THE UNITER

FREE. WEEKLY.
VOLUME 70 // ISSUE 24 // MAR. 17

TRANSIT SMARTENS UP

Smart Cards due to replace paper tickets in June

METAL MEETUP **P6**

POLICE TRY TO BUILD TRUST **P14**

FREAKY FOOD FOR LESS **P17**

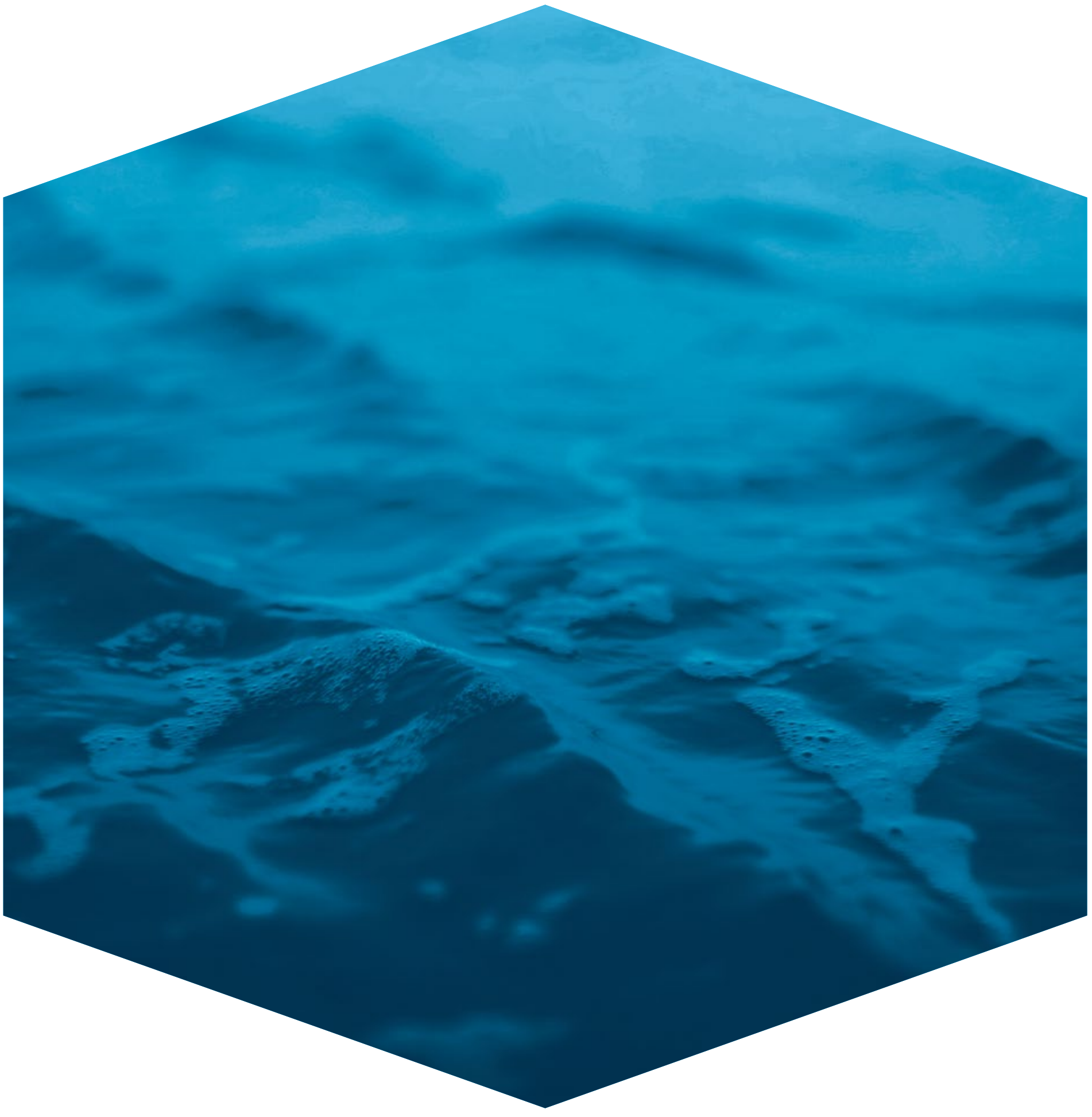
THE OFFICIAL STUDENT NEWSPAPER OF THE UNIVERSITY OF WINNIPEG

The UWSA & The Campus Sustainability Office present the 6th annual

Grass Routes

Sustainability Festival
March 14 – 18, 2016
University of Winnipeg

Ideas.
Skills.
Art.



THE UNITER

UWSA
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Campus Sustainability Office

grassroutes.ca
@grassrouteswpg

ON THE COVER

Harry Wolbert, co-chair of the Winnipeg Transit Riders Association (WTRA), wants to see more buses on the road.

Winnipeg Transit is rolling out a smart card system, but there are other improvements riders would like to see. (Cover feature on page 9).

PHOTO BY DANIEL CRUMP

SPRINGING FAR, FAR FORWARD

We've had spring for a week now, so naturally, conversation in *The Uniter* offices has turned to the topic of fall.

That's the nature of our publishing year, and as much as last fall was about a fresh start for this paper, next fall will be about building on what we've learned this year. We don't need to reinvent the wheel (or the printing press) or rehash debates about the Oxford comma. Some of those things, at the very least, have been sorted out.

We learned that when we're bringing new staff on board, many more applicants are looking for jobs in the fall, winter and spring, and less so in the summer. We've traditionally hired our staff for the next year over the slower, warmer months (and ended up with some mighty fine people as well), but just because it worked out OK for us doesn't mean it's the best idea. It doesn't mean that we're casting as wide of a net as we could be.

And if we want to be an inclusive paper, we're learning that a big part of that isn't just showing up and hoping people will get on board, but rather, we need to go to the places where people are already congregating and having conversations.

So even though it's just barely spring, we're hiring for a couple of positions that begin in the fall. We're hoping this is a good time to spread the word about these jobs, and that it could also give a few people the chance to get ahead of the game and know where they'll be working in a post-summertime world. If you want to learn more, check out uniter.ca/jobs.

Many of our staff will be returning next year, and I look forward to refining our work at *The Uniter* from the strong foundation we've built this year, as well as with some fresh new faces. It may be a little early to issue a full forecast, but I feel like we've got another good year up our collective sleeves.

– Anastasia Chipelski

DOWNLOAD OF THE WEEK

VISIT UNITER.CA TO DOWNLOAD "UPON THE PIKE" BY PERILOUS. (ARTICLE ON PAGE 6).

@THEUNITER @THEUNITER FACEBOOK.COM/THEUNITER

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MOUSELAND PRESS

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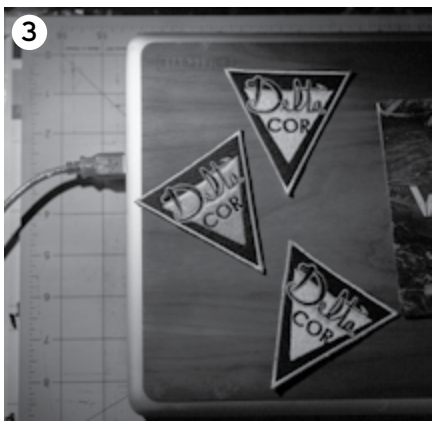
SUBMISSIONS OF ARTICLES, LETTERS, GRAPHICS AND PHOTOS are encouraged, however all new contributors (with the exception of letters to the editor) must attend a 45 minute volunteer orientation workshop to ensure that the volunteer understands all of the publication's basic guidelines. Volunteer workshops take place Wednesdays from 12:30-1:20 in room ORM14. Please email volunteer@uniter.ca for more details. Deadline for advertisements is noon Friday, six days prior to publication. *The Uniter* reserves the right to refuse to print material submitted by volunteers. *The Uniter* will not print submissions that are homophobic, misogynistic, racist or libellous. We also reserve the right to edit for length/style.

WHOSE HOUSE?

RO WALKER'S HOUSE

PHOTOS BY SIMEON RUSNAK



THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

Ro Walker Mills radiates optimism. The 26-year-old hip hop artist and LGBT* advocate's Riverview home is a reflection of his personality: full of hope and positivity.

"There's lots of creative energy in this house," Mills says. "Even the (other residents) are artists as well. I enjoy it. We're all a weird bunch here, but it works for us."

Mills has been bringing that same openness to his music for the past three years. Starting out in slam poetry, Mills organically made the move to hip hop. But his roots in poetry are clear, with his lyrics showcasing an honest and vulnerable account of his experiences as a transgender man. Speaking with his characteristic optimism, he says the audiences for his music give him hope for the future.

"I've been branching out, performing to people not just at Pride festivals," Walker says. "You know people at Pride are welcoming and ready to hear a story they haven't heard before. But there's a lot of young people I'm meeting that are just interested in music. The fact that I'm making it interests them and it doesn't matter that I'm trans at all. So I'm trying to get to those youth especially, because I feel like they're ready for it."

Despite that optimism, Mills stresses the importance of advocacy in his work.

"Now, as a white man, there are certain privileges you need to be aware of and help other people feel safe about being themselves. Especially transgender women of colour. You put those two intersections together, and they have the highest murder rate every year. I think about them and I think about my life, and those lives look very different. Yes, there's progress, but work still needs to be done."

1) INSPIRATION WALL

"There are lots of weird things in here. I'm a little bit embarrassed about the Taylor Swift picture, but everyone loves her."

2) ALBUM ART

"I like to do the visual side of my art too. I've been playing with (the image on the right) as my next album cover. (The left image) was my first EP cover."

3) DELTA COR PATCHES

"Everything I do is DIY. I started my own record company called Delta Cor records. So you'll see 'Cor' all over the place in my house. On my shirt, on furniture, these patches."

4) MUSKET

"This is just a model, but I've got it tattooed on my chest. This was laying around on a shelf in the house when I was a kid, and I'd pick it up and play with it. So this to me represented my masculinity growing up. I don't just have a gun tattoo to seem like a gangster. And beside that is an 'XX' tattoo, which is my chromosomes. Sort of a stealthy trans tattoo."

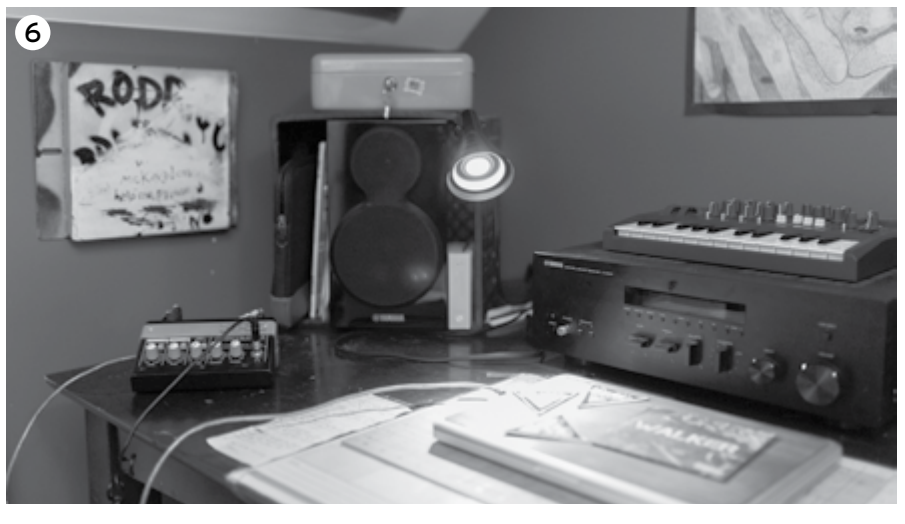
5) MICHAEL JORDAN

"You see lots of MJ in my place. I grew up playing basketball. I actually played for the University of Winnipeg on the women's team my first year at university, before I transitioned. There's no one better than Michael Jordan.

6) DIY RECORDING SETUP

"(The keyboard) is to make some beats. You can program it or do a little riff and loop it. You can do so much on the computer too. (The interface on the left) allows me to hear myself while I record. Then all you need is a good mic."

Ro Walker Mills performs March 26 at the Bandwidth Theatre (585 Ellice Ave). Tickets are available at the University of Winnipeg LGBT* Centre and Music Trader.



