

THE

UNITER

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accessibility

and inclusion

**REDUCING BARRIERS
IN INSTITUTIONS**

**INDOOR PLANT
PRIMER P5**

**SPRING'S IMPASSABLE
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**BODIES BEYOND
PRODUCTION VALUE P13**

THE OFFICIAL STUDENT NEWSPAPER OF THE UNIVERSITY OF WINNIPEG

ACCESSING STORIES

We've got a bit of an accessibility theme happening in this issue. When there are so many stories being pitched on a topic (decoding: pitch is news speak for proposing a story), especially from so many varied perspectives, it's a clear sign that this is a necessary conversation that affects many people in our communities.

Our cover feature includes an overview of barriers to accessibility, and the steps that some organizations are taking to reduce these barriers. Campus reporter Skylar Smallacombe explores accommodations offered by Accessibility Services on campus, as well as work being done to address more invisible barriers to inclusion on campus.

Crystal Rondeau returns with her column, Crystal Clear, and offers a perspective on accessibility that's closer to home. For holidays and family events, what does accessibility look like? And how might close friends or family members, despite their best intentions, create additional stress, strain or unnecessary hurdles for those around them?

In the city section, Braiden Pergis digs into the question of city sidewalk clearing. Impassable sidewalks may be a minor inconvenience to some, and could also be a huge hurdle – and even a danger – for Winnipeggers with mobility issues or disabilities.

And in the comments sections, Megan Linton questions how people's value is linked to their productive potential and their bodies' capabilities while living under capitalism. She questions the motives behind initiatives to care for people, or to support self-care: Are people cared for (by themselves and others) because they're inherently worthy of care, or so that they can reach a higher level of productivity?

With a collection of talented writers exploring accessibility from many different angles, I hope this issue can work as a helpful introduction to current conversations about accessibility and inclusion.

– Anastasia Chipelski



* ON THE COVER

Julie Chapko is the volunteer accessibility co-ordinator for Pride Winnipeg. Read more about initiatives for inclusion on page 7.

DOWNLOAD OF THE WEEK

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STARLIGHT BY RAINE HAMILTON



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March 17 marks St. Patrick's Day, but there's more to the holiday than green beer and mythic snakes. The man who later became St. Patrick was born in England and brought to Ireland after being captured by pirates. After escaping and returning to England, he studied religion and later returned to Ireland to convert Celtic pagans to Christianity. St. Patrick's Day has historically been marked more by those outside Ireland than it has been on the island itself. The association with drinking is linked to the celebration of Lent, since the restrictions of Lent were often eased on the holiday, allowing those who abstained from drinking a day to imbibe.

ILLUSTRATION BY GABRIELLE FUNK

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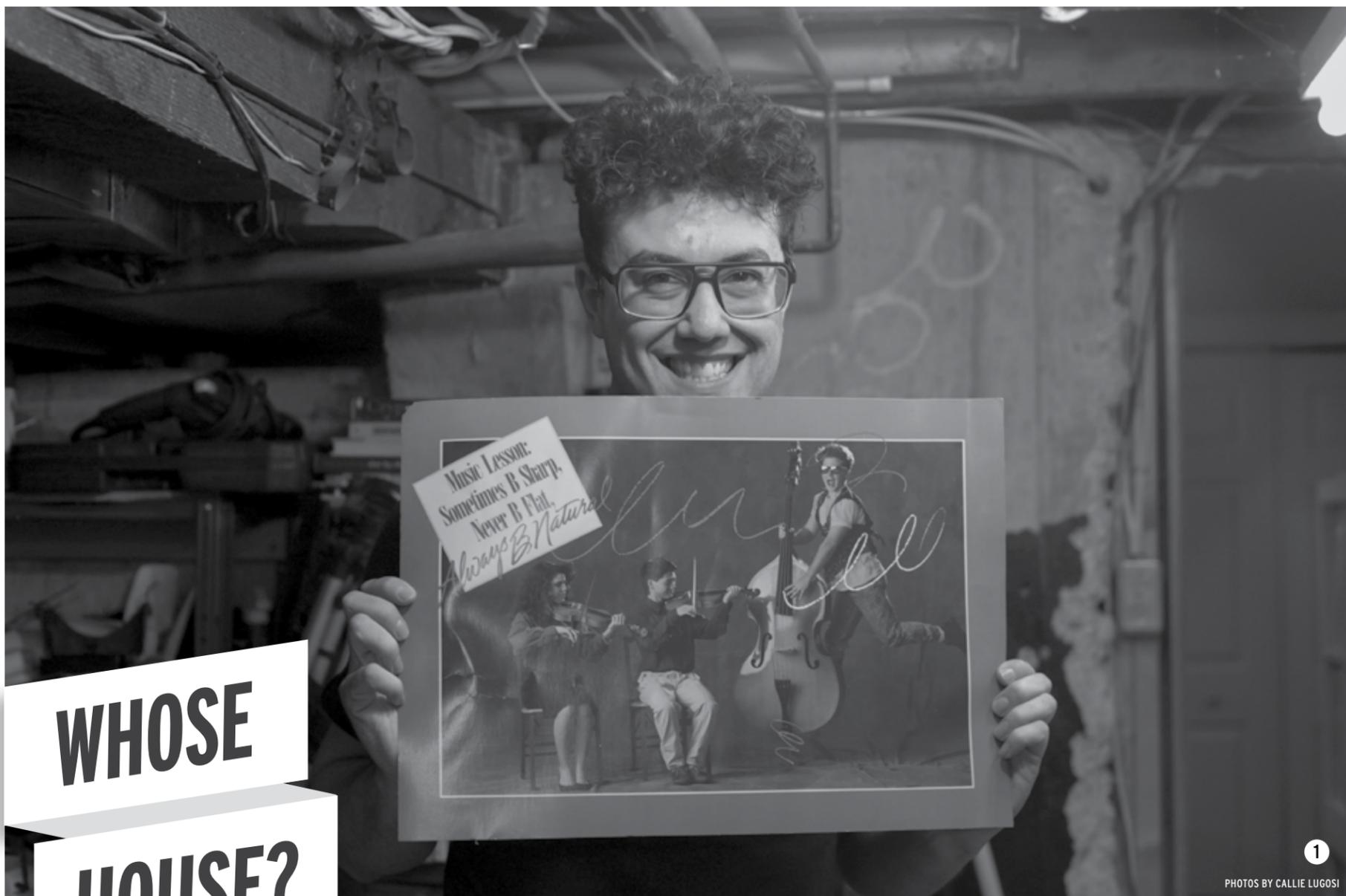
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Submissions of articles, letters, graphics and photos are encouraged, however all new contributors (with the exception of letters to the editor) must attend a 45-minute volunteer orientation workshop to ensure that the volunteer understands all of 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.



PHOTOS BY CALLIE LUGOSI

WHOSE

HOUSE?

DAMIEN'S HOUSE

THOMAS PASHKO

FEATURES REPORTER

@THOMASPASHKO

Filmmaker Damien Ferland's work often deals with the absurd and comedic. But his new web series *Hyper-Distracted* mines comedy from the uncomfortable and the personal.

"I go to different locations of awkward happenings in my life," Ferland says of the show. "Different jobs I've lost, awkward interactions I've had with people. In the show, I have a tendency to overreact to the things that have happened."

Each episode focuses on a particular topic, on which Ferland recalls revealing and embarrassing anecdotes. Some episode topics are broad, like childhood experiences, but others are incredibly specific, with his most recent episode focusing on one particular university course that led to several cringe-worthy moments.

"I hope to get people to tell stories about me (in future episodes)," Ferland says. "I'll just have to deal with it. They'll go on humiliating me, and I just have to stand there holding the microphone."

Ferland lives in the basement of his parents' St. Boniface home, a situation he explores at great length in *Hyper-Distracted*. It's an arrangement he and his family are happy and comfortable with.

"During my mid-20s, everyone was like, 'What's wrong with you!'" Ferland says. "You're crazy! You're in arrested development! Time to cut the apron strings! But now that I'm in my mid-30s, people are going, 'You're a genius!' I'm still just having the same problems I had 10 years ago anyway, so it doesn't really matter if I'm here or there."



