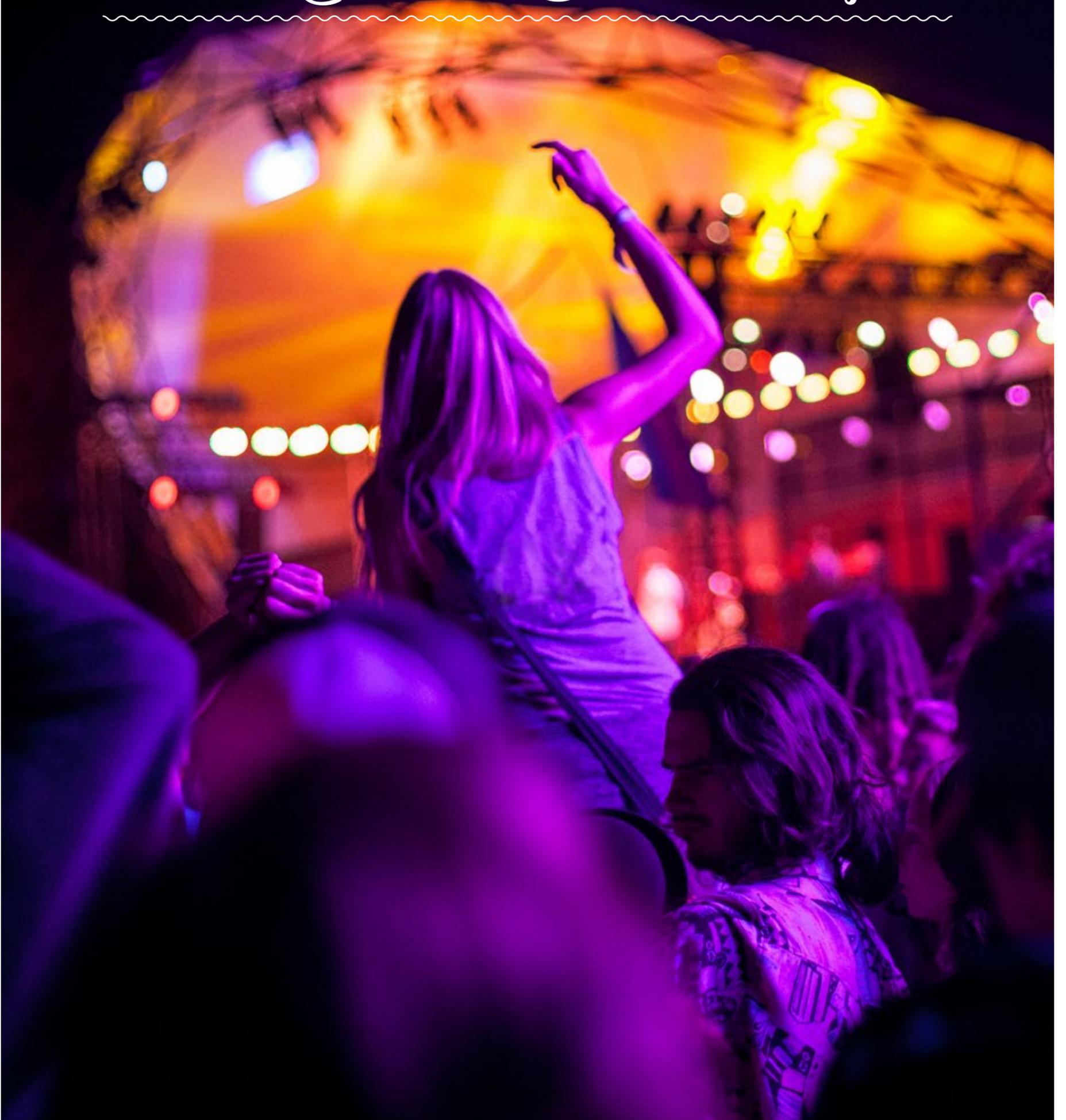


THE **UNITER**

FREE WEEKLY.
VOLUME 70 // ISSUE 27 // JUNE 2

The 8th Annual Summer Festival Guide



DON'T GET CAUGHT
IN THE HEAT P11

FINDING FUN
IN THE CITY P15

THE UPSIDE
TO PDA P20

UWSA ROLL CALL ART INSTALLATIONS

We're accepting applications for visual art installations to be displayed on the UWinnipeg Front Lawn, Sept. 7 - 9, 2016.

**Interested in showcasing your art?
Submit your idea at theuwsa.ca/rollcall**

We will be able to support a select number of projects with a financial contribution, early access to the site, free ticket to the event, and marketing and promotion.



* ON THE COVER

A pair of shoulders belonging to a friend make for a good seat at Winnipeg Folk Festival.



Ben Figler from Somebody Language takes the stage at Real Love Summer Fest in Gimli. (Festival preview on page 7)

SUPPLIED PHOTO

BUILD YOUR OWN SUMMER

Our summers here are short but jam-packed full of fun things to do, to the point that it can almost get a bit overwhelming. Sometimes we only hear about some cool new event after it's happened, and that's a crying shame. That's also why we're here.

This year, we've added a pull-out centrefold listing over 50 festivals in Winnipeg and surrounding areas. No festival is too big or too small to be included, and we've worked hard to make this as comprehensive of a list as possible for you. And if we missed anyone, be sure to let us know (and feel free to add your own listing at uniter.ca/listings).

For those wondering what to do this summer, or what you could possibly check out during your time off, we've got you covered.

If you want to learn a bit more about these festivals, we've also got a bunch of previews for you. We weren't able to cover every festival, but we tried to bring you some highlights from a wide selection of fests.

Hopefully there are some new-to-you gems in there, or helpful teasers for your favourite yearly events.

To round out our festival coverage, we've also got some pieces that fall more under the culture or comments umbrella. Wondering how to pack for a festival, how to make the most of time in the city, or how to keep yourself from melting (or suffering heatstroke)? We've got that too.

Although our summers may be shorter here, why not take a chance, try something new, and make the most of it? If you're holding this paper, you've already got a guide. So grab your favourite writing utensil, find a nice comfy spot and start dreaming.

- Anastasia Chipelski

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NEW BOTHWELL WINE AND CHEESE FESTIVAL

Town celebrates the tasty products they're best known for

ANASTASIA CHIPELSKI



New Bothwell is known for the many varieties of cheese produced by the Bothwell Cheese Company, so when attendance at the town's fair began to dwindle, the organizing committee decided to try something new.

"We thought what better than to have a wine and cheese?" committee member Edna Vogt says. "The first year we had a successful day from the first time we had it. And last year we had a sellout for tickets, so

it just seems to get better every year."

"We're reaching a lot more of our fans now. People sometimes come out in limos from the city, and make it like a whole event," Megan Deaust, marketing manager for Bothwell Cheese says.

Winnipeg wine retailers Banville and Jones supply the wines, and also provide ticketing and advertising for the event.

"Banville will tell (Bothwell Cheese) what kind of wines they're bringing, and then they will pair the cheese with that certain kind of wine," Vogt says.

The tasting event is held in an enclosed tent, so that cheese can be nibbled rain

or shine. Local shops also bring in a selection of meat to try, as well as oils and vinegars. And of course there will be bricks of cheddar (and other flavours) for sale to take home as a souvenir.

All the pairings come from Bothwell's regular selection of cheeses, which boasts 25 varieties, Deaust says.

"Everyone will get a little booklet, so if you like making notes in your program, bring a pen so that you can write down which pairings you liked and make notes on which cheese you want to buy and that sort of thing," Deaust says.



Festival date: June 4

Location: New Bothwell Community Centre, New Bothwell, Man.

Ticket price: \$30

Don't miss: Taking some cheese home with you

Website: newbothwell.com/wine_cheese_festival.htm



ELLICE STREET FESTIVAL

Celebrating the West End

MEG CRANE



The Ellice Street Festival is all about celebrating the West End, and this year organizers are building on that goal.

"There's a lot of people that kind of look at the West End a certain way," one of the festival organizers Kerri Stephens says.

"It's a celebration to kind of give back to the community that we're involved in and the community that we do our work in," Stephens says.

Stephens, from the West End Cultural Centre (WECC), says about 10

community organizations are involved in putting the June 10 to 11 event together.

Those groups have booths to let attendees know more about what they do. The festival also brings in free music, crafts and a bouncy castle, Stephens says.

For the first time, local artisans will be able to rent tables to sell their wares at the market, giving people further opportunities to learn more about those in the West End.

There is also going to be a food market.

"We felt like providing people with the option to provide some fresh food," Stephens says.

The Daniel McIntyre St. Matthews Community Association – which runs

a fresh food market in the summer – will be making that new festival feature happen.

For the 17th annual festival, Stephens says they've also changed the free Friday night concert event a little.

The Bart House Band will be playing at the WECC where square dancing lessons will be taught, and then the band will take their music to the streets on Saturday.

"People that came out and learned are able to dance on the street if they want," Stephens says.

With dancing, crafts, food, music and more, the West End will be showing off and celebrating its personality.



Festival dates: June 10 to 11

Location: Winnipeg, at and around the West End Cultural Centre (586 Ellice Ave.)

Ticket price: Free

Don't miss: The Bart House Band at the West End Cultural Centre on June 10 at 8 p.m.

Website: Find them on Facebook

SWORDS AND SABRES FESTIVAL

Renaissance-esque festival brings together pirate, viking and steampunk cultures

ELENA SPITCZYNA



The Norwood Grove Business Improvement Zone (BIZ) has organized live entertainment on stage for over 15 years but the Swords and Sabres Festival, first put on four years ago, has grown to be the most diverse.

The Renaissance-esque festival also welcomes pirates, vikings and steampunk performers, as well as anything else in keeping with these genres.

"It's unique. It brings together craft

and community and music," Jennifer Mathieson, the executive director of the Norwood Grove BIZ, says.

The outdoor festival runs for free in Coronation Park at the corner of St. Mary's Road and Tache Avenue rain or shine. Visitors will experience the medieval market, a pirate village and a viking village with games and vendors operating throughout the day.

The event concludes with a treasure hunt-style pub crawl through St. Boniface that starts at 7p.m. at Pasquale's Ristorante & Pizzeria at 109 Marion St.

An essential part of the Swords and

Sabres festival is the main stage which is on all day with live music, bellydancers and other performances. Past performers include Dust Rhinos and local magicians.

While it is mainly a family event, the separation of the park into different zones gives the people listening to the live music a space to enjoy it without fierce battles distracting them.

"We want to invite everyone from all over Winnipeg and surrounding areas to come in and see what's happening in our little community as well as to bring out our neighbours and encourage to just have a lot of fun."



Festival dates: June 11

Location: Coronation Park in Winnipeg

Ticket price: Free

Don't miss: Main stage performances and the medieval market

Website: Find them on Facebook

MANITOBA SUMMER FAIR

A classic Canadian fair with fun and modern twists

ANASTASIA CHIPELSKI

@ANACHIPS

The Manitoba Summer Fair has existed in various forms for 134 years. Today, the agricultural component has become more of a show-and-tell, but the fair continues to provide a wide range of entertainment for Brandon locals and visitors from beyond.

Some of the attractions – like the strong man and car show – echo classic fair experiences. But other acts are putting a unique twist on traditional fair fare.

“We’ve got the West Coast Lumberjills show... an all-female cast lumberjack

show,” Ron Kristjansson, general manager for the provincial exhibition, says. “They do log rolling and chainsaw and axe work, and they’re just an amazing group.”

Chuckwagon races will also be held, but with miniature horses courtesy of the Alberta Miniature Chuckwagon Racing Association.

In many ways, the Manitoba Summer Fair marks the start to a season. North American Midway – which brings over 40 rides for adults and kids – kicks off their season in Brandon with the fair.

And this year, just before the fair opens on Friday, a citizenship ceremony will give almost 100 new Canadians an extra reason to celebrate.