RECIPE FOR SUCCESS

Four women, four businesses without storefronts

SAM DUERKSEN @SAMDUERKSEN

VOLUNTEER STAFF

PHOTO BY KEELEY BRAUSTEIN-BLACK

Kim Bialkoski of flora & farmer in her kitchen at 631 Main St.

The end of this month will be the beginning of an adventure for 26-year-old Nadine Peloquin, who is officially launching Hocus Pocus Pies.

Peloquin follows in the steps of many local operations with the no-storefront business model, which has led to quite a few successes in Winnipeg including Shut Ur Pie Hole, flora & farmer, and King Cole Catering.

"Back in university, a friend of mine kept making jokes about how I should stop making my friends baking because I kept getting marriage proposals. She's like, 'It's a love potion!'" Peloquin says.

This compliment inspired the name for her business, which sells pies, tarts and chocolate dice, a product she felt ties in well with the increasingly popular gaming scene.

A customer favourite is her chicken pot pie with brussel sprouts and roasted red peppers.

Kim Bialkoski, founder and chef of flora & farmer, always dreamed of owning her own restaurant, but struggled as a single parent.

In 2012, she lost her job as a waitress when she was hit by a car and broke both her arms.

She had already taught herself how to pickle and make jams, and she used this difficult time of recovery to focus on her then-hobby.

After her first market, Bialkoski received a letter from a tourist in San Francisco who had bought one of the 200 jars she sold that day.

"She wrote me this big one page letter saying that it was amazing. It really motivated me. It's funny how the smallest little compliment can be like, 'OK,I know what I'm doing! I'm going to go for this!'" Bialkoski says.

For this small business type, farmers' markets are usually a first and integral step.

Bialkoski says after this, you can work at getting on store shelves, though this presents challenges in itself.

"You're up against major competitors who have the ability to charge way, way less than you. We all want to keep our food costs low, but we also have to admit to ourselves both as producers as well as consumers that there is value in it," Bialkoski says.

Taylor Cole, owner of King Cole Catering, says there are a lot of advantages to working out of a rented space as opposed to owning a store.

"It's nice to be able to helicopter in, do your cooking and get out of there and you don't have to worry about paying rent this month. The main thing is that you have a good relationship with the people you are renting a space from."

Heather Daymond, founder of Shut Ur Piehole, will tell you that starting your own food business is a ton of work, but there is a great amount of love and joy in it.

"My advice for other people starting their own company is don't listen to your fears, make plans, and to live for joy."

FOR FALL 2016

WE'RE HIRING!

***THE UNITER* IS SEEKING A CAMPUS REPORTER *AND* A COPY AND STYLE EDITOR**

Campus Reporter

The Uniter is seeking a hardworking student and experienced writer who is passionate about campus politics, news and events to fill the position of Campus Reporter.

The successful candidate will possess strong research and interviewing skills as well as demonstrate a critical eye for news content.

The position begins mid-August, and pays $100/week. See uniter.ca/jobs for more info.

Copy and Style Editor

The Uniter is seeking a detail oriented and passionate individual to fill the position of Copy and Style editor. The individual should have experience in both writing and editing and be well versed in CP style.

The Copy and Style editor is responsible for the final round of editing for all editorial content within The Uniter as well as proofing each issue before it goes to print, as well as fact-checking pieces and flagging potential instances of libel or plagiarism

The position begins mid-August, and pays $150/week. See uniter.ca/jobs for more info.

Interested parties should submit a resume including references, cover letter and two (2) writing samples by April 8 at 5 p.m. Application packages should be sent to Managing Editor Anastasia Chipelski at editor@uniter.ca or deliver resumes in person to:

The Uniter
ORM14 Bulman Centre
515 Portage Avenue
Winnipeg, MB R3B 2E9

We thank all applicants, however only those shortlisted for an interview will be contacted.

Mouseland Press strives to be an equitable employer and will prioritize qualified applicants who belong to marginalized groups. Qualified applicants who study at or are alumni of The University of Winnipeg will also be given priority

WACKEN IN WINNIPEG

Four bands battle for a chance to go to Germany

MEG CRANE

@MEGCRANE

ARTS AND CULTURE EDITOR

Wacken Metal Battle isn't your average battle of the bands.

"It's not a ticketing selling contest," JJ Tartaglia, founder and organizer of Wacken Metal Battle Canada, says. "It's not a popularity contest either."

Bands enter by filling out an online form. There are no mandatory requirements or entrance fees.

"Usually a high percentage of the bands that apply get in," Tartaglia says.

Then, they are judged by people in the industry rather than by the audience.

Battles take place in countries around the world and all national winners are sent to Wacken Open Air in Germany for the final international battle.

In Canada, one winner from the Prairies will head to Toronto for the national battle.

On March 18, Winnipeg bands Cell, Commencing Human Desperation, Perilous and Speed Demon will play at the Windsor Hotel to determine who will go to the Prairie finals in Calgary.

The Uniter caught up with each of the bands to see where they're at before the final Winnipeg round.

Cell

Uniter (U): *How long has your band been together?*

Cell (C): We've been a full band for a year and a half now.

U: *What has been your favourite moment as a band?*

C: So far our favourite moment has been when we set off the fire alarm with our smoke machine at the Windsor when we played with Untimely Demise, Endless Chaos, and Withdrawal! We finished our set and looked to the right noticing that the fire department showed up.

U: *If you make it big, what's the first thing you're going to buy?*

C: Most likely more gear to improve our live performance.

U: *What's something that makes you stand out from other metal bands?*

C: I'd say our pure energy and our live performance make us stand out compared to a lot of other bands. We also like a lot of forms of metal so we try to combine a few different things into our black metal.

U: *What would winning the Wacken Metal Battle in Germany mean for you guys?*

C: Words can't even describe the feelings we would have. It's honestly a dream we've all had since we've gotten into this music.

Commencing Human Desperation

Uniter (U): How long has your band been together?

Commencing Human Desperation (CHD): Three years since January.

U: Where's your favourite place in Winnipeg to hang out as a band?

CHD: Our favourite places in Winnipeg to hang out would be our jam space (The "Trap House") or probably Salisbury House.

U: If you make it big, what's the first thing you're going to buy?

CHD: We'll probably buy our own van or bus for touring in.

U: What kind of band merch would you never have?

CHD: Probably underwear!

U: *What's something that makes you stand out from other metal bands?*

CHD: We think the diversity of our music helps us stand out. While we mainly fit into the deathcore genre, we blend a large range of different sub-genres together to form our sound.

U: *Why do you deserve to make it to the next round of the Wacken Metal Battle?*

CHD: We are an extremely hard working and almost entirely do-it-ourselves band that has set goals for ourselves right from day one. We've striven hard to get where we want to be, to reach out to people to get them out to our shows and to put on a live performance that impresses new people every time we play.

Perilous

Uniter (U): *How long has your band been together?*

Perilous (P): We've been steady for a year now.

U: *What has been your favourite moment as a band?*

P: The first time we got free beer to play a show. Thanks Cory! We'd like to think that is the point of which you are at the very least mediocre.

U: *Where's your favourite place in Winnipeg to hang out as a band?*

P: We really enjoy hanging out in a wide variety of basements. Both unfinished and finished. Also at any pet store. There are very few non-Perilous petted puppies.

U: *What's something that makes you stand out from other metal bands?*

P: Mostly our shoes. Everyone loves our shoes.

U: *Why do you deserve to make it to the next round of the Wacken Metal Battle?*

P: We really don't deserve anything yet. We still have a show to play and a bunch of talented bands playing with us. Did we mention our shoes though?

U: *What would winning the Wacken Metal Battle in Germany mean for you guys?*

P: First off, we'd get a free trip to Germany to play the largest metal festival in the world. Number B, it'd be the peak of our lives and it would all be downhill from there.

Speed Demon

Uniter (U): *How long has your band been together?*

Speed Demon (SD): Two years

U: *How did the band form?*

SD: Through a lot of jammin' and bottles of Kraken rum!

U: *What has been your favourite moment as a band?*

SD: Playing Funky (Winker Beans) in Vancouver.

U: *Where's your favourite place in Winnipeg to hang out as a band?*

SD: The bathroom of the King's Hotel...

U: *If you make it big, what's the first thing you're going to buy?*

SD: Hookers and blow–fish.

U: *What kind of band merch would you never have?*

SD: Speed Demon anal beads.

U: *What's something that makes you stand out from other metal bands?*

SD: Some bands have sex appeal, we have grease appeal.

U: *Why do you deserve to make it to the next round of the Wacken Metal Battle?*

SD: We've worked hard as band this past year to get where we're at now, and are ready to give our all.

U: *What would winning the Wacken Metal Battle in Germany mean for you guys?*

SD: Everything! It would blow our minds!

These interviews have been edited for clarity and length.

Cell once set off the fire alarm at The Windsor with their smoke machine.

Perilous are proud of their shoes and puppy-petting skills.

Commencing Human Desperation are quite fond of Salisbury House.

Speed Demon prefer to cultivate grease appeal over sex appeal.

CKUW TOP 30

March 7 - 13, 2016

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

TW	LW	LC/CC	ARTIST	ALBUM	LABEL
1	7	*	Basia Bulat	Good Advice	Secret City
2	9	!	Smoky Tiger	Rainbow Tiger	Self-Released
3	2	!	The Unbelievable Bargains	Exuberance Abounds	Transistor 66
4	12	!	Trampoline	Sometimes A Song Is Just A Cigar	Self-Released
5	1	!	Scott Nolan	Silverhill	Transistor 66
6	3	!	Roger Roger	Fairweather	Self-Released
7	11	*	Junior Boys	Big Black Coat	City Slang
8	8	*	Matt Andersen	Honest Man	True North
9	4	*	Kacy And Clayton	Strange Country	Big White Cloud
10	19		Charles Bradley	Changes	Daptone
11	5		Savages	Adore Life	Matador
12	20		Beat Happening	Look Around	Domino
13	17	!	William Prince	Earthly Days	Self-Released
14	16	!	The Small Glories	Wondrous Traveller	Self-Released
15	10	*	Shuyler Jansen	The Long Shadow	Big White Cloud
16	15	!	Federal Lights	Coeur De Lion	Aporia Records
17	28	!	Chic Gamine	Light A Match	Self-Released
18	18	*	Metric	Pagans In Vegas	MMI / Universal
19	NE	*	Various Artists	Mint Records Presents: Hot Heros 2	Mint
20	NE	!	Living Hour	Living Hour	Lefse
21	RE		Daughter	Not To Disappear	Glassnote
22	21	*	Josee Allard & Norman Nawrocki	Wild Plains	Self-Released
23	NE	*	Wordburglar	Rapplicable Skills	Self-Released
24	13	!	Autumn Still	When It Was	Self-Released
25	29		New Order	Music Complete	Mute
26	26	!	Tiffany Ponce	Gratitude	Self-Released
27	24		Charles Lloyd & The Marvels	I Long To See You	Blue Note
28	NE	!	The Famous Sandhogs	Kahnawpawamakan	Self-Released
29	NE		DIIV	Is The Is Are	Captured Tracks
30	NE		Animal Collective	Painting With	Domino

ARTS AND CULTURE BRIEFS

MEG CRANE // ARTS AND CULTURE EDITOR @MEGCRANE

Wood Land School

Wood Land School is coming to Plug In ICA for part of the 2016 Summer Institute. Artist Duane Linklater and curator Jaimie Isaac will lead indigenous and non-indigenous participants through texts, film, field trips and studio time. Applications for the course, which takes place July 18 to Aug. 5, are due March 21. Go to plugin.org for more information.

Unlimited cupcakes

MAWA presents its Over the Top Art Auction and Cupcake Party on March 20, complete with all you can eat cupcakes. From 2 to 5 p.m., guests will be able to munch, enter for raffle baskets and bid on local art. Tickets are $10 in advance, $12 at the door. For more information, go to mawa.ca.

Winnipeg French Cinema Festival

L'Alliance française du Manitoba and Cinematheque are partnering for the second Winnipeg French Cinema Festival. The festival launched March 17 at l'Alliance with the screening of a secret film, DJs and a cash bar. It ends on March 20 with a screening of *Zazie dans le métro* at Cinematheque. For more information, go to winnipegfilmgroup.com.

