

THE

UNITER

FREE.WEEKLY.
VOLUME 72 // ISSUE 13 // JAN 11

FRESH STARTS



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INSPIRATION P9

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FRESH STARTS

After a little December break, we're back in action with a very colourful issue for you. You may notice some slight differences - more short-form stories in a compact layout - but it's the same *Uniter* you've come to expect. And we've got even more planned for the rest of January! I won't offer any spoilers, but the features we're working on for the next few issues are really exciting. Starting next week, we'll be introducing a few new faces and names to our team. Watch for some new bylines in the city section, and check out uniter.ca/jobs for another opportunity to join the paper.

We're also moving volunteer orientations to Wednesdays at 5:15 p.m. in the hope that this will make them more accessible to a wider range of contributors. No experience is needed, just a desire to tell stories. Volunteers can focus on written work, photography, illustration or a mix of the three. We don't ask for a regular commitment - after orientation, volunteers could contribute as often or as rarely as their schedules allow.

If you're musically oriented, submissions for the fifth annual Uniter Fiver are open until this Saturday (Jan. 13) at noon. See uniter.ca/uniter-fiver for details.

Newer bands (under two years old) have a chance to win Manitoba Music memberships, recording time at local studios and a profile - possibly even the cover - in our special Uniter Fiver issue. The top five bands will also play a showcase to celebrate the release of that issue, on Feb. 15 at the Good Will Social Club, so mark your calendars!

It's great to be back in action, and, as always, we hope you enjoy this issue.

- Anastasia Chipelski

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* ON THE COVER

Quinn Monkman participates in an annual New Year's pick up hockey game at Earl Grey Community Centre. Read more about Winnipeg winter activities on page 9.



Some folks take advantage of warmer weather and take a skate on the pond at Assiniboine Park.

PHOTO BY DANIEL CRUMP

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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. Volunteer workshops take place Wednesdays from 12:30-1:20 in room ORM14. 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, racist or libellous. We also reserve the right to edit for length/style.

WHOSE

HOUSE?

IAN'S HOUSE

PHOTOS BY CALLIE LUGOSI

THOMAS PASHKO

FEATURES REPORTER

 @THOMASPASHKO

When it comes to Winnipeg's film industry, Ian Bawa has worked in basically every possible corner. With credits in writing, directing, production, cinematography, sound and acting, Bawa has laid the groundwork for his own eclectic projects – both personal and as part of the collective Markus Milos Ian Fabian.

"We never planned to become a group," Bawa says of his collaborations with filmmakers Markus Henkel, Milos Mitrovic and Fabian Velasco. "We just worked together sometimes and found we (worked) well."

That work has translated into successful festival runs for their absurdist comedic shorts *The Champ* and *Imitations*. The group has begun preliminary work on a feature, but Bawa is wary of saying much more on the topic.

"We've been very secretive," he says, "not because we don't want to tell anyone, but because we're unsure if it will even work out. It's a long process of going back and forth between filming and applying for grants. We haven't told many people, we agreed not to take photos on set. We're shooting on 16-mm. It's very run-and-gun."

Bawa has experience making those types of haphazard situations work. His St. Boniface home was a fixer-upper bought for "next to nothing," which he's since beautifully renovated.

"It used to be a rental property," Bawa says. (The night I moved in) "the woman who runs the condos here asked to take a look inside. She said, 'I owned this place ten years ago. They sure ran it into the ground.' I felt so shitty. At 10 p.m., I went to Home Depot and rented a floor sander and sanded until 3 a.m."



1



2



4



3



5

1) CAMERAS

"I didn't own a working camera for the longest time, so I bought a really cheap DSLR on eBay in case I ever need to quickly shoot something. The Super 8 camera is a vintage that does work, but I don't know how well it works, so I'm too scared to actually use it. I have a bunch of Super 8 film, but to process it and find it doesn't work would be very embarrassing."

1) ABSENTE BOTTLE

(When I was young) "my parents were away for a week. I had a bunch of friends over, including the girl who became my first girlfriend and first kiss. I bought this bottle of Absente, and I was scared my parents would find out I had a party, so I threw it in the bushes. Ten years later, I found it while doing yard work for my dad."

2) FILMING SLATES

"I won (the one with the cameras) at an arcade. I'll hold the one I actually use."

3) BOOKS

"Like a lot of millennials these days, I'm purging a lot of my stuff. I've been getting rid of a lot of books, and I've realized that my collection is 10 per cent *Harry Potter* at this point."

4) MARILYN MONROE POSTER

"Fabian made this a long time ago for Milos' old band. Growing up, my dad was obsessed with Marilyn Monroe. I guess she was his childhood crush. So I just love that poster."

5) JP HOE POSTER

"Many years ago, I was dating someone. We were seeing many JP Hoe shows together. I bought tickets to the Holiday Show, but she was cheating on me, and we broke up. I took my sister instead. She knew I collected concert posters, so she got one and got JP to sign this for me. I thought it was just awesome. Since then, my sister and I see JP Hoe together every Christmas."

ARTS AND CULTURE BRIEFS

JAZ PAPADOPOULOS // ARTS AND CULTURE EDITOR  @CULTURE_UNITER

A Life on the Line

Manitoba filmmaker Sam Karney is premiering his one-hour documentary, *A Life on the Line*, on APTN this month. Catch the story about a young man returning to fur-trapping on Jan. 14 at 6 p.m., Jan. 16 at 10 a.m., and Jan. 19 at 4 p.m. The film is set in Manitoba's gorgeous boreal forest.

Close Talker

Saskatoon band Close Talker returns to the Good Will Social Club (625 Portage Ave.) on Jan. 20 with locals Finn and Joanne Pollock. The band released their most recent album, *Flux*, just a few months ago, before setting off on tour. Tickets are \$12 and are available on Ticketfly, as well as at the Good Will and Music Trader.

Cre8ery writing group

Cre8ery Gallery and Studio (125 Adelaide St.) will host an informal writing group on Jan. 20, hosted by Norma Jones, a reading clinician and certified life coach. The event is free and runs from 1 to 3 p.m. Call 204-487-3177 or email njones@mymts.net to register. Visit cre8ery.com/workshop to see all the upcoming workshops at the gallery.

Four Lands

This free series of events, from Toronto-based Jumblies Theatre, asks "How can we learn more about the places we live?" and brings to life imaginary miniature worlds. Events and art drop-ins will run from Jan. 12-20 in the Exchange. Visit jumbliestheatre.org/jumblies/current-projects/four-lands for full event listings.

Poetry Group

Local artist space Also As Well Too (second floor of the Buhler building) is hosting a meeting and reading held by the Winnipeg Contemporary Poetry Reading Group. The group will read a collection of poetry together, and then discuss the text. The event is on Jan. 12 from 1:30-3:30 p.m. and is free and open to all.

SUPPORT GROUP FOR LGBTQ MUSLIMS

Rainbow Resource Centre launches new initiative

DYLON MARTIN

CITY REPORTER

 @DYLON_R_MARTIN

Queer Muslims, as members of both the LGBTQ+ and Muslim communities, have unique shared experiences and challenges. The Rainbow Resource Centre hopes to provide a supportive space for members of this community.

Muhammad Ahsan is the education program co-ordinator for the Rainbow Resource Centre, an organization that provides support to the LGBTQ2SQ+ (lesbian, gay, bisexual, transgender, Two-Spirit and queer+) community. He says he is in a privileged role that allows him to help members of the queer Muslim community with a new initiative.

