

THE

UNITER

FREE WEEKLY.
VOLUME 74 // ISSUE 23 // MAR. 26

Winnipeg's
Artists of
Colour

IN CELEBRATION OF THEIR ACHIEVEMENTS AND
ACKNOWLEDGMENT OF THEIR STRUGGLES

THEATRE SCENE SEES COVID-19
LOSSES P7

PALLISTER DROPS BALL ON
PANDEMIC P12 & 13

QUARANTINE, HEALTH AND
PRODUCTIVITY P15 & 16

UNIVERSITY OF WINNIPEG AND DOWNTOWN COMMUNITY NEWSPAPER

UNFRIENDLY MANITOBA

Making a newspaper during the COVID-19 pandemic requires constant updating to accommodate the ever-changing atmosphere. Stories pitched weeks ago, which initially had nothing to do with public health, suddenly change on a dime. The pandemic affects every aspect of social life. Organizations and individuals have had to act quickly to adapt to the crisis.

If any theme has emerged in this issue of *The Uniter*, it's that one particularly important body has failed to take the necessary steps to adapt to COVID-19: the Government of Manitoba.

City reporter Alex Neufeldt's article on COVID-19's impacts on Manitoba's healthcare system lays out the many ways in which the Province's disastrous stripping away of medical infrastructure over the last four years has left us woefully unprepared to deal with this crisis. A system that was already running on fumes now has to fortify itself against a pandemic, and Brian Pallister's irresponsible cuts are now putting the lives and well-being of health workers in further danger.

Similarly, campus reporter Callum Goulet-Kilgour's piece examining the new provincial budget and its impact on students outlines Pallister and co.'s unmitigated failure to deliver a budget that accounts for COVID-19. To use an imperfect metaphor, budgeting for peacetime when we need to be preparing for the public health equivalent of a war makes absolutely no sense.

The provincial PCs' spineless plan of action was only further illustrated by their response to concerns voiced by renters unable to generate income during this crisis. In the business sphere, some shopping malls are already deferring rent entirely for their tenant businesses. But when it comes to vulnerable renters in Manitoba, we'll see no rent deferrals. Instead, Pallister has merely promised that rents won't increase during the pandemic (even though Winnipeggers have been voicing concerns about rent already being too high to afford for years, especially when compared to our stagnant property taxes). He's also graciously promised that those unable to pay rent won't be evicted during the pandemic (presumably, those evictions will come *after* this crisis ends).

We've never needed compassionate leadership more than we do now. But Pallister's historical contempt for the working poor appears to be unmoved by a global pandemic, and his message is loud and clear: we're on our own.

—Thomas Pashko

* ON THE COVER

Actor Joanne Roberts is one of several local Artists of Colour who spoke with features reporter Keesha Harewood about the struggles they face in Winnipeg's arts communities.

Read more on page 8.

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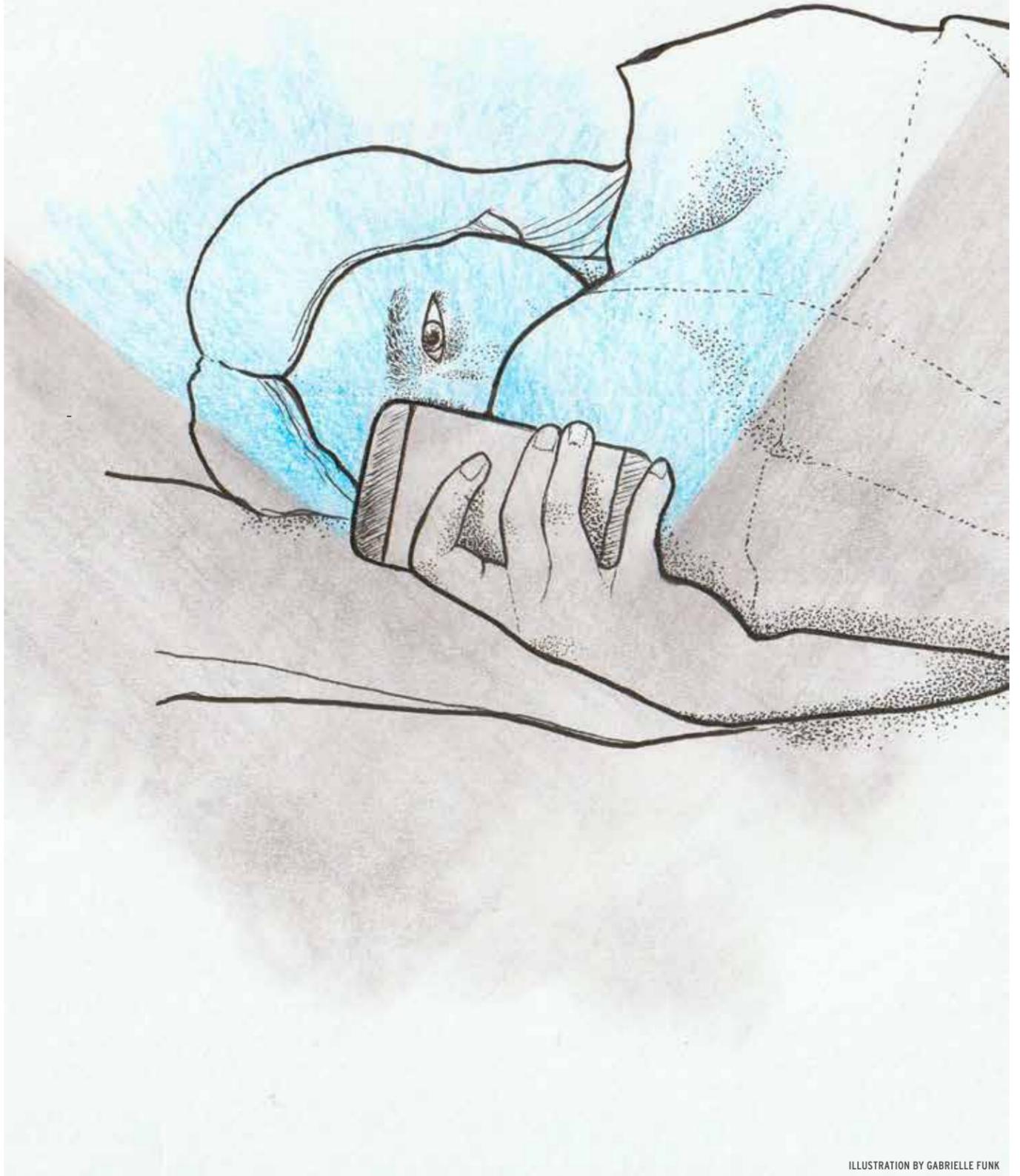


ILLUSTRATION BY GABRIELLE FUNK

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For some people, social distancing, working from home and increased screen time can wreak havoc on a healthy sleep cycle. Read more on page 16.

