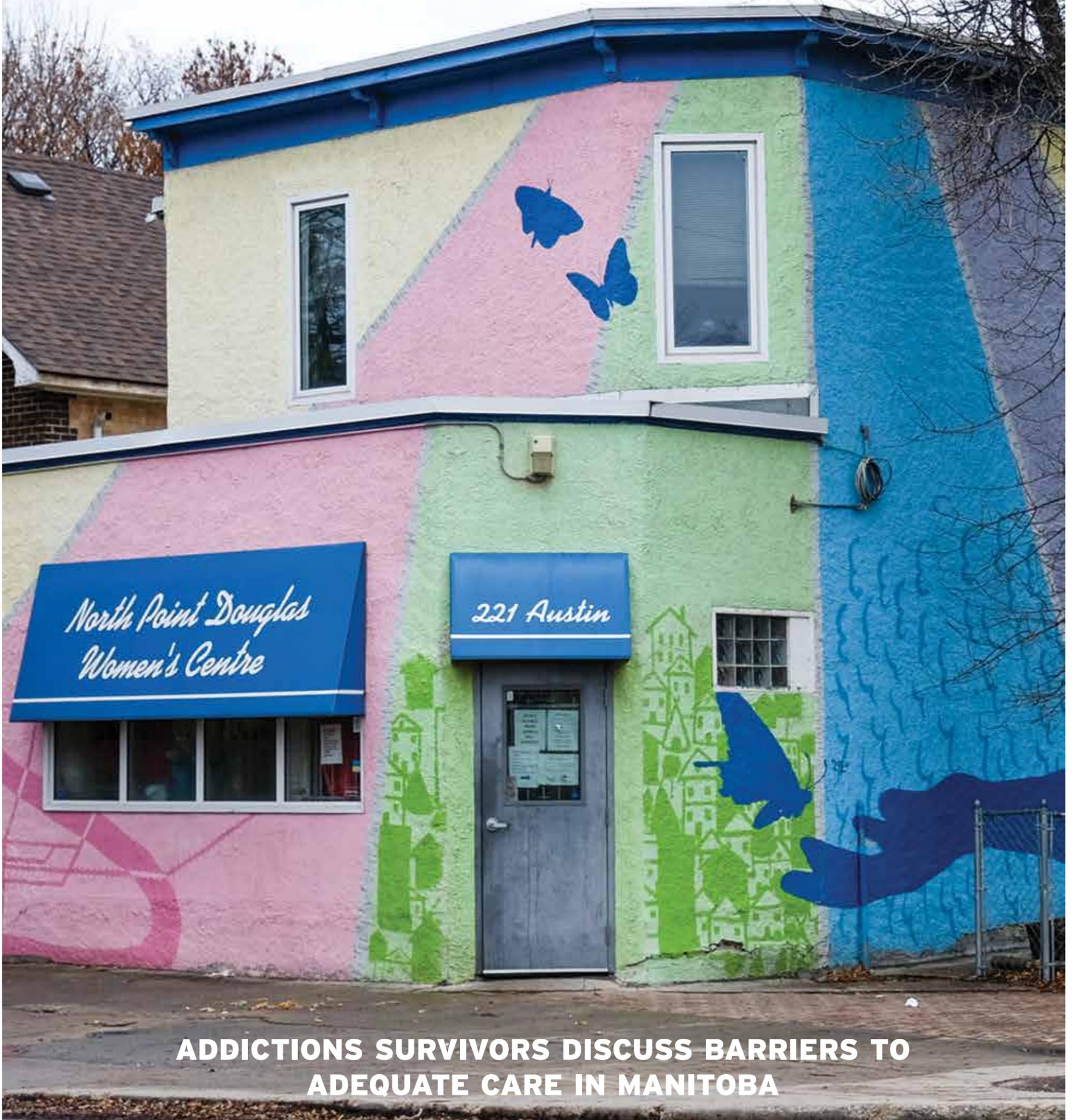


THE

UNITER

FREE WEEKLY:
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FILLING IN THE GAPS



ADDICTIONS SURVIVORS DISCUSS BARRIERS TO ADEQUATE CARE IN MANITOBA

CELEBRATING BLACK ARTISTS P4

ACCESSIBLE TOBOGGAN SLIDE WINS BIG P11

WRESTLING WITH IMPOSTER SYNDROME P14

IT'S BEGINNING TO LOOK A LOT LIKE 1916

In April of 2018, I wrote a historical article for *The Uniter* examining the prohibition era in Winnipeg. From 1916 to 1921, the sale and consumption of alcohol was prohibited in Manitoba. Similar legislation was passed throughout Canada and the United States in the 1910s and '20s, motivated by fears and misconceptions about alcoholism.

Clinical psychologist Dr. Michael Ellery explained, "Alcohol problems were thought of as moral problems ... If you drank too much, it was because you were a bad person."

How naive and misguided we were back then, I thought, thanking my lucky stars that present-day Winnipeggers were more educated on issues of addiction.

But, as this week's cover feature explores, we haven't come nearly that far. Comments editor Haley Pauls speaks to people in recovery, as well as treatment providers, to examine the many barriers to addiction treatments that still exist in Winnipeg.

Science's understanding of addiction may have caught up to the 21st century, but public attitude and civic policy seem stuck in the dark ages. The battle over the creation of the Bruce Oake Recovery Centre is an obvious illustration of how people fighting to overcome addiction are still demonized and dehumanized in Winnipeg.

But as Haley points out, the hostile, inhospitable attitude toward those seeking treatment is prevalent throughout the system in subtler, more insidious ways. For all our high-minded attitudes about how far we've come in the past 100 years, the sad truth is that our municipal and provincial governments are still treating addiction as a moral failing rather than a health crisis. Until they step up and do more than the bare minimum to address these needs, we'll still be a city stuck in a cruel, misinformed past.

—Thomas Pashko

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UNITER STAFF

MANAGING EDITOR
Thomas Pashko » editor@uniter.ca

BUSINESS MANAGER
Charmagne de Veer » businessmgr@uniter.ca

CREATIVE DIRECTOR
Talia Steele » creative@uniter.ca

ARTS & CULTURE EDITOR
Beth Schellenberg » culture@uniter.ca

FEATURES EDITOR
Katherine Cao » featureseditor@uniter.ca

CITY EDITOR
Lisa Mizan » city@uniter.ca

COMMENTS EDITOR
Haley Pauls » comments@uniter.ca

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

PHOTO EDITOR
Daniel Crump » photoeditor@uniter.ca

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

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

STAFF ILLUSTRATOR
Gabrielle Funk » gabrielle@uniter.ca

FEATURES REPORTER
VACANT

ARTS & CULTURE REPORTER
Naaman Sturup » naaman@uniter.ca

ARTS & CULTURE REPORTER
Hannah Foulger » hannah@uniter.ca

CITY REPORTER
Alex Neufeldt » cityreporter@uniter.ca

CAMPUS REPORTER
Callum Goulet-Kilgour » campus@uniter.ca

VOLUNTEER CO-ORDINATOR
Tamika Reid » volunteer@uniter.ca

CONTRIBUTORS

PHOTOGRAPHER
Mike Sudoma

WRITER
Cierra Bettens
Valerie Nyamori

MOUSELAND PRESS

MOUSELAND PRESS BOARD OF DIRECTORS:
Kristin Annable (chair), Anifat Olawoyin,
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» For inquiries email: board@uniter.ca

CONTACT US

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

ADVERTISING
204.786.9790
» For inquiries email:
businessmgr@uniter.ca

Room ORM14
University of Winnipeg
515 Portage Avenue
Winnipeg, Manitoba
R3B 2E9
Treaty One Territory
Homeland of the Metis Nation

SUBMISSIONS

Submissions of articles, letters, graphics and photos are encouraged, however all new contributors (with the exception of letters to the editor) must attend a 45-minute volunteer orientation workshop to ensure that the volunteer understands all of the publication's basic guidelines. Next volunteer workshop takes place **Wednesday, November 27 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.

* ON THE COVER

The North Point Douglas Women's Centre provides resources for those seeking help with addictions.

Read more on page 7.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

The Manitoboggan, a toboggan sledding structure in St. Vital Park designed by Public City Architecture, received an award from multiple Olympic committees. Read more on page 11.



COFFEE BREWS AND TAP DANCE SHOES

THOMAS PASHKO

MANAGING EDITOR  @THOMASPASHKO

Readers might recognize cohabitating partners Jordan Cayer and Ella Steele from the Winnipeg stage. Steele is a tap dancer and choreographer, while Cayer currently plays bass with local jangle-poppers Merin and was previously part of Adam Hanney & Co. for many years. But the two have professional interests off the stage as well.

Steele teaches and choreographs at the Doreen Bissett School of Dance, her mom's school, where she began her dance education at three years old.

"I started working with all dance forms," Steele says. "Ballet, jazz, hip hop ... I've done it all. But tap dancing was always my specialty, and since I was 15, I really got into the world of tap dance. Now I do it professionally."

