

SEEK

Take on your university experience

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A message from University of Winnipeg president and vice-chancellor Lloyd Axworthy

Welcome!

The University of Winnipeg is a dynamic campus in transition. A quick stroll across Portage Commons and around our expanding campus highlights our commitment to academic excellence and community engagement.

The CanWest Centre for Theatre & Film is newly renovated and will soon be host to events from UWinnipeg and the surrounding community. The new Bill Wedlake Fitness Centre provides students, staff, and members of the public with state-of-the-art equipment and facilities. Next door, Soma Café, run by the students' association, has become a popular gathering place and an important model of the social and environmental sustainability we are increasingly seeking to model

and teach. And on Portage Avenue between Langside and Furby, the land has been cleared for construction of a new science complex which will be home to the Richardson College for the Environment, McFeetors Hall, Great West Life Student Residence, and an expanded daycare centre.

You are part of a compact, diverse and multicultural academic community committed to access and excellence. UWinnipeg offers high quality undergraduate and graduate programs, including several that are unique in Western Canada such as a Bachelor of Arts in Human Rights and Global Studies, and a Master's degree in Aboriginal Governance. We have also established a new Faculty of Business and Economics, combining our business and liberal arts programs in

a student-focused, multidisciplinary learning environment.

UWinnipeg students value their educational experience, and in the June 2007 issue of Maclean's Graduate Survey, our graduates ranked UWinnipeg in the Top-10 of all Canadian universities. This vote of confidence is backed by the Globe & Mail Report Card 2007 which gives UWinnipeg an overall "A" grade.

You will have the opportunity to benefit from our small class sizes and a dedicated team of distinguished professors, sessional instructors and support staff. UWinnipeg also boasts an active students' association, numerous student groups and clubs, and countless opportunities for community involvement.

We encourage our students to



excel both academically and personally as we help to prepare you for a successful professional career and a life of active and engaged citizenship.

Whether you are a new or returning student, I want to personally welcome you to The University of Winnipeg!

A message from *The Uniter*'s managing editor Stacy Cardigan Smith



Welcome to the second annual SEEK. This orientation guide is published in order to help you to make the most of your university experience.

It builds on the foundation of last year's SEEK, but offers more in terms of Winnipeg's core neighbourhoods. Thanks to our downtown location, the University of Winnipeg is linked to many surrounding communities – a relationship the university as an organization and we as students must foster. There are many ways we can do this, but the best way to start is by getting out there. We continue to build on the areas' increasing vibrancy by spending time in the downtown and surrounding locales.

SEEK is published by Mouseland Press (MLP) Inc. As an organization, MLP was formed three years ago when *The Uniter* gained autonomy from the University of Winnipeg Students' Association (UWSA). There are still many

ties between the two organizations, but they are separate.

Mouseland Press publishes *The Uniter*, but this is just one small part of the organization's overall capacity. MLP is constantly developing its relationships with both the university and surrounding communities. Aside from publishing *The Uniter*, there are two ways in which MLP is currently doing this. The first is through this guide; hence SEEK's focus on various communities – be them peer, university or neighbourhood – as well as the new volunteer section.

The second way is through the recent creation of a civic-minded speakers series. MLP successfully passed a \$2.50 levy last year during the UWSA general elections. Each

student at the U of W now pays a small fee and this fee will be used to bring in a variety of speakers throughout the year. This is your money, and Mouseland Press and *The Uniter* would like you to have a say in how this money is spent. To join the speakers series committee or to make a suggestion, e-mail board@uniter.ca.

Like the relationships between the U of W, Mouseland Press Inc. and our surrounding communities is organic, so too is this guide. Each year, we hope to build on it. The best way to do this is to get involved. Although we might be a bit biased, Mouseland Press and *The Uniter* suggest participating in campus media. E-mail editor@uniter.ca for more info.

SEEK

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Part

1

University

Do you ever feel lost walking the halls, wondering where to find things and maybe not knowing what you want until someone tells you it's available?

Or perhaps you feel like you're not getting all you could from your university experience.

Well that's what this section is about - reducing your chances of missing out on what's available at the university.

The U of W offers a lot of services to help students pay for their

schooling, promote health and fitness, encourage academic development and promote the environment. Getting involved in university life adds to the richness of your experience while in school. You will meet people with similar interests, build up work-skills and make connections in the community.

As well, the university offers many services that help with specialized obstacles that students may have.

Peruse this section to learn about what's available here at the university to help you through your year and to make the most out of your degree.

University life

Academic Services and Learning

Student Housing

Finding a place to live while in school can be stressful, but a good living space is extremely important for peace of mind, not to mention successful studying. The University of Winnipeg offers several resources to help you find a place to live while you're at school.

It may be a case of strange bedfellows, but the university has paired with Lions Manor senior citizens' housing complex to offer places for students to live. U of W owns the first three floors, which it uses for an all-student dorm. Only five blocks from the university, Lions Manor is a secure complex with a community atmosphere. It's located near many amenities, including a main bus route and the grocery store in the basement of the Bay (home to the cheapest veggie meat in the city). There is also an on-site store in the Manor.

Resident living at Lions Manor offers a private room with a communal kitchen and living room. The bonus of living in a dorm is that you can develop friendships right away. Resident advisors also help by showing you around the city and the university provides classes on cooking, laundry, nutrition and grocery-buying on a budget.

If you prefer a house to a dorm, you can live in one

of the student houses on Balmoral or Spence streets. Still within walking distance from the university, the dorm houses feel more like homes. Each resident has a room that is Internet and phone-ready and shares the kitchen and living room with fellow flat mates.

There are some benefits to student housing. First, you rent from the University of Winnipeg and not a landlord. This gives you the option for an eight-month or a 12-month lease. Some units are furnished, some are not, and this year university is including high speed Internet in all student housing.

International Students

The Homestay Program, part of the Division of Continuing Education, offers international students the opportunity to live with an English family. This is an easy, comfortable way for students to improve their English language skills and benefit from a family environment. The university screens the host families and a staff coordinator from the program stays in close contact with you during your stay. Check out more about the program by visiting www.uwinnipeg.ca/index/elp-homestay.

Location: OGMO5

Contact: Lynn Jones,
director of Student Life
Services, 786-9281, l.jones@uwinnipeg.ca

►The U of W renovated the majority of its student residences on Balmoral and Spence streets in 2000 and 2001.

The Tutoring Centre

Located on the 3rd floor of Graham Hall, the Tutoring Centre offers free tutoring in academic writing, math, chemistry, physics and statistics. It also has a computer lab (3G10) available to all students. You can work on your assignments and print them there – copies are 10 cents.

Math and Science Tutoring

Math and Science Tutoring provides both peer and professional tutors for support in math, chemistry, physics and statistics. Come by yourself or in a small group for help understanding concepts or working through specific problems. Question and answer drop-ins and specific topic workshops are also provided throughout the year. And watch for information about final exam reviews for first year calculus and chemistry. Focus is generally on first year courses, but support for higher level material may be available. Check with the Tutoring Centre for more information.

Writing tutoring

Consider yourself an expert writer? Struggle with forming an arguments? Whether you're a writing ace or not, the Department of Rhetoric, Writing, and Communications (RWC) has something for you. Get help with essay planning, writing, revising and editing. Trained and friendly tutors can help you with writing assignments in any discipline. They help you brainstorm, outline, organize, edit and document sources.

Daycare

The University of Winnipeg Students' Association (UWSA) Daycare Centre is a 62-space preschool daycare centre which is provincially-licensed and not-for-profit. It is located on Spence Street. The daycare's mandate is to provide service to University of Winnipeg students, faculty and staff, as well as to community members, but students are the highest priority. Though the daycare is on campus, students interested in subsidies for daycare must still go through Child and Family Services.

The UWSA Daycare offers a uniquely inclusive atmosphere. In order to be sensitive to all cultural beliefs and to ensure that all parents and children are comfortable with the curriculum, the daycare doesn't focus on any one belief. No Christmas or Halloween at this daycare, but lots of support and community spirit. Another feature of the UWSA Daycare is its child-inspired programming. This means that staff focus on what drives the children to learn, rather than on theme-based programming. Children develop skills because opportunities for learning occur naturally throughout the day.

Volunteer Opportunities

The UWSA Daycare welcomes children between the ages of 18 months and six years and is open to volunteers. Students interested in volunteering with children should contact Diana Rozos, UWSA Daycare director. Those students in Developmental Studies also often come to the daycare as part of their coursework.

Tutors won't do your work for you. They can't write, correct, or proof-read your essays. However, they are there to ensure that you learn how to do all of these things for yourself, and to ensure that you are prepared to tackle your next assignment. With their help, you can become a self-assured, self-reliant writer.

Training To Be a Writing Tutor

If you want to become a tutor in the centre, Tutoring Academic Writing is also a course for credit. The course is RHET-2505/1 and you can find it in the student calendar. It is one-credit hour (12 hours of class time) and starts at the beginning of September. The class meets twice weekly for four weeks.

The course provides the theoretical and practical knowledge students will need as tutors in the Tutoring Centre. Readings in composition theory and the principles of peer tutoring introduce students to such topics as the composing process, methods of writing assessment, the rhetorical norms and expectations of different disciplines and the ethical responsibilities of the tutor in a peer relationship. Students will learn to assess and comment on samples of student writing. Two optional one-credit hour courses, Tutoring Second Language Learners and Tutoring: Special Projects, will be offered in Fall 2009. Check your course calendar for more details.



Location: 3G10, 3G11

Hours: The Tutoring Centre is open Monday to Friday, 9 a.m. to 5 p.m.

Web: http://io.uwinnipeg.ca/~cawtutor/Tutoring/Tutoring_Centre.html



Location: MacNamara Hall, 380 Spence Street

Contact: Diana Rozos, UWSA Daycare director, 786-9898, d.rozos@uwinnipeg.ca

► According to a recent Statistics Canada study, 72 per cent of First Nations people in urban Manitoba possess less than the minimum literacy rate needed to cope in a complex knowledge-based society.

Awards and Financial Aid Office

Students looking for help with their tuition have many possibilities, ranging from awards for academic excellence to emergency assistance for basic necessities. You can start by checking out what awards you qualify for and applying. The Awards Office will also contact you based on your academic merit and qualifications. The Awards program consists of entrance, undergraduate, Collegiate, theology and athletic scholarships and bursaries; a graduate fellowship; a work-study program; and administration of awards by other authorities. This office also administers the Canada Student Loan Program and associated provincial student aid programs. You can find updated information about awards and bursaries published weekly in *The Uniter*, as well as on the university web site.

Location: 1G05A

Contact: Judy Dyck, director of Awards, 786-9459

Web: www.uwinnipeg.ca/index/services-awards

Innovative Learning Centre

The Innovative Learning Centre is a new initiative struck by the University of Winnipeg. Started in 2006 and headed by U of W alumni Kevin Chief, the Innovative Learning Centre offers school-based programming that is focused on the city's neediest children. Thirty-five schools throughout the city participate in the programming, which involves combining science, environmental and sustainability education. After only a year in the works, the Centre ran an extremely successful summer camp with 800 children turning out. Thirty high school and university students were also employed. The camp and all the programming is 100 per cent free and geared toward the city's poorest

neighbourhoods.

Though programming takes place in inner-city high schools and elementary schools, one of the Innovative Learning Centre's main goals is to encourage students to finish high school and move on to university. Because of the university's commitment to increase inner-city graduation rates, the Innovative Learning Centre is a great way for U of W students to get involved and volunteer. Four programs run throughout the academic year. Students can help out with tutoring, mentoring, or being a role model. Working in a program such as Eco-Kids or Enviro Techs looks great on a resume and can help you get a summer job.