"It's a very small project we are working on at the moment. It's fairly new and we are running it on a trial basis. It's a small support group for LGBTQ Muslims," Ahsan says. He adds that the centre is reaching out to LGBTQ-affirming faith groups as part of the process.

"We are in need of spaces that are free from Islamophobia, where we don't have to be defensive about our religious background, whether we be practicing or non-practicing Muslims," Rahim Thawer, core team organizer for Salaam Canada, says.

Salaam Canada is an organization dedicated to creating space for the queer Muslim community. Thawer says most organizers with Salaam Canada are in Vancouver and Toronto, but the group hopes to support local initiatives through other organizations across Canada. He adds that this would mainly be through help with communications and the Rainbow Resource Centre's support group.

Ahsan reiterates Thawer's emphasis on spaces free of Islamophobia being crucial. He says anti-Islam sentiments exist among some members of the queer community and attributes it to misleading media coverage.



A new support group will be run out of the Rainbow Resource Centre.

"It's really important for the world to know that most of the Muslim population does not believe in the extremist ideology," Ahsan says.

"It's two folds of marginalization," he says. Extremist groups, such as ISIS, are targeting members of the queer Muslim community for being queer, whereas in Canada and elsewhere, members of this community are targeted for being Muslim, Ahsan says.

In addition to longstanding concerns, the recent uptick in refugees coming to Manitoba from the United States border motivated the initiative. Ahsan says some of them identify as LGBTQ and Muslim.

"It's hard for them to find help, resources and facilities that can understand their needs as a queer person as well as a Muslim," he says.

"I think people are concerned about maintaining ties to their culture, spiritual community and religious community,"

Thawer says of members of the queer Muslim community. He adds that some queer Muslims may have negative past experiences and so require supportive spaces for healing.

Ahsan also emphasizes the trauma some members of the queer Muslim community face and adds that some may feel the need to be discreet about their queer identity, especially if they emigrated from countries with anti-queer laws.

Maintaining ties with families of origin and creating new families is another important concern for members of the queer Muslim community, Thawer says.

"The majority of the Canadian population see us either as queer individuals or Muslim, but both of these identities are part of our personalities," Ahsan says.

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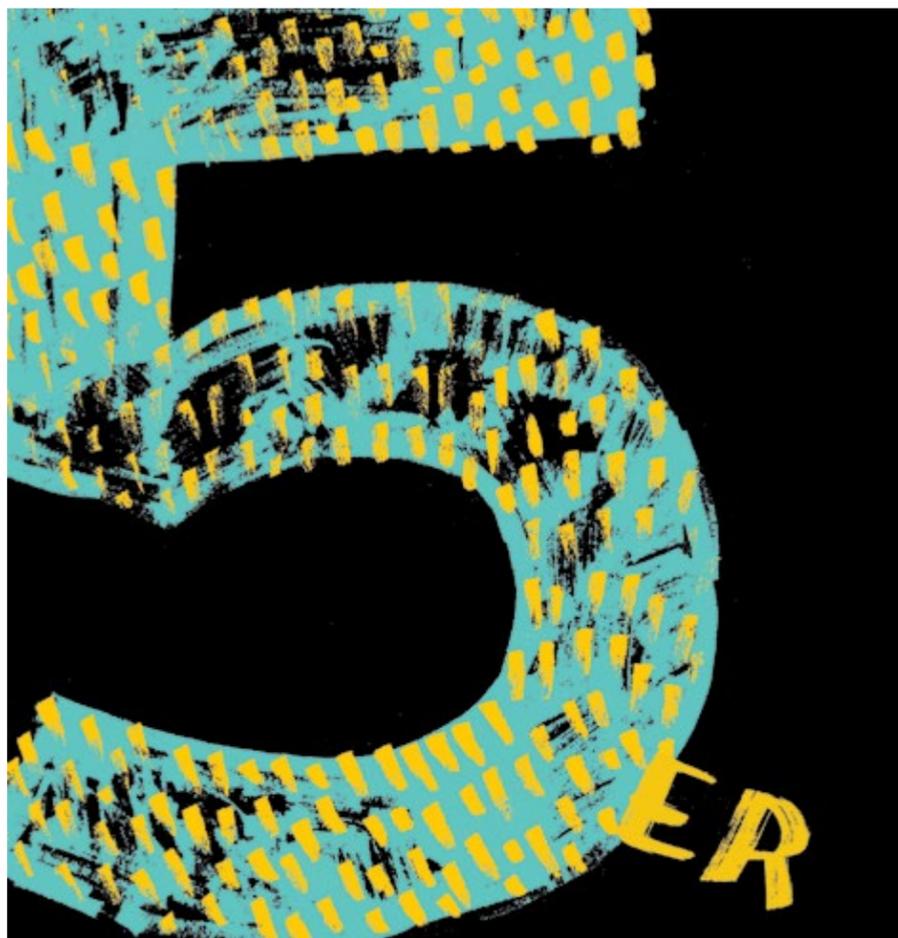
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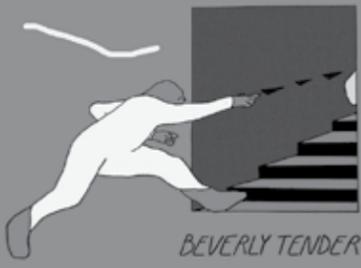
TW = This Week // ! = Local content // * = Canadian Content



| TW | C | ARTIST | ALBUM | LABEL |
|----|---|---------------------------------|--------------------------------------|-----------------|
| 1 | * | O Voids | Data | Sounds Escaping |
| 2 | ! | Propagandhi | Victory Lap | Epitaph |
| 3 | | Heavy Bell | By Grand Central Station | Self-Released |
| 4 | * | The Pack A.D. | Dollhouse | Cadence |
| 5 | ! | Marshall Birch And Some Buddies | Dog Daddy Yeah | Transistor 66 |
| 6 | ! | Slow Dancers | Philadelphus | Freer |
| 7 | | OCS | Memory Of A Cut Off Head | Castleface |
| 8 | | Tom Rogerson With Brian Eno | Finding Shore | Dead Oceans |
| 9 | ! | Joanne Pollock | Stranger | Timesig |
| 10 | | Wei Zhongle | The Operators | Self Sabotage |
| 11 | * | Various Artists | The Hilarious House Of Frightenstein | Groove Vinyl |
| 12 | * | Gordon Grdina Quartet | Inroads | Songlines |
| 13 | | Raoul Bjorkenheim & eCsTaSy | Doors Of Perception | Cuneiform |
| 14 | * | Whitney Rose | Rule 62 | Six Shooter |
| 15 | * | Geoff Berner | Canadiana Grotesquica | Coax |
| 16 | ! | The Vangoras | The Vangoras | Self-Released |
| 17 | * | Little Miss Higgins | My Home, My Heart | Self-Released |
| 18 | ! | Comeback Kid | Outsider | New Damage |
| 19 | ! | Mise En Scene | Still Life On Fire | Light Organ |
| 20 | * | Boogat | San Cristobal Baile | Maisonette |



WHAT HAVE YOU DONE
TO MY WATER?



Beverly Tender

What Have You Done to My Water?
Independent

Just in time to begin hibernating for the winter, Beverly Tender deliver another album full of brilliant and well-informed angular indie rock.