While the words "tap dance" might evoke images of Gene Kelly and Debbie Reynolds, Steele says her tap influences and idols "weren't so much in the MGM kind of world."

"(I'm into) the tap dance era of the 1970s," she says. "Dancers like Jimmy Slyde, Gregory Hines. My mentor showed me footage of Baby Laurence on *The Sammy Davis, Jr. Show*. That was the first piece of tap dance historical footage I ever saw."

In addition to music, Cayer works as a barista and café manager at Forth.

"It's actually my first job as a barista," Cayer says. "I'd previously been professionally focused on bartending. I always really enjoyed the job of creating drinks for people. Once I started making coffee for people in this very specific specialty coffee world, I realized very quickly that this was my favourite version of that."

"People are a lot more willing to give you a smile when you're giving them a coffee than when it's 1:30 in the morning, and you're just trying to get them to leave your bar."

1) BABIES. LOTS OF BABIES.

ES: "Two of these I got at Junk for Joy. One I got at a road trip at a gas station. These three (Kewpie babies) are my most recent ones. I have a tattoo of Kewpie babies. I don't know why, but it just became a collection."



1

2) CAMERAS

ES: "Jordan got some of these from his mom. Some of them are mine. One of them was my great aunt's, from Scotland."



2

3) FENDER PRECISION BASS

JC: "It's my go-to. I've had it for at least 10 years ... It was extremely cheap, because it came with that finish, which is not an original finish. I believe the body of it was made in 1976, and the neck is from 1972. It sounds incredible. I still haven't played anything that sounds like it."



3

4) PHOTO ALBUM

ES: "I take Polaroids. It's one of my favourite things to do."



4

5) PORTRAIT BY DANY REEDE

JC: "Dany Reede did this as a commission based on us moving into our first apartment together. We were both huge fans of his work. I sent him a few photos of things that were going into our new apartment: this clock, our little snake plant, our old table and chairs."



5

6) MERIN POSTERS

JC: "Having art that somebody who's really talented makes that has the name of your band on it is like the coolest thing."



6

ARTS BRIEFS

BETH SCHELLENBERG // ARTS AND CULTURE EDITOR  @BETHAZELLENBERG

Jordan Stranger artist talk

On Nov. 23, Jordan Stranger will reflect on *Firekeeper*, a collection of his newest work that is currently exhibiting at *aceartinc*. Stranger's talk will begin at 7 p.m. and is free and open to the public.

Miss Club 200 Pageant

The 2019 Miss Club 200 Pageant is a two-part saga that will unfold on Friday, Nov. 22 and Saturday, Nov. 23. Say goodbye to last year's reigning queen on Nov. 22 and witness the crowning of new royalty the next day. Both nights start at 10 p.m. and go late.

Chastity Belt with Living Hour

The Good Will Social Club (625 Portage Ave.) is celebrating their fifth anniversary show with Chastity Belt, a melodic indie outfit hailing from Seattle, and local darlings Living Hour on Sunday, Nov. 24. Tickets are \$15, and doors open at 7 p.m.

Cherry Cherry at Into The Music

On Friday, Nov. 22, Cherry Cherry, a collaboration between Winnipeg music veterans Greg MacPherson and Hailey Primrose, is playing at Into The Music (245 McDermot Ave.). Paying homage to post-modern disco, the band is said to evoke the hollowed-out heart of North America better than any other. This free, all-ages show starts at 7 p.m.

Shasha McArthur at Plug In ICA

Shasha McArthur, an Indigenous filmmaker from White Bear First Nation in southern Saskatchewan, is giving a lecture as part of Plug In's "Labour of Love: On Digital Economies in the Arts" series. McArthur's talk, titled "Nakota: The Sky People and Where Light Shines Through," is at Plug In (460 Portage Ave.) at 6 p.m. on Friday Nov. 22 and is free and open to the public.

Gedi Sibony: Dialogues in Art

Brooklyn-based multimedia artist Gedi Sibony is giving a talk on Thursday, Nov. 21. Sibony has a versatile practice and often uses discarded and found materials to create his work, which he likens to a travelling circus. The talk is presented by *Border Crossings* and the University of Manitoba and will take place at the School of Art (180 Dafoe Rd.) from 6:30 to 8:30 p.m.

THOMAS MAPFUMO AND THE BLACKS UNLIMITED COME TO WINNIPEG

Unique arts festival highlights African/Black musical diversity

NAAMAN STURRUP  @NAAMANSTURRUP

ARTS AND CULTURE REPORTER

Artistic and ethnic diversity are vital to the survival of arts communities. One event that celebrates diversity in the arts is Black Arts Fest (BAF), which has recently teamed up with the West End Cultural Centre (WECC) to create a concert headlined by the “Lion of Zimbabwe,” Thomas Mapfumo, and his band, The Blacks Unlimited. Darryl Reilly of Guerrillas of Soul comments, “to see the way everyone reacts to (Mapfumo), he is like a rockstar.”

“He is so popular and such a cultural and musical icon. I was blown away the first time he played at the West End. Not just by him and his band, but also by the reaction of the city and how many people came out.”

Several local artists will also take the stage, including Juno-nominated Anishinaabe singer/songwriter Leonard Sumner, CBC *Up to Speed* host Ismaila Alfa and the band Guerrillas of Soul.

BAF’s artistic director and founder Nomaqhawe Sibanda says she created the

event to showcase African and Black musical talent in Winnipeg.

BAF was created “to provide more spaces for African and Black diaspora to see themselves and to celebrate the traditions of our cultural expressions,” she says.

“It is not about creating separate space. It is about creating additional, inclusive spaces for representation.”

Sibanda says although the event’s name might sound exclusive, this event is open to all of Winnipeg.

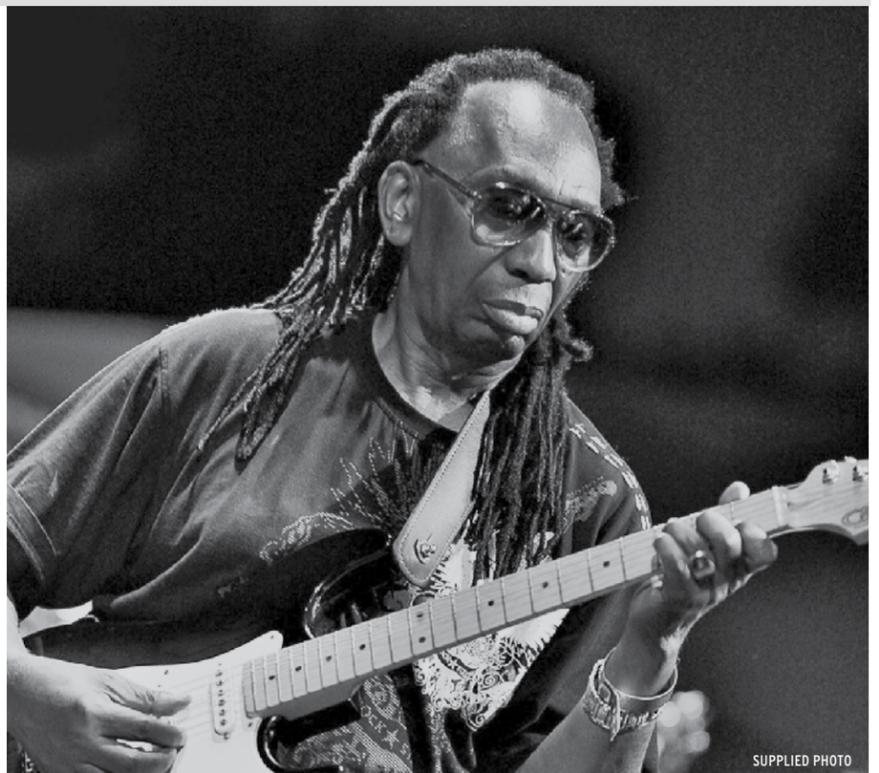
“BAF is Black-led and Black-centred, but it is for everyone,” she says.

“BAF welcomes everyone to come see, consume and to understand African and Black diaspora stories and people and to revel in our artists in meaningfully authentic and direct ways, while having a lot of fun.”

Reilly echoes this, saying he appreciates events like this, because they highlight Winnipeg as a city of immigrants.

“Events like this speaks to the rich cultural milieu of Winnipeg,” he says.

“This city has so many different people from all around the world, and everyone gets together, creating the city how it is today. The reason why I like living here is



SUPPLIED PHOTO

Thomas Mapfumo, one of Zimbabwe’s most influential musicians, will perform as part of the Black Arts Fest.

because it is such a multicultural city, seen in its music, food and people all around.”

Reilly says in Winnipeg, only certain genres are widely supported, and events like BAF are important to broaden musical expressions and reception.

“There is a tendency in Winnipeg to support folk music, which is great, because the folk arts scene here is fantastic,” he says.