“Saturday we’ve got our Spirit of All Nations which is a demonstration from the Aboriginal groups,” Kristjansson says. “The First Nations community out here is a very strong community and we’re proud to partner with them.”

On Sunday, they’ll be hosting a \$5 pancake breakfast which includes entry to the grounds just in time for the demolition derby.

Kristjansson encourages fair visitors to bring a non-perishable food item to donate as well: “We’re proud to work with our local food banks and soup kitchens and try and incorporate a bit of that into all of our events so that we can support those that have the need.”



Festival date: June 8 to 12

Location: The Keystone Centre, Brandon, Man.

Ticket price: \$12/day for youth/adult, \$8/day for child. Weekend and unlimited ride passes also available

Don't miss: Sunday's pancake breakfast under the Domes

Website: manitobasummerfair.com

THE WINNIPEG INTERNATIONAL CHILDREN'S FESTIVAL

Featuring all you can eat hot dogs for the grownups

PALMER FRITSCHY

@PALMERFRITSCHY

The Winnipeg International Children's Festival, June 9 to 12, is set to bring acrobats, contortionists and an adults-only event featuring unlimited hot dogs to their 33rd annual event at The Forks.

“We have our usual selection of national and international artists as well as a lot of circus acts this year,” Neal Rempel, the festival's executive director, says.

Rempel highlights performer Jonathan Burns, making his Winnipeg debut with his *Flexible Comedy* show, as a must-see for this year. The Pennsylvania-based performance artist has been featured on *The Late Show with David Letterman*, *The Jay Leno Show* and most recently on *The Late Show with James Corden*.

In addition to performances from Fred Penner, Circus Incognitus (Quebec) and H'Sao (Quebec by way of Chad), visitors can see a preview for the 2017 Canada



PHOTO BY LEIF NORMAN

Summer Games (hosted in Winnipeg next summer), participate in engineering and geoscience activities on 'Engineering Friday' and build with Bricks 4 Kidz, a LEGO-based workshop.

People aged 18 and over are invited to join the after hours event on Friday evening.

“This year will be the second time we run our after hours event. Last year's event was hosted by Fred Penner because he has so many adult fans, and this year's show will be hosted by Al Simmons,” Rempel says.

The party will also include H'sao and



Festival dates: June 9 to 12

Location: The Forks

Ticket price: \$12 in advance, \$14 at the gate or \$40 for a 4FlexFest pass

Don't miss: Contortionist comedian Jonathan Burns at the 18+ after hours event on Friday evening hosted by Al Simmons

Website: kidsfest.ca

Jonathan Burns with an all you can eat hot dog buffet with gourmet toppings and adult beverages.

“Get your tickets online or just come on down – it's going to be a great weekend!”

ABORIGINAL DAY LIVE

Perfect timing for new collaborations in festival's 10th year

ANASTASIA CHIPELSKI

@ANACHIPS

To celebrate their 10th year, a special genre-mashing collaboration will be gracing APTN's free evening concert for Aboriginal Day Live at The Forks. On June 25, Polaris Prize winner Buffy Sainte-Marie will take the stage with the Winnipeg Symphony Orchestra.

“It just so happened that all the scoring, the music was being prepared, it just was perfect timing,” APTN COO Sky Bridges says.

The musical lineup also boasts acts

like A Tribe Called Red, Dragonette, and more – but the music is only one aspect of the day-long celebration.

Ten years ago, APTN created this event “to change the talking points with Canada, in order to celebrate the very best about the culture and to invite non-Aboriginal people in to celebrate,” Bridges says.

“You would turn on the news, they would mention that it was National Aboriginal Day and then they would talk about how there's all these issues that are still facing Aboriginal people,” Bridges says. “And I thought, we need to turn this into a day of celebration.”

The festival includes a second stage where First Nations, Inuit and Métis groups will be performing throughout the day. In the afternoon, they're also holding both a Pow Wow and skateboard competition.

While the event is also broadcast live on APTN, the goal of the event is to bring people together at The Forks, Bridges says.

“When you see the audiences, it is a mix. We've reached it. Canadians are celebrating with us, and that is an achievement.”



Festival date: June 25

Location: The Forks

Ticket price: Free

Don't miss: The day-long Celebration Stage

Website: aboriginaldaylive.ca



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TD WINNIPEG INTERNATIONAL JAZZ FESTIVAL

The Jazz Age comes to Downtown Winnipeg

RACHEL NARVEY

@RACHELNARVEY

For performers and audience members alike, the TD Winnipeg International Jazz Festival is a place for forming connections. Paul Nolin, the festival's executive producer, witnessed one of those pivotal moments last year during a set by Joanna Majoko.

"We had an end of festival party at Maw's Beer Hall, and Joanna Majoko was invited to perform," Nolin says. "I'm a huge fan of hers, and I guarantee, while she was up there singing and pouring her heart into that set, in the back of her mind she was like 'holy crow, I'm singing for Esperanza Spalding and Otis Brown III.'"

Four months later, Brown invited

Majoko to tour with him in France.

"I take no credit for all that talent, but I'm quite excited at the notion of bringing these people together," Nolin says. "It's what I love."

As Winnipeg's largest downtown music festival, Jazz Fest unfurls with a sort of electric energy that's partly due to its urban setting. This year's festival runs from June 16 to 26 at nine venues across Winnipeg including Old Market Square, the Burton Cummings Theatre and the West End Cultural Centre.

"The buzz and the high you can get from hopping from venue to venue and just discovering great music in these places that you're familiar with, it's a real trip."

Equally thrilling are the performers in this year's lineup: acclaimed American

saxophonist Kamasi Washington, veteran Canadian pianist Oliver Jones, and Swedish pop group Peter Bjorn and John. The festival's mandate is dedicated to presenting and promoting jazz music, but Nolin notes that he is less concerned with genre and more with quality.

"My philosophy, especially in this day and age, is that people like good music, right? (Music is divided into) different genres... but I don't believe that's how real music fans think," Nolan says.

"I believe you can love Bach, you can love Myles Davis, you can love Justin Bieber, all at once. You can probably find all three of those on my iPhone... maybe. I'm making no admissions."

For the full lineup of artists, tickets and venue information visit jazzwinnipeg.com



Festival dates: June 16 to 26

Location: Old Market Square, Burton Cummings Theatre and other downtown Winnipeg venues

Ticket price: Individual tickets available or \$225 for a festival superpass

Don't miss: New Orleans' Trombone Shorty on Sun., June 26

Website: jazzwinnipeg.com

REAL LOVE SUMMER FEST

Growing up quick

SHANAE BLAQUIERE

@SHANAELAO

Real Love Summer Fest has traces of happy stretch marks from its immense growth spurt.

Gilad Carroll and Adam Soloway, founders of record company Real Love Winnipeg and artistic directors of the festival, say they are beaming about the growth.

They say the third installment of Real Love Summer Fest (RLSF) has almost outgrown its home in Gimli, a far cry from the first festival in Matlock in 2014.

"We definitely want to emerge as an exciting new festival that is trying to grow and become something really special. We thought the best way to do that was to make the best bill possible," Carroll says.

Once a locals-only event, RLSF's 2016



lineup includes bands from Montreal, Chicago and Amsterdam, in addition to the usual onslaught of Manitobans.

"Local music is direct insight into the creative minds of people who live around you. We obviously put tons of value in that," Carroll says.

Showcasing local music remains important to the very fiber of the festival,

according to Carroll and Soloway.

"I feel like we place a lot of emphasis on actually seeing all the bands and sitting there and taking in the music. We want everyone to be at the stage, seeing all these bands play," Soloway says.

Carroll and Soloway note that other changes, such as after hours performances, art installations and tents



Festival dates: June 24 to 26

Location: Gimli, Man.

Ticket price: \$30 to \$60

Don't miss: The band Blue Crime from Amsterdam

Website: reallovesummerfest.com

to shelter festival-goers from the rain, also add fresh verve to the event.

Carroll says the festival is a place where Real Love Winnipeg's many projects come together into a spectacle of good music and closely-knit community.

"Everyone's on the same wavelength – they're happy to be there and take it all in," Carroll says.

DAUPHIN'S COUNTRYFEST

Country music's finest

MEG CRANE

@MEGCRANE

Pack your cowboy hat and practice that southern drawl, Dauphin's Countryfest is bringing the best from Memphis to Manitoba's back country roads.

The 27th annual festival is taking place from June 30 to July 3, and its president Eric Irwin promises it's going to be a great one.

"We have lots of new vendors and helicopter rides and the mechanical bull and 50 new bands," Irwin says.

There's also a social hall, beach volleyball competition and sports bar. And, yes, it is an outdoor festival.

"We really pride ourselves on providing

great service," Irwin says.

According to him, they have all the amenities anyone could want, including running water in the campgrounds, flushing toilets and showers.

But that's not what people come for.

"We have great artists – not only the Nashville A-list like Lady Antebellum and so on – but we also have a great Sunday line-up," Irwin says.

The final day of the festival has been dubbed the rebel country outlook, Irwin says. There will be a tribute to Merle Haggard, and performances by Terri Clark, The Madtrappers and The Noble Thiefs.

With three separate stages, including an amphitheatre, Dauphin's Countryfest can pack a lot of music into one weekend,

Irwin says.

"It's going to be a great festival. We've got great bands. It's going to be a lot of fun."

People under 25 can buy two weekend passes for \$250 together, Irwin says.



Festival dates: June 30 to July 3

Location: Dauphin, Man.

Ticket price: \$89 to \$250

Don't miss: The mechanical bull (or Dwight Yoakam)

Website: countryfest.ca



SUPPLIED PHOTO

WINNIPEG FOLK FESTIVAL

Bringing in the bluegrass

MEG CRANE

@MEGCRANE

There's a lot to experience at the Winnipeg Folk Festival, and the team behind the weekend music event wants attendees to try to get a taste of it all.

"It's the whole package, the whole experiential package being out in Birds Hill Park, listening to great music with friends and family, great food to eat," Folk Fest artistic director Chris Frayer says. "Enjoying where you live and being proud of where you live."

This year, people from around the world will be making the trip to the provincial park for the July 7 to 10 festival's music, beer garden, handmade village, food vendors and music store.

"New this year is there's a ton of new bands at the festival we haven't had before. There's 40 new workshops," Frayer says.

Frayer says a new and exciting event this year will be an evening of bluegrass put on by the Blue Grass Situation.

The Foggy Hogtown Boys, The Infamous Stringdusters, The Wild Reeds and Noam Pikelnny will all perform at the Big Blue stage on the Friday night

of the festival.

This will be followed by the Album Hour All Star Jam where the four groups will perform the Eagles' album *Hotel California*.

"They turn young people onto bluegrass," Frayer says, noting that they play old style music with a contemporary twist.

Frayer urges anyone who hasn't made a trip out to the festival before to come check it out this year, even if they only come for a day.

"There's a bunch of fresh stuff going on," Frayer says.



Festival dates: July 7 to 10

Location: Birds Hill Park

Ticket price: \$50 to \$318

Don't miss: John, I'm Only Dancing workshop on July 9 at the Snowberry stage from 4 p.m. to 5:30 p.m.

Website: winniepegfolkfestival.ca



PHOTO BY MATTHEW SAWATZKY

CULTURE



THE DO'S OF FESTIVAL PACKING

Preparation is key to a good time

MEG CRANE

@MEGCRANE

Festivals in Manitoba have the potential to be an absolute nightmare, if you're not prepared.

Imagine this: you get dropped off at a five-day festival with a bag full of shorts and T-shirts, food that needs to be cooked and a tent with a hole in it, only to have it rain so much that an empty jar of peanut butter floats past you in your tent? (True story, by the way).

When you are packing to leave for a festival, it's important to be prepared for any situation, ideally without lugging half a dozen heavy bags along.