Beverly Tender is a young band from Providence, R.I. who has been releasing delightfully low-stakes music for the past few years. On their latest album, *What Have You Done to My Water?*, the band cements itself as an exciting feature of the always-impressive North East scene.

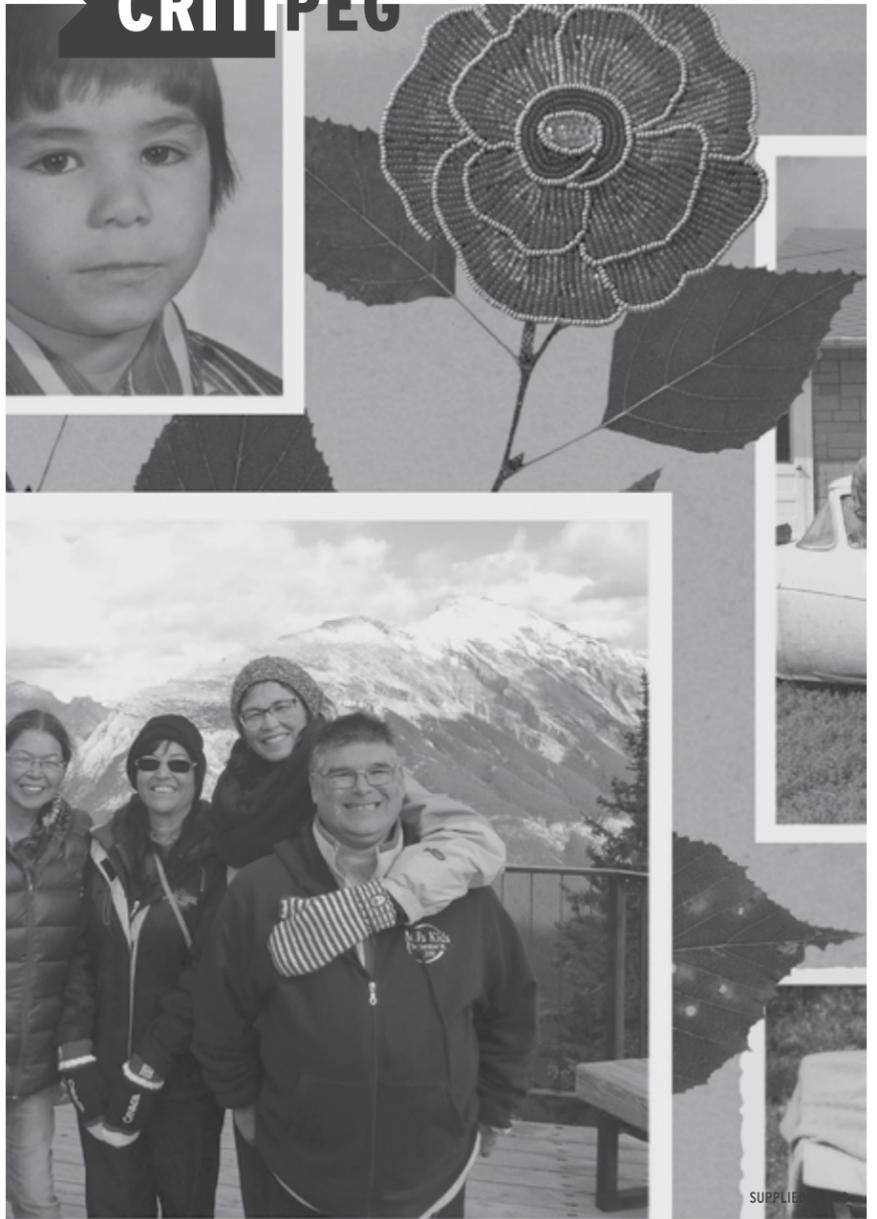
With twinkling guitar melodies, pleasantly odd vocal structures and a knack for pop hooks, this album challenges current indie pop/rock tropes and manages to exist as something wholly unique.

The sounds and songs on this album will stay with you for hours after you finish listening to the brief seven songs in 25 minutes. Guitar and vocal hooks blast through the speakers at random and pleasing moments of songs with anxiety filled chanting and questioning like "Will I be like this my whole life? Will I regret this my whole life?"

While their music can be abrasive and confusing at times, it is most certainly full of tender moments. For fans of the local Winnipeg scene, check out this album if you are into bands like iansucks, Mulligrub, Cannon Bros., Veneer and Housepanther.

- Mackenzie Bigler

CRITIQUE



BIRTH OF A FAMILY

THOMAS PASHKO

FEATURES REPORTER

@THOMASPASHKO

*Plays Eckhardt Gramatté Hall
on Jan. 17 at 7 p.m.*

★★★★☆

Saskatoon *StarPhoenix* reporter Betty Ann Adam was three years old in 1961 when she was taken from her mother in Uranium City, Sask. and placed into foster care. Over the next four years, her mother lost three more children to the 60s Scoop, during which provincial governments across Canada seized Indigenous children from their families to be adopted by white parents.

Birth of a Family, the documentary from director Tasha Hubbard, chronicles the first meeting of the four Adam siblings more than 50 years later.

Betty is the only sibling old enough to remember being taken from her mother. Rose, Esther and Ben grew up only having known their adopted families. Betty has spent decades working to locate and unite her siblings, some of whom grew up as far away as California.

The quartet bond in a rented cabin in Banff, exploring the countryside and planning activities, like celebrating the cumulative 212 birthdays they've missed.

Hubbard (herself a Scoop survivor) wisely approaches her subject from arm's length. The film always feels close to the siblings, but Hubbard never makes obtrusive stylistic choices.

She knows that simply observing four ordinary people in an extraordinary situation is the right choice, only opting for one-on-one interviews when a sibling has something they can say to the camera, but not the group.

It's worth noting that the Adams' "extraordinary" meeting could easily become more commonplace. They're only four of the estimated 20,000 Indigenous children separated from their families between 1955 and 1985, and the internet will hopefully make it easier for other broken families to reconnect.

There's a feeling that *Birth of a Family* may be an early illustration of what's soon to become a quintessential experience for a generation of Indigenous Canadians.

Birth of a Family seems to be arriving at the perfect cultural moment, as increased awareness of the 60s Scoop coincides with a surge in the popularity of family history. Be it through the many DNA test kit services (23andMe, AncestryDNA), television shows (*Finding Your Roots* or the many international versions of *Who Do You Think You Are?* and *Long Lost Family*) or simply the ease with which one can reconnect with distant relatives through social media, the subject of genealogy feels particularly current.

But while genealogy remains a mere hobby for many, *Birth of a Family* illustrates how it can be a vital tool for marginalized peoples. The Adam siblings' meeting is more than just a family event; it's an attempt to mend the wounds left by cultural erasure.

Nowhere is this more apparent than the scene in which the siblings nervously prepare to meet an elder for the first time. They confide in each other that none of them have any experience with traditional Indigenous spirituality and worry about offending the elder.

Instead, the elder informs them that, as a residential school survivor, he too came to his ancestral traditions late in life. It's a warm moment of acceptance, but also a chilling reminder of the multi-generational reality of genocide in Canada.

