

THE

UNITER

FREE WEEKLY.
VOLUME 70 // ISSUE 12 // NOV. 26

Blast from the past

A look at the University of Winnipeg then and now

A PRINCE'S NEW
ALBUM P5

FARMERS SHARE
WINTER BOUNTY P12

CEREAL SELLING
SELF-HATE P18

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* ON THE COVER

Students grab lunch at the cafeteria in Riddell Hall (1973-1974).



Fresh local vegetables are still available at the St Norbert Farmers' Market. (Article on page 12)

PHOTO BY DANIEL CRUMP

TIME FLIES...

...when you're having fun, right? While we've had some wild weeks here at *The Uniter*, the good has far outweighed the hectic. And now - somehow - we're almost at the midpoint of our publication year.

This paper will be our last regular issue, as next week we're devoting the whole paper to covering the winners of the Uniter 30 Readers Poll. We'll be leaving the Uniter 30 issue (which comes out Dec. 3) in your hands until we're back, hopefully refreshed and ringing in a new year of Uniter's on January 7.

And while we're taking a break from printing in December, we'll still be working hard organizing and promoting the Uniter Fiver, our annual contest that highlights new local musicians in Winnipeg. If your band (or solo act) is less than two years old, you could make it to the top five - or win! Submissions close Nov. 30, so visit uniter.ca/uniterfiver to throw your hat into the proverbial ring.

While the midpoint seems like it might leave space for a short break, we're definitely ramping up our efforts to get more awesome things going before we rest.

Most of the students I've heard from are in a similar position - in the final crush of papers and exam prep, and trying to hold it all together for that final push. Outside of the university, there's another seasonal rush beginning as well. The holiday lights are going up on Portage Ave., and retailers are pulling out all the stops to draw shoppers through their doors.

Wherever you are and whatever you're rushing through, we hope you can take a break to peruse our weekly offering of arts, news, comments and more. We've got a feature full of pictures in case your brains are tired, a sudoku if your brain needs a brief challenge, and many more pages of stories and reviews for your reading pleasure.

- Anastasia Chipelski

DOWNLOAD OF THE WEEK

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BY WILLIAM PRINCE AT UNITER.CA



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WHOSE

HOUSE?

NATALIE'S
HOUSE

Rhea (left) and Natalie Dyck in the Squash Palace.

PHOTOS BY SIMEON RUSNAK

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

Natalie Dyck has turned her childhood spent on a farm into a full-blown career. As the co-founder of both Edible Alchemy CoLaboratory and Urban Eatin' Landscapes, she's helping bring DIY probiotics, urban gardening, food preservation and fermentation into the lives of Winnipeggers.

Dyck's downtown home, which doubles as a handcrafted laboratory for her food experiments, has a peculiar history that mirrors its idiosyncratic aesthetic.

"Initially we took an eight month lease because (the owners) thought they were going to demolish it," Dyck says. "It's certainly a quirky house. Even just walking around the rooms, you're like, 'Why did they put a corner here?' We can't get any beds up the stairs. It's really bizarre."

Dyck's penchant for gardening also helped give the house its name.

"The house is known as Squash Palace," Dyck says. "Partly because it was going to be squashed. But also when I first moved in I was really excited about the yard. Full sunlight in the middle of downtown. As a person who loves growing food, that's a big perk. The first summer, I brought in all this soil and started all these plants. But we ate squash all winter, so our compost piles exploded into these squash plants that took over the whole yard. Every summer, squash is growing over the fences into the backlane."



1) ADVENTURE TIME MURAL

"One of the best things about having a house that was slated for demolition when I moved in was that the landlords just said, 'You know what? Paint on the walls. Do whatever you want.' I went away for the winter last year. I sublet my room and when I came home, this was here. I was so happy."

2) THING TWO (THE CAT)

"There was a Thing One, but he got hit by a car."



3) FERMENTATION/PROBIOTIC EXPERIMENTS

"These jars are mostly SCOBYs, which stands for Symbiotic Colony of Bacteria and Yeast."

4) YOU CAN DO WHATEVER YOU WANT ALL THE TIME*

"We added an asterisk to this sentence. So far, everyone has been well behaved enough that we haven't had to make a corresponding asterisk that says what not to do."



5) BOOB PANTRY

"We had a Squashbauchery party where a bunch of people painted their boobs. There was a lot of dancing, and at a certain point I was just like, 'Everybody paint your parts and then put them on my wall!' So this happened, which turned out a little grosser than I was envisioning. I thought it was going to be a beautiful breast tree."



ARTS AND CULTURE BRIEFS

MEG CRANE // ARTS AND CULTURE EDITOR

@MEGCRANE

If I Was God...

The National Film Board film, *If I Was God...*, has advanced in the 2015 Oscar® Race. The short animated film was directed by two-time Oscar®-nominated Winnipeg filmmaker Cordell Barker. It follows a 12-year-old boy who daydreams about suddenly having God-like powers.

Manitoba Book Awards

The Manitoba Writers' Guild and the Association of Manitoba Book Publishers announced that the submissions period for the 2015 Manitoba Book Awards are now open. Four copies of books must be sent in before Dec. 1. A short list will be announced in March 2016. Find more information at manitobabookawards.com.

Don Amero

Don Amero's third annual Amero Little Christmas is taking place Dec. 5 at the West End Cultural Centre. The concert is based on his love for holiday music and the sense of community the season brings. There will be music, inspiring stories and videos. Tickets are \$15 in advance or \$20 at the door.

Fairytale Market

The Christmas edition of the Fairytale Market is coming to the Rudolf Rocker Cultural Centre on Nov. 29. From noon to 5 p.m., members of FAIRY Girls will be selling handmade goods, including jewelry, clothing and watches. The group is made of free-spirited, alternative women. Go and let your inner fairy fly!

Alice in Winnipeg

Royal MTC presents *Alice Through the Looking-Glass* this Nov. 26 to Dec. 19. This adaptation of Lewis Carroll's *Alice's Adventures in Wonderland* will be performed at John Hirsch Mainstage. On noon the days of performances, a limited number of tickets will be available for people 25 and under.

PRINCE OF PASSION

William Prince set to release debut album

TOBI NIFESI



VOLUNTEER

The passion William Prince attaches to his music and songwriting earmarks the rich tunes found on his latest album, *Earthly Days*. The album was produced by local roots musician Scott Nolan.

Prince is the first to emphasize that he is more of a songwriter than a singer. He earned the Songwriter of the Year award at the 2014 Indigenous Music Awards.

“It all starts with the song itself being these tailored words to express a story. I am all about the storytelling. Rather than the sound, it is more about the style that I take approach to when I try to tell a story,” Prince says.

His music has a modern folk sound laced with the vulnerability of baritone vocals and a notable gospel vibe. Prince’s versatility and musicianship stems from the works of his late father, Ed Prince.

Ed Prince was an acclaimed gospel artist whose words and oeuvre inspired his son to find his own voice. Prince says he spent his youth watching his father



PHOTO BY SIMEON RUSNAK

Singer-songwriter William Prince releases his debut album *Earthly Days* on Dec. 7.

craft beautiful sounds and sing on several stages. He learned the essence of honing one’s craft before anything else.

“I can’t overstate the importance of who my dad was,” Prince says. His dad taught him to play guitar, sing and fit into church.

“I just love that model of working hard and perfecting your craft before showing it off,” Prince says.

His songs are much more than the melodies and fancy instrumentation. They have a resounding message, one that he is passionate about: to keep people connected.

Prince says he likes the idea of connecting people and wants them to feel safe while listening to his music.

“I have always viewed songs as a point of healing,” Prince says.

“I think we are becoming far removed from our souls in a weird way; it has become such a social media driven age,” Prince says. “I want people to take the moment to just tap into letting themselves feel vulnerable”

The album’s first single, “Earthly Days,” tells the story of his love for his fiancé and how he relishes the privilege to spend the rest of his days on Earth with her, Prince says.

Themes of love, oneness, peace and the beauty of simplicity resonate throughout the album, Prince adds. The notions stem from his life experiences and his appreciation for the strengths that lies in humanity.

He is celebrating the release of *Earthly Days* at the West End Cultural Centre on Dec. 7. The event promises to be a

delightful showcase of live music.

Richard Inman, a fellow singer-songwriter, will open the show and Prince says he will debut songs that did not make the cut for the album.



William Prince will release his debut album *Earthly Days* on Dec. 7 at the West End Cultural Centre. Tickets are \$15 in advance and \$20 at the door, and are available at the West End Cultural Centre, Ticketfly, Winnipeg Folk Festival Music Store and Music Trader.

FASHIONISTAS UNITE

New thrift store on Sherbrook will enrich the community

CAROL LINDSEY



VOLUNTEER

Purple Cactus Thrift Boutique owners Michelle Pennock and Paula Fillmore are looking to use second-hand fashion as a tool to help the community.

Sales from the new shop will go towards helping the community, specifically those affected by addictions or similar life circumstances.

“It’s not your typical thrift store clothing. It’s nice, it’s merchandised well and it’s priced well. It’s consignment quality clothing at thrift store prices,” Fillmore says.

She wants to make it a destination boutique and will be giving Winnipeggers a preview of what that will look like with the Purple Cactus pop-up shop Nov. 27 to 29. The store will officially open in spring 2016.

The Purple Cactus has racks of brand name clothing that have been screened for quality, Fillmore says.

“Look for brand names at a good price. That’s what we have a lot of,” Fillmore says. “It’s your higher end good quality clothing.”