Indigenous Men and Masculinities

Robert Alexander Innes and Kim Anderson's *Indigenous Men and Masculinities: Legacies, Identities, Regenerations* is launching at McNally Robinson on March 19 at 7 p.m. The book highlights voices of indigenous men, including traditional knowledge keepers, ex-gang members, fathers, youth and two-spirited people. Special guest Warren Cariou will be at the launch.

Doodle After Dark

Crock A Doodle, a paint-your-own pottery studio on Osborne Street, hosts an adults-only evening every Thursday from 6 p.m. to 9 p.m. Bring a coffee, bring a friend, and spend the evening letting your creativity run wild! They promise a variety of pieces for your canvas and tons of inspiration. Prices depend on the piece you choose.

Butterfly

On March 20, Jackie Traverse is showcasing her art at Neechi Commons. The show runs from 2 p.m. to 4 p.m. and includes a screening of her short film, *Butterfly*, which is in honour of missing and murdered indigenous women. Her art deals with the same subject and focuses on women who have gone missing or been murdered since 2007.

SUPPLIED PHOTO

RESERVATIONS

THOMAS PASHKO @THOMASPASHKO

FEATURES REPORTER

Written by Steven Ratzlaff and directed by Emma Tibaldo and Ian Ross
Plays at The Rachel Browne Theatre until March 20

★★★☆☆

Indigenous-settler relations is the focal point of *Reservations*, the latest production by Theatre Projects Manitoba. It's also probably the most vital social conversation happening in our city, if not the entire country.

Issues that some may argue trump it, like income inequality or environmental disasters, are inextricably tied to it. No piece of art tackling such a vast spectrum of conversation can ever feel comprehensive or satisfying. Wisely, *Reservations* doesn't try to. It's content is a specific and nuanced voice in that conversation.

Reservations' two acts are two seemingly disconnected stories, linked only by the broad topical umbrella they fall under. The first, *Pete's Reserve,* is the story of a white Mennonite farmer determined to donate his land to the Siksika First Nation, against the wishes of his daughter and his Cree second wife. The second, *Standing Reserve*, shows a white couple battling with Alberta Child and Family Services over their indigenous foster children. Both acts share the same three actors, and little else.

Playwright and co-star Steven Ratzlaff makes different stylistic choices between these acts. While both are clearly political, *Pete's Reserve* never feels overly pointed or didactic. We're watching conversations between characters. They're political conversations, but mostly because they're coming from characters who happen to be passionate and opinionated. By contrast, *Standing Reserve* is much more overt in its didacticism. It's not necessarily a bad thing, but after the relative realism of the first act, the stylization is much more pronounced. When things take a shift and a character gives a lecture at a university, *Standing Reserve* comes into its own. By owning that didacticism, rather than camouflaging it in dialogue, it becomes the play's most effective moment.

All three performers hold their own, but it's Tracey Nepinak's turn as the lecturer in the second act that will stick with audiences. There's an essential truth revealed by having a character we've already met present words they themselves have written. We're offered a look into her inner life and philosophy, assumptions or prejudices by the audience are called into question, and we see how the character sees herself. Nepinak handles this shift without overstating anything. Her lecture is delivered as straightforward and academic, which makes it all the more truthful.

The play makes great use of lighting and projection design by Hugh Conacher. The projections comment on the setting rather than become part of it. When the donated farmland is being discussed, images of wheat blowing in the wind fill the stage. Music and sound design by Andrew Balfour is used similarly, but to lesser effect. His ambient soundscapes cut into the production at unexpected and seemingly random times.

They're poignant reminders of the ghosts these lands are built upon which permeate each scene. But this type of ambient music doesn't leave much room for nuance and humour, which Ratzlaff's script has plenty of.

But it's those elements that ultimately make *Reservations* a success. It's modest, unpretentious and respects the issues it addresses. It understands our national conversation and its place in it.

ARTS

FERMENTING SODA

The ins and outs of DIY food

TALULA SCHLEGEL

@TALULACORA

VOLUNTEER STAFF

Chances are you've been eating fermented foods your whole life and not known it. Local groups, such as Edible Alchemy, are reconnecting with these fermented foods and helping others explore DIY food processing.

Natalie Elizabeth and Alexis Goertz co-founded Edible Alchemy. The pair say they have been experimenting, collaborating and hosting workshops since its inception in 2013, facilitating what the founders call fermentation skill shares.

The pair say they bonded over shared interests of adventure and experimentation. After realizing the benefits and creative avenue fermentation offered to them, the next step seemed like a no-brainer.

"Edible Alchemy feels like an expression of the way Alexis and I live our lives," Elizabeth says. "I realized as we were making food together, how important it is to transmit this skill in a tactile way."

But that's not the only reason both women are enthralled by this practice. There are health benefits, too.

"There is a huge shift happening right now towards self-food processing," Goertz says. "Many studies are coming out to the public about the gut-brain connection and how this is affecting our overall health."

Elizabeth says she started fermenting foods when dealing with some chronic health issues, noticing that there have been huge changes in her digestion and immune system since her journey began.

In 2014, Goertz moved to Berlin where she has continued the practice of fermented food abroad. Through Edible Alchemy, Goertz has been teaching people the how-to of fermenting and says it has been widely received.

"(Fermentation) creates good bacteria that helps us strengthen our immune system," Goertz says. "By fermenting certain foods, we are actually breaking down cell walls of say vegetables, which makes them more bio available to our intestines; i.e. we can have access to all the nutrients and vitamins that the vegetable offers us."

Once in Berlin, Goertz says she noticed a generational disconnect. Even though sauerkraut is a popular condiment in Germany, most of the current generation only remembers their grandparents fermenting it.

Elizabeth contends mass food processing is partly to blame for the disconnect.

"The industrial food system has really alienated people from low tech processing methods like fermentation, and it can be intimidating and scary," Elizabeth says.

Despite this, Elizabeth says people realize that there are many benefits to eating fermented foods and by teaching others she wants to make fermented foods more accessible.

ILLUSTRATION BY SCOTT A. FORD

"My hope is that we can start getting ultra-fresh foods in the markets for the general public," Goertz says, "and also continue to educate those on the many traditional methods of fermentation that take a new twist."

"Having food skills is really empowering and helps people make the most of the food they have," Elizabeth adds. "I just really like to gather people together to learn and inspire each other."

Next winter, Elizabeth will be heading to Europe to collaborate with her Berlin counterpart, the two say to expect new experiments on the fermentation front as well as expanding their online presence and collaborating projects.

"Eating probiotic rich foods, and gaining the understanding of what that actually means is the first step," Goertz says.

The Good Food Club will host a Soda Pop Fermentation Workshop facilitated by Edible Alchemy creator Natalie Elizabeth on March 21 at the Broadway Neighbourhood Centre.

THE COLUMN

WELL, THAT'S GARBAGE

WITH JANE TESTAR

@TESTARJANE

HEALTH AND FITNESS: THE ANGEL AND DEVIL ON YOUR SHOULDER

When adopting a new fitness regime, or incorporating healthy/healthi*er* eating practices into our diets, we often unknowingly take a Trojan horse of language and vocabulary along with them.

Suddenly we're saying things like:

"Muscle confusion,"

"Supplement,"

"Cleanse,"

"Life challenge,"

"Turbo,"

and "Spaghetti squash."

But not all the vocabulary surrounding healthy living is healthy. Some of it sneakily sounds a bit more like verbal self-flagellation.

Let's say you made it to the gym three days this week, made a meal plan and stuck to it, or passed your goal of 10,000 steps today. You might call your behavior and accomplishments "good"; "I was so good today."

Ergo, the days when you had too much homework to go for a run, had M&Ms at the movies, or when you had to grab something quick and salty for lunch, you were "bad." Like a dog who piddled on the rug. Bad dog. BAD.

If you've ever gone on any number of strict food plans, you're probably familiar with the term "cheat day", a day where you can eat items off the regular list like sugar, cheese, carbohydrates, AKA the delicious food group.

So on that day you're "cheating." You're being unfaithful, rendering your mother's famous blueberry pie she makes with love especially for you, into an act of adultery.

Maybe you've decided to eat "clean" (cutting out processed foods and focusing on whole foods, fresh fruit and vegetables, whole grains and lean meats). Now one bite of white flour or a Pringle makes you *dirty*. You're a dirty little eater.

Which sounds less like a job for Dr. Oz than one for Dr. Freud.

Our well intended health goals have unexpectedly become a battle with morality. Good versus Evil. Pure versus tainted, faithful or unfaithful, you're either strong willed or weak willed.

But food doesn't have a moral compass. An eggplant is neither good nor bad. It is just an eggplant (unless used as a sexually suggestive Emoji, then it is so much more).

Your workout isn't good or bad either. It is *beneficial*, but it's just a thing you do now, part of your regular life.

And your food intake will never be "perfect" or "clean" if you ever plan on leaving your house again. But as long as you're making informed food choices, it will always be nutritious, even while having a slice of birthday cake now and then.

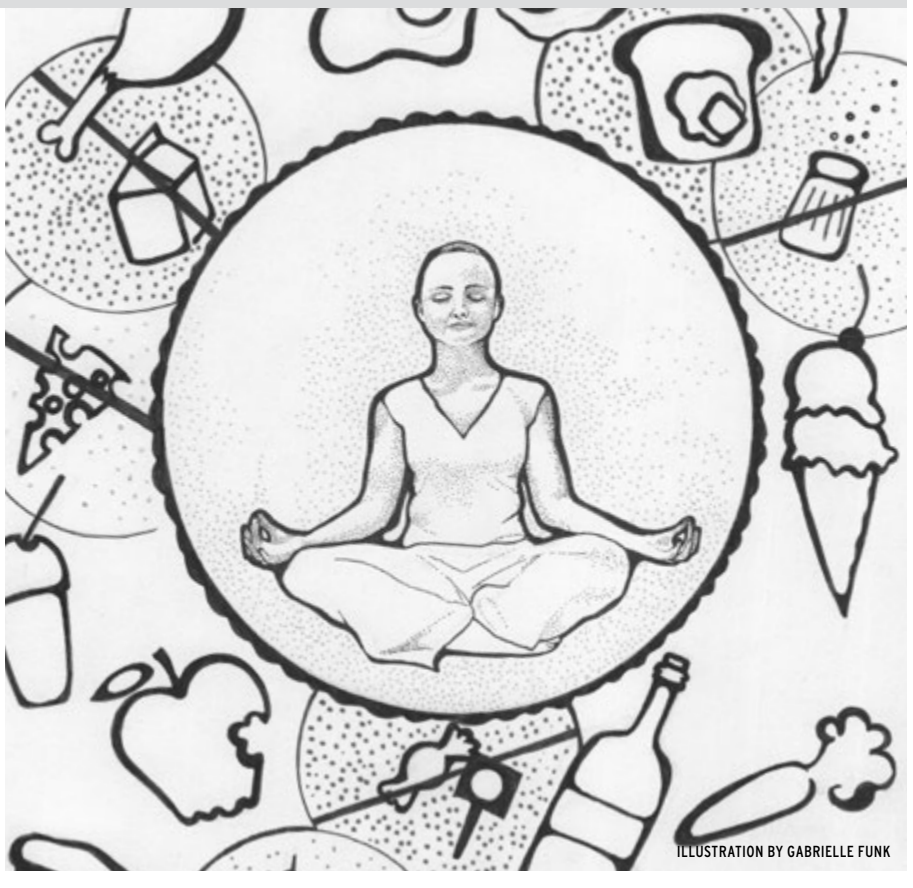


ILLUSTRATION BY GABRIELLE FUNK

I find moralistic fitness language frightening and manipulative because it's wrapped in a shiny sheath of positivity.

"Good," "pure," and "clean" all *sound* positive, but the second you stop or stray it becomes poisonous self-talk, punishing us, tearing us down, ironically while on a journey to become "healthier."