First, you want to be ready for the hot sun and freezing rain.

Pack one outfit for heat and one for cooler temperatures. If it's hot, you can just run into some water to wash your clothes. If it's cold, you're probably not going to want to strip off layers to change anyways.

You'll also want a few items in case it rains, such as a poncho and rain boots or

sandals that will hold up in a mud puddle.

A warm onesie is highly recommended. It'll mean you can come with a lighter blanket to sleep with, and you'll be super stylish.

But be prepared not to come home with everything you bring. Strangers may borrow and then forget to return clothes. You could lose your clothing in the dark or the wind could carry away items put out to dry.

And, of course, festivals are messy places and you could end up with tears and stains.

While a rain-free festival may mean you're more likely to keep your clothes clean and in your possession, heat stroke and sunburns are another weekend ruining threat. Bring a water bottle you can refill, as well as sunscreen. You'll need these items to stay safe in the sun.

Food is probably what will weigh your bags down the most, and it's likely the most important item to bring.

You can use frozen cartons of juice as ice packs so you don't waste any room in your cooler, but you'll probably want to leave the food that needs to be cooked at home. If it rains, you might not be able to cook. If it's hot, you're probably not going to want to cook.

Pack pre-made cold foods, like pasta salad, and lots of snacks, like apples and granola bars.

As tempting as it is to pack junk food, try to stay healthy. Festivals can be trying. You'll be outside a lot, won't be sleeping much and might be partaking a little more than normal in your vice(s) of choice.

This combination can lead to disaster for your body, so at least make sure you're



ILLUSTRATION BY GABRIELLE FUNK

fuelling up on nutritious food.

And it's also great to pack a few fun things to do. If chilly weather chases you into your tent, you'll be happy to have a craft or deck of cards. Between musicians, a frisbee or hula hoop could

add to your enjoyment.

Put some real thought and time into packing, or you might wind up shivering and bored as a peanut butter jar floats by in your tent.

firewater.ca

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Andrew Scott
Cohen Sley

Railroad Friends
I've seen what he wants to be under
Two Socks
Patrick Alexander Leclerc

Edwards Band

Danny Michel

Vince Andrushko
Nanooks Own Prairie Sailors
Andrew Helm and the Poor Choices

Micah Erenberg
Wheat City Brass

Richard Mann
Leaf Rapids
Romi Mayes
Sweet Alibi

Brook Zeeman
The Janzen Boys

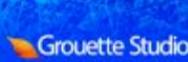
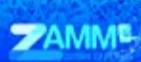
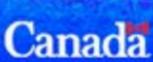
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TICKET LOCATIONS:
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ASHAM STOMPERFEST

Keeping history alive and well through the fiddle and the Red River jig

ANASTASIA CHIPELSKI



What do Harlequin, Red River jigging and curling have in common? This summer, they all have a part to play at Asham Stomperfest.

The festival, now in its 13th year, is headed by Arnold Asham. Asham's curling supply company – which bears his name – sponsors a Métis Red River jigging group, the Asham Stompers, who are also the namesake of the festival.

“Our mission is to help recapture and preserve the history of the Métis people

through the Red River jig,” Asham says. “Our purpose is to bring hope to the kids, and the Aboriginal communities.”

“(We’re) taking something right out of the community... the fiddle and the (Red River) jig, and we’re trying to take it to the world stage.”

Stomperfest also hosts the World Jigging Championships, which usually feature close to 100 competitors. This year, they’re also bringing in *Canada's Got Talent* winners Sagkeeng's Finest.

“It’s a dance festival as much as anything else,” Asham says.

Throughout the weekend, headlining

bands like The Sojourners and Harlequin will keep the party going. Camping for the festival is free, and there is food available on site as well.

While they don't care to grow the festival to the size of the neighbouring Dauphin's Countryfest, Asham hopes to bring more people out to discover the beautiful community and the magic of Red River jigging.

“I've dedicated my last 15 years to this Red River jig. And bringing it home to the Aboriginal kids,” Asham says. “It's never too late to find your passion and go for it, 'cause I probably added 10, 15 years



Location: Kinosota / Reedy Creek
Ticket price: \$105 for full weekend, \$55 for Saturday
Don't miss: The World Jigging Championship at noon on Saturday
Website: stomperfest.ca

to my life by taking up this jigging.”

NÚNA (NOW)

Festival considers modern ties to Iceland as artists converge in Winnipeg

ANASTASIA CHIPELSKI



Don't let the ties to Iceland confuse you. The history of Manitoba's Icelandic community is a story to be told with fun and games at Islendingadagurinn but at núna (now) it's all about connecting art into the present moment.

The festival brings rare opportunities to see artists like Iceland's Reykjavíkurdætur (The Daughters of Reykjavík). Five members from the all-female group of emcees will play a show at the Sherbrook Inn on June 2.

“Our festival was specifically designed as a launch from (Islendingadagurinn) to really celebrate the contemporary connections between people in Canada and people in Iceland,” curatorial committee member Erika MacPherson says.

The goal of núna (now) is “to find new ways to create this interest in keeping these bonds alive through the arts” - from music, to visual arts, to film and video and even performance.

The connections between artists are sparked by the six-person curatorial committee, made up of artists across disciplines and formed by the Icelandic Consul for the first núna (now).

On June 3, 2boys.tv from Montreal – who were also here for the first núna (now) – will collaborate with 10,000 Horses' Alexis O'Hara for a performance titled “Tesseract”, which MacPherson says is not to be missed.

Most of the events for the festival take place in early June, but an exhibition titled SINCE THEN, curated by Kegan McFadden, will be open at multiple galleries through July 23.

“We don't actually call it a festival, we call it a convergence - but it's basically a festival.” MacPherson says.



Festival dates: May 26 to July 23
Location: Various venues across Winnipeg
Ticket price: Some events \$10, some are free
Don't miss: Tesseract at the Millennium Centre on June 3
Website: nunanow.com



SUPPLIED PHOTO

GIMLI FILM FESTIVAL

Movie night on the beach

MEG CRANE



The biggest film festival between Toronto and Vancouver takes place in Manitoba's own Gimli.

“The initial appeal is being able to sit in such a cool little boutique, beach town,” Rick Kemp, Gimli Film Festival (GFF) executive director, says. “And being able to sit on the beach and watch a movie.”

From July 20 to 24, GFF will be

screening movies at four indoor venues, plus on the beach.

“I'm going to be trying to dress up the street a little bit more to make it look more like a festival,” Kemp says.

Along with putting up more signs and encouraging local businesses to get involved, Kemp plans to do up the town to look a little bit more like a theatre district.

This is the only real change to the festival this year, besides the film line-up.

“It's business as usual,” Kemp says. “It all ends up being which films we show.”

The GFF team puts a lot of time and thought into choosing the perfect line-up and, at press time, Kemp says they had not yet finalized the list.

He says it will be announced on its website, gimlifilm.com, before the festival.

“We also have an app that people can download,” Kemp says.

Through the app, attendees can check out the schedule and get more information about the films they'll be enjoying from the comfort of their sandy seat.



Festival dates: July 20 to 24
Location: Gimli, Man.
Ticket price: Free to \$100
Don't miss: The free RBC Sunset Screening on the beach starting at sundown each night of the festival
Website: gimlifilm.com



KEEPING IT COOL

Staying healthy when the hot weather hits

SARA ARENSON



Now that summer is finally here, Winnipeggers are flocking outside in their T-shirts and shorts. But warmer weather has its dark side too – the risk of getting uncomfortably, even dangerously, overheated. To help avoid a medical emergency, here are some tips for keeping cool.

Drink enough (non-alcoholic) fluids

“When we are experiencing excess heat, our bodies try to cool through increasing blood flow to the surfaces,” Dr. Heejune Chang, a public health physician with the Winnipeg Regional Health Authority, says.

Blood vessels expand to release heat, which passes into the sweat and out into the air when the sweat evaporates.

“If you don’t take in enough fluids, then the excess sweating could cause fluid loss,” Chang says.

Water is the best choice, according to Chang. Other fluids are fine, but don’t count that cold beer – alcohol actually dehydrates the body.

Check the weather – including the humidity.

“Whatever you’re going to do that day, check the weather,” Chang says. “It might be 10 degrees hotter or way more humid today than it was yesterday.”

Winnipeggers should keep an eye on the news for heat advisories. On really bad days, anyone working or playing outdoors may have to take it easy or stay out of the sun. The most dangerous time of day is between 10 a.m. and 2 p.m.

In humid weather, people have a much harder time sweating.

“When you listen to the radio broadcast they will tell you, the relative humidity and the temperature is like this, but it actually feels like a higher temperature,” Bob Reside, an advanced emergency care instructor with the Canadian Red Cross, says.

Know the symptoms of heat-related illness – and how to help

Heat-related problems range from mild to life-threatening.

Muscle cramps and heat rash are some of the earlier symptoms. A person can faint from low blood pressure, or develop heat exhaustion when the body can no longer control its temperature. Someone suffering from heat exhaustion may feel tired, dizzy, nauseous, or weak. They may even vomit.

At this point, the solution is simple: “Cool them down, get them to stop doing (physical) activity for a few minutes, and give them some cold beverages to drink, preferably without caffeine,” Reside says.

But doing nothing can lead to heat stroke – a medical emergency.



“Their body temperature gets *really* high, so it’s 41 degrees Celsius,” Reside says. “They stop sweating at this point, because their body has no more moisture in it. And so their skin gets red, it’s hot, and it’s dry. And in this case, they usually will eventually lose consciousness, just because their body’s starting to shut down. Their pulse is weak and rapid, and their breathing isn’t as good as it normally is, so it tends to be shallow.”

Heat stroke can also make someone confused or behave strangely.

Call 911 in a heat stroke emergency, but also cool the person down with fans, a wet towel or shirt, or ice on the abdomen, under the arms, or between the legs.

Use smart strategies for climate-controlled interiors

Denton Vandersteen, senior commercial systems engineer in the Power Smart program at Manitoba Hydro, sums up the secret of cool interiors in one phrase: “Minimize the load.”

The “load” is anything that makes a room hot – incoming solar heat or using electricity. Use lower-energy appliances such as toaster ovens instead of conventional ovens – or cook inside as little as possible.

Closing the blinds on windows that face south, west, and east will also keep the sun’s energy out during the day.

Hydro also recommends turning off lights or switching to LEDs.

“A 100 watt incandescent light bulb is 100 watts of heat. You have five of them, it’s like running a 500 watt heater in your apartment,” Vandersteen says.

By using an exhaust fan while cooking or showering, one can expel hot, humid air before it spreads.

When it is hot during the day and cool at night, opening windows in the evening will bring cool air in and push hot air out. On stagnant nights, placing fans in or near the windows helps create a nice cross-breeze – and a breeze alone makes people feel cooler by evaporating sweat. By keeping the blinds drawn and

windows closed the next day, one can keep the heat out.

But this doesn’t work once the nights stay hot. For those with air conditioning, Vandersteen says it is time to batten down the hatches. “You’re better off just being sort of like a submarine captain. Just don’t open windows anymore.”

For those without A/C, it’s better to open one’s windows, “so at least the place isn’t hotter than it is outside,” Vandersteen says.

Use air conditioning – and keep it well-maintained

For apartment-dwellers, Natasha Graveline, industrial commercial refrigeration mechanic, recommends the bulky window units that HVAC technicians dub “window shakers.”

“It’s going to be loud as hell, but it will work,” Graveline says.

“If you’re just getting a window shaker, don’t spend a lot of money...Just get a base model.”

Buyers can find air conditioner guidelines online. As a general rule of thumb, Graveline says that 12,000 BTUs can cool about 600 square feet of living space.

Graveline recommends leaving one’s air conditioner on all day.

“Don’t turn it off when you go to work, then turn it on again when you get home,” she says. “Leave it 2 or 3 degrees higher than is comfortable all day long. You will actually save energy.”