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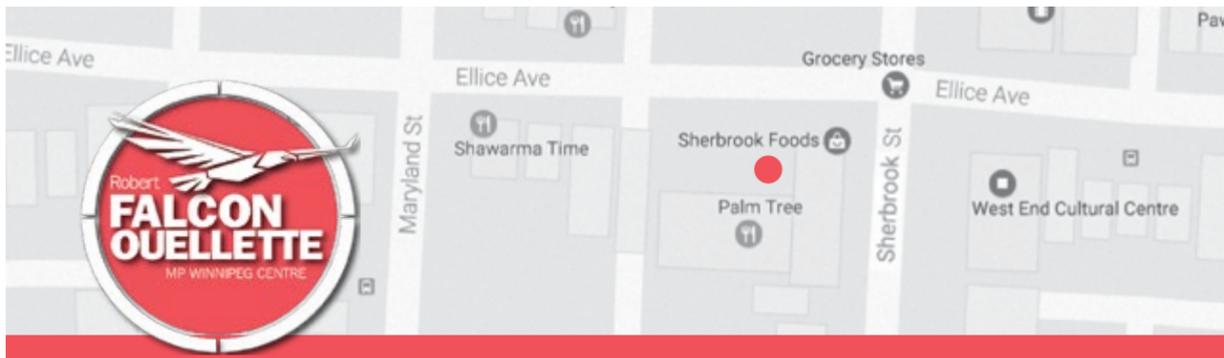
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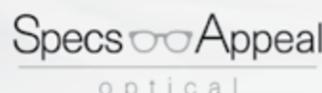
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GEAR UP AND GET OUT

Outdoor activities key to managing winter blues

REBECCA FROESE

VOLUNTEER

Oksana Kosteckyj expresses a common sentiment when she says, “I think winter in Manitoba is pretty harsh.”

In 2015, CBC News reported that as many as 35 per cent of Canadians experience the “winter blues,” with another 10 to 15 per cent experiencing a mild form of seasonal depression. Two to five per cent of Canadians have a clinical form of Seasonal Affective Disorder (SAD).

Kosteckyj believes that the best way to manage winter is to embrace it by getting outside and doing things.

Laurie Penton, manager of the Windsor Park Nordic Centre in Winnipeg, agrees.

“Being outside is the best way to enjoy winter,” Penton says. “There is always lots of cheerful chatter after people go skiing!”

A 2009 study by researcher Kelly Rohan outlines the proven effects of Cognitive Behavioural Therapy (CBT)

on SAD. In simple terms, the study shows that focusing on the positives and incorporating enjoyable activities into the winter months can improve mental and physical health and is especially effective at managing seasonal depression.

Kosteckyj says that, thanks to snow kiting, the winter has become something she is excited about rather than afraid of.

Snow kiting is the icy cousin of kiteboarding, a sport Kosteckyj says she fell in love with off the coast of Spain during a sun-drenched vacation. Back home on the windy prairies, Kosteckyj wanted to continue learning the ropes, so she connected with the modest but vibrant Winnipeg kiteboarding community.

In the summertime, these folks kiteboard by harnessing themselves to large kites and stand on something akin to a surfboard, so they can sail across the

water. Since Manitoba’s lakes are frozen for much of the year, Winnipeg kiteboarders have learned to “snow kite” by riding the snow instead of the waves.

“Snow kiting has definitely enhanced my experience of the winter, because I’m excited when there’s snow and there’s wind, and I want to get out there,” she says. She’s noticed a difference in her physical and mental health since taking up this activity.

While exhilarating, snow kiting is not the easiest or most affordable winter activity. Kosteckyj recommends taking lessons through Boost Kiteboarding, located at 201 Regent Ave. W in Winnipeg.

An hour-long intro lesson runs for \$99, with the practical second lesson ranging from \$200 (for one person) to \$400 (for three people). Equipment is included in the lesson price.

“It’s quite expensive to get started, but then once you have all the gear, it’s free to go,” Kosteckyj says.

Skating and cross-country skiing are two slower-paced activities that are popular in Winnipeg. Many residents take advantage of the famous river trail at The Forks in downtown Winnipeg. Skate rentals are available for adults (\$5) and children and seniors (\$3). The trail is free to access, and many people enjoy walking beside the skating path as well.

Another option is the Windsor Park Nordic Centre at 10 Des Meurons St. There, the Cross Country Ski Association of Manitoba maintains ski trails. A one-day adult trail pass is \$5, and ski rentals are available for \$10 for two hours or \$15 for a full day.



ILLUSTRATION BY ALICE HAMILTON

PRONOUNS IN THE CLASSROOM

Respect is the key to a healthy learning environment

CHARLS MORIN

ARTS REPORTER

 @CHRLSMORIN

Students and professors may have noticed the increasing interest in employing correct gender pronouns, particularly gender-neutral pronouns such as the singular “they.”

“It’s not hard ... to call someone by the pronoun that they use,” Heather Milne, associate professor in the Department of English at the University of Winnipeg, says.

She explains that because a person’s pronouns are not necessarily evidently visible, some of her colleagues in the English department have given a questionnaire to their classes that ask a range of questions of the students, including one about pronouns.

(Pronouns are) “not a preference ... you choose to misgender someone,” Jocelyn Mallette, UWSA Women-Trans Spectrum Centre co-ordinator, says. If a person shares their correct pronoun, it is important to take note and practice using it so as not to forget.

Mallette adds that misgendering can be an act of violence, since it is fundamen-

tally disrespectful and discredits a person’s agency over their own identity.

However, Mallette explains that some people use their correct pronouns only in situations when they feel safe, and that asking someone their correct pronouns could put them in a situation where they have to lie to maintain their privacy.

Classrooms can be a place where people might worry that their classmates and professors aren’t accepting of their pronouns. In this situation, it is respectful to refrain from inquiring in order to respect their privacy. An alternative to asking for pronouns is to use a person’s name instead.

Although there has been some criticism of the singular “they,” Mallette argues that it is easier to say than “he or she.”

Milne adds that this employment of the pronoun is nothing new.

“Yes, it’s grammatically incorrect. That being said, there are incidences of the singular ‘they’ being used that go back to the 14th century,” Milne says.

“It evolves as a culture changes,” Milne says. “If our society is evolving in such a way that there is a larger number of people who don’t identify as male or female, then certainly our language can shift to accommodate that.”

“Language is fluid and constantly evolving,” Mallette says.

Milne explains that she opens the conversation when going through her class list on the first day.

“I invite students, if they have a name or a pronoun that may not be immediately apparent to me, to let me know ... in class, or they can email me,” Milne says.

Although individual professors may believe in the importance of using correct pronouns, this is not always recognized institutionally.



ILLUSTRATION BY GABRIELLE FUNK

Milne suggests that the university could implement changes around administrative fees relating to gender identity.

“As a professor, I want to respect my students as individuals and human beings. I want to find ways that they can feel comfortable and feel like themselves in my classroom,” Milne says.

“That’s just going to enable them to learn better,” she says.

Milne explains that, ultimately, it comes down to a relationship of respect between students and professors.

CRYSTAL CLEAR

WITH CRYSTAL RONDEAU

 @CRYSTAL_ROMDEAU

NOT AN IDEAL LIFE, BUT A GOOD ONE

As a kid, I was in and out of the hospital so often that the staff became family. I also missed a lot of school. Despite my health, my elementary-school years were great.

I had a lot of friends. I was in the regular curriculum. I always had amazing grades, and I wasn't bullied in the school. I ran into people outside of school that bullied me, picked on me or stared at me, but in school, I was like everyone else.

Being a young kid, I didn't understand why people would stare at me, point at me, call me names or tell my mom that if she took all her prenatal vitamins, I wouldn't be like this. It made no sense to me why people saw me differently, and I certainly didn't stand up for myself.