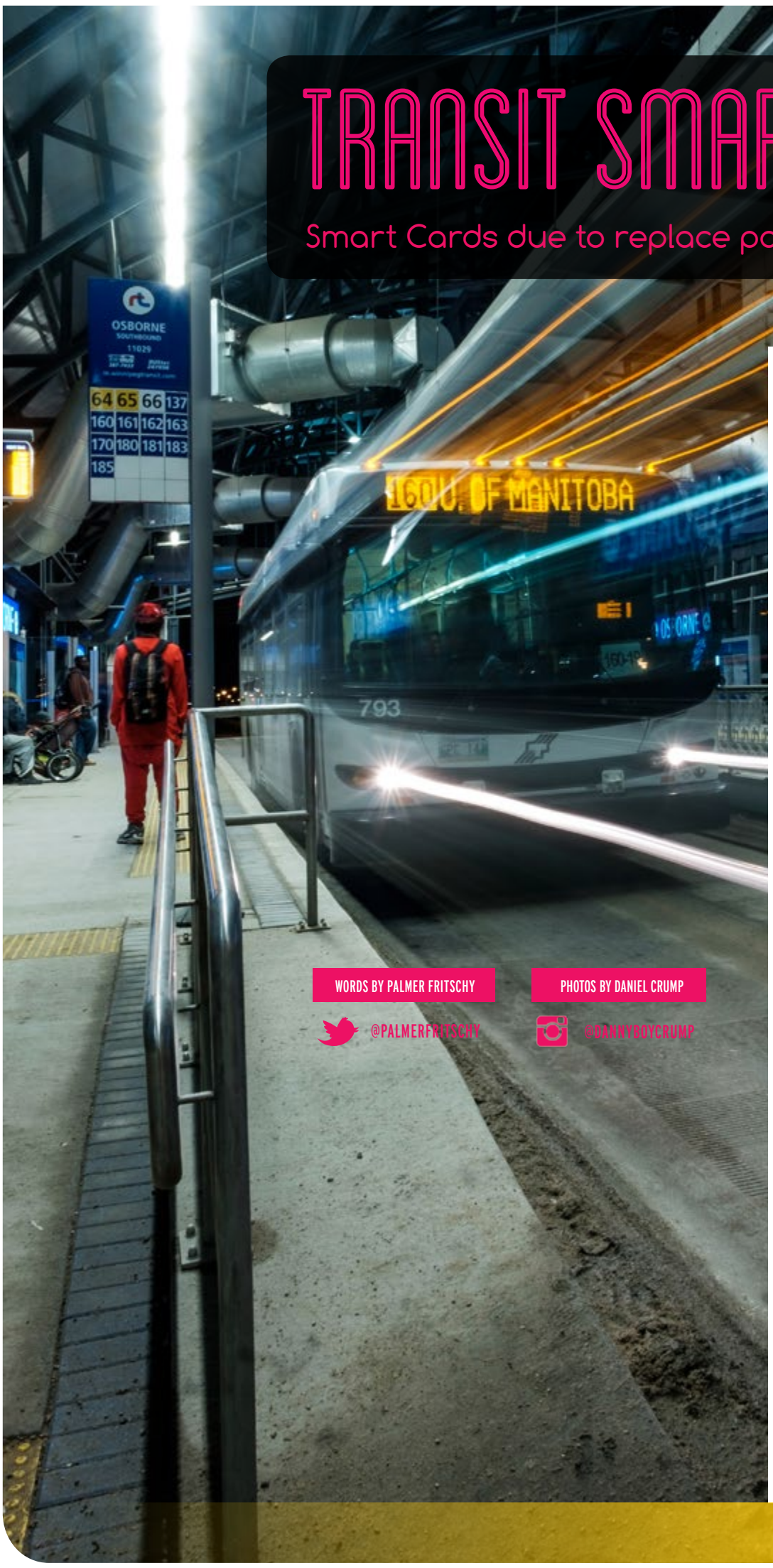
Everyone's road to good health will look different, but en route, be cognizant of the language you use with your self-improvement.

Because like most of your meals, your inner thoughts ought to be nourishing as well.

Jane Testar is a writer and performer with the Winnipeg sketch comedy troupe, Hot Thespian Action, an improviser with local improv troupe, Outside Joke, and the host of the CBC Comedy Factory Podcast.

TRANSIT SMARTENS UP

Smart Cards due to replace paper tickets in June



WORDS BY PALMER FRITSCHY @PALMERFRITSCHY

PHOTOS BY DANIEL CRUMP @DANNYBOYCRUMP

If all goes to plan, starting this summer it will finally be easier to board a bus in Winnipeg.

First introduced in 2012, Winnipeg Transit announced on March 3 that it will be rolling out a smart card fare collection system in June.

The $17-million system, designed to replace paper tickets and passes by tapping a pre-loaded card, was originally supposed to launch in June 2013 but technological issues kept pushing the date back.

Coun. Marty Morantz (Charleswood-Tuxedo-Whyte Ridge) calls the Winnipeg Transit Smart Card initiative part of a multi-phased project aimed at further advancing the service oriented systems available to Transit passengers.

"This project will introduce an innovative electronic system for fare payments to replace paper tickets and passes and will enable the public to purchase Transit fare products at retail outlets, as well as by telephone or via online systems," Morantz says.

Winnipeg Transit tested the system last June, reaching 100,000 transactions on more than 340 buses in order to test invalid cards, cards with expired transfers and cards without enough money on them.

The technology is in the final phases of testing before full implementation.

In Calgary, a similar transit fare initiative called the Connect card has been cancelled twice in five years and has cost the city $5-million. With funding coming from a combination of sources including federal stimulus money earmarked for transit technology projects, the six-year project was finally cancelled in June 2015.

Winnipeg Transit's project is officially described as "eliminating the need for paper tickets and passes as well as providing… a wider choice of payment options, including the ability to reload your card from home or work."

At the announcement on March 3, Winnipeg Transit director Bill Wardrop said the cards will be sold at 87 retail locations in the city, and customers will be able to refill them in-store, online or through 311.

While the smart card will help modernize boarding and fare payments, the system is not yet equipped to accept contactless credit card payments – like the Visa payWave – for single-ride fares. However, Wardrop has said the card readers could later be adapted to accommodate that feature.

COVER FEATURE continues // NEXT PAGE

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Continued from previous page.

Riders seek improvements

Harry Wolbert, co-chair of the Winnipeg Transit Riders Association (WTRA), says there is still more work to be done to improve Winnipeg Transit.

"We're disappointed that it's taken this long," Wolbert says.

The WTRA is an organization dedicated to advocating on behalf of Transit riders and making transit a preferred and accessible mode of transportation for all Winnipeggers year-round.

"It's a priority but it's not top of the list. Improvements to scheduling would be among the top, more buses on the road. It's pathetic the amount of buses we've added to the fleet over the past 25 years."

Winnipeg Transit has a fleet of 585 buses. As of 2015, the fleet has seen a net increase of just 10 vehicles over 25 years, a two per cent increase.

"In order to modernize the system, you have to spend more. You need to make that investment, we live in a modern city, we need a modern transportation system," Wolbert says.

Wolbert points to the U-Pass, the transit pass for university students, as a worthwhile investment in modernizing transit to make it more accessible.

Joseph Kornelsen, a committee member with Functional Transit Winnipeg, sees the smart card implementation as a small but effective change.

"Of course, we are all disappointed this system is taking as long as it is to roll out, but we've missed so many promised launch dates that I'm not sure any of us are particularly outraged – just half-hearted disappointment/bemusement."

Measuring success

Functional Transit Winnipeg is a grassroots group of Winnipeggers who volunteer their time to research and advocate for improvements to public transit in the city.

"Beyond the issues with the roll out, this is certainly a project to be excited about."

The group organizers use a simple metric when determining whether a transit project is worthwhile – does it make transit a competitive mode of transportation?

Citing Portland, Oregon-based city planner Jarrett Walker's model of the seven phases of a transit trip, Kornelsen says the benefits of the new system will be most evident in the initial phase of transit trip – the trip planning phase.

"If riders are able to load up the card online, they will no longer need to find exact change or worry about whether they have bus tickets," Kornelsen says.

Electronic cards will speed up the boarding and paying stage of a transit trip, negating the time-consuming coin counting on the driver or passenger's part. Other phases, including the waiting and riding phases, aren't addressed by the smart cards, though they may help attract new riders.

"It also makes it convenient for people visiting Winnipeg – tourists can purchase a card and load it up. I know, as someone who uses transit in other cities, using a one card system is the way to do it, " Kornelsen says.

"Some of our members are excited about the potential this could have for alternative fare structures such as being able to purchase a day pass on the card."

Something that Kornelsen is personally excited about is the ability to collect better data on ridership and transit trip behaviour.

"We were deeply bothered by the lack of data used in the report recommending the dog-leg route of the southwest (transit) corridor. As citizens, we would like to see clearer data on how people use the transit network in Winnipeg so that we can be better informed in our engagement with the City on transit issues."

"Transit research data confirms our assertions that higher frequency service results in the best ridership. I'm hoping that with smart cards we will be able to find more accurate and Winnipeg-specific data on how different factors affect where people get on and get off the bus and how they use the network as a whole."

Small changes add up

Kornelsen describes the smartcard as an inexpensive, though meaningful, investment – but it shouldn't be expected to generate the same convenience to users as more significant investments such as more buses or increasing operating frequency on the road.

There are opportunities for other less expensive investments as well.

"On the cheap end, improving communication tools is a big one. That's something we've heard from transit riders."

Creating an express route map, like a subway map, that shows the routes and stops can be another meaningful investment for little cost comparatively, Kornelsen says.

"When I get on an express bus, I find myself always asking the bus driver 'do you stop at this place, if you don't stop at this place, how far past are you going to go.'"

Communication from Winnipeg Transit to the public is another necessary and inexpensive investment that Wolbert and Kornelsen point out as necessary. They

Joseph Kornelsen is a committee member of Functional Transit Winnipeg.

both highlighted the last-minute notice given by Transit last September for service changes to dozens of routes as an example of what needs improving. Winnipeg Transit notified the public in the late evening of reductions to bus frequency that affected 18 routes during the morning rush hour and 19 routes in the afternoon.

The City of Winnipeg's recently announced draft budget has $9 million allocated to purchasing more buses, but it's not clear how that will be spent, whether on new buses or replacing existing ones, Kornelsen says.

"How many of those buses are intended simply to mitigate some of the issues that we're seeing with these engine problems on other buses?" he says.

In a 2015 letter from the Canadian Centre for Policy Alternatives, the organization calls for a minimum fleet increase of 200 to reduce over-packed buses during rush hour and allow for more buses on feeder routes. It also calls for an increase to the number of buses in service during non-peak hours to accommodate people who rely on transit for shift work, appointments or social engagements.

Winnipeg's project, though well behind schedule, has remained on budget and will be rolled out with a marketing campaign to explain how it works.

Harry Wolbert, co-chair of the Winnipeg Transit Riders Association, says more needs to be done to modernize the transit system.

Robert-Falcon Ouellette

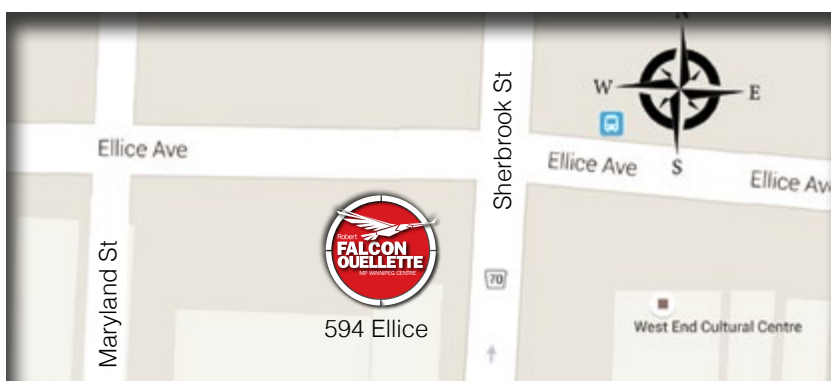
Greetings fellow citizens, students and staff at the University of Winnipeg. It has been a busy few months since the election but our government has been getting down to work in Ottawa as well as right here in Winnipeg Centre. Some of our accomplishments include:

- Settling 25,000 Syrian refugees in Canada
- Signing a Climate Change Agreement in Paris & another agreement with the U.S. to limit methane
- Withdrawing fighter jets from Iraq and Syria
- Appointing a gender-equal Cabinet
- Repealing anti-union legislation
- Starting the process of a MMIW inquiry
- Unmuzzling scientists
- Eliminating "two-tier" citizenship

There is still much more work to do. We will soon be presenting a budget, and we also restored the long-form census so we can return to sound, evidence-based policies. (In fact - the Census is hiring, so if you are looking for work, apply online at: www.census.gc.ca)

Here in Winnipeg Centre, we've held budget consultations, town halls, and have launched a petition to encourage the Federal Government to fund pilot projects into "Mincome" - a guaranteed annual income. Please consider adding your name at http://tinyurl.com/MincomePetition

While I am working hard for the citizens of Winnipeg Centre in Ottawa, I am always back in Winnipeg on weekends and "break" weeks. If you need help with an issue, or want to meet me in person (or would like me to attend an event) contact me and my staff at our new office - at 594 Ellice, a short walk west from the U of W, between Sherbrook and Maryland.