An air conditioner must also be in good repair to remain efficient. In particular, the condenser, or outside part of the unit where heat is released, should be kept clean.

“Clean your condenser,” Graveline says. “Cover it up in the winter, if possible. Don’t let it get covered with ice and snow.”

Owners can use garden hoses to clean their A/C units, but “you can’t rip the fins, you can’t flatten it out, you can’t puncture it in any way – that would be really bad,” Graveline says.

Find cool havens

When it’s really hot in Winnipeg, the city has extended hours at libraries, pools, splash pads and other city facilities where people can cool off.

“Don’t stay in your apartment if you’re overheating,” Chang says. “Go somewhere cooler, cool down, for sure. Go to the grocery store. Go to Safeway.”



Make a DIY “air conditioner”!

Materials:

- Styrofoam cooler (or other large container that can be cut)
- Scissors
- Miniature fan
- Ice or frozen water bottles

Steps:

1. Cut a hole in the middle of cooler’s lid, big enough for the fan to rest on.
2. Cut two holes towards the sides of the cooler lid.
3. Put frozen water bottles or ice inside the cooler.
4. Close the lid and turn on the fan.

How it works:

The fan will draw hot air in through one of the side holes. There, it will be cooled down by the frozen water. With nowhere else to go, it will then leave through the other hole. Presto, cold air!

“You can do it for less than \$20. And that is a huge benefit when you are suffering. Ice or frozen water is not going out of style.” - **Natasha Graveline, HVAC Technician**

The 8th Annual Summer Festival Guide

Festival Listings

DATES	FESTIVAL	LOCATION	WEBSITE
May 26 - July 23	núna (now)	Winnipeg	nunanow.com
May 25 - June 5	Pride Winnipeg Festival	Winnipeg	pridewinnipeg.com
June 4	New Bothwell Cheese & Wine Festival	New Bothwell	newbothwell.com
June 5	MEC Paddlefest	Winnipeg	events.mec.ca
June 5	Back 40 Festival	Morden	back40folkfest.com
June 10 - 11	Ellice Street Festival	Winnipeg	find on Facebook
June 8 - 12	Manitoba Summer Fair	Brandon	manitobasummerfair.com
June 9 - 12	The Winnipeg International Children's Festival	Winnipeg	kidsfest.ca
June 10 - 11	Niverville Old Tyme Country Fair	Niverville	nivervillefair.com
June 11	Swords and Sabres Renaissance Fair	Winnipeg	find on Facebook
June 11 - 12	Montcalm Heritage Festival	St. Joseph	museestjoseph.ca/festival
June 16 - 26	TD Winnipeg International Jazz Festival	Winnipeg	jazzwinnipeg.com
June 17 - 26	Red River Ex	Winnipeg	redriverex.com
June 24 - 25	Flatlander's Beer Festival	Winnipeg	flatlandersbeerfest.com
June 24 - 26	Real Love Summer Fest	Gimli	reallovesummerfest.com
June 25	Aboriginal Day Live	Winnipeg	aboriginaldaylive.com
June 30 - July 3	Dauphin Countryfest	Dauphin	countryfest.ca
June 30 - July 3	Flin Flon Trout Festival	Flin Flon	flinflontroutfestival.com
July 7 - 9	Carman Country Fair	Carman	carmancountyfair.ca
July 7 - 10	Winnipeg Folk Festival	Birds Hill	winnipegfolkfestival.ca
July 8 - 10	Soca Reggae Festival	Winnipeg	socareggaefestival.ca
July 13 - 24	Fringe Festival	Winnipeg	winnipegfringe.com
July 15 - 16	Summer Winds Family Music Festival	Victoria Beach	summerwindsmusic.com
July 15 - 17	Asham Stomperfest	Konosota	stomperfest.ca
July 15 - 17	Boardwalk days	Winnipeg Beach	winnipegbeach.ca
July 16	Medieval Festival	Cook's Creek	immaculate.ca
July 20 - 24	Gimli Film Festival	Gimli	gimlifilm.com
July 21 - 24	Manitoba Stampede	Morris	manitobastampede.ca
July 22 - 24	Manitoba Sunflower Festival	Altona	altona.ca

DATES	FESTIVAL	LOCATION	WEBSITE
July 22 - 24	Brandon Folk, Music, and Art Festival	Brandon	brandonfolkfestival.ca
July 24	Cripple Creek Music Festival	Morden	find on Facebook
July 27 - 29	Ballet in the Park	Winnipeg	rwb.org
July 29 - 31	Fire & Water Music Festival	Lac du Bonnet	firewater.ca
July 29 - 31	Rockin' on the Red	Lockport	halfmoondrivein.com
July 29 - 31	Canada's National Ukranian Festival	Dauphin	cnuf.ca
July 29 - August 1	Islendingadagurinn	Gimli	icelandicfestival.com
July 29 - August 1	Pioneer Days	Steinbach	steinbach.ca
July 29 - August 1	Ponderosa Days	Catwright	cartwrightroblin.ca
July 30	Prairie Comics Festival	Winnipeg	prairiecomics.com
July 30 - August 1	Rockin' the Fields	Minnedosa	rockinthefields.ca
July 31 - August 13	Folklorama	Winnipeg	folklorama.ca
August 5	Whoop and Hollar Folk Fest	Portage la Prairie	portagefolk.com
August 9 - 13	Aboriginal Music Week	Winnipeg	aboriginalmusicweek.ca
August 11 - 14	MEME	Winnipeg	memefest.ca
August 12 - 14	Interstellar Rodeo	Winnipeg	interstellarrodeo.com
August 12 - 14	Gimli Model Fest	Gimli	gimlimodelfest.com
August 12 - 14	Winkler Harvest Festival & Exhibition	Winkler	winklerharvestfestival.com
August 19 - 20	Winnipeg BBQ & Blues Festival	Winnipeg	winnipegbbqandblues.ca
August 19 - 21	Rainbow Trout Music Festival	St. Malo	rainbowtroutmusicfestival.com
August 19 - 21	Stonewall Quarry Days	Stonewall	stonewallquarrydays.ca
August 19 - 21	Harvest Sun Music Festival	Kelwood	thearvestsun.com
August 19 - 21	Eriksdale Creamery Days Fair & Rodeo	Eriksdale	find on travelmanitoba.com
August 20	Corn and Apple Festival Parade	Morden	cornandapple.com
August 20	Manitoba Filipino Street Festival	Winnipeg	filipinostreetfestival.ca
August 25 - 28	Shine on Festival of Music and Art	Kerry	find on Facebook
August 26 - 28	FallJam5 Manitoba's Music Festival	St. Andrews	find on Facebook
August 26 - 28	Oddblock Comedy Fest	Winnipeg	oddblock.ca

For more events throughout the summer, visit uniter.ca/listings

MANITOBA SUNFLOWER FESTIVAL

Sharing Altona culture

MEG CRANE



The 52nd Manitoba Sunflower Festival brings people together to share their community pride in small town Altona.

Thanks to sponsors, attendees don't need to worry about bringing their wallets for the music, parade or car show, festival chair Mike Friesen says, although he notes people might want some cash for the grub.

"Food is always a big part of the festival," Friesen says.

A Mennonite catering company will

set up a buffet of perogies, Mennonite noodles and more traditional food, while 14 food trucks will set up outside for the festival, taking place July 22 to 24.

The food trucks aren't just there to keep festival-goers fuelled; Friesen says there's a bit of a battle of the food trucks going on as well.

"We do have kind of a fan favourite where people can enter their favourite food truck in a draw," Friesen says.

The winner will be announced on the main stage Saturday evening before the final musical performances of the night.

This year, Friesen says they've worked

to expand the multicultural pavilion where people from the community will be showcasing their own culture, including food.

As always, the Manitoba Sunflower Festival will have a sunflower queen pageant.

Altona's sister city, Emerald, Australia, will send its queen to take part in the Manitoba festivities as well, Friesen says.

And that's precisely what the Manitoba Sunflower Festival is all about – showing off a small community and all its diversity.



Festival dates: July 22 to 24

Location: Altona, Man.

Ticket price: Free

Don't miss: Multicultural pavilion

Website: altona.ca

WINNIPEG FRINGE THEATRE FESTIVAL

All of The Exchange is a stage

THOMAS PASHKO



The origins of theatre are in community. The ancient Greeks considered it a religious experience, important to all citizens, and Elizabethan-era audiences would talk back to the actors performing *Hamlet* or *Macbeth*.

While modern theatre is more staid, its communal origins are alive and well at the Winnipeg Fringe Theatre Festival. The festival and performances spill far out beyond the plays and venues, with celebrations taking over the entire neighbourhood surrounding Old Market Square.

Chuck McEwen, the festival's executive producer, says that collective vibe has been present since the festival's beginnings in 1988.

"The great thing about the Fringe is that connection," McEwen says. "You can come as a single person and not know anybody, but as soon as you get on site, you're part of a family. That family talks between shows and in line, share their ideas about Fringe, what plays they liked, what they'll see next."

This year's festival includes 174 shows, with performers from Germany, Australia, Sweden, South Africa,

England, New Zealand, Israel and Russia joining their contemporaries from Canada and the US. All of this, of course, as part of in-venue plays, thus not counting buskers and street performers.

McEwen says that diverse programming creates a diverse audience, creating unique challenges for Fringe's planning and marketing.

"(Fringe's appeal) is cross generational," McEwen says. "It crosses economic and cultural barriers. Our demographic is not a small, target group. It's everyone. So it's very hard to reach such a wide ranging group with ad campaigns. We just sort of say, 'This is an experience everyone can enjoy.'"



Festival dates: July 13 to 24

Location: Various venues downtown and in The Exchange

Ticket price: \$10 per show

Don't miss: the line-up announcement on June 20

Website: www.winnipegfringe.com



SUPPLIED PHOTO

FIRE AND WATER MUSIC FESTIVAL

Camp by the waterfront and enjoy some fan favourites

ANASTASIA CHIPELSKI



For their 10th anniversary, the Lac du Bonnet festival is bringing back some fan favourites and offering expanded amenities. They'll have two sites available for camping, one outside the festival gates and one along the waterfront.

And even as a smaller festival, they've hit some impressive markers in the last year.

"Travel Manitoba, they ran an online contest pinning all these amazing festivals against each other, and we were named the

champions," marketing and promotions director Cyndi Mitchell says.

To thank their fans, they're bringing back some of the acts that their loyal audiences loved.

Alberta songwriter Andrew Scott will make his fifth appearance at this year's festival.

"I think it's fair to say the festival wouldn't be the same without him. He just brings this kinda country, rootsy feel to it," Mitchell says.

Local favourites Micah Erenberg and Richard Inman will also return, and for a bigger name they've got Danny Michel

for his only Manitoba tour date for the summer.

Once the artists arrive, then they add their own charm to the event, especially at the indoor workshop stage where audiences (and festival planners) can expect to find some fun surprises.

"It's a little bit more up close and personal type (of) setting, and a lot of our artists who are performing on that indoor stage will then change over and do a hands-on activity with the audience," Mitchell says. "The artists come out and it's as much their festival as it is ours."



Festival dates: July 29 to 31

Location: Lac du Bonnet, Man.

Ticket price: Weekend pass \$60 adult / \$30 youth (early bird prices and day passes also available)

Don't miss: Intimate workshops at the indoor stage

Website: firewater.ca



SUMMERING IN THE CITY

Take advantage of it while you can

SHANAE BLAQUIERE

@SHANAEBLQ

Summers in Winnipeg are sacred. The city's collective population crawls out of its winter enclave, marked by pallid skin and semi-permanent toque-hair. We poke our heads out hopefully, emerging into the great outdoors once again with high hopes of lakes and hikes and the simple pleasure of being able to go outside without having to wear a parka.