Pennock and Fillmore feel that fashion can be used as a building block for confidence, and therefore a way to help one succeed in life. For example,



(Left) Purple Cactus Thrift Boutique at 130 Sherbrook Street. (Right) Paula Fillmore (left) and Michelle Pennock, owners of the Purple Cactus Thrift Boutique.



PHOTOS BY SIMEON RUSNAK

people in the early stages of recovery from addiction might need a quality interview outfit to help improve their life circumstances, says Fillmore.

“If you feel good about yourself, you feel better. The Salvation Army is down the street. We don’t have to do it all,” Fillmore says.

Purple Cactus is on Sherbrook in a trendy neighbourhood, says Pennock, with Stella’s Bakery nearby, ready with a coffee for you to sip while browsing the racks with your friends.

“It’s a good mixed area,” Pennock says. “It’s our niche demographics which is mixed income, it has the up and coming trendy aspect to it, it has the re-use, recycle aspect to it and it’s just a good fit!”

Shopping at Purple Cactus is all about feeling good about yourself and feeling good about your community, Fillmore says.

“We are partnering with treatment facilities and other treatment organizations for people to volunteer, get work experience, get basic skills that will translate into work experience. This is about establishing work ethic and good habits by helping the community,” Fillmore says.

People who are recovering from traumatic life events will be volunteering at Purple Cactus to experience a transition period so that they can ease back into working life.

As a non-profit organization, Purple Cactus also needs volunteers.

“We are looking for volunteers to help with the processing of the clothing – tagging and merchandise sorting – as well as marketing or community awareness,” Pennock says.

They ask anyone with marketing, or

other skills that could help Purple Cactus to call them.

“There is a continued call for donations also,” Fillmore says.

Need another good reason to shop at the Purple Cactus? Those who make a donation while they are there, will receive \$5 off their next purchase.



The Purple Cactus pop-up holiday event takes place Nov. 27 from 10 a.m. to 8 p.m., Nov. 28 from 10 a.m. to 8 p.m., and Nov. 29 from noon to 6 p.m. at 103 Sherbrook St. If you would like to volunteer, call them at 204-504-8808.

SO WHAT DOES IT MEAN?

Art in buffeteria spurs conversation

RACHEL NARVEY

 @RACHELNARVEY

VOLUNTEER STAFF

You might have noticed four colourful banners hanging in the buffeteria on the fourth floor of Centennial Hall at the University of Winnipeg.

In the familiar shape of signs that might say “Congratulations,” or “Happy Birthday,” each one instead carries a different phrase: “So What,” “That’s It,” “What Difference Does It Make” and “Yeah Yeah Yeah.”

Cailyn Cheasley, a University of Winnipeg student studying biochemistry, and her friends noticed the signs one day and tried to figure out what they were.

“It definitely started a conversation,” she says.

For Mary-Anne McTrowe, the artist behind *SO WHAT*, generating discussion was exactly what she had in mind.

“I met a fellow at a residency in 2013 who teaches at the Ontario College of Art



These banners are part of an art show taking place in the buffeteria.

and Design (University),” McTrowe says.

“In his critiques with students, he would often ask them ‘So what?’, not as a way of shutting down the conversation, but trying to extend it. For *SO WHAT*, you could read the phrases as being either a conversation stopper and something very negative, or they could be something that welcomes a kind of back-and-forth.”

The installation is a part of Gallery 1Co3’s current exhibition, *A Putting Down of Roots: 40 Years of CV2*.

Curated by Kegan McFadden, the exhibit displays archival material from Contemporary Verse 2, the Canadian journal of poetry and critical writing.

Jennifer Gibson, director of Gallery 1Co3, found out about McTrowe’s work after it was displayed in the Lewyc

Institute of Contemporary Art.

Gibson thought it would be an excellent compliment to the other text-based work by contemporary artists McFadden had selected for the gallery.

“I see it as continuing the conversation on how visual artists use text in their work,” Gibson says. “I chose to display it in the buffeteria because it was an opportunity to have all the banners in sort of a concentrated location where they would be a bit more noticeable and make more of an impact.”

Gibson would like to find other ways to insert contemporary art into public spaces on campus.

“If people see it and they’re sort of scratching their heads going ‘what is this about,’ well, it can be kind of fun,”

she says. “When you install artwork in unexpected places, if people don’t see the label, they’re kind of left on their own.”

McTrowe agrees, hoping that by removing the expectations that come with going to see art in a gallery setting, her work can create different reactions.

“There’s not that context that an art gallery sets up,” McTrowe says. “It could be anything, it might not even necessarily be art. They may not know how to read it and so they’ll have to come up with their own ideas, which I think is great. People might not necessarily be looking to have an experience with a work of art, but there it is.”

The banners will be up until Dec. 11.

EXPLORING EXPERIENCE

Four panelists discuss consent for all

SAMANTHA SARTY

 @SARTYSARTY

ARTS AND CULTURE REPORTER

At the upcoming Sexualizing the “Disposable” Woman forum, four panelists will continue the conversation surrounding consent and delve deeper into the reasons why consent is different for women from different backgrounds.

“I want the audience to walk away knowing that rape culture affects women differently,” Alexa Potashnik, organizer of the event and the Racialized Student Commissioner with the Canadian Federation of Students, says. “Marginalized women face much more oppression than privileged women. Yes, rape culture affects all women, but consent culture looks different for all women.”

The four panelists include Uzoma Asagwara, a psychiatric nurse with the government of Manitoba; Autumn Crossman, local artist and activist; Tasha Spillert, an Indigenous educator working at U of W in the Faculty of Education and at the U of M in the Department of Native Studies; as well as Adeline Bird, the host, producer and founder of the web series and podcast, *Style and Soul*.

“The panelists chosen from the evening come from a strong activist community,



Sexualizing the “Disposable” Woman forum will explore how consent culture affects women differently.

whether that be from their presence on social media or in the academic world,” Potashnik says. “These women come from diverse backgrounds which I feel is needed when addressing why the women ‘disposable’ to society are hyper sexualized within the public eye.”

Potashnik says in using the word “disposable” she aims to wake up the mainstream public and media about the issues marginalized women face.

“I’m not saying these women are disposable, but when society reacts to injustices that strike communities of marginalization, the public outcry is a quiet voice,” Potashnik says. “Perfect example are the thousands of missing and murdered indigenous women and girls, our stolen sisters, go missing every day and that’s just something that ‘happens.’”

Bird agrees that it’s important to have a dialogue about marginalized women in

the media and feels that it’s the first step towards change.

“I am looking forward to talking about the media’s role in these issues,” Bird says. “Marginalized women are more prone to being objectified because of the ignorant ideologies about marginalized women and the narratives created by the media.”

Both Potashnik and Bird think the public portrayal of women is a much-needed point of discussion as well as other specific issues they face.

“It’s important to generate conversations involving these women because we seldom have conversations involving marginalized women,” Potashnik says. “In particular when discussing consent and what that means and can look like.”

Potashnik says in having the talk, they’re creating a space to discuss the reasons marginalized women are affected

by consent culture differently.

“I just want people to come with an open mind and ready to learn and denounce their privilege and decolonize their minds,” Potashnik says. “I want people to enjoy themselves, learn, cry, laugh and heal while moving towards a consent culture that will benefit us all.”



Sexualizing the “Disposable” Woman takes place Nov. 30 from 7 to 9 p.m. at the University of Winnipeg in Eckhardt Gramatte Hall. The space is wheelchair accessible. Light refreshments will be served.

