

THE

UNITER

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VOLUME 72 // ISSUE 15 // JAN 25

SHIFTING THE STIGMA

**CHANGING DISCUSSION AROUND
MENTAL HEALTH AND MENTAL ILLNESS**

HOW TO DRESS FOR
WINTER CYCLING P8

EXPLORING WINNIPEG'S
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18

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FEB
22

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LIGHTFOOT

WITH WILLIAM CRIGHTON

THE GOOD WILL - SOCIAL CLUB

FEB
28

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MAR
22

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MOVING BEYOND THE PAGE

In these pages, we do our best to tell the stories that aren't being told in other venues, but sometimes these stories need to move beyond the page. And in the coming weeks, we've got two events that hope to do just that.

This coming Tuesday, Jan. 30, Clayton Thomas-Müller will be hosting a conversation at the West End Cultural Centre. This event, *Life in the City of Dirty Water: A Conversation with Clayton Thomas-Müller* is presented by the Uniter Speaker Series in collaboration with Grass Routes: A Sustainability Festival.

Thomas-Müller, who's known for his activism, organizing, writing, public speaking and more, will be talking about his transmedia project - *Life in the City of Dirty Water*. He describes the project on the website lifeinthecityofdirtywater.com as "an expression of decolonization and healing. Think of it as a survival guide to the urban Indigenous person."

Check out the interview with Thomas-Müller on page 13 to hear more about his background and what he'll be presenting in conversation on Jan. 30. This event is free and open to the public. We hope you'll join us and be part of this important conversation.

In three weeks, we'll be presenting our annual Uniter Fiver showcase. This is partially a contest and partially our contribution to Winnipeg's growing music scene. It's a chance to showcase five new, up-and-coming bands. It's also an invitation to you to help us pick your favourite.

Visit uniter.ca/uniterfiver to listen to songs from the five bands showcased this year (Dizzy Mystics, Giant Skellies, The 1221, Taylor Janzen and Two Crows For Comfort) and to choose the act you believe should be the grand winner.

The five finalists will be profiled in the issue of *The Uniter* released on Feb. 15, and that evening we'll be holding the showcase at The Good Will Social Club as well.

Enjoy this issue, and maybe we'll see you out in the world in the coming weeks as well!

- Anastasia Chipelski

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* ON THE COVER

For some, being open about mental health and mental illness can decrease the stigma. Read more on page 9.

This week's fashion streeter, Britany, dressed to stand out. See more on page 19.

PHOTO BY CALLIE LUGOSI

UNITER STAFF

MANAGING EDITOR
Anastasia Chipelski » editor@uniter.ca

BUSINESS MANAGER
Charmagne de Veer » businessmgr@uniter.ca

CREATIVE DIRECTOR
Bryce Creasy » creative@uniter.ca

ARTS & CULTURE EDITOR
Jaz Papadopoulos » culture@uniter.ca

CITY EDITOR
Danelle Granger » city@uniter.ca

COMMENTS EDITOR (INTERIM)
Jaz Papadopoulos » comments@uniter.ca

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

PHOTO EDITOR
Daniel Crump » photoeditor@uniter.ca

STAFF PHOTOGRAPHER
AND ONLINE CONTENT CO-ORDINATOR
Callie Lugosi » callie@uniter.ca

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

STAFF ILLUSTRATOR
Gabrielle Funk » gabrielle@uniter.ca

FEATURES REPORTER
Thomas Pashko » features@uniter.ca

ARTS REPORTER
Charls Morin » artsreporter@uniter.ca

CITY REPORTER
Braiden Pergis » cityreporter@uniter.ca

CAMPUS REPORTER
Vacant

VOLUNTEER CO-ORDINATOR
Danielle Doiron » volunteer@uniter.ca

CONTRIBUTORS

WRITERS
Joseph Bernacki
Sarah Donald
Valerie Nyamori
Amitoj Singh

ILLUSTRATORS
Kathleen Bergen
Bram Keast
Justin Ladia

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GENERAL INQUIRIES
204.988.7579
editor@uniter.ca
www.uniter.ca

ADVERTISING
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Room ORM14
University of Winnipeg
515 Portage Avenue
Winnipeg, Manitoba
R3B 2E9
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Submissions of articles, letters, graphics and photos are encouraged, however all new contributors (with the exception of letters to the editor) must attend a 45-minute volunteer orientation workshop to ensure that the volunteer understands all of the publication's basic guidelines. Volunteer workshops take place Wednesdays from 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?

ERIN AND ANGELICA'S HOUSE



Erin Meagan Schwartz (left) and Angelica Schwartz

PHOTOS BY CALLIE LUGOSI

DANELLE GRANGER

CITY EDITOR

@DANELLEGRANGER

Erin Meagan Schwartz describes both her and Angelica Schwartz - no relation - as creative people who do a lot of interdisciplinary art work, but mostly performance based art.

Angelica Schwartz is an emerging director and creator. She, alongside Erin Schwartz and Gislina Patterson, have recently created Happy/Accidents theatre company. Angelica Schwartz describes Happy/Accidents as an "interdisciplinary production company that has focused on amplifying unheard voices and telling stories that aren't often told."

"This year we did two shows already, and we have some new plans for the new year," Angelica Schwartz says.

The company's first show, *Inertia*, was performed at the Winnipeg Fringe Festival (WFF) and was about predatory behaviour at the WFF.

The second show was a revisitation of a show from a former WFF. *Heavenly Bodies*, an experimental one-woman show that explored the reliability of young women's stories, took a second run this past November at the Prairie Theatre Exchange.

Erin Schwartz, a fan of astrology, says both she and Angelica Schwartz are Cancers - hence, the cozy and community-oriented feel of their home.



1

1) NAMED PLANTS

EMS: "I've had Abigail the longest. Abigail and Danielle I got at the same time. They all have names on them."



2

2) TRAVELLING DILDO

EMS: "There's a lot of fun stuff on here, like the bedazzled dildo, for the sisterhood of the travelling dildo art project. (Some friends and I) just wrote about sex and love and relationships in a notebook and passed it around ... And now I have it."



3

3) ZAC EFRON BLANKET

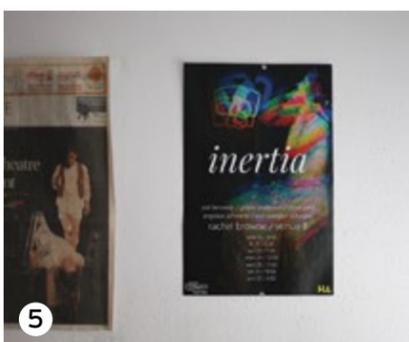
EMS: "This is my favourite. I love him. I sleep with Zac Efron every night. Whether my partner is here or not, we sleep with Zac. I love him. He's back in musicals now."



4

4) TOM HANKS EARRINGS

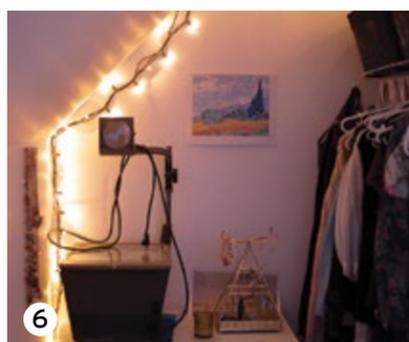
AS: "I have these Tom Hanks earrings. I think they're wonderful. I never wear them, because they're a lot."



5

5) INERTIA POSTER

AS: "This was Happy/Accidents' first production. This one was of my favourite shows I've ever worked on. All of us really connected on an intimate level. We all created it together."



6

6) PROJECTORS

AS: "I have various projectors. I have this overhead. I've also got a slide projector. I do a lot of overhead projector stuff, I've been wanting to do more this year. It's a lot of fun to have."



7

7) BROADWAY PHOTO

AS: "Erin and I travelled all the way to Minneapolis to see this Broadway star (Gavin Creel), and a week before our trip, we found out he was rerouted to London to do the London *Book of Mormon Show* and was replaced a week before our trip. My sister and I took a spontaneous trip a few months later to England for a fun time. And we were like 'wait a second, he got rerouted to England.' So when I was in London, I finally got to see him. And he took that photo. He took my phone and was like 'let's do a selfie.'"