It upset me a few times when people would point, stare or even laugh at me, but I got used to it, and my mom taught me to not let it get to me too much, because those people didn't understand. This evolved into her teaching me to stand up for myself as I got older.

I finished elementary with my friends, and we were all excited to go into junior high, until I found out I had to go to a different school. Stanley Knowles wouldn't take me, because I'm in a wheelchair – and they already had one “wheelchair student” – even though they were my catchment-area school. It was a total cop-out, because schools in Winnipeg are supposed to have accommodations for all students.

Ultimately, my parents went to the human rights board of the Winnipeg School Division, and (based on what I heard, because I was only 12 at the time) the school came up with several excuses as to why I couldn't go there. In the end of that fight for my rights, I was sent to Grant Park High School and completely separated from the friends I grew up with.

I started junior high in a completely different school as “the disabled kid,” and I realized just how different I was. The teacher assistants that get paired up with the

students who are disabled started talking to me like I was intellectually challenged. I would go to class, but no one talked to me, because they already formed their cliques and didn't know how to react to me.

It was then that I realized that I didn't fit in with the non-disabled students, because I was disabled, but I also didn't fit in with the students that were disabled, because most were intellectually challenged, and I wasn't.

In junior high, another challenge was thrown my way – like junior high isn't enough of a challenge as is – leukemia and chemotherapy. And to top that off, I was the first in the world with SMA2 and leukemia, so no one believed I'd survive – not my nurses that I grew up with, not my doctors and not even my family.

My friends from elementary school stopped talking to me after they found out, too. I didn't know why, but as an adult, I can say that people don't always know how to react when they hear bad news, and sometimes they don't react well.

So there I was, trying to believe I could fight this disease on top of my SMA2 and win when everyone else doubted my ability, and I was doing it alone at 13 years old. Yes, my family was around, but they were terrified, especially because my dad asked my oncologist, Dr. Sara Israels, if she could treat me successfully. Her answer was “I don't know, but I'll try.” We started chemotherapy right away.

When I went back to school, now I wasn't just someone who was physically disabled. I was a cancer patient, too, and that was ammo for the students at my junior high to tease me about. Suddenly, people were saying that I was a boy trying to be a girl, rumours that I was on my deathbed circulated, and I was told to “go die” numerous times by the football team.

I had no friends, and I was told by a teacher that I would never graduate or amount to anything due to my disability – all while battling cancer and on heavy chemo.

Due to the cancer treatment, my SMA2 progressed and sent me into respiratory failure at 15 years old. I had a tracheostomy done and was placed on a ventilator almost immediately. The doctors let me have my 16th birthday before doing the surgery, which resulted in a 14-month hospital admission after surgery. When I was released, and it was time to go back to school, I was 17, and I decided that I was transferring schools.

I started at Sisler High School that year, and it was a much better experience. I also started doing PowerPoint presentations in classes at Sisler about my life, my disability and my experience with bullying.



ILLUSTRATION BY BRAM KEAST

I graduated from Sisler High with honours and started university. Now, I go into schools around the city to do my presentations, because it's one of my goals to educate students about what it means to be disabled and what bullying can do to someone, such as causing depression, suicidal thoughts or lowering that person's self-worth.

I can honestly say that because of things I've seen in the hospital, traumatic events I've gone through, losing physical abilities from the SMA2, the loss of multiple friends from other illnesses combined with the bullying, I have mental health problems. I deal with depression, anxiety and PTSD, and, as a young adult, I attempted suicide. And it took me years to overcome

my issues and accept everything, but it is possible. My life hasn't been ideal and it still isn't, but it's a good life.

Crystal Rondeau is a rock music and tattoo-loving young woman who lives with a physical disability and chronic illness. Her main goal in life is to break barriers and destroy the stigmas that come with being disabled and ill. She does this by speaking in schools, volunteering and being very open and uncensored about her life. Read more about her experience with SMA2 at uniter.ca/view/crystal-clear-09.

NEWS BRIEFS

DANELLE GRANGER // CITY EDITOR  @DANELLEGRANGER

Wesmen Scholarship Fund raffle

Out'n About Travel is supplying the University of Winnipeg Wesmen with a nine-day trip for two to Costa Rica that they'll be raffling off to support the University of Winnipeg Wesmen Scholarship Fund. Tickets are available for sale at all Wesmen home games and at the athletic department's offices. Tickets cost \$2 each. The draw is on Saturday, Feb. 10.

Public talk

Dr. Jaskiran Dhillon will be speaking at the University of Winnipeg on Jan. 18 about her new book, *Prairie Rising: Indigenous Youth, Decolonization, and the Politics of Intervention*. The talk will focus on how, in 2016, the federal government committed to reconcile social and material deprivation of Indigenous communities. The talk will take place in Room 2M70 (Manitoba Hall).

Michel Chossudovsky at U of W

Professor Michel Chossudovsky, the director of the Centre for Research on Globalization, will be speaking at the University of Winnipeg and the University of Manitoba on Jan. 15. He will be speaking about the crisis in North Korea and the threat of a nuclear war erupting in the wake of the Trump administration's international machinations. Visit globalresearch.ca for more detail.

Cocktail workshops

Forth is hosting several cocktail workshops on Jan. 15 and 22 and Feb. 26. The workshops will teach attendees how to create four cocktails. The bartender will guide attendees through the fundamentals of well-balanced and elegant drink-making. Tickets, which are \$65, include all liquor, beverage-making supplies and light snacks. For more information and to purchase tickets, search for the event on eventbrite.ca.

Surgeries postponed

The Winnipeg Regional Health Authority announced on Jan. 8 that 80 elective and non-emergency surgeries would be postponed because of a high number of patients with the flu in hospitals. Around 70 extra beds and 68 surgery beds have been opened for patients with the flu. The H3N2 strain is severe this year and has put more people in the hospital compared to previous years.

GEARING UP FOR EASTERN RAPID TRANSIT CORRIDOR

Study includes public engagement

DYLON MARTIN

CITY REPORTER

 @DYLON_R_MARTIN

The early stage of planning is underway for the Eastern Rapid Transit Corridor, piquing the interest of stakeholders in public consultations.

The corridor will connect downtown and eastern Winnipeg, through Nairn Avenue. Two broad options include going through South Point Douglas or North St. Boniface.

The MMM Group Limited was selected as the preferred bidder for the City of Winnipeg in December 2016 to complete a study on the corridor. Public engagement sessions held throughout 2017 were part of this study.

East Kildonan resident Kyle Berry attended a few consultations at the start of 2017 and one in November 2017. Overall, he says he has found the project's public engagement decent.

"We had the opportunity to voice our opinions at these workshops," Berry says.

He was a bit concerned to see relatively few young people attending the consultations, though.

"I see this project as something that is not going to happen for another 15 or 20 years, and I felt it important that someone who might actually get to use it at some point have input on this project," he adds.

"If you build it, they will come," Terry Woods, a Point Douglas resident who attended one of the late November sessions, says. He believes the corridor could make bus use more attractive, which could sway some people who would otherwise drive alone to take the bus. This, Woods suggests, could benefit the environment.

In addition to public feedback, the study involves looking at a number of administrative matters, David Patman, a senior transit planner managing the project, notes.



David Patman, a senior transit planner, says dedicated transit routes increase reliability of buses.

"We collected data on where underground utilities are, what the traffic is like in the area, what the future planning and development will be in the area – as much information as we can get from different departments," he says.