“However, there are a lot of people in Winnipeg playing other kinds of music, and it does not necessarily have the same sound that can be recognized by the Junos or radio shows. BAF highlights these other musicians in Winnipeg who are from

around the globe, playing music influenced by different people.

“It is important for Winnipeggers to come out and experience this other side of their culture, because Winnipeg is a multi-ethnic city.”

The Black Arts Fest was originally scheduled to take place Nov. 29 but has since been postponed. Festival organizers plan for the rescheduled show to take place on Jan. 10 or Feb. 2. Keep an eye on the Black Arts Fest Facebook page or wecc.ca for updates.

LUIS FONSI, BAD BUNNY AND J BALVIN AREN'T THE ONLY ONES

Alex Cuba broadens audiences’ perspectives of Latin music

NAAMAN STURRUP  @NAAMANSTURRUP

ARTS AND CULTURE REPORTER

With the help of Canadian singer Justin Bieber’s remix, Luis Fonsi and Daddy Yankee’s “Despacito” garnered popularity. Its video became the most-watched on YouTube with over 6.5 billion views, which subsequently bolstered more global interest in Latin music.

Though this interest helped the genre’s popularity, famous pop songs fragmented Latin music overall. The prevalence of the reggaeton and trap subgenres have left less recognition for artists of different styles.

Canadian Juno and Latin Grammy award-winner Alex Cuba aims to change this through his music. Cuba comes to Winnipeg to perform at the West End Cultural Centre (WECC) on Nov. 22 and will celebrate the release of his seventh album, *Sublime*.

The WECC’s booking co-ordinator Jorge Requena Ramos says “Cuba’s music is something anyone can welcome, from grandmother to teenager. He is like a Cuban Hendrix, with rich guitar layered over excellent vocal work.

“His music draws from traditional Cuban music and modern influences to

create something unique, and any artistic director should want Alex Cuba in their venue.”

The concert will be two 45-minute sets of music comprehensive of his career. Cuba says, “this show is working out to be quite interesting, because the first set has a lot of changes in tempo and rhythm, so the audience can expect a night full of variety.”

The Globe and Mail describes Cuba as an artist who “emphasize(s) emotions over words,” which refers to him performing across language barriers. Cuba transcends these barriers through his interactive performances and award-winning songwriting. He highlights that he wants his music to have positive messages of peace and affirmations that life is worth living.

“Songs just come to me. I do not have to look too hard for them,” he says.

“Life inspires me, and there is a lot to talk about. When I am happy, that is the moment when I love writing music. When I am not happy, I do not write, and I do not like music during that time.

“It took me a while to discover that about myself, but when I did, I embraced it, and it made my music even better.”

Noting that he wants to create music that people can listen to for years, Cuba discusses the change in Latin



SUPPLIED PHOTO

Musician Alex Cuba wants to bring a more balanced version of Latin music to Canadian audiences.

music reception and its fragmentation in Canada.

“I have been in Canada for 20 years, and when I initially arrived, I never dreamt of sitting in a Tim Hortons café and hearing Latin music, which (has become the norm) in the past few years,” he says.

“That is an amazing thing.”

He says that as Latin music has various styles, playing popular songs ubiquitously can have an adverse effect on such a diverse genre.

“It was great that everyone got to hear

“Despacito”), but it was scary, because that is the fast food of Latin music,” he says.

“Popular songs like that create a double-edged sword. On one hand, you have people who now think they know what Latin music is, and on the other, if you do not have (popular) tracks on stage or do not know how to play a guitar, you look weird.”

The WECC is located on 586 Ellice Ave., and doors open at 7:15 p.m. Tickets can be purchased at Eventbrite and start at \$20.

CKUW TOP 30

November 11-17, 2019



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

TW	LW	C	Artist	Album	Label
1	1	!	Begonia	Fear	Rex Baby
2	14	!	Mariachi Ghost	Puro Dolor	Self-Released
3	2	!	Glassreel	Unalike	Self-Released
4	5	!	Big Dave McLean	Pocket Full Of Nothin	Black Hen
5	29		Lee Scratch Perry	Rootz Reggae Dub	Megawave
6	3	*	Fly Pan Am	C'est Ca	Constellation
7	19		Matana Roberts	Coin Coin Chapter Four: Memphis	Constellation
8	17	*	The New Pornographers	In The Morse Code Of Brake Lights	Concord
9	7	*	Lightning Dust	Spectre	Western Vinyl
10	4	*	The Rheostatics	Here Come The Wolves	Six Shooter
11	18	!	Ada Lea	What We Say In Private	Next Door / Saddle Creek
12	6	!	The Bros. Landreth	'87	Birthday Cake
13	23	*	Dany Laj & The Looks	Everything New Is New Again	Transistor 66
14	12	*	Iskwe	Acakosik	Self-Released
15	11	*	The Skydiggers	Let's Get Friendship Right	Self-Released
16	8	!	Absent Sound	Hola Sol	Transistor 66
17	24	*	Little Scream	Speed Queen	Dine Alone / Merge
18	13	!	Noah Derksen	America, Dreaming	Self-Released
19	30	*	Chastity Belt	Chastity Belt	Hardly Art
20	20	*	Zachary Lucky	Midwestern	Self-Released
21	NE	*	Julianna Hatfield	Sings The Police	American Laundromat
22	10	!	Jaywood	Time	Self-Released
23	16		Alister Spence and Satoko Fujii	Imagine Meeting You Here	Self-Released
24	RE	*	D.O.A.	1976	Sudden Death
25	9	*	Shotgun Jimmie	Transistor Sister 2	You've Changed
26	27		Pelted Shell	A Run At The Funnel	Self-Released
27	26		Olivia Jean	Night Owl	Third Man
28	NE		The Cynics	Rock N' Roll	Get Hip
29	21	*	Friendly Rich	We Are All Terrorists	Pumpkin Pie Corporation
30	25	*	Sandro Perri	Soft Landing	Constellation

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STRANGER PRANKS

Prank Encounters

Gaten Matarazzo's Netflix prank show

HANNAH FOULGER

@FOULGERSCOVFEFE

ARTS AND CULTURE REPORTER

Stranger Things star Gaten Matarazzo's new Netflix show brings back the prank-based comedy format of *Punk'd*, *Candid Camera* and *Just for Laughs Gags*. In Matarazzo's version, two separate temporary workers are assigned to work for different employers in the same location. Circumstances take a turn for the strange, trapping these temps in the plot of a horror movie, forcing these two strangers to work together so they can get out alive.

In one episode, a home respite worker babysits a little girl who believes her teddy bear murdered her sister. Another temp works with an organization that takes used toys from rich families to give them to the "less fortunate." The teddy bear comes to life, killing two people, to the terror of the two temps, before Matarazzo steps in, stopping the action and telling these temps that everyone involved in the situation, including the seemingly possessed teddy bear, are actors.

In other episodes, the temps are terrorized by a mentally ill man at a summer camp, trapped in a storage container with aliens waking up from a deep sleep and threatened by the possible awakening of Apophis, the Egyptian god of chaos.

All the temps seem to be either very gullible or desperate for work, as they not only accept positions amidst dangerous circumstances, but they also agree to strange tasks without proper training.

In one episode, a temp is asked to help catalogue ancient Egyptian artifacts. Normally, that job would be done by someone with extensive archeological experience, yet the temp accepts this task without question. Given the temps' lack of protest, it seems a lot of them are used to unsafe or unusual situations and, in general, unstable employment.

Of the 14 temps pranked in the seven episodes, nine are People of Colour. It is unclear whether this is reflective of the diversity of Georgia, where the show is filmed, or if it is reflective of the demographics of those who find it more difficult to secure employment.

These jobs eventually seem to put the temps' lives at risk when teddy bears become possessed or ancient gods of chaos seem to rise from the dead, and yet these people continue to work, often with the added vulnerability of being unable to access or use their phones.

Matarazzo usually steps in before things go "too far." However, in most circumstances, the temps have already been subjected to possibly trauma-inducing situations. Their contracts with the temp agency must be ironclad, because these events could merit medical care and/or legal action.

Other prank shows employ light-hearted pranks involving a singular trick prop, like in *Candid Camera*, or the apparent theft of a prized item in *Punk'd*. The pranks from these shows are frustrating or confusing, but the pranks of *Prank Encounters* seem to threaten the temps' lives.

Prank Encounters is, on the surface, a funny, light prank comedy, but it relies on the vulnerability of front-line workers with unstable work, without adequate concern for the psychological well-being of those people who are being pranked.

U

THE UNITER IS SEEKING COMIC CONTRIBUTORS

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Have you always wanted to create a comic
but need a push to do it? Become a volunteer and
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PHOTO BY KEELEY BRAUNSTEIN-BLACK

Jane Roussak (Green Action Centre), Eric Reder and Alex Deneka (Wilderness Committee)

FUTURE OF FEASTING

Manitoba Wilderness Committee hosts Climate Fall Supper and panel

HANNAH FOULGER  @FOULGERSCOVFEFE

ARTS AND CULTURE REPORTER

On Nov. 22, the Wilderness Committee hosts its annual Climate Fall Supper. The theme will be “The Future of Feasting.” Preceded by a series of workshops, the dinner will be accompanied by a panel discussion featuring sustainable climate experts and practitioners.