If your summer hobbies usually include drinking the same beer on the same patio with the same people at the same place every weekend, or thinly hoping your ex wants to get back together so you can exploit — er, *use* — their family cottage for another year, then it's about time you abandon your usual summer doldrums to leap exuberantly into #summer2k16.

As much fun as the four-straight months of responsibility-free leisure was when we were kids, for most of us, it's just not feasible. We have spring courses to take. We have jobs to work. We have a slew of other adulthood-related impediments to summer adventure. But even so, the gaps of summer that aren't



ILLUSTRATION BY TREVOR THOMAS

filled by your annual canoe trip beg to be filled valuably.

How, then, can one make hay while the sun shines? How can you even *make* hay if you're going to be stuck in the city the whole time?

Step 1: go outside. Seriously. Find any excuse you can. Ride your bike to work. Walk to the grocery store. Walk your dog. Walk your friend's dog. Walk for the fun of it. Read a book in the park. Drink your coffee on a bench. The sun is a fleeting mistress and she only loves us for so long. Bask in her glory before she disappears again.

Step 2: make your friends play sports

with you. If organized sports aren't your bag, or you can't be bothered to revive your old slow-pitch team with the borderline-offensive sexual innuendo of a team name because nobody ever gave you your \$30, then that's OK. Grab a Frisbee or a football or your ball glove and head out to the soft grass. If your friends do not heed to your many invitations, then fly a damn kite. Kite-flying is probably a sport.

Step 3: check out any number of the super rad summer festivals, bike jams, farmer's markets, art shows, or live music that graces our great city. Winnipeg is a cultural hotspot and its many musings

are beckoning to restless summer-goers like you. The city is aching to provide merriment for you.

Step 4: repeat step one. Seriously, good weather comes at a premium and you're going to regret sleeping in until noon on days you could've been taking in Manitoba's summer offerings. You can doze and watch Netflix and commiserate during the hibernation months.

Our four months of summer freedom are hampered by responsibilities — but for the short slivers of sunshine, you must make hay.

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BALLET IN THE PARK

Dancing the Nutcracker in July

RACHEL NARVEY



From July 27 to 29, Ballet in the Park pirouettes into Assiniboine Park, giving Winnipeggers a chance to see ballet outdoors, completely for free.

"It's a great outdoor opportunity, and it's fun to do," André Lewis says, the artistic director at the Royal Winnipeg Ballet. "It's open, it's exciting, and you get to see dancers really close. It's very casual, there's no sense of 'Oh, you need appropriate clothing' or anything;

you just want to be protected from the mosquitos!"

Ballet in the Park began in the early 1970s, when the open air theatre meant that there was no roof over the dancers, making the possibility of rain an issue. Lewis says there's good reason the tradition has carried on, over 40 years later.

"There's a quality about it that you don't get in an indoor show," he says.

"Every year we bring something different... We try to reach out to people that may not be able to see (ballet), that may not be able to afford to go to the

concert hall and things of that nature. We want it to be an event that has something for everyone in the family."

Presented by Manitoba Liquor & Lotteries, Ballet in the Park has attracted more than 20,000 people each year. Audience members this year can expect food trucks to be present for performances of *Cinderella* as well as *The Nutcracker* at the Lyric Theatre stage at 7:30 p.m.

"Nutcracker in July!" Lewis says with a laugh. "You always need Nutcracker in July. Bring towels, blankets, lawn chairs, friends and family, make an evening!"



Festival dates: July 27 to 29

Location: Lyric Stage, Assiniboine Park, 55 Pavilion Cres.

Ticket price: Free

Don't miss: Food trucks and nightly performances at 7:30 p.m.

Website: rwb.org/whats-on/show/ballet-in-the-park

ISLENDINGADAGURINN

Celebrating Icelandic culture

MEG CRANE



Islandingadagurinn, the Icelandic Festival of Manitoba, adds to the cultural mosaic of the province.

While the festival usually takes a look back at Icelandic heritage, this year organizers are also looking forward.

"Without taking away tradition, we're trying to focus on some more contemporary aspects," president of the festival's board of directors, Robbie Rousseau says.

University of Winnipeg professor Dr. Ryan Eyford will be at the festival

to discuss his soon to be released novel, *White Settler Reserve: New Iceland and the Colonization of the Canadian West*.

Despite the slight shift in focus, most aspects of the annual festival will still make an appearance.

"I love going to small town festivals in the summer. I think it's a very important cultural mosaic," Rousseau says.

Islandingadagurinn certainly adds to this.

From July 29 to Aug. 1, the streets of Gimli will host music, sports, food and contests. Between the sandcastle contest, short story and poetry contest, and many other events, attendees will

also be able to show off their skills at Islandingadagurinn.

"It's really a broad spectrum," Rousseau says.

And the only events attendees will need to pay for are those that have a limited capacity.

The alternative folk festival in Gimli Park on Sunday is one feature attendees will be able to enjoy without shelling out cash.

"We're really happy that we can showcase some amazing Manitoban and Canadian talent," Rousseau says.



Festival dates: July 29 to August 1

Location: Gimli, Man.

Ticket price: Free

Don't miss: The parade the morning of August 1

Website: icelandicfestival.com

CULTURE



EASY SUMMER TRENDS

Fashion for festivals and more

PATRICIA NAVIDAD



Now that it's summer, many people are outside enjoying the sun at parks, in backyards and at summer festivals.

If you're like me, chances are you aren't so great at choosing what to wear once summer rolls around because of the sometimes unpredictable weather of this city. However, this summer, it might be worth trying some new summer clothing trends.

Whatever your style, these four summer trends can be pulled off by anyone.

The first trend is accessories. The main accessories for summer are long necklaces, hats and sunglasses. Long necklaces, especially for festival goers, seem to be one of the essentials.

Whether it's a crop top or a simple graphic tee, having a long necklace can add an effortless look to any outfit.

If the necklace, for example, has a small charm on the end, it can blend into the outfit and make it seem that it was meant to go together.

If the necklace has a huge charm, it could make the outfit pop and look complete.

Although hats are functionally useful as protection from the sun, they're also fashion items since they come in many different colours and styles perfect for any summer outfit. Personally, my favourite is a fedora, especially one with a wide brim perfect for shade against the sun.

Like hats, sunglasses aren't only functional.

For example, wayfarer sunglasses with their box shape are timeless and add a mysteriousness and cool vibe to any look.

The second trend this summer is prints. Whether it's a top or shorts, prints are a staple piece in the summer because it marks the transition from spring pastel colours.

The third trend making the rounds this summer is the off-the-shoulder top.

Depending on your style and the shirt, this trend works well with one bold accessory, such as a choker which creates a cool and edgy style.



ILLUSTRATION BY MELANEE TESSLER

The last trend for the summer is the fringe.

The fringe is a common look in festival settings such as Coachella because it projects a free-spirited look perfect for a festival, plus it's also a fun piece to wear.

Whether on boots, a top or a bag, the fringe has become an essential piece at festivals.

Whatever your style these four trends can be helpful if you want to update your look or try something new.



FOLKLORAMA

Delicious food and global entertainment

THOMAS PASHKO



Folklorama is a testament to Manitoba's diversity. The first Folklorama in 1970 was intended as a one-time event, but the desire to see more communities represented kept the festival going to this day. The fact that only five of the original 1970 pavilions are still participating shows how much our population has changed and grown in the past five decades.

Folklorama's executive director Debra Zoerb says those changes are reflected in the sheer enormity of the festival, which relies on over 20,000 volunteers to run.

"There aren't any pavilions making their first appearance at Folklorama this year," Zoerb explains, "but we do have pavilions who weren't there last year. Hosting a pavilion is an

immense amount of work for cultural communities, so some have chosen to alternate the years they participate. So we have the Argentina, Mexican, Chile Lindo and Chinese pavilions coming back this year."

Those add to the total of 45 pavilions, each representing different cultural communities within the province. All pavilions include food and beverage, as well as three shows a night. The shows can be dances, performances, or some other cultural display.

Zoerb says that the richness of the cultural communities participating is what has kept the festival so fresh for 46 years.

"Communities are really good at knowing which aspects of their shared culture will become the popular statements," Zoerb explains. "There will always be perogies at the Ukrainian pavilion, for example. But they're also

always looking for new aspects to share, whether it's a new show, a new menu item, or a different theme from their culture throughout the pavilion."



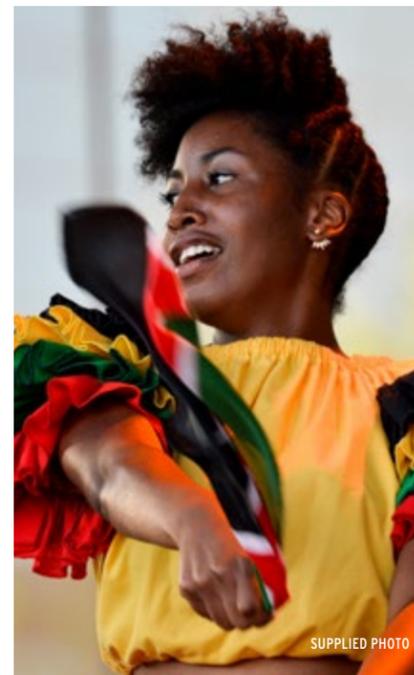
Festival dates: July 31 to August 13

Location: Various pavilions across Winnipeg

Ticket price: \$6 (free for children 12 and under)

Don't miss: Returning pavilions from Argentina, Mexico, Chile and China

Website: folklorama.ca



SUPPLIED PHOTO

MEME FESTIVAL

Dedicated to electronic musicians

ELENA SPITCYN



The Manitoba Electronic Music Exhibition (MEME) is an electronic music event that sparked a movement seven years ago.

Organized by a group of volunteer staff, it is a festival dedicated to audio-visual art

and underground electronic music.

"We wanted to start doing an event that was not just in clubs or in a warehouse but outside in public so more people could see it," Nathan Zahn, the founder and director of MEME, says.

MEME 2016 is a four-day multi-venue event that will feature live electronic acts and a fusion of music and video with installations, lightning and lasers.

The festival includes outdoor concerts each day with DJs from Winnipeg and across Canada, followed up by parties at different venues.

Headliners for 2016 include Calgary's Jon Delerious, John Norman from Toronto and Montreal's Nautilus.

The festival also organizes workshops taught by artists and professionals from around the world. This year's workshops

include classes on audio production and mastering, interactive technology demos, industry panels and discussions, and a VJ class.

"It's more of an artistic, creative type of festival, so people who want to hear something different – this is really going to be good for them," Zahn says.



Festival dates: August 11 to 14

Location: Old Market Square, the WAG and the Pantages Playhouse

Ticket price: \$15 to \$40 per show or \$70 for a festival pass

Don't miss: The After Cube 1.0 at the WAG with five rooms of music including the rooftop

Website: memefest.ca



SUPPLIED PHOTO

INTERSTELLAR RODEO

Bringing the music festival to the city

MEG CRANE



Interstellar Rodeo is coming back to Winnipeg for the second year, making the weekend music festival more accessible for city slickers.

The festival takes place right inside Winnipeg at The Forks, meaning attendees don't need to travel far to enjoy a day of live music outdoors from Aug. 12 to 14.

"It makes it easier for people to make it a part of their weekend without making

it a whole shebang," Sara Stasiuk of Interstellar Rodeo says.

People can walk, bike or drive down, and enjoy the music with a glass of wine on the grassy hill and then head home to their own bed.

"We try to make it really easy and really comfortable," Stasiuk says.

She says the setup hasn't changed much from last year because everything ran smoothly and as planned with no major complaints from ticket holders.

The festival line-up includes more than 20 groups from across North

America, including k.d. lang, Neko Case and Serena Ryder.

"Aside from the headliners, all of the non-Canadian bands have never played Winnipeg before," Stasiuk says.