CKUW TOP 20

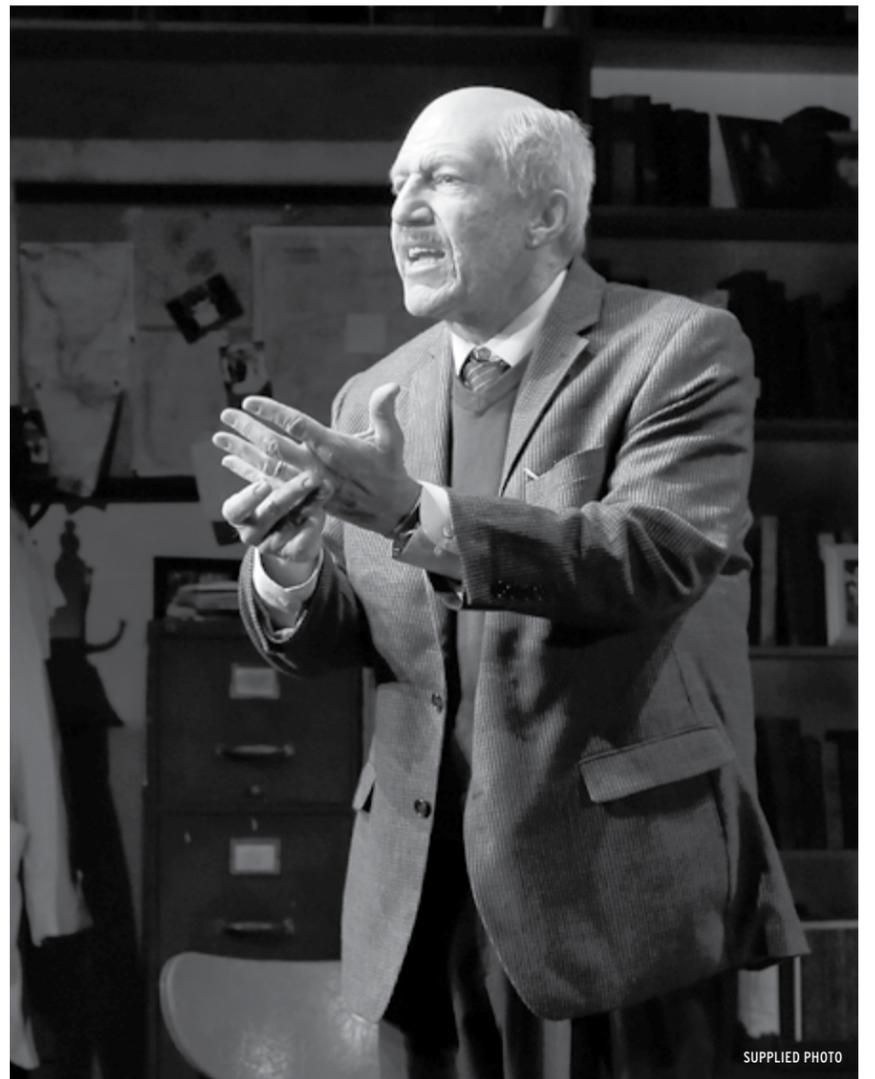
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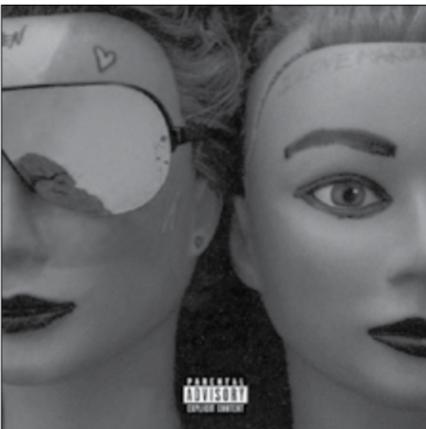
#TW	LW	LC/CC	ARTIST	ALBUM	LABEL
1	1	!	The Noble Thiefs	It's Tough To Be The Bad Guy	Pipe & Hat
2	5	!	Chic Gamine	Light A Match	Self Released
3	3	!	Cannon Bros	Dream City	Disintegration
4	2	!	The Unbelievable Bargains	Exuberance Abounds	Transistor 66
5	4	!	Human Music	Sup	Sundowning Sound
6	6	*	Ought	Sun Coming Down	Constellation
7	13	!	Vince Andrushko	Vince Andrushko	Self-Released
8	18	*	Kacy & Clayton	Strange Country	Big White Cloud
9	10	*	Lindi Ortega	Faded Gloryville	Last Gang
10	23	!	Patrick Alexandre Leclerc	Strange New World	Self-Released
11	8	*	Metric	Pagans In Vegas	Self-Released
12	9		Various Artists	Ork Records: New York, New York	Numero Group
13	24	!	Rastamils	It's A Dream	Self-Released
14	12	*	Jerusalem In My Heart	If He Dies, If If If If If	Constalation
15	7	*	Dilly Dally	Sore	Buzz/Partisan
16	14	!	Bunk Mustangs	Bunk Mustangs	Eat 'Em Up
17	RE	!	JP	Hoe Hideaway	Maple Music
18	30		Deerhunter	Fading Frontier	4AD
19	16		Little Fyodor and Babushka	Truly Rejected 7"	Kenrock
20	RE		Yo La Tengo	Stuff Like That There	Matador



SUPPLIED PHOTO

Simon Wiesenthal played by actor and playwright Tom Dugan in Royal MTC's production of *Wiesenthal*.

I Love Makonnen

I Love Makonnen 2
OVO Sound

The new I Love Makonnen (known to his true die-hard fans simply as Makonnen) EP came out the other day. Not a huge milestone, as he's been dropping one or two 'bangers' every month since his one true hit single, "I Don't Sell Molly No More" came out in the Spring of 2014.

One of I Love Makonnen's signature sounds is painfully out of tune faux-emotional sing-rapping that begs for more autotune. Unfortunately, this plagues 2/3 of the album. His other rap voice

is slightly more aggressive and really reflects that good ol' Atlanta Trap Sound that allows for far more interesting lyrical rhythms. This style is found on the only tracks worth listening to, "Trust Me Danny" and "Where Your Girl At," which also feature the most intricate production on the album.

Makonnen's reputation as a 'trippy dude' has spawned some vaguely psychedelic influences into the world of hip hop, these two songs being prime examples.

Sure, I Love Makonnen is the psilocybin king of Atlanta. He is tapped into his third eye enough to freestyle most of his verses in the studio, but "I don't even hit the mall no more I shop at the house/I just buy shit online like I work for a spouse/I swear I just try to keep it quiet like I'm a mouse/" from "Being Alone With You" sounds like it came from your little cousin Brent that swears that he could "slay any sucka in a rap battle."

If you go the club, you have probably turned up pretty hard to Makonnen songs, and if you keep going to the club, you will probably continue to turn up even harder to even more Makonnen songs.

I can guarantee that when you hear "Trust Me Danny" at popular nightclubs over the winter break, you and your crew will smash bottles. I can also guarantee that the popular DJs will not be playing duds like "I Love You" and "Flippin All Night" at their successful club nights.

In closing, *I Love Makonnen 2* is resoundingly pretty "meh."

- Mischa Decter

Georgia

Georgia
Domino

Georgia Barnes is an ex-soccer player and current singer-songwriter-grime musician, which is a combination of things that you wouldn't expect to work, but does. Georgia's debut isn't nearly as abrasive or energetic as its press has described it as being, but it's a fairly inventive record fitting in neatly with the renaissance of experimental-electronic-influenced pop music.

"Kombine" is built around a Qawwali sample, "Nothing Solutions" has elements of acid house, and "Heart Wrecking Animals" is influenced simultaneously by Prince and Oneohtrix Point Never.

Georgia is recommended if you like FKA Twigs, Tune-Yards, or Micachu.

- Topher Duguay

WIESENTHAL

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

*Written and performed by Tom Dugan
Presented by Royal Manitoba
Theatre Centre
Plays at Tom Hendry Warehouse
until Dec. 5*

★★★★☆

Simon Wiesenthal is one of the 20th century's most compelling historical characters. Born in 1908, Wiesenthal was one of the few Austrian Jews to survive the Holocaust. After the war, he dedicated his life to hunting down and bringing to trial the escaped Nazi war criminals who were responsible for the genocide.

His work helped bring more than 1,100 Nazis to trial, including Adolf Eichmann (the Holocaust's primary architect) and Karl Silberbauer (the SS staff sergeant who arrested Anne Frank). For nearly 60 years, he carried out this task with benevolence, humour and the occasional historical embellishment.

Playwright and actor Tom Dugan created *Wiesenthal*, a one-man play in which he stars as the title Nazi hunter. The character of Wiesenthal recounts his life story, philosophizes on the nature of crimes against humanity, and emphasizes the need for altruism in the search for justice.

He does this all with humour and aplomb whilst working away in his office on his search for Alois Brunner, Adolf Eichmann's assistant who was granted asylum by the Syrian government and employed by them as a torture expert until his death in 2010.

Dugan's portrayal of Wiesenthal is warm and vicarious in the best possible way. Anyone lucky enough to have had grandparents, friends or neighbours of Wiesenthal's

age from his part of Europe will instantly recognize those people in his performance. That recognition works from a character perspective, but it's also a thematic function. It's in tandem with Wiesenthal's (and the play's) message that we must see ourselves in those we're at odds with.

Maybe the people Wiesenthal reminds us of were victims of the Holocaust. Maybe they were perpetrators or bystanders. They were undoubtedly affected by war and Dugan wants the audience to see this.

The format is a familiar one in which a single actor portrays a historical figure. The most famous example of this is probably Hal Holbrook's *Mark Twain Tonight*. *Wiesenthal* is one of several such plays that Dugan has written. Other subjects have included Robert E. Lee, Frederick Douglass and Mary Lincoln.

But there's something stirring and provocative in the idea of giving Wiesenthal the Mark Twain treatment. It suggests a role in history and a cultural influence for Wiesenthal that few have yet to assign him. Positioning him onstage as an iconic figure in this theatrical tradition makes a case for his influence on how we see the Holocaust in retrospect, and how we approach both crimes against humanity and the processes of justice and reconciliation. It also positions Wiesenthal as a historical personality or character, akin to people like Twain or Abe Lincoln, people whose dispositions have become part of the broader cultural consciousness.

Ultimately, it was a pleasure to spend 90 minutes with this character. It never felt like a performance or a lecture. It was a conversation, in the same way that great stand-up comedy is a conversation between a performer and their audience. It wisely recognizes that humour is a unifier and not, as so many claim, a divider. As Wiesenthal says at one point, "If we're busy laughing, we might forget to kill each other."

(HER)LARIOUS

All women comedy night empowers comics

SAMANTHA SARTY

 @SARTYSARTY

ARTS AND CULTURE REPORTER

Empow(Her)ment is a woman-fuelled night of hilarity that will bring comics together in support of a more diversified scene in Winnipeg.

“We have a crazy lineup of talented chicks,” Chantel Marostica, comedian of seven years and producer of Empow(Her)ment, says.

On Nov. 27, local women comedians and artisans will take over The Park Theatre.

“Dana Smith will be headlining for the first time and we’re over the moon to have Lara Rae (artistic director for Winnipeg Comedy Festival) joining the show,” Marostica says.

Expect to see everything from improv and stand-up, to sketch comedy. There will be performances by groups such as Outside Joke, BUCKO and Hot Thespian Action along with some fresh faces to stand-up including Anjali Sandhu, Cathi-Anne Cook and Jessica Seburn.

Seburn says she used to be a person



SUPPLIED PHOTO

Chantel Marostica is back in Winnipeg.

in the crowd at The Park Theatre, and is now looking forward to sharing the stage with other female comedians.