Eric Reder, the committee’s wilderness and water campaigner says “The Climate Fall Supper is about bringing community

together, so that they are sharing food, passing the salt and having conversations with the people next to them ... that want to work on this.”

The dinner will be ethically sourced and prepared by Diversity Foods. “We are going to talk about what’s on your plate. How did it get there? Why were the decisions made (to put it there)?” Reder says.

Eight pre-dinner workshops will be led by a number of local groups, including Farm Fresh Food Hub, Green Action Centre, Manitoba Master Gardener Association and panelist Brenda Tjaden.

Tjaden is the founder and CEO of Sustainable Grain, a market development firm

working in regenerative agriculture. Tjaden will lead a workshop with Lydia Carpenter, who runs a multi-species grazing operation in southern Manitoba, on permaculture and restorative agriculture.

Tjaden says restorative agriculture is intended “to restore healthy grasslands and large animal grazing anywhere that it is possible ... getting all the animals back on the land is how you (can) replace synthetic fertilizer” and regenerate soil sustainably.

The panel on agribusiness will be held shortly after the meal.

“We really need to have a conversation about what it means to support rural agricultural producers in the future that they need in a climate compromised world,” Reder says.

“These are phenomenally difficult times for rural Manitobans. And what we need to do in Manitoba is build the community that will support those people during that hardship.

“For some farmers, this will be the sec-

ond summer in a row of an almost absolute failure. (We must start) acknowledging that we are in it really bad, and it is not going to get better. We’re going to have decades like this until we act.”

Event tickets come in a range of prices, with a regular ticket at \$75. There are tickets available at \$20, making the Climate Fall Supper more accessible, which is a concern for the Wilderness Committee.

“Injustice won’t build the support that’s needed for us to survive this, and that means holding everybody up together. So all of the pieces of accessibility and inclusion are part of the society that is going to survive,” Reder says.

The Future of Feasting: Climate Fall Supper will be held at Red River College at 5 p.m. on Nov. 22. Tickets for the dinner can be purchased on Eventbrite at prices ranging between \$20 and \$100.

SEEING BEYOND DISABILITY

Book touches on the history of abuse in Canadian institutions

CIERRA BETTENS

VOLUNTEER  @CIERRABETTENS

Catherine McKercher has very few early memories of her brother Bill, other than the fact that he had a wonderful laugh.

While McKercher lived at home with her other siblings and parents, Bill, who was born with Down syndrome in the 1950s, spent his life institutionalized from when he was two years old until his death at age 38.

McKercher’s book *Shut Away: When Down Syndrome was a Life Sentence* was launched at McNally Robinson Grant Park on Wednesday, Nov. 13. The former Carleton School of Journalism and communications professor’s book speaks of the histories, changes and futures for those living with intellectual disabilities.

Shut Away is a memoir of Bill’s life in the Ontario Hospital School for those with developmental disabilities in Smith Falls, as well as an account of the abuse that took place in Canadian institutions.

“In our house, Bill was an absence, not a presence,” McKercher notes in her book. “We saw nothing of his. Yes, he was my brother, but his day-to-day life was utterly separate from mine.”

The book draws from interviews and primary documents discovered in an attempt to uncover a lost personal history. McKer-

cher applied for Bill’s personal resident file through the Archives of Ontario.

“What I found was shocking at times, infuriating at other times and heartbreaking,” McKercher says.

Brandy Kowal of the Manitoba Down Syndrome Society (MDSS) led the Q-and-A at McKercher’s book launch. As a mother of a seven-year-old child with Down syndrome, Kowal says some of the issues raised in McKercher’s book persist today.

“She talked about how in the institutions, there were really high staff turnover rates, and that staff were underpaid. Those are huge issues still,” Kowal says. “It’s been an ongoing issue with my daughter with daycare and respite workers. There’s a high turnover of people in her life, which is really hard for relationship-building.”

Parents of children with Down syndrome often need to advocate for themselves and their families, while constantly seeking out resources.

“People have to go find emotional and social support on their own,” Kowal adds. “A lot of parents of children with disabilities can feel isolated if they don’t have that network of other parents.”

McKercher says if her brother Bill had been born just a decade later, his circumstances would have been vastly different.

“Ten years before Bill was born, the idea of sending a child with Down syndrome to school was absolutely unheard of. Ten years after he was born, not only were you able



SUPPLIED PHOTO

Author Catherine McKercher

to do that, but the schools were required to provide you with assistance and teaching aids,” McKercher says.

Still, both Kowal and McKercher insist that more must be done in a wider social context to help shift the narratives placed on those with disabilities.

“If people took the initiative to say ‘hey, what can I do to make this child and their family feel more supported and welcomed?’

that would be huge. It takes pressure off the families to constantly be doing that,” Kowal says.

McKercher’s book can be purchased in print at McNally Robinson Booksellers or electronically through Kindle.

FILLING IN THE GAPS

Addictions survivors discuss barriers to adequate care in Manitoba



PHOTO BY MIKE SUDOMA

The choice to convert the old Vimy Arena into the Bruce Oake Recovery Centre was a controversial one for some local residents.

This summer, heated debates erupted in the St. James neighbourhood at an information session about the Bruce Oake Recovery Centre, a new addictions treatment facility that is set to be built in the area.

On one side, a group of residents argued that the centre should not be built in a residential area. On the other, many of their neighbours vouched to end stigma against addictions and insisted that the establishment of this recovery centre was non-negotiable.

Among those in support of the centre were Christie Paul and her son Bruce. They're from St. James and

have battled addiction in both personal and professional capacities.

Christie has worked at the North Point Douglas Women's Centre (NPDWC) for about 10 years, doing both frontline and programming work with people from the North Point Douglas community.

Advocating for women who are struggling with addiction is a present factor in all the work the centre does. So when Bruce came to Christie to ask for help with his addiction, she says "it made everything much more real."

With a support network of people, including his mother and well-known social worker Mitch Bourbonniere's mentorship program, Bruce eventually made it to treatment at River Point Centre.

During his recovery process, he met a group of young people who had also been through the addictions system in Winnipeg. They now live together in a house in the West End.

Bruce, Cooper, Sophie and Manny are all presently in recovery and are involved in a 12-step program. They have meetings almost every day.



Rick Lees, executive director of Main Street Project

GAPS IN CARE

Although the four roommates admittedly come from areas of Winnipeg that are economically comfortable, including St. Vital, St. James and River Heights, only Manny had access to private programming to treat his addiction, and he was only offered this treatment after he had been incarcerated.

“My family reached out through my lawyer,” he explains, noting that there was little addiction assistance offered by the jail itself.

The others cited accessing a number of different treatment programs through organizations such as River Point Centre, Addictions Foundations of Manitoba (AFM), Tamarack Recovery Centre and Whispering Pines Addiction Treatment Centre. The group unanimously agreed that if someone doesn’t have a lot of money to spend on an expensive private program, accessing adequate care can be very difficult, and getting immediate help is often impossible.

Unless someone is able to afford private care, which usually costs thousands of dollars, the time after deciding to get clean can feel like a tedious waiting-game.

If detox is required, as it usually is after substantial use of opiates, meth and/or alcohol, among other drugs, the first step is to get a doctor’s note granting approval for detox.

Cooper explained that doctor’s notes usually only medically clear people for detox for about 72 hours.

Cooper says that in the past, after getting a doctor’s note, a person “had to hope and pray that there was a bed available (within) the next three days.”

In Winnipeg, most people who cannot afford to pay for private treatment seek out detox services at Main Street Project (MSP). The Health Sciences Centre also has a limited capacity for detox, but as the roommates point out, these services are only available to people who are medically considered to be in extreme danger. Those in need of detox who cannot afford to pay thousands of dollars must generally make two trips: first to the

doctor’s office and then to MSP.

Rick Lees, executive director of MSP, explains that over the past few years, the organization has made substantial efforts to reduce and even eliminate waitlists. “We really tightened that up,” he explains. “We’ve added more beds.”

The Health Sciences Centre and St. Boniface Hospital emergency departments now both have dedicated beds at MSP. All five Rapid Access to Addictions Medicine (RAAM) clinics in Winnipeg also have dedicated beds in the MSP facility.

“When people are coming through urgent treatment processes, we are trying to ensure that there is the right continuum to get them into the stabilization process,” Lees says.

Lees thinks one of the major challenges the system currently faces is establishing a “good continuum from detox to stabilization.”

“Often, people will go through the detoxification program, which might take anywhere from 10 to 20 days, a bit longer if it’s meth, and then discover that there’s no treatment bed. Or there’s a treatment bed that’s two weeks out,” he says.

