of Ellice Café and Theatre, Rogoza would drive to the West End to see if anything had opened in the vacant establishment.

"I really like to see that they've maintained the character of the place. It looks really wonderful ... I'm very excited that it offers a First Nations mix. It's very timely," Rogoza says.

Feast Cafe and Bistro is open Monday to Thursday 8 a.m. to 4 p.m., Friday to Saturday 8 a.m. to 9 p.m. and is closed on Sundays.



NEWS BRIEFS

JESSICA BOTELHO-URBANSKI // NEWS EDITOR



New year, new journal

The University of Winnipeg (U of W) plans to launch a new academic journal in October 2016. *Crossings* will publish student submissions of research work done in the fields of humanities, social sciences, creative arts or interdisciplinary studies. For more information on submission requirements, email Dr. Steven Kohm, *Crossings*' managing editor, at s.kohm@uwinnipeg.ca.

U of W signs indigenous blueprint

The U of W took its pledge to indigenize education to the next level by signing the Manitoba Indigenous Education Blueprint Dec. 18. The university signed on alongside Manitoba's other post-secondary schools and the Manitoba School Boards Association, which represents elementary, middle and high schools. The document vows to respond to all the calls to action put forth by the Truth and Reconciliation Commission of Canada regarding indigenous learning.

River trail a wet blanket

Because of warmer than normal temperatures, the Red River Mutual Trail isn't safe to skate on yet. A few kilometres of on-land ice are ready to skate at The Forks, but the nearby Assiniboine River stretch is closed. RAW: Almond, the pop-up restaurant that's fed guests on the frozen river trail for the last four years, announced it will move construction to solid ground across the river, in a forested area called South Point Park.

Wesmen celebrates indigenous day

The U of W's basketball teams are joining forces with the Aboriginal Student Council to celebrate the school's first indigenous day on Jan. 9. The Wesmen men's and women's teams will play an at-home double-header against the Brandon University Bobcats. The women play at 2 p.m., while the men play at 4 p.m., both at the Duckworth Centre. There will be a traditional blessing from a U of W elder in residence, cultural music and dancing throughout the games.

Pop tart party

The University of Winnipeg Students' Association (UWSA) is hosting back-to-school events throughout the first week of classes in January. The last hurrah will be the Pop Tart Party and Drag Show at The Good Will Social Club on Jan. 8. U of W students get in free by showing their student cards. For a full list of events, visit theuwsa.ca.

WARM WELCOME

Red River will host huts from around the world

SHKELZEN MISKIQI

 @SHKELMIS

NEWS REPORTER

As the New Year rolls in, architects chosen from different parts of the world are beginning construction on their custom warming hut designs.

Visitors who make their way to The Forks to walk, skate or go sledding on land or on soon-to-be-frozen Red and Assiniboine Rivers can catch a break from the piercing winds inside the warming huts.

Though milder temperatures have left the rivers in more of a liquid state than skaters might prefer, this hasn't affected the warming hut project just yet. "It's not uncommon for the river trail not to be open at this time," Chelsea Thomson, marketing and communications manager for The Forks, says.

"The warming huts are built on land and then moved down to the river trail, usually the last weekend in January, so we're still hoping to proceed with that plan."

In 2009, The Forks requested warming hut designs for the Red River Mutual Trail and in 2010, people were able to start using the huts.



2015's Hybrid Hut rests on land before it's moved onto the river trail.

A competition that started out local now has entries from around the world. This year, there will be seven new warming huts on the trail, as well as warming huts from previous years.

Huts from Russia, California, Nebraska, Nunavut and Manitoba will be on site.

Versatile is one of the best ways to describe the warming huts. Each hut offers a different kind of experience, both visually and texturally. Some of the warming huts are far from warm, lacking four walls or a roof on top, in certain cases.

This year's winning warming hut designs are named Temple, Ice Maze, and Shelterbelt. In the Light of the Kudluk, a collaboration with 2014 Polaris Music Prize winner Tanya Tagaq, joins in by invitation. Rounding out the lineup for 2016 are additional huts Basket, Fabrigami and Frame.

Project leader of the Fabrigami hut,

Lancelot Coar, is an associate professor from the department of architecture at the University of Manitoba (U of M). Coar and his project partners, Kim Wiese and Jason Hare, aim to build a temporary warming hut on the river trail this year.

The plan is to build Fabrigami next to the lighthouse in January with help from 16 students from various educational backgrounds at U of M; Caitlin Mueller, an assistant professor from the Digital Structures Research Group at Massachusetts Institute of Technology; and Lars De Laet from Vrije University in Brussels.

Coar describes the construction of Fabrigami as having two main architectural components.

"The structure is one large cable net – it's like a spider web that grabs a hold of the lighthouse at The Forks – and then it reaches out and grabs some of the posts on the pier. We will anchor fabric into the ice

and a steel cable system with that, (then) pull up to the steel cable above," Coar explains.

"We're using the potential height of the distance between the lighthouse and the shoreline to create architecture to pull it up to shape. It's kind of like creating a marionette."

This year, more than 160 applicants submitted designs to the warming hut competition.