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SUBMISSIONS

Submissions of articles, letters, graphics and photos are encouraged, however all new contributors (with the exception of letters to the editor) must attend a 45-minute volunteer orientation workshop to ensure that the volunteer understands all of the publication's basic guidelines. **In-person volunteer orientations are currently suspended due to COVID-19, but over-the-phone and remote orientations can be arranged.** Please email volunteer@uniter.ca for more details. Deadline for advertisements is noon Friday, six days prior to publication. The Uniter reserves the right to refuse to print material submitted by volunteers. The Uniter will not print submissions that are homophobic, misogynistic, racist or libellous. We also reserve the right to edit for length/style.

CKUW TOP 30

March 16-22, 2020



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

TW	LW	C	Artist	Album	Label
1	1	!	Cantor Dust	Too Many Stars	Self-Released
2	4	!	Begonia	Fear	Rex Baby
3	9	*	Andy Shauf	Neon Skyline	Arts & Crafts
4	11	!	Death Cassette	Grim	Self-Released
5	3	!	Mariachi Ghost	Puro Dolor	Self-Released
6	6	*	Audrey Ochoa	Frankenhorn	Chronograph
7	7		Los Straightjackets	Channel Surfing	Yep Rock
8	5	*	Wolf Parade	Thin Mind	Royal Mountain
9	8		The Souljazz Orchestra	Chaos Theories	Do Right
10	2	!	William Prince	Reliever	Six Shooter
11	10	*	Nestor Wyrush	Roxbury & Wooden Legs	Peanuts And Corn
12	13		Matana Roberts	Coin Coin Chapter Four: Memphis	Constellation
13	15	*	Land Of Kush	Sand Enigma	Constellation
14	NE	*	Dead Soft	Big Blue	Arts & Crafts
15	NE	!	Heartbeat City	Tanglespruce	Self-Released
16	25	*	Man Made Hill	Mass Wasting	Not Unlike
17	22		Subhumans	Crisis Point	Pirates Press
18	21		MFC Chicken	Fast Food & Broken Hearts	Dirty Water
19	30	*	Whiskey Jerks	Baba Was A Bootlegger	Self-Released
20	26		King Krule	Man Alive!	True Panther Sounds
21	NE	!	Two Princes	A Crow Master Piece	Self-Released
22	20	*	The Quivers	Nice To Meet You	Transistor 66
23	RE	*	D.O.A.	1978	Sudden Death
24	19		Eddy Current Suppression Ring	All In Good Time	Castle Face
25	RE		Gebhard Ullman Basement Research	Impromptus And Other Short Works	Whyplayjazz
26	17		Oval	Eksplio	Thrill Jockey
27	16		Various Artists	We Were Living In Cincinnati	Hozac
28	RE	*	The Flamingos Pink	Kustom Kreme	Label Etiquette
29	NE		Disq	Collector	Saddle Creek
30	14	*	Fly Pan Am	C'est Ca	Constellation

ARTS BRIEFS

BETH SCHELLENBERG // ARTS AND CULTURE EDITOR

@BETHGAZELLENBERG

As we keep self-isolating and practicing social distancing, the apocalyptic jitters can rise to a fever pitch. We are being warned by many mainstream media outlets, health experts and government officials that this is just the beginning, and that, especially if people keep going out and about and conducting business as usual, this new reality could last for months – if not an entire year. So, how do we deal?

STAY HOME

It feels redundant to state this, as the message is being hollered from the proverbial rooftops by just about everyone, but stay home if you can. Individual loneliness and anxiety are challenging but frankly do not justify endangering others' lives by socializing with people you don't live with. This is our chance, both as individuals and as a culture, to break with toxic, societally ingrained individualism, so hop on board and be on the right side of history.

Mental health COVID-19 hotline

Anxiety Disorders of Manitoba has started a mental health hotline in response to the overwhelming need of the community. The support line can be reached at 204-925-0040 and will be answered between the hours of 9 a.m. and 9 p.m., Monday through Friday, and from 10 a.m. to 4 p.m. on weekends.

Take control of your space

This is not about Marie Kondo-ing or redecorating or buying a bunch of new stuff. It is about turning what is often a fairly utilitarian space (eat, sleep, repeat) into a space where you can safely sequester yourself away, a space where you can imagine actually *wanting* to spend time, if you weren't being forced to by a frightening pandemic.

