

THE

UNITER

FREE.WEEKLY.
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Ethical

conYUMption



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Diversity Food Services executive chef Kelly Andreas

Read more on page 11.



ILLUSTRATION BY GABRIELLE FUNK

HERE WE GO AGAIN

The new school year is a time of change for many students. It's a time of change for *The Uniter*, as well. As we enter our 74th publishing year, the official newspaper of the University of Winnipeg is welcoming many new folks and saying goodbye to some old ones.

I should probably introduce myself. I'm Thomas Pashko, the new managing editor, but not a new face at *The Uniter*. I've spent the last five years and change trying my hand at the newspaper game in various staff positions.

But this time, I've got some pretty big shoes to fill. Our outgoing managing editor, Anastasia Chipelski, spent the past four-and-a-half years shaping *The Uniter* to better fulfill our mandate to tell the stories, both on campus and in Winnipeg, that aren't being told elsewhere. She's been an incredible mentor to *Uniter* staff, myself included, and the good work she did here will be reverberating for years to come.

We've got plenty of new staff on board this year, including features editor Katherine Cao, features reporter Amol Samra, arts and culture reporters Hannah Foulger and Naaman Sturupp, city editor Lisa Mizan, campus reporter Callum Goulet-Kilgour and comments editor Haley Pauls. Look forward to more work from them in the coming year.

- Thomas Pashko

FOLLOW US ON SOCIAL MEDIA



Second-hand vintage and thrift-store clothing can counteract fast fashion's environmental impact. Read more on page 20.

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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 at 5 p.m. 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.

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WHOSE

HOUSE?

**MELANIE
BERNADSKY'S
HOUSE**

PHOTOS BY CALLIE LUGOSI

AMOL SAMRA

FEATURES REPORTER

 @SAMRAAMOL

Located among busy streets, high-rise buildings and hasty crowds is Melanie Bernadsky's flower abode. Bernadsky is the designer and co-owner of Freshcut Downtown. Her journey with flowers started when she was 16, and there's been no looking back ever since.

Located in the Portage Place mall, Freshcut brands itself as "an everyday luxury, something green and natural in the concrete jungle of downtown."

"I find (downtown Winnipeg) diverse, challenging, and it feels like home," Bernadsky says. She is actively involved with the Downtown Winnipeg BIZ and loves the 9-to-5 business crowd.

After running her business for more than two decades, Bernadsky switched gears and started conducting workshops throughout the city.

"Beer & Botany is our most popular (workshop) with plants. We also do wreaths during the Christmas time and other things throughout the year."

Bernadsky says the workshops help generate extra energy during the quiet pockets in the winter months and keeps the store abuzz.

Freshcut's bright colour palette is in contrast with Bernadsky's duplex home, which has earthy tones with subtle hues of green adding to its natural feel and warmth.

"I've been living here for over 10 years. I had the chance to do a cleanout and renovate three years ago when I moved to the ground floor."

As a homeowner, Bernadsky is big on repurposing old items. Her place reflects a mix of both old and new things. A lot of pieces in her home are family antiques, such as her grandmother's hope chest, beautiful teacups and glassware from her mother's wedding luncheon.

"I'm a big fan of using things, trying to get a little creative and a little eclectic."

The next Beer & Botany workshop takes place on Sept. 8 at ManyFest.



1) VINTAGE BLOOM

"This is my grandmother's lamp."

2) SOMETHING OLD

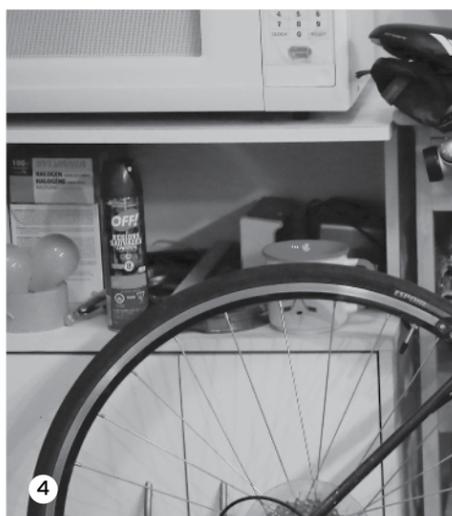
"I've got a green, retro water jug, I remember, from when I was 10 from my mom. Now I've put some wooden spoons in them."

3) THE PHOTO

"This picture is from Dirty Donkey, an obstacle-course race. I like to stay active, and that's why I have put a head-to-toe dirt picture in my bathroom, as suggested by my friend."

4) THE SACROSANCT

"This is something I invested in that I love. It goes in the house and in the store with me."



LEAVING ARTISTS AND STUDENTS BEHIND

Artists speak out against Artists in Schools program changes

HANNAH FOULGER

 @FOULGERSCOVFEFE

ARTS AND CULTURE REPORTER

Manitoba Arts Council's (MAC) new version of the Artists in Schools program rolls out this week. MAC introduced a number of changes to the 45-year-old program last year. The program funds professional artists to go to urban and rural schools to teach and create art with students. A number of artists involved are drawing up a petition to give to MAC, along with a list of demands for the program to return to its original format.

The petition organizers were apprehensive about speaking on the record for fear of reprisal from MAC. Margaret Shaw-MacKinnon, author and illustrator with the Artists in Schools program, agreed to speak publicly.

In past years, artists applied directly to MAC, which vetted each artist before putting them into the Artists in Schools Directory. Teachers would select artists they wanted to work with and apply to MAC.

Under the new model, artists and teachers must apply together, a process that, according to Shaw-MacKinnon, has taken 12 hours for some and up to three weeks for others. The petition's organizers feel it is unfair for artists and teachers to

spend so long on their applications with no guarantee of success. Artists are not compensated for these hours.

After three weeks of work on her grants and 30 years of success in the program, Shaw-MacKinnon did not receive any of the grants for which she applied.

"I am very concerned that (MAC) would subject artists and schools to a hit-and-miss granting system, because it is absolutely necessary to have security within the work," Shaw-MacKinnon says.

Under the new system, teachers have to navigate the Canadian Network for Arts & Learning website, which features an interactive map of Canadian artists and institutions. The petition organizers are concerned that northern schools with limited internet access will have trouble accessing the map, which they say is confusing and difficult to navigate.

In the old program, teachers reviewed a directory of all the artists vetted by MAC, and they applied to MAC directly. MAC's funding went to the schools, which, according to the petition organizers, paid \$750 of the artist fees, and the school would supply \$450. Travel was funded by MAC directly. Under the new system, MAC funds the artist directly for 100 per cent of the project fees, including travel.



Students attend an Artists in Schools workshop.

The petition organizers fear that because MAC now funds each project entirely, there will be less schools funded overall.

The petition organizers stress how much good has come out of the program. Shaw-MacKinnon says she hasn't had one bad experience in her 35 years with the program until now. However, she says the change in the Artists in Schools program means a loss in income and livelihood.

Gerald Laroche, a musician and 30-year veteran of the program, says the loss to the province is extreme.

"Many artists will no longer be able to contribute to the economy (due to) losing work. But the biggest losers are all the schoolchildren of Manitoba."

The artists involved hope to have the petition ready by the end of September for

all concerned Manitobans to sign.

MAC declined *The Uniter's* request for an interview but provided the following statement:

The Manitoba Arts Council works to continuously improve our programs to best serve Manitobans. The long-standing Artists in the Schools program has been updated to reflect an evolving Manitoba and continues to provide Manitoban students with meaningful opportunities to engage with artists. Projects are selected for funding through a rigorous and competitive peer assessment process to ensure equity for applicants and quality artistic experiences for students. We recognize that updates to programs can be challenging and the Manitoba Arts Council welcomes feedback to inform our processes.

ARTS BRIEFS

THOMAS PASHKO // MANAGING EDITOR

 @THOMASPASHKO

Super Duty Tough Work EP release

Local septet Super Duty Tough Work play full-band hip hop with a jazz-tinged, funky edge. Their new EP *Studies in Grey* will be released on Sept. 7 at the Good Will Social Club. Opening acts are Sebastian Gaskin and T-Rhyme. Advance tickets are \$15. Doors open at 9 p.m., and the show starts at 10. It's 18+ with valid ID.

Drop-in workshop with Anne Steves

Vancouver Island-based artist Anne Steves is MAWA's current artist-in-residence. On Sept. 7 from 12 to 3 p.m., Steves will host *A-Luring Objects*, a free drop-in workshop at the C2 Centre for Craft (1-329 Cumberland Ave.). The workshop will have participants utilize Steves' signature methods, creating objects using techniques for crafting fly fishing lures. Visitors can keep their unique "lures," which will be documented for a future gallery exhibit.

Billy-Ray Belcourt in conversation with Rosanna Deerchild

Billy-Ray Belcourt's debut poetry collection, 2017's *This Wound is a World*, won many awards for its exploration of love and sex as healing acts for Indigenous sadness. His new follow-up, *NDN Coping Mechanisms: Notes from the Field*, blurs the lines between poetry, prose and photography to explore "the rogue possibilities bubbling up everywhere NDNs are." Belcourt will appear in conversation with CBC's Rosanna Deerchild and sign copies of *NDN Coping Mechanisms* on Sept. 8 at 2 p.m. at McNally Robinson Grant Park. Admission is free.

Sherbrook Street Festival

The 15th annual Sherbrook Street Festival will take place on Sept. 7 from noon to midnight. Located on Sherbrook Street between Wolseley and Westminster, the yearly street party will feature a variety of vendors and performers including Rayannah (performing as Shania Twain) and the Mariachi Ghost.