"(The judges) don't look at who they are or where they're from. They just look at the design itself," Thomson says.

Projects will be available for the public to enjoy and inspect on land by Jan. 29, after which – weather permitting – they will be moved onto the rivers.

For more information on the new warming huts, visit warminghuts.com. To find out when the Red River Mutual Trail is open to the public, visit theforks.com.



PHOTO BY JESSICA BOTELHO-URBANSKI

The PROFile - DR. GINA SYLVESTRE

ASSISTANT PROFESSOR, DEPARTMENT OF GEOGRAPHY

JESSICA BOTELHO-URBANSKI

NEWS EDITOR

Dr. Gina Sylvestre has been a part of the University of Winnipeg community since before she was born. Her mother took an intro to sociology class at the U of W while she was pregnant with her in the '60s.

Sylvestre got her undergraduate, masters and PhD degrees from the University of Manitoba. She taught for more than 11 years at the U of W's Institute for Urban Studies, before accepting a faculty position in the U of W's geography department four years ago.

"(Geography) is more about being on the ground, having that contact with the world itself, but also trying to make change. Of course I need to publish and that kind of thing, but I need to change policy. I've got my tentacles in many parts of the city with different policy makers," Sylvestre says of her work.

She's also part of the third generation in her family to teach. Her grandmother taught in a one-room schoolhouse in Saskatchewan and her mother taught nursing in Winnipeg.

At first, she tried to buck with tradition and traveled to Cancun, Mexico in her early 20s

to work in the tourism industry. By age 27, she decided to come back to Winnipeg and continue her studies.

Now she teaches sustainable tourism, intro to human geography and health geography courses, on top of doing in-depth research projects on aging.

One of her current projects is a study on the link between aging and poverty in the North End. Another is a winter sidewalk survey she's co-conducting with Dr. Nora Casson, another assistant professor in the geography department.

The sidewalk survey asks Winnipeggers to rate the outdoor walkways they travel on a five-point scale – from easy to walk, to treacherous and unable to walk.

Sylvestre hopes to get 10,000 survey respondents and present the survey findings to the city of Winnipeg to help them better prioritize which public walkways to plough and sand.

"What we need is a range of users of all age ranges, income levels and functional abilities, and then we need the whole range of Winnipeg as well, so the spatial perspective," she says of the survey respondents.

To complete the winter sidewalk survey, visit geography.uwinnipeg.ca/winterwalk

AGE: 51.

AREA OF RESEARCH: Aging, mobility, urban and rural issues, inclusion and exclusion.

NUMBER OF PEER-REVIEWED ARTICLES PUBLISHED: Six.

LOWEST GRADE IN UNIVERSITY: B+.

FAVOURITE THING ABOUT YOURSELF: I'm an introvert, but I can be outgoing - because that's so important for the research I do.

WHAT'S YOUR SUPERPOWER : My superpower is everyone who supports me. I'm spiritual and I know I have a lot of people looking out for me in other places.

BOOK RECOMMENDATION: I'm just reading Stefan Epp-Koop *We're Going to Run This City*. It's a history about the 1919 General Strike in Winnipeg.



DOING GOOD OUTSIDE THE DORM

New clubs help students in residence engage in community

ELENA SPITCYNA

@CAMPUS_ELENA

CAMPUS REPORTER

The University of Winnipeg's department of campus living has launched three new clubs to help students and community connect.

Being a student away from home can be difficult sometimes and that's why it's important to help students in residence get out of their rooms and socialize, Rasmeet Arora says.

Arora is the senior resident advisor and leader of the new Community Connections Club where the main focus is to create volunteer opportunities for students living in residence, to help build their resumes and create connections.

Many students are confused as to where to start volunteering, he says.



Members of the Community Connections Club pose for a photograph.

"When the students go (volunteer), they don't have to be alone," Arora says.

The second new club is a social media and student outreach club. It promotes events and news around campus through social media to let people know what's going on around campus and what's available to students.

"This way we have a better way to reach more students and especially through social media, we reach future students and let them know that we have activities planned for them," Taylor Harrington, a member of the social media club, says.

Last, there is the student engagement committee. Its purpose is to plan events and programs for students in residence. They set a time and roles for each committee member in a particular event.

"With the assistance of (the) other two committees (Community Connections Club and Social media and student outreach club) we try to make bigger, better events," Masrine Edwards, a member of the student engagement committee, says.

Among some of the clubs' activities are fundraisers, socials and calls for donations. They also host "eye opener" events – movie nights surrounding different social issues, like bullying and suicide prevention – every month to spread awareness.

Despite the clubs being quite new, they've already managed to help many people and community groups. They gathered 14 students to volunteer at Siloam Mission, collected donations for

Big Brothers Big Sisters of Winnipeg and raised money for CancerCare Manitoba.

"What's really good about our committee is that we not only make opportunities accessible to students, we make students accessible to volunteer organizations," Katie Woychyshyn, member of the Community Connections Club, says.

Being students in residence themselves, the members understand what others may be going through.

"We want to be able to make a difference in society. I, personally, have been through a lot of struggles and so has my family," Arora says. "Sometimes I hoped there was someone out there to help us through our struggles. So this thought inspires me to help others in this society."