“I want to walk off that stage feeling proud and with a heart full of gratitude for even having this opportunity,” Seburn says. “I hope the day after the show someone is washing their dishes or something and they suddenly remember one of my jokes and burst out laughing. And as lame as it sounds, we can create a ripple effect of joy and laughter.”

Empow(Her)ment started last April, when comics Marostica, Aisha Alfa and others made the move to Toronto, leaving gaps in the comic community, Marostica says.

“We left Winnipeg with just a handful of female comics, and it’s hard to get into stand-up, let alone keep going in it, when you’re one of the only ones,” Marostica

says. “So Empow(HER)ment is my way of poking my head in and cheering on the women I love and respect so much.”

Marostica says spending time in a city like Toronto where she feels the comedy scene has a roughly equal representation of men and women, shows that Winnipeg’s scene, although supportive, has some room for improvement in this area.

“There is a lot of headway to be made to make the scene more inviting to women, but this is a conversation that’s just begun happening,” Marostica says.

“I think for a long time no one questioned the diversity of the scene, because there are very few women to start that narrative and keep it running. When there are so few of you it can be a bit lonely. Luckily the Winnipeg guys make some legit good friends.”

Marostica says that although men make up a large portion of the scene, local comedy should be inclusive and needs everyone’s support to succeed, no matter what the sex, orientation or colour of the audience or performer, just as long as everyone is represented and feels supported by their peers and community.

“Female comics don’t need men to succeed in their careers, but that doesn’t mean I don’t want my dad, best friend or brother to be there,” Marostica says.

Erick Casselman, owner of The Park Theatre, has been working with Marostica on shows for the past few years, and this is the second Empow(Her)ment that they’ve put on together.

“Empow(Her)ment is not only great for the scene, it’s necessary to even the playing field, and shine the spotlight on some great local talent that may feel like there is not a stage for them in Winnipeg,” Casselman says.

Empow(Her)ment creates a supportive environment for funny ladies to give it their all while showcasing a community that supports all.



Empow(Her)ment takes place Nov. 27 at The Park Theatre. Tickets are \$15 in advance and \$20 at the door. Doors open at 9 p.m., show starts at 9:30 p.m.

THE COLUMN

DRY WIT

WITH ANASTASIA CHIPELSKI

 @ANACHIPS

ENOUGH DANCING AROUND THE (OTHER) “A” WORD

There’s a phrase I’ve heard tossed around far too casually by drinkers and sober people alike. It sometimes starts with justifications about why someone’s drinking so much, or not at all, and then it ends with “...BUT I’m not an alcoholic.” This stigmatizing tagline needs to stop.

I’m not sure how to offer this qualifier without falling into the same trap, but I should be clear that I don’t identify as an alcoholic. Others have said that I am or I was or I could be, and that possibility has never been far from my mind.

Many programs say “it’s a family disease.” I never knew my grandfather due to his alcoholism, and grew up in the shadow of that history. Alcoholism seemed far away but also too close, something I hoped would stay dormant but that I was always vigilant for. How would I know if I crossed that line?

When I got sober, I’d begun to despise the experience of being drunk or even tipsy. I resented the fact that I hated drinking, and – fully aware of the irony – drank more to prove that I could still do it. I knew that I was drinking to run away from a darker truth, a downward spiral that I (luckily) recognized as a pattern of alcoholism. That potential future scared the crap out of me. So I quit.

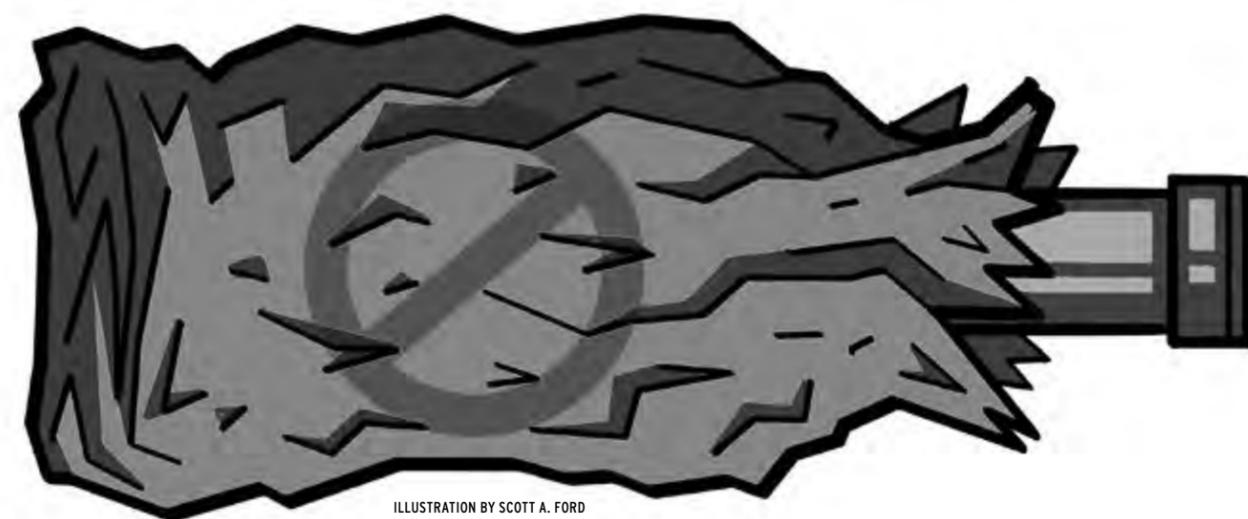


ILLUSTRATION BY SCOTT A. FORD

At the moment, it doesn’t serve me to identify as an alcoholic. Some counsellors have placed me on the addiction curve, with the caveat that I got out early. My “this isn’t bad enough to be a problem but I really don’t like it” could be seen as a moderately high rock bottom. Though that’s one way to see it, I’m pretty ambivalent about relating through that paradigm.

“This isn’t the Suffering Olympics. Rock bottom, or bad enough, can be wherever you find it.”

But it would also be harmful to other people in recovery to distance myself from the word “alcoholic” as well.

Yes, alcoholics in active addiction can wreak havoc on themselves and those around them. But alcoholics in recovery

have helped me more than I could ever imagine, even without embracing the label myself.

Many of the folks I know in recovery, regardless of how they got sober or how they stay that way every day, have – to put it lightly – seen some shit. They’ve survived it, and also had to look back through the mess of addiction with intense clarity.

Recovering alcoholics have had to deal with healing on a personal level, while also occupying this marginal sober space in a world where “alcoholic” is a stigmatized spectre, or a fear, or a pointed flag atop a mountain of denial.

Through getting sober, and then doing the work of trying to stop numbing out and becoming a fully feeling human being again, I’ve had the incredible fortune of sharing stories with many who’ve had very different experiences than me. I’ve also talked to many who,

like me, were so dissatisfied with the role of drinking in their life but felt that it wasn’t bad enough *just yet*.

We should be able to see a way out without having to suffer through the worst first. In a world filled with personal essays and addiction horror stories, our own travails may feel meagre and incomparable. But this isn’t the Suffering Olympics. Rock bottom, or bad enough, can be wherever you find it.

And that label of Alcoholic is so much more than a punchline. It could be a way out of addiction, or a way into a community who can help you make sense of sober life.

Anastasia Chipelski is the Managing Editor at The Uniter. She’s happy to quit things that get bad enough and to talk to other people who’ve done the same.

Blast from the past

A look at the University of Winnipeg then and now

PHOTOS BY DANIEL CRUMP

 @DANNYBOYCRUMP

WORDS BY ANASTASIA CHIPELSKI

 @ANACHIPS

The University of Winnipeg (U of W) is a mishmash of the old and new, from Wesley Hall to McFeetors Hall, and up and down the distinctive late-60's architecture of Centennial. And while buildings go up or get renovated, offices move and the functions of places change, many parts of university life continue in an ongoing cycle: Sleep, study, eat, study, hang out, study. Many graduate and some never look back. But

reviewing the perennial cycles of university history is the number one job of the U of W Archives.

"We're the home of the records of the university as well as its predecessor colleges, so we have the records of Wesley and Manitoba College as well as United College before it became the University of Winnipeg in 1967," Brett Loughheed, who works as a University Archivist/Digital Curator for the U of W Archives, says.

COVER FEATURE continues // NEXT PAGE

“We have minutes and agendas of Board and Senate, we have registers listing student attendance at the University over time. In addition to that we have a small audio and visual collection,” Lougheed says. “(We have) a little bit of artwork, so we really run the gamut in terms of media availability here in the archives.”

All that history has only been officially housed in the Archives for the last 15 years.

In 2000, the U of W Archives was tasked by the Board of Regents to officially maintain the visual and textual history of the university and its communities. The archives existed unofficially within the library before that, but it wasn't until 2000 that the first archivist was hired.

The archives are open to students, faculty and staff for their research interests, and Lougheed encourages potential visitors to peruse their website, Facebook and Twitter beforehand to get a sense of the types of material they collect.

And while archives may get a reputation

for being mired in the old, dusty past, Lougheed says that they're also working on preserving the present for future historians, and expanding their collections to include more digital formats. They're also seeking materials that are of interest to U of W research.

“We're looking at acquiring records of social justice, records by and about indigenous peoples, and a focus on Winnipeg's West End and the urban core areas.” Lougheed says.

The Uniter spent some time with in the Archives – located on the fifth floor of Centennial Hall, in the library – hunting for photos that showed the basic realities of student life. We wanted to see how the good old (or bad old) days would match up with modern realities. We hope you enjoy these blasts from the past, and snapshots of the present.

For more on the U of W archives, visit archives.uwinnipeg.ca.