Impromptu by Chris Chuckry at cre8ery

A Winnipeg-based visual artist and co-founder of the pioneering comic book colouring studio Digital Chameleon, Chris Chuckry's exhibition *Impromptu* will run at cre8ery (125 Adelaide St.) from Sept. 6 to 17. The show features a collection of Chuckry's "impromptu departures," improvised works with a "surprise destination." The opening reception is on Sept. 6 from 7 to 10 p.m.

Workshops at Fort Garry Women's Resource Centre

The Fort Garry Women's Resource Centre will host several workshops around personal well-being this week. A Vision Book workshop will be held on Sept. 5 from 10 a.m. to noon at 135 Plaza Dr. in Room 166. All supplies are included, but participants are encouraged to bring their own books if they want. A Self-Esteem Workshop will be held on Sept. 9 from 1 to 2:30 p.m. at 104-3100 Pembina Hwy. Registration is available at 204-477-1123.





SUPPLIED PHOTO

CRIT PEG

THE SOUVENIR

Plays at Cinematheque until Sept. 15

★★★★★

THOMAS PASHKO

MANAGING EDITOR

@THOMASPASHKO

Writer-director Joanna Hogg's *The Souvenir* has many pleasures. Part coming-of-age story, part tragic anti-romance, part period piece about the bleak damage done to England by Thatcherism, it pulls off all of its many accomplishments seemingly effortlessly. But perhaps its greatest pleasure is the rare opportunity to see a revelatory first performance by an actor whose work immediately announces them as a major artist to watch.

In this case, the actor is Honor Swinton Byrne, who stars as Julie, a film student in her early twenties in 1980s London. At a party, she meets and begins a relationship with Anthony (Tom Burke), a secretive Foreign Office diplomat who's pushing 40. From the beginning, the lopsided power dynamic of their romance gives way to exploitative, predatory behaviour by Anthony. Julie is too lovestruck and inexperienced to see just how dangerous Anthony is to her, until she discovers an extra, toxic layer to his secrecy.

Byrne also acts alongside her real-life mother Tilda Swinton who, in a few minutes of screentime, demonstrates why she's mentioned in the same breath as Streep and Day-Lewis. Burke is also excellent, playing Anthony with a soul-sucking version of wealthy English arrogance, like a mix between Morrissey and Dracula who's read too many Ian Fleming books. But Byrne elevates the film to another level with a degree of artistic maturity most actors don't achieve in a lifetime. Julie is consistently

treading in emotional waters well above her head, and every time she gets closer to shore, a new wave pulls her further into the deep. Byrne conveys that desperation through body language as deft as a dancer's. Julie is poised enough to conceal her desperation from most, but Byrne's posture and expressive face convey that the cover over her and Anthony's volatile relationship is becoming increasingly threadbare.

Hogg has called *The Souvenir* autobiographical, and film fans will spot some fun real-life allusions. Julie's film school shorts look an awful lot like the movies of Derek Jarman, who was an early mentor to Hogg (and whose 1986 film *Caravaggio* featured Swinton's screen debut). But Hogg also makes what could be an unbearably heavy story feel funny and thrilling, without sacrificing any of its emotional wallop. She lets important story moments happen offscreen. While the audience sees the moment Julie learns of Anthony's secret, we never see when Anthony learns that she knows. Like Julie, certain truths are being

kept from the audience. The delay only makes those discoveries hurt more.

The look and sound of *The Souvenir* highlight the clashing personalities of Julie and Anthony. Julie comes from a well-off family but fits in with her diverse, working-class school colleagues. She's a hip, young '80s woman, while Anthony acts, speaks and dresses like he should be leaning over a map plotting maneuvers during the War of 1812. It's echoed in cinematographer David Raedecker's 16mm photography, which pairs sharp, clear light with a smudged, soft grain. The soundtrack oscillates between synthpop and opera.

The closing credits end with a title card stating that *The Souvenir: Part 2* is "coming soon," but no part of this film feels incomplete. Joanna Hogg has made a statement on love and power as vital to 2019's cultural moment as *Us* and *Midsommar*, while also introducing the world to who might become its new favourite actor.

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CKUW TOP 30

August 23 - September 1, 2019

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

TW	LW	C	Artist	Album	Label
1	1		Gym Tonic	Good Job	Transistor 66
2	8	!	Holy Void	Naught	Transistor 66
3	2	!	JayWood	Time	Self-Released
4	3	!	Leaf Rapids	Citizen Alien	Coax
5	NE	*	Ada Lea	What We Say In Private	Outside
6	NE	*	Rheostatics	Here Come The Wolves	Six Shooter
7	5	*	Michael Vlatkovich 5 Winds	Five Of Us	pMENTUM
8	12	*	Curtis Nowosad	Curtis Nowosad	Sessionheads United
9	4	*	Smaller Hearts	Honestly	Self-Released
10	10		Purple Mountains	Purple Mountains	Drag City
11	11	!	Paige Drobot	Zero Thought	Transistor 66
12	9	*	Onion Honey	Earthly Trials	Self-Released
13	13	!	Man Candy	Model Boyfriend	Transistor 66
14	NE	*	Brad Turner Quartet	Jump Up	Cellar Live
15	6	*	Blunderspublic	Up Jumpt The Jynt Sylents	Sfeericle
16	30	*	Twink	Think Pink Iv	Noise Agony Mayhem
17	7	!	The Famous Sandhogs	Paris Green	Self-Released
18	22	*	The Jins	Death Wish	Self-Released
19	18	*	T. Nile	Beachfires	Outskirts Central
20	RE	*	Shotgun Jimmie	Transistor Sister 2	You've Changed
21	24		Oh Sees	Face Stabber	Castle Face
22	25		Black To Comm	Before After	Thrill Jockey
23	23	!	Jacob Brodovsky	Sixteen Years	Self-Released
24	RE		Lungbutter	Honey	Constellation
25	19		ESSi	Vital Creatures	Ramp Local
26	21		Claypool-Lennon Delirium	South Of Reality	ATO
27	15	*	Black Mountain	Destroyer	Dine Alone
28	RE	*	B.A. Johnston	The Skid Is Hot Tonight	Transistor 66
29	RE	*	Tomato Tomato	Canary In A Coal Mine	Denim On Denim
30	26	*	Saxsyndrum	Second Nature	So Sorry

FIBRE, FAMILY, FUN

The social, financial and environmental bristles of the Manitoba Fibre Festival

NAAMAN STURRUP

 @NAAMANSTURRUP

ARTS AND CULTURE REPORTER

Knitters, spinners and weavers unite to celebrate the Manitoba Fibre Festival from Sept. 13 to 14 at the Red River Exhibition Park.

Festival co-ordinator Margaret Brook says “this is a very educational event, showcasing various skills, and (it) presents an opportunity for groups (and individual artists) to come together to share their craft.”

Described as a family-friendly event, the two-day festival offers a variety of activities, including craft demonstrations, vendor markets, workshops and shearing demonstrations.

“We started in a small community club in 2013, and with growing interest and attendance, we had to move to the (Red River) Exhibition Park to accommodate everyone,” Brook says. “We recognized the amount of interest people have in this field and the potential for connections to be made in the community.”

This festival’s uniqueness spawns not only from the specific craft of fibres, but also the community it brings together.

“One of our focuses is to make more connections between rural and urban Manitoba,” Brook says. “Through this festival, there have been more connections between farmers and sellers, and now you can see local yarn and wool being sold in Manitoban shops.

“One of the things we are really proud of is how the festival brings together local artists to work on collaborative projects, as dyeing and knitting artists would create beautiful, hand-made products.”

Ash Alberg, a local fibre artist and participant in the festival, says the event has many unique facets.

“The festival specializes in not only fibre textiles, but also local handmade products,” Alberg says. “This event is friendly for both beginners and experienced fibre enthusiasts, and there is something for everyone.

“This festival is important, as it supports many local artists and farmers, and some of us have our best sales at this festival. The local economy is something that everyone should support, for environmental, social and work-condition reasons.”

The Manitoba Fibre Festival also co-operates with Fibre Shed, a Canada-wide textile movement that, according to their website, “support(s) and connect(s) our community of producers, (c)hanging the fundamental way that textiles are produced to reflect biocentric values.”

“Through Fibre Shed and the festival, we bring the focus back on what we can produce locally, supporting local markets and jobs,” Alberg says.

Not only does the Manitoba Fibre Festival have positive social and business impacts, but it also affects the environment as well.

“If we continue to support each other locally, we will ultimately shrink our carbon footprint,” Alberg says. “By showing the public where their products come from, we can begin to ask ethical questions of local farming practices, and then become comfortable to ask the same questions to bigger, more global producers and hold everyone accountable.”

The Manitoba Fibre Festival takes place at Red River Exhibition Park (3977 Portage Ave.) on Sept. 13 from 5 p.m. to 9 p.m., and on Sept. 14 from 10 a.m. to 4 p.m. Admission is \$5, which includes both days, and there is free parking. Register for workshops at manitobafibrefestival.com.



PHOTOS BY KEELEY BRAUNSTEIN-BLACK

Fibre artist Ash Alberg will participate in the Manitoba Fibre Festival on Sept. 13 and 14.



The Manitoba Fibre Festival showcases knitting, weaving and other fibre-based arts and crafts.