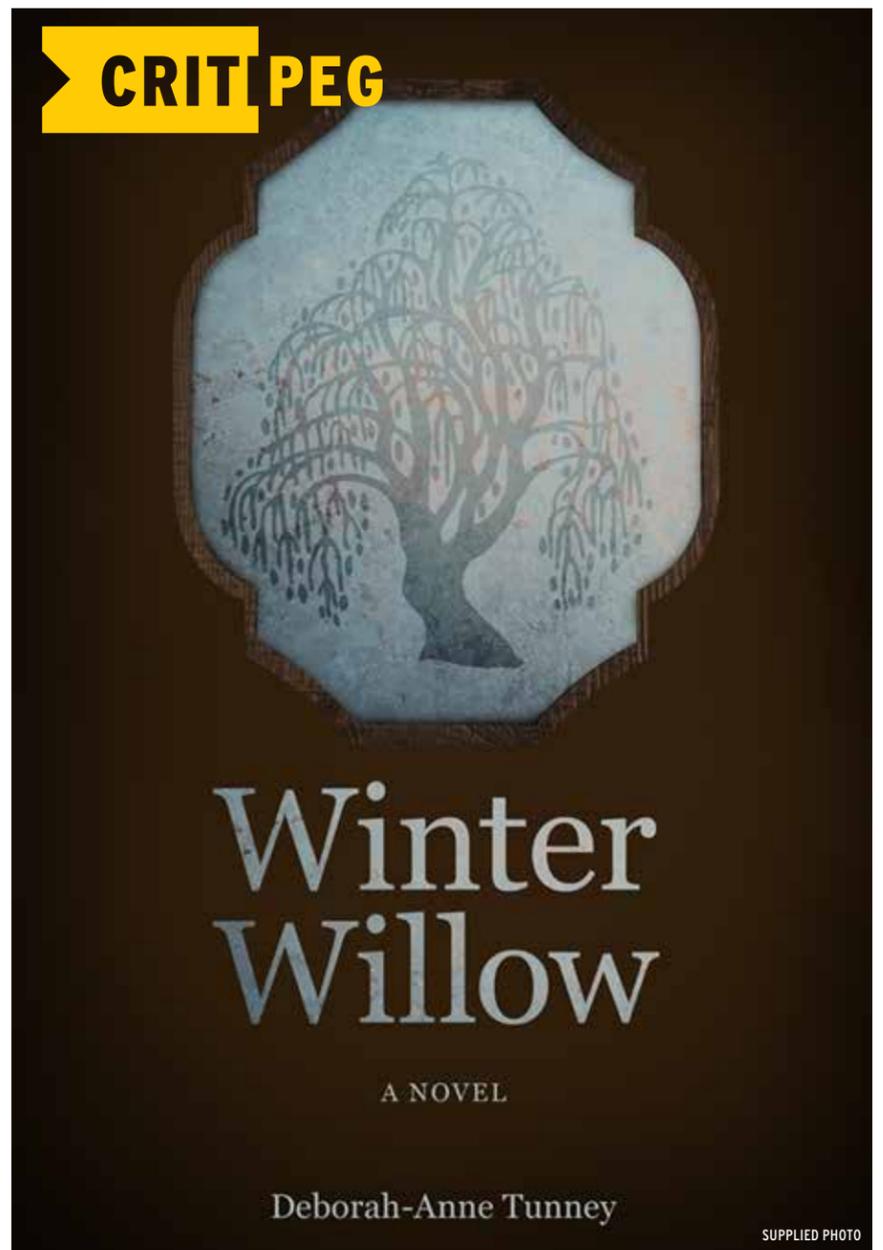
There are a lot of guides popping up online to help with this. That said, there is no rush to stop Netflixing your days away – but once the desire to do something else kicks in, give your space some TLC. If you don't have plants but want some, ask a friend to drop off cuttings on your doorstep. If you are sick of staring at the same piece of art, arrange an exchange with a pal or family member.

Make your own entertainment

If you are getting antsy sitting in front of your computer but still want to connect with people, try starting up a game or ritual. I am currently writing a few paragraphs a day about travelling and exchanging them with a friend. What better way to pass the time than remembering all the places you've been that you can probably never go back to?! I have friends who are drawing the views from their windows and sharing them, along with others who are engaged in epic Scrabble battles.

It doesn't really matter what the activity is. It's just about maintaining some kind of connection that goes beyond watching the same shows and texting about them, or drinking too much wine during group Zoom chats. There is nothing wrong with either of these activities, but variety is the spice of life!

CRIT PEG



GOTHIC CANADIAN TALE IS PLEASURABLY BLEAK

Winter Willow

Deborah Anne Tunney

200 pages, Great Plains Publications, November 2019

HANNAH FOULGER

@FOULGERSCOVFEFE

ARTS AND CULTURE REPORTER

"I sat on the edge of the bed, the letter loose in my hand and stared at the space before me. What is this space where I have decided to live, I wondered. What stories hidden here?"

Bleak. Dark. Utterly depressing. These are not descriptors for books that everyone might enjoy, but those who love the classic gothic literature of the Brontës or Bram Stoker will find what they need here.

Ottawa-based poet Deborah Anne Tunney has crafted a Canadian inheritance to classic English gothic tales in *Winter Willow*, perfectly executing the story of an intelligent but directionless woman caught up in the life of a mysterious man with a mysterious house.

The novel follows Melanie, a depressive young graduate student who listlessly wanders through life, trying to find meaning in post-war literature after her mother's death. When Melanie's PhD funding is cancelled, she meets Stone, a celebrated author who hasn't written in decades. He offers her a position as his assistant, and she is slowly pulled into his world and into the *Winter Willow*, his house shrouded in mystery and fog.

When she develops a relationship with another graduate student, Stone forces

her to make a choice between her life at the *Winter Willow* and a future with the other student. As Stone grows more unstable in his possessiveness over time, the lines between Melanie's identity and his late wife's begin to blur.

Tunney's background as a poet is clear, with such exact descriptions of a city, readers may forget that she is describing either Toronto or Ottawa, instead of the foggy docks of London where Jack the Ripper waits for his prey or the haunting moors of *Jane Eyre* and *Wuthering Heights*.

Mysterious fog enshrouds the city, Stone and the entire novel, even when no fog is mentioned. The story is revealed so exactly, yet at every step, Tunney seems to hide something from the reader, as we stumble forward through the story, as if with a candle in an unlit hallway.

Tightly coiled, classically dreary and pleausurably bleak, *Winter Willow* is a perfectly tuned instrument. Although reading a book about feeling trapped, isolated and depressed may not be the best choice for everyone during these days of social distancing, this book may give you the kind of weary catharsis we need in these trying times.

Winter Willow is available for order in an ebook or physical form from Great Plains Publications, as well at Amazon.ca. Physical copies can be purchased from McNally Robinson Booksellers, which offers curbside pickup.

Rediscover the fine art of the telephone conversation

The Zoom/House Party/three-way FaceTime apps are a real lifesaver but can also feel a bit strained. We don't typically socialize by sitting still in front of our computers with nothing to do but mitigate existential dread by exchanging jokes about the end of the world. Aside from the inherent awkwardness of video chats, lots of old folks (at least the ones in my life) aren't tech savvy and would much rather chat on the phone. In addition to the old folks in your life, reach out to anyone who you suspect may be fairly isolated (not just physically, but socially).



WHOSE HOUSE? (QUARANTINED)

THE UNITER'S (QUARANTINED) HOUSE

1

ALL PHOTOS SUPPLIED BY UNITER STAFF

BOREDOM IN THE TIME OF COVID-19

THOMAS PASHKO

MANAGING EDITOR

@THOMASPASHKO

Like nearly everyone else right now, the staff of *The Uniter* is stuck at home. Social distancing, self-quarantine and the sudden global aversion to human contact all make it particularly tricky to put together a newspaper.

Especially difficult to execute is the Whose House, our weekly feature in which we visit the homes of local artists, professionals and personalities. It's a little tricky to visit someone's home when you're not supposed to leave your own. And, well, would you let us into your living room right now? I wouldn't. Who knows where we've been?