The bike lot outside Centennial Hall with a view of Bryce and Wesley Hall (1991).



A popular space in Centennial Hall where many students study or even nap between class (February 1992).



November 2015.



Shooting hoops at Duckworth hasn't changed much over the years (November 2015).



1992.



Classic Book Shop (1969).



The former bookstore is now a popular sandwich chain location (November 2015).



November 2015.



The cafeteria that used to be in Riddell Hall (1973-1974).

The current cafeteria on the fourth floor of Centennial Hall where students can grab a hot meal.



The escalators in Centennial Hall with a view of the Buffeteria (November 2015).

January 1991.



Wesley Hall and Bryce Hall (September 1991).

November 2015.



FARM-FRESH WINTER WARES

St. Norbert Farmers' Market now open indoors

SHKELZEN MISKIOI



NEWS REPORTER

Even though winter has made its presence known in Manitoba, farmers are still loading their vehicles with goods and heading to market.

Across the street from the normal venue of the outdoor St. Norbert Farmers' Market is the Eagles Club, a community centre where customers can now buy locally-grown and handmade goods indoors this winter.

The St. Norbert Farmers' Market has converted to an indoor format and is open bi-weekly on Saturdays from 10 a.m. to 1 p.m.

As shoppers trickle in through the Eagles Club doors, Marilyn Firth, executive director of the St. Norbert Farmers' Market, talks about the new hours of operation.

"Last year we did a winter market, but

it was just online and customers picked up their orders. We got a good response last year and we decided we would have vendors set up tables and bring products," Firth says.

Bi-weekly winter hours give farmers the opportunity to earn more revenue by having the option to operate at the community club. Some farmers normally have a five-month season to sell their goods, but now they get the chance to operate for most of the year, Firth says.

At the Eagles Club, there are farmers representing Austin, Erickson, Starbuck and Steinbach, Manitoba.

Ryan Pengelly from Tamarack Farms in Erickson has been growing quinoa for two years and joined the St. Norbert Farmers' Market this past spring.

"It is a really positive experience. It's great to see people come out in the winter," he says. "We can have face-to-face interaction with customers which is very rewarding, as opposed to us selling bulk to an anonymous distributor."

Quinoa, which is normally a tricky grain to grow, is becoming more common for farmers to grow in Manitoba, according to Pengelly. Customers are able to purchase a pound of quinoa grown at Tamarack Farms for \$12.

Some farmers' market shoppers scooped up fresh-made chili and cornbread made by Barb's Kitchen. Owners Henry and Barb Harder make handmade perogies, shepherd's pies, empanadas and panzerotti, and sell them frozen for customers to take home and eat.

The couple has been selling out of the St. Norbert Farmers' Market for 15 years.



Fresh local vegetables and baked goods for sale at the indoor St. Norbert Farmers' Market.

PHOTO BY DANIEL CRUMP

"We try to buy most of our ingredients locally (and) we thrive on equality. We've got people coming from Thompson, Man. to buy goods at St. Norbert Farmers' Market," Barb Harder says.

Michelle Sloda comes to the market because she likes buying local. She was happy to be able to fill her pantry with fresh veggies.

"I had run out of stuff that I bought late fall. I was regretting the fact that I had not bought more carrots, onions, and potatoes," Sloda says. "When I heard this was happening, I was like, 'Great! I can get more and I can sort of avoid big grocery stores as much as possible.'"



St. Norbert Farmers' Market has been open on a bi-weekly basis since Nov. 7 and will continue to operate bi-weekly at the Eagles Club (3459 Pembina Hwy.) until the normal schedule resumes in the spring. To place an online order or find out more information on the market, visit stnorbertyfarmersmarket.ca.

Sexualizing the 'Disposable' Woman

Monday Nov.30 | 7-9 PM | Eckhardt-Gramatte Hall

Third Floor Centennial Hall
University of Winnipeg (515 Portage Avenue)



Hosted by Alexa Potashnik
Racialised Student Commissioner

Panelists

Uzoma Asagwara

Adeline Bird

Autumn Crossman

Tasha Spillett



NEWS BRIEFS

JESSICA BOTELHO-URBANSKI
NEWS EDITOR @JESSBU

Indigenous course requirement approved

The University of Winnipeg (U of W) Senate officially approved the indigenous course requirement (ICR) proposal Nov. 20, implementing a mandatory three-credit hour indigenous studies class for new students starting in fall 2016. The ICR is in keeping with recommendations by the Truth and Reconciliation Commission and makes U of W the second school in Canada (behind Lakehead University) to develop an ICR.

Governments pledge help for Syrian refugees

During the federal election campaign, Prime Minister Justin Trudeau pledged to bring 25,000 Syrian refugees to Canada before year's end. But on Nov. 24, immigration minister John McCallum said the government would extend its deadline until February. Canada hopes to accept 10,000 refugees by year's end and 15,000 more by February, McCallum says.

International students meeting cancelled

U of W administration cancelled a planned consultation with international students on Nov. 27. The town hall-style meeting was meant to discuss specific issues international students face, like inflated tuition costs and the need to maintain higher GPAs than local students to stay in good academic standing. It appears there won't be another meeting planned this semester, as per the U of W's online events calendar.

Vibrant transit panel on campus

A panel talk on Nov. 26 from 7 to 9 p.m. at Richardson College for the Environment and Science Complex will explore how to make Winnipeg's public transit system more dynamic. Three transit experts included will be Dr. Jino Distasio, director of the Institute of Urban Studies at the U of W; Dr. Barry Prentice, former director of the Transport Institute at the University of Manitoba; and Dr. Jeannette Montufar, consultant for Winnipeg's Pedestrian and Cycling Strategies.

Grey Cup fever hits Winnipeg

The 103rd Grey Cup Festival runs from Nov. 25 to 29 in the city, with the title game being played at Investors Group Field on Nov. 29 between the Ottawa Redblacks and the Edmonton Eskimos. Fall Out Boy will play the halftime show, while many acts will play festival stages in the days prior, including The Sheepdogs and The Trews on Nov. 27 at the RBC Convention Centre. For a full list of events, visit 103greycupfestival.ca.

Exam period starts Dec. 8, school closed Dec. 23

The dreaded exam time is upon us again. Fall classes officially end Dec. 1 and the exam period begins Dec. 8. After the last exam on Dec. 21 (if you're stuck writing that day), the U of W will close from Dec. 23 to Jan. 3 for winter holidays. After the break, winter term starts Jan. 5, which is the same day winter tuition fees are due.

SYPHILIS ON THE RISE IN RURAL MANITOBA

Officials say no need to panic

SHKELZEN MISKIOI

 @SHKELMIS

NEWS REPORTER

Swiping right on strangers' Tinder accounts can make it easier for people to hook up, but it can also increase the odds of getting sexually transmitted infections (STIs).

Increased outbreaks of syphilis have been more difficult for health physicians to track due to booming use of technology, Dr. Joss Reimer, who works for the Winnipeg Regional Health Authority (WRHA), says.

Recently, the number of cases of syphilis have risen in rural parts of Manitoba. Records from August reported by Manitoba's monthly disease monitoring summary have shown 33 new cases of syphilis reported. Nineteen of the 33 reports are from the WRHA, while surrounding regional authorities, like the Interlake-Eastern Regional Health Authority, has reported five, the Northern Regional Health Authority has reported four, and the Southern Health-



A syphilis information pamphlet produced by CATIE (catie.ca) that's frequently handed out at STI testing clinics.

Santé Sud region has reported five.

"It is a very tricky infection to diagnose because there is a long period of time when there's no symptoms that can happen. We encourage anyone (who) has been exposed to go and talk to their healthcare provider," Reimer says.

Syphilis can be caught by kissing or by having oral, vaginal or anal sex. Using condoms can reduce chances of getting syphilis, but they're not 100 per cent effective, although they come pretty close if used frequently, Reimer says.

Those exposed to syphilis may not know that they've come in contact with

the STI because syphilis does not take effect right away.

During the first stage of syphilis, open painless sores can be experienced and then the sores may disappear without treatment. But the infection still remains within the human body.

If syphilis goes untreated, it can be fatal once it enters the third stage, which affects bones, the heart and the brain.

Being infected by an STI can leave people feeling ashamed or afraid to speak out because of the fear of being judged. For some, it's difficult to talk to a doctor or go and get tested because of the stigma

they feel, Reimer says.

"Reducing stigma is always one of our goals... sex positive messaging is really important to our work. We want people to feel comfortable to talk to their healthcare provider," Reimer says. "We need to also make sure that we're training providers to help reduce stigma when they're talking to their clients and patients."

Jodie Layne, a health educator at Nine Circles Community Health Centre, says people shouldn't dwell on STIs, imagining stigma scenarios they might face.

"It is OK to have STIs; nobody needs to feel ashamed about having an STI," Layne says. "There are treatments available, every single STI is treatable. Getting tested and getting treated earlier is better for people's health. Taking care of people's health is more important to us at Nine Circles Community Health Centre."

Dr. Joel Kettner, the medical director of the International Centre for Infectious Diseases, emphasizes the number of syphilis cases in Manitoba is still manageable.

"I think this (rise of syphilis) needs to be taken in perspective and very calmly. These numbers are low overall," Kettner says.

If you're sexually active or have multiple partners, it's suggested to get checked by a doctor every three months. Syphilis can be cured by taking a dose of penicillin, which can be provided at a health care clinic.

DISPELLING DIABETES MYTHS

U of W team works to educate inner-city youth on disease prevention

ABIGAIL PUDWILL

 @ABBY_AUX

VOLUNTEER

While some forms of diabetes are genetic, some are preventable – and Andrea Kwasnicki believes that prevention could be easier than we think.