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A MORE COMPLETE PICTURE

Expanded course evaluations could be offered at U of W

ELENA SPITCYNA

@CAMPUS_ELENA

CAMPUS REPORTER

PHOTO BY KEELEY BRAUSTEIN-BLACK

Jesse Blackman, University of Winnipeg Students' Association vice-president student affairs, says instructor evaluation is insufficient.

The University of Winnipeg (U of W) is planning how to implement a revised tool to evaluate how courses are taught.

At the end of every course, students at U of W are asked to fill in a Student Evaluation of Teaching (SET) – a one-page document asking if students found the course satisfactory with a space to write comments about the class and its instructor.

While this style of course and instructor evaluation has been used at U of W since 2011, Dr. Neil Besner, provost and vice-president academic, says there are serious doubts as to how sufficient this tool is in terms of assessing the teaching.

"I think there is a pretty widespread agreement around campus among students, faculty, administration that the current instrument that we use to evaluate teaching is inadequate. It's not enough," Besner says.

According to Besner, the evaluations are also problematic for purposes of tenure and promotion within the faculties.

Jesse Blackman, vice-president student affairs at the University of Winnipeg Student Associations (UWSA), says that the course evaluations don't provide a sufficient reflection of the instructor's teaching.

"Right now, the only thing the instructors have to submit as part of their year-end activity report is the number of satisfactory and unsatisfactory scores they receive," Blackman says. "I think it's a disservice to students and instructors to have such a vague and meaningless course evaluation."

As it turns out, the current evaluation is only one part, a summative document, of the tool that was originally proposed. The second part, a formative document, is meant to help professors improve their practice, still hasn't been implemented.

Dr. Richard Jochelson, an associate professor in the department of criminal justice and president of the University of Winnipeg Faculty Association (UWFA), says there are a variety of reasons as to why the formative part was never developed.

"At the time this was all agreed the University didn't have sophisticated enough scanning machinery to read more than single multiple choice answers which was a structural limitation to the development of a new constructive instrument," Jochelson says.

Several years then passed with the University still using only the first part of the agreed-upon instrument.

"The parties that made the agreement retired, and some died, and the institutional memory on the issue also faded," Jochelson says.

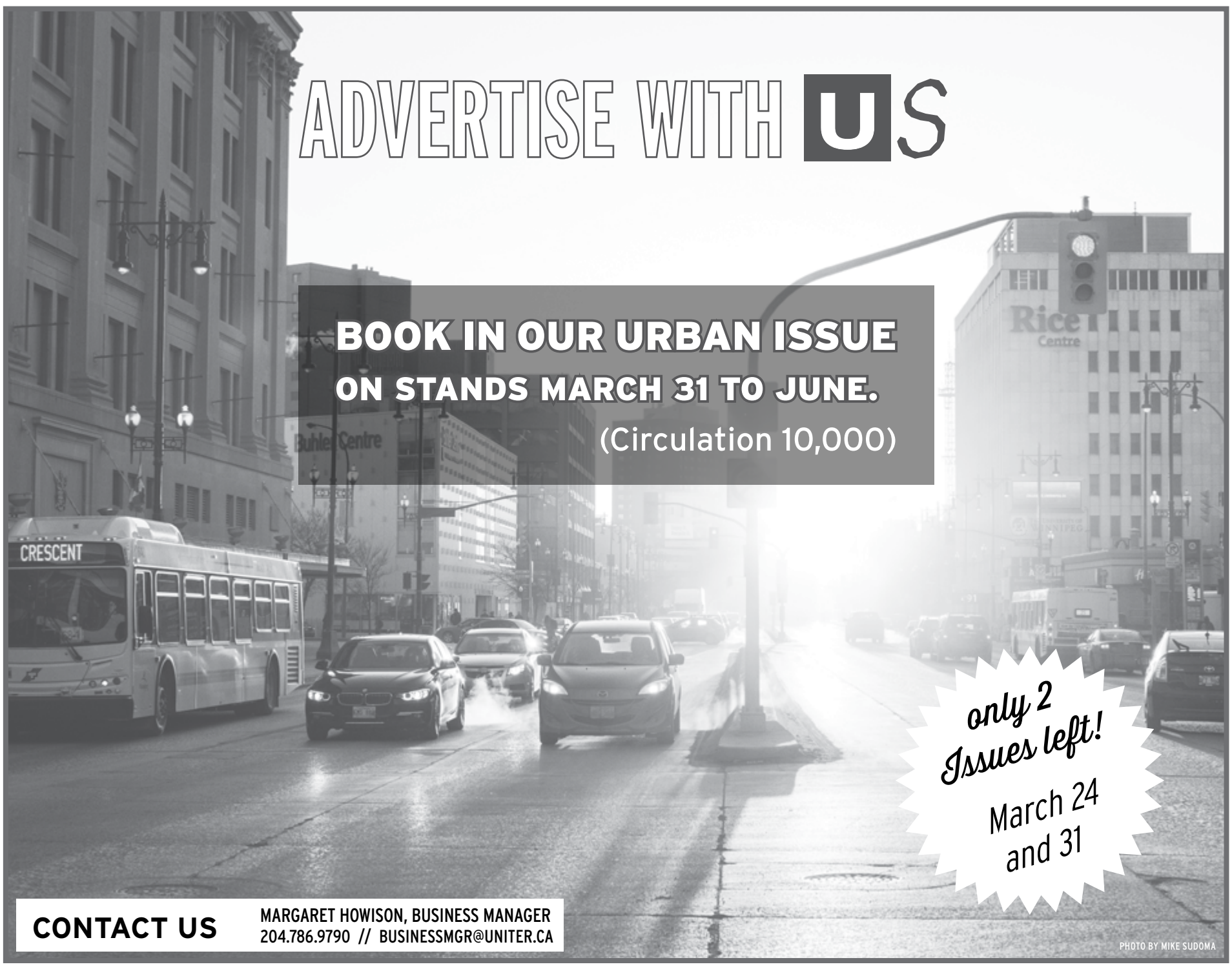
However, the issue was put back on the table at the beginning of this academic year. In October 2015, the Board of Regents approved a Strategic Directions Framework document that led to the formation of a committee to design and write an Integrated Academic and Research Plan (IARP). One of the IARP's mandates is to work on the assessment and evaluation of teaching at the U of W.

"(IARP) asks questions about class size, how classes are taught. And in that it also provides a really good opportunity for students to push for revisions the system of course evaluations," Blackman says.

Besner also adds that there is still no agreed upon understanding of what actually constitutes "teaching."

"There is a tremendous debate at present in academia across the world really about something called learning outcomes," Besner says. "Learning outcomes are a way of measuring what a student is expected to get out of the class and whether or not the student got that. And that is proposed as a measure of how effective the teaching is. Irrespective of how much you like or dislike the professor."

For further information visit uwinnipeg.ca/index/ctlt-set or contact the UWSA at theuwsa.ca.



PHOTOS BY DANIEL CRUMP

Members of various Winnipeg communities, RCMP and the Winnipeg Police Service came together in a public forum to discuss policing in multicultural communities on March 10.

TRUST BEFORE PEACE

U of W hosts dialogue on policing in multicultural communities

ELENA SPITCYNA

@CAMPUS_ELENA

CAMPUS REPORTER

Mistrust of the police exists in many communities in Winnipeg, but a recent dialogue at the University of Winnipeg (U of W) tried to bridge that gap.

The U of W brought community members and police officers together for the event on March 10 as a part of the Global College *Igbo Educational Lecture Series* (IELS), a series on peace-building in a multicultural society.

Dr. Michael Eze, a chemistry professor at the U of W and a convener of IELS, says that the main goal of the dialogue is to foster peace and harmony.

"If you have peace and harmony, everyone will be happy to be within the system. If everybody is comfortable, feels him or herself in his/her comfort zone, then productivity would go high," Eze says.

IELS is run by Umunna (Igbo) Cultural Association of Manitoba Inc. in partnership with the U of W Global College. The event was the 14th session since the start of the lecture series in 2006, with a first lecture delivered by the initiator of IELS – Dr. Rey Pagtakhan.

Themed as a dialogue on policing in multicultural communities, the event allowed members of ethnocultural communities and general public to sit at one table with representatives from the police.

"Any opportunity that the police have to interact with the public in a forum where that promotes openness is great," Gord Friesen, inspector of the community support unit with the Winnipeg Police Service, says.

While the event was open to public, IELS also had a number of guest speakers, such as Devon Clunis, chief of police; Florence Okwudili, an active member of the African community and a co-chair of the Institute for International Women's Rights-Manitoba; Omar Siddiqui, from Canadian Muslim Leadership Institute; Michael Champagne, of Aboriginal Youth Opportunities; and many others.

"(The dialogue) put some of the issues squarely on the table, and there are issues we've heard over and over again," Suenita Maharaj-Sandhu, commanding officer of the RCMP Committee on Cultural Diversity, says. "We also talked about not just what the police needs to do but also what community needs to do in terms of changing attitudes."

Issues regarding public trust in police were discussed, as well as ways for increasing budgets for community outreach activities.

"I think the big (issue) for me is the lack of understanding about what policing truly means in a Canadian context," Clunis says. "It's about us articulating and explaining why we do what we do. When people understand, suddenly it will build that trust. Often times some of the lack of trust comes out of misunderstanding."

Multiculturalism was also one of the main topics of the discussion.

"We have to understand that Winnipeg is one of the most diverse communities we'll find on this planet and it's really difficult for police officers to understand each specific individual group," Clunis says. "Certainly, we have to understand as much as we can, but it's also important for communities to learn to understand what policing means here."

North End resident Andrew Beaulieu shows Winnipeg Police Chief Devon Clunis pictures of his wife who was allegedly assaulted by police officers.

Winnipeg Police Chief Devon Clunis discusses the roll of police officers in the community with a multicultural gathering of citizens.

NEWS BRIEFS

PALMER FRITSCHY // NEWS EDITOR
@PALMERFRITSCHY

Blood donations

With concerns over the Zika virus, Canadian Blood Services is calling for people going on vacations this spring to donate blood before they leave. Donors who have travelled outside of Canada, the U.S. or Europe are disqualified to give blood for 21 days after returning to Canada to minimize the risk of the Zika virus entering the blood supply. The organization is also seeking new donors in place of those who can't donate due to travel.

Breakfast delivery

Winnipeg-based food delivery service, SkipTheDishes, has launched a breakfast delivery pilot program. Forty restaurants will participate including Stella's Cafe and Bakery, Falafel Place and Nook and Cranny. The pilot program will only be available in Winnipeg to start but will expand to other cities if successful.

Kinew comment

The University of Winnipeg says Wab Kinew, the provincial NDP candidate and associate vice-president of indigenous affairs, has done positive work for the university, refusing to comment on his homophobic and misogynistic tweets he's been in controversy over. The former hip hop artist is on leave from U of W until the day of the provincial election, April 19.

Animal rights lecture

Brock University's Dr. John Sorenson, an animal rights advocate and author of *Constructing Ecoterrorism*, is speaking at the University of Winnipeg on Wed., March 23, at 12:30 p.m., in Eckhardt-Grammaté Hall. Dr. Sorensen researches the ways that corporate propaganda uses "politics of fear" to undermine animal rights groups and activism. The lecture is hosted by the U of W's department of sociology.