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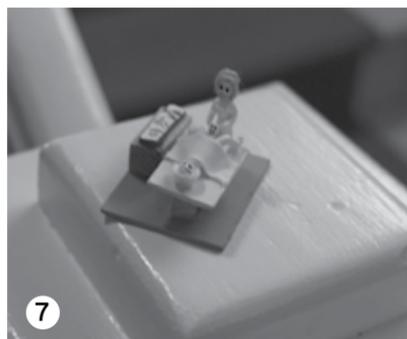
5



4



6



7

1) MOTIVATIONAL POSTER

"My friend Gwen gave me this. It says, 'Music Lesson: Sometimes B Sharp, Never B Flat, Always B Natural.'"

2) JON KROCKER TAPE

"I'm excited about this synth tape made in Winnipeg in 1982. It was made very independently. There are only so many copies. I met Jon, and he's a really sweet guy. He worked for Boeing and retired recently. He made a film called *38 Jansky Units* ... I remade it without his permission."

3) CRAWLSPACE MOVIE LIBRARY

"What you're going to find in here is a lot of the Criterion film nerd thing. It's not that exciting. I do have an autographed VHS copy of *Crime Wave*."

4) MARY HARTMAN, MARY HARTMAN

"I became obsessed with this show (and watched all) 325 episodes. It's a spoof of a soap opera. (Lead actress Louise Lasser) was in every episode, and they did five a week, so she kind of had a nervous breakdown. She was in every scene, so they took a long hiatus. It's interesting, because her character has a nervous breakdown in the show."

5) BJÖRK POSTER

"I saw her in concert in Queens in 2012. I bought a poster at the same time as the bassist from Cream (Jack Bruce) was there with his daughter. Later, I saw the documentary about (Cream drummer) Ginger Baker with my parents, and when (Bruce) showed up, I'm like, 'That guy was at the Björk concert!' Every boomer I know hates me for meeting him. I stole the setlist from that show."

6) "SEEING THINGS YOUR WAY!"

"My grandma was in an ad for the St. Vital mall. I think it's from 1989? I remember being seven at the time."

7) DAY OF THE DEAD BIRTH

"My friend got me this in San Antonio. She said it reminded her of me."

ARTS AND CULTURE BRIEFS

JAZ PAPAPOPOULOS // ARTS AND CULTURE EDITOR  @CULTURE_UNITER

Solhounds

Winnipeg heavy metal-grunge band Solhounds is getting ready for their debut release on March 16 before heading on an Eastern Canada tour with Toronto's SATE. They will kick off the tour with double release shows in Winnipeg on March 15 and 17 at The Handsome Daughter. Advance tickets are \$10, and the shows begin at 10 p.m.

Sign of a Place

Local artist Karen Cornelius will showcase their mixed media alumnigraph prints at X-Cues Cafe & Lounge. The exhibit, described as a "curated display of whimsy, humor (and) vision, using sign boards and posters from different parts of the world where the English language gets lost and found, in translation," will open on March 23 from 7 to 11 p.m.

Baking Show casting call

CBC's top-rated "The Great Canadian Baking Show" is looking for more amateur Winnipeg bakers for their second season. The show is facilitated by Proper Television, the same production company that hosts MasterChef Canada. Go to cbc.ca/life/greatcanadianbakingshow to apply to the casting call. Casting deadline is March 18 at midnight. Filming will take place this May.

North End theatre workshops

Sarasvati Productions is offering free workshops for North End youth. Professional Indigenous artists have been facilitating sessions on topics including work on the stage, writing and backstage work. Workshops take place on Mondays from 3:45 to 5:45 p.m. until the end of April at Children of the Earth High School. All North End youth are welcome to attend.

REAL Slick

On March 24 at the Marlborough Hotel, the Manitoba Energy Justice Coalition and the Student Pipeline Action Committee will host this fundraiser for resistance to the Line 3 pipeline. The event will feature live music, DJs, screen printing, hoop dancing, a photobooth and a raffle. Tickets range from \$15 to 20. Go to mbenergyjustice.org/real_slick for more information.

Want to get published?

The University of Manitoba's Centre for Creative Writing and Oral Culture posts calls for submissions for writing on their website. The calls are for many genres, including fiction, nonfiction, poetry, short stories, interviews, papers and more. There are also award and contest listings and conference calls. Check it out at umanitoba.ca/centres/ccwoc/opportunities/.



ACCESSING MUSIC THROUGH VISUAL ART

Winnipeg songbird advocating experiential music for listeners of all abilities

LIBBY GIESBRECHT

VOLUNTEER

Winnipeg musician and storyteller Raine Hamilton believes music should be accessible to all and has been putting this into practice in both her music and her performances.

A violin instructor for 12 years, Hamilton now works as a professional musician, touring across Canada and performing. She also spends time working with the Manitoba Arts Council, teaching bilingual workshops in songwriting and fiddle tune writing.

"I'm super grateful ... to be living the life I've dreamt of living," Hamilton says.

The songstress also holds a bachelor of music from the University of Manitoba and a master of arts in Medieval Musicology from the University of Ottawa.

Accessibility and inclusion, Hamilton says, are two of the key factors she takes into consideration when preparing to share her music. Incorporating American Sign Language (ASL) interpretation into her shows is one way she has been able to make music a more all-encompassing experience that is available to a wider audience.

The addition of ASL interpretation presents a visual component, as well as a deeper emotional dimension to the performance.

ASL interpretation involves Deaf individuals fluent in ASL working together with a hearing interpreter to enable conversation between Deaf and hearing individuals. Hamilton first came across ASL interpretation about a year ago, after her string trio was invited to create a video demonstrating the visual-performance art.

"It was there I learned for the first time that there is an audience of Deaf people who are interested in coming out to shows, and are interested in participating in that community and culture," Hamilton says.

Hamilton's first show with ASL interpretation was held last May at the West End Cultural Centre. On March 24, 2018, Hamilton's release party of her second album *Night Sky* will once again incorporate ASL interpretation, showcasing several Deaf artists.

One of the talented artists being featured, Jordan Sangalang, will be per-



Raine Hamilton is playing the West End Cultural Centre on March 24.

forming ASL poetry as part of the show's opening artist's circle.

"The first time (I met Raine) was like a blind date," Sangalang says. "She was discussing her performance and art ... we clicked. For me, signing is how I communicate."

"Sign language and art, when you combine them ... there are no boundaries, no limits."

Hamilton wishes to encourage any artists considering incorporating ASL interpretation into their own performances to embrace the opportunity.

"Accessibility is totally possible," Hamilton says, adding that it is her hope to increase access to art for everyone.

For cellist Natanielle Felicitas, who has now played in several performances that have showcased ASL interpretation, the experience has been fantastic.

"It's the first time I've worked with someone who's very intent on making it inclusive," Felicitas says. "I think that's a

brilliant idea. Music should be for everyone, not just people who can hear."

What can fans expect to see from Hamilton in the future? Touring for *Night Sky*, a potential European album release and a whole lot more music.

"I feel really strong, and I feel at ease in myself," Hamilton says. "I really like the saying that 'luck is opportunity met with preparation,' and I am really lucky that I've been able to take advantage of opportunities."

"My plan is just to create and to grow in whatever direction I'm drawn to."

i Raine Hamilton's *Night Sky* album release will take place March 24 at the West End Cultural Centre (586 Ellice Ave.), starting at 8 p.m. Tickets are \$15 in advance and \$20 at the door. The venue is wheelchair accessible, with gender-inclusive washrooms.



A selection of plants at Verde plant shop on Graham Avenue

UNCONVENTIONAL SPACES FOR GROWING

Tips and tricks for maintaining indoor greenery

CHARLS MORIN

ARTS REPORTER

 @CHRLSMORIN

Houseplants need care that mimics their natural environments. Keeping up houseplants can be challenging for anyone living in an apartment, where there often aren't many spots with direct sunlight, and humidity levels can be difficult to regulate.

Dominika Dratwa, owner and main designer of Verde Terrariums, explains that the main difference between having plants indoors and outdoors is light. Other factors are scale and exposure to insects.

Humidity levels are integral to maintaining houseplants.

"Houses tend to be very dry, and you don't have that sort of natural humidity," Susan Jensen Stubbe, owner and operator of Jensen's Nursery, says.