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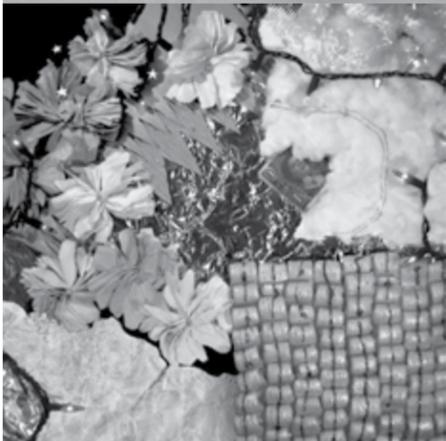
CKUW TOP 20

January 8 - 14, 2018

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



TW	LW	C	ARTIST	ALBUM	LABEL
1	1	*	O Voids	Data	Sounds Escaping
2	2	!	Propagandhi	Victory Lap	Epitaph
3	5	!	Marshall Birch And Some Buddies	Dog Daddy Yeah	Transistor 66
4	3	!	Heavy Bell	By Grand Central Station	Self-Released
5	4	*	The Pack A.D.	Dollhouse	Cadence
6	21	*	Eliana Cuevas	Golpes Y Flores	Alma
7	11		Various Artists	The Hilarious House Of Frightenstein	Groove Vinyl
8	30		Lee "Scratch" Perry & Subatomic Sound System	Super Ape Returns To Conquer	Subatomic Sound
9	26		Sharon Jones & The Dap-Kings	Soul Of A Woman	Daptone
10	18	!	Comeback Kid	Outsider	Nuclear Blast/ New Damage
11	25	*	Buffy Sainte-Marie	Medicine Songs	True North
12	27	!	Mmmeats	Mac N Me	Transistor 66
13	12	*	Gordon Grdina Quartet	Inroads	Songlines
14	13		Raoul Bjorkenheim And Ecstasy	Doors Of Perception	Cuneiform
15	RE		Shilpa Ray	Door Girl	Northern Spy
16	RE	!	Johnny Sizzle	College Campus	Awkward Reasons Inc.
17	15	*	Geoff Berner	Canadiana Grotesquica	Coax
18	NE	*	King Khan	Murderburgers	Ernest Jennings
19	NE	*	Weaves	Wide Open	Buzz



4th Curtis *I Won the Pageant* Independent

4th Curtis has created a wonderfully clever and theatrical indie pop album with their 2017 debut full-length, *I Won The Pageant*.

4th Curtis, whose members are based in the Twin Cities, are not afraid to shout their feelings out into the world with 10 songs that cover love, heartbreak, disabilities, queer identity and mental illness.

The band is sharp and witty while treating the listener to some delicious anthemic pop, led by Lex Noes on guitar and lead vocals with lyrics like "I amputated off my right-hand man, I'm all he had. I hope he understands" and "Nobody noticed how much the glitter meant to me. Nobody noticed 'til I set all the greyhounds free."

The other members of 4th Curtis, Ty Gale (piano/vocals) and Maddie Morley (drums/vocals) contribute to the powerful vocal diversity on *I Won The Pageant* with some awesomely placed retro harmonies on lines like "night that I died" and "high the whole time" on standout track, "Chicken."

This collection of songs evokes feelings of hope, self-discovery and glitter. With this being 4th Curtis' debut album, this reviewer can't wait to hear more from the young band and hopes that they will make their way up to Winnipeg sometime soon.

- Helen Williams

CRITIQUE



THE SQUARE

THOMAS PASHKO

FEATURES REPORTER @THOMASPASHKO

★★★★★

Plays at Cinematheque until Jan. 28

Attempting to discuss writer-director Ruben Östlund's *The Square* in the arts and culture pages borders dangerously close on self-parody. The film, winner of the Palme d'Or at the most recent Cannes Film Festival, is a darkly comedic satire of the art establishment.

It's a work so sharp in its critique of the world of museums' artless pretension that any attempt to dissect it runs the risk of becoming just as hollow.

Claes Bang stars as Christian, the curator of a major Swedish art museum. The film follows his misadventures surrounding the opening of a new installation called "The Square." The exhibit explores predicaments of the social contract. How can we entrust our individual well-being to a society of strangers? It's a bad omen when, on his way to announce the new installation, con artists steal Christian's cellphone.

To publicize "The Square," the museum hires a marketing team of two young bros. Their grasp of the exhibit is flimsy, but irrelevant. Their sole desire is to go viral. Using social media algorithms, they craft an ad guaranteed to spark online outrage: a homeless child spontaneously combusting while holding a kitten.

Watching the machinations of the mega-museum, one can't help but notice how little any of this actually has to do with art.

There are ostensibly three artist characters in the film. The most important one, the artist who created "The Square," never appears. She never interacts with anyone at the museum, and there's no indication that she's ever spoken to any of them, yet the chaos of the film swirls around her work. The second artist spends a lot of time talking about art at gallery functions, but never seems to actually make any art.

The third artist, played by Terry Notary, enacts a performance piece for a donor's gala. In the film's centrepiece scene, he imitates a gorilla in a black-tie ballroom, bare chested. It initially seems like a metaphor for the film's message: art is a wild animal, out of place in the buttoned-down establishment.

That is, until the artist takes the performance too far. The scene plays out as a brilliant and tense slow burn, oscillating from humour to unease to outright disgust, until the artist goes from being a symbol to a very real, very bad guy. The artists are just as much objects of Östlund's scorn as the curators, the publicists and the art establishment itself.

Throughout the film, characters are always asking that old question: does putting something in a gallery make it art? But *The Square* raises more provocative questions.

The exploding child video is crass nonsense, but is it really any different than what's in the gallery? Doesn't Christian being pickpocketed say more about the social contract than the exhibit? How can a museum claim to be interrogating society at large when its staff and patrons seem only to be society's most privileged?

Sadly wasted in all this is the consistently great Elisabeth Moss (*The Handmaid's Tale*) as Christian's office fling. She gives a solid performance in a thankless role that's beneath her talents and this film.

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HULA HOOPING CULTURE PICKS UP MOMENTUM

Hooping is challenging, fun and making a comeback

CHARLS MORIN

ARTS REPORTER  @CHRLSMORIN

Although first popularized in the '60s, hula hooping has made a comeback in the 21st century as a popular form of both fitness and dance. Regardless of the purpose, hoopers agree on one thing: it's fun!

"If you're not smiling, you're doing it wrong," Karrie Blackburn, founder of Kurrent Motion Hoops, says.

Blackburn starting hooping about eight years ago. It became a journey of personal betterment.

Selina Hays, a hula hooper, explains that some people choose to just learn a few simple moves, whereas others continue to challenge themselves.

"The thing I like most about hooping is that I can express myself in a way I never could before," Hays says.

Hoop materials range from basic plastic to a blacklight-activated material. More expensive hoops contain strips of LED. Hays explains that lights add a dif-

ferent dimension to the dance, since the movement creates trails and patterns.

Tech hula hooping, which refers to taking the hoop off the body and creating illusions, is particularly conducive to public performances. Hays explains that the tricks have a type of a circus appeal to them.

Blackburn says she often finds her own rhythm when hooping without music, but that music inspires movement.

"The hoop, by design, is infinite, and you're only limited by your imagination," she says. "It's like writing your own music as you're moving with the hoop."

Hays explains that hoopers often talk about the concept of "finding your flow."

"A hooper who has their 'flow' will move fluidly ... to the rhythm of a song. They transition smoothly from one trick to another and add their own unique flair to their moves," she says. It takes time and practice, and Hays suggests learning



Karrie Blackburn of Kurrent Motion in her home studio

transition moves and practicing on both right and left sides.

Hays explains that the dance style changes depending on the context. In private, a person might practice a difficult move, or else just dance for fun.

"One thing that is unavoidable in the public is eyes will be on you," she says. She explains that people are fascinated by the flashing, rotating colours and tend to be amazed, regardless of skill level.

Although many hoopers don't have the room to practice indoors, the outdoors is a good place in the warmer months of the year. In the winter, hoopers can take classes or participate in a "hoop jam," where hoopers gather to practice.

"Classes provide people with learning opportunities, but also the chance to set

aside a time and place to practice," Blackburn says.

Hays was introduced to the art form at the Winnipeg Folk Festival and received a warm welcome into the community.

"Generally, if you see a person walking down the street with a hula hoop, they're just a friend you haven't met yet," Blackburn says.