"Diabetes is an epidemic in Canada and, here in Manitoba, diabetes affects more than 116,000 people – a figure expected to increase to 156,000 by 2024," Kwasnicki, regional director of the Canadian Diabetes Association for Manitoba and Nunavut, says in an email to *The Uniter*.

November is diabetes awareness month. The Canadian Diabetes Association (CDA) and a University of Winnipeg (U of W) team are working toward increasing knowledge and prevention practises through experiential learning.

It's a common disease and one that needs to be publicized, she says.

In 2013, a U of W team created an awareness and education program about juvenile diabetes for inner-city and aboriginal youth in Winnipeg. They found that these groups are more prone to



Students take part in activities at the RecPlex as part of a U of W partnership with CDA and SunLife.

diabetes due to the regularity of diabetes in their families, as well as the effects of poverty (such as lack of access to healthy food and not enough access to play space to maintain an active life).

From talking to the students about diabetes in their lives, the main misconceptions the team hears are that there is nothing youth can do to prevent diabetes in their future, and that if there was, it would be expensive and time consuming. The program continues to thrive and impact student lifestyles, with lessons on label reading, portion size and simple recipe preparation.

At the start of the program in 2013, youth aged 10 to 18 would meet once a week for eight weeks at the U of W Recplex. One half of each session would be dedicated to physical activity and the other to nutritional education and tasting. Through stories and comments from the students, the team found that the program was successful in teaching

students to learn to challenge their past misconceptions.

"It is common in the inner-city and aboriginal community to know people with diabetes, but not prevention tactics... and this (Type 2) is a very preventable disease," Dr. Nathan D. Hall, the former director of the U of W team studying inner-city diabetes, says.

Hall still works in the Faculty of Education and Gupta Faculty of Kinesiology, but has since passed the lead on the diabetes program over to Colette Hansen who works for the main sponsor Sun Life Financial and has a degree in Human Nutrition.

The U of W program and CDA share ways to prevent diabetes and show it's not extremely time consuming, but it requires lifestyle changes. Tweaking the two major influencers of Type 2 diabetes, nutrition and physical activity, have the biggest impact in reducing the risk of getting the disease.

Believing that diabetes only affects your food and exercise undermines the difficulties diabetes can add to maintaining a healthy lifestyle. The CDA's goals for diabetes awareness month are to show healthier choices to youth and to encourage people to overcome convenient, yet unhealthy habits.

"When it comes to diabetes, knowledge is the best prevention and management," Kwasnicki says.



The CDA has been campaigning and throwing events throughout the month and have created a two-minute risk test for people to take online at take2minutes.ca.



GROWING STRONGER

Wesmen wrestling program gets more athletes and support

ELENA SPITCZYNA

@CAMPUS_ELENA

CAMPUS REPORTER

The Wesmen wrestling teams are growing in numbers, as well as getting more support from their new partner and the U of W.

The teams have 26 players in total with 12 women and 14 men. Among these there are five new wrestlers on the men's team and three on the women's.

In the first half of the season, the women's wrestling won the team title twice – once at the University of Calgary and again at the 2015 Wesmen Open held in Duckworth Centre.

The men placed second at the Clan International tournament at Simon Fraser University in Vancouver and were the highest placing Canadian Interuniversity Sport (CIS) team in that highly competitive tournament.

The head coach and founder of the program, Adrian Bruce, says there are



Wesmen wrestling coach Adrian Bruce in his office.

many reasons the teams have been doing so well this season.

"We had a pretty decent recruiting season and even some of our younger athletes, as they start to mature and develop, they're really stepping up," Bruce says.

"We had two national champions last year and national silver medalists. One of our women is a national bronze medalist.

So it's not as though we're starting fresh – it's something that we try to build on every year and we continue to do so."

Wade Fry, who has entered his third year on the men's wrestling team, and Morgan Hill, who has been on the women's wrestling team for two years, say that new wrestlers bring new styles in their performances.

"Our team has been growing. We have

a lot of good people from all around, (a) lot of different wrestling styles here and we're doing really well," Fry says.

"We have more numbers now. We have a lot more people to train with. We just keep building on what we have," Hill adds.

Another reason for success lies in the support the teams have gotten this year, Bruce says.

"We have a lot of good people in our staff. This is our first year when we've entered into a partnership with a Canadian Sport Centre Manitoba (CSCM). Along with that has come a lot of very valuable resources. We have sport psychiatrists, strength and conditioning nutritionists – a lot of resources that we never had available to us," Bruce says.

Apart from the resources provided by the CSCM, the coach emphasizes the importance of having support from the U of W.

"One of the big reasons our program does as well as it does is because of the amount of support that it gets from our university. I mean, just very recently our president was there watching our tournament. You don't see it very often in a lot of universities."

"I think they take pride in the achievements of the athletes, as they should. And it's my responsibility to make sure that we give them a reason to be proud," Bruce says.

The second half of the wrestling season will start in the first weekend of January.

Are you between 14 and 24?

Join the discussion

About the mental health and well-being of children and youth in Manitoba

If you're 14-24 years old, we want to hear from you!

Take the Online World Café survey at manitoba.ca/healthychild

Share your views about the mental health and well-being of children and youth in Manitoba.

Your participation will help us promote positive mental health and provide effective supports and services for children and youth who need them.

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SUSTAINABLE GROWTH
GREEN JOBS

Manitoba

A MOMENT TO COME TOGETHER

Montréal Massacre memorial to be held at U of W

ELENA SPITCYNA

 @CAMPUS_ELENA

CAMPUS REPORTER

For 24 years, December 6 has marked the National Day of Remembrance and Action on Violence Against Women. The federal government legislated the day in 1991 to commemorate an incident that's come to be known as the Montréal Massacre.

On Dec. 6, 1989, a lone gunman began shooting inside the Université de Montréal's École Polytechnique. He separated men from women, and killed 14 females while injuring another 13 other students and staff.

"Before he opened fire, (he) shouted: 'You're all a bunch of feminists, and I hate feminists!'" according to an article in *The Guardian*.

This year, the University of Winnipeg Students' Association (UWSA) and the UWSA Women-Trans Spectrum Centre (WTSC) are holding a memorial to remember the 14 women killed during the Montréal Massacre. Marieke Gruwel, the



PHOTO BY ANASTASIA CHIPLESKI

The University of Winnipeg is home to one of 14 plaques spread city-wide that commemorate the victims of the Montréal Massacre.

WTSC coordinator, says their memory should live on.

"I think it's easy for us to go about our lives and not pay attention to the gender-based violence that exists on our campuses and in our communities. This is the moment and a time when we can all come together," Gruwel says.

"It's a community event so it's open to everyone and we can come together and we can stand in solidarity with those who have experienced gender-based violence. And we can remember the lives that we lost as a result of gender-based violence."

Laura Garinger, a member of the WTSC and the Canadian Federation of Students - Manitoba's women's commissioner, has been involved in commemorating the

Montréal Massacre for several years and says the incident strikes an emotional chord with her.

"We don't want to forget these women. Many of them were born the same year that my mom was born, so it really touched me that this was happening A, within living memory and B, (because) it could have been my mom... like I might not have been here. It made me very emotional to think about," Garinger says.

The Montréal Massacre memorial is held not only to remind us about the past, but also to help us critically look at the present.

"Twenty-six years is not that long ago and school shootings still happen around the world today. There is so much violence

and a lot of it is gender-based violence, so remembering the women whose lives were lost as a result of this violence is important because it reminds folks that we have so much work to do still," Gruwel says.



The Montréal Massacre memorial will be held Dec. 2 at The Hive at 7 p.m. From there, attendees will walk to the front of Wesley Hall for a candlelight vigil at 7:30 p.m., followed by refreshments and speakers back at The Hive.

STREETER

BY LUKE REMPEL // PHOTOS BY DANIEL CRUMP

Q: "WHAT IS THE WORST CHRISTMAS GIFT YOU HAVE EVER RECEIVED?"



SANDY, 30

STUDYING: SOCIOLOGY, CONFLICT RESOLUTION

"A BLENDER. I GOT A BLENDER AND I DON'T EVEN LIKE BLENDING THINGS."



JADE, 26

STUDYING: COMMUNICATIONS

"I GOT A GIFT CARD FOR SOMEWHERE I WOULD NEVER GO TO. I WAS LIKE, 'MARK'S WORK WEARHOUSE? REALLY?'"



JEFF, 23

STUDYING: NETWORK SECURITY

"CAN IT BE AN CHRISTMAS EXPERIENCE? I FORGOT MY JACKET ON THE BUS."



WALTER, 26

STUDYING: BUSINESS

"IS THERE SUCH THING AS A BAD CHRISTMAS GIFT? IF YOU GET A BAD GIFT, WHY DON'T YOU LEARN TO USE IT OR BORROW IT TO SOMEONE WHO CAN USE IT?"



ROSIE, 25,

STUDYING: GEOGRAPHY

"MY FAMILY DOESN'T REALLY DO THE WHOLE GIFT GIVING THING. WE TEND TO FOCUS ON SPENDING QUALITY TIME TOGETHER. YOU CAN'T REALLY GO WRONG THAT WAY."



HAZEL, 19

STUDYING: SCIENCES

"I HAD A FRIEND WHO WAS JOKING TO GIVE ME SOCKS, AND THEN THAT'S WHAT THEY ACTUALLY GAVE ME."



The PROFile - DR. KIMBERLEY DUCEY

ASSOCIATE PROFESSOR, DEPARTMENT OF SOCIOLOGY

CELLA LAO ROUSSEAU

VOLUNTEER STAFF

For Dr. Kimberley Ducey, her passion for teaching began with a note from a 19-year-old student named Elvis.