WALL

TO

2019



PRESENTS

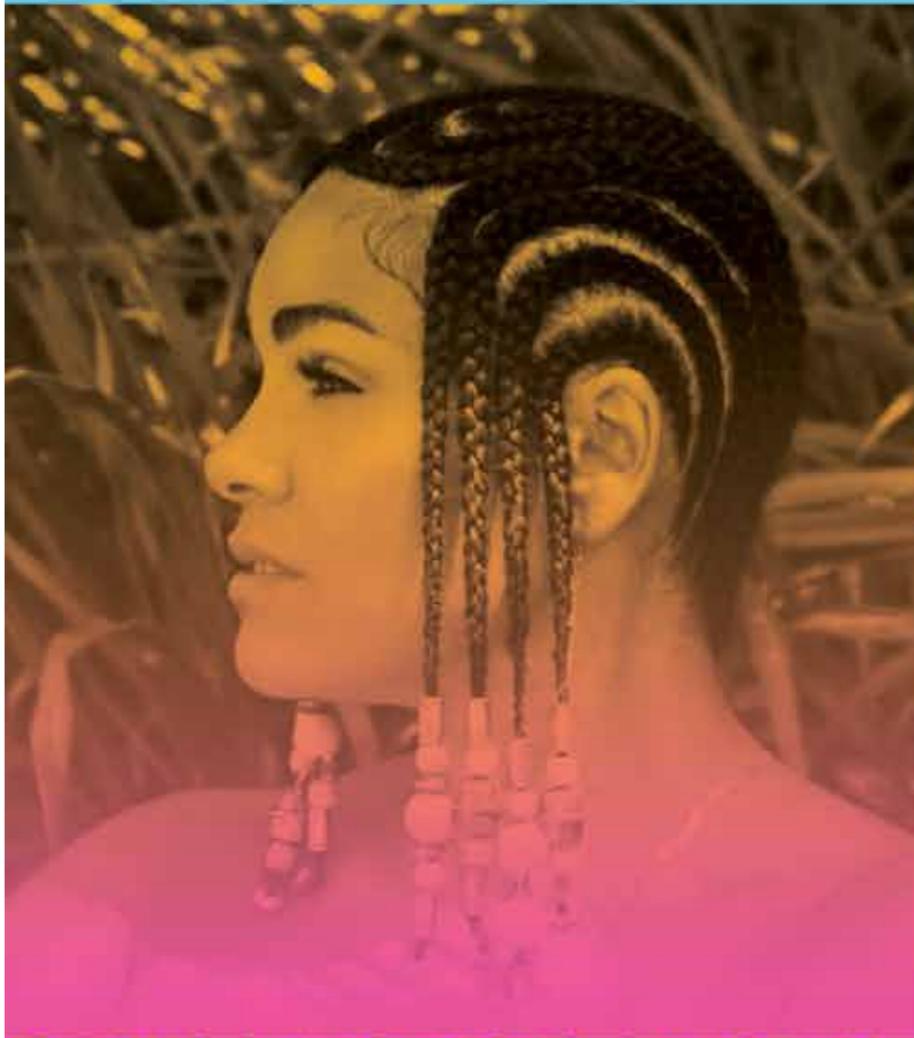
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THE ESSENCE OF RHYE'S SPIRIT

Rhye explores the relationship of vulnerability and strength in latest EP

NAAMAN STURRUP



ARTS AND CULTURE REPORTER

On Sept. 15, Los Angeles-based, Canadian singer Michael Milosh leads Juno award-winning ensemble Rhye into their Winnipeg concert at The Garrick theatre at 7 p.m.

Milosh says “this concert, as others before it, will be comprehensive with music spanning across my career.”

Milosh describes the upcoming concert as a “pretty dynamic musical experience.”

“With guitars, violin, cello, percussion, and other musical instruments, there will be high and intense moments, and soft and gentle moments.”

This concert comes on the heels of *Spirit*, an EP released on May 10. The eight-track EP follows Rhye’s highly acclaimed 2018 album *Blood*, which was nominated for the 2019 Juno Adult Alternative Album of the Year and Album Artwork of the Year, the latter of which they won. As *Spirit* continues to navigate its way through the Canadian iTunes charts, Milosh sheds some light on the EP’s creative process, its mean-

ing and Rhye’s future works.

Spirit was birthed from Milosh’s rediscovered love for piano.

“My partner Geneviève (Jenkins) surprised me with a piano about a year-and-a-half ago. Though it was not in the best shape, I started to play with it, and it soon became a part of my morning ritual.” This ritual soon made its way from home to studio.

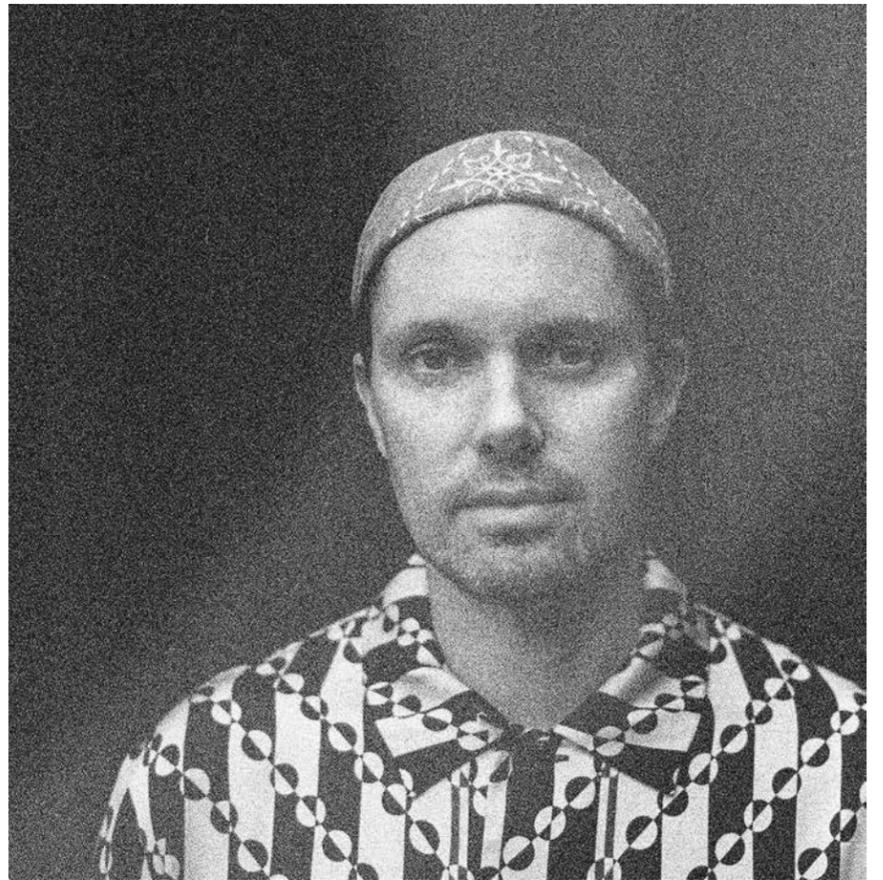
“*Spirit* started as a musical experiment, as I would go into the studio and play the piano for about an hour-and-a-half, not expecting to create something musically. But each day, a different song would spawn from another musical idea from scratch,” Milosh explains.

The lead track on *Spirit*, “Needed,” was co-written and produced by Dan Wilson, whose previous works include writing for P!nk, Taylor Swift and Adele.

“I was surprised at Dan’s musical ability,” Milosh says. “Normally, producers would use computer-generated sound, but he likes using instruments. When we got together and I started to play the piano, he added the bass and percussion, and after just two days of work, this organic sound was produced.”

This track’s music video, directed and edited by Milosh, encompasses this as well. In an interview with Last Gang Records, Milosh said, “The video for ‘Needed’ is a visual expression of the lyrics, a collection of interpretations and emotions created by the song itself.”

The EP follows this intimate nature, as Milosh describes the entire work as a “spiritual experience.”



R&B singer Rhye will perform at The Garrick on Sept. 15.

SUPPLIED PHOTO

“All of my music is emotionally connected, and it typically attracts those who are interested in exploring self-introspection.

“*Spirit* is about allowing emotional vulnerability to make you stronger.”

Regarding future works, Milosh is already working on new tracks, focusing on recording in the fall primarily in Los Angeles, Calif. He also intends to shoot new music videos and to continue touring

in both the United States and Canada.

“My focus is to keep recording through the fall (and producing) the next right record.”

Rhye’s concert will take place at The Garrick theatre on Sept. 15, and doors open at 7 p.m. Tickets can be purchased at Eventbrite.ca for \$32.50.

CHANGING OF THE GUARD

Women take over the Royal Manitoba Theatre Centre

HANNAH FOULGER



ARTS AND CULTURE REPORTER

Playwright Audrey Dwyer returned to her native Winnipeg this week to serve as Royal Manitoba Theatre Centre’s (RMTC) artistic associate. She joins Kelly Thornton on her first season as artistic director at RMTC. This is the first time in the history of RMTC that both positions have been filled by women.

Thornton worked for 18 years as the artistic director at Nightwood Theatre, a feminist theatre company in Toronto, which specializes in developing new plays. Dwyer was the associate artistic director at Nightwood in 2008, where her play *Calpurnica* debuted in 2018.

Thornton says it was her “secret dream to invite Audrey here” and calls her an artistic confidante. Thornton and Dwyer say the fates aligned as Dwyer, instead of taking over at Nightwood, decided to return to Winnipeg.

Dwyer is a familiar face in Winnipeg, having returned over the years to act in several shows including *The Crucible* (1998), *Good People* (2013) and *Vanya and Sonia and Masha and Spike* (2014).

Ardith Boxall, artistic director of fellow woman-led theatre company Theatre Projects Manitoba, says RMTC has hit the trifecta, as

Dwyer and Thornton work with returning executive director Camilla Holland.

“I know that Manitobans are going to benefit from the artistry and experience Kelly and Audrey will bring to our community,” Boxall says. “I think it’s a new day. Stand by for a surge of electricity in our province’s largest theatre.”

Dwyer returns to a full slate of new artistic directors. This past year saw Brazilian-Canadian Rod Beilfuss take the reins of Shakespeare in the Ruins this past spring, and 2018 saw Thomas Morgan Jones take over from Bob Metcalfe at Prairie Theatre Exchange.