A great starter plant for low-light parts of the home are sansevieria, commonly known as snake plants.

"They also don't use a lot of water, which is great, so if you're busy and if you're travelling, you can sort of neglect them a bit," Dratwa says. Snake plants also have excellent air purification properties.

The *Zamioculcas zamifolia*, commonly referred to as the ZZ plant, also does well in lower light. *Spathiphyllum*, or peace lilies, are good for partial lighting and are great air purifiers as well.

"They have a flower, so they add a touch of elegance into the home instead of just green, and they're quite beautiful," Dana Mistafa, greenhouse manager at Sheldermine Garden Centre, says.

While the snake plant doesn't require much watering, the peace lily does. This may influence a person's decision on which one they want to look after.

Stubbe swears by water moderation. She says she watches the water level in her plant pots and often lets the soil dry out a bit between watering.

"It's a bit of a back-and-forth and getting to know your plants," Stubbe says.

"There's two types of plant people: the people that don't water or that underwater ... and there's the very overly worried sort of people that really like to maintain something almost too much," Dratwa says. She places herself in the former category.

Dratwa says that plants such as the peace lily and ferns, which originate from the jungle and have evolved with lots of humidity and without much direct sunlight, require extra watering. The peace lily is a good option for the over-waterers, unless they tend to travel frequently.

The amount of sun exposure required differs with the plant as well, and although most succulents do best in a bright southern exposure, they can thrive in a west-facing window as well.

"West is also really good light. It's a bit more harsh than east light," Dratwa says.

Western exposure is good for monstera, philodendrons and peace lilies, which do well in partial light. This means they can thrive in lower or higher light.

Philodendrons are a good in-between, because they don't require much light or watering. She says that calatheas can be beautiful, but they are a lot more sensitive.

"It cannot take any direct light, but it really needs to be humid, but we always warn people ... they have to have it in the bathroom where it's more humid, or for some of the more sensitive plants, we recommend a humidifier in the room," Dratwa says.

The ZZ plant and snake plant thrive in dry environments, because they originate from drier climates. Snake plants are actually a succulent, but their leaf structure means that they can stretch out and reach for more light without losing their shape.

Dratwa says that although colourful

succulents are beautiful, the green ones are easiest to look after. This is because they require a bit less sunlight, due to the relation between their pigmentation and the photosynthesis process.

A good partial light succulent is haworthia, due to the fact that it evolved to grow mostly under rocks.

"Succulents are probably your most forgiving plants. You can not water them for two weeks, and they're quite happy," Stubbe says. She explains that many of them can go into a more partial light.

"If you neglect them, they're happier," she says.

Succulents also thrive in most container types. Stubbe says that it's important to make sure a container with no drainage dries out between watering, otherwise the plant might drown. Some plants prefer misting to maintain the leaves, according to Stubbe, whereas others will get spotted leaves from this.

Mistafa says that moisture and humidity are important to remember when it comes to indoor plants. She says a pebble tray can work to create a humidity bubble around the plant.

"It's essentially a saucer with rock in the bottom, and so you'd place your decorative pot on top, and that rock will have a little bit of water in it," she says.

Mistafa explains that because houses tend to be dry, it's important to maintain a plant's moisture by watering them as often as they need, but also to spray the leaves every now and again to rinse them off.

She says that tropical plants, such as palms, especially like this, since they're coming from a humid climate or jungle.

Dratwa says that she does a lot of research to fit the plant to the person.

"We do help people with this quite often. We try to carry plants that people have success with," she says. She explains that they give a lot of information and make decisions based on watering style and light availability.

The benefits to mental health from having indoor plants are great. Dratwa discusses increased relaxation and concentration, as well as adding a general sense of peace.

"I think a plant turns a house into a home," she says. "Having plants can really help to elevate your mood and give you that connection that we all crave to nature."

 Check out verdterrariums.com for tips and tricks on spring houseplant prep.



Dominika Dratwa recommends sansevieria, or snake plants, to start with (snake plant top left).

CKUW TOP 30

March 5 - 11, 2018



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

TW	LW	C	ARTIST	ALBUM	LABEL
1	NE	*	Minor Empire	Uprooted	Self-Released
2	7	*	U.S. Girls	A Poem Unlimited	Royal Mountain
3	1	!	Propagandhi	Victory Lap	Epitaph
4	4	!	Marshall Birch	Dog Daddy Yeah	Transistor 66
5	6	*	The Pack A.D.	Dollhouse	Cadence
6	2	*	The O Voids	Data	Sounds Escaping
7	19	*	Ought	Room Inside The World	Royal Mountain
8	5		Bjork	Utopia	One Little Indian
9	8	*	Slow	Against The Glass	Artobject
10	9	*	Gordon Grdina Quartet	Inroads	Songlines
11	18	!	Mmmeats	Mac 'n Me	Transistor 66
12	RE	*	Little Miss Higgins	My Home My Heart	Self-Released
13	RE	*	Boogat	San Cristobal Baile	Maisonette
14	3		Boubacar Traore	Dounia Tabolo	Lusafrica
15	RE	*	Brenda Navarrete	Mi Mundo	Alma
16	11		Hailu Mergia	Lala Belu	Awesome Tapes From Africa
17	14	!	The Vangoras	The Vangoras	Self-Released
18	RE	*	Alvvays	Antisocialites	Polyvinyl
19	10	*	Valiska	On Pause	Trouble In Utopia
20	RE	*	Whitney Rose	Rule 62	Six Shooter
21	NE	*	The Confabulation	Tunnels And Visions	Self-Released
22	29		Prettiest Eyes	Pools	Castleface
23	22		Louisahhh	A Trap I've Built	RAAR
24	20	*	Jean Derome	Resistances	Ambiances Magnetiques
25	13		Primus	The Desaturating Seven	ATO
26	21		Colleen	A Flame My Love, A Frequency	Thrill Jockey
27	25		King Krule	The OOZ	True Panther Sounds
28	NE		Yo La Tengo	There's A Riot Going On	Matador
29	RE	!	Comeback Kid	Outsider	New Damage
30	27	*	Whimm	A Stare Ajar	Pleasance

CRIT PEG



SUPPLIED IMAGE



Human Music

Self-titled

Independent

With most of the music industry relying on computers and machines to play music, the local indie band Human Music takes it back a few decades to when the music was still played by humans.

Their latest album (which is also called *Human Music*) was released back in December of last year. This album consists of a blended style of folk and punk. Their sound

feels like it was heavily influenced by the British pop of the '60s and the American folk of the '70s.

Most of the songs are upbeat and have a high energy behind them. An exception is the chill, low-tempo instrumental song "King Chrome," which gives the album a nice contrast.

The dominating part of each song is the riff that starts at the beginning and is consistently referenced until the end. The riffs are catchy and interesting to listen to but could benefit from more variation to expand their musical ideas.

A highlighted song on *Human Music* is called "Sending Messages" and is about a social disconnection from the rest of the world.

Lyricaly, this album deals with some intriguing topics, while at the same time musically creating a positive and relaxing vibe. They sound like a fun band to hear live with their personalities and charisma being reflected in their music.

The album was recorded with a crisp and clear sound with all the instruments mixed nicely together. You can check out the album *Human Music* at Human Music's Bandcamp page.

-Alex Roberecki

SEA LEVELS

THOMAS PASHKO

FEATURES REPORTER

@THOMASPASHKO

Laine Groeneweg show runs at Martha Street Studio until April 14

Laine Groeneweg's *Sea Levels* is a collection of works derived from aquatic dreams. Utilizing traditional printmaking techniques dating back centuries, Groeneweg's work examines oceanic imagery with a storybook cadence and a fairytale sense of darkness.

Through processes like drypoint and mezzotint printmaking, Groeneweg's work elicits a tactile feeling that seems to emit from the imagination of a time long gone. The etchings and engravings stylistically recall illustrations of old books set on the high seas, but they feel less like the images that would accompany Melville or Verne, and more like what would appear on Ahab or Nemo's bookshelf.

The mezzotint pieces are the stand-out works of *Sea Levels*. A process that "creates tones rather than lines," mezzotint results in a softer, smokier image than is typical in modern prints.