The future goal of all three clubs is to open up to the larger student community, including not only students in residence, but all students at the U of W and even other students in Manitoba.



To get in touch with the social media club, email uwrestimes@gmail.com, and for the community connections club, email uofw.communityconnections@gmail.com. The clubs can also be reached on Facebook through facebook.com/uwcampusliving.

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BUILDING ON A SOLID FOUNDATION

Construction of Leatherdale Hall, Tony's Canteen starts in spring

ELENA SPITCYNA

 @CAMPUS_ELENA

CAMPUS REPORTER

The University of Winnipeg is expanding in 2016 and says construction of Leatherdale Hall and the reconstruction of Tony's canteen will bring students and community together.

The campus will start its expansion this spring. After the relocation of the Bike Lab and the Physical Plant, the square between Wesley Hall and the main university building will become a construction site for the new building, named Leatherdale Hall.

The new building will become a shared space for University of Winnipeg (U of W) students and U of W Collegiate students. The addition will be 5877 square-feet and will include additional academic and community spaces, such as a lecture hall, reception area and break-out room for conferences.

Rob Bend, dean of the Collegiate, says there are multiple reasons to begin

construction on a new hall.

"The project is important on a number of levels. This facility is going to serve a number of different learning communities," Bend says. "This facility is all about sharing and all about providing people places to talk about their education."

Leatherdale Hall will extend the use of Convocation Hall and make it more attractive for different groups using Convocation Hall for presentation, debates and other events, Bend says.

The hall is being named after the late Dr. Douglas Leatherdale, a U of W alumni and one of institution's major donors.

Prior to his passing on Dec. 6, *The Uniter* interviewed Leatherdale who said the new facility will become a great addition not only to the university, but to the city of Winnipeg.

"We've had an opportunity to do something that the school needed. It's important that students and faculty have a proper space," Leatherdale said. "It is an important facility to the community and the university itself."

The well-known philanthropist donated \$2.5 million to the project.

Another great addition within the new hall is the return of an old favourite – Tony's Canteen.

Opened in 1936, Tony's Canteen used to be a central place at the former United College where students, faculty and members of community met and shared their passion for knowledge.

"I remember sitting in Tony's with students, having lunch with students, talking to students. I remember classes



Exterior of the future Leatherdale Hall behind Wesley Hall.

going to Tony's as seminars. It was very special," Bend says.

The area was changed to an arts studio for the Collegiate in 2006, but the idea of rebuilding the canteen never disappeared.

"It was always a thought that we have to have a Tony's somewhere," Bend says. "It's a special place for people to come together and that's kind of what education is all about."

Building Leatherdale Hall will cost an estimated \$4.75 million, but no money will come from the university's operating funds, according to Bend. The university

aims to have the whole project sponsored by donations.

The U of W Foundation has begun a \$1.5 million-dollar fundraising campaign in support of the initiative and has already raised \$500,000.

Like most of the other food outlets on campus – Pangea's Kitchen, The Malecon and Cafe Bodhi – Tony's Canteen will be run by the Diversity Food Services.

The university hopes to have construction on Leatherdale Hall completed by early 2017.

STREETER

BY ANASTASIA CHIPELSKI // MANAGING EDITOR

Q: "WHAT DO YOU DO TO FEND OFF THE MIDWINTER BLUES?"

January can be a dreary time of year as we start cooling down from the holiday rush. Then again, it can be a great time to hole up and hibernate, or to get out and embrace the wintry wonderland. *The Uniter* checked out the UWSA's Cabin Series in the Hive (part of their Snowed In events taking place Jan. 6 to 8), and spoke to some students about how they stay chipper through a darker part of the year.



BRONWYN TURNBULL, AGE 22

STUDYING: PSYCHOLOGY

"TRY AND FIND ACTIVITIES THAT YOU CAN DO IN WINTER, SO THERE'S A LOT OF WATCHING MOVIES AND KNITTING. WHEN IT'S WARMER LIKE THIS I TRY TO GET OUTSIDE AND ENJOY WINTER...WHEN IT'S -20 LIKE IT'S SUPPOSED TO BE THIS WEEKEND, I JUST STAY INSIDE."



MEGAN MARQUES, AGE 21

STUDYING: INTERNATIONAL DEVELOPMENT

"I PLAY OUTSIDE, IN THE SUN, WHEN IT'S SUNNY. I LIKE TO WALK OUTSIDE WITH MY FRIENDS AT FORT WHYTE."



ALEX NGUYEN, AGE 18

STUDYING: CRECOMM AND FILM

"JUST WATCH *FRIENDS* UNDER A BLANKET AND HANG OUT WITH FRIENDS."



THOMAS HANAN, AGE 19

STUDYING: FILM

"STAY BUSY. WORK, AND HANGING OUT WITH PEOPLE."



OLENA MAKSYMYAK, AGE 22

STUDYING: PSYCHOLOGY

"I LIKE CHECKING OUT NEW COFFEE SHOPS, WHERE YOU CAN GET HOT DRINKS. THEN YOU STILL FEEL LIKE THERE'S SOMETHING NEW HAPPENING IN YOUR LIFE. ALSO FESTIVALS, I LIKE WINTER FESTIVALS."