Margo Price, and Thao and the Get Down Stay Down are two performers who haven't graced the stages of Winnipeg before.

Stasiuk says many people arrive at the festival to see bands they've never heard of before and leave with a new favourite musician.



Festival dates: August 12 to 14

Location: Winnipeg

Ticket price: \$65 to \$225

Don't miss: The Strumbellas on Friday night at 6 p.m.

Website: interstellarrodeo.com

GIMLI MODEL FESTIVAL

Flying high, but small

MEG CRANE



Gimli Model Festival will be sending planes weighing from a few ounces to 75 pounds up into the air.

“It provides what we sort of call a fantasy of flight,” festival vice-president Jeff Esslinger says.

In its 12th year, this August festival attracts about 1,500 people from around the world to Gimli, Esslinger says.

“There’s a really top notch – as far as Canada and the US goes – flying facility,” Esslinger says, referring to Interlake Radio Control Model Club’s flying site near Gimli.

Throughout the weekend, members of flying clubs will be sending their models into the sky for fellow flyers and spectators to watch.

“If anybody is ever interested in model



airplanes, it’s a good place for people to come out and check out the different varieties,” Esslinger says.

Organizers even restructured the festival this year to give potential pilots a chance to chat with those with more experience.

“On the Sunday, we’re changing up the activities to not have so much of a formal air show,” Esslinger says.

With informal flights taking place, the

pilots will be available to talk shop. But the Gimli Model Festival isn’t just for flight enthusiasts.

Esslinger says many people make an entire vacation out of the festival, taking in the flying demonstrations but also exploring some of the other attractions the town has to offer, such as go-karting, swimming and camping.

That doesn’t mean people shouldn’t be



Festival dates: August 12 to 14

Location: Gimli, Man.

Ticket price: \$5

Don’t miss: The mini donuts

Website: gimlimodelfest.com

prepared to spend a significant amount of time with their heads turned to the sky.

“It’s family-oriented. We encourage people to bring the family, bring the sunscreen. Bring a blanket or your lawn chairs,” Esslinger says.

In other words, get ready for a long day outdoors.

WINNIPEG BBQ & BLUES FESTIVAL

Don’t forget to bring a napkin

ELENA SPITCZYNA



The Winnipeg BBQ & Blues Festival, founded in 2012 by the late Manitoba music legend Kevin Walters, has been organized by True North Sports and Entertainment for the past three years.

“We definitely shared Kevin’s love of music and events so we jumped at the chance to be involved and keep his vision alive,” Alayne Nott, the entertainment marketing director at True North Sports and Entertainment Limited, says.

Walters was a prominent figure in Winnipeg’s entertainment scene, serving as manager of Manitoba Music and Sound, executive director of Manitoba Homecoming 2010 (the year-long celebration marking the province’s 140th birthday), and as project manager for

Culture Days Manitoba. He ran the BBQ & Blues Festival for two years before his death.

“BBQ-style food and pro BBQ competitions have gained considerable popularity in recent years and marrying that theme with a celebration of blues music is a really great fit,” Nott says.

The two-day festival will feature some of the best local, national and international blues performers, like James Cotton and Creedence Clearwater Revisited.

Another essential part of the event is the “Pit Masters” – a barbecue competition open to amateurs and professionals who compete to get points, cash prizes and a chance to be invited to participate in world championships in the United States.

There are also food and beverage offerings, including public tastings of pro

BBQ dishes competitors have prepared.

“There’s something about enjoying great music and delicious food in the heart of Winnipeg’s downtown during the summer – it’s a very cool vibe,” Nott says.



Festival dates: August 19 to 20

Location: Burton Cummings Theatre (364 Smith St.) and Smith Street in Winnipeg

Ticket price: \$39 to \$129

Don’t miss: Legendary blues harmonica player James Cotton on Saturday night

Website: winniegbqandblues.ca



MORDEN CORN AND APPLE FESTIVAL

Free corn and apple juice

MEG CRANE



The Morden Corn and Apple Festival has grown from one block to eight since it sprouted in 1967.

“What hasn’t changed is that it’s always fun and it’s free,” festival administrator Cheryl Link says.

During the festival on the weekend of Aug. 26 to 28, Link says attendees can spend an entire day enjoying music, dancing, eating corn and drinking apple juice on the streets of the small Manitoba town without paying a cent.

Her personal favourite part of the

festival is the parade, which includes everything from small local businesses and corporate companies.

What makes this year’s celebration special is that it’s the 50th anniversary.

“We’ve invited back our chairs and old queens,” Link says.

The queen pageant is no more at this festival, but Link says some of the town’s young people came together to organize the Youth Ambassador Project.

Similar to a traditional queen pageant, young people compete for top place, but this competition isn’t about looks and it’s for people of all genders.

“It’s more about preparing for the workplace, being a good citizen,

volunteering, event planning, public speaking, how to do an interview and all those types of things,” Link says.

Also new this year is the Wind Warrior Challenge.

Teams of two wind turbine technicians and crane operators will compete in the blind crane lift, troubleshooting, first aid, confined space and rescue from heights challenges while attendees gain a better understanding of what it’s like to work at windy heights.

Link says the Morden Corn and Apple Festival has been named a star celebration in Manitoba, making it an event people don’t want to miss.



Festival dates: August 26 to 28

Location: Morden, Man.

Ticket price: Free

Don’t miss: The parade on Aug. 27 at 10 a.m.

Website: cornandapple.com

STAY CLOSE TO HOME THIS SUMMER

Why you should ditch the big festivals for local fare this season

ANASTASIA CHIPELSKI

@ANACHIPS

As soon as spring hits, mall windows fill with festival fashion inspiration and websites start pumping out lists of who wore what to Coachella.

Maybe you've heard of – if not attended – some of the big name festivals with star-studded lineups. When we hear “festival,” maybe you think of Lollapalooza, Bonnaroo, Warped Tour or Osheaga.

Travelling to big festivals can be an adventure – the kind that involves shelling out a lot of cash to cram yourself into a crowd of mostly total strangers, afraid to step out of the throngs to collect a \$10 bottle of water or to visit a fetid porta-potty because you'll never get back to your coveted spot again.

You get to see a few Big Name Bands

for short sets while the crowd around you is basically holding you up. There's a particular thrill of it all, if you're into that kind of thing.

But Big Names and famous festivals aren't the only way to have an amazing summer packed with awesome festival experiences.

In Manitoba, you could find a different festival every weekend. For the cost of tickets, travel, and food for one big festival, maybe you could check out five smaller festivals here (without the exchange rate).

You won't catch as many Big Names at a Manitoba festival, but there's a good chance you'll see some hidden talents. Many acts who have graced these smaller stages go on to play bigger festivals. You could be one of the lucky ones lying under an oak tree at a festival stage, drifting in and out of an afternoon nap as Leslie Feist gets her career started (that may have actually happened).

At a Big Name fest, you can pick up a cool t-shirt, but at the smaller festivals you can collect something much more valuable: the right to be that insufferable braggart who says “Oh yeah, I saw that band when they were just starting out.”

This summer, you could discover your friends' and friends' friends' hidden talents when they take the stage. Eschew the Big Name Bands altogether in favour of rooting for the little guys, basking in their unbridled energy and enthusiasm. Collect all their basement-recorded tapes and cheer them on: Tell them they could totally be a Big Name someday.



ILLUSTRATION BY SAMANTHA SECTER

Or just kick back and enjoy yourself. Spread your blanket out – there's plenty of space in a comfortable crowd of hundreds, or the wee thousands. Those around you at smaller festivals are often there because they share some common interest, and most summer festivals make a point of welcoming everyone into their festival culture and sharing the love.

The festival vibe is more than the right collection of accessories and an outfit that screams “I'm a free spirit!” It's a sense of curiosity and openness, and that same sense of adventure in a more local context. Try a festival in a town you've never visited, or check out a kind of

music you wouldn't normally listen to. Ask to join that frisbee game out in the field (and try to reign in your wild arm so you don't lose your new friend's disc).

A lot of these smaller festivals don't turn a huge profit. These are passion projects, and volunteers are abundant, but their mission is to curate a memorable experience for those who are keen to join them. So ditch that plane ticket and love your locals this summer!

Anastasia Chipelski is the Managing Editor at The Uniter. She plans on collecting as many local festival experiences (and naps) as possible this summer.

July 20 - 24, 2016

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MANITOBA FILIPINO STREET FESTIVAL

Celebrating a growing community

PATRICIA NAVIDAD

 @TRISHNAAV

When the Manitoba Filipino Street Festival organizers decided to hold their first event in August 2012, there were people who said it couldn't be done.

But they didn't give up and more than 5,000 people came.

Now in its fifth year, the festival is making history by marching down the streets of downtown, ending at Manitoba's Legislative Building.

"This is history in the making because no Filipinos have ever, ever marched downtown and we are the first ones," Aida Champagne, chair of the festival, says.

With 70,000 Filipinos living in Manitoba, it's no surprise the festival keeps on growing as people come together to share their cultures and traditions.

Those participating in the parade will represent some of the many Filipino associations in Manitoba.

"Our aim is to invite people to have



a community get together in the spirit of volunteerism while at the same time promoting the culture, tradition and heritage of the Filipino people in Manitoba," Champagne says.

Local talents will perform on the grounds of the Legislative Building after the parade and at night a Filipino movie star will entertain the audience.

There are two events leading up to the festival.

The first is the Tiangge Ng Bayan, a Filipino community market held at the Maples Multiplex Arena on June 11 along with the talent portion of the Queen of the Festival competition and the contest for the first-time ever Bulilit Queen (little girl queen).



Festival dates: August 20

Location: Winnipeg, parade starts at Northgate Shopping Centre.

Ticket price: Free

Don't miss: The Wonders of the Philippines-themed floats at the march

Website: filipinostreetfestival.ca

The Queen of the Festival competition features 14 women who represent different places in the Philippines who compete to be chosen as the representative of the festival.

The second event is the coronation night of the Queen of the Festival competition on July 10 at Canad Inns.

COMMENTS

LET THEM LOVE

PDA is A-OK!

MEG CRANE

 @MEGCRANE

There's nothing wrong with public displays of affection (PDA), and we need to stop telling people there is.

Now, what we're talking about here is hand holding, kissing and snuggling, without crossing the line into groping, humping or actually doing the deed in public. The G-rated sorts of things that most people wouldn't mind their children seeing.

While some adults don't like first-hand witnessing the mushy stuff, there's no denying that it can actually be triggering from some.

For starters, it's not safe for every couple to hold hands with their love in public. Queer couples sometimes experience harassment, including violence, when they show affection to one another publicly.

For people in these situations, seeing couples who aren't at risk can be emotionally difficult.

But really, every couple regardless of gender, race, size and whatever else should be allowed to express their love without harassment. So, instead of trying to take PDA away from everyone, why don't we work harder to make PDA safe for all?

When you see a gay couple walking down the street holding hands, give them the same sweet smile you'd give to a straight couple. Blogger Helen

McDonald says she raises a fist to display a rainbow bracelet around her wrist when passing a same-sex couple showing their love.

Of course, stand up for the couple if someone's reaction is inappropriate, such as if they're making disrespectful or threatening comments. Showing your support not only could make them feel safer, it's also a way of telling the harasser that it's their actions that aren't acceptable.

Let's fight for the right to snuggle on park benches!

Regardless of sexuality, someone fresh out of a break-up who sees a couple snuggling might end up showing embarrassing public displays of intense sadness. Like most things in life though, it's sort of how you look at it.

Sure, not all onlookers have someone to put their arm around their shoulder or kiss their cheek, and that might be upsetting. But that couple, so in love they lose themselves in each other's gaze in a bustling restaurant, is proof that there is love out there, and we can all find it.

Pushing personal romantic situations aside, it's hard not to melt when witnessing PDA.

Even those who don't swoon over love birds shouldn't be telling them what non-sexual activities they can and cannot do with their bodies in public.

