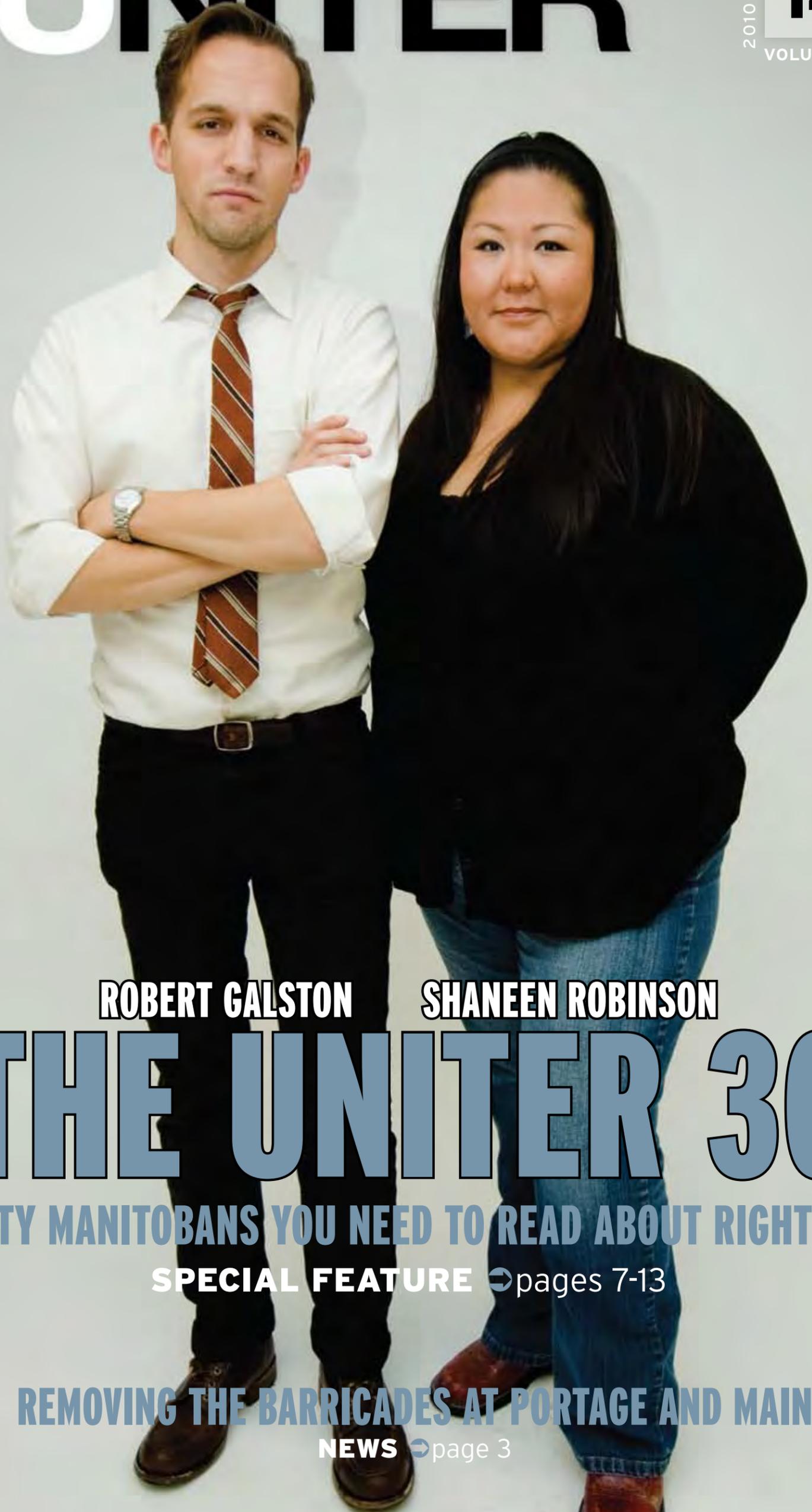


UNIVERSITY OF WINNIPEG'S WEEKLY URBAN JOURNAL

THE **UNITER**

2010 / 12 / 2 **ISSUE**
14
VOLUME 65



ROBERT GALSTON

SHANEEN ROBINSON

THE UNITER 30

THIRTY MANITOBANS YOU NEED TO READ ABOUT RIGHT NOW

SPECIAL FEATURE ➔ pages 7-13

REMOVING THE BARRICADES AT PORTAGE AND MAIN

NEWS ➔ page 3

PLUS: TWELVE THINGS TO DO OVER THE HOLIDAYS **ARTS** ➔ page 14

FIND PETKAU FALK, WIN TICKETS

Local rock band Les Jupes releases its debut album, *Modern Myths*, with a show at Plug In ICA on Saturday, Jan. 15, 2011.

To win 2 tickets for the show, find Les Jupes singer-guitarist Mike Petkau Falk - that handsome guy to the right. He's hidden somewhere in this issue of *The Uniter*.

Send an email to contests@uniter.ca with the page number he's on (this page doesn't count) by Wednesday, Jan. 12 at 12 noon for your chance to win. Include your full name and phone number.

Good luck!



LOOKING FOR LISTINGS?

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*COVER IMAGE

PHOTO BY CINDY TITUS

Photo taken Saturday, Nov. 27 in the photo studio at Red River College on Princess Street.

See story on page 7.

News

What's the frequency, Kenneth?

Adaptation to Internet a sign of a healthy radio market, say experts

SONYA HOWARD
BEAT REPORTER

Winnipeg's FM radio dial is packed with 23 commercial radio stations, and some are changing formats and on-air personalities in an effort to woo listeners.

Hank 100.7, a country station, changed to rock this summer. Curve 94.3 recently changed to an all-Christmas music format until the new year.

Sharon Taylor, general manager for Hot 103 and QX 104 notes that changing formats is like starting all over.

"(It's) only done as a last resort if the format a station currently has is just not doing well enough for the owners to make a profit," said Taylor.

Garry Moir, instructor in radio broadcasting at Red River College, agrees and adds that radio is fiercely competitive.

"Every station is trying to come up with a format and programming to generate an audience," said Moir. "The bigger the audience, the more advertising money the station can attract."

"The website is an integral part of the radio station now, with more stations providing podcasts and the option to listen online."

- GARRY MOIR, RADIO BROADCASTING INSTRUCTOR, RED RIVER COLLEGE

CJOB generates the largest portion of Winnipeg's radio market, at 15 per cent, according to the 2009 ratings from BBM Canada, a not-for-profit industry organization that provides data on who is tuning in.



CINDY TITUS

There are more than 20 radio stations on Winnipeg's FM dial. Some have recently changed formats.

Hot 103 and CBC each captured the attention of just over 11 per cent of Winnipeg's listeners. QX 104, 92 CITI FM and 99.9 BOBFM each accounted for anywhere between seven to eight per cent of ratings.

Elmer Hildebrand, CEO of the rural Manitoba Golden West Broadcasting group and former chair of the now-defunct Canadian Association of Broadcasters, agrees that station format changes are market driven and done in response to changes in listener tastes.

"Every station is trying to get that edge as music tastes change and new music comes up," he said.

Not only are stations changing formats, but they are also changing staff and on-air personalities. Hal Anderson, a familiar voice on Power 97's morning show, now hosts CJOB's morning show.

Taylor is confident these recent firings are not a sign of Winnipeg's ailing radio market, which was worth just over \$29 million in revenue in 2009, according to the Canadian Radio-television and Telecommunications Corporation.

"I don't believe there is a higher turnover rate

in station formats, or on-air people in Winnipeg than in other similar sized markets in Canada," she said.

Hildebrand agrees and adds that these format and staffing decisions are not made lightly.

"Changes like these are informed by market research and media focus groups into what listeners want," he said.

Garth Buchko, general manager of Corus Entertainment, which houses CJOB, Power 97 and Groove FM, notes that Winnipeg's radio market is thriving.

"Radio revenue has grown by over seven per cent in the last four years," he said. "In the last 12 months, ending in August 2010, Winnipeg had an outstanding revenue growth year, growing by just over four per cent over the previous year."

There will continue to be changes into the future, notes Moir, as radio stations adapt to not only changing music tastes but also new technology like Internet broadcasting.

"The website is an integral part of the radio station now, with more stations providing podcasts and the option to listen online."

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The Uniter is the official student newspaper of the University of Winnipeg and is published by Mouseland Press Inc. Mouseland Press Inc. is a membership based organization in which students and community members are invited to participate. For more information on how to become a member go to www.uniter.ca, or call the office at 786-9790. *The Uniter* is a member of the Canadian University Press and Campus Plus Media Services.

SUBMISSION OF ARTICLES, LETTERS, GRAPHICS AND PHOTOS ARE WELCOME. Articles must be submitted in text (.rtf) or Microsoft Word (.doc) format to editor@uniter.ca, or the relevant section editor. Deadline for submissions is 6:00 p.m. Thursday, one week before publication. Deadline for advertisements is noon Friday, six days prior to publication. *The Uniter* reserves the right to refuse to print submitted material. *The Uniter* will not print submissions that are homophobic, misogynistic, racist, or libellous. We also reserve the right to edit for length and/or style.

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MOUSELAND PRESS

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STREETER

BY HARRY WALL

Q: WHAT AGE GROUP DO YOU THINK IS MOST AT RISK FOR DRUNK DRIVING?



Glen Brooks, second-year kinesiology student

"I think drunk driving doesn't depend on age as much as other factors such as a city's available public transportation. As well, the less police spot checks there are at night, the easier it is to get away with drunk driving and repeat the offence. Therefore, it's not how old you are, it's where you are."



Peter Tan, fourth-year environmental studies student

"I think teens are more likely to drink and drive. I also think fatal accidents are more likely with younger drivers. It would be interesting though to compare age groups for DUI charges with those for fatal accidents."



Vassan Aruljothi, assistant to director, events & special functions, University of Winnipeg

"I think people in their early 20s are more likely to drink and drive because older drivers generally have more driving experience, and younger drivers are often influenced by their hormones and excitability, especially when leaving a bar."



Ming Wu, third-year business student

"I think people between 16-25 are likely to drink and drive because they are immature, party a lot and have no sense of danger. People between 28-35 would be likely to drink and drive because they are starting successful careers, have lots of stress and attend many social business functions with alcohol."



Jessica Beaton, third-year criminal justice student

"Older people are more likely to drink and drive because it was not an issue when they were younger and they feel they have more driving experience. Younger people are more likely to be picked on because they lack experience."



Rhea Bartsch, customer service representative, Ticketmaster

"Drinking and driving is not a matter of age. It is influenced by a lack of education and the attitudes toward drinking and driving of the people you surround yourself with."

The age of responsibility behind the wheel

Drinking and driving is a crime that affects people of all ages

LAUREN PARSONS
BEAT REPORTER

Recent news reports have shown several cases of young drivers causing accidents while inebriated behind the wheel, but according to experts, older drivers continue to be a danger after they've been drinking as well.

"You wake up and you hear about an accident and never think it's going to be your mom or your sister or your friend, but sometimes it is," said Alexa Lacroix, a student at Red River College.

Lacroix went to school with the five girls struck in a vehicle in the early morning of Oct. 31 at Bishop Grandin Boulevard and St. Mary's Road. Two of her friends, aged 17 and 19, died as a result of the accident caused by an underage drunk driver.

"It changes the way you think about drinking, period," Lacroix said. "None of the people who knew any of the girls in that accident want to drink because it's a reminder. When it becomes a personal thing, you take it a lot more seriously — it hits home now and it's big part of my life."

According to Gord Kowalchuk, of Winnipeg's chapter of Mothers Against Drunk Driving (MADD), alcohol is not the biggest part of the problem.

"It's very important that people realize that they should not be hopping into a vehicle with someone who has been drinking," he said. "We (MADD) are not saying 'don't drink ever' — what we are saying is 'don't drink and drive.' We want to take the vehicles ... out of the equation."

MADD launched Project Red Ribbon for awareness of the problem the week following the accident and has made an appeal for the legal drinking age to be raised to 21 in Manitoba.

While the perception that the majority of drunk drivers are in their teens or early 20s is not always true, statistics are worrisome, according to Kowalchuk.

"It's unfair to young people," he said. "However, the numbers of young people that do drink and drive are of a very high



DYLAN HEWLETT

Hitting the road after drinking happens at all ages despite misconceptions, according to experts.

concern."

But according to Sergeant Rob Riffel, impaired driving countermeasures coordinator with the Winnipeg Police Service, it's not the young people that society should be concerned about.

"Anecdotally speaking, when we do our enforcement, it seems that with all the constant messaging and driver's education, the young people are getting it — the older people, probably 25 plus, just see it as a social problem and not a crime," he said.

Riffel explained that the seriousness of the crime is not usually recognized by adults who are out for a couple drinks in the evening. Part of the bigger problem is they do not take the time to plan ahead.

"It's the number one criminal cause of death within Canada and it's totally preventable," he said. "That's what the problem is, and that's what's so frustrating from the police point of view — with a little bit of forethought, plan your evening before you go out."

Gord Gillis, president and CEO of Safety Services Manitoba — the organization that runs Operation Red Nose (ORN) — agrees.

"The misconception that some people have is that people should just call (ORN) when they are in a bind," he said.

Gillis explained that 1,600 volunteers will

be available to drive the caller and his or her car home safely if they do make a last minute call.

Operation Red Nose is available now until the end of December every Friday and Saturday night.

"Any time a person that was going to drive impaired doesn't, we all win," Riffel said.

CANADIAN DRINKING AND DRIVING STATISTICS

In 2006, alcohol and/or drugs were involved in an estimated 1,278 fatalities, 75,374 injuries, and 163,893 property-damage-only crashes involving 249,117 damaged vehicles.

In 2008, more than 18 per cent of Canadians reported driving at least once in the past 30 days after consuming alcohol, and 5.2 per cent reported driving at least once in the past 12 months when they thought they had Blood Alcohol Contents (BAC) over the legal limit of .08 per cent.

Source: *Alcohol, Trauma and Impaired Driving Report 2009, compiled by members from MADD Canada, the Centre for Addiction and Mental Health and the Canadian Centre on Substance Abuse*

Roadblocks remain in removing Portage and Main barricades

ETHAN CABEL
BEAT REPORTER

The barricades that block off the famous Portage Avenue and Main Street intersection from pedestrian traffic are likely to remain intact despite statements by mayor Sam Katz to the contrary.

During an October campaign forum, the mayor said that he would possibly negotiate with stakeholders to replace the barricades with movable bollards, opening up the intersection on evenings and weekends.

"Evenings and weekends are a reasonable compromise," he said, according to the *Winnipeg Free Press*.

However, progress on pedestrian traffic has likely hit another roadblock, with downtown development committee chair Justin Swandel saying that any efforts to change the current system must come first from the stakeholders involved.

"It's not in our (the city's) hands," said Swandel, city councillor for St. Norbert and the chair of the standing policy committee on downtown development.

"It's in the hands of the people who signed the agreement," he added, referring to a 1979 contract signed during the construction of the Trizec Building (now the Commodity Exchange Tower).

The contract eventually saw the city and seven adjacent property managers agree to erect barricades, forcing any pedestrian traffic into the underground concourse, which links the buildings on all four corners.

Without the unanimous consent of the seven property owners as well as city council, the barricades will remain in place until

2016.

Brad Salyn, spokesperson for the mayor's office, agreed with Swandel's assessment.

"Ultimately, (any decision) would have to be driven by the stakeholders," he said. "You can't push people one way or another."

Russ Gourluck is a retired teacher and the author of *Going Downtown: A History of Winnipeg's Portage Avenue*.

"It's a convenient reason to do nothing," he said of Swandel and Salyn's statements.

Rather than misleading Winnipeggers, the city should give up on pedestrian traffic along the intersection and focus on downtown housing, Gourluck added.

"(Changing the intersection) is a futile attempt to revive an era that will never return," he said, explaining that automobile dominance in the 1950s and 1960s precipitated the current design of the intersection.

"Movable bollards don't make any sense — it would be a waste of time and money."

In 2007, an architectural plan commissioned by the Glen Murray administration was amended to include the idea of movable bollards.

According to the *Winnipeg Free Press*, six out of seven stakeholders agreed to the proposal.

The one holdout was Oxford Properties, which managed the shops of Winnipeg Square before Crown Realty Partners (CRP) took over the space.

Frank Sherlock is the former director of property management for the Winnipeg office of Oxford Properties. He is currently the vice president of CRP Manitoba.

"The reality is that the City of Winnipeg never came to us with a request to amend the concourse agreement," he said.

If the public was serious about eliminating

or changing the intersection the city would have requested those changes, he added.

Victoria Nikkel, 27, has worked as a server at the Velvet Glove restaurant, located in the Fairmont Hotel, for the last eight years.

She agrees with Sherlock.

"I think the barricades are there for a reason," she said, adding that her customers never complain about being unable to cross the intersection.

"They like the concourse, they like the safety of it and they like the aspect of not having to go outside in the winter."

THE FOUR CORNERS

Bank of Montreal (335 Main St.)

Built in 1913, this massive structure was designed to resemble a Roman temple.

The Richardson Building (1 Lombard Pl.)

Opened in 1969, this 34-storey skyscraper was the first step toward the current intersection development.

The Trizec Building/Commodity Exchange Tower (360 Main St.)