Through his understanding of the play between light and shadow, Groeneweg manages to get a diverse body of results through the medium. Some works (*Captain's Lookout*) recall the hazy, smudgy look of M. C. Escher's lithographs, while others (*Navy Seal*) have the clarity of photographs, making their surrealism all the more pointed.

Groeneweg's drypoint pieces are more obviously concerned with the icons of nautical imagery, be they anchors, ships'

wheels or buoys. They're simple geometric compositions, with the object placed in the centre of an otherwise blank page. But the bluish ink, softly textured against grainy paper, gives the objects an ancient feel, emphasizing that the work is more about the iconography than the object.

That emphasis on iconography, on the cultural idea of the aquatic rather than the literal, permeates *Sea Levels*. It's a show full of "oceanic" symbols and icons, but the show itself is not about the ocean - it's about the symbols.

The show isn't trying to examine "the ocean" in any kind of literal way. His symbols melt together into one subconscious brew, occupying the same hypnotic dreamspace as silent movies and magic lantern shows.

Adding to that silent film-style hypnosis is the fact that the work in *Sea Levels* is largely monochromatic. There's also a wonderful embrace of silent movie artifice. While the images all ostensibly take place underwater, there's almost no water to be seen. Instead, the images resemble the dry-for-wet photography of the underwater scene in Melies' *A Trip to the Moon*, which is all the more wonderful for its obvious falseness.

The best moments in *Sea Levels* come when Groeneweg pierces the absurdist bubble in which the show exists. In a few key pieces, his images of dreams subtly incorporate the dreamer. We see a child in the bathtub standing at the bow of their imaginary ship. A diver poses, ready to plunge, but instead of water, they stand in front of the pages of a book. From its folds emerges the tentacle of some unseen sea beast. A walrus sports sunglasses and necklaces, the handwritten, penciled caption declaring his name to be "Big Poppa."



accessibility and inclusion

WORDS BY Skylar Smallacombe

 @SKYSMALLACOMBE1

PHOTOS BY Daniel Crump

 @DANNYBOYCRUMP

Persons with disabilities often face a lack of accommodation, support and funding, as well as experiencing widespread bullying and exclusion, according to the Canadian Human Rights Commission. Accessibility and inclusion can benefit people everywhere, whether that's in schools like the University of Winnipeg (U of W) or workplaces like Pride Winnipeg.

Julie Chapko, the accessibility co-ordinator for Pride Winnipeg, says that accessibility is important because it removes barriers that have been created in society.

"Being accessible and inclusive allows us to celebrate individuality and embrace differences, but most importantly, it provides everyone with amazing solutions to everyday obstacles that you might not otherwise have thought about," Chapko says.

These everyday obstacles can include daily tasks like sweeping, driving or cooking.

According to UNESCO guidelines, "inclusion has to be seen as a never-ending search to find better ways of responding to diversity."

COVER FEATURE CONTINUES // NEXT PAGE 

Continued from previous page.



Inga Johnson Mychasiw is the director for student support services at the University of Winnipeg.

“(T)here are many kinds of barriers. Some are visible. Many are invisible.” -CANADIAN HEARING SOCIETY

An example of the never-ending search is with Pride Winnipeg.

Chapko says that accessibility and inclusion mean everyone has the right to experience Pride, to enjoy the events and feel safe and supported while taking part. Chapko also says they ensure that all venues, sidewalks and festival grounds are accessible.

“Once we’ve accomplished a standard for the physical aspects, we then want to engage with other communities, gather their input, work with them to solve problems and make them part of the solutions,” Chapko says.

There are many ways to make institutions more accessible and to remove barriers for various groups. People with chronic illnesses could benefit from being notified about work to be done and from working in teams. People with varying levels of vision should have hard or digital copies of materials, according to the Blind New World website. The use of gender-neutral language can reduce barriers for those of diverse gender and sexual orientations.

ACTING FOR ACCESSIBILITY

The Accessibility Manitoba website states “Manitoba is committed to becoming an inclusive society. The Accessibility for Manitobans Act (AMA) outlines a clear and proactive process to identify, remove and prevent barriers in key areas of daily living.”

According to the Accessibility Manitoba website, in December 2013, the AMA came into effect, and the Manitoba government will develop mandatory

accessibility standards that address barriers for Manitobans with disabilities in areas like living and education to create significant progress by 2023. These standards will apply to all public and private sectors, like the U of W, according to the Accessibility Services (AS) website for the U of W.

Inga Johnson Mychasiw, director of student support services at the U of W, says that AS staff support the AMA in the work they do every day.

“Staff are members of the Accessibility for Manitobans Act Committee on campus, where they actively participate in the work we are doing to ensure the university is in compliance with the act ... They have participated in training offered by the Disability Issues Office of the province of Manitoba and promote accessibility on campus on an ongoing basis,” Johnson Mychasiw says.

According to Inclusion BC, historically, it was a practice to label people with developmental disabilities with derogatory terms and place them in institutions or in segregated schools or workplaces where they didn’t have a lot of rights. People with disabilities would be forced to live in group homes away from their friends and family, sometimes for their entire lives.

In 1996, British Columbia became the first province to close all of its large, segregated institutions for people with developmental disabilities. Today, people who were once segregated are now integrated into society and participating as citizens in their communities.

INCLUSION ON CAMPUS

With AS, students can request academic accommodations but still be part of the everyday things happening on campus. Students with a disability – like cerebral palsy, for example – may not be able to take tests or exams under the typical classroom settings, as they may not be able to write fast enough or legibly.

Johnson Mychasiw says AS supports reducing the stigma or negative stereotypes that can be associated with persons with disabilities through positive messaging. AS tries to make an awareness for the work that they do with sessions that are developed and facilitated on the U of W campus.

Johnson Mychasiw says the U of W supports the idea that everyone will benefit if barriers to accessibility are reduced.

“Students with disabilities can face a range of barriers in their lives and in their educational pursuits. These may include attitudinal, communication, physical and transportation barriers, among others. Accessibility Services tries to collaborate with students, faculty and staff to provide accommodations and reduce the barriers our students face in their studies and on campus,” Johnson Mychasiw says.

Students with various forms of disabilities have another option, which is working with AS at the U of W. They work with the students, faculty, and staff, AS and Deaf & Hard of Hearing Services (DHoHS) to create and promote growth of accessible learning environments, so that students with disabilities and medical conditions have the chance and options to participate fully in all parts of campus life, the AS website states.

Johnson Mychasiw says “students may self-identify as a person with a disability and/or want to explore options for services from AS. If so, they can contact

AS and request an intake appointment. In order to receive services from AS, medical documentation which includes functional limitations and accommodation needs is required, but the name of a student’s specific diagnosis is not.”

Some examples from the website that AS can help students with are “anxiety/depression, attention deficit/hyperactivity disorder, blind or low vision, chronic medical condition, deaf/hard of hearing, learning disability, physical/mobility or a temporary disability.”

INVISIBLE BARRIERS

The Canadian Hearing Society (CHS) says barriers like not being able to enter an establishment because there is no ramp can be obstacles. They can make it difficult or impossible for people with disabilities to do things able-bodied people might take for granted, like going shopping, working or taking public transit.

“When we think of barriers to accessibility, most of us think of physical barriers – like a person who uses a wheelchair not being able to enter a public building because there is no ramp. The fact is there are many kinds of barriers. Some are visible. Many are invisible,” the CHS website states.

Examples of invisible barriers are poor lighting for people with low vision, parking spaces being too narrow for someone with a wheelchair or a hiring process that is not inclusive of persons with disabilities.

U of W Accessibility Services works with universal design as another means to aid students with various forms of disability.

The university refers to the City of Winnipeg’s definition of universal design, which is:

“The practice of designing environments, information, communications and transportation that can be efficiently used



(Top left) A sign displayed at the University of Winnipeg's Accessibility Services office (Bottom left) Brochures at the Accessibility Services office (Right) Deborah Stienstra's book *Disability Rights* at the U of W library.

by people with a wide range of abilities operating in a wide range of situations. It is about putting people first, providing the same opportunity for accessing services, landscapes, buildings and information to young and old, with or without disabilities regardless of life circumstances to the greatest extent possible.”