This includes information on where relevant water, waste and electrical infrastructure is located, Patman adds. As well, the study will come up with a rough estimate of the project's cost.

Patman notes that possible speed boosts of only five or seven minutes can obscure the real value of rapid transit, which is reliability.

"By taking the transit buses out of regular traffic, by giving them this express operation, it becomes very reliable day in and day out," Patman says. He says that some conventional transit can speed

through an area one day, but get stuck in a traffic jam for 25 minutes the next day. With rapid transit, there is more certainty, and bus riders can plan accordingly, he suggests.

The Southwest Rapid Transit Corridor includes a physically separated road for buses. Patman notes that this may not work in all areas. He says that more densely developed areas can present challenges.

He suggests an alternate way of achieving rapid transit may include the use of very restricted-access bus lanes on existing roads, perhaps down the middle of the road. Patman says this differs from existing diamond lanes in that access would be consistently restricted to buses, as opposed to just restricted at certain times during the day.

MAKING ROOM FOR BRUCE OAKE

Residents have mixed feelings toward proposed recovery centre location

GABRIELLE PICHÉ

VOLUNTEER

"Sentiment is changing."

This is how Scott Oake, co-founder of the Bruce Oake Recovery Centre, describes citizens' reactions to the building of the new complex.

The Bruce Oake Recovery Centre is described as a "long-term, residential treatment centre" on the centre's website. Clients must be male, and they have the opportunity to stay up to three years. The City of Winnipeg has proposed that the rehabilitation site inhabit the old Vimy Arena, located in the St. James constituency.

Oake's son Bruce, who the centre is named after, struggled with addiction. In 2011, Bruce died from a heroin overdose.

"Bruce had the best year of his addicted life in a one-year rehabilitation program," Oake observes. "If he were in there for two, we say that he'd still be alive."



The old Vimy Arena at 255 Hamilton Ave. is the proposed site for the Bruce Oake Recovery Centre.

By building the recovery centre, Oake hopes to prevent others from experiencing a similar fate.

Although nothing is official, there has been much debate over the centre's construction, and many residents of the St. James region have voiced concerns about the project. According to CBC News, a meeting was held in Sturgeon Heights Community Centre in early December. The gathering addressed citizens' questions, and over 200 people attended.

"Residents didn't have enough information," Oake says of the community's initial opposition and queries.

Oake states that many locals were against the idea of drug addicts entering their neighbourhood, but some people changed their minds after learning that the complex will house recovering addicts – those who wish to get better.

"Active addiction is not pretty, but recovery is completely different. Addicts in recovery are focused on sobriety – it's a beautiful thing," Oake says.

Winnipeggers have been showing sup-

port for the Bruce Oake Recovery Centre by sending donations, normally in sums of \$25 to \$50. So far, these donations, which Oake calls "grassroots," have amounted to \$35,000.

"(The donations) show the will of the community," Oake says.

However, many St. James residents still oppose the proposed conversion of the old arena into the recovery centre.

"People are mad at the lack of transparency from city hall and the provincial government," Assiniboia MLA Steven Fletcher says.

He says that city plans concerning the rehabilitation centre have been kept secret, and some locals feel as though they've been left in the dark.

"The voice of the people matters ... People want to be consulted," Fletcher says. He adds that officials have not looked for the best place to put Bruce Oake Recovery Centre.

"A massive public awareness of green space exists in St. James," Fletcher states. "St. James is already underrepresented in

green spaces, and the community wants to keep the green space."

He adds that Vimy Arena must be rezoned in order for the province to take control of the land. Oake also mentions that rezoning is required to transform the arena into a rehabilitation site. This wouldn't be necessary if the Bruce Oake Recovery Centre was built in a location already zoned for the same purpose.

Fletcher adds that the old Shriners hospital and Misericordia Hospital are better suited to house the recovery centre.

The decision to transform Vimy Arena into the Bruce Oake Recovery Centre hinges on a city council vote. Oake says he hopes the vote will be on the January docket; rezoning processes can begin if the vote passes.

While people have mixed feelings on the potential transformation of Vimy Arena into the rehabilitation centre, one thing is clear, Fletcher says.

"The intentions of Bruce Oake Recovery Centre are very good."



BLOOD NARRATIVES

How blood defines a person

CHARLS MORIN

ARTS REPORTER



Although their slogan is the all-inclusive interpellation “It’s in you to give,” Canadian Blood Services has strict criteria regarding donors. People with potential exposure to certain viruses, such as HIV, are excluded from the donation process.

The website states: “You should not give blood if you have AIDS or have ever had a positive HIV test, or if you have done something that puts you at risk for becoming infected with HIV.”

Risky activities include having lived in Africa, as well as having had sex with someone who has lived there. Other risks include having “taken money or drugs for sex,” “used intravenous street drugs” and the overarching category of “men who have sex with men.”

“Stories about health and wellness are also measured in the physical presence of blood,” Dr. OmiSoore Dryden, professor in Women’s, Gender, and Sexuality Stud-

ies, says. Through these stories, cultural narratives are created.

Dryden explains that this is evident in the Canadian Blood Services questionnaire, the goal of which is to protect the blood supply.

“The desire to avoid a repeat of the tainted blood crisis means that a great number of the questions focus on the transmission of HIV,” she says. However, this also means that the questionnaire gives insight into the way Canadian Blood Services perceives HIV transmission.

Alongside the questionnaire, Canadian Blood Services has a screening process for the blood collected. According to their web page, they use “antibody testing and nucleic acid testing (NAT) to test every donation for HIV.” This test is “highly sensitive” and can detect the virus even during the nine-day window period after a person contracts it.

It is important not to confuse HIV with AIDS, as HIV is the contractible virus, and AIDS is the condition created by the virus, Dryden says.

This distinction is especially important in regards to viral suppression treatments, which effectively eliminate the risk of transmission. A *Huffington Post* article from 2017 states that “people with HIV who are durably virally suppressed cannot transmit the virus.”

However, Canadian Blood Services still refuses blood from anyone who has ever tested HIV-positive, as well as individuals who have engaged in behaviour deemed risky. When contacted for comment, Canadian Blood Services referred

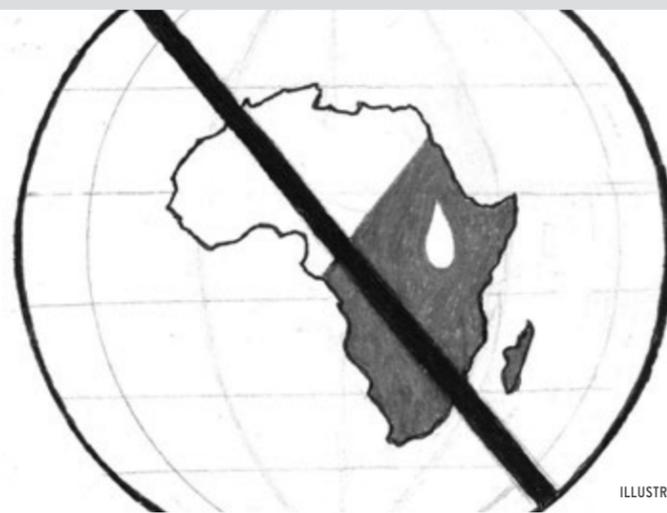


ILLUSTRATION BY GABRIELLE FUNK

The Uniter to their FAQ section on the website for clarification.