Opened in 1980, this 31-storey building saw the removal of all buildings on the Southwest corner of Portage and Main.

The TD Centre/Canwest Global Place (201 Portage Ave.)

In 1987, the Toronto Dominion Bank established its presence at the intersection with a 32-storey office tower, making it the tallest building in Winnipeg.

Source: *Going Downtown: A History of Winnipeg's Portage Avenue*

Local News Briefs

Compiled by Jon Sorokowski



GOOGLE TO MAP WINNIPEG BIKE PATHS

Google will launch Google Bike Directions as part of its popular mapping service for Winnipeg bikers this week, the *Winnipeg Free Press* reported. Although the city's website already lists bike trails, cycling enthusiasts say Google will popularize biking infrastructure many people simply don't know about. The bike direction service will join Google Maps, and different coloured and weighted lines will indicate bike-only paths, areas with dedicated bike lanes and other streets safe to ride on. The program will also be launched in other major Canadian cities, like Toronto and Vancouver.

SNOW-CLEARING BUDGET MELTING AWAY

The City of Winnipeg may have to exceed its 2010 snow-clearing budget if this snowy weather persists. The *Winnipeg Free Press* reported that the city budgeted \$31 million to clear streets, sidewalks and back lanes, but most has already been spent, leaving only \$1 million for all of December. Though the coffers may be draining, a city manager said cleaning will continue to keep streets safe. Funding would then come from a budget surplus or the general purpose reserve. As of Nov. 25, 37.4 centimetres of snow has fallen, 75 per cent more than the 21-centimetre November average.

CARE HOME ABUSE BROUGHT TO LIGHT

A Winnipeg family claims their father suffered abuse at the Charleswood Care Centre, including being allegedly laughed at by staff and having unexplained wounds. Both Manitoba Liberal leader Jon Gerrard and the man's daughter wrote to health minister Theresa Oswald to complain, the *Winnipeg Free Press* reports, but say Oswald never responded. Oswald said she responded promptly and assured Manitobans that all health care abuse reports would be reviewed. Hospital and care workers must legally report abuse to the Protection of Persons in Care Office, but neither the family nor the care home had filed any reports. The care home passed its April inspection and records suggest the man had fallen.

EXTRA CASH FOR BIKE AND PEDESTRIAN PROJECTS

The city will spend an extra \$3 million to complete delayed active-transportation projects, the *Winnipeg Free Press* reported. Unexpected costs added \$3 million to the price tag of 36 bike and pedestrian upgrades. All three levels of government funded the projects equally through infrastructure stimulus agreements, but the initial \$20.4-million cost rose to \$21.8 million. The city cannot transfer federal and provincial cash from project to project, so \$1 million of unused Kenaston Underpass money and \$2 million of the 2011 budget will help complete five bikeways and multi-use paths.

FUTURE OF CANAD INNS STADIUM UNCERTAIN

The Canad Inns Stadium could be replaced with housing, retail stores and businesses instead of a luxury mall should David Asper's Creswin Properties leave a new football stadium deal. The *Winnipeg Free Press* reported Mayor Sam Katz and Premier Greg Selinger are considering a multi-use facility where the current stadium stands. Rising costs of a new stadium to be built at the University of Manitoba has caused the Creswin controversy. If the company stays with the initial deal, Creswin would build a luxury mall on the former stadium to pay back a loan used for building the new one. The new stadium is slated to be funded by the city and province, Creswin, Winnipeg Football Club and the U of M.

International News Briefs

Compiled by Aaron Snider

KOREAS EDGE TOWARD CONFLICT

CHINA: Beijing cautioned the US and South Korea against moving ahead with planned military exercises inside its exclusive economic zone, an area of the Yellow Sea that belongs to China. Reuters reported that this is an act that could exacerbate tensions on the Korean Peninsula. Meanwhile, the US urged China to work with its ally North Korea to prevent further incidents like the Nov. 23 shelling of a South Korean Island. North Korean state media accused the US and South Korea of recklessness and said the planned military exercises were pushing the situation to the "brink of war."

FIFTY-EIGHT YEARS ON THE LAM MAY END SOON

NETHERLANDS: Last week, Dutch authorities issued a European warrant for the arrest and extradition of convicted Nazi war criminal Klaus Carel Faber, CNN reported. Faber, who now lives in Germany, was originally convicted in 1947 and sentenced to death, but had his sentence commuted to life in prison. In 1952, he escaped from his Dutch prison and fled to Germany, where his German citizenship prevented his extradition back to the Netherlands. Recent changes to European law may allow the Dutch to finally see Faber back behind bars. Germany has received the highest ranking possible for its efforts to investigate and prosecute Nazi war criminals.

\$35 BILLION INTERNET BILL

AUSTRALIA: The ruling Labour Party of Australia will soon fulfill one of its main election promises of implementing a \$35 billion national Internet network. The CBC reported last week that the Australian senate approved the legislation that will allow the government to spend the money on the optical fibre system. The issue was crucial to giving Julia Gillard's party a minority government in the House of Representatives where her ability to pass legislation depends on the support of every non-opposition member. The opposition Liberals advocated a significantly cheaper network that would have incorporated a variety of methods to provide Internet coverage.

SUBTLE DETERRENCE

TURKEY: Turkey's prime minister hinted last week that his country would intervene to prevent any potential Israeli offensives against Lebanon or Gaza, Al Jazeera reported. Recep Tayyip Erdogan made the comments during a meeting with the prime minister of Lebanon, referring to previous attacks by Israel against Lebanon and Gaza in 2006 and 2009 respectively. An Israeli attack on a Turkish protest ship earlier this year put relations between the former allies under strain. Erdogan said Turkey will not attempt to re-establish ties until Israel apologizes for the attack.

LUCKY TO BE ALIVE

NEW ZEALAND: Three teenage boys who had been lost at sea since Oct. 5 were rescued last week after more than 50 days adrift in the South Pacific. The three, who live in the New Zealand-administered Tokelau Islands, had previously been assumed dead after searches by New Zealand's air force turned up nothing, the BBC reported. Crew members aboard the fishing boat that came across the drifting boat said the teens were physically poor but mentally alert. The boys survived by eating a small stock of coconuts, a captured seabird and collecting rainwater on a tarpaulin.

Campus News

Sickness at Student Central

Staff members getting ill from poor air quality conditions

KARLENE OOTO-STUBBS

BEAT REPORTER

For months, staff at Student Central have been getting sick. Symptoms include itchy eyes, runny noses and headaches; however, staff find relief when away from the school.

Concluding that their illnesses are work-place related, they brought their concerns to the attention of University of Winnipeg administration, according to an email sent to *The Uniter* by a U of W employee who asked that their name be withheld from publication.

The employees' conditions worsened, and no response from the university had been received. Staff took sick days off and several students complained of the smell and feeling ill while in the vicinity of Student Central.

After staff threatened to take the matter to Safework Manitoba, air quality tests were conducted in the area.

"These tests did find some elevated amounts of dust in the back office area, as well as higher levels of dryness, but did not identify anything harmful," said Laurel Repski, vice-president of human resources, audit and sustainability for the U of W, in a statement to *The Uniter*.

"We are now taking steps to address the dust and potentially the humidity levels in the area as recommended by the external expert to try and address the concerns."

The email sent to *The Uniter* by the Student Central staffer stated that symptoms are continuing to worsen.

"The symptoms now include bleeding noses, hives and rashes, in addition to all other symptoms noted above," the source wrote.

The email also adds that several different inspectors have come up with various explanations for their sickness. Some say humidifiers will not help, some say the ducts need to be cleaned and others think that the staff is delusional, according to the source.

President and vice-chancellor of the U of W Dr. Lloyd Axworthy did not know about the staff illnesses.

"When starting to fix these old buildings, most of the work being done in the 1960s, there's nothing more expensive than replac-



AYAME ULRICH

ing the HVAC (Heating, Ventilating, and Air Conditioning) systems," Axworthy said.

In terms of renovations, the university wants to do them in the most sustainable way possible.

"We did a comprehensive facility audit of the campus over the summer, looking for opportunities for money savings and air quality improvements ... the audit just came in last week so we haven't had much time to prepare any plans yet," said Alana Lajoie-O'Malley, director of the Campus Sustainability Office at the U of W.

The university maintains that progress is being made to fix these issues, even offering the option to relocate the staff until the problem is solved.

"The ducts are being cleaned, and there will be additional testing done, at which point there will likely be the need to install some small humidifiers," Repski said.

Nevertheless, employees at Student Central are still working in these conditions, and a meeting about their illnesses is scheduled for this week.

"Air quality is a crucial part of workplace safety and people can get a variety of respiratory illnesses from unclean air, especially in high traffic areas," said Michael Mass of Praxair Canada Inc., a company specializing in air quality.

LISTINGS

COMMUNITY EVENTS

FROM OUTRAGE TO ACTION, a Human Rights Workshop Series, will take place at the University of Winnipeg on Tuesdays until Dec. 7.

Participate in a FREE YOGA CLASS every Monday from 10 a.m. to 11 a.m. at the West End Cultural Centre until Dec. 20. No experience is necessary - all skill levels are welcome. Child minding is available.

THE WINNIPEG LABOUR CHOIR is looking for new members to join a small core of like-minded, enthusiastic singers. Their goal is to educate others about working conditions, labour history and social justice through music and drama. There are no auditions or tryouts. Meet every Wednesday at Sargent Park School from 7:30 p.m. to 9:30 p.m. in the music room. For further details contact Lynn McLean at 772-2072.

A FREE INTERNATIONAL STUDENTS CLASS will be held on Sundays from noon to 1:30 p.m. at Elim Chapel, 546 Portage Ave. It will be an opportunity to meet with other students and make Canadian friends while improving your English by learning the Bible. For more information contact Val and Veda Chacko at 257-1670 or vtchacko@shaw.ca.

VOLUNTEER OPPORTUNITIES

Volunteer positions at the University of Winnipeg:

- PEER SUPPORT - email uofwpeersupport@gmail.com, or grab an application from their office (ORM3), or from the UWSA.

- UWSA FOODBANK - email foodbank@theuwsa.ca, or grab an application from the UWSA.

- THE U OF W GLOBAL WELCOME CENTRE FOR IMMIGRANTS & REFUGEES - call 258-2946, or email globalwelcomecentre@uwinnipeg.ca.

- CRIMINAL JUSTICE TUTOR - email ucwjsa@live.ca.

REACHING ACROSS BORDERS raises funds

for women's literacy, small business development and for student scholarships in a small community in Africa. We have been working with this community for the past 8 years. If you would like more information, please contact Marilyn Joyal at mljoyal@shaw.ca or 255-4556.

THE WOMEN'S HEALTH CLINIC is looking for women interested in providing feminist, body positive presentations to youth and adults on body image and weight preoccupation. Please email angies@womenshealth-clinic.org.

The Winnipeg Symphony Orchestra (WSO) is introducing a new and improved SOUNDCHECK program, an easy and affordable way to take in WSO concerts throughout the season for students and those aged 15 to 30. visit www.wso.ca for more information.

THE HUMANITARIAN ISSUES PROGRAM of the Canadian Red Cross seeks youth volunteers ages 15 to 25 to work on campaigns and events around themes such as children in conflict, refugee and migrant issues and international development. For more information, email mb.volunteer@redcross.ca or call 982-6731.

THE UNITER, the weekly rag you are holding right now, is looking for contributors. See your words in print or your photos and drawings on the page. Email Aaron at editor@uniter.ca.

Volunteers are needed for the after-school HOMEWORK CLUBS held at the MILLENIUM LIBRARY. The clubs are drop-in programs where children and youth receive help with homework and play literacy-based activities and games. To get involved, please call Frontier College at 253-7993 and ask for Megan.

'Tis the season to volunteer and nothing's better than good karma right before Christmas. Get into the holiday spirit and put a smile on stranger's face this season by supporting St. Amant and joining the VOLUNTEER GIFT WRAPPING TEAM at St. Vital

Mall. Volunteers are needed for Dec. 1 to Dec. 24, please e-mail volunteer@stamant.mb.ca.

CKUW 95.9 FM is seeking volunteers for the music and news departments, and hosts for programs. Email ckuw@uwinnipeg.ca.

THE WEST BROADWAY YOUTH OUTREACH CENTRE is always looking for more volunteers to help with a variety of programs including sports, tutoring and other programs to benefit inner-city youth. Call 774-0451 or stop by 222 Furby St. to offer your skills.

FRAIL AND ELDERLY SENIOR SOCIAL CLUB in Windsor Park that meets on Wednesdays and Thursdays 9:30 a.m. to 3 p.m. needs volunteers. Help the seniors by preparing, serving and cleaning up after lunch and snacks, playing card games and/or bocce ball, shuffleboard, bean bag toss, singing old time songs, and enjoying conversations with them. Phone Jay Spicer at 256-8712.

THE MANITOBA CHAPTER OF OSTEOPOROSIS CANADA is looking for volunteers to assist in the following areas: Volunteers are needed to join the Speakers' Bureau to make presentations on Osteoporosis and/or host displays at Health and Wellness Fairs. Treasurer - this individual would become a member of the Board and be responsible for submitting an annual budget, monthly financial statements and monitoring the financial accounts. Please call Janet at 772-2664 or email jchoboter@osteoporosis.ca.

AFRICAN COMMUNITIES OF MANITOBA needs a RESOURCE CENTRE ASSISTANT for general office duties, maintaining the resource centre and receiving visitors and drop-ins. Please call Maggie at 294-6160 or email info@acom.ca.

PLUG IN INSTITUTE OF CONTEMPORARY ART is looking for enthusiastic volunteers to assist with various aspects of their programs and operations at 460 Portage Ave. Volunteer positions include opportunities in special events, programs, research centre and marketing. Email info@plugin.org or call Michelle at 942-1043.

Campus News Briefs

Compiled by Justin Charette and Sarah Reilly

U OF M RHODES SCHOLARS

Two students at the University of Manitoba have received Rhodes Scholarships for 2011, the *Winnipeg Free Press* reported last week. Jody Reimer, graduating in the spring with a degree in mathematics, and Melissa Bailey, graduating with a degree in genetics, will have the opportunity to study at Oxford University for the next two years, and bring the University of Manitoba's total number of Rhodes Scholars up to 95. Every year, three students from Manitoba, Saskatchewan, and Alberta are chosen to receive the Rhodes Scholarship; the third one for this year goes to a student at the University of Calgary.

MORE AWARDS FOR DIVERSITY

On Nov. 25, Bill Blaikie presented the 2010 Manitoba Excellence in Sustainability Award at the Manitoba legislature on behalf of The Manitoba Round Table for Sustainable Development, according to a U of W media release. This is the third major award this year that Diversity Foods has received, after Chef Ben Kramer won the 2010 Winnipeg Iron Chef competition, and the Food Matters Manitoba's Golden Carrot Award for revolutionizing campus food services. Diversity was nominated for their latest honour by the Canadian Community Economic Development Network for its achievements and continued efforts towards creating a sustainable environment on campus, and contributions to the revitalization of inner-city communities.

TRINITY WESTERN VOLLEYBALL TEAMS DEFEAT WESMEN

The Winnipeg Wesmen volleyball teams travelled to British Columbia last weekend to take on the Trinity Western Spartans. It was a tough weekend for both the men's and the women's teams, as both fell 0-2 to Trinity. Although they were unable to take either match, the women challenged the number two ranked Spartans both nights. On Friday night, they lost in four: 13-25, 15-25, 25-18, 15-25, and on Saturday they lost in five: 21-25, 25-15, 19-25, 27-25, 12-15. Unfortunately, the men lost in three both nights: 15-25, 15-25, 20-25 on Friday, and 16-25, 14-25, 23-25 on Saturday night. The teams will take on cross-town rivals the U of M Bisons Friday night at the Investors Group Athletic Centre.

ADIDAS UNIVERSITY CHALLENGE COMES TO U OF W

The University of Winnipeg Wesmen will be competing against 19 other schools across Canada in the Adidas University Challenge, according to a U of W media release. The winner is determined by voting for your school at the website, www.adidasuniversitychallenge.ca and the number of votes as a percentage of the school's population determines the overall ranking. You do not have to be a student to vote and you can vote with as many different email addresses as you like. The top 16 universities will advance to the next round, and each round schools will be eliminated until only one is left. The winner will receive \$25,000 towards its athletics department.

CANADA RESEARCH CHAIR PROGRAM BOOSTED

The Government of Canada has made a significant contribution to the Canada Research Chair Program at the University of Winnipeg, according to a media release from the university. Dr. Evelyn Peters, Canada Research Chair in Inner-City Issues, Community Learning, and Engagement, will be receiving a Tier I award at the University of Winnipeg, where she will work with the Institute of Urban Studies. Dr. Mavis Reimer, Canada Research Chair in Young People's Texts and Culture, will also have her Tier II award at the U of W renewed, where she has been quite successful in drawing international recognition to the university in this field of research.

Wesmen basketball teams host Trinity Western Spartans

Women improve record to 7-2, men continue losing streak

SARAH REILLY
STAFF WRITER

When both Wesmen basketball teams hosted the Trinity Western Spartans Nov. 26-27 the women went 2-0, the men went 0-2.

On Friday night, the women came out on fire, and shot 67 per cent from the field in the first half. During the first quarter, the Spartans failed to sink a single hoop, which meant the Wesmen closed out the first 10 minutes of the game 24-0, and lead 39-10 at the half.