Accessibility Services has used this concept in the ramped entrance to Leatherdale Hall, bathrooms in the Axworthy Health & RecPlex and smooth flooring in the new Accessibility Services spaces Johnson Mychasiw says.

Deborah Stienstra, formerly of the University of Manitoba and currently working at Guelph University, writes about inclusive design in the book *About Canada: Disability Rights*.

“Canadians with disabilities face barriers in many parts of society as a result of environments – physical, natural and technological – that have been built to accommodate able-bodied people,” Stienstra writes in chapter four.

An example of an accommodation for able-bodied people that doesn't always help people with disabilities, especially those with vary levels of sight are lights turning on as someone would be entering a room.

“Electrical lights in a room give access and support to those with sight but are irrelevant to those who are blind. We as a society accept the need for lighting and do not see it as an accommodation. Yet we resist accommodations or universally designed initiatives that would bring the same sense of inclusion for people with disabilities,” Stienstra writes.

CHRONIC ILLNESS

Accessibility and inclusion don't just pertain to people with physical disabilities, but also to those with chronic illnesses.

“Services (at the U of W) are the same for students with chronic illnesses as they are for students with other types of disabilities,” Johnson Mychasiw says.

The Manitoba government website defines chronic disease as an overarching term used to define a group of people with different conditions that have existed for a long time, such as Type 2 diabetes, heart disease and stroke, among other medical complications.

Susan Wendell, a professor at Simon Fraser University, writes about persons with chronic illnesses in an article in the book *The Disability Studies Reader*.

“In order for people with impaired energy to participate as equals, the relationships between time, energy and power will have to be discussed openly and negotiated,” Wendell writes.

As someone with chronic migraines, Blaire Trelinski says her experience has affected both how she learns and works, as well as her ability to make plans and stick with them.

“I feel a lot of personal pressure due to what I say I am going to do, but there is no working through migraines, so sometimes I've had to learn to step back and say 'I can't,’” Trelinski says.

Since there are no external indicators of a migraine for Trelinski, she says an accommodation is to just believe her when she says she's had a migraine.

INCLUSION THROUGH LANGUAGE

When talking about inclusion and accessibility, it is important to remember groups of people like those of the LGBTQ+ community and the use of pronouns for people of diverse gender identities.

According to the Ontario Human Rights Commission (OHRC), “Gender identity is each person's internal and

“In order for people with impaired energy to participate as equals, the relationships between time, energy and power will have to be discussed openly and negotiated.”

-SUSAN WENDELL

individual sense of being a woman, a man, both, neither, or anywhere along the gender spectrum. Personal names and pronouns are two fundamental ways we express gender and how others perceive our gender. Traditional gender pronouns (she/her, he/him) do not fit everyone's gender identity.”

Pauline Greenhill, a women and gender studies professor at the U of W, says pronouns are important.

Greenhill says for her students in class, using pronouns raises an awareness in all students. Greenhill began getting students to put their pronoun on their classname card because of a suggestion by a colleague, Sharanpal Ruprai.

“Students don't want to be offensive, and this helps them work co-operatively with their classmates. I don't want to be offensive either, and it helps me,” Greenhill says.

Johnson Mychasiw says the U of W doesn't have a policy on pronoun use but that it is respectful to ask about an individual's preferred pronouns and then use them.

TRIGGER WARNINGS

The University of Waterloo Centre for Teaching Excellence says that trigger warnings can be defined as “a statement made prior to sharing potentially disturbing content. That content might include graphic references to topics such

as sexual abuse, self-harm, violence, eating disorders, and so on, and can take the form of an image, video clip, audio clip, or piece of text.”

Certain content can have an impact on the well-being and academic performance of students who have experienced some form of trauma. Some students may benefit from a warning on certain topics, so they can prepare to participate in discussion. Giving this warning can give students control over their learning, the University of Waterloo says.

Greenhill says that including trigger warnings is important. She says that she wouldn't call them trigger warnings though (as they have a certain militaristic connotation or metaphor attached). She would just call it an awareness.

The University of Waterloo says that trigger warnings don't mean that students can exempt themselves from finishing coursework. The hope is the student that is concerned about being re-traumatized is honest and privately informs the professor of their concern. The student and professor would then find an accommodation for the student.

Everyone can benefit from accessibility being a large part of society at every level, whether it be smooth surfaces, accessible buttons for doors or having digital and hard copies of documents available.



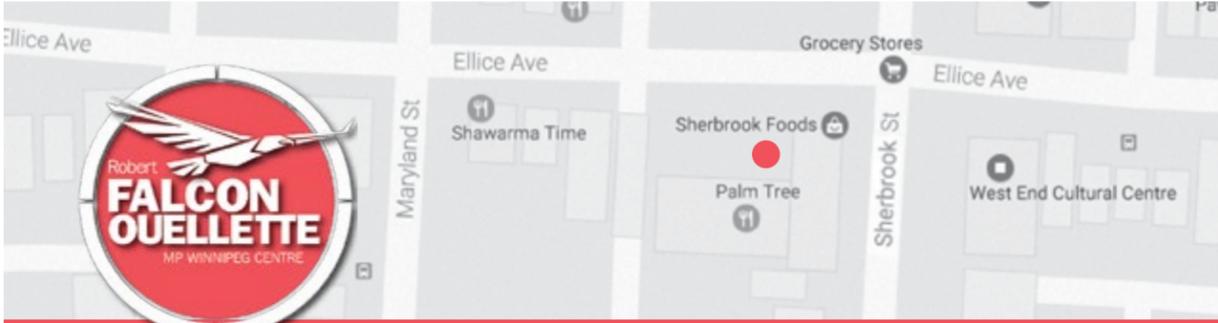
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CRYSTAL CLEAR

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STRUGGLING TO CELEBRATE

With the holiday season passed and spring on its way, many of us have gone to family get-togethers, and many of us have some coming up.

Family events and holidays can be stressful for anyone, but for people with a disability or chronic illness, they can be even more difficult, because a lot of family members and friends just don't understand what comes with being disabled or chronically ill.

That's not saying they don't care – they just don't live with it every day. They don't understand that people with chronic pain are easily exhausted from trying to manage the pain and have to prioritize their activities. Or that a person who is on chemotherapy has a weakened immune system and shouldn't be around large groups of people or people who have a cold.

The "obligation" to go out when they are already tired, not feeling well or fatigue easily makes family get-togethers more stressful for chronically ill and disabled people. I say "obligation" in quotations, because most families aren't going to get mad if the disabled or chronically ill person is unable to go, but they generally feel guilty cancelling on people.

I'm disabled and chronically ill myself, and I bail on plans a lot because of my health. I have had to learn to not feel



ILLUSTRATION BY BRAM KEAST

guilty about doing what's best for my body, and it's not easy.

The second thing that makes these occasions difficult is food – a feast of delicious food is central to many family gatherings. But what happens if you are a person who can't eat, has food allergies or is on a special diet?

Celiac disease causes an immune reaction to eating gluten, a protein found in wheat, barley and rye. This reaction damages a person's small intestine lining and prevents absorption of some nutrients (malabsorption). The intestinal damage often causes diarrhea, fatigue, weight loss, bloating and anemia, and can lead to serious complications.

So people with celiac can forget about eating buns, pies, cookies, brownies, pastas and casseroles.

Patients with fibromyalgia can experience disabling fatigue, aching muscles, fever, headache, muscle spasms, sensitivity to light and heat, sleep disturbances, swollen glands, upper respiratory tract infections, difficulty concentrating, fever, irritability, loss of appetite and depression. Because of these symptoms,

they often don't eat very much.

"Sometimes I eat totally fine, and then other times, I can go days without touching food. Then there's the days where I'm starving, but the thought or sight of food makes me nauseous," my friend Amber Smith, a young woman who lives with fibromyalgia, says.

Yet if chronically ill or disabled people don't eat at these family gatherings, they could get comments like "why aren't you eating?" Or "that's all you're going to eat?" There can be a pressure and almost an obligation to eat, but then there are also consequences for eating, such as throwing up, stomach pain or diarrhea.

Family gatherings can also be more stressful when family members are smokers. Any person who has a respiratory condition should not be around second-hand smoke, whether they have asthma, cystic fibrosis, chronic lung disease or are tracheated and ventilated like me.