Contact: Kevin Chief, Innovative Learning Centre coordinator, 789-1482, k.cheif@uwinnipeg.ca

Opportunity Fund

Web: www.uwinnipeg.ca/index/opportunity-fund-index

Donations: www.uwinnipeg-foundation.ca/donate

Donations can be made to the Opportunity Fund via the University of Winnipeg Foundation

The Opportunity Fund is a one-of-a-kind project in Canada aimed at decreasing the financial obstacles related to attending university for inner-city youth and others. There are three ways in which the program works: tuition credits, bursaries and start-up financing. The program creates tuition credits for students beginning as early as Grade Four, so that students are not only encouraged to finish school and go to university, but will actually have the money to pay for some of it when they get there. Tuition credits are account

credits students receive for each completed year of grade school so that young students are encouraged to work towards entering university. Bursaries offer new university students direct financial help for tuition and start-up financing is part of a program to help young entrepreneurs begin their careers once finished their degree.

This multi-faceted funding program ensures that education in Winnipeg is an equal opportunity for everyone.

►The university doles out \$1.5 million worth of scholarships and bursaries to new and returning students annually.

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Global College

Launched in February 2005, the Global College provides a place to reflect on and engage with issues of global citizenship and human rights. It is an action-oriented, multi-disciplinary forum for Canadian and international students to connect with local faculty, visiting scholars and notable speakers from around the world.

The Global College provides students, faculty, visiting scholars, dignitaries and the community with a forum for discussing and learning about issues affecting the planet and our role in human rights and as global citizens. This is done through events and speakers brought to the campus.

There are six active institutes: Institute for Political and Cultural Studies of the Americas; Institute for Women's and Gender Studies; Institute for Health and Human Potential; Institute for Human Rights and Global Studies; Institute for Literacy; and Transformative Learning, Institute for War-Affected Children.

Students wishing to supplement their degree programs with credits obtained through international studies in any of the Institute areas can apply for the Dr. Douglas W. Leatherdale Global Internships. These internships are awarded annually with a maximum value of \$5,000 each. The application deadline is January 30.

Interested students can also apply to sit on the Student Advisory Committee. As a member of the committee you can help shape Global College initiatives and future projects. Students are eligible to get one or two course credits for participation in Global College Summer Institutes.

Location: 2nd Floor Wi
Chiiwaakanak Centre,
509-511 Ellice Avenue

Contact: Lloyd Kornelsen,
acting executive director,
786.9134, l.kornelsen@uwinnipeg.ca, global.college@uwinnipeg.ca

► The Global College is currently fundraising to purchase a mine-sniffing dog, Wesley. Donate by logging onto www.uwinnipegfoundation.ca/choose.

Wii Chiiwaakanak Centre

The first of its kind in Canada, the Wii Chiiwaakanak Centre acts as a bridge between the University of Winnipeg and the surrounding community. The centre's primary aim is to connect the community and the university through providing space for classes, volunteer opportunities for students, homework clubs for inner-city kids and an extra computer lab for the university. The U of W is highly committed to the inner-city community and Wii Chiiwaakanak is one manifestation of this commitment.

After school is a busy time for the computer labs with homework clubs and community kids using the Internet, but during the day it's quiet and makes a perfect spot for someone with a looming deadline and the need for a quiet space at school with a computer. The Wii Chiiwaakanak Centre is open to all students

during the day.

Many university classes are offering some credit for volunteer time. Check out your course calendar or ask your professor or contact Christine Boyes, the Wii Chiiwaakanak Coordinator, for ways in which you can get involved in the community as part of your post-secondary education.

Homework Club, which is open Tuesday to Friday from 4 p.m. to 8 p.m. and Saturday from 1 p.m. to 4 p.m., is an opportunity for U of W students to help inner-city kids with math, science, English and other subjects.

Among its many community programs, Wii Chiiwaakanak hosts Elders Teaching Circles on Tuesday evenings from 6 p.m. to 8 p.m. throughout the year, a Computer Basics class beginning in November and Bridges to Employment, a free literacy employment program.

Location: 509-511 Ellice Avenue

Contact: Christine Boyes, coordinator, 789-1431, cicc@uwinnipeg.ca

Campus Sustainability

The University of Winnipeg community has a green conscience and is hard at work to ensure that students learn about sustainability issues through its academic programming and sustainability initiatives.

The Campus Sustainability Office is the best place to learn about how the University of Winnipeg is measuring up to its commitments to the environment. The department also makes its policies available online for anyone to check out.

At U of W, students can choose from a variety of sustainability programs such as the Environmental Studies Program, the Institute for Urban Studies and the Centre for Sustainable Transportation. These are all academic programs that students can enroll in or select courses from to supplement a degree.

In November 2006 a Campus Sustainability Council was established. The Council includes faculty and administrative, student and support staff representatives. The role of the Council is to advise, support and provide

broad oversight to the development, implementation and continuous improvement of the university's Sustainability Management System. This provides some students with an opportunity to be directly involved in the direction of sustainability initiatives. Get involved in SUNSET or EcoPIA if you want to be considered for the council.

If you want to get involved in environmental initiatives at the university (without enrolling in a program) contact SUNSET or EcoPIA. See the Student Life section of this handbook to learn more.

But the best way to be part of a green campus is to participate. Students can make use of the existing campaigns like waste reduction, recycling, composting, toner cartridge recycling and battery recycling. The UWSA also offers a car pool registry – sign up at www.carpool.ca.

Location: 1Y08

Contact: Mark Burch, sustainability coordinator, 789-1479, sustainability@uwinnipeg.ca

Web: www.uwinnipeg.ca/index/sus-policies

Student Initiatives:

SUNSET

(see Student Life page 26)

ECOPIA

(see Student Life page 27)

Location: Main floor, Centennial Hall
Contact: Sarah Bordier-Kaye, customer service representative, 786-9118, bookstore@uwinnipeg.ca

Back to School Hours:

August 18 – 22, 2008
Monday – Friday, 8 a.m. – 4 p.m.
August 25 – September 19, 2008
Monday – Friday, 8 a.m. – 8 p.m.

Regular Hours:

Starting September 22, 2008
Monday – Thursday, 10 a.m. – 4 p.m.
Friday – 10 a.m. – 2 p.m.

Petrified Sole: The University of Winnipeg Students' Association used bookstore

(see Student Life page 24)

Culture and Retail

● Beyond Words: The University of Winnipeg Bookstore

The Beyond Words bookstore is owned and operated by the University of Winnipeg. Textbooks and supplies can be found in the store, along with reference and general books, U of W clothing, magazines, candy, batteries, earplugs, and more. Software programs like Microsoft Word or Adobe Photoshop are also available at student prices.

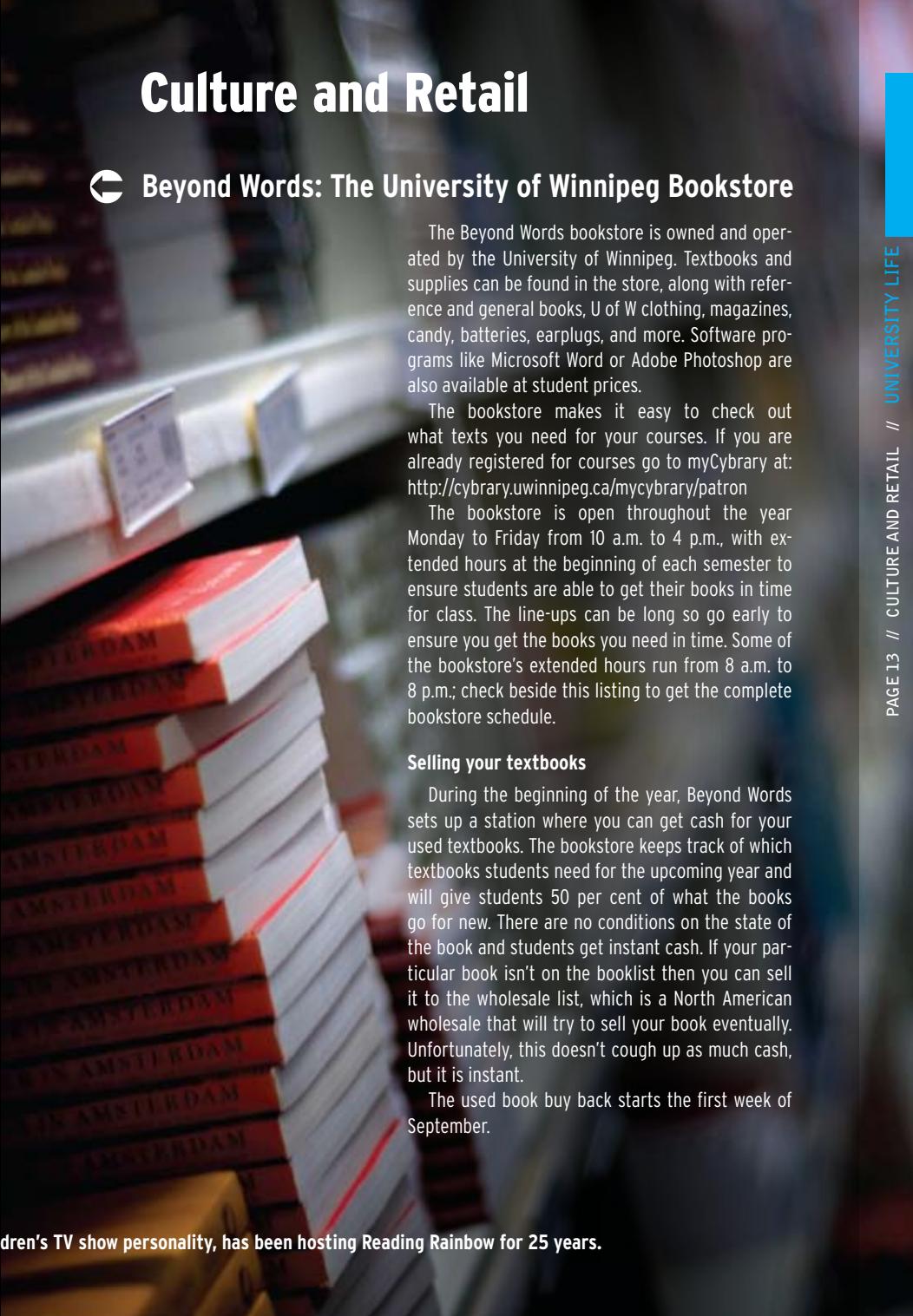
The bookstore makes it easy to check out what texts you need for your courses. If you are already registered for courses go to myCybrary at: <http://cybrary.uwinnipeg.ca/mycybrary/patron>

The bookstore is open throughout the year Monday to Friday from 10 a.m. to 4 p.m., with extended hours at the beginning of each semester to ensure students are able to get their books in time for class. The line-ups can be long so go early to ensure you get the books you need in time. Some of the bookstore's extended hours run from 8 a.m. to 8 p.m.; check beside this listing to get the complete bookstore schedule.

Selling your textbooks

During the beginning of the year, Beyond Words sets up a station where you can get cash for your used textbooks. The bookstore keeps track of which textbooks students need for the upcoming year and will give students 50 per cent of what the books go for new. There are no conditions on the state of the book and students get instant cash. If your particular book isn't on the booklist then you can sell it to the wholesale list, which is a North American wholesale that will try to sell your book eventually. Unfortunately, this doesn't cough up as much cash, but it is instant.

The used book buy back starts the first week of September.



► LeVar Burton, everyone's favourite children's TV show personality, has been hosting Reading Rainbow for 25 years.