“The best part of the weekend for our team was the ability to highlight our depth as a team and showcase some of the youth we have coming off the bench.”

-AMY OGIDAN, CAPTAIN, WESMEN WOMEN'S BASKETBALL TEAM

The rest of the game was much the same with the Wesmen dominating at both ends of the court. The final score was 62-34 for Winnipeg.

Team captain Amy Ogidan felt the game was a good opportunity for all the women to see some floor time.

“The best part of the weekend for our team was the ability to highlight our depth as a team and showcase some of the youth we have coming off the bench,” she said.

Saturday night's game witnessed a much better Trinity Western team. The Spartans connected on more of their shots, and never let the Wesmen hold onto a large lead. The



DYLAN HEWLETT

Captain Amy Ogidan (#14) goes up high to help her Wesmen bring down B.C.'s Trinity Western Spartans.

Wesmen were missing co-captain and fifth-year point guard Catie Gooch due to an injury from Friday's game.

Winnipeg won by four points with a final score of 68-64.

Even though it was close, the women were happy with their persistence.

“Saturday was a bigger test for us as Trinity came out with much more fight,” fourth-year point guard Mackenzie Prasek said. “But I felt we stuck together as a team and we were very happy to take two wins at home.”

Assistant coach Tami Pennell agreed.

“Every game we grow as a team,” Pennell said. “This weekend was an opportunity to see all 13 players in action. That will help us down the line as kids get more game experience.”

On the men's side, the Wesmen battled in both games and kept the score close, but were unable to finish off the Spartans in the final quarter of each game.

Despite the losses, head coach Mike

Raimbault is pleased with his team's play.

“I was happy with our effort this past weekend,” he said. “TWU is a top calibre team and I thought we battled all the way to the end both nights.”

The men's team was also missing their fifth-year point guard and captain, Nick Lothar, who was unable to play due to an injury.

“Without Nick we needed some guys to step up,” Raimbault said. “I was pleased with the way we rallied.”

First-year forward Kelvin Smith felt the same after the set of losses.

“We showed a lot of improvement,” he said. “We cut it to 10 in the fourth quarter and ran out of gas. We played hard but lost in the end.”

Both the men's and women's basketball teams will take on cross-town rivals, the University of Manitoba Bisons, on Thursday, Dec. 2, in the Duckworth Centre.

The women start off the night at 6 p.m. and the men's game will tip off at 8 p.m.

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Comments

Accountable to whom?

Killing of Bill C-311 demonstrates Senate's illegitimacy



ANDREW PODOLECKI
VOLUNTEER STAFF

Nov. 16, 2010 should be marked among politically minded Canadians as a day in which democracy took a huge blow. This was the day that Bill C-311 was killed in the Senate.

Bill C-311, known as the Climate Change Accountability Act, was an NDP private members bill that was passed by the House of Commons earlier this year with the support of the Liberals, Bloc Quebecois and NDP.

It sailed through parliamentary committees without any changes and delighted many environmentalists when it cleared the hurdle of passing a third reading in the House of Commons.

Linda Duncan, the NDP member from Edmonton-Strathcona who, as NDP environment critic, played a large role in spearheading the bill, was congratulated by her colleagues from the three opposition parties.

The Conservatives were bitter and wanted to strike revenge, given that environmentalists had won the will of the elected portion of Parliament.

And the Conservatives got their revenge. On Nov. 16, by a vote margin of 43-32, Bill C-311 was killed in the Senate – an unelected house filled with political hacks that are loyal to their parties and currently dominated by Conservatives. Bill C-311 was killed without debate or discussion.

While bills have been killed in the Senate without a hearing before, it has



MATTHEW WELCH

only happened six times in Canadian history, and it has been over 70 years since it last happened.

This was the first comprehensive climate change legislation Canada has seen in years, and if there were any major issues with it, they would have found them in a parliamentary committee. The bill was brought back from committee with no major issues raised.

So obviously, letting the bill die in the Senate was a good ploy by Prime Minister Stephen Harper to create more division among the Canadian people.

Harper is back to his political bag of tricks again by trying to make it seem as though the will of Canadian people is vested in his minority government, rather than in parliament as a whole. It is illegitimate that a bill passed by a majority in the House was killed without debate in Parliament's upper chamber.

Nov. 16 will go down as a dark day

for Canadian democracy. Frankly, seeing such a display has been disgusting and insulting to the ideals of democracy. It shows that even though we elect MPs, an unelected Senate chamber can easily act against the will of Canadians.

Democracy continues to be assaulted and trampled over by this Conservative government.

Add this incident to the list of prorogations, back-tracking on refusing to appoint Senators, slapping confidence votes onto non-confidence bills in order to manipulate the opposition and spreading lies about the legitimacy of a government coalition.

The Senate is known for being the chamber for sober-second thought.

This chamber, and indeed this government, is a little too drunk with power.

Andrew Podolecki is a politics student at the University of Winnipeg.

Exploring the youth bracket

Disputing the myths and the marketing



EZRA BRIDGMAN
VOLUNTEER STAFF

Creeping ever nearer is the day when, while absently staring into your mirror, time stops and your first grey hair makes its debut appearance.

When you eventually regain consciousness, instead of rushing to the nearest pharmacy to stock up on hair dye, pop open some bubbly – the view over the hill actually isn't so bad.

It would be easy to believe that life ends once you hit 30, but, just like Canada's presence in Afghanistan, there's many a surprise down the road.

While youth has traditionally meant the period between childhood and adulthood, the term has ballooned into a brand characterized by unlimited possibility and wanton extravagance.

This hedonistic caricature is due perhaps to the creation of a thriving commercial youth market that screams from every shop window that they are young, rebellious, tech-savvy and, above all else, dizzily stylish.

Youths are said to be at the pinnacle of their lives, ready to face any challenge with a blazing white smile and a lifestyle of reckless abandon.

Like most of the effluent coming from calculated marketing schemes, however, this image is made to sell – nothing more.

Being young yet not fitting in with these carefree cultural symbols – designer jeans included – can create immense feelings of inadequacy. Don't brood over it too long, however; you'll soon be too old



EZRA BRIDGMAN

to even consider sizing up.

To complicate matters, this idolization of youth simultaneously appears in the form of hope: youths are seen to be the bearers of our future. It is repeated, almost as a mantra, that the youth must be heard and must be involved.

I've attended many youth conferences designed to do just this, yet time after time, when every effort was made to amplify the voice of the youth, the only reward was a polite yawn followed by a series of mundane copouts.

The reality is that it takes a long time to build a skill set and to learn the workings and intricacies of the world's challenges. No amount of idealistic hope can serve as substitute.

These pre-packaged conceptions of youth as product and youth as saviour would be irrelevant if youths were simply viewed as people.

Don't get me wrong. The wonderful group of people under 30 featured in this issue proves that young people are capable of great things.

I am not suggesting a loss of faith in youth but an acknowledgment that what we perceive to be a purely youthful spark can continue throughout all of one's life.

Examples of people who reject aging norms are plentiful: The Raging Grannies (all old enough to be grandmothers) perform politicized protests using song. At 88, Betty White continues to be an entertainment star, while a number of triathletes continue to compete well into their 90s.

All this while Willow Smith releases an oddly catchy chart-topping hit at the age of nine. Restrictions based on age really are self-imposed.

Youths need to be at the table discussing the important issues affecting us today – not as tokens representing a market-created image or as bearers of hope but as people working in collaboration with the vibrancy brought by groups from all backgrounds and ages.

So, years after you read this article, when the lush memories of your bygone youth are safely stored away, you may find yourself again looking in the mirror.

Your head by then may be covered in silver, but by that point, you can simply smile knowingly, for your days of glory will still be in full throttle.

Ezra Bridgman has a receding hairline and isn't worried about it.

Rebooting government and economics

What can save our crumbling institutions?



ADAM JOHNSTON
VOLUNTEER STAFF

Our government and business institutions have not woken up to the challenges that are facing them, even after the great recession of 2008 and the verge of economic collapse.

These challenges include how to fix government transparency and how to ensure that economic systems provide for efficiency-based rewards while also encouraging and respecting environmental sustainability.

Perhaps it is time for us to seriously consider that our institutions and economic systems need serious repair, repairs demanded by the 21st century.

Of all the books that came out in 2010, one caught the eye of many for its fresh thinking and important lessons.

Perhaps it is time for us to seriously consider that our institutions and economic systems need serious repair.

Macrowikinomics was written by Don Tapscott and Anthony D. Williams. It cuts along the ideological red tape of left and right and provides ways of restructuring our current governmental and business systems, which by and large are stuck in the 1970s.

Considering that all Canadian political parties have pretty much failed in regards to these concerns, this book offers sound advice. Let's take a look at some examples.

One idea the authors mention is collaborative learning, a more interactive way of learning than dry lectures. The book details a Portuguese elementary school, where students with laptops learned about astronomy primarily from the Internet. A main principle of such interactive learning is that students should be guided rather than lectured on a subject.

The whole point of this in regards to Manitoba education is that the K-12 system needs to be more open-sourced, interactive and focused on what students need to compete.

The province could encourage more practical and interactive courses and encourage the use of collaborative open-source software like wikis to build a current virtual textbook for students.

At the same time, the province could look at more non-traditional methods of education for secondary school, including the encouragement of more on-the-job training or simple training programs for newer industries like solar panel installation or wind turbine building. This could extend to financial service industry jobs like banking institution tellers or tax preparers. This would provide high school students with real-world skills and make a high school diploma worth something again.

In terms of government, Tapscott and Williams mention the idea of participatory budgets, where citizens voice their concerns directly to their parliamentary representatives.

Manitoba members of legislative assembly could hold, for example, virtual town halls and engage their constituents over streaming video websites once every few months. That would get people talking.

My favourite part of the book is the focus on making the economic system more transparent.

Examples the authors use range from encouraging smaller venture capital investments to peer-to-peer banking.

At the same time, on the environmental economic side, the authors promote the notion of the "energy prosumer," the idea that in the future mostly every household and institution will produce energy and sell it.

The ideas provided in *Macrowikinomics* may not be everyone's cup of tea, as the book definitely has a centrist approach to problem solving.

It will take compromise from both sides to fix our crumbling institutional structures and to reboot them. But the point is that these reformations are needed. Our country and province depend on it.

Adam Johnston is an economics and rhetoric and communications student at the University of Winnipeg. He focuses on environmental, technology and economic policy at <http://moderneconomicstechnologyenvironment.wordpress.com>.

THE UNITER

30



Two of my friends, both 27, were recently discussing how much people accomplish by the time they're 30 years old.

Because of things like job-hopping, delayed marriage and loan debt, it's taking longer than ever for young people to transition to adulthood and "the real world."

Often, if you're doing big things in life, you're only getting started when you hit 30, they concluded.

But if the people included in *The Uniter 30* are any indication, you can accomplish a lot in your first three decades of life.

The goal for this piece was to feature, in no particular order, 30 Manitobans who are 30 years old or younger who are making a difference and impacting their community in some way, or who are outstanding in their field – whatever that field may be.

There are some people on this list that you will have read about before in *The Uniter* or another publication, but our hope is that the majority of these faces will be new to you.

We want to showcase the good work a variety of young people are doing in this province.

The list includes activists, entrepreneurs, community workers, visual artists, athletes, musicians, journalists, bloggers, farmers, actors, comedians, aspiring politicians and more. They are native Manitobans or people who have decided to call the province home.

They were chosen by *Uniter* staff based on conversations with friends, family and various community organizations.

If the list shows anything, it's that good things can happen when you follow your passions and live out your beliefs.

The people on the list have affected governmental legislation and policy for the better, created successful businesses and respected blogs, made important films, written hit songs and more – and they're just like you and me.

And that's why they're *The Uniter 30*.

AARON EPP
MANAGING EDITOR





COURTESY J. NEUFELD

The Activist for Africa

At only 29 years old, Josiah Neufeld is making a huge impact on the lives of children in the Eastern Africa republic of Burundi.

Born in Burkina Faso, today Neufeld works in Winnipeg as a journalist. In 2008, he founded Canadians Enabling the Education and Development of African Youth (CEEDAY).

CEEDAY is partnered with BEEDAY (Burundians Enabling the Education and Development of African Youth), located in Mugimbu, Burundi. The two groups collaborate to address issues in Mugimbu as they struggle to recover from Burundi's recent war.

Their partnership is directed at orphans and war-affected children under the premise that helping an entire community, rather than an individual, is the best way to effect change.

"We talked to the community in Burundi, found out what their needs were ... and made a plan of action for what the community needed and how we were going to develop it," he says.

Under Neufeld's direction, CEEDAY has provided funding for families who take children in need into their homes to cover food, medical and school expenses.

A resource centre is currently under

Josiah Neufeld

construction to house children who have not yet been placed in a home. Neufeld recently traveled to Burundi and saw incredible progress.

Having a project like the resource centre has encouraged members of the community to choose proactive projects over a life of violence, which makes Neufeld hopeful for Burundi's future.

"Community transformation is a long process ... I think there's a lot of positive momentum in the community," he says. "There's hope that things will improve."

-CHLOE REW

Tim Gray and Dan Huen

Dan Huen says comedy excites him like a woman's touch – that's how he knows he has found his passion in life.

If you've ever sauntered down to Comedy at the Cavern on a Sunday night or ventured to Stand-up at the Standard on a Thursday, you've probably seen Huen and Tim Gray perform a gig or two. And you've probably taken notice – together, the 23-year-olds light up the crowd.

"I met Dan in 2006 when we were both cast in the Black Hole Theatre Company mainstage show," Gray says. "He'd always be entertaining the cast backstage during the show and our similar comedic instincts binded our friendship."

It was Gray who convinced Huen to try stand-up for the very first time.

"One night ... Tim Gray put me on the bill for a stand-up show he wanted to host and I ended up putting together a story about how I drank paint by accident as a kid," Huen remembers. "The show was fun and nerve-wracking, but

ended up igniting the inner comic in me. I've been doing regular stand-up and improv since."

The pair teamed up to create The Gray Area of Comedy, a radio comedy show by comedians for fellow comedy enthusiasts.

Together they wrote, recorded and edited 30 half-hour episodes, two one-hour specials and ended the run with a three-and-a-half hour New Year's Eve special.

The show was cancelled, but their comedy is constantly expanding.

Gray says that in the near future you can expect to see collaborations with other sketch artists in Winnipeg and a new sketch, Baby Diaper Models.

As for Huen, he is excited to announce a television contract with Shaw TV for a sketch comedy show called WTF – a.k.a. the Week Thus Far – a late-night show featuring guests and comedy.

-LAUREN PARSONS

The Comedic Bromance



COURTESY GRAY & HUEN



HANNAH PRATT

The Nightlife Connoisseur

Stephen Hua

Flashing lights, pulsing beats and thousands of bodies moving on the dance floor: this is the atmosphere Stephen Hua continues to create for Winnipeg's nightlife.

Owner of Soundwave Entertainment and Sound Republic, the man is known for promoting events and bringing world famous party-starters like DJ Armin Van Buuren, Flo Rida, MSTRKRFT and DJ Tiësto to Winnipeg.

But the 30-year-old is just getting started.

"I'm working on doing more large-scale concerts and events all across Canada," he says. "In 2011, outside of promoting events, people can expect me to get more involved with restaurants and lounges, as well as at least one more nightclub project."

Aside from just promoting, Hua also owns three nightclubs in the city: Republic, Mystique and RockBar. He will also be the owner of the forthcoming Fame, Winnipeg's largest LGBT* night club.

Outside of the club scene, Hua recently opened IFUKU, a clothing boutique in Osborne Village, and will soon be opening a 24-hour restaurant in the Exchange District.

With a solid resumé and great connections, Hua has done it all – almost.

"I'm definitely considering politics if I know I can make more of a difference as mayor than being an entrepreneur," he says. "I guess I can be both, but I still have to take much more serious look into everything."

-LAUREN PARSONS

Joel Marion

The Globe-Trotter

After travelling the world, Joel Marion is now helping other youth do the same.

At 29, he is the executive coordinator of the University of Winnipeg's Global College, which runs the human rights and global studies program.

Marion also sits on the board of the Winnipeg branch of the Canadian International Council, a non-partisan nationwide research council established to strengthen Canada's foreign policy.

After he graduated from the University of Winnipeg with a double honours degree in conflict resolution and politics, human rights work was a natural fit.

However, it was his participation in 24 Hour Exile, an event that aimed to recreate the experiences of refugees, that spurred his interest into action. In 2006, he traveled to the Democratic Republic of Congo as an election observer in their first democratic election, an experience that gave him a new appreciation of the process of democratic development.

Marion's firsthand experience is extensive, having traveled internationally with Canada World Youth and again after receiving the Douglas W. Leatherdale Global Citizen Internship.

He also received the Simons Foundation Internship and the Lloyd Axworthy Scholarship in politics.

Additionally, Marion earned a Masters certificate in project management from the Schulich Executive Education Centre at York University.

Passionate and committed to the Global College's work, this year he helped send 15 students to Ottawa and to the United Nations in New York City to "expose students to the inner workings of Canadian foreign policy and the UN," he explains.

In the upcoming year, he will be working to solidify the Global College's academic programs, aiming to create, in his words, "the best possible experience for students."