Overall, she says that the most important thing is to have the right attitude and a good hula hoop.

A few options to check out hula hooping around the city include the Winnipeg Circus Club, classes at Kurrent Motion and Hoop Flow Night and the drop-in hoop jams with Kurrent Motion.

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ARTS AND CULTURE BRIEFS

JAZ PAPAPOPOULOS // ARTS AND CULTURE EDITOR  @CULTURE_UNITER

WAC Individual Artist grant program

The Winnipeg Art Council's 2018 Individual Artist grant forms are now available at winnipegarts.ca/grants-artists. The two program deadlines are Mar. 13 and Sept. 11. Maximum grant levels have increased to \$3,000 for emerging artists and \$7,000 for mid-career and established artists. There are other changes to the program as well, so check it out online!

DJs and skating at the Forks

Throughout January and February, DJ Co-op and DJ Hunnicutt are hosting Soul on Ice at The Forks on Sundays from 1 to 4 p.m. (weather permitting). Meet under the canopy to skate while they play some cool tunes. The event is free, and skate rentals from The Forks are \$3 for children and seniors and \$5 for adults.

Drop the Mic #8

QPOC Winnipeg's Drop the Mic, a performance and open mic featuring queer People of Colour on stage, will be celebrating Black History Month with an all-Black lineup on Feb. 2 at The Good Will Social Club. Kama La Mackerel, a Montreal-based performer, will attend as the special guest act. Tickets are \$10 at the door, starting at 6:30 p.m.

WINDOW

Winnipeg's only 24-hour artist-run centre at the Artspace Building (corner of Bannatyne at Arthur, sidewalk level) presents *Help Me, Save Me* (2003), by Jakup Ferri. The video shows "Ferri attempt(ing) to sell/promote/contextualize select works from his portfolio to gain access to the Western art world vis-à-vis the unnamed curator's interest in his practice." It's on view until Feb. 28.

Sweet Without Sugar

Tamika Reid is launching the book *Sweet without Sugar* on Jan. 28 from 3 to 4:30 p.m. in the Carol Shields Auditorium at the Millennium Library. Reid is a University of Winnipeg/Red River College student and inclusion rights advocate, and the book is a children's book that features a child with autism.

Queer Yoga

Moksha Yoga is hosting yoga classes specifically for LGBTQ* folks at their Donald location (7-2 Donald St.). Classes will be held Wednesdays at 4 p.m., Fridays at 7:30 p.m. and Saturdays at 5:30 p.m. Entry is sliding scale from \$5 to \$15. All skill levels welcome. Please email dddonnell@gmail.com for more info.

LAYER UP FOR YOUR COMMUTE

Tips and tricks on how to dress for winter cycling

CHARLS MORIN

ARTS REPORTER

 @CHRLSMORIN

Layers are key when it comes to dressing for winter cycling.

“Many thin layers are better than one big, thick layer, because temperature regulation can be challenging, especially if you’re out for the whole day,” Sarah Thiessen, volunteer co-ordinator at The W.R.E.N.C.H., says.

Matt Gain, the UWSA Bike Lab general co-ordinator, recommends wearing a light base and a heavy fleece beneath a waterproof outer layer.

“If you start off warm, you’re going to be sweating by the time you get to wherever you’re going ... If you’re willing to be a bit chilly at the start, your body will heat itself up pretty quickly,” he says.

He explains that the windproof layer is integral for keeping warm.

“If you have nice warm clothes underneath but (nothing to keep) the wind and

cold out, it’s not gonna do a whole lot,” he says.

Thiessen emphasizes that dressing for winter cycling doesn’t have to break the bank.

“I like to just layer thrift store wool sweaters,” she says. “It doesn’t have to be anything expensive and fancy.”

Thiessen stresses the importance of keeping extremities warm. She recommends wearing heavy mittens with thin gloves underneath, to maintain dexterity when the time comes to lock the bike. Warm boots are important as well.

To keep his head warm, Gain wears a balaclava under his helmet.

“I like to have one that has a little bit of mesh in front of the mouth. It makes breathing a lot easier,” he says. A thin, tight neck warmer is an alternative to the balaclava, and it stays in place better than a bulky scarf.

Gain explains that insulated snowboarding helmets add warmth, but a regular bike helmet will work just fine.

Some cyclists wear goggles, but Thiessen warns that this reduces vision.

“It can be harder to hear and see traffic when you have goggles and a helmet on,” she says.

Thiessen carries over her summer style by wearing scarves with bright colors and patterns.

“My neck warmer is leopard print, which I quite like,” Thiessen says. “My bike is decorated as well, which I feel adds a quirky style.”

Thiessen also wears a peacoat that has room to layer up beneath, which she finds



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Matt Gain, UWSA Bike Lab general co-ordinator, suited up for his commute

is more stylish and less sporty than a typical cycling jacket.

“I used to feel very androgynous riding my bike before I got this more feminine coat,” Thiessen says.

In a balaclava and sporty bulky clothing, she felt like she could be anyone.

“Your body shape and your gender are totally not visible,” she says.

Gain is less concerned with fashion.

“There’s certainly always going to be a certain level of sacrifice,” he says. “Sometimes it’s a bit of a case of function over

style.” He suggests bringing a change of clothing for after the commute, if needed.

Gain emphasizes that winter cycling shouldn’t feel intimidating, and that most people already have what they need.

“If you’re not comfortable with the conditions, you don’t have to ride,” he says. “We’re doing it because it’s a convenient way of getting around.”

International Winter Bike to Work Day is Feb. 9.

MORE THAN JUST BOOKS AND MORTAR

Public libraries offer services and programming, too

AMITAJ SINGH

VOLUNTEER

Citizens who can’t remember the last time they’ve used their library cards may be surprised to find that they can get more than books and DVDs from their local library.

“Libraries are probably one of the last public, democratic spaces in the community,” Ed Cuddy, manager of library services for the Winnipeg Public Library, says.

“We run over 4,000 free programs every year for all ages: lectures, concerts, computer workshops, book clubs (and) language classes. In recent years we’ve (begun) to offer Ojibwe and Cree language courses, which have become popular,” Cuddy says.

According to Cuddy, the number of people who have library cards has remained relatively steady, but the way people engage with public libraries has changed.

“The libraries are busy, active places. They’re a lot noisier than they used to be, in a good way,” he says. “More and more people come in to use this space, not just to read or borrow materials.”



PHOTO BY CALLIE LUGOSI

Shimby Zegeye-Gebrehiwot is a regular patron of the Millennium Library.

For many, libraries are imagined as quiet buildings where one may pick from a catalogue and enjoy themselves in peace. While in many ways they are still that, the institution has evolved in an effort to become more inclusive and to meet the needs of its patrons, Cuddy says.

That evolution has meant reaching out beyond its walls and adding resources within them.

“We get outside of the traditional walls of the library to engage the community. We have ‘check it out’ programs, which do pop-up library events every two weeks in low-income neighbourhoods in Winnipeg,” Cuddy says.

The Millennium Library, located downtown, has a social worker to assist those in need.

“That’s a way we connect with community organizations to provide referrals to some of the vulnerable, maybe homeless, individuals that come to the library, to make sure that their needs are looked after as well,” Cuddy says.

These additions, which redefine what a library could be, maintain the spirit of what libraries ought to be.

This is clear for Shimby Zegeye-Gebrehiwot, a student and filmmaker. Zegeye-Gebrehiwot, a regular patron of the Millennium Library, frequently takes advantage of the library’s many study rooms and the different programs it offers.

“When I think of my sense of place in the library, this room is definitely an anchor point,” she says of a particular study room.

With so many programs offered, keeping up with all the events may be a bit overwhelming.

“I keep a pretty good eye on what they have,” she says. “I have ... the Winnipeg Public Library app, so I’ll look at the events listing fairly regularly.”

“There is a lot to explore,” she adds.

As the Winnipeg Public Library changes and grows over time, it commits to offering a wide range of services for the community, Cuddy says.

Keep up with the Winnipeg Public Library by checking out wpl.winnipeg.ca/library or by downloading the Winnipeg Public Library app.