“Canadian Blood Services makes the connections between sex and sexual contact, travelling, sex work, tattooing, sexual identities and ethno-racial identities with blood. Specifically, it equates these identities, actions and behaviours with the root cause of AIDS,” Dryden says.

She explains that the questionnaire frames the notion that only gay men partake in unprotected anal sex, and it also gives the impression that any kind of contact with Africa is so out of the ordinary as to warrant suspicion of the virus.

“Homophobia and racism remain instrumental in framing the beliefs, the scientific ‘truths’ about HIV and AIDS,” Dryden says.

“I would argue that these beliefs are outdated and are steeped in homophobia, racism and sex phobia,” she says. “HIV

and AIDS are overly connected to sex. Therefore, we must consider the sex-phobic based morality that informs the stigmas surrounding HIV and AIDS.”

Dryden suggests that these guidelines represent what Canadian Blood Services sees as a member of the general public, and who is an outsider.

“In this case, men who have sex with men, people from Africa and sex workers are considered to be outsiders – not the ‘regular, everyday members’ of the general public,” she says.

Dryden also believes that these stereotypes influence the medical world.

“Science will remain challenging as long as these subjective, homophobic, racist stereotypes continue to inform the type of research that gets done and the decisions regarding the types of research that gets funded,” she says.

PROFILE



PHOTO BY DANELLE GRANGER

NARUMI TANIGUCHI

PROFESSOR AND DIRECTOR OF THE MARRIAGE AND FAMILY THERAPY PROGRAM

DANELLE GRANGER

CITY EDITOR



Professor Narumi Taniguchi has been at the University of Winnipeg (U of W) as the director of the Marriage and Family Therapy Program since she moved to Winnipeg in 2015.

She had previously been working in Montreal, and before that she did her master’s degree, PhD and had also worked in the United States.

The program was recently given accreditation by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE). It’s now the second program in Canada to have the accreditation.

Taniguchi says working on getting the accreditation for the program was her priority when she first started at the U of W.

Her original career plan was to be a teacher in Japan, but she says that during her practicum, she realized having a class with 40 to 45 students in it was too much for her.

She found out about Marriage and Family Therapy (MFT) through her uncle.

“My uncle was, I think, one of the first school psychologists in Japan, and he gave (me) this book, and it was written by one of the MFT pioneers ... so I read it, and I was like ‘this is it,’” she says.

There were no MFT programs in Japan at that time, so she went to the United States to study.

“I thought if I want to learn family therapy, then I need to learn the culture that this field is developing, so I thought, okay, now that means I have to go to the States,” she says.

“Even counselling, psychology is quite Western, and Japan imported those things into Japan. I worked there, too, after my master’s, I went back and I worked as a counsellor for four years, and I was able to see it’s not fitting,” Taniguchi says. “Some of the things people are trying to do – mimicking Western psychologists and what counsellors are doing – those things just don’t work.”

She says that Japanese culture is an others-centred society, and for some clients, like someone who has Borderline Personality Disorder, setting boundaries can be too much, because they may already think about taking up the counsellors’ time.

“They (Japanese culture) don’t do it differently (than Western culture), and I think that’s the problem,” she says. “But I’ve been away for too long, so I don’t know what they are doing.”

WHAT IS YOUR FAVOURITE THING ABOUT YOURSELF?

I think I like that fact that I’m different. I mean in Canada, I look different. I’m not white Canadian, so I look different. And I’m very aware of how I think and how I behave, how I talk. I like thinking different.

It’s very interesting that I said that, because that would be the worst nightmare for a Japanese (person). You’d be ostracized. The different is bad in Japan.

I think that says a lot about the environment that I’m in – that I’m able to be myself, which is often different from others, and I think that’s valued. I like the fact that I can bring in some different ideas and different perspectives.



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COMMENTS

CHARITABLE CONTRIBUTIONS NEED TO CONSIDER END USER

Don't let donations go into stagnation

VALERIE NYAMORI

VOLUNTEER  @VALERIECHELA

Donating items that one may not need is encouraged, but it is crucial to ensure that those items have not reached the end of their useful life.

Robert Kerr, a spokesperson for the Salvation Army in the Prairie region says that it is frustrating when they are not able to use donations they receive.

"Either it (the donation) is broken or poses a health risk, or it has reached the end of its useful life," he says. "That is disappointing, because we want to help as many people as possible."

A good tip to ensure that donations make it to someone who can benefit from the item is to think of the end user. Generally, donors do not know who will receive the items that they give away, but it might not be very difficult to picture different people in the community who might benefit from donations.

It can help to imagine an actual person, either someone similar, somebody from a different culture or an individual with dietary restrictions, while donating. Kerr suggests asking questions like "Will this help someone? Would I be able to use this if I was in need?"

People often give donations with the intention of helping others. Their hearts are often in the right place. But what about the items themselves? Are they the right items for the end user? The holiday season is a popular time for donations.

The Salvation Army, for example, conducts a large targeted campaign annually requesting toys for Christmas.

"The biggest challenge we have is ensuring that donors understand these need to be new or unopened toys," he says, emphasizing that the Salvation Army would not want any child to receive a used gift at Christmas.



People should also be considerate when donating food. Food donations should be non-perishable items. Donated food items should be able to sit on a shelf and not be past their best-before dates.

Another thing to keep in mind is that food donations should be easy to prepare. Some people do not have a microwave or an oven. There are also people whose cultures are different and thus may not know what certain foods are.

"The bottom line is that we want to ensure we are able to give people food that they are able to cook and to eat," Kerr says.

Donating is not just about bundling up items that one does not need and leaving

them at the nearest drop-off location. It is also about ensuring that the donated items are in a position to be used.

More people are considering donating instead of throwing items into the trash while cleaning their homes. Keeping these tips in mind could certainly help ascertain that donation recipients are able to use the items given to them.

Of course, cash donations to philanthropic organizations are also welcome as an alternative.

Cash donations "ensure that the Salvation Army has exactly what we need to meet the needs of the people we serve," Kerr says.



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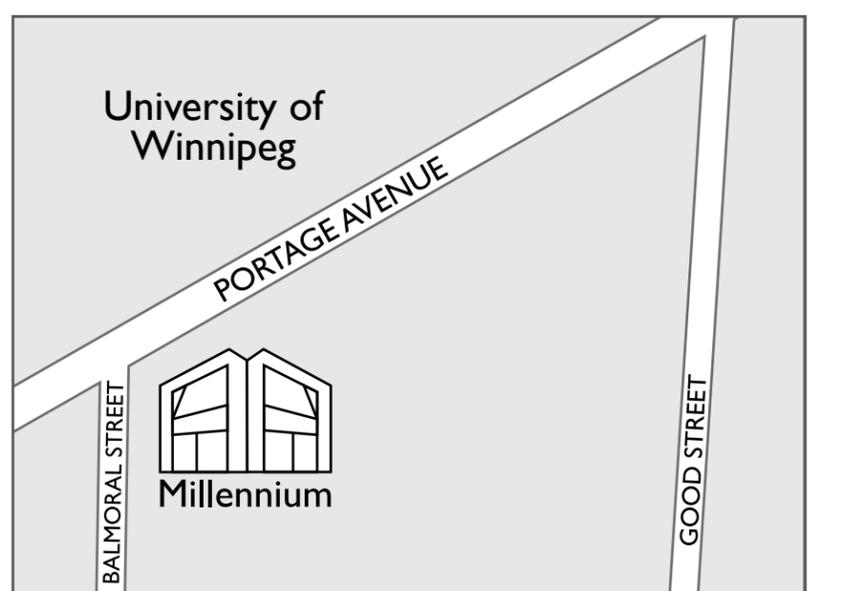
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DECEMBER 5 | 12:30-1:30PM CONVOCATION HALL