-STUART MCLAREN



AARON EPP



The Filmmaking Visionary

Muuxi Adam

When Muuxi Adam arrived in Winnipeg from his native Somalia in 2004, he couldn't speak English. By 2005, Adam – now 23 – could speak it fluently and had written and directed an acclaimed film.

According to Adam, many newcomers to Canada initially have a lot of time to reflect. He used much of that time to write his first movie script, a continuation of the storytelling passion he has held since childhood.

With little previous filmmaking experience, and with valued technical help provided by the National Film Board of Canada, Adam released his first film, *Ray of Hope*, in 2005. The

film was the first to feature Canada's burgeoning Somali community. It has since been shown all over Canada, including in many grade schools.

Today, the international development studies and economics student splits his time between the University of Winnipeg and his job at Newcomers Employment and Education Development Services (N.E.E.D.S.) Inc., where he continues his work with Winnipeg's newcomer community.

When asked how this community has provided motivation for what he does, Adam says that newcomers to Canada often lack role models.

"What I'm trying to show young

people is that there are options in Winnipeg, and we can do better," he says.

Along with filmmaking, Adam plans to continue his activism by working with marginalized and isolated communities.

"I came from a very poor community and my goal in life is just to go back in those places and help them improve their livelihoods," he says.

Adam has already begun doing just that. In mid-December, he will travel to the Dadaab refugee camp in Kenya to conduct a feasibility study towards building a school he and friends will sponsor there.

-ANDREW TOD

Ariana Chia

The Equestrienne

When asked how she got into horseback riding, Ariana Chia's answer is simple: "Every little girl wants to ride ponies!"

Unlike every other little girl, however, she has become one of the country's best young equestrians.

"I rode in my first regional competition in Saskatoon at (age) 10," the 19-year-old explains. "That was my first taste of 'I want to do this.'"

Chia competes in the highly technical discipline of dressage, sometimes described as "ballet on horseback." When she was approached at age 12 to train with an Olympian, she jumped at the chance to show around North

America.

She first rode for the Canadian Junior team in 2008, a spot well-earned after months of living "like a gypsy" on the road collecting qualifying scores – many on a borrowed horse after her own was injured.

In 2009, Chia won the Canadian Junior Technical Championships, also placing fourth and fifth at NAJYRC in Kentucky aboard the stallion Odilon.

The first-year University of Manitoba student has Pan-American and Olympic ambitions, but acknowledges a lot depends on the other half of her team. At a level where horses cost well into six-figures, "it's an ongoing quest" to find

the perfect match, she says.

Her hopes lie with her seven-year-old mare, Wishtadanz, which she is training over the winter in Wellington, Florida, for next year's Young Rider Team.

Chia also champions horse conservation efforts across the globe, a cause she adopted after learning of the culling of Australia's wild "brumbies."

"Being such a horse lover I was so shocked I wouldn't know about something so severe," she says. "(Horses are) so innocent and so useful, we could be doing more to help protect them."

-ALEX KROSNY



COURTESY A. CHIA



The Farmer

Anneliese Schoppe

"My goals right now are to survive the apocalypse and teach people the difference between brown and white eggs," laughs Anneliese Schoppe, a 22-year-old organic farmer.

(Hint: just because eggs are brown doesn't mean they're organic.)

Schoppe delivers fresh organic beef and eggs to customers on her bike under the business name Pennyfarthing Produce.

The produce is grown on her parents' farm, near Poplar Point, Man. The farm doesn't use any pesticides or herbicides and uses only natural fertilizers.

Schoppe, a member of the National Farmer's Union, believes in the impor-

ance of educating people about the advantages of organic food, as well as the disadvantages of genetically modified organisms.

"We don't know the long-term effects (GMOs) have on our complicated ecosystems. They manipulate the environment," she says.

Schoppe has also worked with the Bike Cage and the Bike Dump in Winnipeg, volunteer community bicycle shops, and has recently volunteered at a bike shop in Guatemala, where she taught a workshop on how to build a bicycle-powered well.

Her main focus now is to do more work with food security and greenhouse

operations in Manitoba, as well as taking a business course in green housing.

She's also currently working on a way to start a therapeutic gardening program for the women's prison in Headingly.

Schoppe's motivation for working in organic farming and bicycle shops, aside from being able to survive the apocalypse, comes from the empowering feeling of helping people and sharing knowledge.

"It's something that's commonly engaging," she says. "You teach people a couple of things and they can take off from there."

-CATHERINE VAN REENEN

Rod Beilfuss

The Thespian

Here on an exchange program from Brazil, Rod Beilfuss thought he would only be in Winnipeg for five months. But after igniting a passion for theatre, his initial trip has now lasted nine years.

He decided to try theatre for something fun to do while in town and after only his first month landed a scholarship from the Manitoba Theatre Centre (MTC), which prompted him to stay awhile.

The 27-year-old believes that most Winnipeggers are "oblivious" to what Winnipeg's theatre scene has to offer.

"I would like to make people aware that there is independent arts happening

all the time in Winnipeg," Beilfuss says.

Graduating with a B.A. Honours in Theatre and Film from the University of Winnipeg, Beilfuss was also the president of the International Student Centre on campus.

In this position he worked with Child and Family Services to help change the laws on international students getting work permits.

As a Shakespeare fanatic he has appeared in numerous productions including *The Merchant of Venice* and *Macbeth*. He plans to attend a summer intensive next year at the London Academy of Music and Dramatic Arts in England.

With an eagerness to bring new life and a fresh perspective to the stage, he felt a natural progression into directing. So far, he has directed MTC playwright festivals and the one-man musical *Billy Bishop Goes to War*.

Beilfuss was married last year and he and his wife Elizabeth have plans to go back to his native Brazil in 2012.

There, he will finish his Master of Fine Arts, majoring in directing with a focus in Shakespeare.

The avid soccer fan will also prepare to take in some games at the 2014 World Cup.

-ARLEN KASDORF



ARLEN KASDORF



The Hockey Humanitarian

Kalen Qually

Canada's favourite sport is woven through Kalen Qually's life accomplishments.

Playing hockey since he was five, he has a championship to his name, has coached a team and works as the communications coordinator for the Manitoba Moose.

But he knows he wouldn't have had the chance to start playing and get to where he is without the help of others.

"I remember my first set of equipment was hand-me-down stuff from relatives and people in the area," says Qually, 24, a former *Uniter* sports editor. "I realize when I first started playing, it was by the help of

other people passing on their equipment their kid couldn't use anymore."

So in 2009, Qually created Pass It Forward, a program aimed at outfitting young hockey players whose families can't afford regular, often expensive equipment.

Since 2009, the upstart philanthropist has collected over 200 pairs of skates and over 250 garbage bags of used hockey gear.

The first donation went to support the little Moose hockey program out of the Winnipeg Aboriginal Sport Achievement Centre. This year, Qually partnered with Hockey Manitoba to support the North

End Minor Hockey Program.

"(Hockey) is arguably the most popular for kids to play when they're young but it's the least accessible because of the costs involved. If there's a way to alleviate that cost and give them a chance to play, it's important and I think it should be done," he says.

"I'm basically running the program with the help of hockey parents being able to relate to other hockey parents," he says.

Find out how to donate your old gear at www.passitforward.ca.

-MATT PREPOST



TIMOTHY DYCK/UNITER ARCHIVES

The Collaborator

Matt Peters

"I'm not 100 per cent sure what drives me," says 30-year-old Steinbach native Matt Peters. "It's just this insatiable urge to stay creative."

Peters certainly stayed creative in 2010. Perhaps best known as one of the singer-guitarists in pop-rock wizards The Waking Eyes, Peters used the time afforded him by that band's hiatus to emerge as a key contributor to Winnipeg's music community.

Royal Canoe, the other band Peters fronts, officially released its debut album, *Co-Op Mode*, and toured Western Canada twice.

Peters also produced records released in 2010 by Tom Keenan, The Bokononists, Salinas, Flying Fox and the Hunter-Gatherers and Slattern, as well as forthcoming releases from The Liptonians, Demetra Penner, This Hisses and Triunfo do Gato.

Peters co-wrote, sang and played on the Ruth Moody song *We Can Only Listen*, and played a Canada Day show at the Forks with The Waking Eyes that featured the Winnipeg

Symphony Orchestra on three songs.

He also worked as a freelance recording engineer at Private Ear, the studio owned by John Paul Peters.

"Two years ago I said, OK, I really want to start producing and engineering and working with other bands and artists," Peters says. "Almost all of those people were at the top of my list of Winnipeg acts that I wanted to work with. I was really lucky that somehow this year I got to work with almost all of them."

The plan for 2011 is to focus on a project with Tom Keenan called Lockhart, and work on the next Royal Canoe record.

"I don't want to just write another pop song," Peters says. "I think that our music will always have pop elements in it, but I think at this point ... we're trying to be a little bit more experimental and just push some boundaries within ourselves."

-AARON EPP

Channing Lavallée

The Culture Preserver

For 23-year-old, multiple award-winning youth coordinator Channing Lavallée, promoting and preserving Métis culture goes beyond bannock and jigging.

"It's about bridging the gap between the elders and the youth," says Lavallée of the elders baking program she started at her home community's St. Ambroise Manitoba Métis Federation Youth Centre.

"The kids love having the elders come in and share stories about what it was like to live in the community in their time," she says. "It helps the kids learn about their culture."

Graduates of the jigging program started by Lavallée in 2007 are

now part of the older St. Ambroise Steppers group and taking part in community festivals and events.

In April 2010, she won the youth leadership category of the Manitoba Premier's Volunteer Service Award for her work. The National Aboriginal Health Organization, the Congress of Aboriginal Peoples and Manitoba Hydro have also recognized her efforts.

As a youth delegate to the Manitoba Métis Federation annual general meetings since 2005, Lavallée also gets an inside look at the decisions that impact Métis culture in Manitoba.

She continues to showcase Métis

culture and youth through annual fundraisers for organizations like the Children's Wish Foundation and CancerCare Manitoba, as well as volunteering for community events in St. Ambroise, such as the Saskatoon and Métis festivals.

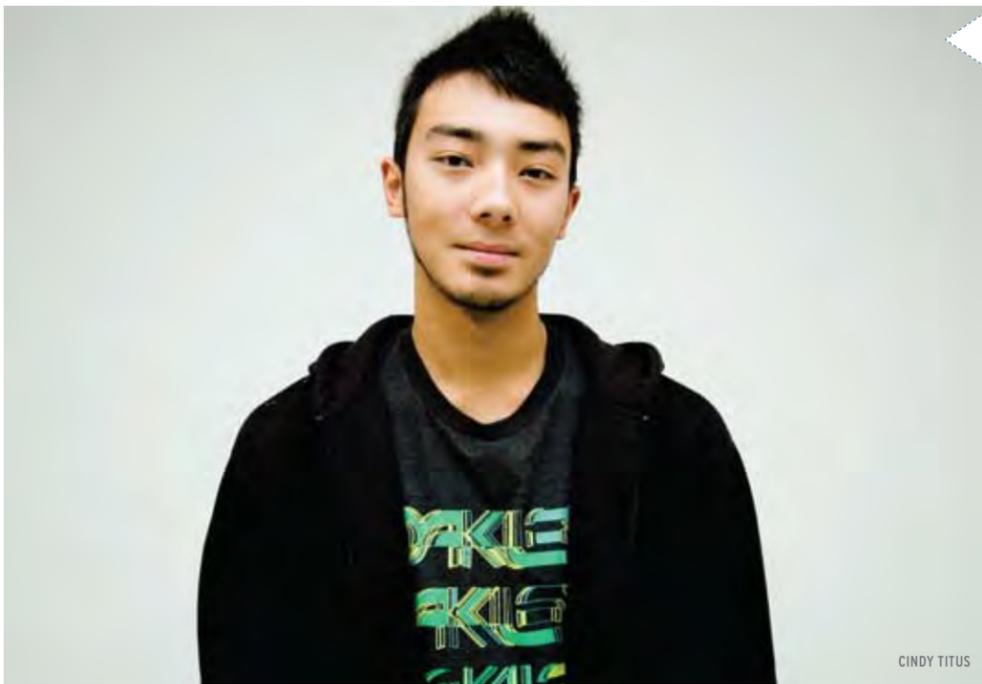
A graduate of the University of Manitoba's social work program, Lavallée hopes to bring her Métis principles to a career in working with children diagnosed with cancer.

"My Métis values and traditions are a part of me, and I bring them with me wherever I go," she says.

-SONYA HOWARD



COURTESY C. LAVALLÉE



CINDY TITUS

The Skateboarder

Jamie Suppes

Less than a year ago, Jamie Suppes was another 21-year-old hooligan skateboarding around the city. Today he's a national champion and world-class skater who has competed against the best in the world.

Born and raised in Winnipeg, the Windsor Park Collegiate grad never took skateboarding seriously before he entered the Winnipeg leg of the 2010 The Red Bull Manny Mania competition.

Encouraged to enter by his friends, Suppes easily beat out the 48 other competitors and qualified for the national event in Vancouver.

That's pretty good for his first competition ever.

In Vancouver, Suppes joined seven other skaters from across Canada for a chance to represent their country in the Red Bull Manny Mania World Championships in New York.

Skaters were judged on the complexity of their manual tricks and overall consistency. At the end of the day, Suppes reigned supreme and proved to be the best Canada has to offer.

A month later he was being flown to New York City to compete in the World Finals. With an entourage of six friends supporting him, Suppes claimed the 11th spot in the international competition.

Suppes began skating in Grade 8, influenced by friends. He claims nerves prevented him from entering competitions before, but now he deals with the pressure by listening to music while skating.

"I try to do different tricks than whatever everyone else is doing, to use the course more creatively," he says. "It gives me an advantage over others."

-KARLENE OOTO-STUBBS

Jeffrey Vallis and Braden Alexander

The Media Moguls

Just over a year ago, Jeffrey Vallis and Braden Alexander, both 23, were sitting on Alexander's deck, drinking wine and discussing what they should call their brainchild that would become *Sandbox*, the fashion, lifestyle and culture magazine "from the gays to the girls" – a magazine that is currently on everyone's lips and coffee tables.

Since then, the magazine that launched on Nov. 27, 2009, has blown up – big time. With nearly 6,000 "likes" on Facebook and over 50,000 visits to *sandbox-mag.com* in only the first three months, distribution has recently expanded from Osborne Village and Exchange District shops to all Chapters Indigo Books and Music stores across Manitoba and Saskatchewan, and in stores in Toronto.

Initially drawing on their con-

nections from their education in Red River College's Creative Communications program, the boys established a solid base of writers, models, photographers and stylists to produce entertaining articles with stunning photographs about incredible locals doing remarkable things.

"We were even surprised at how much the creative collective grew and how much our knowledge about Winnipeg grew," says Vallis, editor-in-chief, looking back on an entire year of monthly online issues and quarterly print copies.

Staffing has shifted since the magazine's inception with creative director Alexander exiting his role to travel the world for the next 10 months, leaving the position in the hands of former editorial assistant Suzy Bodiroga.

According to Alexander, the project that started with two nerds in their basements is a testament to the beautiful things that happen in their own backyards.

"To me, *Sandbox* represents the life and heart of Winnipeg," Alexander says via email from his whirl around the world. "It's a reflection of the kind of lives young people in the city are leading, the kind of amazing things they're achieving. It's just a space for fun and beauty and creativity. A space for stories, a glimpse into prairie life."

Sandbox's more than 100-page anniversary issue will be on stands Wednesday, Dec. 15 with a new website and blog coming soon.

-KRISTY RYDZ



BLF STUDIOS



COURTESY OF RUTH BONNEVILLE/WINNIPEG FREE PRESS

The Journalist

It was a running joke in the *Winnipeg Free Press* newsroom that 28-year-old Jen Skerritt was in "quarantine" during the summer of 2009 after she returned from trips across northern Manitoba tracking the scourge of tuberculosis on Manitoba reserves.

Skerritt worked in a secluded office in a barely visited corner of the building for nearly five months, hammering out a six-part feature that ran in the *Free Press* in November 2009.

"I don't do very well in isolation, so I kind of went a little nuts because you sit there and it's like, 'Today, I'm going to try to get someone to return my call,'" she says. "I

had a breakdown, thinking no one is ever going to talk to me about this. It was completely ridiculous, because I couldn't do it with any kind of access request, I got denied and the Ombudsman supported it," she says.

"I got lucky that I did end up meeting the right people who helped me get the information and connect with people who were most affected (by TB), but it was by far the most difficult story I've had to do and the most rewarding."

For Skerritt, it's paid off. The series has won her a growing list of national and international awards. She recently returned from Berlin after

Jen Skerritt

accepting another award from the Stop TB Partnership.

Skerritt is humble about the accolades she's amassed. Still, she remains the province's only full-time public health reporter, tasked with keeping tabs on the province's \$5-billion health budget.

"The beat is so big, when people say, 'I'm doing this story,' I'm like 'Awesome,'" says Skerritt. "I think you could have multiple reporters doing the beat and still not touch on everything."

To read Skerritt's feature on tuberculosis, visit www.winnipegfreepress.com/tb.

-MATT PREPROST

Michael Dudeck

There has always been a very thin divide between life and art for Winnipeg artist Michael Dudeck.

The 26-year-old lives and breathes his work as a visual and performance artist.

Many of Dudeck's creations use the human form – specifically his own.

"(It) defies the normal boundaries of public imagery," he says about using his body as the main showpiece of his art.