The Campus Computer Store

Powerland Computers is the on-campus computer store. If you are looking to buy a used or new laptop or desktop then stop by Room 1C21. Powerland has an on-campus warranty service. The best thing about this feature is that you don't have to send your computer away to get it fixed – you can just bring it to school. Powerland services all the products they sell. That means they will fix your iPod or replace your battery right on campus.

Powerland carries new Apple products and Lenova computers, but if you are looking for something less expensive, they also sell used computers starting at \$200, depending on what's in stock.

Another notable feature is that Powerland offers financing, so students can choose to pay monthly installments over one or two years, depending on your agreement. The interest is nine per cent and is automatically withdrawn from your account the last day of every month.

Location: 1C21
Contact: 783-0842
Web: www.powerlandcomputers.com/e-store.uw

Location: Eckhardt-Grammate Hall, 3rd floor, Centennial Hall
Contact: 24 hour Message Line @ 786-9000, music@uwinnipeg.ca
Jazz Band
(see Student Life page 31)

► LCD monitors use significantly less energy – up to 40 per cent less – than equivalent-sized CRTs.

Virtuosi Concerts

The University of Winnipeg is the leading university concert presenter in Canada thanks to its unique programming and continuous support of the classical arts. In addition to ongoing concerts, Virtuosi presents the Skywalk series of lectures and music and the U of W student jazz band.

Ongoing Concerts

Where else can you hear works by Chopin, Schumann, Puccini, Dvorak, Strauss and Brahms for just over \$15? Students at the U of W have the good fortune of the Virtuosi Series looking out for their cultural well-being. Throughout the year, Eckhardt-Gramatte Hall provides the community with high-caliber concerts. One of the benefits to having these shows on campus is the intimate setting. What's more, Virtuosi provides wine, coffee and tea, desserts and – most importantly – an opportunity to meet the artists after the concert.

Skywalk Series

For 18 years and counting, Virtuosi has hosted the Skywalk Concert and Lecture series. Held at the Winnipeg Public Library, the Skywalk series offers 20 weeks of lectures and concerts. Between 12:10 p.m. - 12:50 p.m. on Wednesdays and Thursdays from September to March, you can watch teachers and researchers from the U of W speak about informative and engaging topics spanning politics, history and science. In addition, some of Manitoba's finest musicians, from jazz and folk to classical and contemporary, will perform. This series is a great opportunity to take in a lecture or a concert in a low-pressure environment. Admission is free but you have to bring your own lunch. Check out the Virtuosi website for concert schedules and a speakers list: www.uwinnipeg.ca/admin/vh_external/virtuosi/music/virtuosiconcerts.html.

Gallery 1C03

The University of Winnipeg supports a professional, non-profit, public art gallery, Gallery 1C03. Since its opening in 1986, the gallery has tracked over 100,000 visitors. Located near the Info Booth in Centennial Hall, 1C03 may be the first real gallery experience for many students at the U of W, so the primary mandate of the gallery is to provide visual art exposure to students. The university's expansive art collection of over 1000 objects is scattered throughout the campus: in classrooms, halls and offices.

But the art gallery offers more than just an arts component. Art History majors and those interested in art can work at the gallery as attendants. These paid positions ensure that there is always a student in the gallery to provide security, track visitors and act as the face and personality of the gallery.

1C03 also sponsors an outreach program. Winnipeg School Division cooperates with the curator to bring inner-city kids into the gallery and the university.

Hours:
Monday – Friday
12 p.m. – 4 p.m.
Saturday
1 p.m. – 4 p.m.

Location: 1C03, Centennial Hall, right across from the Info Booth

Contact: Curator, 786-9253

Gallery 1C03 2008-2009 Exhibition Schedule

This year Gallery 1C03 wants to take art to the campus community. They have therefore designed a series of exhibitions that present work both in Gallery 1C03 and at various public locations throughout campus.

Joan Scaglione: Regeneration

September 25 – October 25, 2008
Opening reception: Thursday,
September 25 from 4 to 6 p.m.
Artist's talk: Friday, September 26
at 12:30 p.m.

New sculpture and video work by emerging Regina-based artist Joan Scaglione is the focus of Regeneration, which will include work in Gallery 1C03 and an outdoor sculptural installation on the grounds of the Alumni Green, opposite the new Bill Wedlake Fitness Centre at the Duckworth Centre.

Rodney Latourelle

November 6 – December 6, 2008
Opening reception: Thursday,
November 6 from 4 to 6 p.m.
Artist's talk: Friday, November 7
at 12:30 p.m.

This site-specific two-part solo exhibition consists of a labyrinthine series of small rooms articulated by an undulating sequence of saturated colours and reflective walls. Latourelle, who has a background in architecture, was born and educated in Winnipeg and currently maintains an art practice in Berlin. One installation will be presented in Gallery 1C03 and a second will be shown in the Hamilton Galleria at the university library.

Kevin Kelly: Colonizing Oort

January 22 – February 21, 2009
Opening reception: Thursday,
January 22 from 4 to 6 p.m.
Artist's talk: TBA

Colonizing Oort is an exhibition of recent paintings and drawings of asteroids by Winnipeg/Montréal artist Kevin Kelly, a painting professor at the University of Manitoba School of Art. The exhibition will be shown in Gallery 1C03, with selected works presented in the Buffeteria as well.

Everett Soop: Journalist, Cartoonist, Activist (1943-2001)

March 5 – April 4, 2009
Opening reception: Thursday,
March 5 from 4 to 6 p.m.
Curator's talk: TBA

Everett Soop (1943–2001), from the Blood (Kainai) Reserve in Alberta, was one of Canada's first Aboriginal journalists and editorial cartoonists. This touring exhibition, organized by the Nickle Arts Museum at the University of Calgary, will showcase selected political cartoons created by Soop during the 1960s, '70s and '80s.



THE UNIVERSITY OF WINNIPEG

HOMECOMING WEEKEND 2008

September 5 - September 7



Health and Wellness

Security Services

The University of Winnipeg Security Force is an in-house security force. This ensures that the university provides security to the campus and community that is highly trained and has a firm understanding of the university and community setting.

SafeWalk/SafeRide Program

The University of Winnipeg is a downtown campus. That doesn't mean it's not a safe place to go to school, but in reality it's not always fear-free. Dark downtown streets in any city pose some danger. The university deals with this by offering students who have evening classes or who like to study late a safe option home. For a SafeWalk escort, stop at the Security Desk (located just inside the main doors of Centennial Hall). A SafeWalk volunteer will walk you to your car or the bus stop within a one-block radius of the university during the fall and winter sessions from 7:30 p.m. to 11:30 p.m., Monday through Friday. If you are going further than a block, security also offers students a safe ride. SafeRides are provided within the boundaries of William Avenue to the north, Assiniboine Avenue to the south, Sherbrook Street to the west and Main Street to the east.

Klinik Student Health Services

Generally people only seek out health care if they're sick, but the University of Winnipeg has entered into a partnership with Klinik Community Health Centre to provide a variety of health services to students from a healing and preventative health care perspective.

Klinik Student Health Services operates from September to May, providing medical and dietitian services to students. Medical services include general health care, birth control, prenatal care, PAP tests, STI testing (including HIV), emergency contraception, physical

Community Ambassador Services

The Community Ambassador Services Program is made up of 40 students, mostly from the university's Criminal Justice Studies program. Students and alumni can apply to be an ambassador and to volunteer at least four hours a week during the academic year. Ambassadors will learn CPR, how to write incident reports, interview skills, conflict resolution, intervention and more. To apply visit www.uwinnipeg.ca/index/ccambassadors-index.

Community Ambassadors provides campus security with active and visible patrols in the neighbourhood. Students will also provide extra security for campus events.

Security Blog

The security blog is updated daily to inform students and staff of incidences around the university. It is there for announcements, news and security tip-offs to ensure that students feel safe and know what goes on around the campus community. Check it out at <http://uofwsecurity.blogspot.com/>

The ultimate goal of campus security programming is to encourage people to feel good about living and attending school in the community.

Location: At the front entrance of Centennial Hall

Contact: Security Desk, 786-9272

Web: www.uwinnipeg.ca/index/security-index

Location: Room 14, MacNamara Hall North, 380 Spence Street

Contact: 786-9496, klinik@uwinnipeg.ca

Web: www.uwinnipeg.ca/index/services-klinik

24-hour lines:

Crisis / Suicide Line 786-8686

Sexual Assault Crisis Line
786-8631

► Lose something? Security holds onto to clothes and books for one month and valuables for three months. After that, items are donated to charity.

Gym Hours: Monday to Friday, 6 a.m. – 10 p.m. Saturday to Sunday, 9 a.m. – 6 p.m.

Phone: 786-9349

Web: www.wesmen.ca

Membership Fees:

UW Students:
included in tuition

UW Cont. Ed. / Collegiate:
\$35.00 (Sept. – Aug.)
\$35.00 (Jan. – Aug.)
\$35.00 (May – Aug.)

UW Staff / Faculty / Retirees:
\$120.00 (Sept. – Aug.)
\$90.00 (Jan. – Aug.)
\$60.00 (May – Aug.)

Dependants of UW Staff / Faculty:
\$120.00 (Sept. – Aug.)
\$90.00 (Jan. – Aug.)
\$60.00 (May – Aug.)

High School / Post Secondary:
\$120.00 (Sept. – Aug.)
\$90.00 (Jan. – Aug.)
\$60.00 (May – Aug.)

Spence Neighbourhood Residents:
\$120.00 (Sept. – Aug.)
\$90.00 (Jan. – Aug.)
\$60.00 (May – Aug.)

Sport MB Elite Athlete Program:
\$120.00 (Sept. – Aug.)
\$90.00 (Jan. – Aug.)
\$60.00 (May – Aug.)

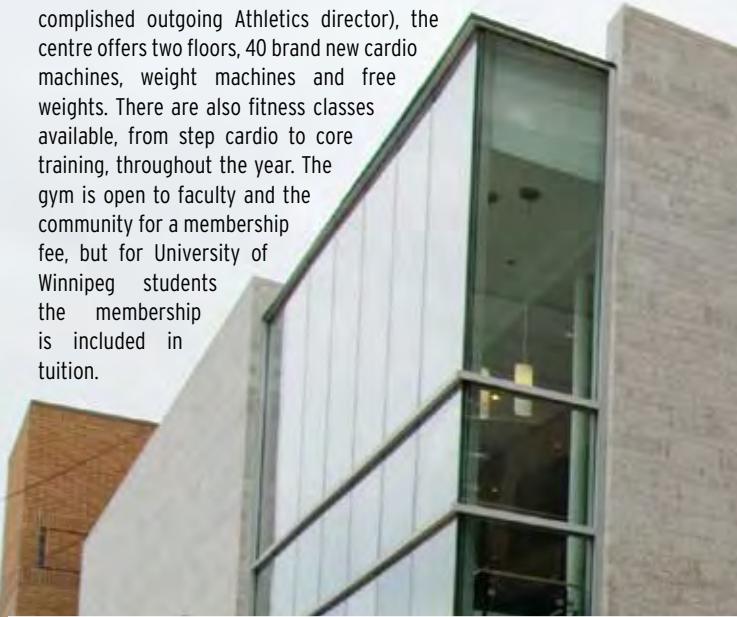
UW Alumni:
\$252.00 (12 Month)
\$126.00 (Four Month)
\$40.00 (One Month)

Drop in fee: \$10

To book a squash, racquetball, or handball court call 786-9349 up to two days in advance

The Duckworth Gym

Last February the university opened its long-awaited new fitness centre. Named the Bill Wedlake Fitness Centre (to honour the much-loved and accomplished outgoing Athletics director), the centre offers two floors, 40 brand new cardio machines, weight machines and free weights. There are also fitness classes available, from step cardio to core training, throughout the year. The gym is open to faculty and the community for a membership fee, but for University of Winnipeg students the membership is included in tuition.