SHIFTING THE STIGMA

WORDS BY Danelle Granger

 @DANELLEGRANGER

PHOTOS BY Daniel Crump

 @DANNYBOYCRUMP

“Stigma is a sociological concept ... (sociologist) Erving Goffman says stigma actually is a powerfully negative social label that radically changes the person’s self-concept and how they understand themselves and their social identity.” – Christopher J. Fries

Stigma surrounding taking medication for mental health and mental illnesses, as well as stigma around mental health in general, has decreased in recent years. This shows through both sociological and medical points of view.

“I think the attitude towards mental health has really changed in the last couple of decades,” Carl Heaman-Warne, director of therapy at Aurora Family Therapy Centre, says. “And certainly, we see much equal numbers in men and women looking for help now. I think that wasn’t true in the same way 20 years ago.”

Christopher J. Fries, a professor of sociology at the University of Manitoba who studies population health, also agrees more people, including his students, are open to talking about mental health. However, from a sociological perspective, he can also see some problems with society being so open.

From a population health level, Fries says that “when everyone starts to interpret what’s happening in their lives in terms of their neuro-chemistry instead of asking themselves, ‘maybe it’s the structure of my society that’s making me sad’

... That’s sociological, that’s what’s dangerous about medicalization.”

Medicalization is a part of the process of stigma around mental health decreasing. Fries describes it as defining troubling aspects of life from behaviour to unpleasant emotional states as medical issues that require medical attention.

“There’s no doubt that mental illness exists objectively,” Fries says. He adds that the suffering people experience through mental illness is very real. “I would also go as far to say that I know from my own experience with friends and even family members (who) are indeed saved, like their lives are literally saved by these psychotropic (pharmaceutical) drugs.”

Being able to openly have conversations about mental health can encourage those who need help to get it.

“Just the fact that we’re willing to talk about it now, so openly, shows that it has become destigmatized,” Fries says. “And I’m not saying that’s all bad. Again, for people who have profound mental illness, that’s a good thing. People are now able to seek out help and treatment for it.”

COVER FEATURE CONTINUES // NEXT PAGE

Continued from previous page.



Fries is an assistant professor of sociology at the University of Winnipeg.



Melissa Ray has been taking medication for mental illness for several years.

PUSHING STIGMA ASIDE

Melissa Ray says they have social anxiety and have been using both pharmaceutical medication and medical marijuana for their mental illness.

“I was happy to have something to make me feel better, but it also made me feel like all the things that I thought were wrong with me were actually wrong with me,” they say. “I wasn’t going crazy. I was really happy to go on medication, because it was really validating.”

Ray says before they started taking medication, they had a lot of unhealthy coping mechanisms like self-harming, eating junk food and self-sabotaging.

When it came to stigma around mental illness and medication, Ray was ready to push that aside.

“I was really determined to be open about it. I really don’t like the idea of being shameful about my mental illness,” they say. “I think (stigma is) a really old-fashioned idea, and I think it’s a stigma that’s thankfully on its way out. I think a majority of younger people understand that that’s just ridiculous.”

“Taking medication was like putting on glasses for my brain,” she says.

“I don’t think I was ever necessarily ashamed of it, because I have a very small ability to be embarrassed about things,” she says. “I’m a very special person. I don’t get embarrassed about anything. I talk about everything all the time, which is why my music is so intense.”

Janzen was diagnosed with ADD when she was in Grade 12. She says she had been diagnosed three or four times before this final diagnosis, but the diagnosis was always taken away and changed.

She was bounced between about seven psychiatrists and family counsellors when she was 16.

“They had to hear all of my darkest thoughts and my worst experiences,” she says. “It was very exhausting to keep bringing that up to new people and exhausting to keep thinking that you had something and have that taken away.”

Her song “The Waiting Room” talks openly about her experiences seeing therapists and taking medication – more specifically, about the flaw in the medi-

cal system that contributed to her being bounced around so much.

one can figure out? But then I realized, no, I’m a human being, and it must be a flaw in the system, because I can’t be the only person actually experiencing this,” Janzen says.

STIGMA AND HEALTH

Heaman-Warne says part of stigma is an acceptance process of facing the challenges people come across in their lives.

“If we think about any kind of grief process, the first part of those grief processes is ‘no, that’s not me, if only I did x, y and z instead, then this wouldn’t actually be real. I won’t actually have to deal with depression, or I won’t have to face anxiety, or it won’t actually be trauma. Maybe I need to go to yoga more, or maybe I need to have more greens in my diet. Maybe I just need to talk to a friend,’” he says.

Lifestyle shifts aren’t always enough, and part of the acceptance process is knowing you need help.

“We need some help from outside of ourselves. And whether that help is counselling or it’s medication or some kind of plan, almost everybody pushes away from that initially,” he adds.

Heaman-Warne says people sharing their own stories and struggles helps to normalize mental health challenges.

Fries says his sociological concern with more people being open about talking about mental health, mental illness and medication is that more people are now being marketed for psychotropic medications. People become the item on the market for pharmaceutical companies.

Rather than changing problems in society to help mental health issues, pharmaceutical companies are using the increase in mental health issues for their own profit.

Instead of looking at a societal level

of problems, people are turning towards medication.

“It turns troubling aspects of life into medical issues and keeps us from understanding that it could be more than medical issues,” Fries says.

STIGMA AT HOME AND IN COMMUNITIES

Although Ray is open publicly and on social media about their mental illness, they says they still deal with stigma in their own household, especially with their use of medicinal marijuana.

“I guess the main issues I’ve had with stigmas and smoking marijuana was in my own household, because I still live with my parents,” they say. “It’s a really old-fashioned stigma that people have embedded in them that marijuana is bad, and that’s it.”

They say their dad wanted them to get their medical marijuana card so they could get their marijuana medically prescribed to them. But even with that, they say he was still in their face and shameful about it.

Ray says there’s a difference between generations when it comes to talking about mental health and medicinal marijuana.

“Older generations just want to be shamed about everything. And it’s like ‘no thank you,’ I don’t like the heavy depressingness of shame,” Ray says.

Janzen has also noticed some stigma and people being uncomfortable with talking about mental health in her communities, but it’s not based on age demographics.

“I grew up in a really religious community, and religious people specifically ... get uncomfortable when you talk about mental health,” she says.

She adds that when she was younger,

“I’m a human being, and it must be a flaw in the system, because I can’t be the only person actually experiencing this.”

-Taylor Janzen

Taylor Janzen, who is 18 and a local musician, also pushed the notion of stigma aside when she started taking medication for her ADD.

cal system that contributed to her being bounced around so much.

“At first I thought it was just me. Like am I some weird jigsaw puzzle that no



Some of Melissa Ray's medical marijuana

she struggled with her faith and her mental health issues.

“When I was growing up, when I first experienced mental health issues, it was very difficult, because I was trying to fight it off in a way, because I had an impression that it was like, if you had a proper relationship with God, if you were a proper Christian, then you didn’t have mental health issues,” Janzen says.

Janzen realized having mental health issues wasn’t her fault, and this ultimately made her faith stronger.

“And that’s not true. So I basically assumed it was my fault. When I started taking medication, I felt really uncomfortable, because was my faith not enough to make it alright?” she says. “But now I’ve found a cool way to integrate those, and taking medication has actually made my faith stronger and made my personal goals more reachable and attainable. So that’s really cool.”

CULTURE SHIFT IN STIGMA

Through a sociological lens, culture and society have played roles in how the conversation around mental health in general has shifted.

“Why I feel sociologically confident in saying there’s social and cultural basis to these mental illnesses is because we know that across time, and also more importantly across culture, the rates of these mental illness or mental disorders changes,” Fries says.

Janzen also believes that how people relate to their mental illness, and how she sees hers, is dependant on society’s view of mental health and mental illnesses.

“ADD is a weird thing, because as I take this year to learn more about my brain and more about how my brain works and other people’s brain works, the thing I’ve learned the most is it’s less of

a complete disorder and just a really big difference in the way the brain works,” she says.

Understanding that some people’s brains work differently than how society would like them to work can make a difference in how people view their own mental health issues.

“And it just doesn’t completely fit in with the way that society works. You have to figure out to do that,” she says.

Heaman-Warne says there are a few different ways mental health can look, and it’s different for each person.

“I think it’s really complex for each person, and there is some mental illness that is organic in the brain,” he says. “And we need medication for the brain to have a healthy balance of chemicals.

“And I think there are other mental health challenges that we have that are much more personal and relational and experiential that counselling is really effective for. And there’s some that cross over between the two.”