Unlike most historical views of the style, Dudeck adds an intoxicating twist and sends the viewer on a religious, and eye opening, experience.

With a Bachelor of Fine Arts from

the University of Manitoba and a double major in video and drawing, Dudeck often twists and moulds archaic forms and symbols to fit the modern environment of his work.

The nomadic, self-described cultural engineer is often found moving from one place to another, including exhibiting work and performances in Winnipeg, New York, Nevada and Toronto, following his flow of creativity.

"I am happiest in motion, when I am surrounded by new things I have to unravel and discover," he says.

The self-published author and former artist-in-residence for numer-

ous organizations has been honoured with grants and scholarships from the Jewish Foundation of Manitoba, Winnipeg and Manitoba Arts Council, as well as U of M and the Canadian Millennium Foundation.

Dudeck is currently working on an exhibition at Ace Art Inc. in Winnipeg that will feature installation, drawing, sculpture, photography, a live performance, a sound score, a cast of 15-20 naked performers, and, of course, Dudeck himself.

The exhibition opens Friday, Jan. 14, 2011.

-ALEX TORCOLACCI

The Body Artist



M. DUDECK

The Community Worker



CINDY TITUS

"I'll be happy if I've helped empower people in the Spence community and provided them with options to continue developing their community."

These are the passionate words of Jamil Mahmood, the 28-year-old community development worker with the Spence Neighbourhood Association (SNA) and graduate of the University of Winnipeg's international development studies program.

Five and a half years ago when Winnipegger Mahmood first started working with the SNA as the youth coordinator, the Magnus Eliason Recreation Centre only saw 20 neigh-

bourhood kids per night. Now, there are eight different programs for youth and the recreation centre sees at least 100 kids per night.

Mahmood notes that kids he worked with are now staff at the Magnus Eliason Recreation Centre. Furthermore, community members are moving into roles at the SNA, allowing the community to control the work that SNA does.

Mahmood continues to meet regularly with the City of Winnipeg to help determine how the city's youth programming can be changed to reach more youth effectively, using SNA's

successes as an example.

In his recently announced move to the co-executive director position of the SNA, Mahmood hopes to extend his advocacy for youth across the broader poverty and housing work of the SNA.

"This new role is exciting because I'm now in a position to start changing public policy through advocacy," he says.

"I'm particularly interested in looking at the Young Offenders Act and focusing investments on prevention, not just correction."

-SONYA HOWARD

Jamil Mahmood

Mike Lawson

"Some of my colleagues (on the school board) have kids that are twice my age," says Mike Lawson, 18, a recently elected school trustee for the Sunrise School Division, which oversees schools in rural eastern Manitoba.

Lawson, who grew up in the rural municipality of Springfield, is widely believed to be the youngest public official in Manitoba and the youngest school trustee ever to be elected in the province.

He recently graduated from Springfield Collegiate Institute in the community of Oakbank, where he served as student council vice-president,

student liaison for the parent advisory council and eventually president of the student body.

"I really like schools and I really like politics, so I put the two together and decided to run," he says.

"I'm a young person fresh out of high school – who better to be a school trustee?"

Over the next four years, Lawson wants to make long-term technological advancements in schools across the division, including replacing textbooks with Kindles and iPads.

He also favours simple changes, such as regularly emailing newsletters to par-

The Aspiring Politician

ents and others within the community. "Communication (can be improved) division-wide," he says.

Lawson maintains a full-time job for the Canadian Wheat Board in Winnipeg and commutes to the city from his home in Hazelridge, a community within Springfield, five days a week.

Although his first year out of high school will be spent hard at work, Lawson plans to eventually pursue an education in politics and human resources.

"I definitely want a political career," he says.

-ETHAN CABEL



COURTESY JONATHAN HUTTON

The Music Maven



COURTESY D. BICKEL

Darrelyne Bickel, a Métis singer-songwriter from The Pas, Man., has a lot under her belt for being only 17.

"I've pretty much been singing all my life," says Bickel. "When I was around eight years old, I decided to enter a talent competition here in The Pas that was part of the Trappers Festival here and I ended up winning first place."

"I think winning was my encouragement to keep pursuing music."

Bickel released the EP *M.I.A.* in 2008 when she was just 15. The EP

spawned three No. 1 singles on Native Communication Inc.'s Aboriginal Top 30 Countdown.

The following year, Bickel took home Minister Eric Robison's Most Outstanding Aboriginal Manitoban Award at the Aboriginal People's Choice Music Awards. That year also saw her reach the top six on YTV's *The Next Star*.

Her well-known single *Eddie's Got A Mustang* appears in the movie *Casino Jack*, starring Kevin Spacey and Kelly Preston, which was released on

Dec. 1.

Now, Bickel is in the process of writing her first full-length album, which will be in stores within the next year. The album will pair her with producer and co-writer Dave Thomson, who helped pen her single *Solitude of Sunday*.

"Over the years, I've learned that if you want something, you have to work for it," she says. "I've worked hard to get where I am today and I'm still not done working – not even close."

-ROBIN DUDGEON

Darrelyne Bickel



COURTESY S. ROBINSON

The Jill-of-All-Trades

Shaneen Robinson

Radio and TV reporter, community activist, communications professional, role model and aspiring politician.

For most people, if they're lucky, these roles are maybe accomplished in a lifetime. For Shaneen Robinson, it's only taken 30 years.

The former NCI, CTV and APTN reporter recently ran for Winnipeg city councillor with the NDP's endorsement in the Elmwood-East Kildonan ward where she grew up – she wanted to help curb gangs and address social issues surrounding youth. Though she lost to former Winnipeg Jet Thomas Steen by 219 votes, Robinson is confident leadership is in her blood.

"I've been raised in a family where the women are the ones who hold a lot of the responsibility for our people and that we are life-givers. The women are the ones responsible for keeping our communities strong," notes the member of the Cree and Gitksan Nations.

If she had won, Robinson would have been the first aboriginal female councillor in Winnipeg.

Before running for council, the daughter of deputy premier for Manitoba Eric Robinson was a communications officer for Manitoba Keewatinowi Okimakanak (MKO), a non-profit representing over 30 northern Manitoba First Nations.

Her strong presence in the aboriginal community garnered her a spot among 11 others who were awarded the National Aboriginal Role Model honour from the National Aboriginal Health Organization.

"As far as being a role model, I don't think that it's something that I've ever thought about – it's just in my genetic makeup," she says.

In the coming months, Robinson plans to look for radio work while spending time advocating for aboriginal youth and women by emceeing events, as well as continuing to sit on the boards for CancerCare Manitoba, Canadian Blood Services and the Lord Selkirk Women's Group.

-KRISTY RYDZ

Gareth du Plooy

The App Aficionado

Twenty-nine-year-old Gareth du Plooy builds iPhone applications and is a devout Winnipegger.

Born in South Africa, du Plooy moved to Manitoba when he was five, eventually landing in this city.

The University of Manitoba computer science grad has been building apps through his company, Great Big Apps, for roughly two years.

A couple of his apps have proven popular. Sneaker Junkie (\$1.99) has been downloaded about 5,000 times since its release in 2009. The hefty Wikipedia Offline (\$9.99), which allows consumers to download the entire Wikipedia database onto their iPhone or iPad, is his bestseller.

"There are two other programs that do this," du Plooy says. "But mine is better."

The company has developed about a dozen apps so far and has corporate customers in Canada, the United States and the Middle East for whom they develop apps.

Recently, he has been interviewing for a job in New York City that would relocate him for two years. But he's not turning his back on Winnipeg – he intends to return afterward.

"I wouldn't go if it weren't for this particular magazine," he says, declining to name the publication.

Winnipeg is his home, and his friends and family keep him coming back.

"Your city is what you make of it," he says, adding that while there isn't much industry in Winnipeg, he is happy living here and building apps.

-ANDREW MCMONAGLE



ANDREW MCMONAGLE



TIMOTHY DYCK

The Professor

Gábor Lukács

You may have heard the name Gábor Lukács in the media a lot lately, but the 29-year-old University of Manitoba assistant professor is a lot more than the sum of his complaints.

Born in Budapest, he studied in Israel and received his master's degree at the age of 16.

He moved to Toronto and graduated from York's PhD program in math at age 20. He worked in Germany and Halifax before accepting a job in Winnipeg.

Currently on unpaid suspension for his lawsuit against the university for challenging their decision to award a PhD to a student who failed the formal requirements, he misses his students most.

"You fall in love with your class," he says, adding that St. John's College feels like a community.

His effect on students is apparent.

When he was suspended, his students created an online petition to keep him in his job.

Lukács has experienced an unexpected, growing connection with Winnipeg through his lawsuit; many people have come out to support him.

"I feel more like a Winnipegger now," he says.

He wants to keep working with the community, even if he's not currently at his job. Were he to win the lottery, he said he would keep teaching, doing research and improving the student experience.

"(Students) come to university with skills that severely undermine their abilities," he says, adding that he will do anything he can to make the campus a better place – even if he has to fight for it.

-ANDREW MCMONAGLE

Kristel Jax and Mark Wohlgemuth

The Artists

Kristel Jax, 23, and Mark Wohlgemuth, 26, proprietors of Freud's Bathhouse and Diner, kept themselves busy this year.

Situated in the heart of the Exchange District, the quaint art gallery and live music venue opened this past April. Since then, Freud's has displayed a number of art exhibitions and hosted several musical performances.

The gallery showcases creatively themed exhibitions. The themes are chosen only after much thought and deliberation, says co-owner Wohlgemuth.

The gallery opened with *The Ghost Show* – featuring some pieces by Jax herself – with "ghostly" decor to suit. One of their more recent exhibitions, *I Know My Weaknesses Better Than You*, showcased the illustrations of William Schaff (Rhode Island), Beth Frey (Toronto) and Ramsey Beyer (Chicago).

Wohlgemuth, who books the music acts, brought in performers such as Wave Hands Like Clouds (Austin, Texas), The

Dead Letters (Winnipeg/Montreal) and his own solo project, Kram Ran.

When Jax and Wohlgemuth aren't co-running the gallery, they can be found working on their collaborative music project, Alpha Couple.

Recently, the two released their first single, *Edna Pontellier*, a collage of sounds blended with sweet sounding melodies. It's available for free download off their website, imtrying.net.

Like what you hear? Alpha Couple will perform on Saturday, Dec. 11 at the Graffiti Gallery located at 109 Higgins Ave.

What does 2011 bring for the dynamic duo?

Speaking like a true artist, Wohlgemuth responds: "We have a million ideas, but no idea what to pursue."

"We are definitely planning a tour across Eastern Canada and releasing a full-length album," Jax adds.

-TARA MEDWID



CINDY TITUS/UNITER ARCHIVES



COURTESY A. DIRKS

The Voice

At 23, Alexa Dirks has made quite a name for herself in the Winnipeg music scene.

She's best known for her role in Chic Gamine, the Juno award-winning Winnipeg – and Montreal-based vocal quintet. With the release of *City, City* (Chic Gamine's latest album) and another in the works, Dirks is poised to become a Winnipeg music staple.

Growing up in East Kildonan, Dirks had an intriguing personality.

"I was such a clean little Mennonite girl ... but at the same time I was really loud, so I confused people with my weird balance," says Dirks.

Musically inclined from a young

age, Dirks began singing with her church choir, receiving encouragement from teachers to pursue her passion. By 17, she was touring with Jon Buller and meeting local musicians who would eventually introduce her to the Winnipeg scene.

When she's not busy with Chic Gamine, Dirks fronts the bands Little Boy Boom and The New Lightweights.

This past year, she also released an EP with Matt Schellenberg of The Liptonians under the moniker Courier News, and provided the background vocals for the Les Jupes single *If This Is The Light*.

Each project has a distinctly dif-

ferent sound wherein Dirks is able to flex her vocal chops.

Although not professionally trained, Dirks's voice contains aspects of Janis Joplin's soul and Joni Mitchell's delicacy, delivering a punch to listeners.

Some of her influences include Stevie Wonder and Paul Simon. She cites the latter's *One Trick Pony* album as a major source of inspiration for her songwriting.

Despite the appeal of moving to a larger city, Dirks finds Winnipeg comforting and doesn't plan on leaving anytime soon. We're grateful for that.

-KARLENE OOTO-STUBBS

Raezavel Argulla

The Feisty Fashionista

Local fashion blogger Raezavel Argulla has been getting lots of attention with her trendy blog Cheap Thrills, including profiles in local magazines *Fokal* and *Sandbox*.

The 17-year-old native of Manila, Philippines, who currently lives in Winnipeg, has been operating cheapthrillss.com since 2008 and gets anywhere from 850 to 1000 unique visitors daily.

"I started blogging when I was almost 15," Argulla says. "At first, my blog was under a completely different name and I only posted about my favourite and least fa-

vourite trends, but eventually, after seeing other blogs, I began to post my own outfits.

"I discovered vintage stores and thrifting around that time as well, and that was when I decided to change my blog title to 'Cheap Thrills' as a tribute to my newly found hobby!"

The blog features not only Argulla's own fashion combinations, but also her own unique photography.

"I feel so grateful to be where I am today and doing what I like to do, that I try not to think too much about (my accomplish-

ments), you know? It's humbling to have been recognized for my passion of fashion and photography, and to be able to represent for both the Filipino (and) Winnipeg communities makes me feel so proud!"

Argulla says in the future fans can expect more fashion, photography and more attitude.

She says she wants to stay in Winnipeg for the next year to study photography, but after that she wants to move to Toronto to study fashion communications at Ryerson University.

-ROBIN DUDGEON



COURTESY R. ARGULLA



ARLEN KASDORF

The Blogger

When Robert Galston started to write about urban issues in January 2005, he just wanted to rant. Now his blog *Rise and Sprawl* is one of the top rated active Winnipeg blogs.

With the tagline of *Abattoir for Sacred Cows*, Galston considers his blog a place where city issues are dissected and trigger discussion on topics like bus rapid transit, urban renewal and governmental micro-management.

"In the last few years I've focused more on downtown, neighbourhood revitalization and heritage issues," Galston says of his blog. "It

just seems that our priorities are backwards a little bit as a city."

As city planners are focusing on making the newer developments more walkable and environmentally sustainable, Galston feels that the older neighbourhoods are being neglected.

Galston takes a more organic economic approach and maintains that businesses should drive development. The micro-managing of city officials is stagnating growth in Winnipeg.

His enthusiasm for these city issues spawned the urge to run for

Robert Galston

city council back in 2006 with the backing of the Winnipeg Green Party.

Even though he did not have much experience, he says that it was an attempt to raise public awareness on issues that were not being addressed.

Galston's plans for the future are to acquire his master's degree in city planning and to take part in a Canada-wide think tank that concentrates on "green and fresh" city planning.

-ARLEN KASDORF

Robin Bryan

The task of changing the human impact on the environment is daunting.

Given this, it's good to know that there are people like 23-year-old Robin Bryan, international development studies and politics student at the University of Winnipeg, outreach coordinator for the Wilderness Committee of Manitoba and founder of the U of W's Ice Riders.

Bryan's interest in the environment dates back to his upbringing in the hamlet of Prawda, Manitoba, a rural area that gave him a certain sensibility about the value of land.

He has spent half his life in Winnipeg, but his passion for environmental activism continues.

Bryan's list of achievements is impressive. He won a provincial Sustainable Development Scholarship in 2007, followed by a prestigious 2009 Brower Youth Award, given to young environmental leaders. Bryan is only the second Canadian to win the award.

Most impressive is the fact that Bryan and the Wilderness Committee were instrumental in influencing the provincial government's 2008 decision to ban new logging in provincial parks.

Bryan notes the commitment it took to achieve this policy victory.

"You kind of have to live in a fantasy land where you actually think it's possible to change archaic legislation and the actions of

The Environmental Activist

logging corporations," he says.

Dreaming big is useful, and Bryan says that living for what he believes in is more important than living for comfort or convenience.

That said, he understands the challenges involved in changing people's attitudes toward the environment. The fact that cities are so far removed from nature means that warnings about environmental catastrophe will fail to cause change.

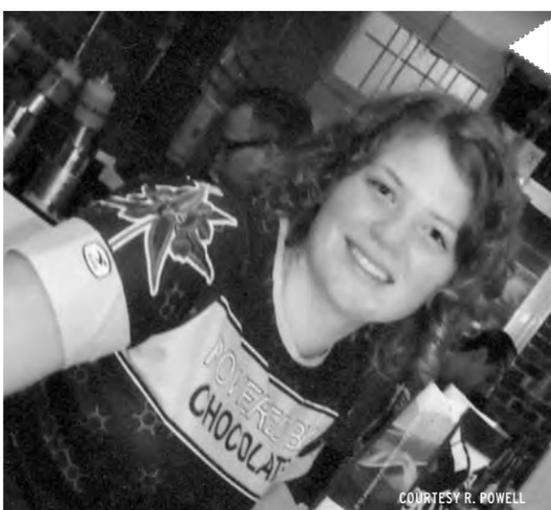
Instead, Bryan believes the key is to overcome this disconnect.

"I'd like to focus on getting more people out on the land for more experiential and tangible learning," he says.

-ANDREW TOD



CINDY TITUS



COURTESY R. POWELL

The Socially Conscious Chef

Revanna Powell doesn't dance to anybody else's tune.