Athletics: The Wesmen

The Wesmen compete in Canadian Inter-university Sport in both men's and women's volleyball and basketball. Special skill sessions on time-management are provided to all student-athletes; faculty members can provide tremendous assistance by understanding the rigors of such a schedule. When conflicts occur between team travel schedules and tests or exams, many options can be offered. Often, head coaches administer the test or exam for the student-athlete while on the road at exactly the same time as it is written on campus.

Each student-athlete is required to carry a minimum course load and be successful in those courses. Failure

Location: The Duckworth Centre, 400 Spence Street

Contact: 786-9419

Web: www.wesmen.ca

Intramurals and Club Programs Offered:

- Badminton
- Drop-in co-ed volleyball
- Tae kwon do
- Yoga
- Salsa dance
- Judo
- Cheerleading
- Hip hop
- Wing chun do gung fu
- Swing dance
- Jiu jitsu
- Squash ladder



Intramurals and Wesmen Athletics

to do so results in being declared ineligible to play and losing the scholarship. An instructor who anticipates an academic problem with a student-athlete should communicate with the head coach of that team. All student-athletes have signed waivers to allow such communication to take place.

Intramurals and Club Programs

The intramurals and club programs offered at the university cover a wide array of interests, and while not free, club memberships come with a really big discount for University of Winnipeg students, sometimes up to 50 per cent.

See above for program details.

► The Manitoba Basketball Hall of Fame is housed on the second floor of the Duckworth Centre.

Athletic Therapy

Location: Lower level of the Duckworth Centre, 400 Spence Street
Contact: 786-9250

The University of Winnipeg houses an Athletic Therapy Centre on lower level of the Duckworth Centre. This is great for the athletes around the university and in the community. As well as providing services to intercollegiate athletes and U of W students, staff and faculty, the centre is also open to the general public.

The certified athletic therapists on staff are registered with the Canadian and Manitoba Athletic Therapists associations and have more than thirty-five years experience at the provincial, national and international level.

The centre provides a wide range of therapeutic

techniques that may include any combination of therapeutic exercises, pain management tools, massage therapy, injury assessment, ultrasound, strength conditioning and more.

The Centre can also provide early one-on-one consultation in the areas of nutrition and fitness evaluations or orthotics to make sure a client is treated early and properly.

The services at the centre aren't free, but with the Student Health Plan, much of it is covered. Check out your health plan to make sure at www.health.ca/students/ or www.theuwsa.ca.

Disability Services Disability Resource Centre

The University of Winnipeg is committed to accessibility, accommodations and support for students with disabilities. Located on the mezzanine floor of Graham Hall, the Disability Resource Centre (DRC) has all kinds of adaptive equipment and software for students with disabilities.

Students who require assistance or accommodation must meet with accessibility coordinator Andrea Johnston, who will assess your needs and make sure that you get the support you need. This could include the production of texts and exams in alternate formats (braille, voice, tape), access to adaptive equipment and software, tutoring in learning strategies, transcription/typing assistance for exams, or mobility assistance. Academic advising and assistance with admission and registration procedures are also available. Deaf and Hard of Hearing Services provides American Sign Lan-

guage interpretation for deaf students and computerized note taking for hard of hearing students. The DRC can also arrange alternative test/exam accommodations for students experiencing medical/short-term disabilities like a broken arm. The centre is flexible enough to handle anything from a long-term disability to a temporary one.

The lab is open from Monday to Friday, 8:30 a.m. to 4:30 p.m. After hours access to the DRC lab is available to students who are taking evening and/or weekend courses.

There are also employment opportunities for students who wish to work in the centre. Students can help out with exam monitoring, note taking or transcription, dictation and other jobs in the centre that require an extra person. Exams are busy time for the centre, so there's always lots of work.

Location: OGM12, on the mezzanine of Graham Hall
Contact: 786-9178, disability@uwinnipeg.ca

► There are four types of stretching: ballistic, dynamic, static and proprioceptive neuromuscular facilitation.

Campus Map

- 1** Housing Office
OGM05
- 2** Daycare
MacNamara Hall, 380 Spence Street
- 3** Tutoring Centre
3G10, 3G11 (3rd floor)
- 4** Awards & Financial Aid
1G05A
- 5** Wii Chiiwaakanak Centre
509-511 Ellice Avenue
- 6** Campus Sustainability Office
1Y08, 359 Young Street
- 7** Beyond Words Bookstore
Main floor Centennial Hall
- 8** Computer Store
1C21
- 9** Virtuosi Concerts
Eckhardt-Gramatte (3rd floor)
- 10** Gallery
1C03
- 11** Duckworth Centre
400 Spence Street
- 12** Disability Services
OGM12
- 13** Security
Main floor Centennial Hall
- 14** Klinik Student Health Services
MacNamara Hall North Room 14

Wireless Instructions

Faculty, staff and students can use the encrypted wireless network to get online while at the university. For confidentiality and security reasons, it's best to use this network. The encrypted network is available from any location on campus that has wireless service.

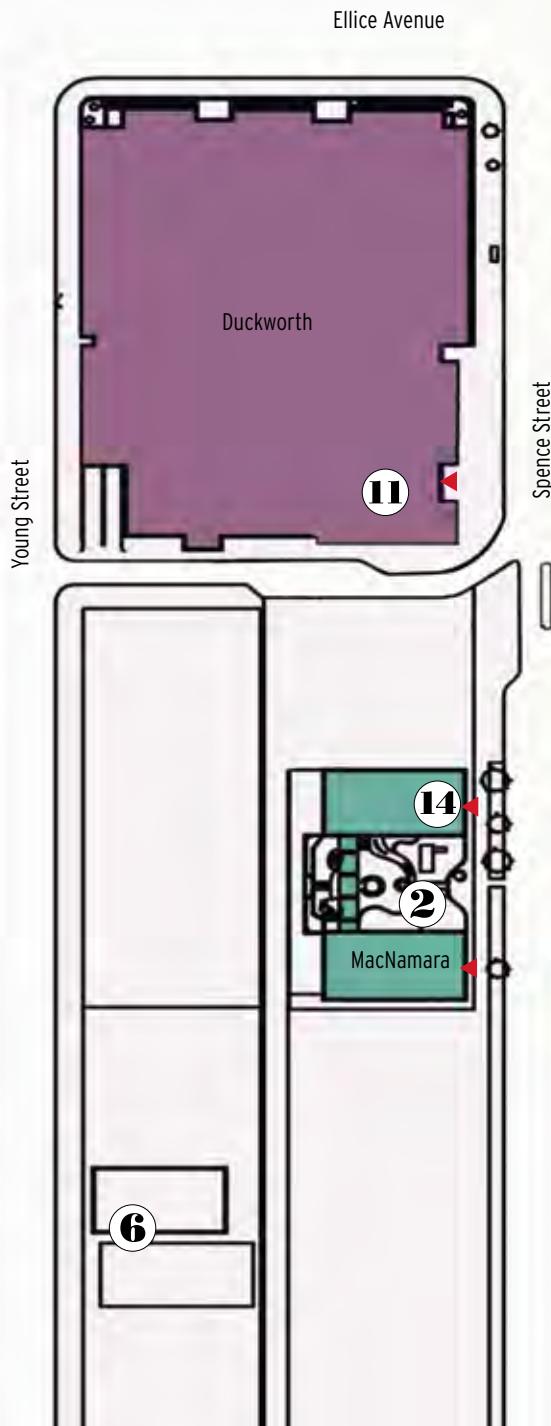
Staff, faculty, and student instructions for configuring PCs or laptops for the encrypted network can be found by logging into MyUWinnipeg (<https://uportal.uwinnipeg.ca>) and joining the Campus Wireless Community.

Please note: Some wireless cards may not be able to be configured for the type of encryption used by the University of Winnipeg. If this is the case, follow the

Guest instructions, but be aware of the limits to functionality and location of that network.

- 1. Login to MyUWinnipeg**
- 2. Click on the General Info tab**
- 3. Click the 'Information for Connecting to UWinnipeg Wireless Network' link**
- 4. Download the appropriate file for your operating system**
- 5. Log out of MyUWinnipeg**

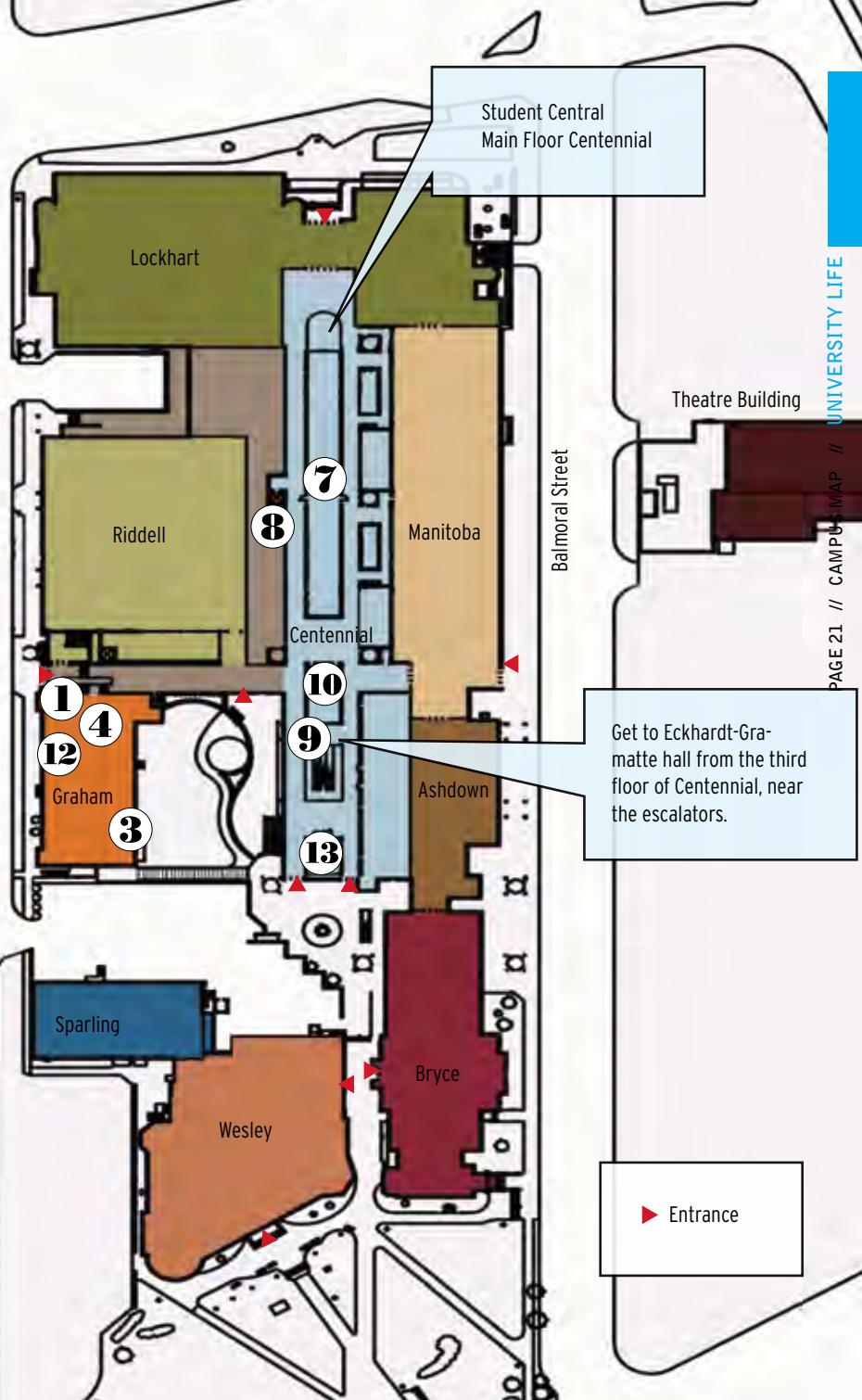
5



Ellice Avenue

Spence Street

Young Street



Student Central
Main Floor Centennial

Theatre Building

Balmoral Street

Get to Eckhardt-Grammate hall from the third floor of Centennial, near the escalators.