MERCHANTS CORNER NEARS FUNDRAISING GOAL

North End education hub getting ready to open in 2017

REINALDO CONTRERAS

VOLUNTEER STAFF

The University of Winnipeg's Merchants Corner project is more than halfway to reaching its fundraising goal after wrapping up 2015 with a successful event.

The first snowfall of the season didn't deter those who came out to support fundraising efforts of the community housing and education project at the Windsor Hotel on Nov. 19.

Jim Silver, the chair of the urban and inner city studies (UICS) department at the University of Winnipeg (U of W) and a leader of the project, was impressed by the turnout.

"The event was important also because people had a great time. The place was

packed and we were able once again to raise awareness about the Merchants Corner project," Silver says.

At the Windsor, the band Frenz played blues, jazz, and folk tunes. There was a silent auction, free pizza and a lively atmosphere, with some members of the audience joining the band on stage.

The Merchants Corner is expected to become an educational hub on Selkirk Avenue when it opens in 2017 and will house the UICS Department, the University of Manitoba Inner City campus, the offices of CEDA-Pathways to Education, the Urban Circle Training Centre, and the Aboriginal Education Directorate, and 30 units of student housing. Frontier College and the Winnipeg Public Library will also participate with other programs.

Silver says that architect Hijab Mitra of Mistecture is designing the multi-use space and Manitoba Green Retrofit has been involved in the gutting of the inside of the old Merchants Hotel, which is still ongoing. The builder's contract also requires about 20 per cent of the hiring to be done locally, following the principles of social enterprises.

The province has invested more than \$15 million in the project and \$3.7 million is being raised by the project's organizers, the Merchants Corner Steering Committee – made up of various community-based organizations in the North End, as well as UICS.

Silver said that so far two of that \$3 million target has been raised. Some major contributors include The Winnipeg Foundation, the Thomas Sill Foundation,



SUPPLIED PHOTO

The old Merchants Hotel awaits its transformation into Merchants Corner.

the Burns Foundation, Great-West Life, Wawanesa Insurance, Michael Nesbitt, the University of Winnipeg Students' Association, the Asper Foundation, the Assiniboine Credit Union, Bob Silver and an anonymous donor.

The Merchants Corner fundraising team includes Rhonda Lorch, Kathy Mallett, Diane Poulin, Jeff Palmer, Jim August, Martin Landy and Jim Silver.



The Merchants Corner fundraising team has created a website, canadahelps.org/dn/18585, to collect donations from the public. To donate by phone or in person, contact Jim Silver at 204-988-7195, Rob Neufeld at 204-293-1855 or Stan McKay at 204-738-4978.



CALL FOR VOLUNTEERS

WRITERS // ILLUSTRATORS // PHOTOGRAPHERS

If you're interested in having your work published, this is the best place to start! You don't need to have experience, just a desire to tell stories.

The Uniter is a learning paper, so we provide you with written guides, the support of editors, and lots of feedback to help you develop your skills. We welcome students and community members alike.

Writers, contact the Volunteer coordinator: Alana Trachenko >> volunteer@uniter.ca

You can also stop by The Uniter office (Room ORM14 in the Bulman Centre at the U of W) every Wednesday at 12:30 p.m. for a volunteer orientation. We'll cover the basics and give you more of an idea of what writing for The Uniter is all about, and after that you can get started anytime.

Illustrators, contact the creative director: Scott A. Ford >> creative@uniter.ca

Volunteer illustrators are visual artists who provide some of the eye candy that goes along with many of our articles. We'll send you an outline of technical requirements and a weekly list of possible assignments to choose from. This is a great way to build your portfolio!

Photographers, contact the photo editor: Daniel Crump >> photoeditor@uniter.ca

If you're looking for variety, our volunteer photographers cover events as well as shooting fashion streeters, headshots and local landscapes. We'll send you the assignment list and help you connect with the subjects. Get ready to share your photos with the city!

GREY CUP PARADE HIGHLIGHTS MILITARY PRESENCE

Mixing tanks with Santa Claus is the real war on Christmas

HANNAH FOULGER

 @ALITTLESAPCED

VOLUNTEER

The holidays have come and gone. The Starbucks rage is over. The War on Christmas has been won by Walmart and the war on the rest of the Christian calendar has returned. Still, exaggerated stories around an anti-military protest before the break sift around, enflamed by lurid newspaper coverage.

In Early October, a group of students peacefully protested against violent imagery on a navy recruitment booth in Riddell Hall. The UWSA's Peyton Veitch released a statement responding to the extended military presence on campus

during the Grey Cup.

In response, *The Manitoban* published a commentary piece which reported the protesters using violent tactics – claims which Andrew Vineberg and other students on the scene have dismissed as untrue.