However, if the event is at someone's house, most family members won't smoke outside or get annoyed when I ask them to, because they don't understand. Their reasoning is if they aren't smoking right

beside someone who has poor lung condition, that's good enough, but it's not.

Many houses are also not wheelchair accessible, so if you're a person in a wheelchair like me, it's not really fair to have to come out of the wheelchair and be immobile.

All in all, family gatherings can be stressful, but they can still be enjoyable. Try to be mindful that if a person isn't eating anything or much at all, there's probably a reason.

And for those with illnesses, remember that our families aren't trying to be rude or uncompassionate; it could simply be that they don't understand what's going on. So explain it if you're comfortable with that – that's what I do when people don't understand something about my health, and it can be helpful.

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.

NEWS BRIEFS

DANELLE GRANGER // CITY EDITOR @DANELLEGRANGER

Virtuosi presents "Palette of Colours"

Virtuosi Concerts is presenting "Palette of Colours" featuring Nikki Chooi and Timothy Chooi and Philip Chiu. The event takes place on Saturday, March 17 at 7:30 p.m. in Eckhardt-Gramatté Hall. Tickets for adults are \$40, people under 30 get tickets for \$23.10, and students can get tickets for \$13.65. For tickets, please call 204-786-9000.

Producing gang territories

All are welcome at a talk titled "Policing 'The Box': Patrol and the Production of Gang Territories" by Amelia Curran, a PhD candidate in the Department of Sociology and Anthropology at Carleton University. The lecture is presented by UWinnipeg's Department of Criminal Justice. The talk is on Wednesday, March 21 from 12:30 to 1:30 p.m. in Room 2M70 (Manitoba Hall).

Cultural appropriation panel

The Department of English invites the UWinnipeg community to attend its 2018 winter lecture series, "Discourses Of Adoption, Deportation, And Cultural Appropriation." Dr. Bruno Cornellier and Dr. Jenny Heijun Wills will be the two professors on the panel. The talk takes place on Wednesday, March 21 from 12:30 to 1:30 p.m. in Room 2M64 (Manitoba Hall).

Pilot of crisis text line for kids

Confidential support for young people in Manitoba is just a text away with the pilot introduction of Crisis Text Line, powered by Kids Help Phone. Manitobans can text TALK to 686868 on any text/SMS-enabled cell phone to access help whenever they need it most. Kids Help Phone's phone counselling and Live Chat service continue to remain available, where anonymous, professional counselling is provided.

Pinball PopUp Arcade at Forth

The Manitoba Pinball League, Phantom Amusements and Forth Projects are excited to announce the biggest Pinball PopUp Arcade that Winnipeg has ever seen. Thursday, March 15 will be the official launch party. There will be a series of events and competitions throughout the duration of the popup. Check out Pinball PopUp Arcade at Forth on Facebook for more information.

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BEHIND THE ROCK WALL

Youth for Christ explains their programming and growth in the past few years

BRAIDEN PERGIS

CITY REPORTER



Youth for Christ's (YFC) decision to build near the North End has stirred up some controversy.

YFC addresses the Winnipeg community's questions around the purpose of the organization as well as any stigmas that come with its name and history. YFC is a faith-based not-for-profit in Winnipeg, running for over 60 years. According to a report, written by Amber Skrabek, the director of communications for the organization, YFC is not a church, but it works with churches, schools and other services that help teenagers.

In 2014, CBC reported that YFC broke its promises by not serving aboriginal youth in the Point Douglas community due to cost and limited hours of operation. The YFC building is located on

King Street and has since updated their goals to providing "ongoing relationships with caring adults" and "opportunities to give back through community service."

"I've never really seen any staff or people from that organization engaging kids in the neighbourhood. I've never heard of any kids in my neighbourhood say, 'Oh yeah, I was bored, and I went out and did some rock climbing,'" Talia Syrie, the owner of The Tallest Poppy and a local community member, says.

She thinks that one of the reasons that people may be thrown off or feel unwelcome by YFC and their programs is the Christian label being placed upon all of their work. This label might make children feel "uncomfortable," she says.

Skrabek says that although Christianity is mentioned in the organization's title, it accepts youth from all religions to participate in their programming.

"We are open to all youth of any backgrounds. We have a lot of people from everywhere, who believe everything," she says.

Skrabek says that their goal is to make sure there is an activity for all youth that attend programming, such as the Edge Skatepark. Workers and volunteers maintain the safety of the area by placing all spectators in the viewing area, rather than having them on the floor with the teens.

This space is used mainly in the winter, and volunteers take the kids to local skate parks during summer. Other programs include the Masterworks dance studio, counselling for teen parents, after-school soccer programs, a rock climbing wall and



The Youth For Christ building on King Street

Workforce, which helps older youth prepare for future jobs.

Skrabek adds that there were approximately 9,000 kids in programs at YFC in 2017.

"To be able to centralize a lot of our programs, and to be just at the centre of the city and at the cusp of the North End, I think has really made us available to more kids," she says.

The director of communications position, created one year ago and now held by Skrabek, was made for the sole purpose of reaching out to the community so

they know what YFC is doing.

Skrabek says being a not-for-profit places some limitations on the organization. All programs are funded by donors, funds are not used toward advertising, and workers must personally reach out to donors, such as friends and family members to create their salaries before they begin to work at YFC.

Right now, YFC is trying to reach out to inner-city schools, to allow them to hold their physical education classes at the YFC building.

PROFILE



PHOTO BY DANELLE GRANGER

WILLIAM RORY DICKSON

ASSISTANT PROFESSOR, RELIGION AND CULTURE

DANELLE GRANGER

CITY EDITOR



Professor William Rory Dickson began teaching at the University of Winnipeg in 2015 in the Religion and Culture Department. Dickson specializes in teaching Islamic religion and culture.

Dickson and co-author Dr. Meena Sharify-Funk are having a launch on Thursday, March 15 for their new book *Unveiling Sufism From Manhattan to Mecca*.

"That's our attempt to answer that question – what is Sufism? I think what's interesting about Sufism ... you could say it's a form of Islamic mysticism or Islamic spirituality," Dickson says. "It's a mystical approach within the tradition that tends to emphasize things like love, relating to God and the universe and others based on the principle of love."

Dickson says one thing he learned from working on this 10-year-long project was the multidimensionality of Sufism.

"It's really a phenomenon that has many dimensions. Sufism has also been involved in various political situations, so one of the things we tried to do in the book was, in each chapter, describe Sufism in relationship to politics, in relationship to philosophy and art and culture," he says. "We wanted to give the

reader a sense of these many dimension this tradition has manifested with."

Dickson says Sufism is commonly associated with the 13th century Persian Muslim poet Rumi.

"Those of us who study the subject, at least most of us are, are pleased to see that Beyoncé and Jay-Z just named one of their twins Rumi after the Sufi poet ... Rumi is someone that's become a pop culture phenomenon and an example of Sufi poetry that's become popularized," he says.

"At a time like this, when we are seeing Islamophobia become a really dangerous problem where people are reducing Islam to one particular political expression or ideology, they're reducing it to the extreme acts of a small minority within the tradition."

Dickson says publishing a book with this content is a way to look at the "amazingly rich tradition of love, poetry, spirituality, fantastic architecture, art and calligraphy" found in Islam.

"Islam is such a rich tradition culturally, and all of those things get missed when we focus on particular conflicts. I like to say there's a profound romanticizing in the Islamic tradition," he says.

WHAT'S YOUR FAVOURITE THING ABOUT YOURSELF? I'm going to say this kind of ironically. My favourite thing about myself is that my friends feel comfortable roasting me relentlessly. I can't explain it, but every single friend I make, or every friend group I've had at some point, gets into a year- or two-year-long roast, and so I don't know, I'm going to say I take it as a compliment and be like yes, people are comfortable roasting me relentlessly.

CLEAN AND CLEAR CONCRETE

Accessibility of sidewalks and environmental changes in Winnipeg

BRAIDEN PERGIS

CITY REPORTER

@BRAIDENPERGIS

Weather in Winnipeg means watching a snowman melt one day, then adding an extra coat of snow the next. In November of 2017, Winnipeg had amassed a total of 20.4 centimetres of snow. Last year, CBC reported that the snow has been the worst it has been in 60 years, especially for those walking on sidewalks, but due to climate change, that may be different. Now, research is being done at the University of Winnipeg around climate change and how it affects accessibility for all pedestrians.