DR. TASHA HUBBARD—

**BUFFALO RELATIVES: Understanding
Reciprocity Through Stories of the Buffalo**

JANUARY 17 | 12:30-1:30PM CONVOCATION HALL

7:00PM Free screening of Dr. Hubbard's Film "Birth of a Family," in Eckhardt Gramatté Hall with director Q&A



DR. HEATHER IGLOLIORTE—

**SAKKIJĀJUK/TO BE VISIBLE: Engaging
Nunatsiavut Communities in the Future
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FEBRUARY 7 | 12:30-1:30PM CONVOCATION HALL



DR. MARY JANE LOGAN MCCALLUM—

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MARCH 7 | 12:30-1:30PM LEATHERDALE COMMONS



DR. JOHN BORROWS—

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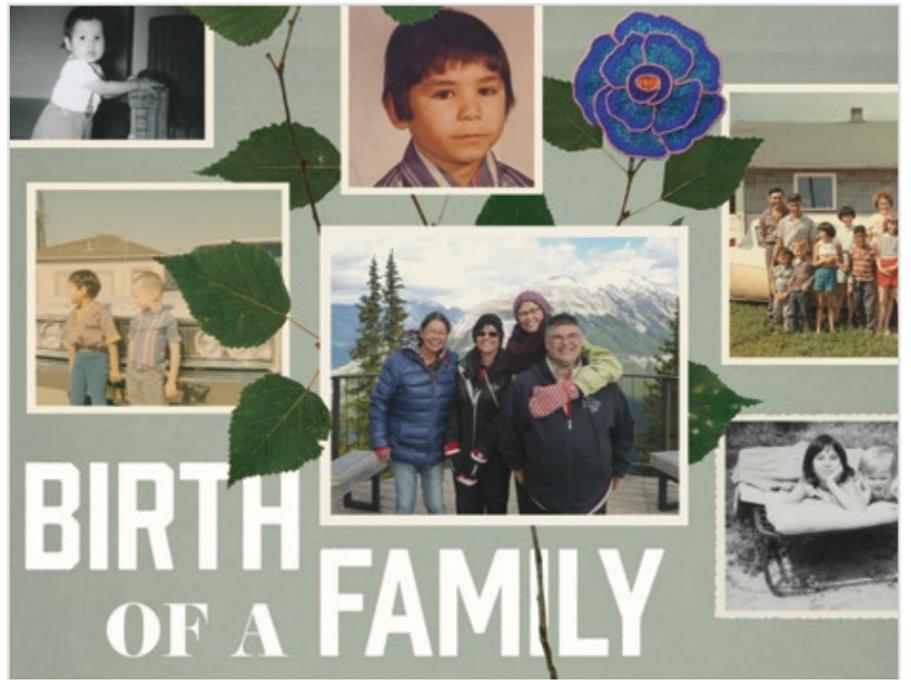
MARCH 26 | 12:30-1:30PM CONVOCATION HALL

The Weweni Indigenous Scholars Speaker Series will present distinguished Indigenous scholars and celebrate the success of UWinnipeg students throughout the academic year 2017-2018.

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This bursary is for students in their final year of an undergraduate degree program applying for Graduate or Professional Studies.

Deadline: Once funds have been exhausted

To obtain application forms, go to uwinnipeg.ca/awards and in the sidebar choose "In-Course Awards (current students)."

CAREER SERVICES

Annual Career Fair

Tues., Jan. 16, 2018, 10:00am - 3:00pm
Duckworth Gymnasium

At our annual Career Fair you will have the opportunity to connect with Recruiters from various companies, organizations and university programs. Attend this event to find out about potential careers, part time jobs, volunteer and internship positions as well as college and university programs.

Annual Speed Networking Event

Tues., Jan. 16, 2018, 11:00am-1:00pm
Duckworth Gymnasium

The Speed Networking Event takes place alongside the Career Fair and is your opportunity as an undergraduate student to speak one-on-one with alumni and employers who recognize the value, usefulness, and relevance of your degree in the job market. Every 30 minutes there will be a fresh group of employers and alumni to meet with. Drop by anytime throughout the event to join the conversation.

EXCHANGE OPPORTUNITIES

Are you looking for exciting, international experience? Participate in a UWinnipeg Exchange Opportunity!

Information Session

Find out more about studying abroad on UW Exchange:
Fri., Feb. 2, 12:30 - 2:15pm
Room 2M70

Resource Area

NEW! Come visit our new Exchange Opportunities Resource Area on the second floor of Rice building, 2Ri55. This area is open to students Monday-Friday, 9:00am-4:00pm.

Drop-in Hours

Drop in and talk with staff about exchange opportunities during these hours:

Tuesdays - International Admissions Coordinator
- Jennifer Michaluk
11:30am - 1:00pm (or email for appointment) - 2Ri33

Monday and Wednesday -
Exchange Student Assistant - Betina Oliveira
11:00am - 1:00pm - 2Ri55 (Resource Area)

Tuesday and Thursday -
Exchange Student Assistant - Giorgia Skorletos
2:00 - 4:00pm - 2Ri55 (Resource Area)

For more information, please visit: uwinnipeg.ca/study-abroad

If you have any questions, contact je.michaluk@uwinnipeg.ca

STUDENT CENTRAL

Fall Term Grades

Grades for Fall Term classes will be available on WebAdvisor, starting tentatively Wed., Jan. 24, 2018.

Winter Term Courses

The Add/Drop Period for Winter Term (U2017W) courses is Jan. 4-17, 2018. The final day to register for a Winter Term course is Jan. 17. The final day to withdraw from a Winter Term (U2017W) class for refund is Jan. 17. No refund is applicable

from Jan. 18 - March 14, 2018. Please consult the withdrawal schedules online.

Locker Rental

Do you need a space to store your stuff? Rent a locker for Winter Term! The time frame for rental is Jan. 4 - Apr. 20, 2018. Cost: \$20.00/person. Fill out the form online at uwinnipeg.ca/lockers.

Changes to Student Central Hours

SC will be open 9:00am-4:15pm on Fri., Jan. 19, 2018.

Regular hours: 8:30-5:30 Monday-Thursday and 8:30-4:15 on Fridays.

STUDENT RECORDS

Graduation

The deadline to apply for graduation for the 2018 Spring Convocation is Thurs., Feb. 1, 2018. Students must apply online for graduation through the "Student Planning" online tool:

- Log in to WebAdvisor with your username and password.
- Click on Student Planning/Registration (under Registration).
- Click on the Graduation tab.

STUDY SKILLS WORKSHOPS

These nine workshops are designed to improve your learning skills and help you achieve your academic goals. They are FREE to all students and no registration is required. The first workshop is Jan. 15, for details, please see: uwinnipeg.ca/study-skills

PHONE: 204.779.8946

EMAIL: studentcentral@uwinnipeg.ca

INTERESTED IN A CAREER AS A FIREFIGHTER?



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FIRST AID EMR - 2018

Canadian Mennonite University

Blitz: Jan. 15-20 • March 19-24

• May 14-19 • Sept. 17-22 • Nov. 12-17

Part Time : Jan. 15-20 • Sept. 17-22

Call Melissa: 204-250-7741

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