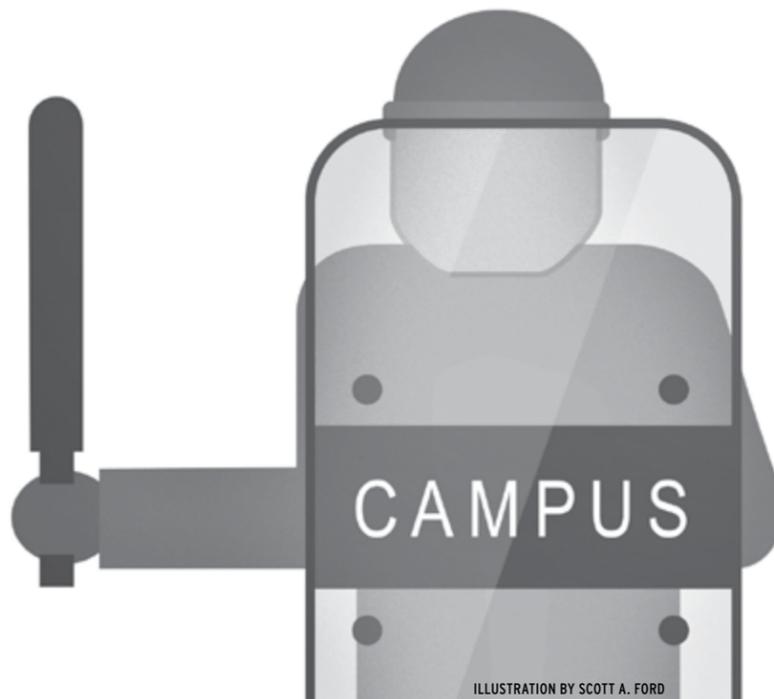
On one hand, we have the exaggerated narrative of violent liberal oppressors surrounding a navy recruitment table on campus.

On the other, we have the less melodramatic story of a peaceful demonstration with no violent interaction between opposing groups of thought. Despite other descriptions, Andrew Vineberg, one of the protesters, tells this reporter that there was “minimal conversation and no raised voices” and it was, all in all, “respectful and peaceful.”

Still, the rumours follow about a fight, although Vineberg assumes that is based on the brief “tussle” with the security guard, and not between the protesters and the navy recruiters.

While the UWSA, according to Vineberg, has “never advocated for a ban on military presence,” it has instead “criticized in an official capacity the response of university security personnel violating university policy, and the specific features of one specific display on a particular day.”

After the incidents at the University, a military-infused Grey Cup parade merged with the Santa Claus parade. Tanks rolled down Portage Avenue with an armed guard minutes before the man in red appeared. Militarism took root, and there



was little dissenters could do about it.

Militarization plays out as a celebrated, distantly abstracted violence, instead of a last resort performed by a group of brave men and women. Even if we must concede that weapons are necessary to keep our citizens safe from radicalized boogymen, we should not normalize the tools of death. If we want to uphold the myth of the peacemaker as a crucial part of the Canadian identity, why then why would we celebrate a children's folk hero with guns and tanks?

As we adjust to accommodate the growing influx of refugees, we should be

disassociating ourselves from structures of violence in order to create not only a physically safe space, but an emotionally safe space as well.

If we include the military in celebratory events, especially for children, we need to recognize the imperial war machine as a definitive part of the Canadian identity and forego the charade of Canada as a peaceful society.

Hannah Foulger is a British Canadian writer and theatre artist.

YEAR OF THE UNDERDOG

Resolve to beat the New Year's resolutions odds

SHANAE BLAQUIERE

 @SHANAEBLAQ

VOLUNTEER STAFF

You just lived through this year's rendition of the annual spectacle: New Year's Eve. Your loved ones were huddled together, coddling wine glasses and dressed in their finest party attire, wearing big smiles and bright eyes and hopefully those cool little party hats. The night glittered with romance and hope. The sparkly promise of a new beginning came to its crescendo as the countdown ended, ushering in 2016 with kisses and kazooos and confetti.

Or maybe you just stayed home and watched Netflix because hey, December 31st is just another night to you.

If your experience was more like the former than the latter, there's a good chance you let the glamour of a whole new calendar year seduce you into making a New Year's resolution.

You've decided, for whatever reason, that 2016 is going to simply be *better*, and so are you. You'll floss more, spend less, cook more, drink less, and you'll always remember to call your grandmother. There are lots of resolution skeptics out there, but at least you're going to put in a solid effort, and gosh-darn, that has to be worth something.

According to StatisticBrain.com, approximately 45 per cent of Americans



usually make New Year's resolutions. However 25 per cent of those self-improvement hopefuls don't make it past the first week and only 64 per cent make it to the end of January. If you explicitly make a resolution, you're 10 times more likely to reach your goal, but even then there's a pretty good chance you'll fail – only eight per cent of people are successful.

StatisticBrain.com also indicates that the most common resolution last year was to lose weight, followed by getting organized and spending less money. Other items in the top-10 list include promises to stay fit, quit smoking, and fall in love (isn't that nice?).

Resolutions get a lot of flak. After all, why wait until the New Year for

self-improvement? And even then, why bother when the fail rate is so high? The critics are plenty vocal about your (allegedly) poor decision to try to better yourself. If you didn't have enough obstacles to hurdle over in your quest for consistent gym attendance, you can add “cynical naysayers” to your list.