Entrance

Part



study

Making the most of your student life while at the University of Winnipeg takes a combination of many things

Of course studying hard is right at the top, but there is more to being a good student than just hitting the books. U of W is a relatively small school but offers a lot in terms of student activity. Getting involved

with student groups and extracurricular activities will broaden your skills and round out your university experience.

This part of the guide will introduce you to what's going on with

campus media, the students' association and other creative groups. As well, we'll show you the best places to study, take a nap, or enjoy some bathroom privacy.

UWSA Services

The University of Winnipeg Students' Association (UWSA) provides a number of services, including cheap photocopying, faxing, post-secondary transit passes (available at the Info Booth and Petrified Sole), bike racks, cafeteria microwaves, free phones, Studentsaver cards, free International Student Identity Cards, a video arcade and pool tables in the Bulman Students' Centre, and more.

UWSA student groups are also a good way to get involved in student life, meet new people and bulk up your resume with new skills.

Contact: garden@theuwsa.ca



Community Garden

The UWSA Community Garden began in spring 2004 as a joint initiative of the UWSA and the University of Winnipeg's Department of Student Housing. The garden is maintained by student volunteers and members of the neighbourhood.

Petrified Sole Used Bookstore

The Petrified Sole is the UWSA's consignment bookstore. You can buy and sell used textbooks from other students here. You can also buy and sell used CDs courtesy of Into The Music.

Need cheap copies? The friendly staff of the Pet Sole would like nothing better than to get those done for you – at the lowest prices on campus!

The Pet Sole is a little hidden in the basement of the Bulman Centre, so make sure to find it.



Location: ORO5, Bulman
Students' Centre
Contact: 786-9774,
petsole@theuwsa.ca



► The UWSA was incorporated in 1972.

Soma Cafe

New to campus, the Soma Cafe is a small, student-run cafe located on the South East corner of the Duckworth Centre. The Cafe is focused on providing healthy, fairly traded and creative food options on campus. The SOMA Cafe seeks to use local goods and suppliers while modeling sustainable practices in all of its activities and reflecting the unique culture on campus and in the surrounding community.

Location: Duckworth Centre,
400 Spence Street

UWSA Food Bank

Contact: Vice-president advocate Barb Wilton, 786-9780 or vpa@theuwsa.ca

The UWSA Food Bank is almost completely volunteer-driven and provides regular food supplements to U of W students and the immediate community throughout the entire year. If you require a food supplement, contact the Food Bank through the vice-president advocate at 786-9780, Monday through Wednesday, during regular office hours. Food Bank hampers are available Fridays from 3:30 p.m. to 4 p.m.

► Soma Cafe serves Kicking Horse Coffee and sells cinnamon buns from local bakery Tall Grass Prairie – a Winnipeg favourite.

UWSA Student Groups

Aboriginal Student Council (ASC)

The Aboriginal Student Services Centre's doors are open to all the members of the Aboriginal Student Council (ASC) between the hours of 7 a.m. and 11 p.m. The ASC advances the aspirations and interests of aboriginal students in their efforts to achieve common goals. The ASC also advocates increased accessibility of post-secondary education for aboriginal students. The ASC promotes the aboriginal culture both on and off-campus.

In order to become a member of the ASC, you must add your name to the membership list and indicate your band name (if applicable). You may sign this list,

located in the Aboriginal Student Services Centre, at any time throughout the academic year. With your membership you have access to the computers, printers, phones, and on occasion, coffee, bread and other goodies.

Potlucks are held the first Wednesday of the month in the Aboriginal Student Services Centre (2nd Floor Lockhart). Feel free to come out and enjoy the hospitality and listen to guest speakers to learn more about upcoming events, volunteer and employment opportunities, career planning and the other student organizations and events held on campus.

Location: Lockhart Hall,
Second Floor
Contact: 786-9865, asc@
theuwsa.ca

Sustainable University Now, Sustainable Earth Tomorrow (SUNSET)

Location: 4CM37C (the C-FIR offices above the Buffeteria)

Contact: 789-1435,
uwsunset@yahoo.ca

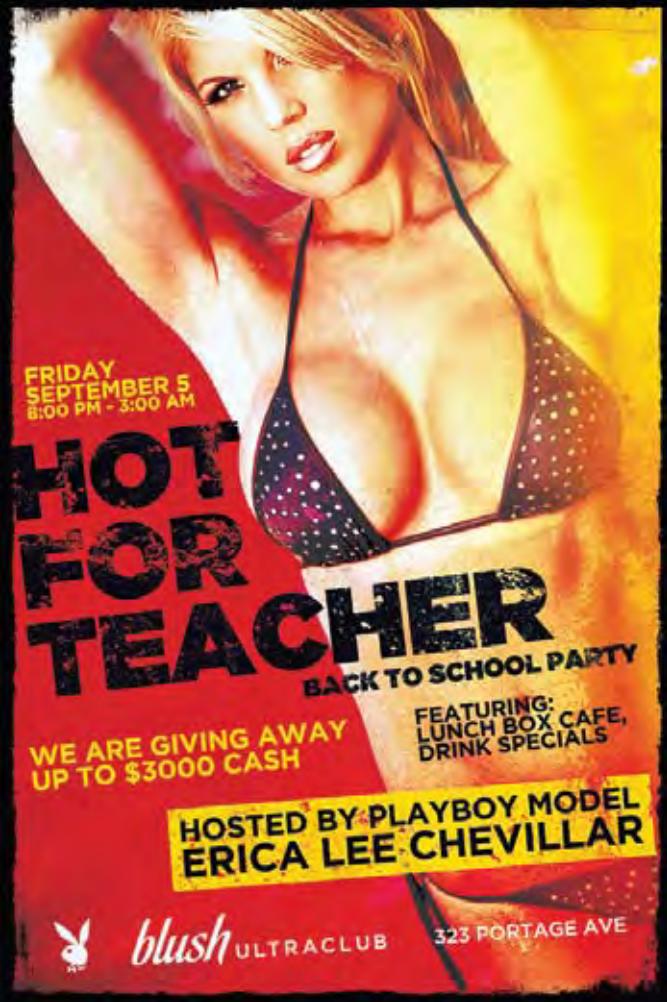
Web: www.uwinnipeg.ca/index/susstudent-initiatives
to access proposals

The SUNSET student organization is dedicated to making the University of Winnipeg a more ecologically, socially and economically-responsible institution. It partners with students, faculty, staff and administration to promote sustainable choices at the institutional and individual level.

SUNSET has also created the Experiential Learning Program that offers students a unique opportunity to do research as part of their courses in order to develop

practical solutions to local social and ecological issues. SUNSET hosts a database of research proposals from community groups and offices on campus that pertain to local environmental and social sustainability issues. You can match your interests to these topics and tailor the research question to your course assignment. In this way, course work can be counted towards positive community change and the campus' sustainability goals can be achieved.

► To ease the transition into university for aboriginal students, U of W created the Transition Year Program. For info, contact Randy White at 786-9983.



EcoPIA

EcoPIA – Ecological People In Action (formerly EcoMAFIA) provides concerned University of Winnipeg students with a place for discovering and sharing ecological knowledge, contributing to public awareness of ecology and ecosystem health and planning cooperative actions for the Earth. They work to combine activism and education through events (on and off-campus) and regular weekly meetings. Everyone is welcome.

Things EcoPIA has done include the Campus Commuter Challenge; Buy Nothing Day actions; the annual EcoElec-tica concert fundraiser; the Waste Audit; Stuff Swaps (free store!); film nights; speakers, workshops and potlucks; retreats; and other social events. New ideas are always welcome.

Location: ORM06, mezzanine
level of the Bulman
Students' Centre

Contact: 786-9189, [ecopia@
theuwsa.ca](mailto:ecopia@theuwsa.ca)

International Resource Centre

The International Resource Centre (IRC) facilitates activities for international students. The IRC adds to the educational and social enrichment of international students by providing a welcoming atmosphere where international students can socialize, study, or get information.

It also facilitates international students' integration into campus life through orientation workshops, special events, and support for their adjustment to a new culture and educational environment. Other activities include promoting faculty, student and community participation in international students' programs and developing and facilitating programs, activities and events to raise awareness of international issues on campus and in the community.

Location: OR14 (Level C in the
Bulman Students' Centre)
Contact: 786-9199, irc@theuwsa.ca

► The U of W now offers composting. Any organic material can be dropped in compost buckets, except for bones and fluids.

Interfaith Room

Location: ORM01 (level M in the Bulman Students' Centre)

Contact: 786-9428

The Interfaith Room is open from Monday to Friday and shared by Catholic Outreach, Varsity Christian Fellowship, Jewish Students' Association and Lutherans. Friday is Interfaith Day, when everyone and anyone can drop in to socialize and have a good time.

If you wish to become involved with any of the groups that use the room, or simply learn more about

what goes on in the centre, you can contact them at "What's Here For You Week," held at the beginning of the year. On top of socializing – which often includes great food – the various groups organize activities ranging from socials and monthly masses, to fundraisers, potlucks, and a lot more!

LGBT* Centre

Location: OR13

Contact: 786-9025, lgbt@theuwsa.ca

Web: <http://www.facebook.com/group.php?gid=18458993896>

The LGBT* Centre functions as a safe, social atmosphere, open to all lesbian, gay, bisexual, trans [gender/sexual], two-spirited, queer, questioning, and pro-queer allied individuals. If you are any of the above (or one that wasn't even mentioned!) feel free to drop in, check out our library, attend one of our weekly meetings, chat with colleagues, or take advantage of our microwave. There is also a plentiful supply of free condoms and dental dams available to anyone who needs them.

The LGBT* Centre also provides pamphlets, articles,

videos and community newspapers on LGBT issues. Moreover, the LGBT* Centre houses many books dealing with LGBT topics and related subject matter. These are available to all University of Winnipeg students.

Have you ever heard of "HomoHop?" If you haven't, you are clearly missing out on a pivotal part of life at the University of Winnipeg! The LGBT* Centre holds the largest social on campus and every year they outdo themselves in levels of both quality and entertainment.

Part-Time/Mature Students' Centre

Location: ORO4

Contact: 786-9786, info@theuwsa.ca

Photo Club

Whether you're into standard picture taking and developing, or you like to be risqué and dabble in the avant-garde, the Photo Club offers a creative outlet and hours of darkroom fun.

For a small membership fee, you can have access

centre as a quiet place to relax and retreat. Feel free to make suggestions.

to black and white processing and print-making equipment. The Club supplies chemicals for free and photographic paper and film at reasonable rates. The Club also owns an assortment of lights and tripods, which all club members are invited to use in the studio.

► According to a 2007 Kodak survey, although some professional photographers embrace digital cameras, 75 per cent of say they will continue to use film.