“The changes are exciting,” Dwyer says. “Theatre is, to me, of the people, by the people. It is really about relations and coming to the work humbly. I felt like (the other artistic directors) are all so curious, humbly wanting to do their best by the people who live here.”

Thornton credits Steven Shipper, her predecessor, for the steady company she now leads. As Shipper excited donors new and old alike, Thornton says he was able to foster “the creative excellence that RMTC is known for,” thereby investing in Winnipeg’s theatre scene and Winnipeg as a whole.

“Not every artistic director is inheriting such a completely financially stable, healthy company. I am blessed for the work that Steven did.”

Shipper’s last season is an array of diverse stories and characters, which Thornton calls “his love letter to his audience.” Thornton’s tenure starts with *Bang Bang*, Kat Sandler’s searing play about a white man who writes a play based on the true story of a Black woman cop who shoots an unarmed Black man.

Later in the season, Dwyer will direct *Women of the Fur Trade* by Winnipeg’s Frances Koncan, a play which Dwyer calls “a collision course in cultural appropriation and who is allowed to tell what story.” Winner of the Best New Play at the Toronto Fringe Festival, the play also had



RMTC staff Kelly Thornton (left) and Audrey Dwyer

PHOTO BY KEELEY BRAUNSTEIN-BLACK

a short run in Winnipeg. This new draft includes two roles for men and an expansion of the text.

For Dwyer, *Women of the Fur Trade* emphasizes the purpose of RMTC.

“This theatre has to be for all Manitobans,” Dwyer says. “We have to make sure that we are responsible for all Manitobans on the stage, and that (means) growing our playbill to represent that.”

Feature	Words by Thomas Pashko	Managing Editor	 @thomaspashko
	Photos by Callie Lugosi	Staff photographer and online content co-ordinator	 @callielugosi

Ethical conYUMption



Plans to grow fresh vegetables like tomatoes and cucumbers are in the works at the Diversity greenhouse.

Any University of Winnipeg (U of W) student or staff who's ever chowed down on a mushroom burger or pulled-pork poutine knows that plenty of thought and care goes into the food that's served on campus. But beneath the obvious pleasure of that delicious campus grub is a model for sustainability that's setting an example for all other post-secondary institutions to follow.

The Association for the Advancement of Sustainability in Higher Education (AASHE) publishes an annual report called the *Sustainable Campus Index*. AASHE evaluates and rates post-secondary schools across North America to

determine their level of sustainability. The index names the most sustainable schools in a number of categories, including buildings, transportation and water.

The U of W has been the top Canadian school in the food and dining category for the past five years. In 2019, it reached the top spot for the entire continent.

Monika Urbanski is the data and content manager for AASHE. Urbanski says that, when determining the *Sustainable Campus Index*, the organization takes a multifaceted approach to defining sustainability.

"AASHE defines sustainability in an inclu-

sive way, encompassing human and ecological health, social justice, secure livelihoods and a better world for all generations," Urbanski says.

"In practical terms, a sustainable campus is one in which all aspects of campus life, operations, administration and education help to preserve a better life for future generations. This means that institutions' operations are ecologically healthy, administration is fair and just, and students are educated and engaged in ways that promote sustainability literacy and social justice."

COVER FEATURE CONTINUES | NEXT PAGE >>

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The kettle station is where large batches of food are made for five campus locations and Buffalo Stone Café at FortWhyte Alive.



Kitchen staff at Diversity Food Services also prepare food sold in Vita Health stores.

Diversity Food Services handles food service at the U of W and operates five cafeterias on campus: Pangea's Kitchen in Riddell Hall, The Malecon on the fourth floor of Centennial Hall, Elements in Richardson College, Tony's in Leatherdale Hall and The Canteen in Duckworth Centre.

Diversity's executive chef Kelly Andreas says creating a sustainable campus kitchen is about a lot more than just the ingredients that go into meals.

"A SUSTAINABLE CAMPUS IS ONE IN WHICH ALL ASPECTS ... PRESERVE A BETTER LIFE FOR FUTURE GENERATIONS."
-MONIKA URBANSKI

"It's required a lot of diligence," Andreas says, "a lot of relationship-building, a lot of research, thinking outside the box and finding avenues towards accomplishing what we accomplish."

Andreas says one of Diversity's more time-consuming but successful sustainability projects has been ensuring that all chicken served on campus is raised without antibiotics (RWA).

"We are the only university using 100 per cent RWA chicken," he says. "That was a year-and-a-half-long process to get that stream-

lined and find a group able to meet our requirements in the volumes we're going through ... Many different universities have different aspects of RWA chicken, but (we're the only school) to have 100 per cent certified RWA across the board, whether it be dark meat, bone-in chicken, chicken wings – everything."

Converting to RWA chicken presented unique challenges, particularly regarding the best-selling food item on campus: chicken fingers.

"We had to start producing all of our chicken fingers on campus," Andreas says. "There's nobody in North America right now that's making pre-made, breaded chicken fingers (that are RWA). We go through, no word of a lie, an average of 100 to 200 pounds of chicken fingers a week. So, in order to remain 100 per cent RWA certified, we had to make our own."

"Not only does that help us keep our promise (to serve RWA chicken), but it also creates more jobs, because we then had to hire and educate more people in order to meet those demands every day."

The issue of job creation is another aspect of Diversity's commitment to sustainability.

"From the aspect of social sustainability, we work with marginalized individuals to make sure they

have employment opportunities," Andreas says. "Whether it be first-time employment (or) their first time working as Canadians, we offer great training and a safe, beneficial workplace for them."

Sustainability doesn't just affect those who work in the kitchen, but also how kitchen workers do their jobs.

"All of our prep refuse gets composted," Andreas says. "All of our packaging supplies, our food presentation, everything that we use is either recyclable, reusable or compostable, so our land waste is very minimal."

Those ecological concerns are also addressed by sourcing ingredients close to home through direct relationships with local farmers.

"Instead of buying supplies from a middleman, we were able to work directly with farmers so we could set a schedule for volume and velocity of what we order," Andreas says. "That way, the farmer can plan an appropriate amount to meet our needs. They're assured of the sale, (so) they could plan extra vegetables for us because they know exactly where they're going."

"That's sustainable from both a financial and environmental aspect. It's environmental, because you're cutting down on greenhouse gas emissions through

transport. When ordering from large suppliers, vegetables come from wherever across Manitoba and need to be shuttled from one spot to another. These come direct from farm to table. Financially, all that money gets put back into within a 50-kilometre radius."

Diversity has recently started its own greenhouse to produce some of the vegetables and all of the

"PEOPLE SHY AWAY FROM THE CHALLENGES. BUT IF WE CAN DO IT, ANYONE ELSE CAN."
-KELLY ANDREAS

herbs they use. Andreas says these continuing processes of innovation and improvement show that the ongoing project of food sustainability is possible anywhere.

"The most common obstacle is that people think (sustainability) is not achievable," he says. "They shy away from the challenges. But if we can do it, anybody else can. The people we employ, the amount of people we feed on a daily basis, we accomplished with due diligence, time and perseverance. Everybody can and should be doing it. We're very proud to be leaders in what we're doing for North America."



Diversity's executive chef Kelly Andreas takes a phone call while kitchen staff prep for lunch rush.



Diversity Food Services serves up to 200 pounds of RWA (raised without antibiotics) chicken fingers per week.



Fresh herbs growing on the counter at Pangea's Kitchen



Diversity says sustainable practices are about where ingredients come from, how food is served and who's employed to make it.



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TRX Plus! 12:30 - 1:30 pm RecPlex Track	Functional Focus 1:00-2:00 pm RecPlex Track	Kettlebell Fitness 12:30-1:30 pm RecPlex Track	Hard Core 12:30-1:30 pm RecPlex Track	Slam It 1:00-2:00 pm RecPlex Track
Kettlebell Fitness 5:30 - 6:30 pm RecPlex Track	TRX Plus! 5:30-6:30 pm RecPlex Track	Hard Core 5:30-6:30 pm RecPlex Track	Slam It 5:30-6:30 am RecPlex Track	Schedule is subject to change without notice.



THE UNIVERSITY OF WINNIPEG

Recreation Services

TOGETHER, WE CAN STOP PALLISTER

Uzoma has longstanding roots in downtown Winnipeg, where she has been an advocate for 2SLGBTQ+, Indigenous Peoples, communities of colour, newcomers and people with disabilities for nearly two decades.

Uzoma is an addictions specialist, psychiatric nurse, and mental health advocate. She has seen firsthand how Brian Pallister's cuts to health care, education, and housing have impacted patient outcomes.



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In Union Station

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Lisa is vice-chair of the Winnipeg School Division Board of Trustees and has been a vocal opponent of Pallister's education funding cuts. As school trustee, she fought successfully for an inclusion policy to make schools safer for trans, queer, two-spirit and non binary students and staff.

Lisa has worked in front-line social services and community health for thirty years. She has a long history of feminist, anti-oppression and environmental activism.

Lisa and her partner Lori have raised a child in Wolseley and been active residents in the community for 20 years.



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WINTERPEG IN SUMMER

Why glaciology is strong in Winnipeg

ALEX NEUFELDT

CITY REPORTER

 @ALEXEJNEUFELDT

On Aug. 19, several hundred glaciologists (scientists who study snow and ice) gathered at the Fort Garry Hotel for the International Glaciological Society's (IGS) Sea Ice Symposium. While the IGS selects a different location for each of their symposiums, Winnipeg's selection as host for the Sea Ice Symposium was not arbitrary.

"They have a very, very strong research centre here" for studying sea ice, Magnús Már Magnússon, secretary general of the IGS, says.

Adrian Schimnowski, CEO and director of the Arctic Research Foundation, says Winnipeg's location makes it an important place for studying ice and snow.

"If you look at it geographically and think about how place influences people, Winnipeg is the geographic centre of the continent," he says.