Long gaps between detox and treatment can mean that many people have no choice but to return to negative environments, and they frequently will go back to using again, Lees explains.

“There’s gaps in care at every step,” Cooper says. “People who are homeless are still homeless in between.”

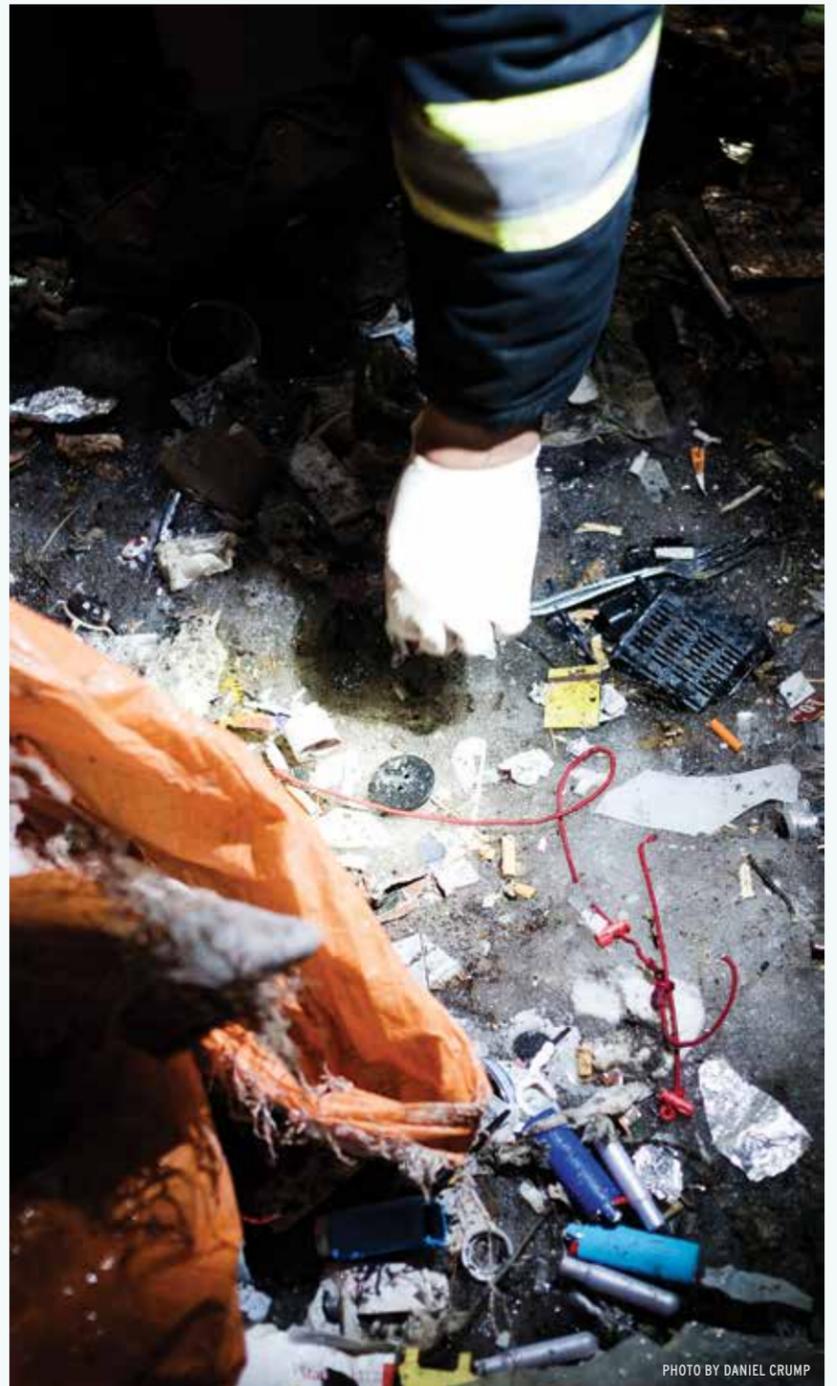
Sometimes, the wait time to get into treatment can be much longer than two weeks. Cooper says he waited for six weeks for intake through RAAM three times. Each time, when he finally got there, he no longer wanted help.

Sophie explains that, in her experience, women’s AFM services usually have a three-month wait, and that’s “just to fill in the paper. It’s first come, first served.”

“You have to arrive there at, I think, eight in the morning. There’s only a certain amount of people that can come in to fill in the paper. And if you’re too late, you’re rejected, and you have to come back the next week. It’s just nuts,” she says.



The North Point Douglas Women's Centre on Austin Street North



In these archival photos from March 2018, members of Bear Clan's North End Patrol gather discarded needles and other drug paraphernalia.

BARRIERS UPON BARRIERS

After experiencing firsthand what it was like supporting a family member through addiction, Christie believes that “it doesn’t matter where you come from, (since) we can all be affected by these things.”

She adds that she is also careful when she says that. “There’s systemic racism that has impacted whole communities, so I don’t want to minimize that impact either.”

For example, she discusses a young woman who has sought help from NPDWC to recover from her addiction, but “it just hasn’t happened yet ... there are so many barriers to getting her the help that she needs.”

One of the factors that heavily impacts the lives of Indigenous women struggling with addiction is Child and Family Services (CFS).

While Indigenous children make up about 26 per cent of the child population in Manitoba, they made up 89 per cent of children in care in 2017. Lees explains that 65 per cent of women who access detox facilities at MSP are Indigenous, and that 42 per cent of all the women in detox are dealing with CFS.

In addition to the physical and mental trauma that usually accompanies addiction, many women are also dealing with the trauma of having their children taken away. Lees explains that one of CFS’s conditions is that women struggling with addiction need to access detoxification and treatment in order to get their kids back.

“They can’t access support,” he adds. In the interim periods between detox and treatment, many women facing multiple barriers are likely to go back to using. It’s really challenging,” Lees says.

Christie says there are simply not enough

treatment centres for women in the city and mentions that “It’s easier to build a men’s recovery program.”

At the Bruce Oake information session, she spoke with a staff member from a Calgary project that the Bruce Oake facility is being modelled after.

“We were asking about programs for women ... he said so far they haven’t done it, because it’s much more complicated, because you have to figure out what to do with their children,” Christie explains.

“Bruce Oake will only be for men. River Point is only for men,” she adds.

HEALING-BASED APPROACHES

Bruce, Cooper, Sophie and Manny are living proof that recovery is possible, but that it cannot happen without overcoming odds that oftentimes feel insurmountable.

In addition to the gaps in the continuum, the forms, the calls and the often-inaccessible hours during which many organizations are open, the system takes a significant emotional toll on people seeking care.

If a person does not have external support systems, which all four of the roommates mentioned having in at least some capacity, making it to and through treatment becomes even more challenging.

Bruce says that “it’s a very small window for when an addict wants help to go into detox ... If it’s not in that moment, then that willingness will be gone.”

“I feel like if I could just walk them down somewhere,” Christie says, referring to the women she works with who are battling addiction. “Let’s just go right now! And walk in, you’re ready right this second. Let’s go!” she says, but “a person can only be ready when they’re ready.”

Without any external support, being ready can be tough. This is why in addition to promoting a harm-reduction approach to treating addiction, Christie explains that the NPDWC’s programs are also healing-centered.

“It’s a growing understanding that we’re gaining,” she says. “A lot of the healing work we’ve done demonstrates that if you can create a sense of connection and belonging in some form and create some kind of safe place that people feel they belong, that can be a very good starting point.”

“It’s not really something you can do on your own,” Bruce says, referring to the support network he has gained through 12-step programs and living in community with his roommates who have shared similar experiences.

‘THE OPPOSITE OF ADDICTION IS CONNECTION’

The “not in my backyard” mentality of the anti-Bruce Oake protestors is still a prevalent voice in conversations about addiction, focusing on defining “us” versus “them” instead of exploring the ways that healing can be achieved for everyone.

When people view addiction as a moral failing that only exists in external communities, they fail to see that addiction is a symptom of a system that is sick, and that they are a part of that system.

“When we continue to have oppressive structures that impact people’s lives and push them to these breaking points, we have a responsibility, too,” Christie says.

Although there are many dedicated individuals working in the field who care deeply about humanizing the experience of addiction, there is still a long way to go before the system can become accessible to everyone.

One step toward achieving accessible treatment and care could be by advocating for addiction to be treated as an illness, Lees suggests.

“It shouldn’t be politicized,” he explains. “These are illnesses and diseases the same as HIV and the same as diabetes, the same as heart-disease, the same as cancer.”

Lees says that the sooner people stop politicizing addiction, the sooner it can be treated in the public system with realistic approaches like harm reduction.

Another important step could be facilitating community and dialogue in spaces where people are struggling with addiction, so people can start to feel held by those around them who empathize with their struggles and who have shared similar experiences.

Christie remembers the moment after Bruce first told her he needed help. She picked up the phone and called Bourbonniere.