Womyn's Centre

The Womyn's Centre offers resources for students and plans events that examine and challenge womyn's oppression. Some of the free services include a womyn and trans-only space, free condoms, organic pads and tampons, pregnancy tests, safer sex info, free local phone calls, a microwave and fridge. There is also an extensive lending library with material on sexuality, first nations issues, pornography, ecology, art, feminist theory and more. The centre also sells menstrual cups at a discounted price.

As a collective, the Centre is responsible for organizing the annual Take Back the Night march, Montreal Massacre remembrance events and International Womyn's Week celebrations. The Womyn's Centre Collective is flexible enough to serve the changing needs of womyn and trans people on campus. It welcomes womyn and trans folks into the space including all ethnicities, abilities, sexualities, economic classes and body types.

Location: OR12
Contact: 786-9788,
womynsctr@uwinnipeg.ca

World University Services Of Canada (WUSC)

WUSC is a non-profit, international development organization that promotes action and education on issues in the developing world. On campus, the WUSC local committee is involved in fundraising, develop-

ment education, lectures, seminars, workshops and sponsoring international students. University of Winnipeg students pay a small levy each year to cover the costs of sponsoring refugees to come live in Canada.

Location: OR14

Peer Support

Students may encounter some stressful events during their time at university. Peer Support strives to provide a safe environment for students to discuss concerns from any area of life. The group offers a team of quality listeners, but also acts as an information and referral resource centre. Although not professional counsellors, Peer Helpers conduct and direct themselves in a non-judgmental and respectful manner.

Peer Support also offers informational pamphlets on a variety of topics (sex, relationships, abuse, sexuality, drugs, alcohol, etc.), referrals to services in the community and free condoms.

If you are interested in helping people by becoming a volunteer for Peer Support, please drop by the office in January for an application, as training occurs during Reading Week.

Location: ORM13
Contact: 786-9867, peer-support@theuwsa.ca

► Statistics Canada reported that in 2003, women working on a full-time, full-year basis had average earnings of \$36,500, or 71 per cent of that of their male counterparts.

Arts and Culture

Writer's Collective

Hours: Tuesday – Thursday,
10:30 a.m. – 4:30 p.m.

Location: 5th Floor Library
(back of archives)

Contact: 786-9468, writer-
scollective@uwinipeg.ca

The Writer's Collective is a resource for new and emerging writers. They offer monthly workshops, writing circles, poetry readings and more. The Collective tries to create a balance between creative writing communities at the university and in the community. To become a member, students must pay an annual membership fee of \$25. But you get a lot for your membership:

The writer's collective is open for volunteers to help with special projects.

JUICE

Location: 5th Floor Library
(back of archives)

Contact: 786-9468, juice.
journal@gmail.com

Pure fiction and published once a year, JUICE is the University of Winnipeg's student-run literary journal. Co-created by local author and English professor Catherine Hunter, the journal features writing from undergrads in the form of short fiction, poetry and prose, dramatic scripts and even comics. JUICE is a great way to get peer feedback on your writing and it's also a great first publication for a budding writer. JUICE publishes in the fall, so you have lots of time to work on your submissions. It is part of the Writer's Collective here on campus.

► The Writer's Collective was formed in 2000 and now has over 200 members.

Jazz Band

The University of Winnipeg Downtown Jazz Band (WDJB) is a community-run organization dedicated to fostering jazz education and performance in the City of Winnipeg. It was founded in 1993 by a group of students from the U of W who wanted to continue playing the music they loved. The UWDJB is directed by Rob Hrabluk and managed by Matthew Molnar.

A little less formally, they are basically a group of people (some students, some alumni, some people who've never been to the university before) who get together Sunday nights to make music. Though not a free-for-all jam session, the jazz band plays between four and seven gigs per year, plus smaller sets with small groups. They also assist university events and a number of departments in facilitating musical performances for special functions. The jazz band works with a conductor every year, and an \$80 fee goes to pay for this service and buying sheet music for the group. You have to bring your own instrument, but if you're interested in maintaining your skills as a musician and playing for fun, the jazz band is a great place to be.

UW Downtown Jazz Band

Rehearsal Schedule:

**Sundays, 7 p.m. – 9 p.m.,
Eckhardt-Gramatte Hall**

**First rehearsal is Sunday,
September 7**

UW Downtown Vocal Jazz (new) Rehearsal Schedule:

**Sundays, 3 – 5 p.m.,
Eckhardt-Gramatte Hall**

**Auditions are Sunday,
September 7 at that time**

Contact: jazz@uwinnipeg.ca

► Wikipedia reports that “the word jazz began as a West Coast slang term of uncertain derivation and was first used to refer to music in Chicago in about 1915.”

Campus Media

The Uniter

Location: ORM14, Bulman Centre (on the Mezzanine level)

Contact: 786-9790, editor@uniter.ca

The Uniter is the longest running student publication at the University of Winnipeg. Since achieving autonomy in 2006, *The Uniter* has remained dedicated to serving U of W students as well as reaching out to the surrounding community. It's become the best campus and urban weekly in the city.

How to Get Involved

Each section of *The Uniter* holds weekly storyboard meetings that are open to everyone. Here, you can pitch story ideas, learn how to write a lede (or learn what a lede is), work one-on-one with editors and learn more about the surrounding community, all while building your journalism portfolio. You don't have to have any

journalism skills prior to becoming a volunteer at *The Uniter*. One of the main goals of *the Uniter* is to act as a training ground for aspiring writers and journalists. However, the paper continues to strive to produce a high-quality publication. Editors are available to help you direct your articles, understand journalistic style and improve your writing and interviewing skills.

The Uniter also provides employment opportunities for students and community members. Each year *The Uniter* hires section editors and staff writers. These are great jobs to have on your resume. Working or volunteering at *The Uniter* is also a great way to understand and get involved in what's going on in Winnipeg.

Mouseland Press Inc.

Mouseland Press is the publishing corporation of *The Uniter*. It has a functional board and annual general meetings. There are lots of volunteer opportunities within this organization, from becoming a member to sitting as a student representative on the board. The Mouseland Press Board is made up of members from local media, community members, Uniter alumni and University of Winnipeg students.

Speaker's Series

This year Mousleand Press will be coordinating a speakers' series to bring in exciting and provocative speakers. Topics will include anything from science to literature to politics. A committee made up of members of the Mouseland Press Board and Uniter staff will guide the speakers' series. This committee is dedicated to bringing in the speakers that students want to see. The series will also provide a forum for deeper community engagement between *The Uniter*, the university and the city.

Contact: board@uniter.ca

► The September 23, 1957 edition of *The Uniter* requests that all "freshies" must wear identifiable clothing. For men, this includes "Short pants, knee socks, one boot and one shoe... lipstick and rouge, and a sign...stating 'I am a Freshie', and giving your name and phone number."

Stylus Magazine

Stylus magazine is the University of Winnipeg's music magazine. It also acts as a program guide for the radio station, CKUW. Published bi-monthly, *Stylus* includes interviews with local and touring bands, tons of CD reviews, concert listings and other interesting commentary. It is a good way to keep in touch with what's going on in the local music scene as well as who's releasing what and playing where. *Stylus* has a reputation world-wide as one of the only campus driven independent music magazines.

Volunteering at *Stylus* can be as simple as writing a CD review, interviewing your favourite band, or taking photographs of live concerts. *Stylus* is a really fun way to develop your skills as a writer and a music critic.

Stylus is also a great way to be part of the vibrant music community that makes Winnipeg unique. Call or e-mail to find out when volunteer meetings are and try your hand at music journalism. Also, check out myspace.com/stylus_magazine to keep updated on all things *Stylus*.

BANDS/MUSICIANS/LABELS: Let *Stylus* know when you have a new album or tour or are available for interviews.

VISUAL ARTISTS: Every cover of *Stylus* is different and made special by artists. If you're interested in making a cover for *Stylus*, e-mail them with digital samples of your work.

Location: ORM12, Mezzanine level of the Bulman Centre

Contact: 786-9785, editor@stylusmagazine.ca

CKUW 95.5 fm

Location: 4CM11, in Centennial Hall, above the Buffeteria

Contact: Volunteer Coordinator or News Director, 786-9998

Station Guide Online: www.ckuw.ca/index.php/schedule

CKUW is the University of Winnipeg's campus and community station. The station is a great way to get involved in independent media and radio. Do you like music, spoken word shows, or alternative news? CKUW has it all.

CKUW is a true Community and Campus radio station. Its programming reflects the community that owns and creates the programs. It has the freedom and the mandate to present music and ideas that cannot be found in the mass media. CKUW is a place where alternative viewpoints can be aired and local musicians always take priority over top 40 jingles.

To get the most out of CKUW, take an active role as a listener. Much like TV, CKUW has different programming every day of the week. Take some time to get familiar with their schedule.

In addition to great programming, CKUW has many unique features that connect the station to the community. Every summer the station sends out reporters to explore the best and the worst of community garage sales in a series called Garageland. If you hear of an item on the radio, chances are you can bike there and get it before it's gone. CKUW also has a community based radio drama and a radio camp for kids to come and learn about how to make a radio show.

Don't worry if you've never set foot in a radio station before, CKUW offers training workshops to get even the most novice of programmers comfortable with the station and all the equipment. Check out their website or contact their volunteer coordinator to learn more.

And tune in to 95.9 fm.

Campus Map

- 1 SOMA
Duckworth Centre
- 2 Community Garden
- 3 UWSA Foodbank
Bulman Centre
- 4 Petrified Sole Used Bookstore
Bulman Centre
- 5 UWSA Student Groups
Bulman Centre
- 6 Writer's Collective
Fifth floor library (back of archives)
- 7 Juice
Fifth floor library (back of archives)
- 8 Jazz Band
Eckhardt-Gramatte Hall (third floor
Centennial Hall)
- 9 *The Uniter*
ORM14, Bulman Centre (mezzanine
level)
- 10 Stylus Magazine
ORM12, Bulman Centre (mezzanine
level)
- 11 CKUW
4CM11, in Centennial Hall, above the
Buffeteria

Great Study Spots

Although the U of W campus is small, the variety of architectural styles throughout the campus means there's tons of great little study areas. Although everyone has their top spots, here's a list of a few of *The Uniter*'s favs:

- Duckworth Centre, 2nd floor, next to the Manitoba Hall of Fame. There are tables and chairs, as well as movable couches. Also doubles as a great napping area (see below).
- Graham Hall, 4th floor, in passage way between Graham Hall and Centennial Hall. A few tables with great natural lighting.
- Lockhart Hall, main floor, beside the Lockhart Bistro. Tons of tables.
- Lockhart Hall, 3rd floor, beside 3L18. A handful of tables, with a great view of Balmoral Street.
- Centennial Hall, 3rd floor, beside lockers. There are a bunch of tables spread throughout this area.
- Centennial Hall, 4th floor, in hallway next to UPLINK and rooms 4C40 to 4C84. Lots of study carrels with lots of natural light.
- Anywhere in the library, Centennial Hall, 4th and 5th floors. In particular, check out one of the five study mezzanines off the 5th floor - many have electrical plugs.

Nicest Napping Quarters

Most of the study areas mentioned above can double as sleeping quarters, but these are some of the best

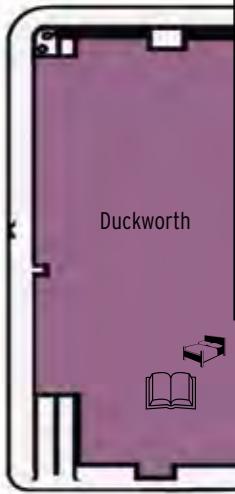
specifically for sleeping.