She recently graduated with a diploma from Prince Edward Island's Culinary Institute of Canada (CIC), but rather than take a position in a fine dining restaurant, the 20-year-old Manitoban has decided to live and work on the outskirts of one of the largest aboriginal reserves in the province.

"I wanted to do something that could actually make a difference," Powell says of her job at Jack River elementary school, located in Norway House, a community eight hours north of Winnipeg.

Powell administers the life skills program at the school, which she has changed from a lacklustre lunch initiative into an informative course on nutritious eating habits for youth with disabilities.

"Just last week they all learned their food groups," she says of the 20 kids she has been teaching (and feeding) since early September.

"Every day we spend about two hours ... we do nutrition and we make lunch together."

Powell, who entered the CIC at 18, was one of four students selected by her school to cook at the 2010 Vancouver

Revanna Powell

Olympics.

"It was just amazing to be a part of it," she says about cooking for the Atlantic Canada pavilion, where she served appetizers to 600 tourists and visitors nearly every day during the 16-day event.

When Powell returned to Manitoba after experiencing the Olympics and an education at the CIC, many suggested she get a job at a "fancy restaurant," which would involve long, gruelling hours in the kitchen.

"(That's) not even close to the lifestyle that I ever want to live," she says.

-ETHAN CABEL

MUSIC LISTINGS

**THURSDAY, DEC. 2 until
WEDNESDAY, DEC. 8**

THE RANKIN SISTERS play at Club Regent on Thursday, Dec. 2.

TAFSA'S UGLY SWEATER PARTY is at the Academy on Dec. 2 with guests NOT ANIMALS, MR. GHOSTY, DADDY PARTY, RACHEL and TAT.

RHODA HEAD and EAGLE & HAWK play outside at the Scotiabank Stage on Dec. 2.

ANDREA MENARD performs at the West End Cultural Centre on Dec. 2.

WIL, LEROY STAGGER and ROMI MAYES are at the Times Change(d) on Dec. 2.

BASS INVADERS is at the Zoo on Friday, Dec. 3 with BILLY ROCKWELL, REDWORM V KASM, BLACK-FOREST and RIDDIM.

The WINNIPEG SYMPHONY ORCHESTRA performs Beethoven's Mass in C major at the Centennial Concert Hall on Dec. 3 and Dec. 4.

THE WATCHMEN play at the Pyramid Cabaret on Dec. 3 and Dec. 4.

FRED PENNER is at the West End Cultural Centre on Saturday, Dec. 4. Kids show at 1 p.m. and adults "pub-style sing-along" show at 8 p.m.

SUSS, EVA KLASSEN and DARRYL play at Oikos Co-op at 697 Wellington Cres. on Dec. 4.

GWAR is bathing the Garrick in blood on Dec. 4.

On Dec. 4 Matt Allen's new metal band ANUSPHEAR debuts at the Times Change(d).

On Dec. 4 the Zoo features TYRANTS DEMISE, SHADOWS TIL SUNRISE, BLADELAZER and ARMoured ASSAULT while downstairs at Ozzy's the fetish event THE BALL takes place.

The University of Winnipeg Downtown VOCAL JAZZ CHOIR plays Sunday, Dec. 5 in Eckhardt-Grammaté Hall on campus.

JICAH, THE NODS and RED SEED are performing at the Zoo on Monday, Dec. 6.

LESLEY GORE and THE CHIFFONS sing at McPhillips Station on Dec. 6.

RITA MACNEIL brings her annual holiday series to the Centennial Concert Hall on Dec. 6.

The IRISH ROVERS are here for an holiday performance at McPhillips Station on Tuesday, Dec. 7.

Local musicians have put together a JOHN LENNON NIGHT at the Park Theatre on Wednesday, Dec. 8.

**THURSDAY, DEC. 9 until
WEDNESDAY, DEC. 15**

RUTH MOODY releases a CD at the West End Cultural Centre on Thursday, Dec. 9.

BURNT PROJECT 1 play at the Pyramid Cabaret on Dec. 9.

MELISSA PLETT throws a redneck Christmas party at the Park Theatre on Dec. 9.

ROKY ALLEN performs his ROCKIN' ELVIS CHRISTMAS show at the Club Regent Casino on Thursday, Dec. 9 and Friday, Dec. 10.

LITTLE MISS HIGGINS is entertainin' at the Park Theatre on Dec. 10.

KISS tribute band THE PAUL STANLEYS play at the Zoo on Dec. 10.

QUINZY perform their annual Christmas show at the West End Cultural Centre on Dec. 10 and Dec. 11.

THE ABSENT SOUND are releasing a new EP at Raggickers on Saturday, Dec. 11.

Get boozed at the Zoo on Dec. 11 with LEGION OF LIQUOR, LIQUOR and MORTALIS.

THE WEAKERTHANS perform songs from *Fallow* at the Royal Albert Arms on Wednesday, Dec. 15.

**THURSDAY, DEC. 16 until
WEDNESDAY, DEC. 22**

THE WEAKERTHANS perform songs from *Left and Leaving* at the West End Cultural Centre on Thursday, Dec. 16.

THE AFTERPARTY release an album at the Pyramid Cabaret on Dec. 16 with MAMA CUTSWORTH spinning.

THE WEAKERTHANS perform songs from *Reconstruction Site* at the Pyramid Cabaret on Friday, Dec. 17.

The JP HOE HOE HOE Holiday Show is on at the Park Theatre on Dec. 17.

BOG RIVER and RIGHTEOUS IKE play at the Times Change(d) on Dec. 17.

THE WEAKERTHANS perform songs from *Reunion Tour* at the Burton Cummings Theatre on Saturday, Dec. 18.

Saskatoon's SHOOTING GUNS are playing with THIS HISSES and SCAB SMOKER at Raggickers on Dec. 18.

THE AFTERBEAT release an album Dec. 18 at the Pyramid Cabaret.

JICAH and TOM KEENAN play Sunday, Dec. 19 at the Pyramid Cabaret.

RUDIMENTAL reunites Tuesday, Dec. 21 at the Pyramid Cabaret.

The 16th edition of the ELEMENT SIRCUS is on Dec. 21 at Gio's.

NOT ANIMALS and HAUNTER play at the Lo Pub on Wednesday, Dec. 22.

LEGACY ARCADE, a Daft Punk tribute band, happens Dec. 22 at the Pyramid Cabaret.

**THURSDAY, DEC. 23 until
WEDNESDAY, JAN. 12**

STEVE AOKI, HYPER CRUSH DEV and DJ HOLLYWOOD HYPE are throwing a party at the Winnipeg Convention Centre on Thursday, Dec. 23.

YELAWOLF is joined by DJ RESONE, HUNNICUTT, CO-OP, LONNIE CE and FOOTWERK at the Garrick Centre on Sunday, Dec. 26.

KIM MITCHELL throws a bumpin' New Year's Eve party at the McPhillips Station.

YOU SAY PARTY are playing on New Year's Eve at the Royal Albert.

DJs CO-OP and HUNNICUTT are spinning on New Year's Eve at the Pyramid Cabaret.

The DUSTY ROADS BAND plays at the Pyramid Cabaret on Friday, Jan. 7.

QUERKUS is playing a live concert at West End Cultural Centre on Sunday, Jan. 9.

UPCOMING EVENTS

SARAH HARMER at the Garrick Centre on Jan. 22.

THE LOST FINGERS at the Park Theatre on Jan. 29.

CHEECH and CHONG at the Pantages Playhouse on Feb. 4.

HEART at the MTS Centre on Feb. 17.

BRIAN WILSON performs Gershwin songs and some of his own at the Pantages Playhouse on June 22.

WIN TICKETS

Local roots singer-songwriter Ruth Moody (The Wailin' Jennys) celebrates the release of her debut CD, *The Garden*, with a show at the West End Cultural Centre on Thursday, Dec. 9. For your chance to win 2 tickets for the show, send an email to contests@uniter.ca by 12 noon on Wednesday, Dec. 8. Include your full name and phone number.



On Friday, Dec. 10 and Saturday, Dec. 11, local pop princes Quinzy bring their annual Quinzmas event back to the West End Cultural Centre with guests John Mann (Spirit of the West) and House of Doc. For your chance to win 2 tickets for Friday night's show, send an email to contests@uniter.ca by 12 noon on Thursday, Dec. 9. Include your full name and phone number.

Arts & Culture**Twelve days of Christmas**

What to do in Winnipeg over the holidays

ROBIN DUDGEON
CULTURE REPORTER

Just because we here at *The Uniter* are taking a little Christmas publishing break, it doesn't mean the city's vibrant arts and culture scene stops. We've compiled the best musical, theatrical, crafty, dancey, and just downright Christmas-y things going on in Winnipeg for you all in one place, so you can make the best of your hard-earned Christmas break.

1 The Ever After
Church of the Rock, 1397 Buffalo Pl.
Dec. 2 and Dec. 3
Refreshments at 6 p.m. / Dinner at 6:30 p.m.
Tickets \$25 age 15 +

A classic fairytale with a twist: in Christmas dinner theatre fashion, *The Ever After* takes on daytime television in the form of a fairytale. TV host Monty Hallway invites Cinderella and her "beauty impaired" stepsisters to reunite after being estranged for 20 years. The hilarious parody includes questions from obnoxious studio audience members and infomercials for fairytale products like the Practical Princess Crown, which doubles as a purse and makeup case. For additional info call 261-0070.

3 Crafty Minions: The Handmade and Vintage Sale
Aqua Books, 274 Garry St.
Dec. 4
11 a.m. to 5 p.m.
Free admission

Some of the best new and established crafters in Winnipeg will come together to peddle their wares at this sale. You won't find any crocheted slippers, washcloths or the like here. Instead, think vintage-inspired handmade dresses, leather and ribbon wrist corsets, funky jewelry, retro aprons hand-embroidered with sassy '80s pop lyrics, silk-screened courier bags and more.



2 Time 2 B Fame Us: Identity Theft in Duet
The Rachel Browne Theatre, 2nd floor, 211 Bannatyne Ave.
Dec. 2 to Dec. 5
Saturday at 8 p.m., Sunday at 3 p.m. and 8 p.m.
Tickets \$15 (regular) and \$10 (student/artist/underemployed)

Two infamous Winnipeg performers, Ian and Mia, take on two mega-celebrities: Tom Cruise and Madonna. *Time 2 B Fame Us: Identity Theft in Duet* digs into our conception of celebrity and hijacks it. This piece melds elements of theatre, performance art, impersonation, lip-sync, dance, butoh (Japanese modern dance) and clown, and features stolen moments from Madonna and Tom Cruise. Reserve tickets at 291-9066.

4 Quinzmas
The West End Cultural Centre, 586 Ellice Ave.
Dec. 10 and Dec. 11
Doors 7:15 p.m. / Show 8 p.m.
Tickets: \$18 in advance, \$23 at the door

What is Christmas without Quinzy? The hometown heroes are bringing their Christmas cheer to Winnipeg for the seventh year in a row. Always eager to top themselves, this year they allowed the audience to help choose the set list by allowing fans to vote to bring back one memory of Quinzmas past. Quinzmas 7 features House of Doc, The Esteemed Quinzmas Choir and Horns, and special guest John Mann of Spirit of the West.

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TIMOTHY DYCK/UNITER ARCHIVES

5

SantaConAnywhere and everywhere
Dec. 11

What better way to celebrate Christmas than to dress up like Santa Claus, get roarin' drunk and spread your cheer (and alcoholic frenzy) with the rest of the city? I don't know who came up with this or where it came from but I like it! Expect to see many a drunk Santa roaming the streets of Winnipeg on Dec. 11, and maybe join in on the fun! Visit www.tinyurl.com/UniterSantaCon for details.

6

Jazz Winnipeg Nu Sounds Series: Curtis Nowosad Trio feat. Magnum K.I.The Park Theatre, 698 Osborne St.
Dec. 12
8 p.m.
Tickets \$12 in advance, \$15 at the door

The Curtis Nowosad Trio joins forces with Magnum K.I. to combine jazz and hip hop this holiday season. Well-known hip hop songs, jazz standards and Magnum K.I. tunes will be turned on their head – the hip hop made more jazzy, the jazz made more urban. The super group will also feature freestyling by Magnum's Ismaila, and scratching and sampling by DJ Kutdown.

7

The WeakerthansThe Royal Albert Arms/the WECC/The Pyramid Cabaret/
The Burton Cummings Theatre
Dec. 15 to Dec. 18
All shows 8 p.m.
Tickets \$32-\$33

Christmas in Winnipeg will be extra merry for fans of The Weakerthans. The band will be making the rounds of Winnipeg clubs and playing some of their best-known albums: *Fallow* at the Albert, with guest Pip Skid; songs from *Left & Leaving* at the WECC with Del Barber; songs from *Reconstruction Site* at the Pyramid with Boats!; and songs from *Reunion Tour* at the Burt with Imaginary Cities. According to the band's website, the shows are all sold out except the last.

8

JP Hoe Hoe Hoe Holiday ShowThe Park Theatre, 698 Osborne St.
Dec. 17 and Dec. 18
Doors 7:30 p.m. / Show 8 p.m.
Tickets \$20.

For the fifth year in a row, JP Hoe will be spreading holi-

day cheer to the masses at his annual holiday show. This time around Hoe is bringing along Quinzy, Fred Penner and House of Doc. As always, expect dancing dreidels, holiday treats and the obligatory holiday moustache.

9

Holiday Art Smash Party with Ingrid GatinStudio Space, 316 Ross Ave.
Dec. 17 at 8 p.m.
Tickets \$10

Winnipeg chanteuse and accordion aficionado Ingrid Gatin brings her trashcan romance to you from 8 p.m. 'til late at a Ross Avenue studio space with guests Twin, Amir Amiri, Delf Gravert, Sigourney Burrell, DJ Khalin, DJ Ray and more TBA.

10

Legacy Arcade: A Daft Punk TributeThe Pyramid, 176 Fort St.
Dec. 22 at 9 p.m.

Tickets \$5 in advance, \$10 at the door

Opening DJ set by Beauchamp, a.k.a. Mike B., and visuals by mrghosty. Expect helmets, pyramids, lights, lasers and visuals. If you're hungry after the show, show your ticket stub at Casa Burrito and get 50 per cent off.

11

Moses Mayes Surviving Winnipeg Winter SeriesThe Pyramid, 176 Fort St.
Dec. 23

Tickets \$12 in advance, \$15 at the door

Moses Mayes plans to get you through another Winnipeg winter with their infectious grooves. Show No. 2 of five in the series features Moses Mayes and members of Chic Gamine. Fans can also look forward to Moses Mayes playing the Pyramid with The Lyrics on Jan. 22, with band TBA on Feb. 19 and with JD Edwards on Mar. 19.

12

The NutcrackerCentennial Concert Hall, 555 Main St.
Dec. 22 to 29.
2 p.m. and 7 p.m.
Tickets \$34 – \$96

This year, the Royal Winnipeg Ballet is putting a slightly Canadian twist on the classic story *The Nutcracker* and *The Mouse King* by E.T.A. Hoffmann with music by Pyotr Ilyich Tchaikovsky. It is set in a grand home on Wellington Crescent and features scenes that include a hockey game on a snowy pond and a battle on Parliament Hill.



THE WEAKERTHANS

FILM

The documentary *JOAN RIVERS: A PIECE OF WORK* is playing at Cinematheque from Friday, Dec. 3 until Saturday, Dec. 11.

2012: *TIME FOR CHANGE* is screening at the Park Theatre on Monday, Dec. 20.

The 2010 Cannes Lions *COMMERCIALS* are playing at the Winnipeg Art Gallery until Sunday, Dec. 5.

THE YEAR OF THE CARNIVORE is on screen at the Cinematheque on Thursday, Dec. 2 at 7:30 p.m.

Cinematheque will be closed from Sunday, Dec. 12 until Tuesday, Jan. 4.

The Coen brothers' remake of *TRUE GRIT* hits theatres on Wednesday, Dec. 22.

LITERATURE

The launch of poet TRACY HAMON's *Interruptions in Glass* will be at Aqua Books on Thursday, Dec. 2 at 7 p.m.

JOAN-DIANNE SMITH launches her book *Christmas Chaos: Twenty Five Original Stories About Christmas Gone Awry* at McNally Robinson on Thursday Dec. 2, 7:30 p.m.

Entries are now being accepted for the MANITOBA BOOK AWARDS. The deadline for submissions is Tuesday, Dec. 7. Go to www.manitobabookawards.com for more details.

Aqua Books brings back the human tradition of storytelling with the *STONE SOUP STORYTELLERS SERIES*, Friday, Dec. 10 at 7:30 p.m.

JUICE, the University of Winnipeg's Creative Writing Journal, is looking for student and alumni submissions of poetry, prose, short story, screenplays and experimental creative works for its 11th issue in September 2011. For updated submission guidelines, please visit <http://juice.uwinnipeg.ca> or email juicejournal@gmail.com. Submissions are due Jan. 15, 2011.

GALLERIES & MUSEUMS

CURRENT by Tammy Zebruck and *STORM* by Joan Grandbois open at the Cre8ery on Thursday, Dec. 2 and run until Dec. 14

MAGNA MUSEE, a multi-media affair takes place on Friday, Dec. 3 at the Warehouse on 318 Ross Ave.

The Winnipeg Arts Council hosts its annual holiday open house on Thursday, Dec. 9 at 4:30 p.m.