However, just as we're working remotely, we're sharing our own homes with readers remotely. Earlier this week, *Uniter* staff were asked to send in photos and descriptions of the items, spaces and/or pets keeping them happy during the pandemic.



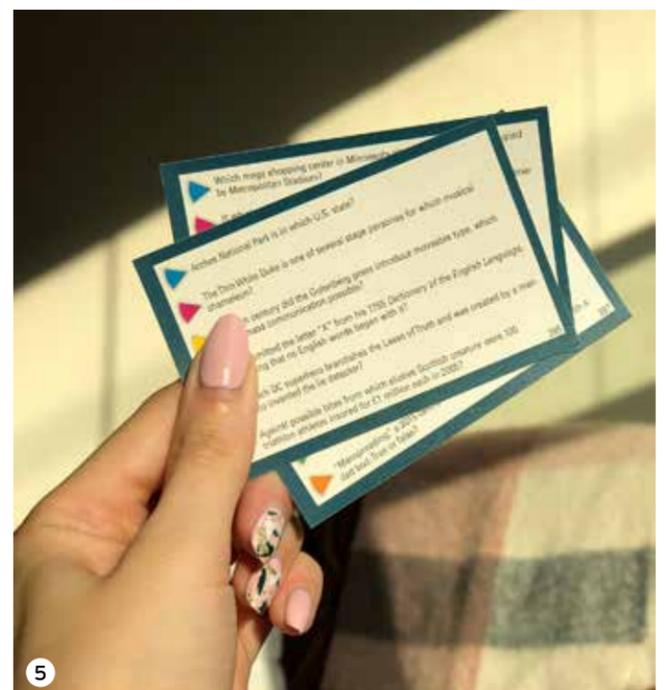
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3



4



5

1) KEELEY BRAUNSTEIN-BLACK (STAFF PHOTOGRAPHER)

"Hitting things makes me feel better. Also, hooping is fun! Move everything to the walls of your living room or dining room."

2) OLIVIA NORQUAY (BUSINESS MANAGER)

"My partner and I adopted Nina from the Humane Society in October, and she is the sweetest, even when she's eating all my plants."

3) TALIA STEELE (CREATIVE DIRECTOR)

"Having Hank around brings me a lot of comfort, and cats are just really funny critters, so he's been a good source of entertainment during these times."

4) DANIEL CRUMP (PHOTO EDITOR)

"Never had one lesson! My Opa used to play, and because of that, I have always wanted to learn. I received this violin for my birthday

last year in April and figure now is the time, if there ever was one, to become a prodigy. Apologies to my downstairs neighbours!"

5) DANIELLE DOIRON (COPY AND STYLE EDITOR)

"I live alone for most of the year, so I'm rocking social isolation solo. To stay connected with my loved ones, I'm playing Trivial Pursuit over FaceTime with my sister and silently cursing my partner for putting every second card back in the box the wrong way."



6



7

**6) CALLIE LUGOSI
(STAFF PHOTOGRAPHER)**

"Art was my life before COVID-19, but now it's really all I've got, so I'm trying to spend as much as I can stand in (my home studio). It has beautiful morning light. I tend to bring my coffee in here in the morning before getting to work on art things."

7) CHRISTINA HAJJAR (COLUMNIST)

"Snacking enriches any experience. Food is pleasure, and I'm all stocked up."

**8) HANNAH FOULGER
(ARTS AND CULTURE REPORTER)**

"I picked up this record at a shop in Cambridge, Ont. (two weeks ago). The first thing I did when I got home, after washing my hands, was to put on this record. *On Broadway* is my favourite, because I live in West Broadway."

9) ALEX NEUFELDT (CITY REPORTER)

"Stress baking/cooking while catching up on podcasts has become my evening routine these days. *You're Wrong About* goes great with most *Bon Appétit* recipes, and *Flash Forward* is a good match for perfecting the basic chocolate chip cookie or brownie to your taste and texture preferences."



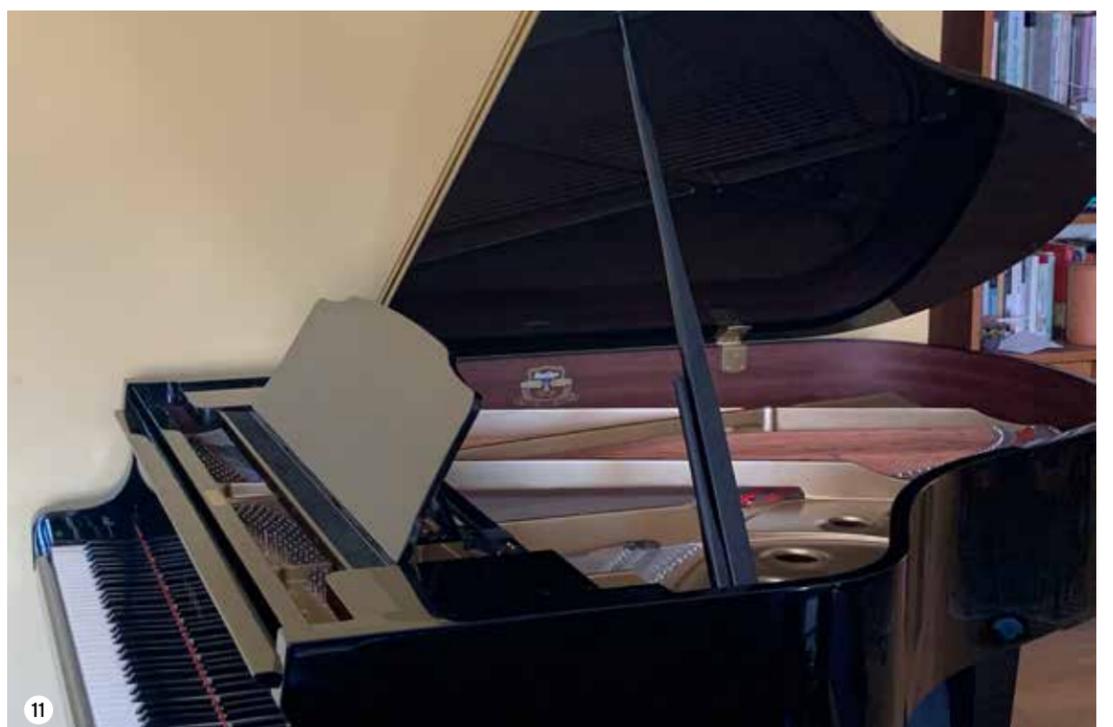
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9



10



11

10) KATHERINE CAO (FEATURES EDITOR)

"This is Peeg, my Pig! On top of her is Pudding/Round Bear, and next to her is Ikea Cactus. I think literal names are funny."