- The Learning Commons, Centennial Hall, 5th floor. Follow the signs outside the library. This area has tons of movable couches, but there is also lots of light.
- The library, Centennial Hall, 5th floor, next to the magazine racks. There are generally a few big, squishy chairs to nap in.
- Bulman Centre, mezzanine level, the Mez. It's dark and there's tons of movable couches - what more can you ask for?

Best Bathrooms

We can all admit that U of W isn't known for having the nicest washroom facilities, but we've compiled a list of the worst.

- Manitoba Hall, basement. There are two sets of men's and women's washrooms in the basement of Manitoba Hall and although they're pretty old school, they are also frequently empty (*wink).
- Library, 5th floor. There are also two sets in the library, 5C06 & 5C07 and 5C11 & 5C12.
- Bulman Centre, mezzanine level, next to EcoPIA (formerly EcoMAFIA), ORM06. These are some of the university's newest washrooms and are therefore frequently cleaned (several times a day in fact).
- Centennial Hall, 3rd floor, 3C04 & 3C09. These are generally dirty, but not too busy.

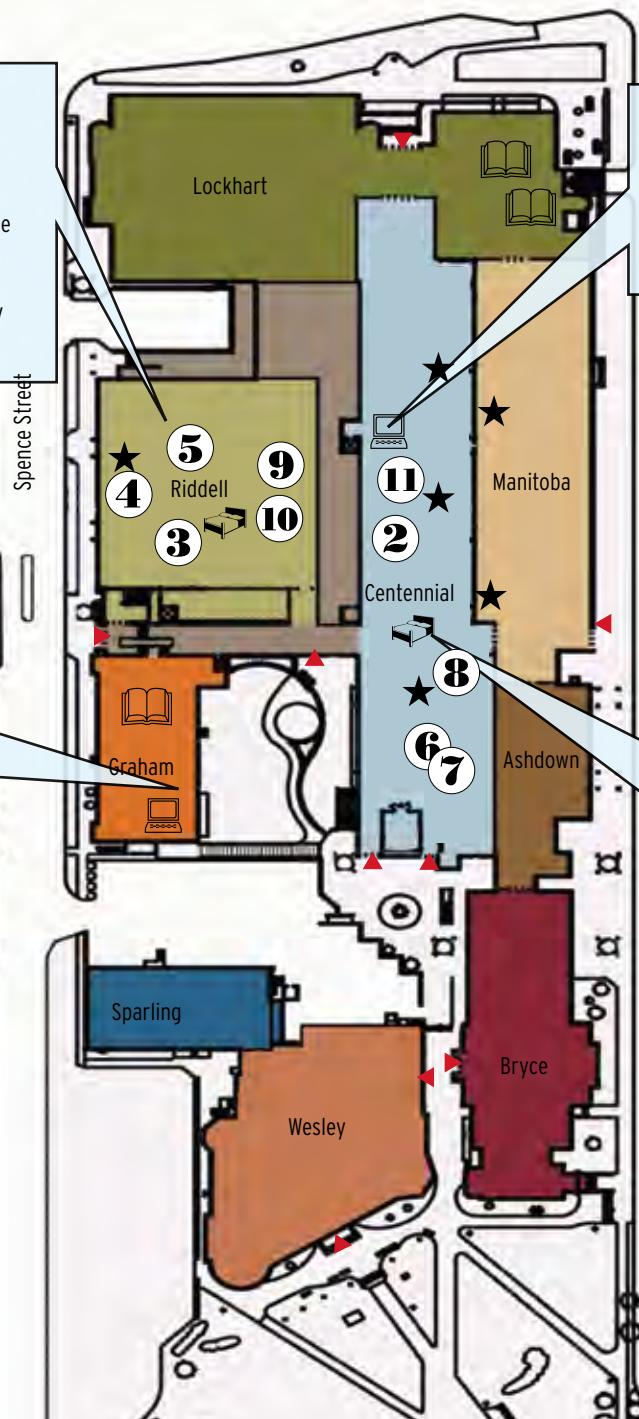


Ellice Avenue

The Bulman Centre is located underneath Riddell Cafeteria. It's a bit of a maze, but remember that RM is the bottom level and ORM is the mezzanine level (the one with the comfy couches).



The Tutoring Centre (3rd floor Graham Hall) has computer labs.



The Uplink computer lab is on the fourth floor in the Buffeteria (the yellow cafeteria).

► Entrance

Part

3

Community





The University of Winnipeg is nestled in a hub of active neighbourhoods and vibrant communities

COMMUNITY LIFE

From the Spence neighbourhood to the Exchange District, students have the opportunity to get involved in programs that run outside of school, learning skills not often found in the classroom.

In addition to giving to the surrounding community, students stand to gain a lot. U of W is in walking distance from some of the greatest bars, cafés, art galleries and clothing boutiques

in the city. In this section you'll find some maps and tips to show you around and get you started on making the most out of your community life.

Photo: The Royal Albert Arms



ity life

THE ROYAL ALBERT

EST. 1913

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FRESH, AUTHENTIC BBQ
DONE VEGAN,
VEGGIE OR
MEATY!

GOURMET
PIZZAS!

VEGETARIAN
POUTINE!



The best of Independent Winnipeg

There's no accounting for taste, but *The Uniter* has put together a list of some of our favourite restaurants, watering holes, shops, venues and grocery stores in the city. The best part of our list – the locales featured are cheap and geared towards students and those without a lot of dough.

Disagree with our selections or have something to add? Send your submissions to editor@uniter.ca and maybe we'll let you pick your favs for next year.

Restaurants:

Affinity Vegetarian Restaurant

208 Edmonton Street, 943-0251

It's a veggie Chinese restaurant where you pay for your food by weight – this helps to cut down on the gorge factor. Try the deep-fried yams.

Pho No. 1

81 Isabel Street, 943-7449

This place has great food but also gets pretty busy. Try the yellow curry soup.

The Black Sheep Diner

540 Ellice Avenue, 786-2822

This newly-opened gem is almost close enough to the campus that you can run there in the dead of winter without a coat on and probably not get hypothermia. If you like brie and apples combined in a sandwich, you'll like this place.

Ellice Café & Theatre

587 Ellice Avenue, 975-0800

Cute local place with ultra-cheap food. Great for a quick coffee between classes or a bite before catching a show at the

West End. If you feel like chatting with some awesome Spence neighbourhood locals, grab a seat at the counter.

Eat Bistro

274 Garry Street, 943-7555

This place is housed in the new Aqua Books and is super cool – it's bright and fun and fresh and new; basically an all-around good atmosphere. For those who love condiments, there are close to 20 dipping sauces on the menu.

Watering Holes:

Cousins Deli & Restaurant

55 Sherbrooke Street,
783-4695

This place gets a five outta five on the stagger-home-after-a-very-un-sober-evening scale. Beware the progressively dimming lights – they add to the crazy-feeling factor.

The Toad in the Hole Pub

112 Osborne Street, 284-7201
Small patio, maybe, but we love it none-the-less. Check out the sweet selection of games, including Deer Hunter. It rocks.

The King's Head Pub

100 King Street, 957-7710

There are a lot of locals at this bar – very entertaining. Try the pub grub – like any good English pub, there's a kick ass selection of Indian food.

The Yellow Dog

386 Donald Street, 775-6676
Small but great, the Yellow Dog is nice and close to the U of W. Try some of the great food at Carnegie's next door.

Regal Beagle Pub

331 Smith Street, 942-6411
Housed in the Marlborough Hotel, this little pub is hugely underrated. Perfect for catching a beverage before or after a show at any of the nearby venues.

Venues:

The Cavern

112 Osborne Street, 284-7201
The Cavern is housed in the basement of The Toad. There is always a variety of cool shows going on, and the sterile cement means spills are easily cleaned up.

The Royal Albert Arms

42 Albert Street, 794-8710
The Albert is an infamous Winnipeg punk venue. It's hosted many great bands including Green Day, MxPx, NOFX, Gob and Sloan. Watch for a boutique hotel – complete with fetish and dungeon rooms – opening soon. Check out their awesome new menu, there's vegetarian poutine!!



Need a study break?

The Lo Pub has daily specials for students as well as Winnipeg's best selection of locally made products on tap and in bottle. Located just a short 2 minute walk East from the U of W Campus at the corner of Ellice and Kennedy, The Lo Pub has your new After School Special.

The **LO PUB**

330 KENNEDY STREET WINNIPEG MANITOBA

Mon-Wed 2pm to 1am Thurs-Fri 2pm to 2am

Sat 5pm to 2am

Need a venue for your social, birthday party or event?

Contact us about our cheap rates at 204-943-5581
or email thelopub@gmail.com

Lo Pub

330 Kennedy Street, 943-5581

The Lo Pub is one of the city's newest venues. Housed in the recently renovated Hostelling International building, it still has some of the original features, including a wall of stained glass windows and a cozy fireplace.

Times Change(d) High & Lonesome Club

234 Main Street, 957-0982

Lots of great music, and lots of Jim Beam. Be adventurous and huck a rubber chicken around at last call.

The Windsor

187 Garry Street, 942-7528

Great blues housed in a historic hotel.

Shopping:**The Goodwill Store**

62 and 70 Princess Street, 943-6435

Not only are there some pretty sweet clothes on the main floor (that are still affordable, unlike some of the other chain thrift shops which come to mind), but the second floor also has a great selection of furniture.

Ragpickers Anti Fashion Emporium

216 McDermot Avenue, 942-7992

You can rent or buy vintage clothes from this place, plus find an assortment of other nifty items. It's great for Halloween.

Para Mix

108-100 Osborne Street, 453-8626

This store is cool if you're really small and have lots of money. Even if you're not, it can be fun to browse for some style inspiration. Plus, accessories and bags are one-size-fits-all.

Hush and Shout

203-99 Osborne Avenue, 474-1208

and 202-99 Osborne Avenue, 231-3209

Sister stores with pretty cheap prices and lots of variety. You can screen-print your own Ts at Shout.

Hoopers Bazaar

70 Albert Street, 943-5240

Hoopers features urban fashions and retro furnishings – it's like Urban Outfitters, but better.

Local Shop Awesome

106 Osborne Street, 474-1661

Locally made clothes, as well as art and jewelry. The staff here is super friendly and, well, awesome.

Grocery stores:**Dino's**

460 Notre Dame Avenue, 942-1526

Great ethnic food and interesting veggies. Also a selection of hair extensions. Check out their CDs.

The Bay Food Market

The Bay Basement,

Portage and Memorial, 783-2112

One of the best and cheapest selections of produce and soy products in the downtown. Plus you get to shop with blue-haired people.

Sun Wah Supermarket

380 King Street, 944-9162

The best Asian food market in town. Visit the in-house butcher for a barbecue sandwich – ask for it by using the secret code word "Chop-Chop."

Giant Tiger

345 Donald Street, 949-0694

Once you get over the icky factor, this place has a great selection of just about everything.

Organza Foods

664 Corydon Avenue, 453-6266

Sometimes it takes deep pockets to make moral eating decisions. For those decisions, there is this organic food market.

The Canister

106 Osborne Street, 474-0407

This isn't a grocery store, but if you're as fanatical about your caffeinated beverages as we are, you'll love this place. They have chocolate, too.

Welcome to downtown Winnipeg. Although still a bit of a doughnut at night and on weekends, the concentrated push to revitalize the area seems to be working. There are some nifty heritage buildings, as well as great shops and restaurants.

All of the locales identified on this map can be reached on foot from the University of Winnipeg in about 20 minutes or less, but we're ramblers so speed walkers with active hips can probably half our time. Have fun exploring, but make sure to bring a buddy with you at night.