PUTTING THE WILD BACK IN THE WEST: *BUFFALO BOY AND BELLE SAUVAGE* by Adrian Stimson and Lori Blondeau runs until Sunday, Dec. 19 at the Plug In Gallery.

IN THE GLOW: *THE SCIENCE BEHIND THE ART OF NEON* lights up Alloway Hall in the Manitoba Museum until Monday, Jan. 3.

The Manitoba Crafts Museum will have the *WORKED IN WOOD* display up until early January 2010.

The Winnipeg Arts Council Public Art Program invites applications from Winnipeg artists of all disciplines and Winnipeg community groups for the community-based WITH ART program. Deadline for receipt of applications is Jan. 12, 2011. Visit www.winnipegarts.ca for details.

BODIES...THE EXHIBITION is on display at the MTS Centre Exhibition Hall.

FIRST FRIDAYS in the Exchange has the galleries, cafés and small businesses open their doors to visitors the first Friday of every month from 5 p.m. until 9 p.m.

THEATRE, DANCE & COMEDY

MTC's unforgettable and entertaining musical based on the film *WHITE CHRISTMAS* runs until Saturday, Dec. 18.

The Royal Winnipeg Ballet's production of *NUTCRACKER* runs from Wednesday, Dec. 22 to Wednesday, Dec. 29.

Sunday night open mic comedy at the Cavern, featuring JOHN B. DUFF.

Every Tuesday night head down to the King's Head Pub for a FREE COMEDY PERFORMANCE.

The open mic comedy night at the Standard is hosted by JON DORE every Thursday at 8 p.m.

Comedy night with SCOOTS MCTAVISH every Thursday at Shannon's Irish Pub.

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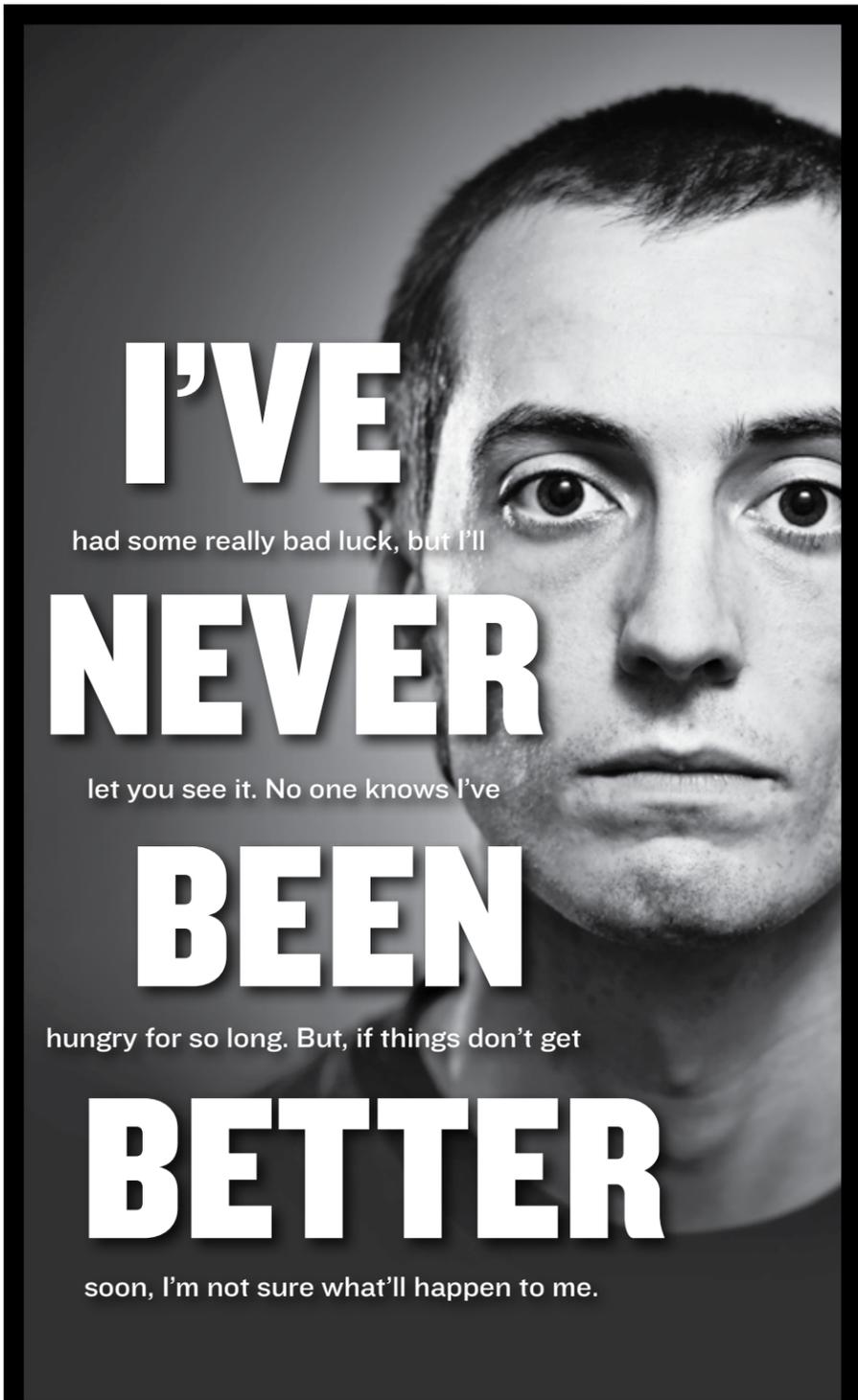
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The Ultrasound Training Program at the Health Sciences Centre is a 15 month full-time post-diploma program to train in the exciting field of **DIAGNOSTIC MEDICAL SONOGRAPHY**. The program starts at the end of August. Current intake is 10 students. Applicant selection begins in January 2011. Program details are available in the Program Information Booklet (.pdf) which is available online at:

www.hsc.mb.ca/ultrasound/training_program.htm

Application forms are also available online or from the program office at (204) 787-7846

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Go write a poem about it, Scrooge

Six things that make this time of year absolutely nauseating

CATHERINE VAN REENEN
 STAFF WRITER

Candy canes are gross, carolers are annoying and reindeer are best cooked medium rare. It's time we stop pretending to be so excited about the holidays and recognize all of the less joyous aspects that the Christmas-loving crowd neglects to notice in their eggnog induced state of holiday cheer.



Family Gatherings

Being surrounded by all of the people who share the same genetic material makes people crazy. We spend all year separated off in our own corners of the world and then, cruelly, Christmas forces the entire family to congregate around a turkey and pretend to know and like each other. In order to make this torturous event a little more bearable, I suggest playing a drinking game. Drink any time a family member does the following: asks an overly personal question about your love life, tells you an anecdote unrelated to the actual conversation, or gossips with you about another relative.



The Present of the Year

Christmas brings out the savage, animalistic side of parents. Once advertisers decide which toy will be the most popular gift item of the year, parents flock to the mall, enter the parallel universe and transform from reasonable human beings into ferocious machines who will stop at nothing to obtain Furby or Tickle-Me Elmo or Feminist Barbie – whatever toy symbolizes love and good parenting for that year. Those who no longer receive toys can still use the fact that their parents never got them a Tamagotchi as a guilt trip to make them write a bigger cheque this year.



Obligatory Cheerfulness

Holidays require cheerfulness and a happy, pleasant attitude. This obligation to shit rainbows while I bake cookies and sing about reindeer drinking eggnog makes me want to chase children with a roll of wrapping paper yelling, "Santa isn't real because I killed him!" Feeling obligated to act happy pisses me off for the same reason that when someone says "Don't look" the natural reaction is to look. "Be happy, it's Christmas"? If I want to go through my day in a melodramatic stupor, muttering swears and death threats under my breath, then I have the right to do so regardless of Jesus' birthday or Hanukkah or whatever politically correct holiday is being celebrated that day.



Crappy Wrappers

Wrapping a present is a simple task. You do not need to use an entire roll of wrapping paper (way to kill the planet, asshole), and then stick on 34 pieces of tape in random places. This can't even be considered gift-wrapping. It's more like performing bondage acts on your mom's new Crock-Pot. These crappy wrappers must be some strange breed of sadomasochist – first they punish themselves by wrapping the gift in the most complicated way possible, and then they torture the gift's recipient with the treacherous task of unwrapping the bitch. Apparently these geniuses must be introduced to two amazing and futuristic inventions: the box and the gift bag.



Malls

Walking into a shopping mall around Christmas is like entering a parallel universe where everything that is supposed to be delightful is exploited and degraded to the point where your soul dies a little more with every step toward the food court. Celebrities remix carols over the fuzzy intercom while manic shoppers in ugly Santa sweaters get sucked into the festive vortex of advertising schemes and a pressing obligation to buy gifts that will remain in their cellophane for all eternity. Children scream in the background. This is not a happy place. It is here, under the fluorescent lights, where the obligatory cheerfulness of the supposed Christmas-loving population can be scrutinized thoroughly from behind the fake plants and exposed as a sham.



Obnoxious Decorators

If your house induces epileptic seizures, maybe you should cut down on the decorations. There's always at least one house in every neighbourhood that puts up so many tacky decorations and lights that it ends up looking like Lite Brite and Santa Claus had a baby, and the baby threw up all over their house. How do these people sleep at night? What the hell is their hydro bill? How do they decide between icicle or twinkly lights? There is only one possible reason for creating such a distracting obstacle course to the front door that will keep people out by overloading their aesthetic capacity: these people must be building nuclear holiday weapons.

AWARDS & FINANCIAL AID

The Awards and Financial Aid staff of the University of Winnipeg provides the student body with current information on award opportunities. This information is updated weekly.

UNIVERSITY OF WINNIPEG AWARDS

INTERNATIONAL STUDENT BURSARY PROGRAM

International students who are attending The University of Winnipeg and who have financial need may apply for bursary assistance. Application forms will be available in Student Services (1st Floor, Graham Hall) or Student Central (1st Floor, Centennial Hall) or on our website.

Deadline: Jan. 4, 2011

GENERAL BURSARY PROGRAM

Bursaries are supplementary financial assistance awards, normally \$300-\$750 in value. In order to be considered, you must prove financial need and you must be making satisfactory academic progress (ie. maintaining a "C" average). Because funds are limited, not everyone who qualifies will receive a bursary. Application forms are available on our website and Student Services (1st Floor, Graham Hall) or Student Central (1st Floor, Centennial Hall).

Deadline: Jan. 31, 2011

GRADUATE & PROFESSIONAL STUDIES APPLICATION EXPENSES BURSARY

The purpose of this bursary fund is to provide some assistance to students with respect to the high costs associated with applying to graduate and professional schools. Application forms are available from the Awards & Financial Aid Office in Student Services, Mezzanine-Graham Hall or on our website. Students may apply any time during the Fall/Winter academic year, provided that funding is available for this bursary. Applications will be evaluated on a first-come, first-serve basis.

WORK STUDY PROGRAM

Project descriptions and applications for the 2010-11 Work Study Program are available in Student Services (1st Floor, Graham Hall) or at Student Central (1st Floor, Centennial Hall). You can also obtain project descriptions and application forms from the Awards & Financial Aid website: <http://www.uwinnipeg.ca/index/services-awards-work-study-program>

To be eligible for the Work Study Program, you must:

- Be registered in a degree program at The University of Winnipeg in the 2010-11 academic year on a full-time basis as defined by the Manitoba Student Assistance Program (18 credit hour minimum)

- Have successfully completed 30 credit hours (GPA of 2.0 or higher)

- Be on regular status at the University of Winnipeg

- Receive a government student loan of at least \$1000 for 2010-11 as a result of the financial need assessment done by the Manitoba Student Financial Assistance Program or another province's student aid office or obtain a student line-of-credit or student bank loan for 2010-11 of at least \$1000.

Applications are still being accepted for unfilled positions. Visit the Work Study Program webpage for list of available positions.

Note: You can apply for a maximum of four positions, and cannot be hired for more than one.

AWARDS OFFERED BY EXTERNAL AGENCIES AND ORGANIZATIONS:

THE FEDERATION OF PORTUGUESE CANADIAN BUSINESS AND PROFESSIONALS SCHOLARSHIPS

The Federation of Portuguese Canadian Business and Professionals is pleased to once again recognize the outstanding achievement of our Luso-Canadian Youth with scholarships from \$1,000 to \$2,500, courtesy of our many generous scholarship sponsors. Awards will be presented at the FPCBP Excellence Awards Gala to be held on Feb. 12, 2011. To be eligible, students must be enrolled in one of the following four program categories: high school, college, university undergraduate program or university graduate program. An applicant is not eligible for an award in a given program category if the applicant has been a past winner of a FPCBP scholarship in the same program category. In the case of the university graduate program, the applicant is eligible for an award if a past award was made while the applicant was enrolled in a different degree program (i.e. MA, PhD, LLB, M.D.).

Please visit <http://www.fpcbp.com/scholarship/recipients> for more information or application forms.

Deadline: Dec. 10, 2010

BRIDGET WALSH SCHOLARSHIP

The Bridget Walsh Scholarship was created from the royalties of Sheelagh Conway's book *The Faraway Hills Are Green: Voices of Irish Women in Canada*. In recognition of the Canadian women whose stories are told in the book, Ms. Conway donates half the royalties to low-income, single-parent, Irish women in Canada wishing to pursue a university or college education.

Contact:

Chairperson, Bridget Walsh Scholarship

205 Mountainview Road North

Georgetown, ON L7G 4T8

Tel. (905) 873-0873

Deadline: Dec. 15, 2010

WOMEN'S OPPORTUNITY AWARDS

If you are a female head of a household with one or more dependents, are attending an undergraduate degree program or vocational training program as a mature student and need financial assistance to complete your education, you are eligible for a Women's Opportunity Award offered by Soroptimist International of Winnipeg. For more information contact Heather Menzies at 475-2526 or email hgm16@mts.net.

Deadline: Dec. 15, 2010

BRIAN W. HUTCHINSON GENEALOGICAL SCHOLARSHIP

Provided by the Alberta Family Histories Society, this scholarship will go towards the cost of tuition and books for a student studying in the field of genealogy and family history in a recognized education or accreditation program, or expenses to attend a recognized genealogical conference. To be considered you must be a Canadian resident and submit a completed application form, a short essay and a four generation genealogical report to the following address:

Alberta Family Histories Society

712-16th Avenue NW

Calgary, AB T2M 0J8

Email: scholarship@afhs.ab.ca

Web: www.afhs.ab.ca/scholarship/

Deadline: Dec. 31, 2010

2011 TALBOTS SCHOLARSHIP FOUNDATION

In keeping with its long-standing tradition of helping women succeed, the Talbots Charitable Foundation is proud to present the 2011 Talbots Scholarship Foundation and the Nancy Talbot Scholarship Award for perseverance and ingenuity, which is presented in memory of the founder of Talbots. This program empowers women to enrich themselves through learning and achieve a college education later in life. Up to ten scholarships of \$15,000 and one \$30,000 scholarship will be awarded. Only applicants seeking a bachelor's degree are eligible to receive the Nancy Talbot Scholarship Award. Awards are one-time only, are not renewable and are paid in U.S. currency. Awards are for undergraduate study only.

Applicants to the Talbots Scholarship Foundation must:

- Be women currently residing in the United States or Canada;
- Be women who earned a high school diploma or their GED in or before September 2001;
- Be enrolled or planning to enroll in a full - or part-time undergraduate course of study at an accredited two-, three - or four-year college or university in the United States or Canada;
- Be attending the full 2011-12 academic year and receiving a degree no earlier than May 2012; and
- Have at least two semesters (24 credit hours or more) remaining to complete an undergraduate degree as of the beginning of the 2011 fall academic term.

Talbots and Scholarship America employees or family members are not eligible to apply to this program. Only the first 5,000 eligible applications submitted will be processed. To apply, visit their website <https://www.scholarshipamerica.org/talbotwomen/instructions.php>

Deadline: Jan. 3, 2011

CEMF/FCGC SCHOLARSHIPS

The Foundation awards five \$5,000 Undergraduate Engineering Scholarships annually to women enrolled in

an accredited engineering program in Canada. A scholarship is awarded in the British Columbia, Prairie, Ontario, Quebec and Atlantic Regions. The Vale Inco Undergraduate Engineering Scholarship annually awards three \$10,000 scholarships to women enrolled full-time in engineering at the undergraduate level. These scholarships may also come with a summer job opportunity at one of the numerous Vale Inco facilities across Canada. All applications and criteria are available on their website: www.cemf.ca.

Deadline: Jan. 14, 2011.

EDC INTERNATIONAL BUSINESS SCHOLARSHIPS

Export Development Canada (EDC) is offering as many as 30 scholarships, 25 of which recognize exceptional students in the field of international business or economics. The remaining five scholarships will be awarded to outstanding business students who combine these fields with a focus on sustainable management or environmental studies. The scholarship winners will receive a \$3,000 cash award and, if eligible, a possible four-month work term for the summer of 2010 worth approximately \$10,000. The work term includes mentoring from leading industry experts at EDC's head office in Ottawa. For more details or to apply, please visit their website: www.edc.ca/scholarships.

Deadline: Jan. 31, 2011

MANITOBA STUDENT AID PROGRAM (MSAP):

Applications are still being accepted for 2010-11 Fall/Winter or 2011 Winter Session. Students can apply online at www.manitobastudentaid.ca.