The amount of snow on the sidewalks has a large role to play in the accessibility of sidewalks. This month, it is reported

that there was at least 21.4 centimetres of snowfall in Winnipeg.

Gina Sylvestre, a professor at the University of Winnipeg (U of W) who specializes in geography, mobility and aging, says that a community consultation listed falling outside as one of the top four safety concerns. She says her research, which she has been conducting for the past eight to nine years, concerning winter walking for the elderly is helping to “inform better practices of snow clearing and allowing our people with less abilities to function and to do their day-to-day lives.”

Sylvestre’s research shows that people with disabilities are more likely to stay indoors during the winter, which may lead to more health problems in the future because of the loneliness and the isolation from society that they face during this season.

The application of sand on sidewalks during winter would allow people who use wheelchairs or other mobility aids to use sidewalks. She says that climate change will increase the periods of freezing and thawing of snow and that sand would remain constant during these times.

“Climate change is definitely affecting the winters in Winnipeg,” Dr. Danny Blair, a geography professor at the U of W and the director of science at the Prairie Climate Centre, says.

He goes on to say that out of all the seasons that Winnipeg has, its winters have changed the most as a result of climate change. Blair says that, in the long run, it is going to affect all seasons, but especially winters.



Piles of snow surround a previously accessible parking meter.

“Winters are already a lot warmer than they used to be and a lot shorter than they used to be. This trend will continue almost certainly,” he says.

Blair predicts that the winters will be wetter and have more rain, rather than snow. The temperature will likely continue to be cold, but Winnipeg will still need to prepare for large amounts of snow, because the amount of snow is dependent on the temperature. Since Winnipeg is in the range of a strong jet stream, the

city will always face turbulent changes in weather and precipitation.

“When you start talking about people with more profound mobility problems, we need to start talking about urban planning. Winnipeg has more than 2,000 kilometres of sidewalk ... and the city doesn’t have enough resources to clean them all, so we need to use the resources we have to provide better bus services for everyone,” she says.

COMMENTS

BODIES AS BURDENS

Crippling capitalism

MEGAN LINTON

VOLUNTEER

Society has labelled persons with disabilities and neurodivergent people as burdens for the past several centuries. Neurodivergent people are folks who lie outside what is typically understood as normal mental functions or experiences. This has created a culture wherein persons with disabilities are twice as likely to be victims of violent crimes, where 83 per cent of women with disabilities experience sexual violence, where the most commonly reported act of discrimination in Manitoba is disability and where ableism is still considered widely acceptable.

Capitalism is one of the main factors contributing to the unjust labelling of burdens on persons with disabilities, as capitalism creates a society where worth is determined exclusively based on capital and labour.

Capitalism manifests in the way society views bodies and minds. Bodies and/

or minds that are able to produce at the highest capacity possible are deemed well and are largely celebrated by society.

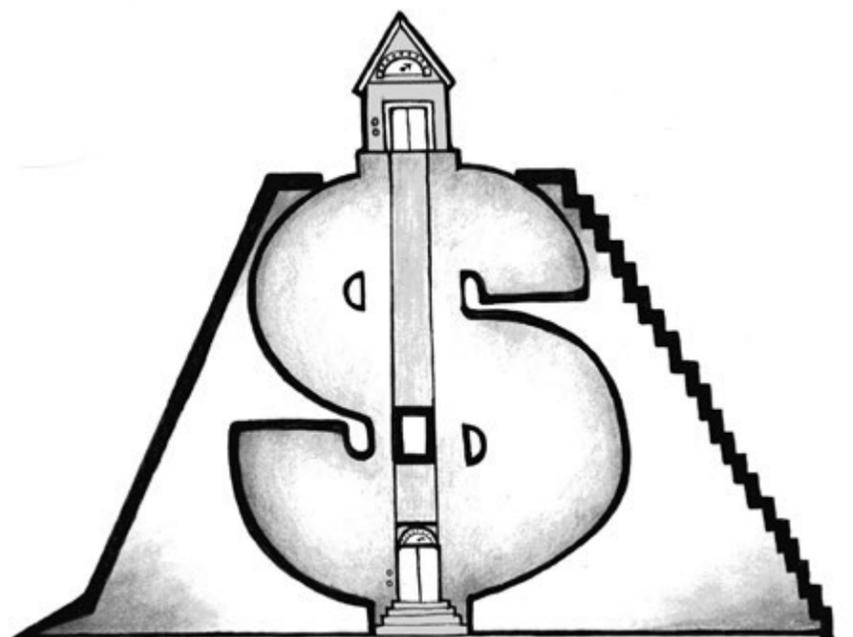
This is seen in the glorification of exercise culture in the Western world, where bodies that are able to produce labour to the highest degree are seen as the most desirable. Contrarily, bodies that are not able to produce labour in the same capacity, be it through chronic illness, pain or different mobility abilities, are seen as the least desirable and stigmatized.

Capitalism is the force behind understanding disabilities as burdens. Canadian Immigration Law refers to persons with disabilities as being an “excessive demand” on society, because persons with disabilities may access social services and may not contribute to economic systems in the same way as neurotypical, temporarily able-bodied people.

Neurodivergence, madness or experiences of mental illness are demonized, considered burdens and medicalized. Medication is administered often not to help with wellness, but rather in order to ensure productivity. Therapy and all forms of treatment are not meant to encourage understanding of neurodivergence, but rather in order to increase productivity, and are catered towards re-entry into the workforce.

It is easier for people experiencing mental illness to access medication than to access therapy or group therapy. Self-care is no longer about collectivity, but is now centred around individualization and is a largely individualized process.

Self-care in its current form is rooted in capitalism, where individuals are



expected to purchase nail polish, clothes and gym memberships and be alone to feel better. Self-care currently is only celebrated because the main intention is for individuals to be rested enough to return to a hyperproductive state.

The recent Accessibility for Manitobans Act encourages accessibility exclusively because companies can increase profit by making their businesses accessible to persons with disabilities.

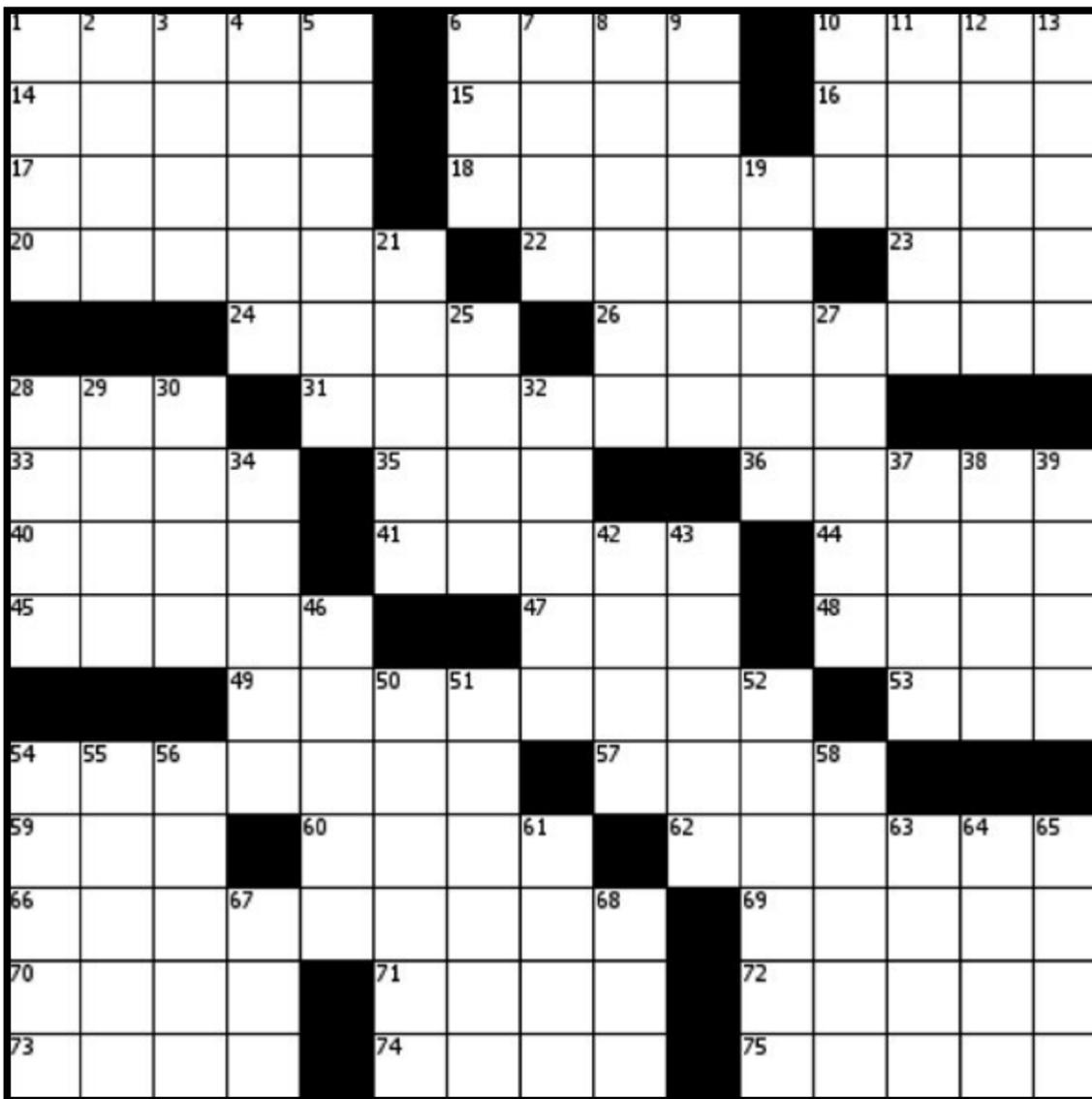
While it is beneficial for spaces to become more accessible to more people, it is discouraging that this act has been put into place only after research was released that proved that it is financially beneficial