11) CALLUM GOULET-KILGOUR (CAMPUS REPORTER)

"Hopefully my family members enjoy this part of my house as much as I do during this period of self-isolation."



Daniel Stern and Jonas Chernick in a scene from *James vs. His Future Self*

BACK TO THE ... PRESENT?

New movie featuring ex-Winnipegger focuses on the importance of living in the moment

NAAMAN STURRUP

 @NAAMANSTURRUP

ARTS AND CULTURE REPORTER

Currently sporting a 100 per cent rating on Rotten Tomatoes, *James vs. His Future Self*, which is slated to be released on April 3 on iTunes and VOD, has impressed both audiences and critics. Jonas Chernick, writer and lead actor, says “As we are about to open across Canada, given what is happening in the world right now, I feel that the scenes in this movie are suddenly more important and timelier.

“This moment is unlike any moment in our lifetime. We are so hyper-focused on the

future, what is going to happen tomorrow, next week, next month. However, the only way we can really get through this is to really focus on the moment.”

This film, a sci-fi rom-com hybrid, focuses on a young scientist named James who encounters his future self (played by veteran actor Daniel Stern of *Diner* and *Home Alone*). It develops into a journey, where through future James’ guidance, present James begins to realize the opportunities he has, appreciating the joy of every moment of his life.

Director Jeremy LaLonde notes that though he and Chernick wrote and developed this film over the past three years, there were two main inspirations behind this.

“Growing up, we always watched *Back to the Future*,” he says.

“We really tried to make a movie of that ilk and of that era, while having the sensibilities and themes of today in mind. So if you are looking for a film that has a great strong message, not overly heavy-handed but fun and light, then you may not find much better than this.”

Fastforwarding years later from the 1980s hit film, LaLonde reflects and says that a personal matter at the dinner table made him realize the importance of living in the moment.

“I was on my phone while we were trying to have dinner, and my wife looks at me and says, ‘Do you have to be doing this right now?’” he says.

Although he initially pointed out the importance of being on his phone, his wife said, “When you are here, be here.”

“So, I translate that into the movie. Wherever you are, be all there. Do not be half present.”

Out of all the films Chernick has worked on, this is the first to be shot out-

side of Manitoba. As an ex-Winnipegger who says he is deeply connected with the city, Chernick reflects on this change and future film endeavors.

“As much as I enjoyed this process and this movie, I will tell you that the next movie that I will make, I am going to come back and shoot it in Manitoba,” he says.

“I miss the city, crews, actors and the city itself as a backdrop. For me, this was a wakeup call to and a reminder of what I loved so much about Manitoba.”

As COVID-19 continues to impact the world, Chernick says that after precautions and medical assistance are in place, this can be a valuable time of learning to embrace each moment in life.

“As soon as we start picking up the news feeds, looking for when this is going to end, what is going to happen to the economy, and how our careers will survive, we can be sent into an uncontrollable panic,” he says.

“But when you are thinking about the moment, then you are focusing on the present, and there is a feeling of calm when you are truly present.”



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SUPPLIED PHOTO

Actor Sophie Smith-Dostmohamed (third from left) performing in a U of W honours theatre production

PANDEMIC AND PERFORMANCE

Theatre artists see major losses in wake of COVID-19

HANNAH FOULGER

 @FOULGERSCOVFEFE

ARTS AND CULTURE REPORTER

COVID-19 and social distancing have seen the cancellation of concerts, fundraisers, socials and theatre productions on a mass scale. This has left many independent theatre artists out of work, and the specifics of the Emergency Support Benefit, which will be available to independent contractors, are yet to be determined.

Sophie Smith-Dostmohamed, a theatre artist and actor, was hard at work on *A Thousand Splendid Suns*, a main-stage Royal Manitoba Theatre Centre (RMTTC) co-production centring the voices of Middle Eastern people.

"I felt really represented (by the show)," she says. "We were onstage

that day (they told us it was cancelled) in costume, and we had just got called back from a break early, and it was actually quite devastating.

"For me, being in a career with little financial stability to begin with, having a contract taken away is quite scary, because it means the (paycheque) I thought I would be seeing, which would help me pay for the rest of the year until I would hopefully have another show to work on, all of that is gone" she says.

Playwright Sharon Bajer also saw the swift cancellation of her world premiere of *The Gingerbread Girl* at Prairie Theatre Exchange. "The floor was all taped out. The set was half built. The costumes were bought, and props were starting to come in," Bajer says.

The play will be cancelled, rather than postponed until next season (a step being taken with some productions, including *Narrow Bridge* by Daniel Thau-Eleff at the Winnipeg Jewish Theatre), because PTE's next season is already scheduled and cannot be rearranged. "If I can raise enough money to produce it on my own, if we are out of this crisis in a year, then I'm going to try and self-produce it," Bajer says.

Theatre designer jaymez has lost several contracts, including the remounting of *Ghost Light* at Neptune Theatre in Halifax. "As I landed (in Halifax), I got a phone call saying they had cancelled the show," jaymez says. Another world premiere of a Winnipeg play, *Five Moments*, a new endeavour by Rick Chafe and Theatre Projects Manitoba (TPM), has been postponed.

"That was my summer money," jaymez says. "As a designer, I generally work from September until May-ish, and then I ... take the odd gig here and there between May and September. Losing that last show is a real kick in the pants.

TPM "is trying to figure out the logistics of what they can afford and what they have to pay. I also don't want to burden companies that are not making

money, pushing them into bankruptcy because of my contract."

Smith-Mohamed and jaymez stress that TPM and RMTTC are doing what they can to see their artists get paid, but they are also seeing the strain of lost revenue. jaymez is a member of the Associated Designers of Canada, which will support him.

On March 18, Prime Minister Justin Trudeau announced funding for independent workers who are sick or isolating during the pandemic, but not for those who have lost work because of social distancing and cancellation of contracts. This leaves a big gap for theatre companies and professional associations to fill.

jaymez says "There are often times where artists and independent contractors, small business owners lose work, and there is nothing for them when there isn't a pandemic going on. I think this helps to outline a fundamental problem in our society that needs to be addressed and not just addressed in a time of pandemic."