Reaching out to a community, whether publicly or on social media, can be a good starting point when someone is starting to look for help.

Ray says when they started talking openly about their mental illness on social media, they started to see how many other people were also affected by the same thing.

“A lot of people reached out to me for support. A lot of people reached out to me about where to go to start medication, and that’s how I was able to start medication,” they say. “I’ve had people ask me for advice, especially with the medicinal marijuana and where to go, and counselling and stuff. It’s just been really nice to find community when you really open up about it.”



Melissa Ray is intentionally open about their experience with mental illness.



OUTDIGENOUS

WITH FRANCES KONCAN

@FRANCESKONCAN

NEW YEAR! NEW ME! NEW LIFE!

It's a wildly known (if unproven and untested) fact that the coolest and most cultured of all arts lovers are the music lovers, and the coolest and most artistic of artists are musicians.

In a world where image is everything, musicians are validated in ways that a writer will never be. Listening to music is fun, and people genuinely truly madly deeply want to do it. Nobody wants to read a book or see a play. We just want people to THINK we want to read books and see a play. I don't even want to see plays and I *write* plays.

Naturally, I assume there is an inner hierarchy in the music scene, just as there is in theatre. I'm a classically trained pianist and French horn player, which doesn't really open any doors. What kind of doors would open for me if I was, say, a guitar player? Or guitar-adjacent? Like that pad of light-up squares people plug in to their MacBooks? Or a DJ? I could be a DJ.

But alas, I am not a guitar player or guitar-adjacent or a DJ. I have 15 years of clas-

sical music training, and I am a pariah in Winnipeg's music scene. Okay, maybe that's an exaggeration. I feel like a pariah, but the reality is I'm actually just not anything at all. And I don't know which is worse.

I came to this realization last weekend during a concert at the West End Cultural Centre. One of the theatre-music crossover people was having an album release, and when he sent out a non-bcc'd email with my actual name on it, I thought "This. Is. It."

This was my chance to get inside the Winnipeg music scene! This was my chance to expand my cultural horizons! I was going to be a *changed human* by the *end of the night!*

But that night, like most nights, while other people mingled and schmoozed – I guess enjoying the pleasure of other people's company or something social and extroverted like that – I stood in a corner sipping red wine and listening to "Bette Davis Eyes" on my phone on repeat.

It turns out that the Me in Winnipeg Music is the same me I am in Winnipeg Theatre: awkward, out of place and simultaneously both deeply narcissistic and profoundly insecure.

After the concert, I went home ... unchanged and unseen, but still with hope: next time, it will be different. Next time, I'll be better.

In the morning, I sat down at my long-neglected piano and wrote a song, for the first time in probably five years. So I dunno. Maybe something had changed after all. I'm starting a band.

PS. The concert was great, by the way.



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SPEAKER SERIES



SUPPLIED PHOTO

Clayton Thomas-Müller will be speaking at the West End Cultural Centre on Jan. 30.

LIFE IN THE CITY OF DIRTY WATER

A conversation with Clayton Thomas-Müller

CALLIE LUGOSI

@LUGOSI_CALLIE

STAFF PHOTOGRAPHER

AND ONLINE CONTENT CO-ORDINATOR

Clayton Thomas-Müller is delivering his transmedia presentation, *Life in the City of Dirty Water* at the West End Cultural Centre on Jan. 30.

Born and raised in Winnipeg, Thomas-Müller is a public speaker and writer on environmental and economic justice. He has been published in several books and media outlets and has appeared on national television and radio as an advocate for Indigenous rights.

Thomas-Müller's activism has centered around the intersections of Indigenous rights, climate change and supporting First Nations communities who are fighting against the encroachment of big oil in their backyards.

In Thomas-Müller's transmedia project, *Life in the City of Dirty Water*, the focus is turned toward his experiences growing up as an urbanized Indigenous youth in the 1990s.

Thomas-Müller's experience with being exposed to gang culture as a teen serves as source material.

"I started with writing about some of the challenges I faced growing up in the inner-city, such as working for the Manitoba Warriors as a teenager alongside

my brothers, and how growing up in poverty affected my family and I," Thomas-Müller says.

He feels that the circumstances that he found himself in as a teen are a common story for children of parents who survived residential schools.

"My hope is that people will hear someone like myself sharing what it took to get to where I am and feel empowered to do the same. We need to normalize these difficult conversations we need to be having in the Native community and in society at large."

"The goal was to create a transmedia project that could be considered a survival guide for Indigenous people who have been urbanized and dispossessed as a result of colonialism."
-Clayton Thomas-Müller

In 2014, the Canadian Museum of Human Rights (CMHR) profiled Thomas-Müller for a series on human rights activists.

The CMHR interviewed him to create the profile, further transcribing it for him for his own use. Out of this process came the first manuscript for *Life in the City of Dirty Water*.

"That manuscript was way too fucked up to publish. It was a lot," Thomas-Müller says with a laugh.

He feels that a cultural revolution happening in Winnipeg and across North America in Indigenous communities, and that what's missing from the conversation Indigenous men are having is discourse about dismantling patriarchy and all its manifestations in Indigenous communities.

"It's a story about growing up Native in the city and overcoming systemic, interpersonal and internalized racism," Thomas-Müller says. "It's a very real take on issues that are very common with Indigenous men. A lot of the project is about confronting patriarchy and meaningfully addressing toxic masculinity."

In the telling of *Life in the City of Dirty Water*, he uses audio and video, as well as live readings of his book of the same name.

In his experience with creating digital media as part of campaigning for Idle No More, Thomas-Müller realized that people learn in different ways. By creating a presentation that uses several different mediums to tell a story, he feels that he has a greater chance of the subject matter having an impact on his audience.

"I've embraced all digital platforms as conduits to share the issues at hand to the masses, to help shift popular opinion. We've had to get wise to how to utilize these platforms to tell our stories."

During Thomas-Müller's time campaigning for Idle No More, he worked with videographer Spencer Mann, who later became the director and videographer for the film component of *Life in the City of Dirty Water*.

Mann flew across North America to document Thomas-Müller's storytelling in the spirit of oral history and polymorphic language at various mobilizations and direct actions. Over the course of 25 days, the duo created a series of video retellings of Thomas-Müller's book.

"We created video vignettes of the themes of decolonization and healing, confronting trauma and residential school syndrome. The goal was to create a transmedia project that could be con-

sidered a survival guide for Indigenous people who have been urbanized and dispossessed as a result of colonialism," Thomas-Müller says.

He returned to Winnipeg in 2015, concluding 15 years spent living between Ottawa and Vancouver.

This homecoming meant being able to reconnect with his community and family. Thomas-Müller also wanted his children to have the opportunity to connect with their culture and language.

"Returning to Winnipeg forced me to face what I've been running from my entire adult life. It also meant being closer to the people I go to ceremony with and taking my evolution as an activist and father to the next level."

"After burning myself out many times over as an activist and campaigner, just fighting my way through doing that work, I realized that my kids were growing up fast, and that living in Ottawa without any of mine or my wife's family around to support us wasn't really a sustainable situation," Thomas-Müller says. "It was a practical choice and very much about coming home to get the supports we need to be successful in raising our kids."

The support of Thomas-Müller's family and community were integral to the creation of *Life in the City of Dirty Water*.

"It took me many years to learn it, but you can't really do incredible things in your life without a solid support network, whether that be family or community," Thomas-Müller says. "Overcoming obstacles and trauma is almost impossible without that support."



Life in the City of Dirty Water:
A Conversation with Clayton Thomas-Müller is being held on Jan. 30 at the West End Cultural Centre. Doors are at 7:15 p.m., and the event begins at 8 p.m. This event is free and open to all.



ICE CASTLES ATTRACTION ADDS AWE TO WINTER

Visitors enjoy frozen landscapes at The Forks

VALERIE NYAMORI

VOLUNTEER STAFF

@VALERIECHELA

Right from the entrance to Ice Castles, little children oohed and aahed, calling out to their parents and guardians excitedly and pointing them to a variety of gigantic walls of ice. With eyes popped wide open, they made their way to tunnels and ice walls embedded with LED lights.

"There really isn't anything else like Ice Castles in the world," Ryan Davis, the chief executive officer of Ice Castles, says.