The statistics are stacked against all the hopeful folks who resolve to make use of the fresh start (right after their hangover wears off).

But that doesn't mean you shouldn't try. If 2015 taught us anything, it's that we can triumph despite the odds. Underdog Justin Trudeau wasn't taken seriously as a contender in the federal election and now he's our prime minister. Ashley Callinbull became the first Aboriginal

winner of the Mrs. Universe pageant and now she's a herald for indigenous issues. Hell, even Missy Elliott made a comeback, and she'd been off the charts for almost a decade.

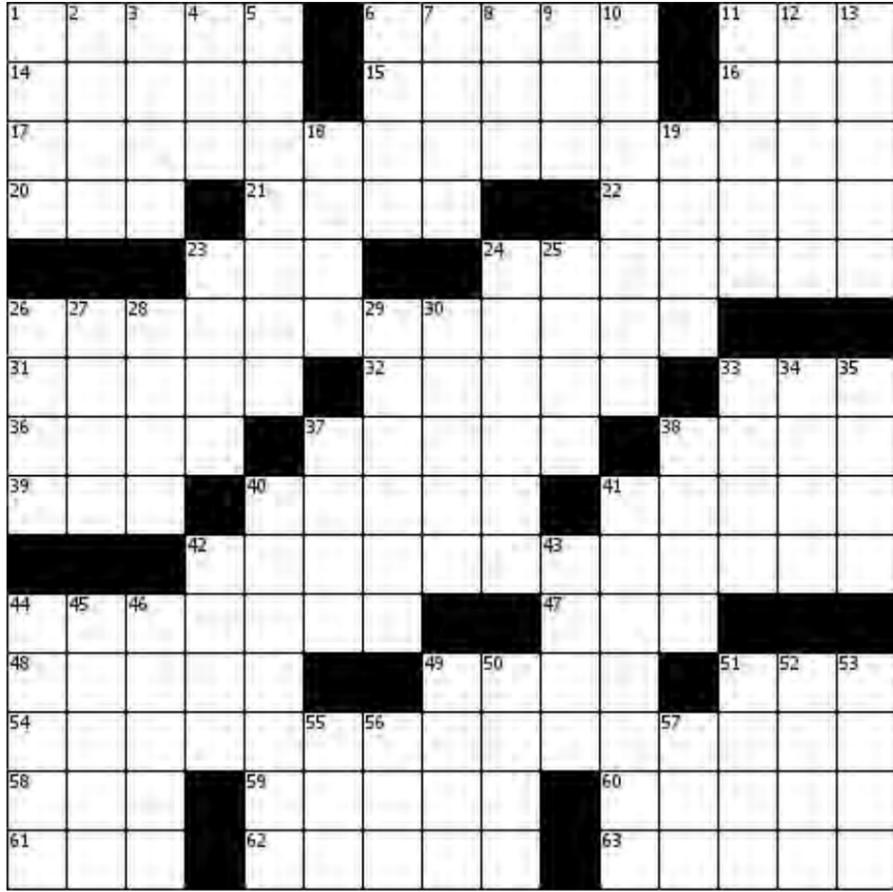
Obviously there are going to be impediments on your journey to becoming The Best You, 2016 Edition. They might be as daunting as systemic oppression or as tangible as an unwavering sweet tooth. Whatever the case may be, good for you for trying. Keep trying. Go ahead and give it your best shot. You can do the thing. We're rooting for you to beat the odds.

Shanae resolves to write and floss more, but not at the same time. She also writes at shanaeblog.com.