"We are exposed to extreme weather ... we are an arctic province, we have an ocean coastline, all our water flows from the centre of the continent through Manitoba up to Churchill, so there's an interesting connection with the land

and the people here and the environment that creates, maybe, a sensitivity to environmental issues."

Schimnowski says both the University of Manitoba and the University of Winnipeg also have a strong research presence in the glaciology field. He expects to see an influx of research in the area in the next few years, as climate consciousness increases and climate change radically alters the arctic landscape.

"On a global scale, there's going to be attention drawn to the north for a lot of reasons," he says. "We'll have the opportunity to be research leaders."

Már Magnússon says these rapid changes may require more frequent topic-specific symposiums. Currently, symposiums on specific fields of glaciology, like sea ice, happen every five years.

The IGS publishes an issue with the symposium's featured research shortly afterwards, in addition to their regularly published journal covering all areas of glaciology.

"Things are just happening so fast that we need to have a major conference more often," he says. "The thematic glaciology work that is published is state of the art



Winnipeg hosted the International Glaciological Society's Sea Ice Symposium on Aug. 19.

right now, but we need to get that out much more frequently."

Glaciology, in comparison to other areas of environmental and climate study, has a very strong research presence in Winnipeg. Ryan Smith, senior research associate at the Prairie Climate Centre, says that compared to other cities, Winnipeg does not have a particularly large climatologist community.

"From my perspective, I've always looked at other parts of the country and (seen a much larger climate science community)," he says.

"The prairies in general perhaps go a little under-appreciated for their role, when you consider all the industries that exist on the prairies, and the prairies are pretty unique when it comes to climate zones."

The International Glaciological Society can be found at igsoc.org. The Arctic Research Foundation is at arcticfocus.org, and the Prairie Climate Centre is at prairieclimatecentre.ca.

CITY BRIEFS

LISA MIZAN // CITY EDITOR

 @LISAMIZAN

Osteoporosis Canada in Winnipeg

Osteoporosis Canada will hold a free public forum on Thursday, Sept. 19 at the Norwood Hotel (112 Marion St.) from 6:30 to 9 p.m. It is funded in part by Manitoba Health, Senior and Active Living. Presenters include Emily Hunter, Lori De Pauw and Barb Webb. Registrations can be made online at osteoporosis.ca/forum.

Mental health of children

Dr. Rayleen De Luca is holding a lecture titled "Challenges Facing Children: Navigating the Rocky Road," which focuses on the many challenges modern children face. Discussions include depression, anxiety, body image, peer pressure and self-esteem. Behavioural psychology will form the basis of the research, and the talk will end with time for parents and other attendees to ask questions. The event will be held at the Caboto Centre (1055 Wilkes Ave.) on Sept. 26 at 7 p.m.

Book launch for sustainable cities

Dr. Sylvie Albert, who is a professor of strategy at the University of Winnipeg's Faculty of Business and Education, is launching her book titled *Innovative Solutions for Creating Sustainable Cities*. The series of essays collected in the book analyzes methods on how to improve the place we call home by making the people who inhabit it think in more dynamic and innovative ways. It will be released on Saturday, Sept. 21 at 7 p.m. at McNally Robinson Grant Park.

VegFest 2019

VegFest will come to the University of Winnipeg's campus on Sept. 21 as a festival that offers a family-friendly environment about the vegan lifestyle with talks, activities, a marketplace and a kids' zone. Speakers include Canadian Olympic gold medallist Meagan Duhamel.

Alumni Wine and Cheese

Dr. Annette Trimbee, the University of Winnipeg's president and vice-chancellor, and Brian Lawrence Daly, who serves as the president and CEO of the University of Winnipeg Foundation, are holding an Alumni Wine and Cheese Reception for faculty and staff of the university. It will be held at Leatherdale Hall on Thursday, Sept. 12 from 5 to 7 p.m., and attendees should RSVP at alumni@uwinnipeg.ca by Sept. 7.

Greens call for proportional representation

Andrea Shalay, Green Party of Manitoba's Union Station candidate for MLA, announces that the party is pushing for proportional representation in the province to be elected this fall. They intend to introduce a mixed-member proportional representation system where the majority of seats in the legislature would be decided by the first-past-the-post and the rest through the popular vote designated to each party.



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BUS BARGAINING BREAKDOWN

Why being late is probably not the bus driver's fault

ALEX NEUFELDT

CITY REPORTER

 @ALEXEJNEUFELDT

After almost nine months of negotiation, two days when bus fares were not being enforced and a rally, the Amalgamated Transit Union Local 1505 (ATU) – the transit workers' union for the Winnipeg area – might be giving the Canadian Union of Postal Workers a run for their money as the most-talked-about labour group in Winnipeg.

This drawn-out process of negotiations is not the goal of the ATU. Aleem Chaudhary, president business agent of the ATU, says that while the union is willing to negotiate “24 hours a day” if it means coming to an agreement, the City has not been an amicable negotiation partner, with the two sides at an impasse since Aug. 14, 2019.

“We’re trying to save transit from itself,” Chaudhary says, “from the problems that it’s facing, so that riders have a system that they can rely on.”

“We’re not fighting for ourselves. We’re fighting for a better transit system, which isn’t something that the union should have to do. The City should be working

for a better system,” he says.

Wrapped up in negotiations for working conditions are conversations about how schedules are determined, infrastructure at bus stops, transparency for riders and “a big morale problem” that Chaudhary says goes beyond the scope of Winnipeg Transit – the City of Winnipeg’s Transit Branch – and into Labour Relations.

Chaudhary uses bus scheduling as an example of how these issues interplay. He says the current bus schedules set by Winnipeg Transit “don’t give operators enough time to get from point A to point B” safely, which creates stress for both drivers and riders. Riders get mad at bus drivers when buses consistently arrive at a different time than scheduled, which can lead to a hostile and dangerous work environment for drivers.

Additionally, he says “most of our operators take pride in providing ... timely service,” but when they are consistently unable to do their job well, this can create a lot of additional stress.

Chaudhary says this stress is exacerbated by the fact that if drivers are late to work, (including being late because of other bus



PHOTO BY THOMAS PASHKO

Inaction by the City of Winnipeg may lead to a strike by transit workers.

scheduling problems or in the winter, because of a lack of nearby bus shelters), they can lose that entire day of work.

It’s also worsened by the lack of bathroom access that drivers have during their day, and Chaudhary says all this stress can lead drivers to need more time off. He says if the City actually took these issues into account, they would actually save money, because operators would likely need fewer days off.

The City, however, does not share that view. They estimate that the ATU’s counteroffer would cost the City \$68 million

more than their most recent offer. Chaudhary says this is misconstruing the negotiations as a cash grab rather than long-overdue updates to municipal transit.

The City’s official press releases on the negotiations have primarily focused on the budget component of these negotiations rather than issues with working conditions.

Both parties do agree on one thing though: a strike may be on the horizon if negotiations don’t make substantial progress soon.

PROFILE

STEPHEN HAYES

INSTRUCTOR AT PROFESSIONAL, APPLIED AND CONTINUING EDUCATION, THE UNIVERSITY OF WINNIPEG

AMOL SAMRA

FEATURES REPORTER

 @SAMRAAMOL

Stephen Hayes’ involvement with the University of Winnipeg (U of W) dates back to 2002, when he started as a student. He has both an undergraduate degree in English literature and a master’s degree in cultural studies, English language and literature, both from the U of W.

Hayes’ love for academia coupled with a desire to inspire people motivated him to pursue teaching.

“There is no better arena to combine those two pursuits than teaching,” he says.

He is a pioneer in cross-cultural communication and teaches several courses, including effective oral communication, cultural studies, resume building, organizational behaviour, ethics and corporate social responsibility and essential skills for managers at Professional, Applied and Continuing Education at the U of W.

When asked about what has changed over the years, Hayes points

out that “the student expectation has changed. The level of education of students goes up every year, and so does the desire for practical, tangible and individualized feedback.”

Hayes’ approach to teaching involves storytelling that ingrains and illustrates academic concepts with humour sprinkled throughout.

“My teaching is style laid-back, interactive and discussion-driven,” he says. “I pride myself on getting to know my students really well and tying in humour to help solidify academic points.”

Hayes continually strives to motivate students and adds value to his lessons through personal and professional experiences. A piece of advice Hayes would give his students is: “If you don’t like something, change it. Be the change engine you want to see in an organization, a city or a country.”



SUPPLIED PHOTO



The new UWSA exexutive (clockwise from top left): Mahlet Cuff (vice-president external affairs), Noelle Sagher (vice-president student affairs), Meagan Malcolm (president), Natasha Okemow (vice-president internal affairs)

FRESH FACES AT THE UWSA

Newly elected executive looking forward to advocating for all students

CALLUM GOULET-KILGOUR

CAMPUS REPORTER

@CGOULETKILGOUR

The University of Winnipeg Students' Association (UWSA) is being led by a completely new slate of individuals for this upcoming year.

Elected in March, the 2019-2020 executive team is comprised of Meagan Malcolm (president), Mahlet Cuff (vice-president external affairs), Noelle Sagher (vice-president student affairs) and Natasha Okemow (vice-president internal affairs).

"We're a super focused team," Cuff says from her office on campus.

She notes that influential people in her life motivated her to run for the UWSA.

"As I was inspired by my immigrant parents, I hope to inspire other students to get involved in student groups."

Cuff stresses the importance of student involvement on campus.

"You get to connect with the commu-

nity, meet different people and have a sense of belonging," she says.

Malcolm agrees.

"Being part of the university is more than just academics. It's about being part of a community," she says. "I would encourage new and returning students to get involved."

Malcolm, the first Indigenous woman to hold her position, says her priority will be to make post-secondary education more accessible and inclusive for students. She says she was inspired by her peers to run for office.