Someone might not love the look of a shirtless elderly man jogging down the street, but that doesn't mean that he should have to cover up.

A skinny woman in a crop top might upset someone who is self-conscious about their own body, but that doesn't mean that she shouldn't be allowed to flaunt her belly if that's what she wants.

Alright, we might not all love watching couples lying in the grass in a public park making out. However, is it really any of



ILLUSTRATION BY GABRIELLE FUNK

our business? It's not our business than a shirtless man or crop-top clad woman.

No one is forcing us to watch, and they're obviously having fun and enjoying themselves. Let's just all let each

other be ourselves, without judging or shaming. Alright?

Meg Crane is a freelance writer and the founding editor of *Cockroach*.

RAINBOW TROUT MUSIC FESTIVAL

A three-day-long hug

RACHEL NARVEY

 @RACHELNARVEY

“Delicious food, delicious people, delicious music,” declares one of the Rainbow Trout attendees in a preview featuring clips from the festival last year, dubbed “The Magical Mystery Trout.” The video captures festival goers lounging in the sun as they listen to music, play around in the water and dance around a stage during a show at night.

“I like to think of the fest as a three-day-long warm hug,” Ben Jones says, one of the festival’s nine board members. “You can float down the Oroseau River, laughing and hanging out with all of

your friends with beautiful music setting the perfect soundtrack.”

Rainbow Trout organizers have taken measures to make this year’s festival more inclusive and comfortable for attendees with a safe space policy, clean drinking water and shelter from the sun, though it wasn’t always this way.

“It used to be pure DIY,” Jones says. “It was bring your own toilet paper, nothing will be supplied to you. It was like Burning Man on a tiny scale, and we still want that same idea, that people are there to take care of themselves, and to take care of others, but we’re going to actually supply you with everything we need as much as we can.”

This year is the festival’s seventh

iteration. It all starts on Fri., Aug. 19 and goes until Sunday evening at the Oroseau campground, approximately one hour southeast of Winnipeg. Attendees can get excited over a talented lineup, featuring local acts like Basic Nature, Beth and Well Sister.

The small scale of the event nurtures a sort of camaraderie, something Jones mentions that makes Rainbow Trout a special experience.

“The distance from your tent to any given area on the site is less than five minutes away,” he says. “And if you’re still too lazy to walk there, someone will lend/give you whatever it is you’re looking for.”



Festival dates: August 19 to 21
Location: Oroseau campground, south of St. Malo, Man.

Ticket price: \$80 for a weekend pass

Don't miss: Smoky Tiger at the Night Tent, Saturday evening

Website: rainbowtroutmusicfestival.com

FALLJAM5

A one-man-made Manitoba festival

ANASTASIA CHIPLESKI

 @ANACHIPS

For long-time musician and promoter Roger Sing, it just made sense to start a festival in his backyard. This year, 17 bands will step onto the stage that Sing built himself (properly certified and engineered, of course) for FallJam5.

“I do it because I love what I do, and with all the venues that seem to be shutting down, it’s good to open up a new one,” Sing says.

For the past few years, the one-man

festival has been a one-day show, and this year he’s expanded to two days. There’s room to park and camp on Sing’s 20 acres, and if anyone gets stuck (as they did in the August storms last year), he’ll pull them out with his tractor, no problem.

Compared to other festivals, Sing has tried to keep his ticket prices affordable. “It’s \$12.50 a day. What do you pay for a social?” he asks.

And the lineup is chock full of Manitoba bands, including Sing’s two projects: The Rock Show (who are headlining the Saturday night) and Hat-Trick. Friday’s lineup includes Tin

Can Bandits, The Bloodshots and a Black Sabbath / Ozzy tribute. The music starts at 4 p.m. on Friday and noon on Saturday, but will wrap up before 11 p.m. to stay within the local bylaws.

Festival attendees are welcome to bring their own drinks and snacks. Sing’s hoping that word will spread and people will check it out because it’s so close to the city – just 13 minutes from Seven Oaks General Hospital on Highway 8.

And if you’re not exactly sure where you’re going, just look up: “You can actually see the stage from the highway,” Sing says.



Festival date: August 26 to 27

Location: St. Andrews

Ticket price: \$25 weekend pass, \$15 a day for adults, \$10 a day for youth, 13 and under free (with parents)

Don't miss: The Rock Show at 10 p.m. on Saturday

Website: Find them on Facebook

ODDBLOCK COMEDY FESTIVAL

South Osborne gets silly

ELENA SPITCZYNA

 @CAMPUS_ELENA

After last year’s success, the four-day Oddblock Comedy Festival is coming back to South Osborne on the last weekend of August.

The festival, launched by The Park Theatre’s owner Erick Casselman, talent booker Kevin Mozdzen and local stand-up comedian John B. Duff, will showcase all types different comedy.

“We like certain types of comedy and I guess we thought that a lot of the comedians we really liked weren’t coming to the city, so an excuse to get a whole bunch of them in town for one weekend was really exciting to us,” Mozdzen says.

Like last year, the second Oddblock Comedy Festival will take place across South Osborne venues all within walking distance of each other. While most of the action will happen at The Park Theatre, there are number of shows at neighbouring restaurants and bars.

“I think the thing that makes us unique is that all of the venues are within one block of each other,” Mozdzen says.

“Some places that are not your typical comedy venues.”

Oddblock features local and touring comedians, including a lot of talent from the United States, like Matt Braunger, Kate Berlant and Todd Glass.

Such a wide range of comedians make the festival appealing for everyone, according to Mozdzen.

“I think people really like comedy, so a chance to come down and see whole bunch of shows without having to leave one neighbourhood is really appealing,” Mozdzen says.



Festival dates: August 25 to 28

Location: The Park Theatre and various venues in South Osborne

Ticket price: \$5 to \$20

Don't miss: Matt Braunger

Website: oddblock.ca



SUPPLIED PHOTO

SHINE ON FESTIVAL OF MUSIC AND ART

A weekend community of artists and familiar faces

TALULA SCHLEGEL

 @TALULACORA

Engaging, community and energetic are three words Shine On Festival of Music and Art volunteer Michael Degroot uses to describe the three day summer festival.

Shine On includes a diverse selection of local music and artistic performances, festival traditions and activities.

Degroot began his relationship with the festival in 2007 as an attendee and then performer.

"I began volunteering over the last two years," Degroot says. This year Degroot is the coordinator of the stage and grounds projects.

Degroot says the size of the festival affects the way festival goes experience Shine On and is an important factor in building the festival community over the



PHOTO BY EMILY CHRISTIE

weekend.

"We cap the festival at a size that we feel allows us to deliver consistently the best experience possible," Degroot says. "Large enough that you can get lost in a crowd of dancers, but small enough that by the end of the weekend all faces start becoming familiar."

Degroot says Shine On creates a platform for local musicians and artists to showcase what they love to do; this love and support is a prevalent part of

the festival atmosphere and creates that hyper-connected community unique to Shine On.

"By witnessing the energy and enthusiasm that our community has, it helps to inspire and motivate the volunteer organization that runs Shine On to always be improving our festival," Degroot says.

Degroot explains the excitement around building a new dance floor and making repairs to the stage so performers



Festival dates: August 25 to 28

Location: Kerry, Man.

Ticket price: Full festival \$60, day pass \$20 (also available at gate)

Don't miss: Shine On fundraisers and community building events. Line up TBA

Website: Find them on Facebook

will have a place to play for many years to come.

"My favourite part of the festival is watching the fruits of our labor come to life. Being able to witness an empty field turn into a sea of tents and smiling faces is always a good moment."



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.

ANNUAL CAREER FAIR 2016

SECOND FLOOR, RICE CENTRE

ACCESSIBILITY RESOURCE CENTRE

The Accessibility Resource Centre has moved! Accessibility Services and Deaf and Hard of Hearing Services are now located in Room 1M35, first floor, Manitoba Hall.

Email: accessibility@uwinnipeg.ca

Phone: 204.786.9771 Fax: 204.774.3475

Hours: Monday-Friday 8:30-4:30

The Accessibility Resource Centre facilitates and promotes an accessible learning environment which provides students with disabilities and health conditions the opportunity to fully participate in all aspects of campus life. We assist students with a variety of disabilities including physical, learning, mental health, visual, Deaf and Hard of Hearing, chronic illness, and temporary conditions as well as reoccurring medical conditions. Contact us to make an intake appointment and we can assist you with any questions you may have regarding our services.

AWARDS & FINANCIAL AID

2016-17 IN-COURSE AWARDS

The values for in-course awards range from \$100 to over \$10,000. There are both financial need based awards (awards and bursaries) and also merit based awards (scholarships and prizes) available. Applications will be available online in July 2016. APPLY IN JULY!

GOVERNMENT STUDENT AID

Application for the Spring/Summer session is currently open, and the application for 2016-17 Fall and/or Winter term(s) opens June 1. Apply as early as you possibly can to prevent start of term funding delays.

For more information and links to application forms, visit: uwinnipeg.ca/awards

CAREER SERVICES

Do you need any help with your job search or career exploration? Contact Career Services at careers@uwinnipeg.ca to book an appointment. We are on the 2nd floor of the Rice Centre and open Monday-Friday from 8:30am-4:30pm.

STUDENT CENTRAL

A) SPRING TERM (U2015S) GRADES

Spring Term grades for courses that finish by the end of June will be posted on WebAdvisor about the third week of July. Grades for courses that finish in July will be posted about the third week of August. Grades for courses that finish in August will be posted in September.

B) SPRING TERM WITHDRAWALS SCHEDULES

Spring Term classes are scheduled at various times between May-August. Please check the online withdrawal schedules for the both the date in which one is eligible for a refund and the final voluntary withdrawal date for that specific course section. uwinnipeg.ca/registration/withdrawal-schedules

C) REGISTRATION & STUDENT PLANNING

WebAdvisor's new planning and registration module, Student Planning, went live March 2. Attend an information session June 13, June 27 or July 11 to learn how it works. Also, read the WebAdvisor & Student Planning Guide on the main menu page of WebAdvisor for more information. Watch the helpful videos at uwinnipeg.ca/student-planning. Start planning out your degree now!

D) 2016-2017 REGISTRATION DATES/TIMES

Tiered registration date/times will be emailed to undergraduate students by June 10. Registration

dates/times will appear on WebAdvisor too. Please email studentcentral@uwinnipeg.ca if you have not received yours by June 10. Assigned dates/times are the first opportunity to register, but you can register any time after that point until classes begin.

E) FALL TERM TUITION FEES: SKIP THE LINE, SAVE TIME, AND ENTER TO WIN PRIZES...BY PAYING THROUGH YOUR BANK!

Every student who pays for Fall and/or Fall/Winter Term (U2016F & U2016FW) courses by September 6, 2016 either:

- 1) a bill payment through their financial institution (online, telephone, in-person at a branch)
- 2) via peerTransfer, or
- 3) through WebAdvisor with a credit card

will be entered into a draw. Prize packages include Bookstore gift cards, UWinnipeg backpacks, notebooks, and more!

All Fall and Fall/Winter Term undergraduate tuition fees are due by September 6, 2016, regardless of the start date of the course from September-December. Late fees are \$77.00.

F) LOCKER RENTALS

Looking to rent a locker? There are lockers available on the lower level and 1st floor of Manitoba Hall, the 1st-4th floors of Centennial Hall and the 3rd floor of Richardson College. Locker rentals are \$20.00 per person per term. Students must be registered for Fall Term classes first in order to be eligible to rent a locker. See uwinnipeg.ca/student-central for more information.