"The worry and disappointment have gone beyond myself, and I'm having more anxiety about some theatre companies that may not survive it," Bajer says.



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Winnipeg's Artists of Colour

In celebration of their achievements and acknowledgment of their struggles



"I had the chance to approach acting 10 years ago, and there were little to no roles for people that looked like me." - Joanne Roberts

With the rapid spread of the COVID-19 virus, Winnipeg's art community has seen drastic changes.

Out of caution, many theatre and film productions have been cancelled. With social distancing practices in effect, attending an art show would be a considerable risk.

Although these changes are for everyone's safety,

Winnipeg's art community is put in a precarious position. Artists' livelihoods are at stake, and they need support now more than ever.

Waiting to return to normal life presents a great opportunity to examine Winnipeg's art community from a critical perspective and bring to the forefront artists who, at times, have been pushed to the sidelines.

Many of Winnipeg's marginalized artists are multitalented people who fall into a wide spectrum of racial categories. Their stories need to be heard, their accomplishments deserve celebration and more work needs to be done to create a more inclusive and truly diverse space.



SUPPLIED PHOTO

"If I'm in a waiting room and I see a bunch of white people, I know that they're there for the lead role, and when I see me and any other Person of Colour - any other Person of Colour - I know that we're waiting for the same bit role." -Joanne Roberts

HOW DIVERSE ARE WE?

Joanne Roberts is an actor who performs on stage and in film productions. Among Roberts' many accomplishments as an actor and a performance coach, she was a part of the team that recorded, shot and produced a musical called *The Perfect Life* in 48 hours.

"It was part of last year's 48-hour film contest," she says. "We were actually just shown at the Toronto International Film Festival."

Despite Roberts' successful acting career, she faces challenges that are unique to being a Filipinx Artist of Colour.

"I had the chance to approach acting 10 years ago, and there were little to no roles for people that looked like me, and certainly now the industry has gotten a lot better, but at the same time, I'm finding that I am ... in the running because I am a Person of Colour.

"There's an inherent need for this production to have diversity, so it's a little bit forced that way, or I am shoved into the foreground with other People of Colour," she says.

In particular, Roberts notes challenges that relate directly to auditioning for film productions. "I get casting notices that are like 'caucasian, caucasian, caucasian' and then 'all ethnicities,'" she says. "We're all looped in together."

The "all ethnicities" roles Roberts auditions for are often bit parts, roles that interact with a principal character and only have roughly five lines or less.

When auditioning for these roles, Roberts has had to play into racial stereotypes in order to increase her chances of being cast in productions. For Roberts, this means playing into a subservient stereotype.

"In film, it's really difficult to break into that industry and

make a comfortable living as a Person of Colour without playing to the stereotypes," she says. "I go for a lot of nurses."

Roles written for people of spe-

"Ideally, I would love my work to speak for me, and I would love all the personal activist stuff that I do on the side. I would love that to be at the forefront, rather than, 'this is a Person of Colour that has experienced this, and now she's speaking about it.'"

-Joanne Roberts

cific races are few and far between. Aside from one casting call for an Asian family, all that Roberts has seen is "all ethnicities."

"If I'm in a waiting room, and I see a bunch of white people, I know that they're there for the lead role, and when I see me and any other Person of Colour - any other Person of Colour - I know that we're waiting for the same bit role."

In a perfect world, race wouldn't carry such a heavy influence on the trajectory of Roberts' career.

"Ideally, I would love my work to speak for me, and I would love all the personal activist stuff that I do on the side. I would love that to be the forefront, rather than, 'this is a Person of Colour that has experienced this, and now she's speaking about it.'"

This sentiment not only applies to Roberts' performing, but also to her participation in this article, which only features artists who are People of Colour.

"I'm so proud to be a Person of Colour. At the same time, I know a lot of caucasian actors that should also be featured because of their amazing work," she says. "I wish that people would just look at us as performers, rather than People of Colour who perform."

This would be the best-case scenario, but it begs the question: are we at a point where we can focus on the talent of an Artist of Colour first and foremost?

"Our world is very binary. Our world has a hard time with (introspection), and the art world has a problem with intersectionality."

monoceros came into this realization during a film residency they participated in a few years ago. The residency included nine artists from around the world. monoceros was the only Person of Colour in attendance.

"It was really, really difficult, and the only thing that brought us together was our medium," they say. "There was no connection around race or identity or lived experience of oppression, anything like that. It was really harrowing and difficult and traumatic."

After completing the three-month residency, it was clear to monoceros that "the work that I could produce as a body was more important to make space for than the body doing the work."

Even in events that do take into account monoceros' identity, the focus is put on certain aspects of their identity and not their whole self.

"If I found a space where it was a queer-positive space, but then there weren't many Black people, or there was a crip space, but there weren't a lot of queer people, or there weren't any Black people."

In monoceros' experience, "it's an easier access point" to focus on disability or queerness.

"Unless there's specific intention to race," they say, "I'm often the only Black person or one of the few Black people in a group show."

"Anti-Blackness and anti-Indigeneity are so pervasive that it's a thing people don't even know that they're not considering us as valuable."

Whether or not it's known, the mentality of People of Colour not being seen as valuable runs rampant throughout the art community and manifests in counterintuitive ways.

DEEP-ROOTED ISSUES

Sophie Smith-Dostmohamed is an actor and recent graduate from the University of Winnipeg's honours theatre program.

Since graduating, Smith-Dostmohamed booked two Royal Manitoba Theatre Centre productions, and "that was a really big deal for me," she says.

In addition, Smith-Dostmohamed started Out From Under the Rug Theatre Collective, alongside Matthew Paris-Irvine, Melissa Langdon and Omar Samuels. This was to create space specifically for People of Colour in theatre.

"It's composed of me and my best friends and colleagues," she says. "We're all mixed artists, we're all mixed actors, directors, performers that came out of the honours theatre program at the University of Winnipeg."

Although Smith-Dostmohamed honed her skills at the U of W, she found that she wasn't entirely prepared for the roles she'd book in her career.

"I think being a Person of Colour attending University of Winnipeg has had its challenges, because I was in a primarily white space doing shows by white playwrights," she says.

"That was hard. I only ever learned the characters that I maybe wouldn't be as likely to play."

This poses a conflict for Smith-Dostmohamed. While being incredibly grateful for the university's theatre offering, she also thinks "there's room for more diversity in that program in the future."

In terms of training, there are a lot of aspects that Smith-Dostmohamed was not prepared for as an Artist of Colour.