Vote compass

An online tool used to help voters align with political parties during elections is coming to Manitoba for first time. Vote Compass asks 30 public policy questions and calculates was developed Vox Pop Labs and has been used in 17 different elections in Canada at the federal, provincial and municipal levels, as well as in elections in the United States and Australia. Go to votecompass.cbc.ca/manitoba/ to use the tool.

Welcome Place overflow

Welcome Place has opened two overflow locations to help Syrian refugees settle in Winnipeg. The organization typically finds permanent housing for clients within 10 to 14 days after arriving here but takes longer for larger families. The agency will operate one overflow location until the end of June while the other is due to close at the end of March.

Are you a University of Winnipeg student who wants to be more involved on campus?

MOUSELAND PRESS

The publisher of The Uniter is looking for new student directors to sit on its board.

Directors are required to attend regular memeber meetings, sit on a minimum of two committees and contribute to the overall success of *The Uniter* and the Uniter Speaker Series.

Preference will be given to students who have experience dealing with budgets and accounting, and/or environmentally sustainable business practices.

if interested, send a cover letter and resume to Kent Davies, Interim Chair of the Board, at board@uniter.ca

PHOTO BY SIMEON RUSNAK

The PROFile - DR. CONOR WHATELY

ASSISTANT PROFESSOR, DEPARTMENT OF CLASSICS

PALMER FRITSCHY
NEWS EDITOR

Dr. Conor Whately is an assistant professor in the department of classics at the University of Winnipeg. Within his specialization of classical studies, he cites the role of women in the ancient military space as a development he's personally interested in.

"In the last five, 10, 15 years, there's been a greater awareness of the place of women – what is usually seen as a primarily male space. We're more aware of the presence of women."

It's part of a trend in the field to discover the human element within ancient militaries.

"Most people think, Roman military, they think pieces on a board – moving around units, the more human approach interests me."

The characters and players in the ancient world, from rulers to previously unstudied people, also drive Whately's interest.

"The personalities that you read about from the crazy emperors to the powerful empresses. Even people that 50 years ago, we didn't talk about. The 98 per cent, which have a much more prominent place because of new approaches to the evidence. I think in some ways it brings them closer to us."

For Whately, classical scholars are viewing new sources with a more open mind than they used to, which helps to expand the field.

"I think that's one of the main ways the field has moved in general. A lot of what we study is written by men, but people have been more willing to use inscriptions you'd find on tombstones or on scraps of paper that have survived. There's a lot more we know about that than we ever did before. People are expanding their horizons and aren't only interested in the Greek or Italian men like they were."

Follow Dr. Whately on Twitter at @ConorWhately. He also blogs regularly at drconorwhately.blogspot.ca.

LOWEST GRADE IN UNIVERSITY: F. I failed calculus in my first year. It was a course that I never should have taken, but one which seemed to be a good idea at the time (1997). Needless to say, the subject matter and the presentation didn't do much for me.

FAVOURITE THING ABOUT YOURSELF: Not sure I have a favourite thing about myself, though I'm glad that I am open-minded and accepting about quite a lot of things.

WORST TEACHING MOMENT: There isn't any one moment that stands out as my worst teaching moment, though there are number of little moments (argument with a student here, a class that didn't go as well as I'd hoped there, for example). In general I think I've made big strides since I started here in the fall of 2009. I suspect I'll keep on having "little worst teaching moments", but as long as I keep on learning from those I'll be satisfied.

WHAT'S YOUR SUPERPOWER: I'm pretty fast and efficient with my research output. I doubt I'll defeat anyone bent on world domination with that, but it's something.

FAVOURITE PART ABOUT WINNIPEG: It's either the fantastic food (restaurants, bakeries), if it had been last season the hockey (the Jets are woeful this season), or how close the city is to some beautiful countryside (Lake Winnipeg, Lake of the Woods, Pembina Valley, Spruce Woods, Riding Mountain).

BOOK RECOMMENDATION: Most of the non-work reading I do falls into the murder-mystery category (I'm becoming middle aged). So, I'll go with a book I read as an undergrad and loved, and which I should read again. Namely, Hugh MacLennan's *The Watch that Ends the Night*.

INTERSECTIONAL SCREENINGS

Film festival encourages dialogue on racism and human rights

SARA ARENSON
@SARAARENSON
NEWS REPORTER

A still from the film *One Gay City*.

As the March 21 UN Day for the Elimination of Racial Discrimination approaches, a Winnipeg human rights film festival will honour the occasion.

On March 19, the Manitoba Association for Rights and Liberties (MARL) will be presenting the M21 Human Rights Film Festival, in partnership with the Multiculturalism Secretariat of Manitoba.

The 6th annual festival will feature a range of human rights-themed films, from the story of a little mosque traveling to the north, to a history of Winnipeg's LGBT rights victories, refugees' experiences in Europe, and more. It will also include panel discussions.

"Film is a really great way to be able to communicate a really complex message in a way that's palatable for people," Michelle Falk, executive director of MARL, says.

"There's so many documentaries that change people's lives, and they find out about an issue that they never knew about before, and it can be very inspirational."

For Falk, human rights goes beyond documents such as the Charter of Rights and Freedoms and the UN Universal Declaration of Human Rights, to encompass how we treat each other on a daily basis. Human rights are "rarely a black and white issue."

"There's always these instances where two people's rights are competing, and depending on, you know, your time and location, and your historical context and stuff like that, rights could be very different," Falk says.

"So, it's very fluid. And so critical dialogue is the best way to kind of navigate those murky waters."

The "M21" in the film festival's title refers to March 21, the United Nations International Day for the Elimination of Racial Discrimination. Locally, racism towards Aboriginal people became a hot topic after a January 2015 story in a national magazine called Winnipeg the most racist city in Canada. However, it is not an issue that can be addressed in isolation.

"There's so many interlocking factors that have to do with that, so we can't talk only about race without implicating gender, and class, and all those other factors that go into someone's sociopolitical identity," Falk says.

For Dr. Jennifer Clary-Lemon, a professor in the rhetoric, writing, and communications department at the University of Winnipeg, the problem of racism starts with the concept of human races, which is not a biological reality.

"Race is an invented construct. It's something that people believe to be true, but ultimately is something that communities make up to justify particular actions," Clary-Lemon says.

"So we talk about processes of racialization. How people, through institutionalization, through language, become racialized, and benefit or suffer because of those differences."

Clary-Lemon feels that local films can challenge the discourse around race, but this is not enough to create a post-racialized world.

"I think the bigger problem is that these messages are not making it out through contemporary popular film. I'm sure you're aware of the #OscarsSoWhite hashtag, for example."

She also sees watching films as a passive activity, whereas active dialogue is needed.

"I think it's problematic that we're not having those discussions on a regular basis and in a variety of forums."

With its panel discussions, the M21 Festival aims to be one such forum.

The M21 Human Rights Film Festival will be on March 19 from 2 to 9 p.m. at the West End Cultural Centre. Admission is by donation.

SAVING THE YAZIDIS

Winnipeg project hopes to spur a larger campaign

SARA ARENSON
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NEWS REPORTER

These Yazidi families being sponsored by Operation Ezra sent photos of themselves assembled in refugee camps.

Winnipeggers are helping the Yazidis, an endangered religious minority driven from their homeland by ISIS.

Operation Ezra, an initiative of the Winnipeg Jewish community in partnership with Yazidi, Christian, and multifaith organizations, is sponsoring Yazidi refugees while raising awareness of their plight.

The Yazidis are a Kurdish-speaking people. Their religion combines elements of Christianity, Judaism, Sufi Islam, and Zoroastrianism. They pray to Tawsi Melek, the "peacock angel", who serves as an intermediary to God. However, as Tawsi Melek was a fallen angel before he was forgiven, Yazidis have been branded "devil-worshippers."

"We've suffered 74 massacres throughout history, and that's only going back 700 years," Nafiya Naso, a spokesperson for the local Yazidi community, says. "Twenty-three million Yazidis have been murdered or forcibly converted to Islam."

Michel Aziza, a retired businessman, heard about the Yazidis when Naso came to talk to an Israel advocacy group in April 2015. Through a grassroots effort, Operation Ezra grew into a cross-community initiative that has raised funds for seven families and is working on an eighth.

"The way we see it is, if you roll the clock back 80 years, this is what's happened to the Jewish people," Aziza, who is now working full-time on Operation Ezra, says.

Operation Ezra is collecting donations of money and household goods. They are lobbying the government to fast-track Yazidi refugee applications. They are also reaching out to other organizations.

"We're continuing to talk to new partners, because we're really wanting to make this a community-wide effort," Aziza says.

Until recently, most Yazidis lived in the Mount Sinjar region of northern Iraq. In August 2014, ISIS massacred thousands of men and kidnapped thousands of women and children. Everyone else fled. An estimated 50,000 were stranded in the mountains.

"All the Yazidi villages and towns were under attack, and everybody in those villages and towns fled their homes. And many, many homes have been destroyed by ISIS," Naso says.

"The girls and the women are still, today, being sold into sexual slavery. They're being sold to different Arab countries in the Middle East, like Turkey, Syria, within Iraq, Pakistan, Afghanistan, and Saudi Arabia."

Meanwhile, boys are being turned into terrorists, Naso says.

"Six-year-olds are beheading (captured) soldiers."

About 300,000 Yazidis are internally displaced in Iraq, another 100,000 in refugee camps in Syria and Turkey. Naso, who is in touch with families in the camps, says that they are not being given adequate humanitarian aid.

The European Parliament, the International Association of Genocide Scholars, and a number of NGOs have stated that ISIS's actions should be considered genocide.

However, the government's plan to bring 25,000 Syrian refugees to Canada does not include displaced Yazidis, who are Iraqi nationals.

Operation Ezra will sponsor as many families as they can, but the work must grow beyond Winnipeg, organizers say.

"Unless we can find a way to make this more of a national or international project, the Yazidi people will be an exterminated people," Aziza says.

"Thousands are waiting," Naso says. "If Canada opens its doors to them, they would leave in a heartbeat."

Two of the Operation Ezra families have been approved by Immigration, Refugees and Citizenship Canada. Although their initial paperwork was submitted four months ago, they are still waiting in a refugee camp in Turkey.

For more information or to get involved with Operation Ezra, please contact Michel Aziza at michel.aziza08@gmail.com.

IT'S TIME FOR A LIVING WAGE

The fight for $15 is a fight for fairness

PEYTON VEITCH

@DEBATINPEYTON

VOLUNTEER STAFF

From Seattle to San Francisco, from Alberta to New York, workers are demanding, and winning, minimum wages of $15 per hour. While last century's defining battles for workplace rights and fair wages took place in factories and coalfields, today they're being waged in fast-food restaurants, retail stores, and on university campuses with calls for a living wage.

Although the cost of living varies by community, $15 is an approximation of what's required for people working full time and their families to meet their basic needs. In Manitoba and most other jurisdictions across North America, minimum wages have failed to keep pace with rising food, transportation, rent, education and other costs.

One of the principal objections to the introduction of a $15 per hour minimum wage is that it will result in job losses. If businesses are forced to spend more of their revenue on compensation, the argument goes, they will not be able to hire as many workers or may even be forced to lay off existing employees.

This critique fails to acknowledge, however, that workers are also consumers. Raising the minimum wage means that those who are earning it have more disposable income to spend, supporting local businesses and allowing them to reinvest in their workforces.

Australia is an excellent example of this, where a national minimum wage of $17.29 per hour is matched by an unemployment rate of 5.8 per cent, one of the lowest in the industrialized world.

While some have argued against raising minimum wages on economic grounds, others have asked why we should pay a living wage to 17-year-olds living at home and working their first jobs.

Yet in Manitoba, two thirds of minimum wage earners are adults over the age of 20, a significant number are single parents, and 51 per cent of them have been in the same job for a year or longer and are still earning the minimum wage of $11 per hour. We need to cut through the stereotypes and recognize that raising the minimum wage means helping the most marginalized members of our communities.

It's not only coffee shops and fast food restaurants that are the focal points in the struggle for fair wages. Universities across North America are seeing students join with academic workers, support staff, cleaners and others in calling for a $15 starting wage. They're exposing the injustice of institutions paying poverty wages while some senior administrators take home salaries comparable to corporate CEOs.