"I never thought that this was something that I was capable of doing," she adds.

The UWSA organizes events such as Roll Call, which occurs the first week of classes, but also does much more than that. They provide services such as the U-Pass, Info Booth, SafeWalk, a food-bank, academic advocacy and a health plan. They also promote and advocate for students' rights.

With the upcoming provincial and federal elections, the UWSA's main lobbying focus will be campaigning for

affordable education. Cuff says their advocacy around keeping tuition fees low for University of Winnipeg students is at the centre of the UWSA's efforts.

"Last year, the University of Winnipeg increased the tuition by 6.6 per cent, and this year it was increased again by 3.7 per cent," she says. "Less investment in post-secondary education from the provincial government and regular tuition increases by institutions is the beginning of a disturbing trend that needs to be

addressed."

The incoming executive team is excited for the year ahead and hopes to bring a fresh, new approach to the UWSA.

"We are bringing our experiences to the table," Cuff says. "We also hope to prioritize diverse voices in the decision-making."

For more information on UWSA services and events, visit theuwsa.ca.

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PHOTO BY DANIEL CRUMP

The Wesmen women's soccer team enters the new season with a positive outlook and a mix of new and returning players.

WESMEN ROOKIES AND SENIORS TEAM UP FOR POSITIVE ENERGY

The soccer squad faces the Regina Cougars in a Sept. 6 season opener

CALLUM GOULET-KILGOUR

CAMPUS REPORTER

@CGOULETKILGOUR

On Sept. 6, the Wesmen women's soccer team will face off against the University of Regina Cougars for their first game of the regular season.

Over the summer, the Wesmen have focused on interval training and formations, according to Katia Occhino, a fifth-year defensive player. She notes that their fitness trainer, Nigel Moore, has played a huge role this year. Furthermore, Occhino says, the Wesmen

switched from a 4-4-2 formation to a 4-2-3-1.

As part of the Great Plains Challenge, a pre-season tournament held in Saskatchewan, the Wesmen played against the MacEwan University Griffins, the University of Regina Cougars and the Thompson Rivers WolfPack. After a tough 6-0 loss to the Griffins, the Wesmen "gathered their thoughts and tried to figure out how to bounce back," third-year defensive player Chantal Boulet says.

"We were all feeling uneasy about the game and agreed that the game was not a reflection of how we play as a team," she

says. "In our next game against Regina, we gained some focus and determination and proved that we are a team who learns from their mistakes and downfalls rather than dwelling on them."

Sure enough, the Wesmen were able to beat the Cougars 2-0.

The Wesmen finished the preseason with a 3-2 record, beating the Cougars, the University of Wisconsin-Superior Yellowjackets and the University of Minnesota Duluth Bulldogs.

Occhino is excited for the year ahead.

"I'm really looking forward to playing some great soccer this year and making the most of my fifth and final year on this team," she says.

"In the past years, we have had problems with negativity and we would lose focus easily during games. But this year, we have a lot of new players. We are a much more high-energy and positive team."

Among the new players on the team are rookies McKaely Snider (midfield) from the University of Winnipeg Collegiate and Victoria Bloom (defence) from Reynold Secondary School.

"There is so much opportunity to grow and play in your first year (at the U of W),

unlike (at) many other schools," Snider says. "All the seniors are very inclusive, and we bonded pretty quickly."

Bloom, who hails from Victoria, B.C., has had a positive experience so far.

"As a rookie in a new province, everyone has been very welcoming and supportive. I enjoy the way everyone plays together as a team."

Boulet sings the praises of the incoming rookies, saying the new players are what she is most looking forward to this season.

"This year, we will have a well-balanced team with our combination of seniors and first-years," she says. "Not only does this give a chance for the majority of the first-years to get some playing time, but it will also give them the opportunity to watch and learn from the older, more experienced members of our team."

The Wesmen play the Cougars on Friday, Sept. 6 at 7 p.m. at the Duckworth Centre, followed by another home game the next day at 7 p.m. against the University of Saskatchewan Huskies.

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GENTLY LOVED GARMENTS FOR SALE

Back-to-school shopping for the ethically minded consumer

CIERRA BETTENS

VOLUNTEER  @CIERRABETTENS

In the present climate crisis, buying ethically made apparel can be an act of solidarity. Fast fashion and the relentless cycle of buying and throwing away clothes that wear out within the same year is not sustainable, nor has it ever been.

Each time consumers take out their wallets, they are essentially casting a vote. When corporate responsibility in the climate crisis isn't up to standard, individual spending choices can hold companies accountable to otherwise overlooked social and environmental standards.

Endless corporate advertising campaigns during the back-to-school season may give people the itch to head to big-box stores or spend August paycheques on an online shopping haul of penny-labour outfits for outrageously low prices. However, consider the fact that it can take up to 2,700 litres of water to manufacture just one cotton T-shirt. From an environmentally focused, fair-trade standpoint, investing in the corporate fashion industry is quite harmful.

Fortunately, the vintage and upcycled clothing industry in Winnipeg is

booming right now. Rather than heading to shopping malls, much of the student-aged population is opting instead to attend seasonal pop-up markets, where curated racks of vintage and previously loved pieces line urban alleyways, artist studios and cafés.

For the ethically minded consumer, the appeal is no longer flashy brand names, but frocks and jackets that add an air of personalization to one's wardrobe and simultaneously lighten their carbon footprint.

Beyond feeling less climate-related guilt, those who choose to shop at secondhand clothing markets cultivate community. As vintage clothing stores become more embedded into the fabric of Winnipeg's arts scene, people and communities are brought together. Clothing markets foster collaboration between local makers, visual artists and small businesses – and they give people the opportunity to meet like-minded individuals while exchanging clothing and conversation.

Casting a dollar-vote to local, second-hand or fair-trade clothing establishments puts money into bettering cities and communities by supporting local



ILLUSTRATION BY GABRIELLE FUNK

artisans, and it contributes to the project of making spaces more sustainable. Buying an upcycled dress from a vintage market can help turn a local clothing curator's passion into a sustainable business.

Money not spent on fast fashion not only saves gallons of water, but it also saves consumers from corporate fashion's exhaustive, wasteful cycle of purchasing, ruining and re-purchasing. And luckily, making more sustainable fashion choices

also often means buying clothing that is more well-made.

Back-to-school shopping doesn't have to take a toll on the environment. While there's far more to sustainability than consumer responsibility, it's a step in the right direction, if nothing else. This fall, do yourself and the environment a favour and seek out alternative shopping routes instead of heading straight to the mall. Previously loved clothing is awaiting love and a wardrobe to call home.



THE UNIVERSITY OF WINNIPEG

Student Services

AWARDS & FINANCIAL AID

Applications for awards and financial aid are open! Let us help you connect with the financial supports you need and deserve to pay for your education.

We are located on the 2nd floor Rice Centre (no appointment necessary). More information and application forms can also be found online at uwinnipeg.ca/awards.

Awards and Bursaries

Need money? 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). Awards, are selected using both financial need and academic merit as criteria. Students must have a minimum cumulative grade point average of 2.50 (C+) to be considered for awards.

Deadline: Mon., Sept. 1

Opportunity Fund Bursaries & General Bursary

Need money? A bursary is a grant made to a student where the main selection criteria is financial need and where students have a minimum cumulative grade point average of 2.0 (C). General Bursaries are available to all students who meet these criteria. Opportunity Fund Bursaries are targeted towards students who are under-represented in post-secondary education such as recent immigrants or refugees, Indigenous students, adult learners, students from low-income families, students with disabilities, or first generation students (those who are the first in their family to attend college or university). **NOTE:** UWinnipeg Métis students applying for the Louis Riel Bursary must also submit one of these bursary applications.

Deadline for Fall and Fall/Winter Terms: Mon., Sept. 16

Student Aid

Student Aid has changed, offering more non-repayable forms of aid (grants) and providing better support for loan repayment. If you are eligible for student aid or thinking about applying, come speak with us about your options. We'll help guide you through the process and ensure you have the information you need to manage your loans with confidence.

ACADEMIC & CAREER SERVICES

Study Skills Workshops

Study Skills Workshops are designed to improve your learning skills and help you achieve your academic goals.

Organized by Academic & Career Advising, this series of nine workshops are FREE to all students and no registration is required

Fall workshops will run Sept. 9 - 25 on Mondays, Tuesdays and Wednesdays. The first week of topics are:

- Class Participation & Student Resources: Mon., Sept. 9, 12:30 - 1:20 pm, Room 2M73
- Start at Your Library: Tues., Sept. 10, 4:00 - 5:15 pm, Room 4M41
- Goal Setting & Time Management: Wed., Sept. 11, 12:30 - 1:20 pm, Room 2M73

For details, see uwinnipeg.ca/studyskills

EXCHANGE OPPORTUNITIES

Information Sessions

Looking for exciting, international experience? Participate in a UWinnipeg Exchange Opportunity!

The first information session for studying abroad on a UW Exchange will be held in room 2M70 on Mon., Sept. 30, 12:30-2:10 pm

Note: The main application deadline for fall/winter 2020/2021 is March 1.

Come visit our Exchange Opportunities Resource Area, located on the second floor of Rice building, 2R155. This area is open to students from Monday-Friday, 9:00am-4:00pm.

INTERNATIONAL, IMMIGRANT AND REFUGEE STUDENT SERVICES (IIRSS)

New Location

The offices for IIRSS are now located on the 8th floor of the Rice Centre.

STUDENT CENTRAL

Undergraduate Add/Drop Period

Course changes (adds and drops) can be made Sept. 3-16.

The final day to drop a U2018F or U2018FW course for full refund is Sept. 16.

Deadline for Undergraduate Tuition Fees

Fall (U2019F) and Fall/Winter Term (U2019FW) fees are due Sept. 19.