He said “I’ll call you back in five minutes. I’ll get my best guy on it,” Christie recalls. Within 24 hours, Bruce was paired up with an action therapist who stayed connected with him until he got into treatment.

Bruce’s action therapist had a history of addiction as well, which provided him with a sense of community and solidarity.

“This was the first person I’d talked to who understood what I was going through, and that was enough for me to be willing to get help,” he explains.

“They pulled him into their family, and they said ‘okay, you’re with us now,’” Christie recalls. “The opposite of addiction is connection.”

FOR ADDICTIONS SUPPORT, CALL THE ADDICTIONS HELP LINE AT 1-855-662-6605 OR VISIT MBADDICTIONHELP.CA/SERVICES/PARTNER-ORGANIZATIONS FOR A LIST OF GROUPS IN THE PROVINCE.

START MAKING A DIFFERENCE BEFORE YOU GRADUATE



Begin treating chiropractic patients as a student at Northwestern Health Sciences University. Choose from 140 partner clinics for the internship that propels your career.

Learn more at **Discovery Day**
Saturday, January 11, 2020*
8:30 a.m. – 1:30 p.m.

*Up to \$500 travel reimbursement is available



THE UNITER



Do you think you are one of the five local acts to watch in 2020?

Send your application to info@uniter.ca before **Nov. 28 at noon**, with "Uniter Fiver" as the subject line.

You will need to send us:

- Your band's bio
- Names of all band members (first and last)
- A photo of your band
- The date of your first show/performance as a band
- An MP3 of the song you'd like to showcase
- A link to this same song on SoundCloud

Acts that meet the criteria will be added to uniter.ca/uniterfiver in early January. An industry panel will select the top five, and then you get to decide which of these five is your favourite.

Voting will take place online starting on Jan. 2 and will end on Jan. 23 at noon.

The Forks Market retail shops
OPEN 7 DAYS A WEEK

Skating rinks + trails

Warm + festive drinks
WHILE YOU SHOP

Third + Bird vendor pop-up
EACH WEEKEND IN DECEMBER

Arctic Glacier Winter Park
ACTIVITIES ON SUNDAYS



'IT NEVER USED TO BE LIKE THIS'

Lackluster wastewater policies are devastating First Nations on Lake Winnipeg

ALEX NEUFELDT

CITY REPORTER

@ALEXEJNEUFELDT

In an email statement, a representative for the City of Winnipeg says "The City of Winnipeg is committed to reducing the amount of nutrients we release to our rivers and lakes, including Lake Winnipeg." Daniel Gladu Kanu is not so sure.

He says that while the City and Province say they will protect the lake in law, "we're not finding evidence that they're actually enforcing those laws, or some of those laws just aren't addressing core problems."

Daniel Gladu Kanu is Anishinaabe-Irish and works with the Lake Winnipeg Indigenous Collective, a group of 14 First Nations that live on the lake and hope to recentre Indigenous knowledge and voices when it comes to the lake's care.

"Traditionally, (the 14 Nations on the lake) would have drawn water from the lake for all purposes, (like) drinking, cooking, and it's relied on for fishing, trapping and also for fun," Gladu Kanu says.

He says things have changed drastically in the last 150 years.

Many fish species "aren't really fishable anymore," because their populations are so low, he says, making commercial and sustenance fishing difficult.

Major algae blooms have been happening more often and earlier in the past 25 years, he says. When an early bloom gets

caught in a fishing net, "they essentially make those nets almost useless. They have to be completely taken out and repaired each time that happens."

"And then there are the concerns with the health of the fish," Gladu Kanu mentions. He says people have been finding fish with sores and tumors, and people who swim in the lake experience sores and scarring.

"The drinking water thing extends beyond Lake Winnipeg, of course," he notes, but it especially impacts certain communities.

"The sentiment is that people just upriver of the City, they feel like they're living in a toilet. This is essentially the dumping ground for Winnipeg. Winnipeg draws its water from Treaty 3 (where Gladu Kanu is from), often without proper compensation, preventing Shoal Lake from having its own proper water supply, and then they're dumping their wastewater into Lake Winnipeg, which flows through and by numerous communities seemingly without any care."

While the City is the biggest single contributor to the problem, Gladu Kanu says farming and having a large watershed that comes from multiple provinces and states does not help, "although, the bulk of the problem appears to be coming from Manitoba itself, so it would really make sense for the Province, the City and even the Government of Canada to make changes to address these problems."

He says after the 2011 diversion of the Assiniboine River flooded "every First



ILLUSTRATION BY GABRIELLE FUNK

Nation from there to Hudson's Bay with no compensation," and since this could and likely will happen again, settler governments need to step up.

"For Cree and Anishinaabe people around the lake, the idea around water is not so much something that can be controlled

or owned. It's something that we have to respect and that is living, just like us.

"I think one of the frustrations around water and relations between Indigenous people and the province's European viewpoint is that we can't own water, and no one should be able to own water or make unilateral decisions around water."

ACCESSIBLE DESIGN WINS BIG

Olympic committees give Winnipeg firm bronze

ALEX NEUFELDT

CITY REPORTER

@ALEXEJNEUFELDT

The Manitoboggan, a toboggan sledding structure in St. Vital Park designed by Public City Architecture, was awarded the International Olympic Committee and the International Association for Sports and Leisure Facilities Bronze Award and the International Paralympic Committee and International Association for Sports and Leisure Facilities Distinction Awards on Nov. 5 at a ceremony in Germany. The awards celebrated the structure's long-term functionality and accessibility.

Liz Wreford, Public City's principal landscape architect, says the firm was "a little surprised, but also just proud" to be part of these awards.

"In comparison to all the other projects that got awards, it was very small. Small budget and small in area, so it's rare that a project like this would be awarded against high-profile, large-budget ones," she says. "It was a nice contrast to the other large recreation facilities that received awards."

Wreford says Public City began working on the Manitoboggan in 2013, but initially, accessibility was not a major design consideration.

"It's funny. The City's accessibil-

ity co-ordinator, Judy Redmond at the time, sort of threw down a challenge for us: how do you make a toboggan slide accessible?" she says.

"Built toboggan sled structures don't really exist anywhere else (besides Manitoba) ... because there's hills in most other cities, so it was a challenge figuring out how we could get people up to the top of the slides, and not just people with mobility issues, but also so that people can pull up kids on a toboggan."

What Public City came up with is the most prominent feature of the structure: a long ramp that takes sledders through the surrounding tree canopy on their way to the top.

"It was really a process of making the ramp as desirable of a way up as the stairs are," Wreford says, ensuring that the ramp and stairs started and ended at the same place, but making the experience of going up the ramp more interesting.

David Kron, spokesperson and member of the steering committee for Barrier Free Manitoba, says the structure is a great example of best practices in designing for accessibility in the built environment.

In the Accessibility for Manitobans Act, the built environment includes things in public spaces, like sidewalks and structures in parks.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Multiple Olympic committees awarded St. Vital Park's Manitoboggan slide for its creative and accessible design.

"Anything can be designed so that everybody can use it to some degree," he says. "Good design does mean that it's useful for everybody, whether that be an adult or a parent (with) young kids, so that people can interact with it directly."

Kron says good design means that something is usable for people "zero to being a senior, and it doesn't really matter if you have a physical disability or a cognitive disability. It will work for everyone."



U-PASS FEES LIKELY TO INCREASE

Proposed changes would include Red River College

CALLUM GOULET-KILGOUR

CAMPUS REPORTER

@CGOULETKILGOUR

On Nov. 4, the Standing Policy Committee on Infrastructure of the City of Winnipeg voted to move forward with the recommendations of a report outlining changes to the Winnipeg Transit U-Pass.

According to the University of Winnipeg Students' Association's (UWSA) website, the "U-Pass is a universal bus pass program where students pay a fee at the beginning of each term and receive a bus pass that is valid for the Fall and Winter Term (September to April)." The University of Winnipeg and University of Manitoba currently participate in this program.

The recommended changes include a fee increase and extension of the program to include Red River College (RRC), which would add roughly 5,350 students.

Even though the increased cost of the U-Pass per term from \$136.25 to \$160.75 is approximately a third of the regular post-secondary transit pass costs, the UWSA opposes these changes.

"We have opposed and expressed our concerns about the proposed level of fee increase to the U-Pass," UWSA president

Meagan Malcolm says in an email to *The Uniter*.

"Students already face a variety of financial challenges; this proposed increase would only add to this."

While the University of Manitoba Students' Union (UMSU) says this increase in fees will be put to a referendum in accordance with the UMSU Act, it is unclear what the UWSA's next steps will be.

When asked directly about whether the UWSA will hold a referendum, Malcolm answered that "any decisions that are required will be made democratically and with students' feedback."

"As we have said for the public record at city hall, any increase that is above the rate of inflation will be brought to students for informed and clear approval in order for it to be legitimate," she says.

In fact, UWSA bylaw 3.4 states that "Student membership fees or other financial levies payable by each member of the UWSA shall be determined by motion at an Annual General Meeting or by a referendum."