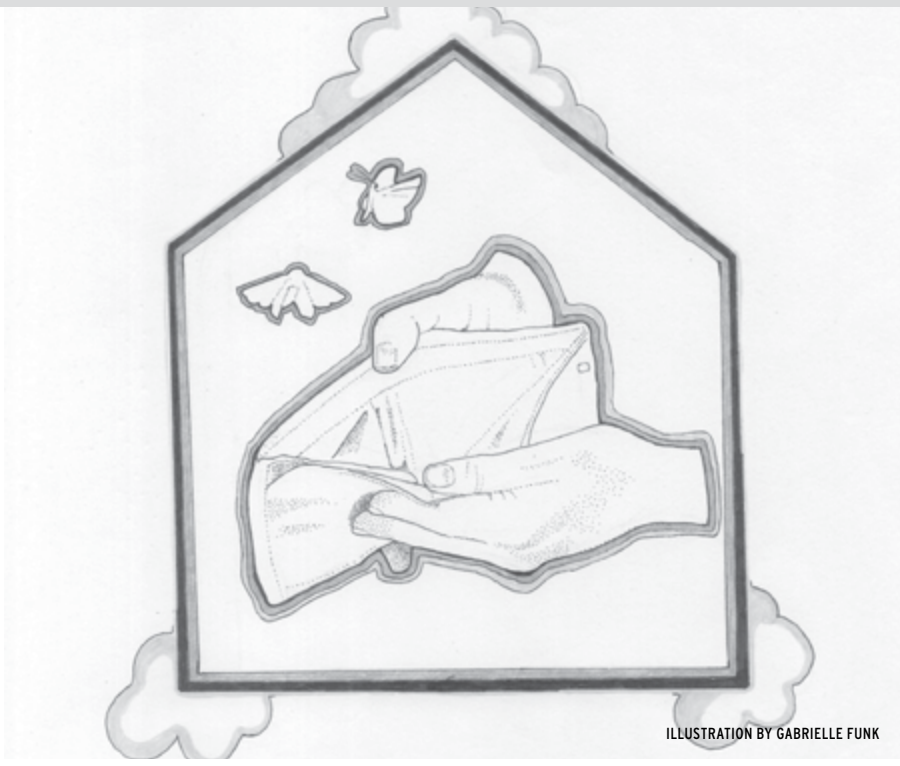


ILLUSTRATION BY GABRIELLE FUNK

One university that has shown leadership in addressing this imbalance is the Kentucky State University. In 2014, its president Dr. Raymond Burse slashed his own salary by $90,000 in order to increase the wages of the lowest paid university employees by $3 per hour.

Our own University of Winnipeg, which prides itself on a commitment to social justice, should look at how it can begin providing at least a living wage to everyone on its payroll.

A living wage is not only about providing people with the ability to meet their basic needs, it's about how we value and define citizenship. Amartya Sen, the Nobel Prize winning economist has said that the true test of citizenship is "the ability to appear in public without shame, or to take part in the life of the community."

For us to be a truly democratic society, we must affirm that economic security is a right of citizenship, not a commodity to be purchased. That's what the fight for $15 is all about.

Peyton Veitch is the president of University of Winnipeg Students' Association.

FUGLY FOODS

What buying an ugly carrot has to do with world hunger

TALULA SCHLEGEL

@TALULACORA

VOLUNTEER STAFF

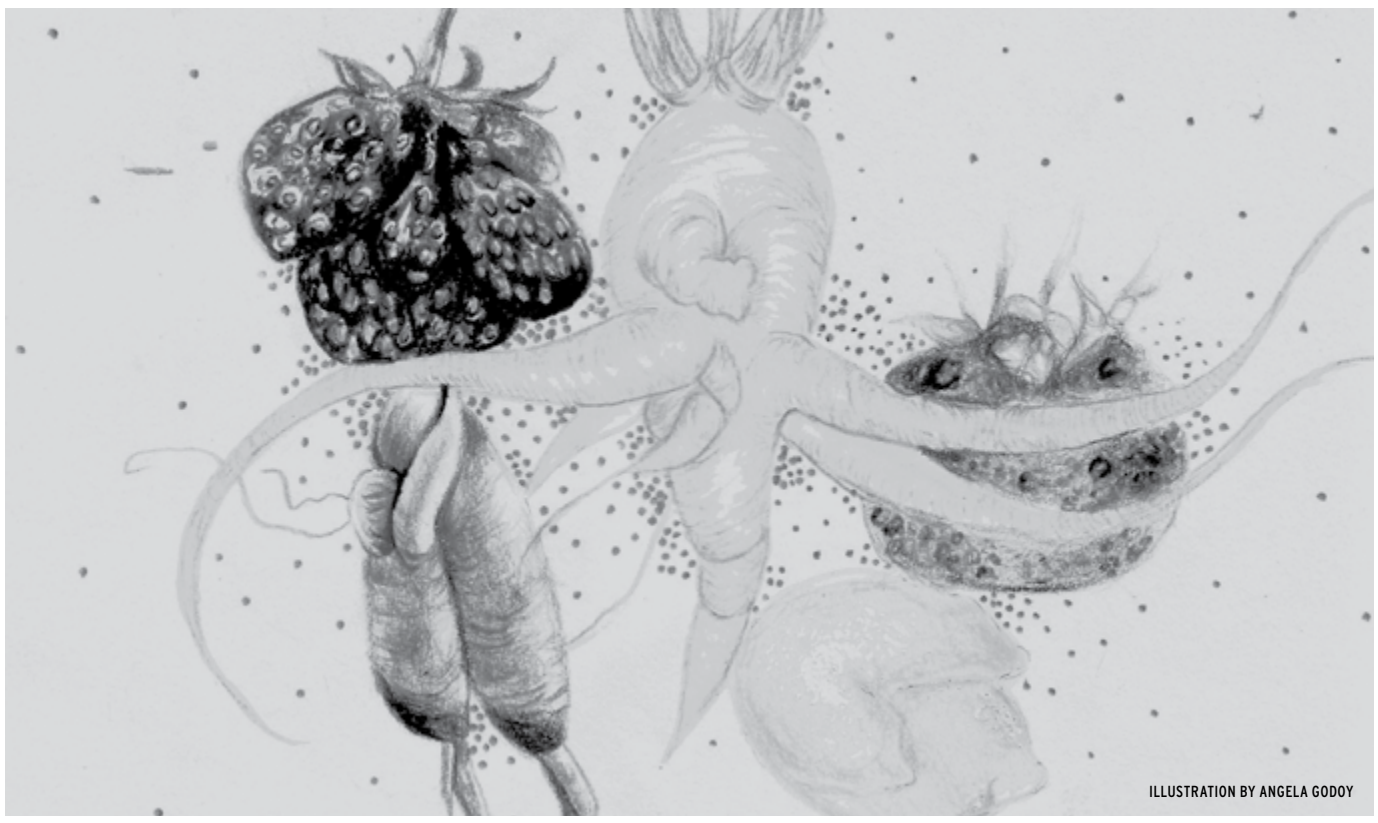


ILLUSTRATION BY ANGELA GODOY

There is a new shipment of ugly coming to Loblaws grocery stores near you, and it's not the spring line of Joe Fresh clothing.

Over the past year Loblaws has been releasing their line of "Naturally Imperfect" produce to grocers in Quebec and Ontario, and now it's made its move to Winnipeg.

Produce items that would typically never make it to grocery stores because they are undersized or oversized, blemished, or misshapen are being offered at a discounted price of up to 30 per cent due to these imperfections. Though this program has been met with great popularity in the stores where it's been introduced, customers are buying into more than just a cheap deal.

What we see as we peel back the layers of this discount is a market driven by cosmetic appearance of food rather than the desire to produce efficiently and prevent waste. Why is it that only as we are seeing prices for produce increase are grocers exposing and finding solutions to food waste practices that have been happening for years?

According to Statistics Canada's consumer price index published in a *Globe and Mail* article, "between January 2015 and 2016, Canadian food prices rose four per cent. But fresh fruit and vegetables showed some of the biggest increases, shooting up 12.9 and 18.2 per cent respectively."

How is this possible when, according to a National Geographic article published in March 2016, globally some 2.9 trillion pounds, or about one third, of food never gets consumed, and from that, 46 per cent of fruits and vegetables never make it from farm to fork?

This article, titled "How 'Ugly' Fruits and Vegetables Can Help Solve World Hunger," explains how the waste isn't just lost in pounds of food. It states that "if food waste were a country, it would be the third largest producer of greenhouse gases in the world, after China and the U.S."

What we see is cheaper produce, but what we are getting is a terrifying insight on food waste system that contributes to climate change, world hunger, unprofitable and unsustainable farming, poor socio-food relations and so much more.

Sylvain Charlebois, a professor of food distribution and policy at the University of Guelph, says discounted fresh produce is more lucrative for farmers than the alternative and seemingly efficient food processing of discarded produce which still actually accounts for about 18 per cent of all waste.

As unappealing as our "ugly" produce may be, lowering our visual standards for food is one way we can begin to combat issues of waste on so many levels.

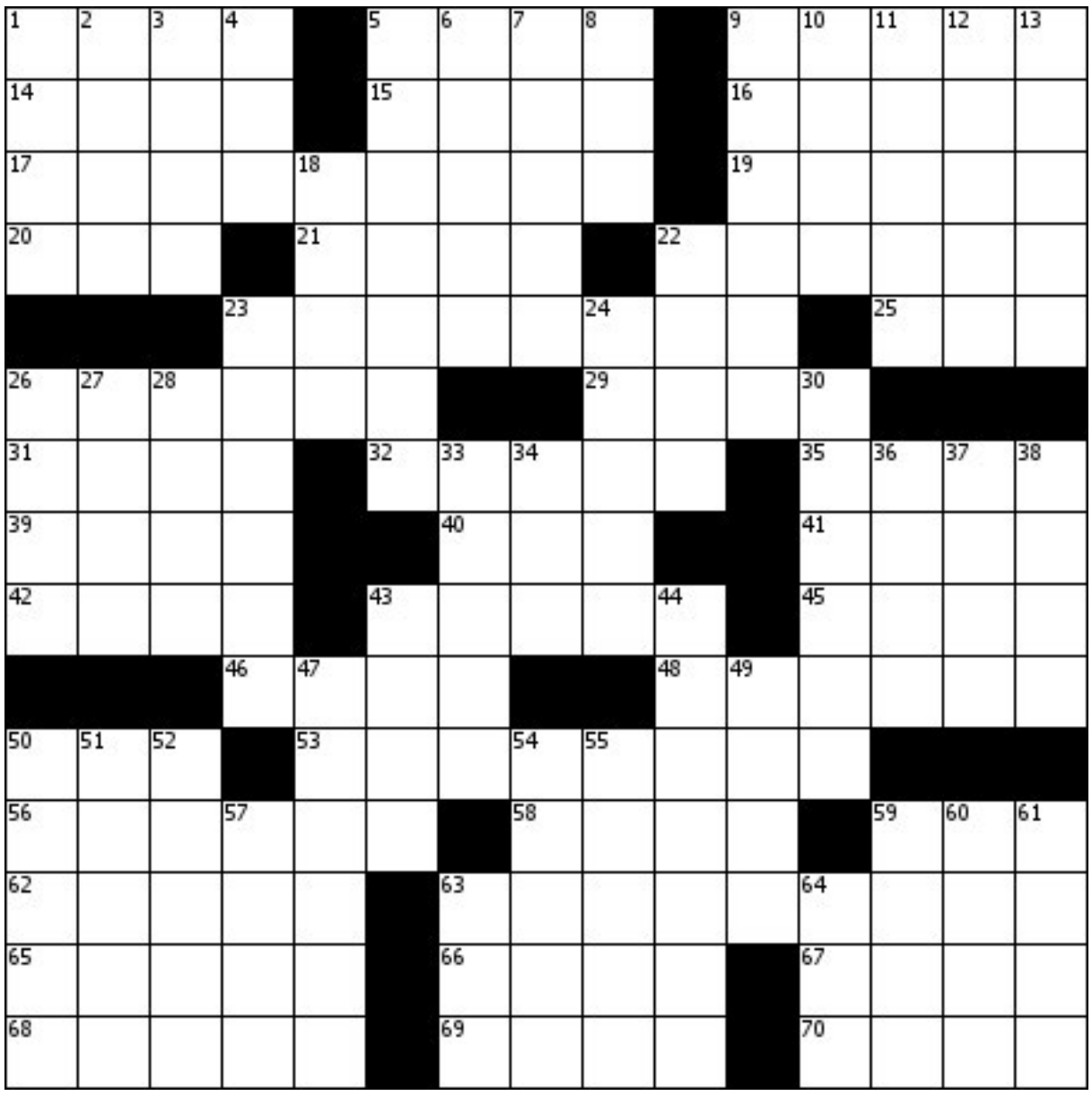
Still, in doing this we must continue to consider food waste from more angles than what is just presented to us in grocery stores. Food waste is an alarmingly diverse and complex issue that affects the food security of many today, and inevitably many more in our future.