“He thanked me for challenging his classmates to recognize mainstream sociology’s heteronormative assumptions,” the sociology professor says with a small smile. “(But) it was he who was owed thanks, not me. Like countless students since, Elvis taught me more than I could ever teach him.”

Born in Bonavista, N.L., Ducey graduated from Memorial University of Newfoundland, Queen’s University and McGill University before teaching sociology and criminology at McGill University, Brock University and the University of Windsor. She then joined the University of Winnipeg in 2008, where she is currently an associate professor and loves every minute of her job.

Ducey’s smiling, bright face pokes out from

underneath her signature scarves in the halls and you would never guess the friendly professor with the Maritime accent was actually a specialist in some brutal areas of research. She’s studied historical and contemporary entanglement of the oppression of humans and other animals.

Ducey also teaches courses on genocide and has had her work published in such journals as *Canadian Ethnic Studies*, *Critical Criminology*, and *Genocide Studies and Prevention*.

“If students leave my course with only one thing, I hope it is a recognition that they are potential organic intellectuals, individuals from (or representing well-) marginalized sectors of society, whose lived experience frequently gives them better understandings to those intellectuals representing more privileged sectors of society,” Ducey says.

“Organic intellectuals – like my former student Elvis – work for liberation of marginalized groups, often in local communities, bringing into social science the actual experiences, history and culture of (the) previously excluded.”



PHOTO BY MIKE SUDOMA

One of Kimberly Ducey’s bookshelves with an array of sociology themed inspirational messages.

FAVOURITE MOVIE: “*The Matrix* film trilogy (1999-2003) resonates with me as a sociologist.”

SONG ON REPEAT: “It is tough to choose a favourite song, I am eclectic in my tastes. I often turn to Tupac’s “Ghetto Gospel” (featuring Elton John) for inspiration.”

IF YOU COULD BE ANY ANIMAL: “A giant panda.”

FAVOURITE CANDY: “Any candy that does not contain ingredients derived from animals.”

FAVOURITE PART OF YOUR OFFICE: “The pride of my office is the artwork of past students generously gifted to me, including the small scale replica of the Monument to the Weiße Rose, based on the original that sits in front of the Ludwig Maximilian University of Munich.”

Your friend is sharing private photos of his girlfriend.

You can say that it’s wrong, or tell a teacher. But if you don’t help her, you’re helping him.

#WhoWillYouHelp



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EDUCATION OR ASSIMILATION?

Jesuit school risks repeating residential school assumptions

GREG GALLINGER

 @GREGGALLINGER

VOLUNTEER STAFF

Thirty-five years after the last residential school in Manitoba closed, the province is once again wrestling with questions about the intersection of faith, education and colonization.

Recently, a group of well-heeled Winnipeggers led by Winnipeg Jets co-owner Mark Chipman announced the launch of Gonzaga Middle School. The new Grade 6 to 8 school, modelled after Chipman's alma mater of St. Paul's High School and other Jesuit Nativity private schools, is set to throw open its doors in Point Douglas in September 2016.

The goal, Gonzaga principal Tom Lussier told *The Uniter*, is to "lower barriers to educational advancement and success" for low-income students, regardless of faith background. Tuition will be free; Point Douglas and the nearby North End are among the most impoverished communities in Canada, and home to

large populations of Anishinaabe, Cree and Métis peoples.

Though Lussier says the school will not "teach religion," he acknowledged its mandate is explicitly faith-based, and Catholic teachings will be "infused into the overall curriculum and school practices."

In the wake of generations of cultural genocide perpetrated by the Canadian government and Christian churches through residential schools, indigenous peoples have good reason to be wary of religious education.

In acknowledgement of this, Gonzaga officials say they plan to work closely with indigenous elders, including Truth and Reconciliation Commission chair Justice Murray Sinclair. The school is committed to "furthering the cause of reconciliation," Lussier said.

"We will explicitly include Aboriginal studies as the main 'optional' part of the curricular time allotment," he wrote in an email, with lessons developed in consultation with Manitoba Education's Aboriginal directorate and indigenous elders.

Gonzaga's model, however, is still rooted in Eurocentric conceptions of education. Success is achieved through structure and dedication, an extended school year and longer days.

Traditional indigenous education focuses on a connection to land, interconnectedness with the larger community and a dynamic approach to learning. Centering the same Christian values that were instrumental to the

A GREEN ECONOMIC ALTERNATIVE

Social enterprises keep money in communities

REINALDO CONTRERAS

VOLUNTEER STAFF

Premier Greg Selinger's Nov. 13 funding announcement at the Social Enterprise Centre highlighted the importance the social enterprise, an entrepreneurial alternative in Manitoba.

Aki Energy, a non-profit, indigenous social enterprise in the geothermal energy field received \$150,000 for creating green jobs and lower utility bills on reserves as part of Manitoba's eight-year "Tomorrow Now" environmental initiative.

Social enterprises are important for both reducing poverty and creating the environmentally sustainable economy badly needed for reducing our collective carbon footprint.

While the mainstream capitalist economic model concentrates the wealth of society in the hands of a tiny and powerful multi-billionaire elite and destroys the environment at a grand scale in the pursuit of private profit, it also disempowers the community and citizenship into a faceless mass of unorganized and uncritical consumers.

Social enterprise, on the other hand, represents a more socially and

politically progressive view of society that incorporates the community in the process of its own development and replaces the profit motive with community-based solutions to poverty, inequality, and the environment.

Social enterprises, like co-ops, are community initiatives without a profit motive and with a solution to a local problem such as housing, food security, credit, or safety. The main goal of social enterprise is to build the community into a self-sustained small-scale economy that invests locally, hires locally and produces locally.

No profits fly to the mega-rich, and the economy is democratized with the active and critical participation of community members, particularly those who are marginalized and excluded.

In Winnipeg, the most popular forms of social enterprises are housing co-ops, consumer co-ops and credit unions. Aki Energy is a new form that shares the same community-based values of co-ops.

However, the problem with social enterprises is that, while providing community-based and environmentally-friendly solutions, they need strong support and funding from a community-oriented government. This is the main weakness in a supposed trickle-down economy that surrenders socially-produced wealth to profit-based corporations' pockets.

Currently, the province is giving strong support to community-based initiatives. In Budget 2015, the province committed to doubling its spending on social enterprise over the next three years and \$1 million support for co-ops in four years. Yet this is not enough.

In the welcoming message to the Aki Energy initiative, Manitoba Grand Chief Derek Nepinak's words illuminated the path of the social enterprise idea



ILLUSTRATION BY SCOTT A. FORD

Residential School era of "civilizing efforts" reinforces the idea that indigenous forms of education are somehow less legitimate.

Their goals lead one to wonder whose interests are at the core of Gonzaga's mandate. Will it foster students who have a deep connection to their community, or will it act as a pipeline to the private sector.

Lenard Monkman, a community organizer and North End resident, remains skeptical but optimistic about the school.

"We need to consider the history Canada has with indigenous people," he says over the phone. "It could be beneficial to the community as long as it is done respectfully, with consideration for the culture... but for me personally I would like to hope that this is not done at the

cost of full-on assimilation."

In October, Mi'kmaw lawyer and Ryerson University indigenous governance chair Pam Palmater spoke at Neechi Commons. She called for a resurgence of indigenous self-determination through a rediscovery of traditions, teachings and languages that state and faith tried to destroy.

"We don't need any more saviours," she said.

Gonzaga may have good intentions, but only time will tell whether the school represents real steps towards reconciliation or if this is just another act of colonial saviourism.

Greg Gallinger is a freelance photographer, vegan food enthusiast, purveyor of half-witted commentary and reluctant citizen of the global technocracy.