"We want to see the U-Pass continue as a successful and popular program," Malcolm says. "Our priority is maintaining and achieving the highest level of value and accessibility for the U-Pass program



The City of Winnipeg's proposed changes to the Transit U-Pass would cover more students but see fees increase.

for our members."

While the UWSA and UMSU are focused on opposing the proposed fee increases, Red River College Students' Association (RRCSA) president Joshua Roopchand is pleased that RRC may be joining the U-Pass program.

In addition to lower administration costs for the RRCSA, he says "having an affordable bus pass for our students that

will be taking transit is the main benefit."

"Hopefully, this will encourage other students to bus," Roopchand says, adding that it would be great if this could lead to "getting cars off the road and getting students to be a bit more eco-friendly in their transit to and from school."

LOVE'S LABOUR'S LOST IS 'A RARE TREAT'

U of W production directed by alumnus

CALLUM GOULET-KILGOUR

CAMPUS REPORTER

@CGOULETKILGOUR

The University of Winnipeg (U of W) Department of Theatre and Film is putting on its first show of this season later this month. Performances of *Love's Labour's Lost*, written by William Shakespeare, will run from Nov. 26 to 29 at 7:30 p.m. and on Nov. 30 at 7 p.m. Directed by Rodrigo Beilfuss, this show is playing at the Gas Station Arts Centre.

Beilfuss, a U of W theatre alum, is also the artistic director of *Shakespeare in the Ruins*.

He says *Love's Labour's Lost* "is a great, funny play, and it is essentially Shakespeare's very first masterpiece." *Love's Labour's Lost* tells the story of four men who swear to live without women but quickly fall in love when four women arrive.



Rodrigo Beilfuss, artistic director of *Shakespeare in the Ruins*, is directing the Theatre and Film Department's production of *Love's Labour's Lost*.

"It's not done often, so it's a rare treat," Beilfuss says. "The great thing about Shakespeare is that the canvas is really big, and you can throw anything at it."

Joshua Gehman, a third-year U of W theatre student specializing in stage management and production, is the staging carpenter for *Love's Labour's Lost*.

"In collaboration with Aaron Frost, the head carpenter and stagecraft professor, I manage the construction of the sets for the show, moving those sets to the Gas Station theatre and managing the running scenery during the show," he says in an email to *The Uniter*.

When asked about what he likes about the theatre program at the U of W, Gehman says "I get to do what I love."

"I love everything about production, so getting to be involved in putting on shows," he says.

Gehman credits the U of W theatre program with giving him a "quite diverse" experience in theatre.

"I have been an actor, props co-ordinator, stage carpenter, electrician, sound operator and backstage hand," he says. "A large portion of that, I owe to the U of W theatre program, as they have allowed me to do so much of what I love."

Beilfuss agrees, saying that "it's a very demanding program."

"Students come out of it having a sense of what it takes and what kind of level of stamina is required to sustain a life in the theatre," he says.

In addition to the coursework, stu-

November 26—30
2019

Love's
Labour's
Lost

GAS STATION
ARTS CENTRE

THE UNIVERSITY OF
WINNIPEG

Department of
Theatre and Film



SUPPLIED PHOTOS

dents of the program participate in and put on productions such as *Love's Labour's Lost*.

"It's going to be an amazing show," Gehman says, adding that the cast and crew have "been working nonstop to make this the best show possible."

"Our fourth-year honours class of actors (is) extremely talented. We have a hardworking production crew and a wonderful playwright: Shakespeare himself!"

Free tickets for *Love's Labour's Lost* are available at uwinnipeg.ca/theatre-film/online-reservations-for-loves-labours-lost.html or by calling 204-786-9152.

PROFile



PHOTO BY THOMAS PASHKO

ALYSON BRICKEY

ASSISTANT PROFESSOR, ENGLISH, UNIVERSITY OF WINNIPEG

THOMAS PASHKO

MANAGING EDITOR @THOMASPASHKO

Alyson Brickey teaches English courses on a wide variety of topics at the University of Winnipeg (U of W). But even as someone with many diverse areas of expertise in the field, it was never a given that she would end up as a professor.

"I did my undergrad here at the U of W," Brickey says. "I started off as an English major, but I had a very rocky start. I was like, 'Well, these are the courses I seem to be okay at, so I'll declare this as my major.' But I didn't really know what I was doing in university and kind of fumbled around for a bit ... I found university really challenging and overwhelming."

After taking a year off to work in a call centre and figure out her path forward, Brickey returned to the U of W to finish her undergrad. That's when she says she "really got the bug for English."

"I took some upper-year courses with Debbie Schnitzer and Keith Fulton. I sort of saw that there was this next level that I could see, murkily, before me. I thought, 'Oh, maybe I want to go to

grad school."

After finishing her MA at the University of Manitoba and her PhD at the University of Toronto (U of T), Brickey taught for a time at the latter school. But she happily greeted the opportunity to return to Winnipeg and the U of W.

"I feel truly lucky to have ended up back here," she says. "U of T's very big ... it's a huge difference when you get to teach smaller class sizes. There's a real sense of community here and a great sense of political activism, with the students especially."

"But it was so weird coming back as a prof, because you get these flashbacks from when you were an undergrad. Everything kind of smells the same."

Brickey teaches the 2000-level course called Field of Literary and Textual Studies. A requirement for students pursuing an English degree with honours, Brickey says she's "super excited" to be teaching it.

"It's kind of like a gateway honours course," she says. "It's a great challenge to try to account for the entirety of what our discipline is and expose students to what can be some really challenging but important theory and history of the field, intellectually."

WHAT WAS YOUR WORST GRADE IN UNIVERSITY?

"I have a couple Fs on my transcript. One was a Shakespeare course with Paul DePasquale, one was a history course ... I just stopped showing up. I didn't withdraw. I always tell students that, for a few reasons. Sometimes students think that the trajectory of profs is, 'Good from the beginning, excels, knows what they want to do, doesn't fumble.' It's important to remember that you can mess up, and you can go back and try again. Also, just withdraw before the deadline! It's difficult to get your GPA back up."

WHAT'S YOUR FAVOURITE THING ABOUT YOURSELF?

"My curiosity. I think I'm still quite a curious person, and that brings me a lot of joy. I think it's important for life."

IF YOU COULD HAVE ANY SUPERPOWER, WHAT WOULD IT BE?

"Be able to get 10 hours of sleep every night. Or just feel like I had."



THE UNIVERSITY OF WINNIPEG

Student Services

ACADEMIC & CAREER SERVICES

Career Fair

Tues., Jan. 14
10:00am-3:00pm
Duckworth Gym

Attend the annual Career Fair to find out about potential careers, part-time jobs, volunteer and internship positions, as well as college and university programs.

More than 80 exhibitors from a wide range of employment sectors will be participating in this year's fair.

A Speed Networking event will also give students a chance to speak one-on-one with alumni and employers. Drop by the networking booth in the gym from 11:00am-1:00pm to join the conversation.

For details, go to: uwinnipeg.ca/career-services and click on "Career Fair."

Study Skills Workshops

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

The nine workshops cover topics such as note-taking techniques, reading strategies, and critical thinking skills.

The next series will be offered Jan. 13 - 29 on Mondays, Tuesdays and Wednesdays.

For more information, go to: uwinnipeg.ca/studyskills

AWARDS & FINANCIAL AID

On-campus Part-time Jobs

UWinnipeg's Work-Study Program provides on-campus part-time job opportunities for full-time students with financial need. These jobs are available from October to

March. Various faculty and administrative departments participate in this program so there is a broad range of jobs from which to choose. Apply now! Go to uwinnipeg.ca/awards and click on "Work Study Program."

Deadline: Fri., Dec. 6

HOLIDAY SEASON CLOSURE

Sat., Dec. 21, 2019 - Wed., Jan. 1, 2020 (inclusive) - The University will be closed for the holiday season.

Thurs., Jan. 2, 2020 - The campus re-opens on this date.

Mon., Jan. 6, 2020 - Lectures for Winter Term begin.

STUDENT CENTRAL

Dropping Courses

The final day to withdraw from a U2019FW class for 50% refund of the base tuition, UWSA, and UWSA Building Fund fees is Nov. 28. No refund is applicable from Nov. 29 - Feb. 14.

Changes to SC's Hours

Fri., Nov. 22 - open 9:00 am-4:15 pm
Fri., Dec. 6 - open 8:30 am-2:45 pm
Fri., Dec. 18 - open 8:30-11:30 am and 1:30-5:45 pm (closed 11:30-1:30)
Fri., Dec. 20 - open 9:00 am-4:15 pm.
Sat., Dec. 21 - Wed., Jan. 1 - closed for holiday break
Thurs., Jan. 2, 2020 - open with regular hours

SC's regular hours are 8:30 am -5:30 pm Monday-Thurs- day and 8:30 am-4:15 pm on Fridays.

myVisit App

Need to see a Student Central Representative to order a transcript? You can now add yourself to the lines at Student Central, Campus Living, or Academic & Career Services virtually. Download the myVisit app today. The myVisit app allows students to check the queues,

add themselves to a line, or book an appointment with an academic or career advisor. Appointments with advisors can be booked through www.myvisit.com as well.