With an estimated global population of more than nine billion people by 2050, the demand of global food production increases by 70 to 100 per cent. Discount grocery shopping is great if it helps capture and use wasted produce, but we should be nowhere close to satisfied in knowing that buying an ugly carrot from the 30-per cent-off bin is our biggest contribution to tackling our global food, economic, and environmental crises.

Talula Schlegel purchases 78 per cent of her spring wardrobe from Joe Fresh each year. She is a perpetual student and former UWSA environmental ethics co-director and is studying environmental sciences at the University of Winnipeg.

DIVERSIONS

ONLINECROSSWORDS.NET



ACROSS

1. Uncomplicated
5. Past due
9. Off kilter
14. Sad
15. Location
16. Sophia ____
17. Tavern employee
19. Knife feature
20. Compass reading (abbr.)
21. Molecule component
22. Small sofa
23. Supervisor
25. Misjudge
26. President, e.g.
29. Presidential "no"
31. Desertlike
32. Not as old
35. Parting words
39. Flank
40. ____ Howard of "Happy Days"
41. Ramble
42. Golf pegs
43. Elk's kin
45. Suggestion
46. Frog's kin
48. Smudges
50. Chef's unit (abbr.)
53. Bone structure
56. Per person
58. Beasts of burden
59. Investigative org.
62. Actress ____ Evans
63. Aardvarks
65. Furry swimmer
66. Salon treatment
67. Metal spike
68. Broadway lights
69. Significant times
70. Fir or poplar

DOWN

1. Declines
2. Oh, dear!
3. Certain
4. Thus far
5. Camper's lamp
6. Zeal
7. Swarms
8. Corn serving
9. ____ Einstein
10. Lose feathers
11. Furious
12. Passover dinner
13. Look of contempt
18. Roof projection
22. Clairvoyant one
23. Strangest
24. Makes level
26. Endure
27. Famous canal
28. Staff officer
30. Host Conan ____
33. Wash away
34. Romance
36. Jedi master
37. Constantly
38. Large bodies of water
43. Create
44. Admires
47. Academy Awards
49. "____ Lisa"
50. Vulture's claw
51. Malice
52. Type of bean
54. Hermit
55. Additional
57. Biblical garden
59. Apprehension
60. Soft cheese
61. Man or Wight
63. Gorilla, e.g.
64. Explosive initials

THE UNIVERSITY OF WINNIPEG | Student Services

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

AWARDS & FINANCIAL AID

CONVOCATION AWARDS

These awards are for undergraduate students who are graduating in June 2016 or graduated in February 2016 or October 2015. Nominations will be accepted from faculty, staff, and students or by self-nomination. Applications are available from the Awards and Financial Aid office, 2Ri06 Rice Centre, or online: uwinnipeg.ca/awards. Select: In-Course Awards (current students)

Deadline: Friday April 15, 2016

STUDENT CENTRAL

A) TAX RECEIPTS

T2202a tuition tax receipts have been posted on WebAdvisor. Click on the link "View My T2202a Information".

B) SPRING TERM (U2015S)

The Spring Term Timetable has been posted for undergraduate courses between May - August. Tiered Registration Times have been emailed to Webmail accounts. Check yours now! Tiered registration begins March 21st.

C) STUDENT PLANNING

WebAdvisor's new registration module, Student Planning, went live March 2. Sign up for an information session now: uwinnipeg.ca/student-planning.

D) LOCKER RENTALS

Students who rented a locker for the Winter Term must clear it out by April 21st. All lockers must be emptied and locks removed.

Looking to rent a locker for the Spring Term? There are lockers available on the 4th floor of Centennial Hall and the 3rd floor of Richardson College. Locker rentals are $20 per person for Spring Term. Students must be registered for Spring Term classes first in order to be eligible to rent a locker.

NATIONAL COLLEGE HEALTH ASSESSMENT SURVEY

All undergraduate UWinnipeg students will be surveyed to participate in the National College Health Assessment (NCHA), sponsored and distributed by the American College Health Association (ACHA). The ACHA-NCHA is a survey designed to assess student health behaviors in order to provide better services and support for University of Winnipeg students. You may benefit by knowing that you have assisted in providing accurate information regarding health/wellness behaviors on our campus. The information will be used to develop wellness programs and services for The University of Winnipeg.

The survey is completed online. We encourage you to complete the survey in one sitting, which typically takes about 20-30 minutes. All students who submit a survey will be automatically entered in a random drawing for one of five $100 gift certificates for the campus bookstore!

There may be some personal discomfort with the content of certain questions. For example, there are questions regarding illegal substance use, interpersonal violence, and sexual behavior. If you'd like to talk with someone about issues addressed in the survey, you may contact a counsellor at studentwellness@uwinnipeg.ca or (204) 988-7611.

Your participation is completely voluntary and confidential. To ensure confidentiality, e-mail addresses are destroyed by ACHA before data are compiled and shared with The University of Winnipeg. The raw data file that is shared with the University of Winnipeg will not contain any unique identifiers. If you feel that answering specific demographic questions might reveal your identity, you may leave them blank. You may answer only some questions, or you may choose not to participate in the survey at all. Any reports or publications based on this research will use only group data and will not identify you or any individual as being affiliated with this project.

By taking this survey, you consent to participate in the study and agree that the purpose of this study has been satisfactorily explained to you. You understand you are free to discontinue participation at any time if you so choose and that the researcher will gladly answer any questions that may arise during the course of the research. Refusing or withdrawing from this study will be at no penalty or loss of benefits to you.

You may contact Jan Byrd, Executive Director, Wellness and Student Life at j.byrd@uwinnipeg.ca or 204-988-7563 if you have questions or concerns about the survey.

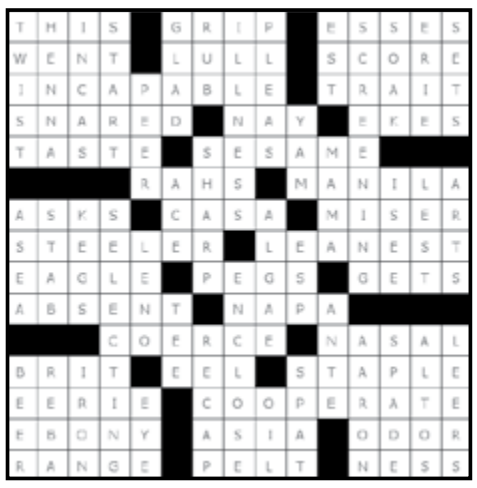
Data transmission is encrypted and firewall securities are in place. After you submit the survey to the secure server, a message thanking you for taking the NCHA-Web will be displayed in your browser window, and you will receive a confirmation email.

This research has been approved by the University Human Research Ethics Board. For any questions related to research ethics, you may contact Heather Mowat, Program Officer, Research Implementation, Ethics and Contracts, at h.mowat@uwinnipeg.ca or (204) 786-9058.

If you agree to participate in the survey, check your webmail for your personal survey link. Deadline: Friday March 18, 2016

PHONE: 204.779.8946 | EMAIL: studentcentral@uwinnipeg.ca

SOLUTIONS TO LAST ISSUE'S PUZZLES.



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2	1	4	7	5	8	3	6	9
8	9	6	3	4	1	5	7	2
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SUMMER SESSION IS...

a way to get on a faster course.

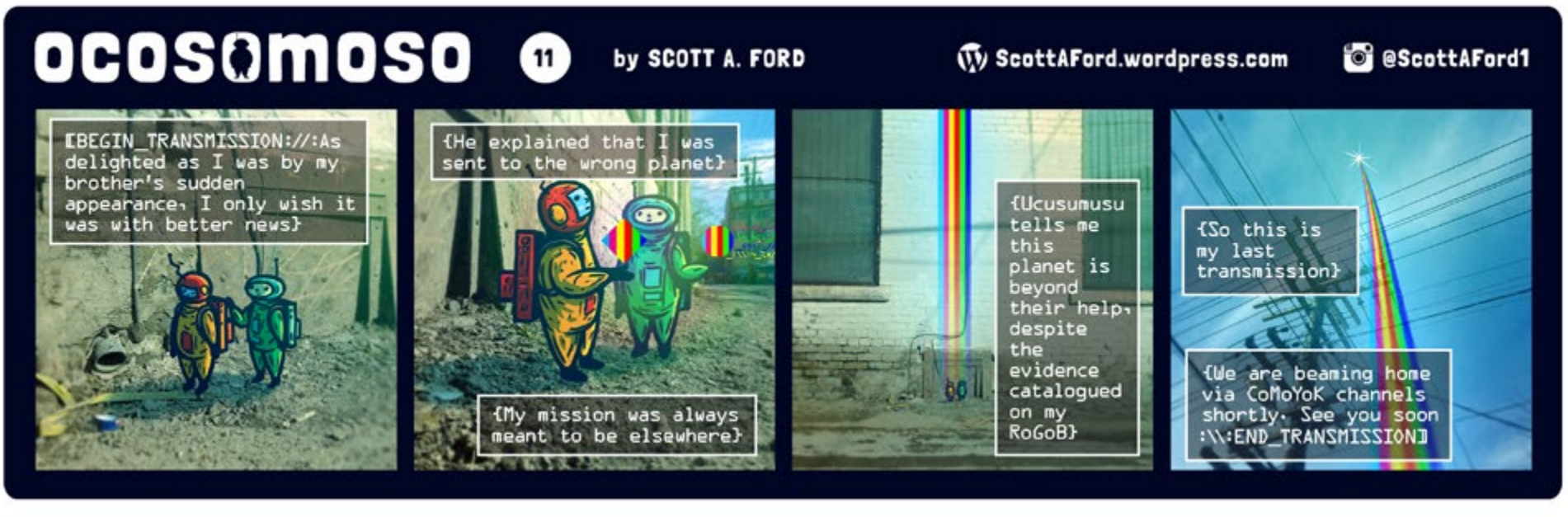
REGISTRATION STARTS MARCH 21.
umanitoba.ca/summer

UNIVERSITY OF MANITOBA | Extended Education

Un-Supermarket

by Sari Habiluk

facebook.com/SariHabilukArtisticWorks



THE UNITER SPEAKERS SERIES + UWSA THE UNIVERSITY OF WINNIPEG STUDENTS' ASSOCIATION PRESENT:

WATER AND INDIGENOUS WOMEN'S WISDOM

WITH SPEAKERS

FREDA HUSON + CHICKADEE RICHARD

A DISCUSSION ON INDIGENOUS WOMEN'S PROTECTION OF LAND AND WATER + WATER CEREMONY

MARCH 17, 2016

6PM

UNIVERSITY OF WINNIPEG

CONVOCATION HALL

WHILE CANADA'S ENVIRONMENTALLY EXPLOITATIVE PRACTICES CONTINUE TO RISE, SO DO INDIGENOUS WOMEN'S EFFORTS TO RESIST RESOURCE EXTRACTION AND WATER POLLUTION. JOIN FREDA HUSON, SPOKESPERSON OF THE UNIST'OT'EN CAMP IN BRITISH COLUMBIA AND CHICKADEE RICHARD FROM SANDY BAY AS THEY DISCUSS THE CONNECTION INDIGENOUS PEOPLES HAVE WITH TRADITIONAL LANDS AND WATER AND EXPLORE THE WAYS CANADIANS CAN SUPPORT INDIGENOUS PEOPLE'S EFFORTS TO THWART WATER POLLUTION AND LAND EXPLOITATION.

Grass Routes

grassroutes.ca | @grassrouteswpg