The adults were not left far behind. They whipped out their mobile phones and began taking pictures of an icicle here, an enormous lighted wall there and so on.

Ice Castles is located at Parks Canada Place at The Forks National Historic Site, which is right at the heart of the city.

Despite the extremely cold temperatures earlier in the week, Davis says an overwhelming number of Winnipeggers went to tour Ice Castles.

"The response and support we have received from the Winnipeg community has been incredible," he says. "Now that temperatures have warmed up slightly, tickets are selling out during most time slots."

Danni Beaudry, a visitor at Ice Castles, says the new winter attraction is a good addition to skating, which is her normal winter activity.

"It's really unique. I didn't know what to expect, really," she says. "I definitely could recommend being here like as the sun is setting, because you get the effect of when it's light and then when it starts to get dark. Pretty magical."

Ice Castles are made completely from ice. The building crew grow around 10,000 icicles daily, which they plant into the ice structure and pour water over to freeze together. According to the Ice Castles website, the walls are 10 feet thick, making them strong enough to hold tall buildings.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

A painted polar bear greets visitors to Ice Castles.

Another guest at Ice Castles, My Loftren, says, "I think it's beautiful ... you would almost want to be able to touch (it), and like almost climb and do more things with this beautiful place."

She wishes there were more activities within Ice Castles that adults could engage in, just like there were slides that mostly catered to children.

"It's more for (you to) watch, or like you can see but not touch. I'm glad I came but maybe a little more that you can actually try different things."

Davis mentions that the biggest challenge they have with the ice castles is always the weather. Ice Castles' opening and closing dates are solely dependent on weather for this reason.

"We can't control the weather, and we can't always predict what it will do," Davis says. "Any time you are working with natural elements, like ice, the biggest challenge is always the weather."

NEWS BRIEFS

DANELLE GRANGER // CITY EDITOR

@DANELLEGRANGER

UWinnipeg speaker

The University of Winnipeg's Dr. Pauline Ripat is the first speaker of the Classics department in 2018. Dr. Ripat's talk, *Emotion and Bodily Functions in Roman Society: The Case of Covetousness*, considers the function of the evil eye, or envious look, in Roman antiquity. The talk will take place on Jan. 26 from 3:30 to 4:30 p.m. in room 3D01 (Duckworth Centre).

Hike of the month

On Jan. 28, a group of hikers will meet at the trailhead of the Cedar Bog in Birdhill Provincial Park at 10 a.m. The trail is 3.5 km long. It's a pay-what-you-can family event with all funds collected going to the Family for Families initiative, which will provide Forest School Grants to families. For more information, email sara@experiencemomenta.com.

Thinking about treaty people

On Wednesday, Jan. 31 at 3 p.m., Dr. Pamela Klassen - professor of the study of religion, vice-dean undergraduate and international, faculty of arts and science - from the University of Toronto will be speaking at a free public lecture called *Spiritual Jurisdictions: Thinking about Treaty People, Ceremony, and the Crown*. The talk will take place in Room 2M70 (Manitoba Hall).

Mosque Massacre Commemorations

On Monday, Jan. 29 from 7 to 8 p.m. at the Manitoba Legislative Building, Winnipeg will join other communities across Canada to commemorate the massacre of six Muslim worshippers. The massacre took place a year ago during evening prayers at the Islamic Cultural Centre of Quebec City. For information, visit the Facebook event: Quebec City Mosque Massacre Commemorations: Winnipeg.

Mentorship speed dating

The University of Winnipeg Faculty Association's Women and Equity Committee introduces mentorship speed "dating," an event for permanent and contract faculty members to meet students. Mentors and mentees will meet for five minutes and then decide if they'd like a mentorship relationship. To participate on Wednesday, Jan. 31 from 12:30 p.m. to 1:30 p.m. email k.breward@uwinnipeg.ca.

Mini Succulent Make & Take

Instructor Tamara will lead participants through steps to plant a succulent terrarium. The class is on Saturday, Jan. 27 anytime between 10 a.m. and 5 p.m. at Jacobs Trading Studio. There's no pre-registration, and the class is \$15. It includes three stones of your choice, a mini pot, a succulent and other decorative pieces.

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REACHING A POLITICAL BALANCE

Equal Voice Manitoba prepares women for upcoming elections

BRAIDEN PERGIS

CITY REPORTER

 @BRAIDENPERGIS

Male politicians currently outnumber female politicians in the Manitoba legislature 53 to 4. Equal Voice Manitoba (EVM) wants to change that by getting more women involved in politics, which could improve representation in local government.

"If 51 per cent of the population isn't represented by the groups of people making decisions that affect everyone, it means unique and important perspectives are missing," Kiersten McDonald, co-chair of EVM says.

The Equal Voice organization and all of its chapters work to elect women at all levels of government in Canada.

The Manitoban chapter of Equal Voice opened in 2016.

McDonald says the chapter is the result of the collaboration between three former Manitoban politicians: Anita Neville, Judy Wasylcia-Leis and Dorothy Dobbie.

Neville served for a decade in the House of Commons for the Liberal Party and represented women in several portfolios, such as the Status of Women.

When former MLA and MP Wasylcia-Leis was a New Democratic Party candidate, she was told by others that she could not defeat the incumbent, male counterpart Donald Malinowski. Then she created a movement of supporters for her bid as a female candidate, which eventually led him to drop out of the race.

Dobbie, under the Progressive Conservative Party in the House of Commons until 1993, served on committees whose recommendations formed the Charlottetown Accord, an attempt to integrate Quebec into Canada.

Together, these three formed a multi-partisan organization in Manitoba representing NDP, Liberal and Conservative views in society, while inspiring other women and future generations to be involved in politics.

Delaney Coelho, co-chair of EVM, looks to her niece for inspiration and to remind her of her goals.

"My hope for her generation is that seeing equal representation in our elected officials (and leadership positions) is the social and cultural norm," Coelho says. "I want her to think anything is open to her, as a woman, and have plenty of role models



Equal Voice Manitoba is working to shift the gender divide in the Manitoba Legislature.

to look up to and examples to follow. I also want the men and boys of her generation to think (equal representation is) the norm."

Through the electoral process and creation of public policy, governments are able to structure and define the ongoings of central institutions of a nation by modelling them.

"Ideal representation would be one that better reflects our society. That means at least 50 per cent women," McDonald says.

On Jan. 27, EVM will hold their Municipal Campaign Boot Camp. Their speakers - former and current political figures - will

teach participants the art of public speaking, the expectations a candidate can have about the media during campaigns, the requirements to run a campaign, managing finances, organizing the campaign and communication between team members.

During the camp, Jenny Gerbasi, Cindy Gilroy, Janice Lukes and Devi Sharma will be speaking to the participants. The four female city councillors of Winnipeg will discuss their experience as women in politics and will later take questions from guests.

PROFILE



JAMES CURRIE

PROVOST AND VICE-PRESIDENT OF ACADEMICS

DANELLE GRANGER

CITY EDITOR

 @DANELLEGRANGER

James Currie has been with the University of Winnipeg since 1988, when he was 26. He started his career as an assistant professor in mathematics and statistics, and his area of research is in combinatorics of words.

"If you look at a computer, you might have a string of zeros and ones, and I'd call that a word," he says. "People study the way that you take words and operate on them, and you glue them together and slice them and dice them, and you sort of prove how hard it is to search for patterns in words."

For example, using combinatorics of words can help when looking at how files are compressed, like photo files. This can also be applied to genetics and studying the genome for patterns in DNA.

"I've done some practical things, too. I've helped Canadian Forces figure out a model for scheduling search-and-rescue helicopters. Someone contracted with me to see how good their password scheme was," Currie says.

"With Jeff Babb (an associate professor in the mathematics and statistics department),

... we did some farm and food safety. Like how do you do the statistics on eggs? How many eggs do you have to test to be confident that you have no problems?"

His new role at the university is provost and vice-president of academics, to which he was appointed on Jan. 1. He says he still gets to do research and teach, but this role mostly focuses on the administration side of the university.

"The funny thing is, academics always say, and the correct thing to say is 'oh I hate administration, I'm never going to do administration, I just care about teaching,'" he says. "Or 'I just care about research and teaching and research.' But without administration, those things can't happen."

Currie says throughout his experiences of being the chair of the mathematics department and the dean of science, he was able to get a vision for the whole university, rather than just one department.