DIVERSIONS



ONLINECROSSWORDS.NET



ACROSS

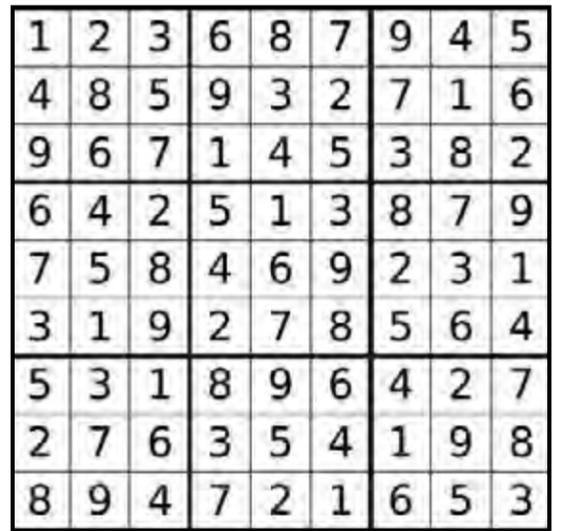
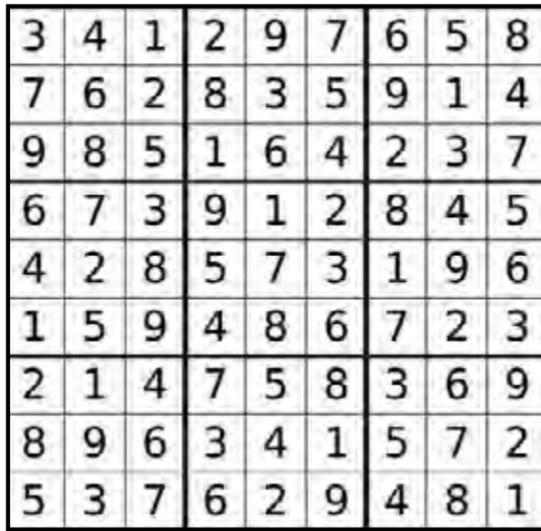
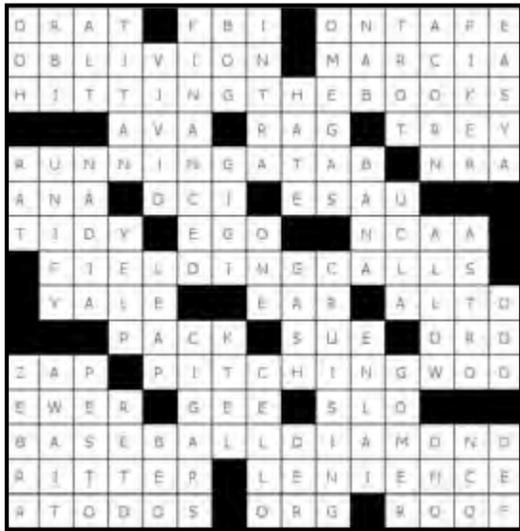
1. Frigid and Torrid, e.g.
6. B.B. King's music
11. Summer cooler
14. Kind of acid
15. Theater divider
16. Ryan of "City of Angels"
17. Body that sits in New York
20. ___-cone (icy treat)
21. Driver with a handle
22. Spring bloomer
23. Lawyer's charge
24. Most in need of liniment
26. Bonds, e.g.
31. Key material
32. Track events
33. Boar's beloved
36. Engaged in litigation
37. "Around the World in 80 Days" author
38. Like an inaugural ball
39. Farm enclosure
40. Irritating to the nose
41. Buenos ____, Argentina
42. Swimmer with a striped body
44. Unfavorable
47. ABA member
48. New Zealand native
49. Scotch partner
51. Filer's convenience
54. What a lawyer may have

58. Took the reins
59. "Casablanca" actor Peter
60. Mournful peal
61. Sullivan and Walsh
62. Collar inserts
63. Vain walk
10. Is very angry
11. Walk leisurely
12. Sandwich shops
13. Pyramid site
18. Biblical brother
19. "The Ghost and Mrs. ___"
23. Taken with (with "of")
24. Plan for a meeting
25. Quaintly attractive
26. Disorderly accumulation
27. Border on
28. Young kangaroo
29. Come to light
30. Eagle's nest
33. Delhi wrap
34. Some roars of approval
35. Laundry
37. TV attachments

DOWN

1. Turns sharply
2. Straw in the wind
3. Muchacho
4. Ending of some hydrocarbons
5. Harry Potter's thing
6. Wrapped hay
7. Teller of stories
8. Letters on an American flattop
9. Upraised railroads
38. Special ability
40. Boom box attachments
41. Criticizes harshly
42. Pt. of EMS
43. Zilch
44. More than enough
45. Took a chance
46. Invalidates
49. Nimble
50. Mine finds
51. Wedding cake feature
52. Org. co-founded by Helen Keller
53. Word with Corn or Bible
55. Two-year-old
56. Big Band, for one
57. Blaster's need

SOLUTIONS TO LAST ISSUE'S PUZZLE.



THE UNIVERSITY OF WINNIPEG

Student Services

You of W



The Student Services staff of The University of Winnipeg provides the student body with current information and opportunities. This information is updated weekly.

ANNUAL CAREER FAIR 2016

Date: Thursday, January 21, 2016

Time: 10:00am - 3:00pm

Location: Duckworth Gymnasium

Join us at the Career Fair to find out about career opportunities as well as part-time jobs, summer jobs, internships, volunteer positions and further education.

Check out the Faculty of Arts' Speed Networking Event!

For further information, please contact:

careers@uwinnipeg.ca

www.uwinnipeg.ca/career-services

INTEGRATED STUDENT SERVICES IN A SINGLE LOCATION

In December, UWinnipeg's new "Student Services Centre" opened at 489 Portage Avenue in the Rice Centre. The following offices are now located here:

FIRST FLOOR, RICE CENTRE

- Academic Advising
- Adult Learner Services
- Campus Living
- Convocation Officer
- Registrar's Office (Graduate Studies)

- Student Financial Services
- Student Central
- Student Services Communications

SECOND FLOOR, RICE CENTRE

- Admissions
- Awards and Financial Aid
- Career Services
- Strategic Enrolment Management
- Student Records
- Student Recruitment and Institutional Relations
- Wellness and Student Life

MINDFULNESS MEDITATION DROP-IN SESSIONS

"Mindfulness is paying attention to what is happening in the moment. The idea is to deliberately slow down and observe our thoughts, feelings and body sensations that we are already experiencing and holding our emotions so that they don't sweep us away. With this quality of attention, we develop more awareness, resilience and compassion of ourselves and surroundings" (Mindfulness Without Borders).