Win a Fitbit Smartwatch!

Pay tuition the easy way - through your bank, flywire, or webadvisor - and be automatically entered to win prizes.

Students who pay for Fall and Fall/Winter Term undergraduate courses by Sept. 19 in one of the following ways will be entered into a draw to win a prize package:

- as a bill payment through their financial institution (online, telephone, in-person at a branch) or
- via Flywire (international only), or
- through WebAdvisor with a credit card

The grand prize package includes a Fitbit Versa Lite Smartwatch. All prize packages include gift cards and UWinnipeg branded items.

Rent a locker today!

Need a place to store your school supplies? Rent a locker!

A locker is a temporary storage area, on a day-to-day basis, for such items as clothing, shoes and books. We strongly advise that you DO NOT store cash, credit cards, wallets, purses, jewelry, watches, electronics or any other valuables in your locker.

To rent a locker:

1. register for your courses
2. choose a locker location & type or specify a couple of locker numbers
3. choose a rental time frame: Fall Term (now - December 19, 2019) - \$21.00/person

or Fall & Winter Terms (now - April 21, 2020) - \$42.00/person

1. go in-person to Student Central, OR fill out the form online at www.uwinnipeg.ca/lockers

UWSA's Health Plan and U-Pass

The deadline to opt out of the Greenshield health plan and/or U-Pass is Sept. 16. For details, see the UWSA website.

theuwsa.ca/healthplan
theuwsa.ca/u-pass

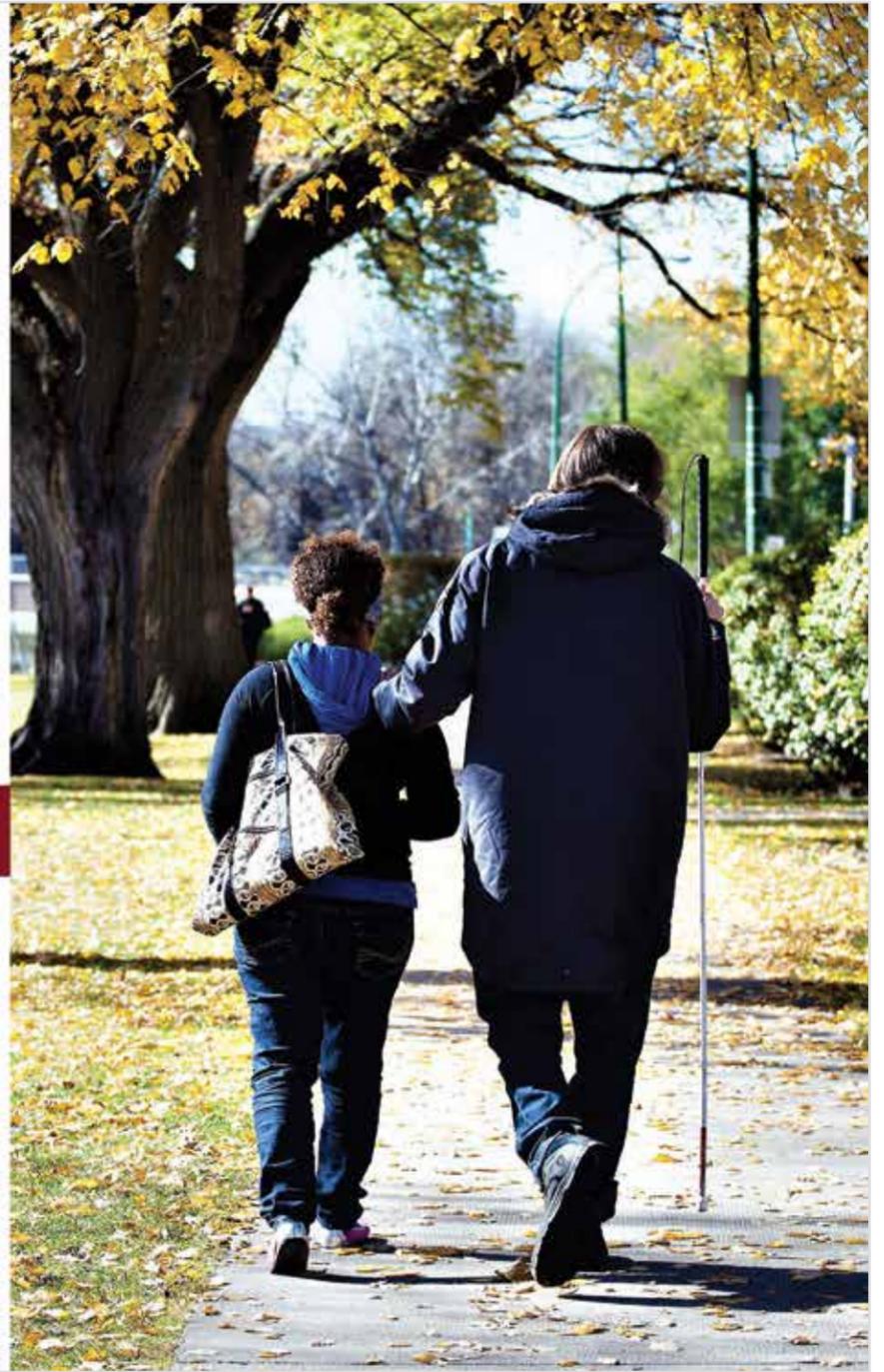
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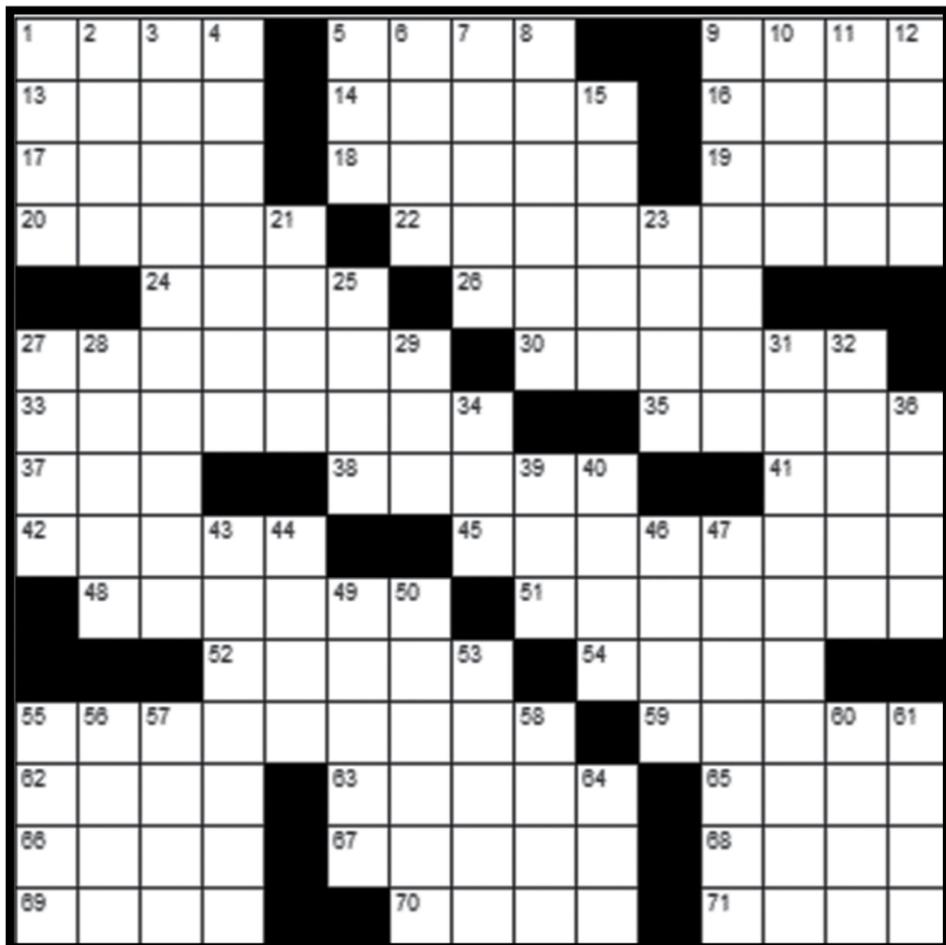
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GET UP TO TWO MONTHS FREE - ASK FOR DETAILS