"One of the things, I like to say with the University of Winnipeg is it's kind of like the Vinyl Café. We may not be big, but we're small," he says. "So with this university, there's often opportunity to know what's happening in other parts of the institution."

WHAT WAS YOUR WORST GRADE IN UNIVERSITY? The thing is, if you become a professor, you (were) probably a good student, and so I think my worst grade was in homological algebra. And I always kind of felt like I got a D in it, but I looked it up, and it was a C. But if you're going to be a professor, a C feels like a D. I did not like that part of mathematical courses.



START-UP WORKS TO KEEP ATHLETES SAFE

RWII promotes safety, protection and sportsmanship for youth

BRAIDEN PERGIS

CITY REPORTER



People might play sports for leisure and enjoyment, but should also take safety precautions, since they're at risk of injuries. A Manitoba Health report says that falls or collisions during sports are a main cause for hospitalization for those under 20 years old.

The Run With It Initiative (RWII), a start-up organization headed by students in the entrepreneurship program at Red River College, is taking on the challenge of informing and teaching the public how to appropriately handle situations where quick decisions need to be made. This could include breaking an ankle, suffering a concussion or fainting during a game.

Through their workshops, the RWII Initiative hopes to teach parents, coaches, teachers, athletes and those directly involved with sports how to better ensure

player safety and deal with any injuries. They are currently focusing their efforts around hockey, basketball and soccer.

"We're offering them a forum where they can come and ask active questions where they can be a part of something (bigger) than themselves, possibly," Allie Bednarz, an RWII founder, says.

According to the department of Canadian Heritage and Sport Canada, sports and other physical activities are the main reason people aged 10 to 18 end up in the emergency room. Concussions are a serious but commonly seen injury in several sports.

Studies done by Dr. Laura Purcell from McMaster University in Ontario show that temporary loss of brain function caused by concussions can lead to mental, emotional and physical changes, such as mental lapses, moodiness and nausea.



ILLUSTRATION BY KATHLEEN BERGEN

Dr. Charles Tator from the University of Toronto says that a quarter of concussion patients can experience long-term symptoms, including depression, that can last for years.

Sabrina Sankar, RWII board member, says she hopes the organization is able to establish itself in the community in terms of what they provide, and she hopes to partner with a variety of high school programs, as well as Hockey Manitoba, Sport Manitoba and other organizations.

At their first fundraiser on Jan. 13, 2018 at the Four Crowns Bar and Grill, RWII donated a portion of their profits to the Tyler Townsend's Pay it Forward Fund, which helps several non-profit organi-

zations around the city, such as Siloam Mission.

"Tyler was very involved in sports and as a kid, he grew up playing every sport that he could, and I wanted to give back to local Winnipeg kids ... so they can perform at their best," best," Sankar says.

Through their fundraisers, RWII is able to promote sportsmanship and security while subsidizing certain costs for those who cannot afford it.

"I think Winnipeg requires an organization like this because sports will never stop growing," Bednarz says.

COMMENTS



THE IMPORTANCE OF NET NEUTRALITY

How regulations shape the way people use a critical resource

JOSEPH BERNACKI

VOLUNTEER

In December 2017, the Federal Communications Commission (FCC) in the United States voted in favour of repealing the net neutrality regulations that had been in place for several years.

The concept of net neutrality reflects the practice of internet service providers (ISPs) charging relatively similar fees to access the internet while not restricting content.

Without net neutrality, ISPs could charge the public different rates to access internet services with the potential of creating content exclusive packages.

Over time, this could challenge smaller American businesses and force consumers to pay more to access content.

Net neutrality should be important to Canadians. The internet has become a necessary good for nearly everyone on the planet, and having information restricted or pay-graded is not the answer in promoting knowledge and access to entertainment.

Lucas Ridley, a third-year business major studying at the University of Winnipeg, compares the internet to Winnipeg's public library system.

"Think of the library card purchase as your Wi-Fi connection, at which point you can find any information you'd like.

"This removal of net neutrality would be like the library charging you to enter a restricted section and reading a particular book in that same manner," Ridley says.

In terms of a changing media landscape by removal of net neutrality, business can be adversely impacted.

Canadian regulations, governed by the Telecommunications Act, will likely stay in place. According to a 2017 CBC article, the act demands that Canadian service providers not give "undue or unreasonable preference" to any company and to "not influence the content being transmitted over their networks."



ILLUSTRATION BY JUSTIN LADIA

Despite this, Canadians may still be affected by the FCC ruling, which will likely impact the acquisition of information and content across the Canadian-US border.

"Suppose you're a Canadian company wanting to deliver content to Americans. You may have to pay (to reach) those customers, whether it's to have faster bandwidth to them or to have access to them in general," Nick Josephson, a third-year computer science major studying at the University of Manitoba, says.

"It may impact our ability to get content in the case of American companies being required to pay ISPs to deliver content to Canadians. The ISPs may charge different prices, which may affect whether the American companies are inclined to deliver that content to Canadians."

Restrictions to internet access in North America could replicate a similar situation happening in Portugal.

One of Portugal's wireless carriers, Meo, forces consumers to pay a flat rate to have cell coverage. In addition, Meo offers a messaging bundle, music bundle, social media bundle and more for upwards of €4.99 (\$7.62 Canadian) each per month.

With this in place, the average consumer's internet access is restricted to what they can afford. For example, someone who wants access to Spotify, Facebook and Netflix may need to pay an extra fee to access each company, in addition to a basic Wi-Fi flat rate.

It's important that Canadians have these discussions, as this change in other countries can have dire implications as to how the rest of the world receives information in the future.