Start Jan 11th and are offered each Mon & Thurs, 12:30-1:00pm in the UW Chapel. More info is on the UW Events Calendar. All are welcome!

ASK! You of W

PHONE: 204.779.UWIN (8946) | EMAIL: studentcentral@uwinnipeg.ca

Un-Supermarket

by Sari Habiluk

facebook.com/SariHabilukArtisticWorks

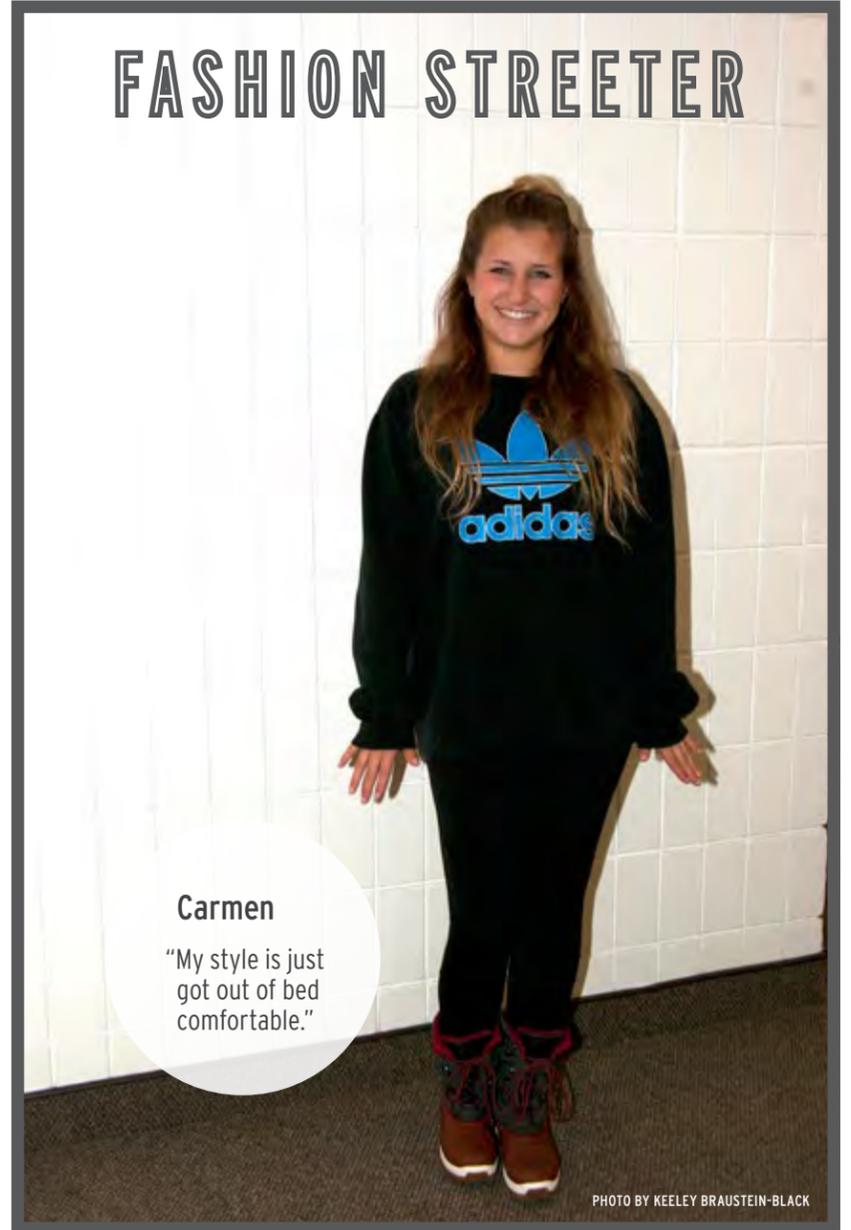


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Crosstown Civic



Credit Union

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THE UWSA PRESENTS

Snowed In

JANUARY 6-8, 2016

CABIN SERIES at THE HIVE | JAN. 6-8

FREE COFFEE CARD at INDEX
FANCY DRINKS | GAMES
SNOW JAMS DJ SETS By CKUW + STYLUS

WEDNESDAY

STITCH 'N BITCH
at THE HIVE
12pm - 2pm

Hosted by UWSA
WOMEN-TRANS
SPECTRUM CENTRE

THURSDAY

STUDENT
GROUP FAIR
at THE BUFFETERIA
11:30am - 1:30pm

FRIDAY

SHINNY
on SPENCE STREET

FREE NEECHI
COMMONS
SOUP and STEW
at THE HIVE
12:30pm

POP TART PARTY + DRAG SHOW at THE GOOD WILL SOCIAL CLUB | FRIDAY, JAN. 8

w/ DJs J JACKSON, ANDY_2_K, and ELLE-EGANTÉ
18+ ID required | Free w/ UW Student ID

Visit theuwsa.ca for more info or follow [@theuwsa](https://twitter.com/theuwsa)