SUNREX.CA/SPOT-TUXEDO

DIVERSIONS

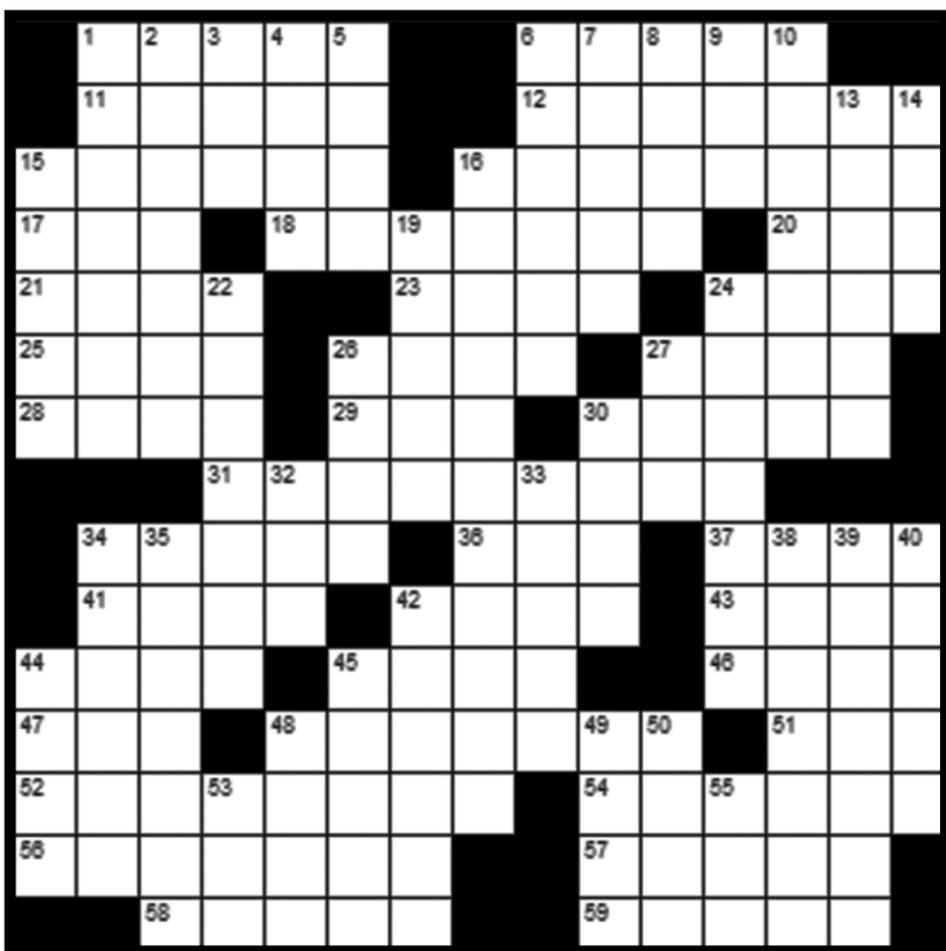


ACROSS

1. STOPPER
5. BLEND
9. WANES
13. TAKE IT EASY
14. DIMWIT
16. HALF-MOON TIDE
17. AGAINST
18. COLUMBUS'S BIRTHPLACE
19. SISTER AND WIFE OF ZEUS
20. CONDITIONS
22. AN INFORMATIVE PUBLICATION
24. VIOLENT
26. KINO GU
27. INSECTICIDE
30. WRITING IMPLEMENT
33. HOLDS DOORS OPEN
35. ADULT MALE SINGING VOICE
37. GRAYISH BROWN
38. A SMALL CUT
41. HISTORIC PERIOD
42. ANAGRAM OF "DIETS"
45. SMALL FOOTHOLDS
48. A COPY FROM AN ORIGINAL
51. DEFECT
52. LISTENED TO
54. SNOB

DOWN

1. ___ du jour = Meal of the day
2. Solitary
3. Inaudible
4. Gleam
5. Russian fighter
6. Biblical garden
7. A protective covering
8. A 1950s genre of music
9. Better
10. Horn sound
11. Exposed
12. Box
15. Thigh armor
21. Male offspring
23. Half a quart
25. Sets of articles
27. Contributes
28. Way to go
29. Bamboozle
31. Prohibited by official rules
32. Nobles
34. A sizeable hole
36. Impetuous
39. Ear of corn
40. Large brown seaweed
43. C2H5OH
44. Colors
46. Not his
47. Inauspicious
49. Interrupt temporarily
50. A task requiring a trip
53. Discourage
55. Snare
56. Part in a play
57. Leisure
58. 10 cent coin
60. Prong
61. Celebrity
64. Henpeck

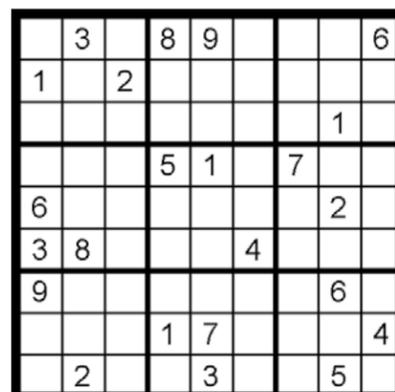
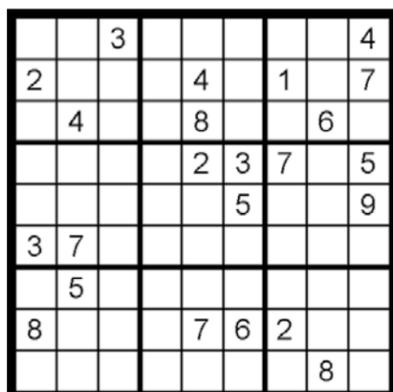
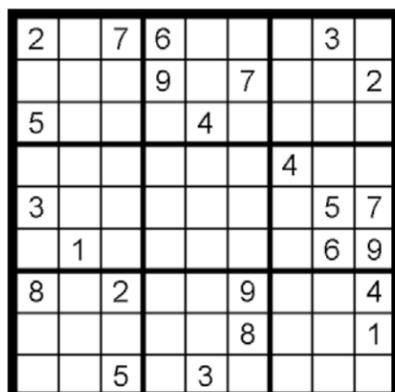
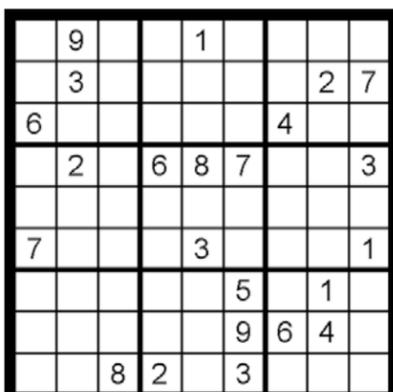


ACROSS

1. GOLIATH
6. QUOTED
11. KNIGHT'S "SUIT"
12. NON-BELIEVER
15. TWO-PIECE BATHING SUIT
16. INFURIATES
17. YEARS (FRENCH)
18. A PROVINCE IN ANCIENT GREECE
20. STARTLED CRY
21. FLYING SAUCERS
23. 3
24. LIPIDS
25. RUSSIAN PARLIAMENT
26. WILD HOG
27. MONEY
28. SLEIGH
29. A LATE TIME OF LIFE
30. DONNYBROOK
31. LOOSE DRESSING GOWNS
34. WORRIES
36. GENUS OF MACAWS
37. COLORED PART OF AN EYE
41. FAIL TO WIN
42. IMMEDIATELY
43. TYPEFACE
44. SCOUNDRELS
45. SWEEPING STORY
46. CASSAVA
47. AVENUE (ABBREV.)
48. DISTINGUISHED
51. "___ THE SEASON TO BE JOLLY"
52. CHANTLIKE
54. LOUTISH
56. ACCORD
57. A KEYBOARD INSTRUMENT
58. MIXTURE OF RAIN AND SNOW
59. CHURCH OFFICER

DOWN

1. Profitable
2. Annoying
3. French for "Friend"
4. Not a single one
5. Journey
6. Malignant growth or tumor
7. Fidgety
8. Not we
9. Poetic dusk
10. Illness
13. Boil
14. Sounds of disapproval
15. Anagram of "Daubs"
16. Exposing to radiation
19. Coral island
22. Unhappiness
24. Tamper
26. Pleads
27. C
30. Food from animals
32. French for "Summer"
33. Goodwill
34. A ketone in Vitamin B2
35. Rats
38. Workaday
39. A type of tooth
40. Hiding place
42. Small piano
44. Carryall
45. Overact
48. Feudal worker
49. No
50. A dog wags one
53. Solidify
55. Craze





WEWENI

INDIGENOUS SCHOLARS
SPEAKER SERIES



SEPTEMBER 23 — DR. JENNIFER WALKER

INDIGENOUS DATA AND RESEARCH



OCTOBER 9 — DR. MARGARET NOODIN

**GIJIGIJIGAANESHIINH GIKENDAAN
(WHAT THE CHICKADEE KNOWS):**

Anishinaabe Philosophy in Poetry



NOVEMBER 13 — DR. KARYN RECOLLET

**“FOR FUTURE LANDINGS/WHEN WE ARE
ALWAYS ON THE MOVE”:**

Indigenous Urban Land-ing as Theory



JANUARY 22 — DR. KARLA JESSEN WILLIAMSON

INDIGENOUS KNOWLEDGE AND HEAVENS



FEBRUARY 12 — DR. PRISCILLA SETTEE

**THE IMPACT OF CLIMATE CHANGE AND
ENVIRONMENTAL DEGRADATION ON
INDIGENOUS KNOWLEDGE SYSTEMS:**

What You Should Know



MARCH 11 — DR. JENNIFER NEZ DENETDALE

**INDIGENOUS GENDER AND SEXUALITY
STUDIES AND THE POSSIBILITIES FOR
DECOLONIAL FUTURES**

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The Weweni Indigenous Scholars Speaker Series will present distinguished Indigenous scholars and celebrate the success of UWinnipeg students throughout the academic year 2019–2020.

MEDIA INDIGENA will be recording a live podcast with each speaker hosted by Rick Harp.

mediaindigena.com



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RHYE

THE GARRICK

OCT 28

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WITH ELIZA GILKYSON

FORT ROUGE UNITED CHURCH

SEPT 24

TOO MANY TUNKS

THE GARRICK

OCT 31

The Funk Hunters

HALLOWEEN 2019

PARK THEATRE

SEPT 25

BOY & BEAR
WITH STU LARSEN

THE GARRICK

NOV 3

CURRENT SWELL

PARK THEATRE

SEPT 28

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Nation of Two
Two Crows for Comfort

POLLARD

NOV 7

KIM CHURCHILL

PARK THEATRE

OCT 16

THE PAPER KITES
WITH TALL HEIGHTS

BURTON CUMMINGS THEATRE

NOV 9

THE EAST POINTERS

WEST END CULTURAL CENTRE

OCT 18

DEL BARBER

WEST END CULTURAL CENTRE

NOV 17

FORTUNATE ONES

WEST END CULTURAL CENTRE

OCT 27

SAN FERMIN

PARK THEATRE

DEC 1

HAWKSLEY WORKMAN

PARK THEATRE

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