Winter Term Tuition Fees

Pay tuition the easy way and be entered to win prizes... Pay through your bank!

Every student who pays for Winter Term (U2019W) courses by Jan. 22, 2020 using one of the following electronic methods will be automatically entered into a draw:

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

Prize packages include gift cards and UWinnipeg branded items!

For more information about payment options and deadlines, go to: uwinnipeg.ca/fees

Winter Term Add/Drop Period

The Winter Term (U2019W) Add/Drop Period is Jan. 6-17, 2020. The last day to drop a U2019W course and not be charged the fees is Jan. 17, 2020.

NOTE: Students who drop a Winter Term (U2019W) course Jan. 18-22 and onwards are still responsible for paying all of the course fees.

Rent a locker for Winter Term

Brrrr, it's chilly weather outside! Need a place to store your toque? Rent a locker for Winter Term!

To rent a locker:

- 1) register for your courses

- 2) choose a locker location & type - see below - or specify a couple of locker numbers
- 3) choose a rental time frame - see below
- 4) go in-person to Student Central, OR fill out the form online at www.uwinnipeg.ca/lockers

Locations & Types:

- Riddell Hall Tunnel - full-size (some peanut-free available)
- Lower level Manitoba Hall - full-size
- Centennial Hall (1st, 2nd, 3rd and 4th floors) - full-size
- Third floor Richardson College for the Environment and Science - half-size

Time Frame:

Winter Term (Jan. 6 - Apr. 21) - \$21.00/person

NOTE: 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.

STUDENT RECORDS

Exams

The Examination Period is Dec. 5-19. Please check the exam schedule online now at uwinnipeg.ca/exam-schedules and notify your professors of any time conflicts immediately.

Exam locations can change, so check the website again the day before each of your exams; the "daily exam schedule" will list the most up-to-date details.

Waitlists for Winter Term

Don't lose out on a seat in a waitlisted course! Remember to check your University Webmail -- every Monday and Thursday -- for permission to register.

PHONE: 204.779.8946

| EMAIL: studentcentral@uwinnipeg.ca



NO, I AM NOT A FRAUD

The imposter phenomenon in the life of a writer

VALERIE NYAMORI

VOLUNTEER  @VALERIECHELA

I always expected that by now I would be thriving in my career as an author. I can almost picture myself signing books and giving profound talks and presentations.

The odd thing is that despite carrying that burning desire all my life to be a writer, communications studies was not my first choice when I started university.

I attended my first year of university in Nairobi, Kenya and then moved to Winnipeg in June 2010. I joined the University of Winnipeg (U of W) in September that same year to continue my studies in business administration and graduated with my degree four years later, in October 2014. I chose to study business administration without much thought. My family felt that it was a good program, so I went along with it.

This February, I turned 30. After my birthday, I spent a healthy amount of time evaluating my choices. I asked myself what is really holding me back. I had always known that I wanted to be a writer, but I had never pursued that dream.

I returned to the U of W this past September to pursue a bachelor of arts in communications.

My longing to become an author persists. I often wake up in the middle of the night with a desperate urge to write (such as tonight).

But other times, I cannot sleep for fear that I am inadequate, that I am unable to realize my dream.

I want to write and give talks, but what if while I stand and talk in front of an audience, they all see right through me? What if they realize that I am a hoax?

The truth is I work really hard to sharpen my skills.

I have a side hustle editing, proofreading and tutoring writing. I run a blog sharing random stories and exploring my thoughts. I have tutored at the writing centre at the university. I have taken many writing and rhetoric courses and continue to do so. I am part of the Manitoba Writers' Guild, where I interact with other writers to support each others' crafts.



ILLUSTRATION BY GABRIELLE FUNK

So why is it so hard for me to sell my skills for pay? I struggle to call myself a writer. When people contact me to edit or proofread their papers, I have a tough time telling them my rates. When clients ask me to do more than we had originally agreed, I struggle to ask for more pay.

It turns out I have a case of imposter syndrome. Imposter syndrome refers to those strong emotions that sometimes arise to make someone feel like a fraud despite evidence of their success.

The term was coined by two American psychologists, Pauline Clance and Suzanne Imes, in 1978.

I will call it the imposter phenomenon (IP) from here on. Medical professionals are not the greatest fans of IP being referred to as a syndrome, as it is not clinically diagnosed.

A couple of days ago, I took the Clance IP test, an imposter phenomenon test, and scored a whopping 78 points out of 100.

To say the least, I was surprised by my score. I had just spent most of the year trying to make more deliberate choices in order to achieve my goal of becoming a writer and a speaker. And all along, I had still managed to miss something vital: owning my success.

After doing some further research, I

learned that certain environmental factors can contribute to feelings of imposterism.

The culture of genius and belonging to minority groups are examples of such environments. I was raised in a family of extremely high achievers. I am also a Black woman. When I was growing up, I would take home my report card and worry that it was not good enough. No matter how well I did, I constantly felt (and still feel) that I could have done better.

It was not until I moved to Winnipeg that I started finding myself in classrooms where I was the only Black student. I also quickly discovered that my accent created a challenge for others to understand me. It caught me by surprise. I mean, I had spoken English all my life. Now, suddenly, no one understood me. I began to doubt my ability to make a career out of writing in North America.

Now, at the end of the university term, I am sure I am not the only person who may be struggling with IP. So how do people combat these feelings?

A good place to start is reflecting on the probable causes of IP and then understanding its cost. In my case, IP has cost me many work opportunities. Had I been proactive about finding writing jobs, promoting my work and being forward enough to

bring it up in conversations, I could have converted many casual interactions into consultations, maybe clients.

The thing about IP is that it causes people to cling on to failure and forget every success. Writing down or reciting accomplishments helps to boost confidence.

Above all, perhaps the best way to combat IP is learning to accept ourselves as we are. If a person stops wondering about what others think about them, then these feelings of self-doubt may start to decrease.

Only you fully understand what you have sacrificed to be where you are. Forget about your classmate who seems to have all the answers. Your fears of rejection, of being out of place or of social judgement are completely natural. You may not be able to eliminate doubts or fears entirely, but you get to choose how to respond when they surface. I challenge you from this point on to always remember that you are enough.

Valerie is a Kenyan-Canadian writer. She loves Winnipeg but struggles with the winter. She gets through the season by reading any books she gets her hands on and drinking too much tea.

CITY BRIEFS

LISA MIZAN // CITY EDITOR  @LISA_MIZAN

German-Indigenous relations

The lecture "Early German-Indigenous Relations in Eastern North America" held in Bryce Hall at the University of Winnipeg on Dec. 4 by the department of German-Canadian Studies for their Brown Bag Lecture Series from 2 to 3 p.m. with Dr. Andrew Zonderman. The lecture is approximately 30 minutes in length and is followed by a discussion period.

Soccer camps for girls

The fourth annual Desiree Scott Soccer Camp for Girls will take place on Saturday, Nov. 23 from 8:30 to 11:45 a.m. at Garden City Community Centre on 725 Kingsbury Ave. It is organized by KidSport, a national charity administered in Manitoba by Sport Manitoba, which "provides support to children in order to remove financial barriers that prevent them from playing organized sport."

New exhibit in archives

The University of Winnipeg Archives, located in room 5C02, is holding a new exhibit titled *If These Walls Could Talk*. It is curated by Tanya Wiegand, the archival assistant. The exhibition includes "textual records and artifacts found inside the walls in Wesley Hall during repair-work in 1997." It also features old newspapers, class assignments, love letters, bill statements, cigarette packages and Dentyne gum, among other things. The archives are open to visitors Monday through Friday from 8:30 a.m. to 4:30 p.m.

Gifts for holiday dinner

The University of Winnipeg (U of W) will host its annual community holiday dinner on Wednesday, Dec. 12 for community learning programs and for families in residence. The university is seeking donations in the form of new and unwrapped toys, monetary donations and volunteers, among any other appropriate gifts for children and families. Donations can be dropped off until Dec. 4 at Room 3W10 (to Gail Wozney), in the U of W library, Room 3RC076C (to Ashley Hayward) and at Student Services (Rice Centre, first floor).

Community forum discusses transit

The Amalgamated Transit Union 1505, Functional Transit Winnipeg and the Social Planning Council of Winnipeg hosted an urgent community forum to "discuss and organize around the proposed cuts to Winnipeg Transit as part of the 2020 civic budget" on Nov. 20 from 6:30 to 9 p.m. at the second-floor auditorium at Union Centre. Community members were encouraged to mobilize their councillors to attend and further organize at the upcoming Nov. 28 budget consultation meeting at Winnipeg City Hall.

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