*New to the Student Aid program this year are a series of grants and bursaries:

- Canada Student Grant for Students from Low-income Families
- Canada Student Grant for Students from Middle-income Families
- Canada Student Grant for Students with Dependents
- Rural/Northern Bursary

These grants are the first money students will receive in their financial aid packages, before any loans are awarded. Many students may, in fact, receive the majority of their financial assistance in the form of grants. Be sure to apply early and to submit all requested documentation as soon as possible to ensure that you receive all the grant funds for which you are eligible.

PROCEDURES

Confirmation of Enrolment & Release of Government Student Aid Documents

Approximately 3 weeks before classes began, the Manitoba Student Aid Program (MSAP) started printing official assistance documents for students whose MSAP documentation and University course registration are in order. MSAP mailed the documents to students at the addresses they provided on their MSAP applications. The document you received will have been electronically approved by the Awards & Financial Aid Office. It indicates the fees you owe to the University of Winnipeg. These fees will be deducted from your student aid.

1. If the document is a Canada Student Financial Assistance document, you should take it to an approved Canada Post outlet for forwarding to the National Student Loan Centre.

2. If the document is a Manitoba Student Aid document, you should forward it to the MSAP Loan Administration Department.

The National Student Loan Centre of the MSAP Loan Administration Department will process the document, transferring the fee payment portion directly to the University and depositing any additional balance to your account. Instructions on these processes will be included in your student aid document package.

COURSE LOAD

The minimum course load for which you must register to be eligible for any form of government student assistance is 60 per cent of the maximum course load required for your study period:

1. Fall or Winter Term only - 9 credit hours minimum
2. Fall/Winter Session - 18 credit hours minimum

You must maintain the appropriate minimum course load for your study period in order to retain your student assistance eligibility.

REGISTRATION AT ANOTHER POST-SECONDARY INSTITUTION

If, in addition to University of Winnipeg courses, you are registered and taking courses elsewhere during the academic year for credit towards your University of Winnipeg degree, you must present proof of registration to the Awards & Financial Aid Office before your student assistance document can be authorized and released to you.

FEE PAYMENT

Your fees will be deducted from the student assistance document when it is electronically approved by the university. Government Student Aid is used first to meet educational costs. All overdue fees and emergency loans as well as fees for the current study period will be deducted from the student aid document. If your student assistance does not cover your required fee payment, you will have to make payment on your own by the fee payment deadline. Credits for scholarships you may be receiving will be will to reduce the amount of fees deducted from the student aid document.

FEE DEFERRAL

The Awards & Financial Aid Office can defer your fees if you have applied for Government Student Aid but have not received your confirmed assistance document by the fee payment deadline.

- Fee deferral means that your registration will not be cancelled because of your failure to pay by the deadline.

If your name is on the Awards & Financial Office fee deferral list but you withdraw from university courses, you will be responsible for the fees you owe until your actual date of withdrawal.

DID YOU KNOW... That Manitoba Student Aid staff can be on campus on Fridays from 1 p.m. to 4 p.m. To meet with them, you need to set up an appointment time. Come to student services and book an appointment, or phone 786-9458 or 789-1420.

DID YOU KNOW... You can check the status of your student aid application, find out what documentation is still outstanding, update your address information and much more online? Go to www.manitobastudentaid.ca and then to MySAO to log into your existing account.

DID YOU KNOW... If you are a student who has had past Government Student Loans and are currently a full-time student but do not have a student loan this year, please fill out a Schedule 2 document to remain in non-payment status. Please come to Student Services in Graham Hall, where front counter staff can help you with this form.

OTHER AWARD WEBSITES:

Canada Student Loan program & other important information on finances and budgeting: www.canlearn.ca

Surfing for dollars? Try www.studentawards.com and www.scholarshipscanada.com.

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We Accept University Green Shield Plan

This is the last
issue of *The
Uniter* for 2010.
Our next issue
hits newsstands
on Thursday,
Jan. 13, 2011.
Happy Holidays!

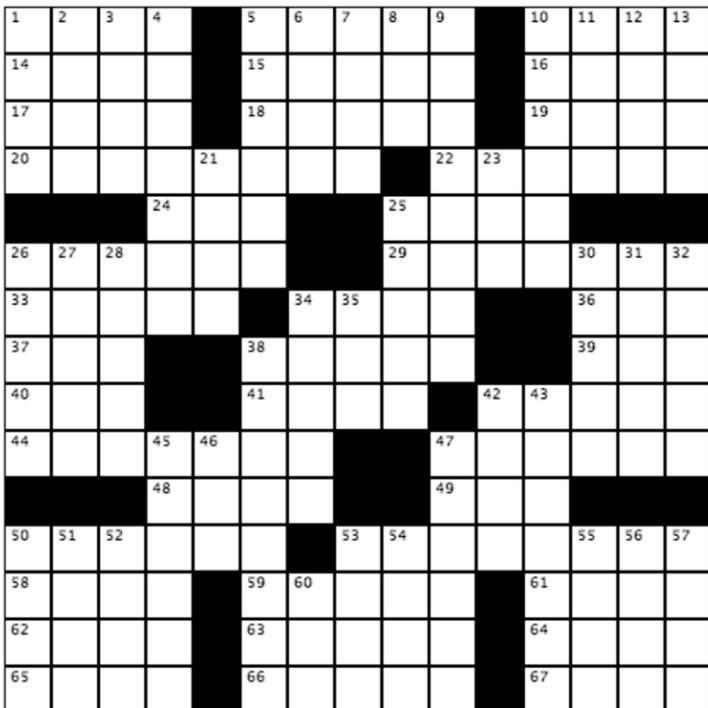



SCHOOL OF MEDICAL REHABILITATION OPEN HOUSE

Date: Sunday, January 16, 2011
Time: 12:30 pm – 3:00 pm
Place: University of Manitoba
 Bannatyne Campus
 Brodie Centre, 727 McDermot Avenue
 Drop in and learn about Respiratory Therapy,
 Occupational Therapy, and Physical Therapy!!!
 Parking available on some residential streets,
 The closest parkade is the Emily St. Parkade

Crossword Puzzle 14

Find out the solutions to these puzzles at www.uniter.ca/section/c/lifestyle.



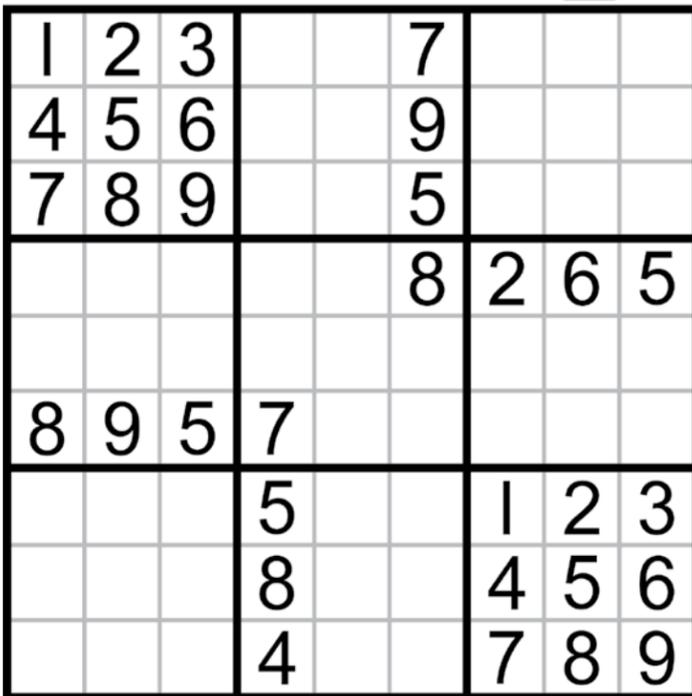
BESTCROSSWORDS.COM

Across

- 1 - Author Morrison;
- 5 - Minor mistakes;
- 10 - Splendor;
- 14 - City near Provo;
- 15 - Examine account books;
- 16 - "Hard ___!" (sailor's yell);
- 17 - Grange;
- 18 - Island near Sicily;
- 19 - Bed support;
- 20 - Buy an insufficient quantity;
- 22 - Revolve;
- 24 - Narrow inlet;
- 25 - Arch type;
- 26 - One who osculates;
- 29 - Pivot for an oar;
- 33 - Colorado resort;
- 34 - New Orleans music;
- 36 - Greek X;
- 37 - Hwy.;

- 38 - Conical native American tent;
- 39 - Absorb, as a cost;
- 40 - Competitor of Tide and Cheer;
- 41 - Cattle group;
- 42 - Bias;
- 44 - Communications satellite;
- 47 - Too much acrylic on the canvas?;
- 48 - Has a bug;
- 49 - Curved bone;
- 50 - Strident;
- 53 - Guidebook for travelers;
- 58 - Get better;
- 59 - Long Island town;
- 61 - "All The Way To ___", song by REM;
- 62 - Cube creator Rubik;
- 63 - Extreme;
- 64 - Put ___ on it!;
- 65 - Den;
- 66 - Saunter;
- 67 - Former Fords;

su doctor Octagon ku



will.octagon.gibson@gmail.com

Down

- 1 - Beancurd;
- 2 - Algerian port;
- 3 - Dweeb;
- 4 - Place under a liquid;
- 5 - Asian deer;
- 6 - Hawaiian outdoor feast;
- 7 - Without much effort;
- 8 - Casino area;
- 9 - Daydream;
- 10 - Soft subdued color;
- 11 - Earthen pot;
- 12 - Crux;
- 13 - Sneaky guy?;
- 21 - Nothing, in Nantes;
- 23 - Not 'neath;
- 25 - Seeped;
- 26 - Gold measurement;
- 27 - Cordage fiber;
- 28 - Stretch;

- 30 - Body of salt water;
- 31 - Repeat rhythmically;
- 32 - Young purrer;
- 34 - Mocks;
- 35 - Spring mo.;
- 38 - Metallic element;
- 42 - Aforementioned;
- 43 - Open-minded;
- 45 - Mariner;
- 46 - "... the cows come home!";
- 47 - Pay beforehand;
- 50 - Author Silverstein;
- 51 - Mother of Ares;
- 52 - Hindu princess;
- 53 - Diner orders;
- 54 - Yorkshire river;
- 55 - Salmon that has spawned;
- 56 - Children's author Blyton;
- 57 - Fishing gear;
- 60 - ___-mo;



I'm no doctor, butt...

This week, I'd like to take the time to talk to you all about an affliction that has taken the lives of too many modern day heroes and has to be stopped. The disease I'm speaking of is Hungry Bum Syndrome (HBS) and it's killing more and more North Americans every year.

HBS is a genetic disorder that causes a person's bum to develop the need for sustenance, therefore causing the bum to become "hungry."

Stage One HBS can be managed relatively easily. With the application of lotions and by dropping the occasional rice cracker or baby carrot down the back of one's undergarments, a person with HBS can lead a relatively normal life.

In Stage Two of HBS, the symptoms become more apparent.

The bum becomes so hungry that it actually begins to eat the person's pants. We've all seen victims of Stage Two HBS on the bus or at the local Mall-Wart, but sadly, few of us understand exactly what these people are going through. This ignorance can lead to harmful misconceptions about sufferers of HBS.

Believe it or not, I am a prime example of this.

Before I learned about HBS I always assumed that people who let their jogging pants ride up that far into their own asses in public had simply given up on life.

Now, I know better. These people live their entire lives in a constant struggle to feed their hungry bums.

In the final stage of HBS, Stage Three, the bum actually consumes and devours the person from the outside in.

The process mirrors very closely the implosion of a star, as the person seems to implode in on his or herself, leaving nothing but a dense, brown hole.

Many people in the late stages of HBS speak openly about looking forward to this event, as by the end of Stage Two, the person's bum will be consuming upwards of sixty pounds of food and pants per day.

Although there is no cure for HBS, scientists are making tremendous advances in determining exactly what types of foods and pants bums are the most hungry for.

They have determined, for example, that most bums prefer sweat pants and corn dogs.

Though this information is incredibly interesting, it sadly does not help the sufferers of HBS in any way. And they are dying at an alarming rate.

In Canada, for example, the number of deaths attributed to HBS doubled in 2009, when compared to 2008.

That may sound hard to believe, but it is literally a scientific fact that if you take the number of deaths from HBS in Canada in 2008 and multiply it by two, the result is the exact number of deaths from HBS in 2009.

If that sounds alarming to you, then wait until you hear this: that number is expected to triple in 2010, and the trend is showing no signs of slowing down.

HBS gives new meaning to the term "potty mouth."

Warm advice for cold weather



LIVING WELL



SAGAN MORROW
VOLUNTEER STAFF

There's no use denying it: the snow is here to stay. Tempting as it might be to hide indoors and hibernate all winter, unfortunately that's not realistic. But you don't have to freeze, either.

Cold weather can have a negative impact on how you feel. It can change your mood, increase stress and irritability and decrease productivity. And all of these things affect your health. By making smart choices this winter, you can stay warm, happy *and* healthy!

The first thing to do is dress warmly.

Walking quickly will ensure your body stays warm and it will also keep your muscles toned throughout the winter, when we might have dropped our regular exercise regime

Invest in long underwear, winter boots, a hat that covers your ears, a thick scarf and a heavy coat.

Wear gloves underneath mittens so that if for any reason you need to take off your mittens (to get out keys, to answer your phone or to find a bus ticket), your hands will still be protected from the wind.

Layering will keep you feeling nice and toasty, which is why you should wear a good quality sweater under your coat.

Move briskly to keep the blood circulating when you're walking outdoors. Bonus: you get in some extra exercise, too.

Walking quickly will ensure your body stays warm and it will also keep your muscles toned throughout the winter, when we might have dropped our regular exercise regime.

You can also try winter sports such as skating, skiing and snow-shoeing to keep your spirits up and your body in shape during this time of year.

Monitor how warm or cold you are when you step indoors after being outside. If your feet are a little damp, you need to get better shoes. If your head is cold, trade your hood for a hat.

Being aware of what body parts are exposed to the cool air and how you can protect and warm them will make it much more bearable to withstand the weather the next time you go outdoors.

Keep your house at a comfortable temperature. If your home is too chilly, you'll have even less desire to go outside and you'll feel cranky and unproductive.

If your landlord controls the heat, buy a couple of portable heaters and set them up near your desk or in your living room. Throw an extra blanket on the bed and wear slippers if your floors are cold.

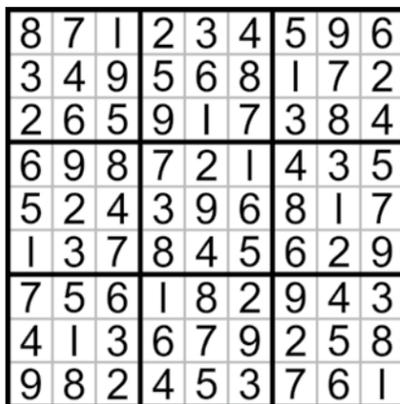
Comfort foods are one of the best parts of winter. These foods are traditionally higher in calories and fat, but you can make nutritious versions of them.

Eat homemade chili, steamed vegetables with brown rice and lean meat (elk is a good choice), broth-based soup and oatmeal with sliced banana and a spoonful of chia or flax seeds. These warming foods will spread the warmth across your body. Tea is another great choice.

If you focus on keeping your body comfortable in the colder months, you'll find that both your body and your mind will be in a healthier, happier place. Stay warm!

Sagan Morrow is a freelance writer and editor. Check out her health and wellness blog at www.livingintherealworld.net/healthy.

Solutions to puzzles from November 25.



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MOUSELAND PRESS

EMPLOYMENT OPPORTUNITY

Mouseland Press Inc. is seeking a special events coordinator

Mouseland Press Inc. is a membership-based organization in which students and community members participate. It publishes *The Uniter*, the University of Winnipeg's weekly urban journal, as well as organizes a Speaker Series.

Mouseland Press Inc. is seeking a dynamic, motivated, diplomatic and organized individual who has completed school to assist in coordinating its Speaker Series. The individual should have experience organizing major community events.

The individual must possess a keen eye for detail, good public relations skills and strong fiduciary skills.

This individual will be responsible for organizing Speaker Series events, including booking venues, marketing the events (such as sending out press releases and coordinating advertising), approaching other organizations to develop co-sponsorships, and other duties mutually agreed upon by the events coordinator and the business manager and managing editor of *The Uniter*.

This job opportunity is a contract position.

Skill requirements:

- Ability to prioritize tasks, make decisions and work independently, as well as act with a high degree of integrity and professionalism.
- Excellent communication skills, both oral and written.
- Knowledge and familiarity with Macintosh operating systems, computer software for Word Processing, Spreadsheet, email and Internet.
- Familiarity with budgeting and project coordination a must.

Interested parties should submit a resume including references and a covering letter by **6 p.m. on Friday, Dec. 31, 2010**. Application packages should be sent to board@uniter.ca.

Questions can be addressed to business manager Geoff Brown at geoff@uniter.ca or 786-9790.

We thank all applicants, however only those short-listed for an interview will be contacted.

SNOBALLS OF FURY

3 ON 3 STUDENT GROUP BASKETBALL TOURNAMENT

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REGISTER YOUR TEAM AT WESMEN@THEUWSA.CA BY JANUARY 13, 2011 AT 12:30PM

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The next issue of *The Uniter* is on newsstands Thursday, Jan. 13, 2011.