G) CHANGES TO SC'S HOURS

SC will be open 9:00 am - 4:15 pm on Friday, June 24th

SC will be open 9:00 am - 4:15 pm on Friday, July 15th

SC will be open 9:00 am - 4:15 pm on Friday, August 19th

H) STUDENT CARDS

New students! - fast track your UWinnipeg student ID card. Just email your photo to Student Central in advance - by Aug. 19, 2016 - and we'll have your

student card ready for pick up during Orientation week (Aug. 29, 30, 31, Sept 1, 2016). Returning students - continue to use your same card. It will renew automatically when you register in classes.

WELLNESS AND STUDENT LIFE

Thank you to all of the students who filled out the National College Health Assessment Survey! Watch for summary information and new initiatives this fall.

Reminder: Klinik on Campus will only be open on Tuesdays until the end of August, when it re-opens every day. For an appointment, email: klinik@uwinnipeg.ca

Student Counselling Services is open over the summer. For an appointment, email studentwellness@uwinnipeg.ca.

Want to live on campus this fall? UW residence still has space for you! Visit: uwcampusliving.com

STUDENT PLANNING INFORMATION SESSIONS

For assistance with using the new "Student Planning" online tool, check out an Information Session on one of these Mondays: June 13, June 27 or July 11. Each session is from 4:30-5:30 p.m. in Room 1C16A (1st floor, Centennial Hall). No registration is required.

NEW ACADEMIC CALENDAR

Print copies of the 2016-2017 Academic Calendar will be available for purchase (\$15 each) at the Student Services Centre, 489 Portage Avenue. To confirm availability or to access the free online version, go to uwinnipeg.ca Click "Student" - Click "Academic Calendar"

SUNNY SUMMER WISHES

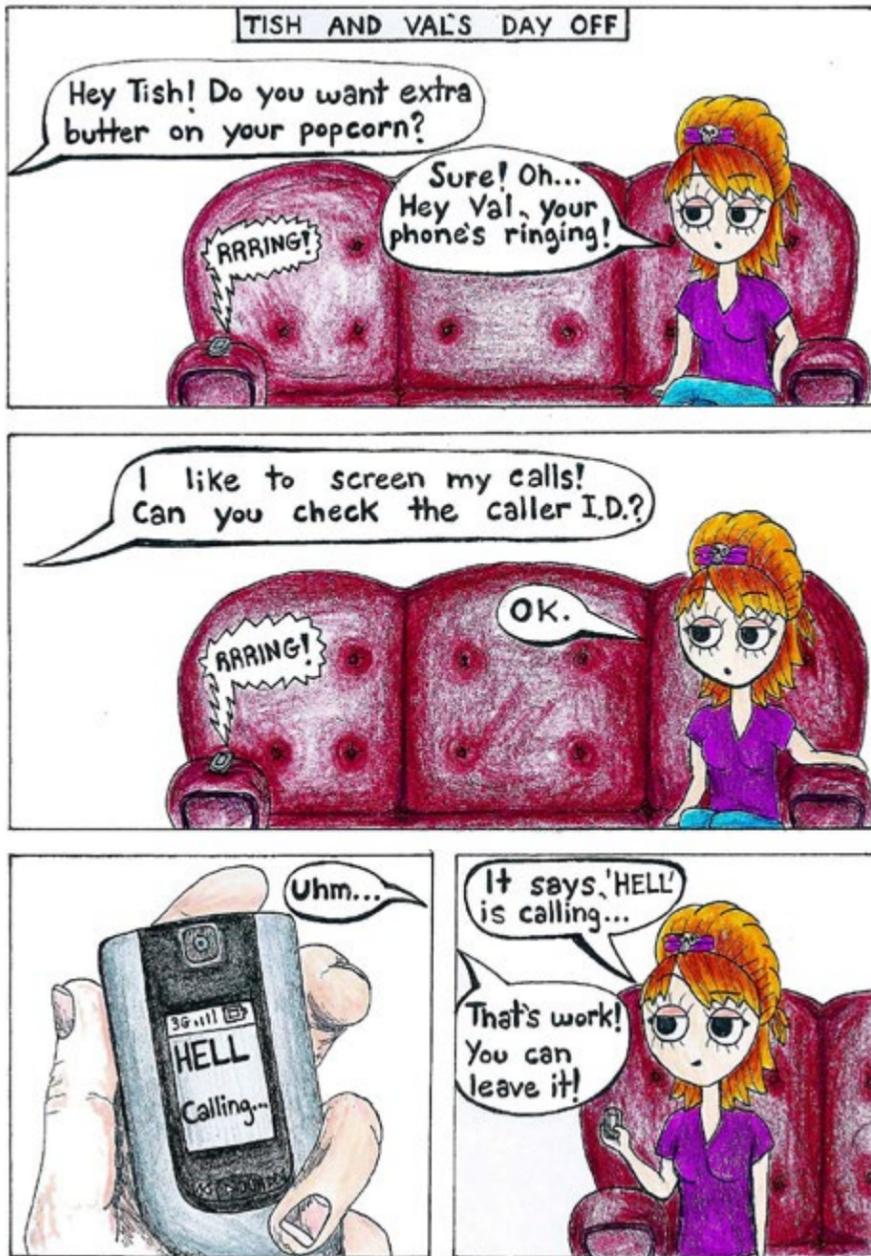




Un-Supermarket

by Sari Habiluk

facebook.com/SariHabilukArtisticWorks



FOR FALL 2016

WE'RE HIRING!

THE UNITER IS SEEKING...

CREATIVE DIRECTOR and COPY AND STYLE EDITOR

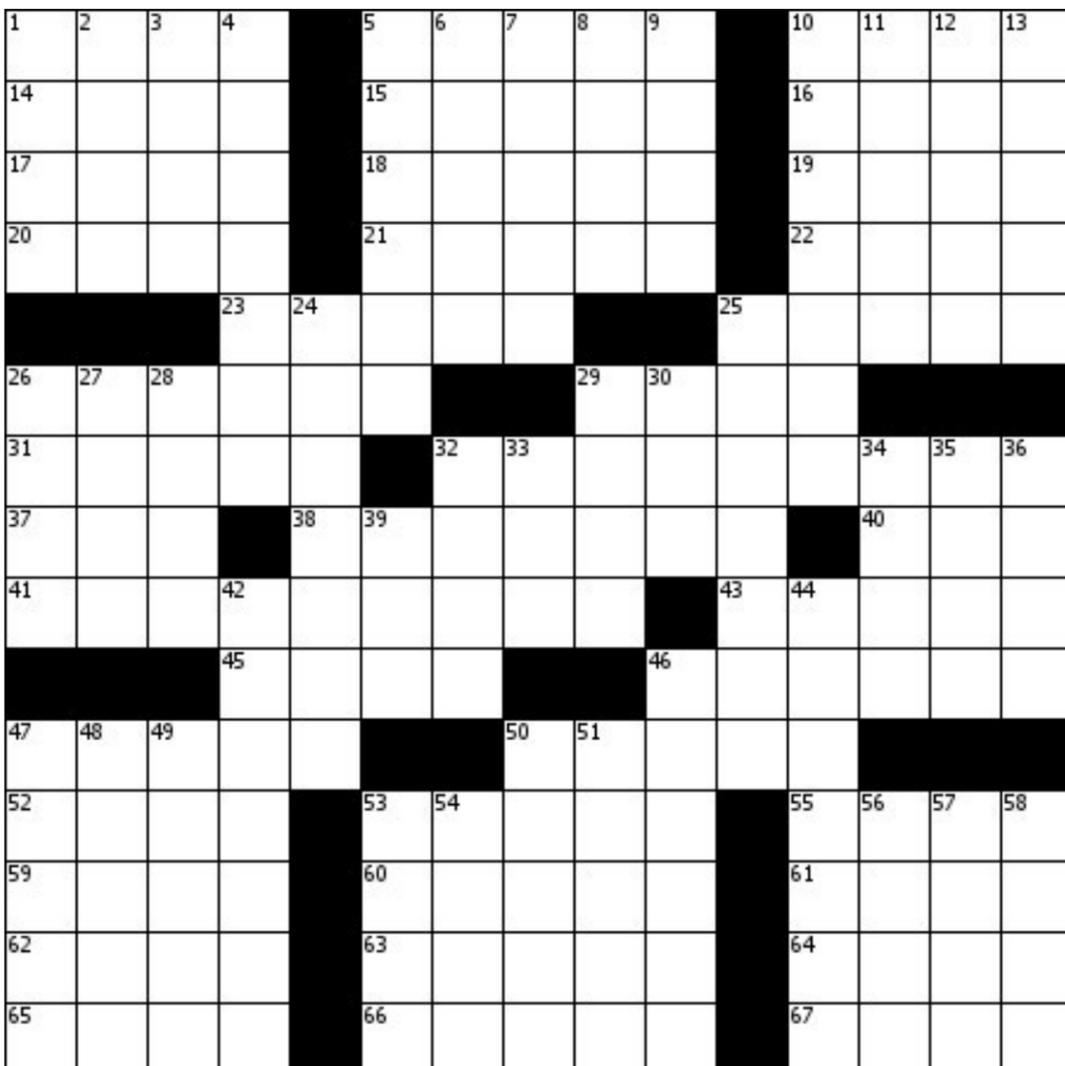
The Copy and Style Editor should have experience in both writing and editing and be well versed in CP style. They are responsible for the final round of editing for all editorial content within The Uniter, proofing each issue before it goes to print, fact-checking pieces and flagging potential instances of libel or plagiarism.

The Creative Director will take over the layout and design of the physical newspaper on a weekly basis. This individual would also be responsible for uploading content to The Uniter's website. The successful applicant will have one to two years experience in the field of graphics and/or layout design, experience working with Adobe CS6 in a Mac OS X environment. Proficiency with InDesign, Photoshop and Illustrator is a must.

The positions will be posted mid-July. For more information and full postings, visit uniter.ca/jobs.

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

ONLINECROSSWORDS.NET



ACROSS

1. Singer ____ Crosby
5. Spiny plants
10. Significant times
14. Stench
15. Miscalculated
16. Flat bread
17. "The Way We ____"
18. Rent contract
19. Revered one
20. Dalai ____
21. Continues
22. Camping need
23. Break
25. Thorny blooms
26. Vocation
29. Plant stalk
31. Out of the way
32. Designed again
37. Small taste
38. ____ address (opening speech)
40. Debt letters
41. Holiday hunter's prize (2 wds.)
43. Levels
45. Takes advantage of
46. Among
47. Shore

50. Outdated
52. Drama divisions
53. Climbing vines
55. Pitfall
59. True
60. Della ____ of "Touched by an Angel"
61. Naked
62. Strong wind
63. Formal necktie
64. What a pity!
65. Individuals
66. Short distances
67. Office message

DOWN

1. Cereal holder
2. Concept
3. Average
4. Lubricated
5. Basement
6. Locales
7. Collision
8. Midterm, e.g.
9. 15th of March
10. Typical example
11. Carnival attractions
12. Make up for
13. Epsom ____
24. Most submissive
25. Restores the honor of
26. Valise
27. Vietnam's continent
28. Shreds
29. Urban air pollution
30. Young child
32. Seeded breads
33. School subj.
34. Spoke falsely
35. Many years
36. Clean furniture
39. Before, to poets
42. Scuffles
44. Asian country
46. Desirable qualities
47. Freight
48. Atlantic or Pacific
49. Dickens title beginning (2 wds.)
50. Part
51. Fable collector
53. Levin and Gershwin
54. Sleeveless jacket
56. Dominate
57. Genesis man
58. Mexican coin

It's not how, it's how much.



**BEER OR
COOLER:**
12 OZ./341 ML
(5% ALC/VOL)

WINE:
5 OZ./142 ML
(12% ALC/VOL)

**HARD
LIQUOR:**
1.5 OZ./43 ML
(40% ALC/VOL)

Do you know about Canada's
Low-Risk Drinking Guidelines?

Learn more at: KnowMyLimits.ca



Liquor and Gaming
Authority of Manitoba

Always drink responsibly.