"A good example would be auditioning for *The New Canadian Curling Club* and playing a Syrian



"Our world is very binary. Our world has a hard time with (introspection), and the art world has a problem with intersectionality." - artist melannie monoceros

PHOTO BY CALLIE LUGOSI

girl. I talked to a lot of people in the community, and I also spent a long time on the accent and learning the Arabic," she says. "It actually took a lot of making sure I was learning the culture properly."

As a mixed-race Artist of Colour, Smith-Dostmohamed put careful consideration into portraying her character responsibly. It was an honour she did not take lightly.

Despite her training and the initiative she takes to represent her characters' cultures correctly, people have told Smith-Dostmohamed that she only booked those because she was "the only person that could play them."

However, Smith-Dostmohamed does see a positive change in Winnipeg's art community and evaluates the issues People of Colour face with careful consideration.

"I think it's a very hard thing to criticize theatres for," she says, "because of how little money we have as an arts community to make the art extremely accessible. I know that we don't always have the funding. I think perhaps it

starts at the level of the institutions in Winnipeg. Maybe it starts with training more Actors of Colour."

WE'RE GETTING BETTER, BUT WE HAVE QUITE A WAYS TO GO

These racial issues have no simple solutions. Although Winnipeg's art community continues to make steps for change, more needs to be done.

A good step to take is to ask Artists of Colour what they need and to listen to what they have to say.

"You need to listen to them when they say 'hey, I feel uncomfortable with the way this play is going' or 'I feel uncomfortable with the way this person spoke to me,'" Smith-Dostmohamed says.

Roberts says "I think personal struggles are very important, because we've all gone through shit, and I think that we should celebrate what people have overcome and not

necessarily what they have overcome because of culture or because of racial background."

Before Winnipeg's art community can achieve that level of inclusivity when dealing with racial and cultural diversity, there have to be some big changes.

"I would want to see a lot more radical art practice, dissolving all-white boards or directors or changing hierarchical systems," monoceros says.

"Having some radical perspectives with how art is curated, presented, funded, all that stuff and that access and inaccessibility are the things that are a huge barrier for art culture in Winnipeg."

For Artists of Colour, there's a need for inclusivity, not tokenism, and acknowledgment, not ignorance. In general, we need more Artists of Colour represented on their own terms.

Feature

Winnipeg's Artists of Colour



SUPPLIED PHOTO

"I think being a Person of Colour attending (the) University of Winnipeg has had its challenges, because I was in a primarily white space doing shows by white playwrights." - actor Sophie Smith-Dostmohamed



SUPPLIED PHOTO

"I wish that people would just look at us as performers, rather than People of Colour who perform." -Joanne Roberts



SUPPLIED PHOTO

"I think personal struggles are very important, because we've all gone through shit, and I think that we should celebrate what people have overcome and not necessarily what they have overcome because of culture or because of racial background." -Joanne Roberts

BUILDING ON SHAKY FOUNDATIONS

How the state of healthcare prior to COVID-19 could affect response

ALEX NEUFELDT

CITY REPORTER @ALEXEJNEUFELDT

As the provincial government reacts to COVID-19, their responses will be impacted by the state of Manitoba's healthcare system prior to the virus' arrival in Manitoba and the provincial budget.

According to the Manitoba Health Coalition (MHC), which advocates for the expansion and preservation of quality healthcare in Manitoba, the foundation laid by the Province prior to COVID-19's arrival is not especially sturdy.

"When we're talking about COVID-19, it's really important to highlight that our healthcare system has been underfunded for a duration of time, and the sweeping changes undertaken by this government have consequences when it comes to vacancy rates among our frontline workers in our hospitals," Brianne Goertzen, director of MHC, says.

Goertzen identifies a chronic lack of funding and a lack of consultation with frontline staff regarding vacancies and equipment needs as key issues that the

Conservative government has repeatedly failed to address.

"When we look at the amalgamation of the ERs, we were witnessing a loss of capacity of the system as a whole, and that's had a cascading effect on the system as a whole," she says. Goertzen also notes that a "system overhaul took place at the same time that the funding was shrinking," and to overhaul the system successfully, sweeping changes would have to be accompanied by increased funding.

Darlene Jackson, president of the Manitoba Nurses Union (MNU), says that "the nurses are going to be exhausted at the end of this pandemic. I think our capacity issues are certainly going to be frontline."

"We know that there are capacity issues, not just with beds, but with staff. We've gone from a chronic nursing shortage to an acute nursing shortage, and, at times, a critical nursing shortage."

Jackson says that during flu season this year, the effects of those shortages became apparent. She says now that schools and daycares are closed, lack of childcare could put additional stress on

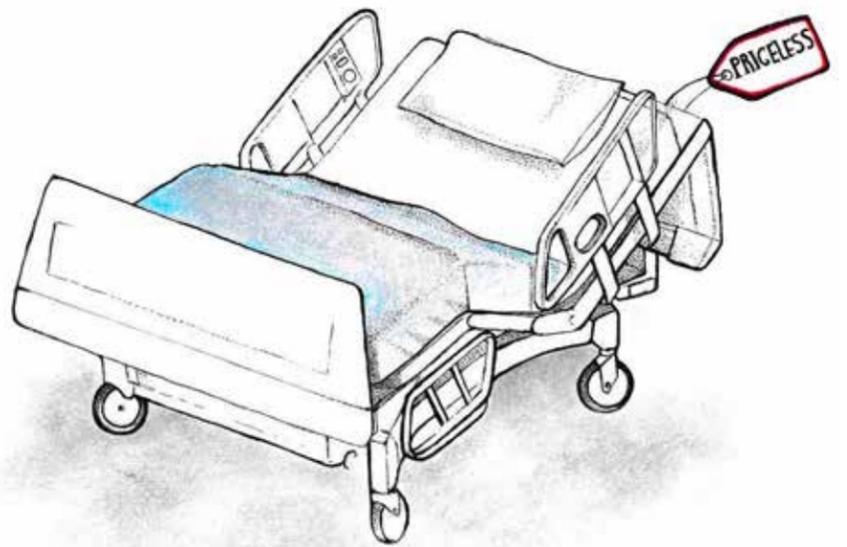


ILLUSTRATION BY GABRIELLE FUNK

Manitoba's nurses.

"As usual, it doesn't matter what happens. When everyone is running into the battle, nurses are running into it."

Jackson says any issues between the MNU and the province with regards to vacancies can be addressed after the pandemic is over.