to have accessible businesses. While this act is a good starting point, its failure lies in the fact that it prioritizes capital over human beings.

Accessibility is about more than the ability to purchase. Disability rights are more than the right to consume, and bodies are worth more than their ability to produce.

Megan Linton is the current VPEA for the UWSA. She is a mad activist, sometimes seen clutching a cane, other times, clutching a sprinkled doughnut. You probably owe her a doughnut for unpacking your deep-seated ableism.

DIVERSIONS



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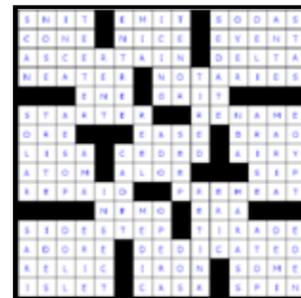
ACROSS

1. Chile's mountains
6. Harvest
10. ____ and ends
14. ____ Gras (Fat Tuesday)
15. Opera song
16. Eroded
17. Likeness
18. Homesickness
20. Despise
22. Winter toy
23. Came together
24. Medical "at once!"
26. Makes beloved
28. Spigot
31. Took into custody
33. Understood! (2 wds.)
35. Actor ____ Cruise
36. Keaton or Sawyer
40. Ogle
41. Mixes
44. "Moonstruck" actress
45. Coat part
47. ____tactoe
48. Small rip
49. Petted
53. "____ Doubtfire"

54. Infatuated
57. Recognized
59. Light brown
60. Get ____ trouble
62. Las Vegas bride, often
66. South American country
69. Vocation
70. Roaring feline
71. Circle parts
72. Poplar type
73. Actress ____ Winslet
74. Onion's kin
75. Tolerate

DOWN

1. Sur rounded by
2. Moniker
3. Mild expletive
4. Borders
5. Nap
6. Hurried
7. Love deity
8. Theater passages
9. ____ leather
10. Hooting bird
11. Doctrine
12. More parched
13. Thrones
19. Said further
21. Small pastries
25. Horse's gait
27. Proclamation
28. Cash drawer
29. Not ashore
30. Quick look
32. Sends forth
34. Upright
37. Throatclearing sound
38. Approach
39. Is mistaken
42. Dare
43. ____ of the crime
46. Caesar's language
50. Leased car
51. Total
52. River mouths
54. Stem
55. "Ave ____"
56. Metal bar
58. Poorest
61. Single time
63. Mama's spouse
64. Genesis garden
65. Pull apart
67. Wind dir.
68. Query



Solutions to last issue's puzzles





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Assistance with filing income taxes for the 2017 tax year is available on campus to immigrant, refugee and international students who:

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SPRING TERM REGISTRATION

Tiered registration for Spring Term begins March 19, 2018. Find your assigned registration start date and time in WebAdvisor in "View My Registration Time."

See all the courses being offered between May - August in the Spring Term Timetable at uwinnipeg.ca/timetable, or in WebAdvisor/Student Planning.

For more information, please visit uwinnipeg.ca/registration and go to "Registration Process-Spring Term."

STUDENT CENTRAL

End of Winter Term + Make-Up Day
Wed., Apr. 4, 2018 - the last day of lectures for Winter Term

Thurs., Apr. 5, 2018 - Classes will be held according to a FRIDAY schedule to make up for classes missed for Good Friday.

Exams

The Examination Period is Apr. 9-21, 2018.

Please check your courses on the exam schedule now: Go to uwinnipeg.ca/registration and click on "Exam Schedules."

If you have any time conflicts, follow the instructions on the webpage to deal with them immediately.

Exam locations can change, so remember to also check the "Daily Exam Schedule," which will be posted on the website the day before each exam day. (Paper schedules will no longer be posted around campus.)

Tax Receipts

T2202a tuition tax receipts for 2017 are now posted on WebAdvisor.

Changes to SC's Hours

March 23 - open 9:00 am - 4:15 pm
March 30 - closed for Good Friday

PHONE: 204.779.8946 | EMAIL: studentcentral@uwinnipeg.ca

SATURDAY, MARCH 17, 2018

16TH ANNUAL

GRADUATION POW WOW

ALL ARE
WELCOME

GRAND ENTRY 12:30 PM
Duckworth Centre
400 Spence St.

Aboriginal graduates wishing to participate, please register with Jeff Booth: j.booth@uwinnipeg.ca



THE UNIVERSITY OF
WINNIPEG





MOUSELAND PRESS

ANNUAL GENERAL MEETING

Wednesday, April 11, 2018 at 5 p.m.
University of Winnipeg at The Hive in Lockhart Hall

All *Uniter* staff, contributors and past members are welcome to attend. If you have contributed to three or more issues of *The Uniter* during the 2017-18 school year, you are automatically a member of Mouseland Press Inc. and have voting rights at this meeting. Changes to the bylaws can also be made at this time.

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INFO SEMINARS

SEP 23, 2017 : SURREY, BC
OCT 21, 2017 : OTTAWA, ON
NOV 18, 2017 : CALGARY, AB
DEC 09, 2017 : BRAMPTON, ON
To attend please register online or by phone.

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WPG COMEDY FESTIVAL

PRESENTED BY club Regent CASINO · EVENT CENTRE

APRIL 9-15, 2018

SATURDAY, APRIL 14
Renaissance Apes
Starring Rob Bebenek & Rob Pue
Gas Station Arts Centre | 7:00 pm | Tickets \$20

SATURDAY, APRIL 14
The Dirty Show
Hosted by Rob Pue
The Metropolitan Entertainment Centre by Canad Inns | 10:00 pm | Tickets \$20

Tickets available at www.winnipegcomedyfestival.com
or in person at Gas Station Arts Centre open Thursday to Saturday, 11am-6pm

WinnipegComedyFestival WpgComFest WpgComFest #wpgcomfest



WINNIPEG FOLK FESTIVAL UPCOMING EVENTS

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MAR
22

ROBYN
HITCHCOCK

THE GOOD WILL – SOCIAL CLUB

APR
19

DJ
SHUB

THE GOOD WILL – SOCIAL CLUB

APR
22

The
BLACK HEN
ROADSHOW

PARK THEATRE

JUN
9

OCEAN
ALLEY

THE GOOD WILL – SOCIAL CLUB

JUN
19

XAVIER
RUDD

STORM BOY TOUR

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