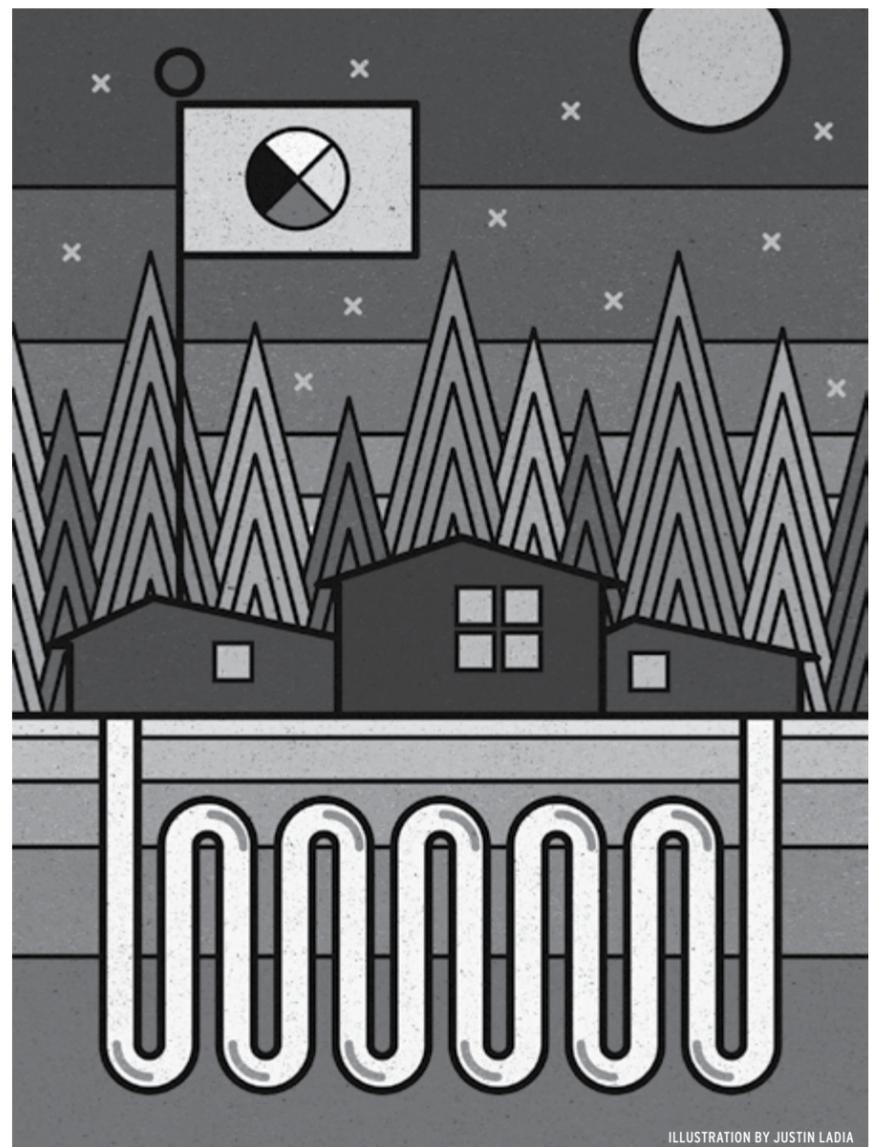


ILLUSTRATION BY JUSTIN LADIA

comparing it with the values shared by indigenous communities in the province: "Manitoba First Nation communities are reviving original values by reintroducing social oriented businesses that will enhance economies and positively impact communities," he wrote.

Reinaldo Contreras is a second year student in the University of Winnipeg's Urban and Inner City Studies program and former director of El Latino Newspaper of Alberta.

COMMENTS

FAILED FEMINISM FOR BREAKFAST

Body-positive advertising is insidious

RACHEL BARBER

 @RACHELBAEB

VOLUNTEER

Don't be fooled, folks. Breakfast cereal and feminism is not the latest power couple.

Special K cereal's recent series of ads feature beautiful, "natural" woman paired with taglines such as, "My belly is from my kids. My legs are from my trainer."

This is another example of using women's bodies to sell stuff, and packaging body positivity into a marketing bid, producing blandly empowering messages about how great women's bodies are and, also, look how good this cereal is for you.

It all makes sense up to a point; it works as far as women's bodies have always sold products. These Special K women have "real bodies" – maybe, whatever that means – but they are still flawless. The ads may mention a belly,

or hips, or curves, as if possessing any of these things is an impossibility to be resigned to, or a burden to carry, or even just some sort of daily drudgery to be put up with.

But the ads also offer a way to counteract those body issues: "My legs are from my trainer," "My push-ups gave me the arms" and "My legs run on pavement."

Special K's ads pretend to accept and promote all women's bodies, as long as women are not happy with their own bodies and are already working to "improve" on them. These ads hinge on the continual generation of body positivity, while ensuring that women will still police their own bodies by fragmenting themselves into the good (i.e., changeable) and the bad (i.e., unchangeable).

These ads remind women that they will only ever be a bag of limbs, a division of unequal parts, a random assortment of the grotesque and the sexualized.

Maybe the industry should effect a complete return to the starkness of the airbrushed super-thin supermodel. Yes, it is an unattainable standard. Yes, it damaged many woman into always measuring themselves against it, and always falling too short, too fat, too weird. No, it doesn't help knowing that even those models don't look as perfect as their pictures – that it is a fantasy that exists only through photo editing.

However, that standard was at least easy to identify. It never pretended to be affirming or nurturing. It never walked up and said, "Hey girl, let's be friends." Because that is precisely what makes



ILLUSTRATION BY SCOTT A. FORD

these body positivity ad campaigns so insidious and damaging. They are a continuation of the old story, only instead of saying, "Your body is not good enough," they simply say, "Your body is almost good enough."

They say that as long as you are not satisfied with your body, you just need

to believe in yourself and in the power of cereal – or whatever other irrelevant product is for sale this week.

Rachel Barber is a crazy plant lady, half-assed blogger, winter cyclist and all-round raging feminist



Student Services

You of W

The Student Services staff of The University of Winnipeg provides the student body with current information and opportunities. This information is updated weekly.

ABORIGINAL STUDENT SERVICES CENTER

6th Annual Christmas Ornament Sale is now on!

The items are hand-crafted and the proceeds go toward the UW Annual Spring Pow Wow. The ornaments are available for purchase from 2L01 and the sale will go until the Christmas Break.

AWARDS AND FINANCIAL AID CAMPUS JOBS

The Awards and Financial Aid Office is still accepting applications for the Fall/Winter 2015-16 Work-Study Program. *NEW*: The Work-Study Program is now open to international students with a valid study permit.

Work about 5-10 hours a week

Get valuable research experience

Work flexible hours

Build your résumé

For more information, deadlines and applications, visit the Awards and Financial Aid website:

Go to uwinnipeg.ca - Click "Student" - Click "Awards and Financial Aid" - Click "Work-Study Program". APPLY NOW!

CAREER SERVICES

Elections Manitoba is hiring Enumerators for the upcoming provincial general election, April 19th,

2016. Work begins in February and continues for two to three weeks. Evenings and weekend work required. Apply online: electionsmanitoba.ca or call 204.945.3225 (Toll-free 1.866.628.6837)

STUDENT CENTRAL

A) FEBRUARY GRADUATION

Finishing your courses in December? Interested in graduating in absentia in February? (You can still attend the convocation ceremony in June.) Missed the November 16 deadline to apply for Winter Term graduation? Don't despair! Student Central is still accepting applications. Fill out the application to graduate and submit to Student Central immediately.

B) RENT A LOCKER TODAY!

Heavy backpack wearing you down? Rent a locker!

TO RENT A LOCKER:

register for your courses for the upcoming term(s)

choose a locker location & type - see below - or specify a couple of locker numbers

choose a rental time frame - see below

go in-person to Student Central, OR email your request to studentcentral@uwinnipeg.ca from your University webmail account (include your name, student number, preferred location, type, time frame)

LOCKER LOCATIONS & TYPES (Student Central rents various sizes and types of lockers including full or half size, single or two-person)

Riddell Hall Tunnel - full-size, single (peanut-free available)

Lower level Manitoba Hall - full-size, single

Third or fourth floors Centennial Hall - full-size, shared

Third floor Richardson College for the Environment and Science - half-size, single

LOCKER TIME FRAMES

Fall Term (until December 21, 2015) - \$20.00/person

Fall & Winter Terms (until April 21, 2016) - \$40.00/person

Winter Terms (January 6, 2016 - April 21, 2016) - \$20.00/person

NOTE: Lock and contents must be removed at the end of the period for which you have rented.

LOCKER REGULATIONS

All locker assignments are final and non-refundable. No switching is permitted so please check out the lockers and choose your preferred locker or area and/or talk to your partner before requesting a locker.

Locks are to be provided by students. Please invest in a good-quality lock.

All students using a locker (including partners) must register with Student Central and pay the \$20.00 per student per term fee. Partners must provide the locker number and location to which they would like to be assigned (we cannot search by name.)

If you do not have a locker partner, one may be assigned to you. (Applicable only to first-fourth floor lockers.) Assignment of a locker partner cannot be appealed and is not grounds for a refund of locker fees. If you are assigned a locker partner, a notice

will be posted on your locker and your partner's contact information will be available at Student Central.

UNAUTHORIZED USE OF A LOCKER WILL RESULT IN THE LOCK AND CONTENTS BEING REMOVED.

C) DROPPING COURSES

The final day to withdraw from a U2015FW class for 50% refund of the base tuition, UWSA and UWSA Building Fund fees is November 30, 2015. No refund is applicable from December 1, 2015-January 20, 2016. Courses are dropped through WebAdvisor using the "Register/Drop Course Sections" link.

FALL MINDFULNESS MEDITATION DROP-IN SESSIONS

"Mindfulness is paying attention to what is happening in the moment. The idea is to deliberately slow down and observe our thoughts, feelings and body sensations that we are already experiencing and holding our emotions so that they don't sweep us away. With this quality of attention, we develop more awareness, resilience and compassion of ourselves and surroundings" (Mindfulness Without Borders).

Supported by UWSA, the UW offers FREE Drop-In Mindfulness Meditation Sessions each Monday and Thursday, September 21 to December 17, 2015, 12:30 to 1:00 p.m. in the Bryce Hall Chapel.

ASK! You of W

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15JUDOKU.NET

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SOLUTIONS TO LAST WEEK'S PUZZLE.

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7	2	3	4	8	5	6	1	9
3	1	2	7	5	4	9	8	6
9	5	8	6	3	1	2	7	4
4	7	6	8	2	9	3	5	1

Un-Supermarket

by Sari Habiluk

facebook.com/SariHabilukArtisticWorks



FASHION STREETER

Jacklyn

"What to wear today? Coat or housecoat?"

PHOTO BY KEELEY BRAUSTEIN-BLACK

OCOSOMOSO

7

by SCOTT A. FORD

ScottAFord.wordpress.com

@ScottAFord1



{BEGIN_TRANSMISSION://:
The temperature is dropping rapidly}



{The ground is blanketed in fallout from whatever cataclysm befell this planet}



{I have observed the roaming, hard-shelled beasts}

{They do not seem to mind the snow}



{But if the weather worsens, I may find shelter somewhere
:\\:END_TRANSMISSION}

LET THE SUNSHINE IN!

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Photo: Matthew Sawatzky