Nearby neighbourhoods:

Wolseley

The "Welcome to Wolseley" sign on the side of a Maryland Street house is almost as famous as the "Welcome to the North End: People Before Profit" sign that greets people as they drive north over the Slaw Rebchuk bridge. Known today as the home to many of Winnipeg's hippies, Wolseley houses a bunch of really neat little stores, including cafes, bakeries and other boutiques.

West End

The West End is home to lots of interesting characters. As prices rise in Wolseley and other nearby areas, the West End is slowly becoming gentrified as more affluent people renovate homes. There's still lots of great little restaurants and shops.

Spence

The Spence neighbourhood surrounds the University of Winnipeg and is home to some of the most affordable housing in the city. The area has one of the most active neighbourhood renewal corporations in the city – the Spence Neighbourhood Association.

West Broadway

This is another area which is slowly becoming popular as people realize living in the 'burbs isn't everything it's cracked up to be. There are loads of apartments in this area, but finding a vacant one can be difficult.





Sneaky tip: Use Winnipeg's skywalk system. You can get from the Bay all the way to Main Street without stepping outside.

Map Art © Copyright Informing Design, Inc.

Winnipeg's historic Exchange District is quickly becoming the coolest part of our little city. Home to many shops, restaurants and bars, you can generally find a bunch of funky folks hanging out. Best of all, the development of lofts and condos in the area, not to mention the University of Winnipeg Continuing Education and Red River College campuses, are making the area the place to be.

Check out the street festivals and free music that happen at the Old Market Square stage during warmer months.

Nearby neighbourhoods:

North End

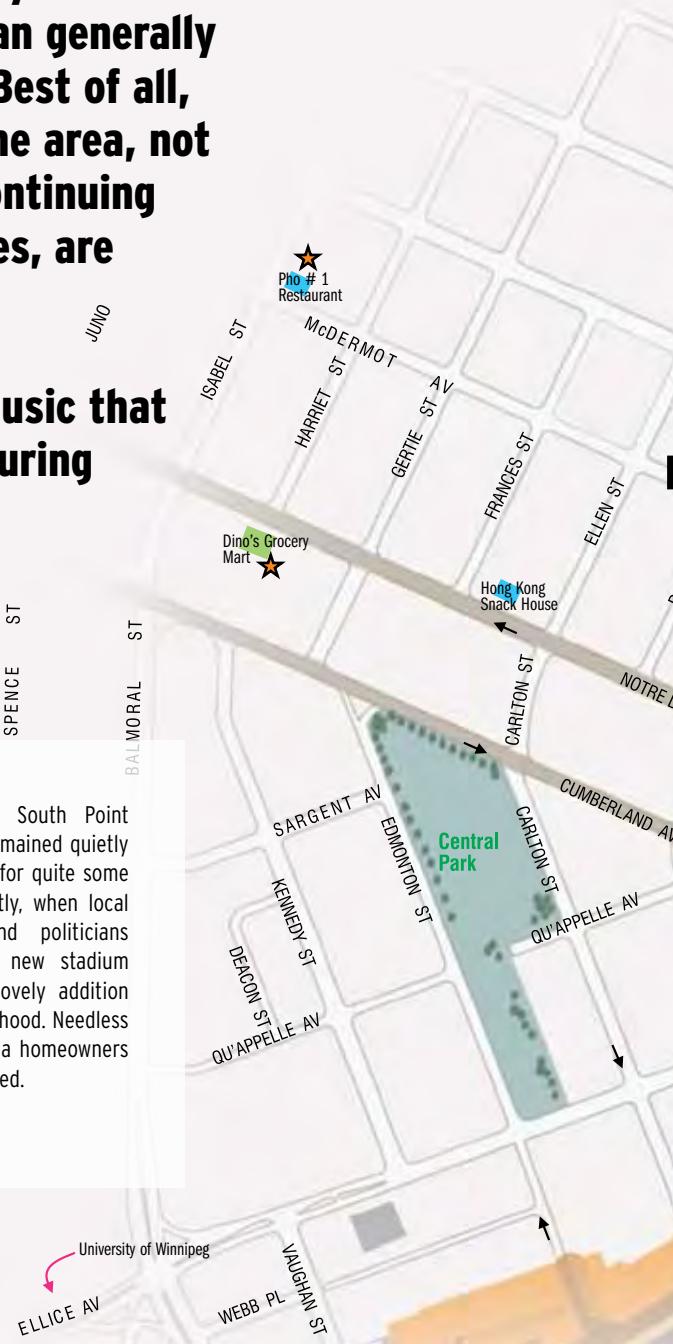
The North End was once an area filled with people and culture, but it has seen some hard times over the past 20 to 30 years. Nonetheless, the area has seen some redevelopment over the years, and is still home to some creative and artistic types.

Chinatown

Although not large, Winnipeg's Chinatown is home to some great restaurants and shops, as well as affordable housing generally targeted to Chinese immigrants. The Chinese Cultural Centre is also housed in the area, plus the local supermarkets are unmatched. You can pick up your aloe juice and all your homemade sushi needs in one hot stop.

Point Douglas

The North and South Point Douglas areas remained quietly under the radar for quite some time until recently, when local businessmen and politicians decided that a new stadium might make a lovely addition to the neighbourhood. Needless to say, some area homeowners weren't too pleased.



Chinatown

Exchange District



Osborne Village is home to many of Winnipeg's hipsters – you know the type: they sport tight jeans and \$75 haircuts, and are generally too cool for school. But since only about 50 people in Winnipeg fit that description, Osborne houses all other kinds as well.

There are many apartments and condos in the Village, and it is considered by many as one of the most desirable places to live. It is also a great place to take a stroll down the block and check out some of Winnipeg's finest boutiques and restaurants.

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MOVIE VILLAGE

MANITOBA'S LARGEST SELECTION OF DVDS

movievillage.ca — 57 Osborne St IN THE VILLAGE 477-5566 — CINEMA1.ca

Nearby neighbourhoods:

Corydon

Corydon Avenue (a.k.a. Winnipeg's "little Italy") has more restaurants and bars than, well, lots of other areas in the city combined. There are also lots of cute niche shops that sell overpriced niche items – like dog coats and fancy kitchen gadgets.

St. Boniface

Welcome to the city's French quarter! Winnipeg is home to many Franco-Manitobans, who have a rich culture and heritage. Check out Provencher Boulevard for shops and dining. Don't miss the controversial statue of Louis Riel at the College.

South Osborne

If you head south past Confusion Corner you'll stumble upon South Osborne, which is home to another bunch of great little shops and restaurants. It's worth the trip alone to peruse books at Burton Lysecki's and pop into the Park Theatre for a concert. South Osborne is bordered by the River View neighbourhood on the east and the Fort Rouge neighbourhood on the west.





One of the best ways to enrich your university experience is to get involved with the community. Not only is it a rewarding experience, but it looks snappy on a resume! Here's a short list of some of the **best** volunteer opportunities in the area:

The **City of Winnipeg** facilitates volunteer opportunities in a variety of municipally-funded areas and services through the **Community Support and Volunteer Services Branch**. Opportunities are available in the following areas: recreation, aquatics, library services, animal services, French language, and much more. Fall and winter recreation programs include learn to skate, children's dance, cooking, gymnastics, children's and youth drop-in, adult leisure interest programs and senior programs. For more information, call **986-5958**, or log onto <http://winnipeg.ca/cms/volunteers> and fill out a volunteer application form.

DASCH Inc. (Direct Action in Support of Community Homes) is an agency that provides residential facilities, support services, training and advocacy for adults and youth with developmental disabilities. They need a health and safety coordinator to evaluate and monitor health and safety hazards in their residences and day programs by conducting assessments and monitoring programs. A vehicle is required, gas and an honorarium will be provided. For more information call Diane at **987-1556** or e-mail dshack@dasch.mb.ca.

The **Spence Neighbourhood Association (SNA)** is a non-profit community-based organization making meaningful change in the community. Their goal is to help the neighbourhood strengthen its capacity. Since the neighbourhood is a part of the University of Winnipeg, the SNA welcomes U of W students and faculty to get involved. For more information, visit www.spenceneighbourhood.org, or e-mail Tamara at volunteer@spenceneighbourhood.org.

Seneca House Inc. in St. Boniface, an agency that provides peer support and respite to people with mental health problems, needs a volunteer with bookkeeping experience to help them organize files, pay bills, data entry, etc. Please call Ann at **942-2107** or e-mail recovery@mts.net.

St. Boniface General Hospital Research Foundation Office needs volunteers to telephone supporters of the Foundation to thank them for their donations. No soliciting required and a script will be provided to the volunteer. Please call Karen at **237-2442** or e-mail ksmith1@sbgh.mb.ca.

Empowering our Little Sisters is a mentorship and empowerment program that matches Aboriginal girls with mentors. Call **988-9200** or drop into the **2nd floor at 765 Portage Avenue**.

The Daniel MacIntyre area is starting up a new neighbourhood renewal corporation. If you'd like to get involved, contact the Daniel McIntyre St. Mathews Community Association at **448 Burnell St.** or call **774-7005**.

The **West End Biz**, which promotes area businesses, is looking for volunteers to join their **Biz Safety Patrol**. If you're over the age of 18 and have a minimum of four hours a week to volunteer, call **954-7900** or drop into **581 Portage Avenue** to fill out an application form. Volunteers must undergo a criminal record check and are provided with training.

Healthy Start for Mom and Me is a program which offers drop-in education sessions for new and pregnant moms at a variety of Winnipeg locations. If you have about three hours per weeks to help prepare healthy snacks and meals, call Eleanor at **949-5350** or e-mail healthystart@mts.net and include "Eleanor" and "volunteer" in the subject line.

Frontier College, Canada's original literacy organization, is recruiting volunteers to help with the following literacy areas: reading circles, homework clubs, one-to-one tutoring with children and adults and one-to-one and small group tutoring with youth. For more information call **253-7993** or e-mail winnipeg@frontiercollege.ca.

The **Canadian Red Cross** has a variety of volunteer opportunities. Red Cross volunteers must also complete the membership application form to be considered a member. Red Cross is recruiting for the following volunteer positions: research, event planning, and presentations as they relate to humanitarian issues; prevention educators to provide child abuse and relationship violence prevention education to adolescents and community groups; and disaster management volunteers, to provide a registration and inquiry service that reunites families separated by disaster. For more information contact Laverne Leenhouts at **982-6731** or e-mail laverne.leenhouts@redcross.ca.

The **General Council of Winnipeg Community Centre** (GCWCC) represents 68 community centres in the city and has many volunteer opportunities available. For more info, contact Marlene Amell at **475-5008** or mamell@gcwcc.mb.ca.



A special thanks goes out to all those who helped put together this year's SEEK guide.

In particular, we'd like to thank Holly Rose, Ksenia Prints, Ryan Rosler, Destination Winnipeg for the maps and the good ol' folk at the University of Winnipeg's Physical Plant.

Photo: Lockhart Hall



small brewery BIG FLAVOUR

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BREWING COMPANY

Keggers for Peggers

11.3 L Keg
STARTING AT
\$44.02

This fresh keg serves the equivalent of 33 12oz/341ml bottles and has a self-contained co2 system. This allows for the beer to stay fresh and tasty, unlike the standard kegs where the beer should be consumed that day. The beer pours out like a dream with this keg and it's so easy to set up even a wine snob could do it!

50 L Keg
STARTING AT
\$175.32

This keg should be served within 12 hours of being tapped - it's meant for a party! This serves the equivalent of 157 12oz/341ml bottles. We would recommend our Bulldog Amber Ale for this keg, a full-flavoured but smooth beer that will impress your friends.

Starving Student Sale!

During September, bring in your valid post-secondary school ID and receive **20% off** all merchandise (beer not included, sorry...)

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