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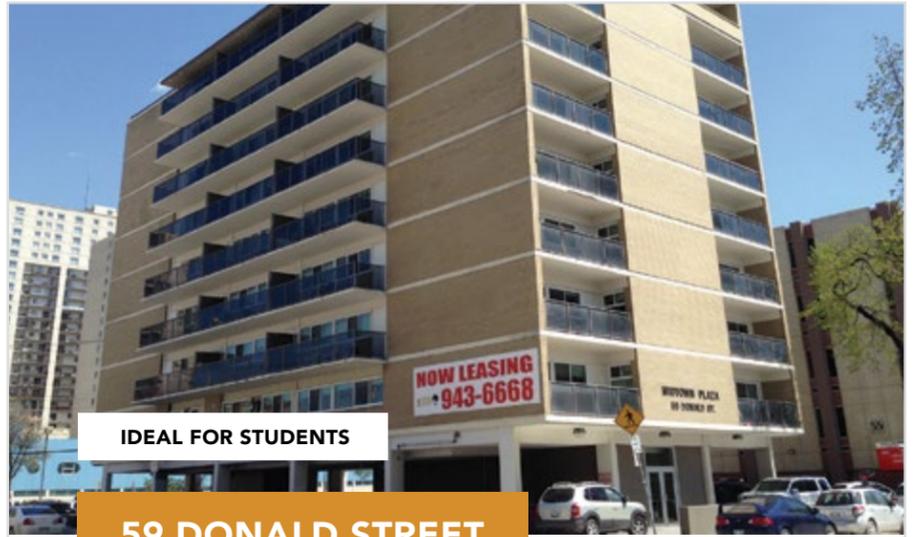
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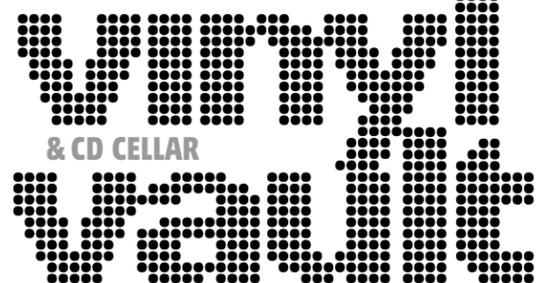
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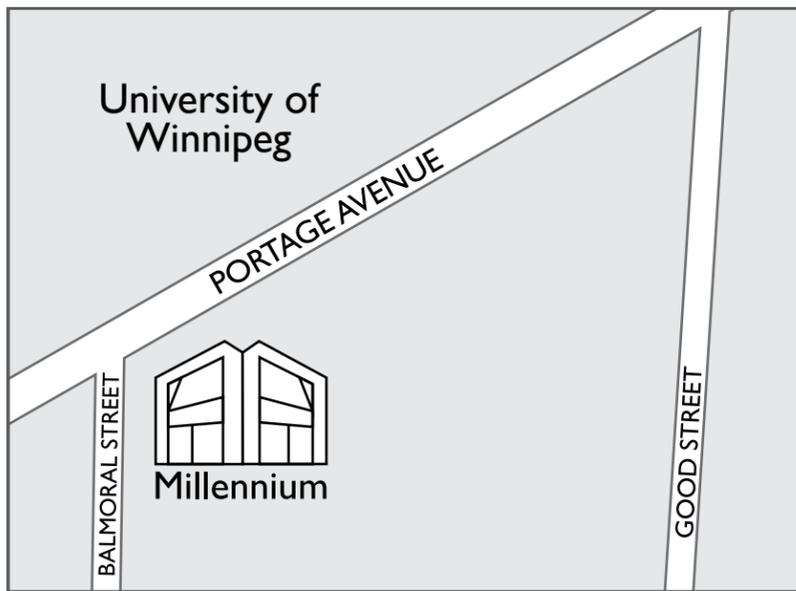
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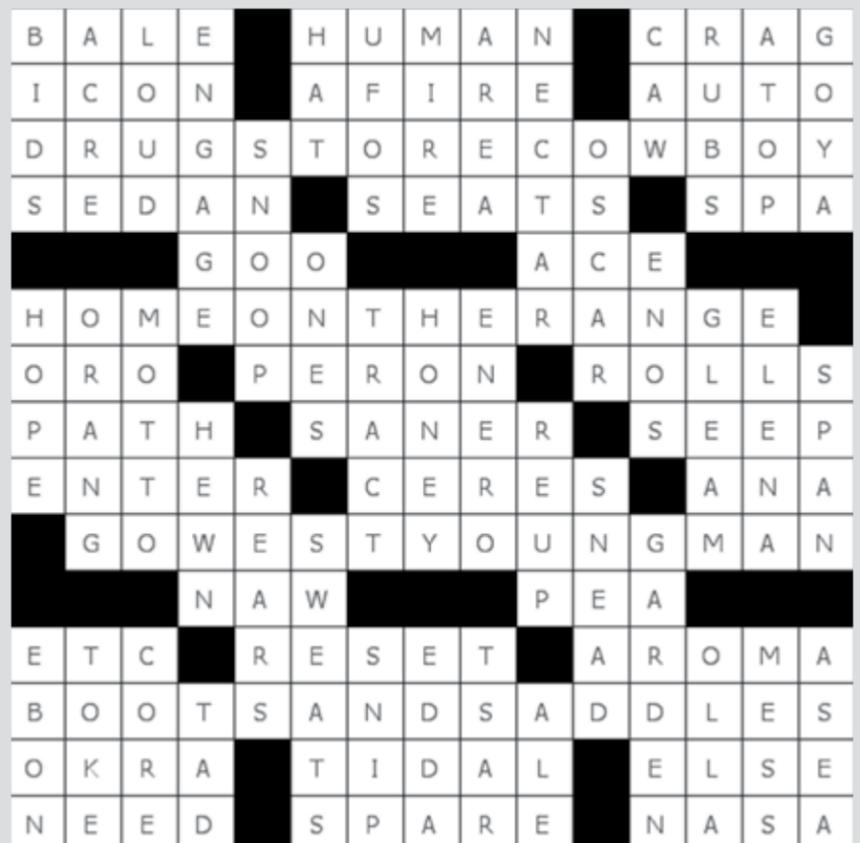
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STUDENT SERVICES

The Student Services staff of The University of Winnipeg provides the student body with information on upcoming events and opportunities:

AWARDS AND FINANCIAL AID

The following award applications are now available. Be sure to submit them before the end of the business day on the deadline date. Late applications will not be considered.

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

General Bursary

Do you need some additional assistance to make it through to the end of term? A bursary is a grant made to a student where the main selection criteria is financial need. Students must also have a minimum cumulative grade point average of 2.00 (C).
Deadline: Wed., Jan. 31, 2018

Graduate and Professional Studies Expenses Bursary

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

CAREER SERVICES

We have moved. Our offices are now located on the first floor of the Rice Centre. To book an appointment, please call 204.786.9257 or visit the Student Services front desk at 489 Portage Avenue.

ENGLISH LANGUAGE PROGRAM

Be a Home Away from Home: Host an International Student

The UWinnipeg Homestay Program is looking for welcoming homestay hosts for international students attending The University of Winnipeg.

Our students require a kind and hospitable home environment that provides healthy food, a private room with a bed and desk, a shared bathroom, internet, and access to laundry.

As a host you will receive a detailed orientation to get started, program support, a good allowance to offset expenses, and the chance to connect with people from all over the world.

To learn more or to apply for this rewarding opportunity visit uwinnipeg.ca/homestay, email homestay@uwinnipeg.ca, or call 204.982.6631.

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, 2018, 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.

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

STUDENT CENTRAL

Fall/Winter Term Courses

The final day to withdraw from a Fall/Winter Term (U2017FW) class is Wed., Feb. 14, 2018. No refund is applicable.

Courses are dropped through WebAdvisor using the "Register/Drop Course Sections" link.

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.

STUDENT WELLNESS

Bell Let's Talk Day and UWinnipeg

On Wed., Jan. 31, 2018, Canadians everywhere will talk, text, tweet and share as part of Bell Canada's annual Let's Talk Day initiative. The purpose: To fight stigma surrounding mental illness and raise funds for mental health in Canada.

During the week, join us for these activities on campus:

- Visit our table in the Riddell Hall atrium (Jan 29) and main floor Centennial Hall by Security (Jan 30 & 31) to participate in activities like making mood

beads and photo sharing, and to get information on mental health, mental illness and addictions.

- Attend a meditation session on Jan 29 or Feb 1 at 12:30 p.m. in the University Chapel in Bryce Hall.
- WEAR BLUE on Let's Talk Day, Jan. 31.
- Watch for "Blue the Campus" lighting in the Wellness Centre, Duckworth Centre, Student Services Centre and other spots on campus.
- Come out to the Wesmen home games on Feb. 3 - The Let's Talk initiative will be highlighted during the evening of women's and men's basketball.

For more information, go to: uwinnipeg.ca/student-wellness

STUDY SKILLS WORKSHOPS

The Study Skills series concludes next week with workshops on these topics:

- Academic Writing
- Memory & Test/Exam-taking Strategies
- Dealing with Stress: Exams/Tests/Class Presentations

The workshops are FREE to all students and no registration is required. All sessions take place in Room 1L11.

For details, please see: uwinnipeg.ca/study-skills

Un-Supermarket

by Sari Habiluk



@habilukartstudios on Instagram

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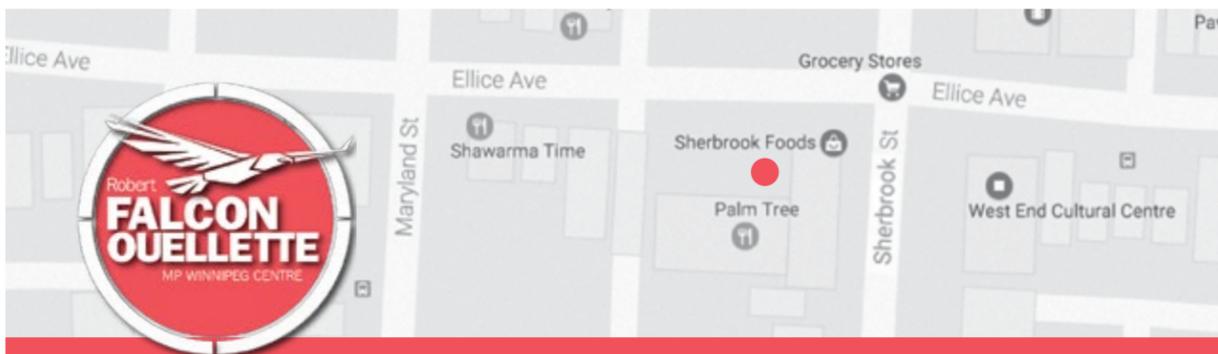


FASHION STREETER

Britany

"Me and my friends love to match, but they were all wearing black tonight ... I was like, 'I'm feeling a bit more hilarious than that.'"

PHOTO BY CALLIE LUGOSI



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