Goertzen says COVID-19 "has core realities that I think no government could really expect in relation to the sheer number of intensive care capacity beds that will be required if this pandemic hits Manitoba at the same rate as other jurisdictions."

As for the new provincial budget,

Goertzen said in an email statement that "This budget is insufficient to handle the current and, most definitely, future healthcare needs of Manitobans. Now more than ever, we need a strong, well-funded, resourced and appropriately staffed healthcare system not just during a crisis, but every day."

"It is beyond disappointing to see a reduction in core funding for our healthcare system, which includes a cut to the public health department. It is clear our government will continue to nickel and dime healthcare for their own ideological purposes," the statement concluded.

PROMOTING STRENGTH TO PREVENT SUICIDES

International Indigenous conference to share successful prevention strategies

ALEX NEUFELDT

CITY REPORTER @ALEXEJNEUFELDT

The World Indigenous Suicide Prevention Conference (WISPC) is coming to Winnipeg. Originally scheduled for August, in light of COVID-19, the conference will be postponed until a later date.

Carla Cochrane, one of the organizers for the conference in Winnipeg, says "the conference looks at (suicide prevention and life promotion) as connecting to protective factors, like Indigenous ways of knowing and healing, the language, connection to land, connection to culture, so it's very strongly based at looking at ways of (preventing suicide and promoting life) in an Indigenous perspective."

"Unless you've been published or had a study done, sometimes (successful practices are) not verified as being successful, because it hasn't been measured in the western way," she says. "But we know that the results happen, and we see them happen, so we're providing a platform to share that knowledge with other Indigenous people."

"In Canada, it's very important for us, because some of our communities are experiencing a high number of suicides, but just to bring it back home and to create that platform in our region is very important."

The theme of this year's conference

is "Strength in Our Communities." "It's important that we build upon our strengths, because often people look at us from a deficit perspective, so we're trying to show that we do have strength in our community," Cochrane says.

WISPC has been happening every two years since 2016, with previous conferences in New Zealand and Australia. Michael Naera, who is Māori and was part of the original organizing team, says "the inaugural conference seeded out of concern from our elders that suicide in Māori communities was impacting our tribal lands, tribal ways of doing things, ways of looking after people in terms of their well-being."

WISPC was the second part of the elders' request. It was preceded by a national conference on Māori suicide prevention, Turamarama ki te ora, in 2015. After the national conference, Naera says "the elders said that the conversation needed to be taken to the rest of the world and (invited) our Indigenous brothers and sisters to New Zealand to talk about it at a global level."

Naera says the transition from national to international was not the most smooth, as both conferences were mainly co-ordinated by two people in six months. "We were basically running on the wisdom and energy of our elders to get it up and running," he says. "It's been a phenomenal transition from humble beginnings to see it flourish."



Michael Naera (right) is a Māori leader who was involved in organizing the first World Indigenous Suicide Prevention Conference in New Zealand. The third annual conference, set to be held in Winnipeg, is postponed due to COVID-19.

The first WISPC developed the Turamarama Declaration, which included 14 principles for Indigenous suicide prevention. The second conference, in Australia, focused on making Indigenous suicide prevention a policy priority.

Cochrane says the WISPC is not just a

conference, but it also aims to have lasting positive impacts on the Indigenous communities where it is held.

"We've been trying to look at it from a perspective of how can we help our communities and how can we grow our capacity, how can we pull some of the talents from our communities together."



MANITOBA'S BUDGET RELEASED AMID COVID-19 CRISIS

It's a mixed bag for post-secondary institutions

CALLUM GOULET-KILGOUR

CAMPUS REPORTER

@CGOULETKILGOUR

On March 19, the Government of Manitoba delivered its budget amidst the COVID-19 pandemic – and eight days later than planned. The opposition New Democratic Party had used various tactics to stall house proceedings, in order to prevent certain pieces of legislation from being introduced.

Jesse Hajer, assistant professor of economics at the University of Manitoba, believes this budget should have been delayed, but for a different reason.

“The COVID-19 pandemic completely changes the underlying economic fundamentals that the budget was drafted upon,” he says in an email to *The Uniter*, adding that this situation “necessitates rethinking and restructuring the spending priorities of the Manitoba government.”

“COVID-19 will have demand and likely supply effects on the economy that will reduce revenues.”

The provincial government provided a supplementary document to the budget that addresses the COVID-19 situation. It indicates that additional money will be added to a rainy-day fund and an emergency expenditures fund. Furthermore, it projects that the province's deficit for the 2020 to 2021 fiscal year could increase from \$220 million to as much as

\$900 million.

For Hajer, this is a “status quo budget,” which does “very little” to help the current situation.

“What is important to watch is how the government will respond in the coming days and weeks, not just with respect to tax and spending, but also with respect to policies,” he adds.

Among the items in this budget are changes to government spending on post-secondary education. Scholarships, loans and bursaries for post-secondary students have increased by approximately \$14 million. Grant assistance has been reduced by approximately \$7.5 million.

John Neufeld, a spokesperson for the provincial Department of Economic Development and Training (which oversees post-secondary education), says in a statement to *The Uniter* that this budget promotes “affordability, accessibility and certainty for Manitoba's students.”

“We are balancing affordability and access for our post-secondary students with the need for colleges and universities to be financially sustainable in the long-term – all while making sure that programs are responsive to emerging industry and business needs,” he says.

Hajer says the cuts to grants to post-secondary institutions “will lead them (to) likely increase tuition again at the maximum allowable rate of inflation plus 5 per cent.”

“The research I've looked at in this area shows that the ‘sticker shock’ of high tuition can deter students from attending,



SUPPLIED IMAGE

Jesse Hajer, assistant professor of economics at the University of Manitoba, believes the provincial budget should have been delayed due to COVID-19.

even with offsetting financial aid.”

Overall, total spending for the Department of Economic Development and Training increased by 1.6 per cent from last year. The operating grant for post-secondary institutions was reduced by 1 per cent.

In a statement, Dr. Annette Trimbee, president and vice-chancellor of the University of Winnipeg, says she “recognizes

that the provincial government has limited resources and is now dealing with a major public health challenge that is causing great concern for our economy.”

“As one of the most efficiently run universities in the country, the U of W will continue to prioritize investing in a strong student experience, as well as academic excellence in teaching and research.”

CITY BRIEFS

LISA MIZAN // CITY EDITOR @LISA_MIZAN

New U of W chancellor

The University of Winnipeg has appointed Barb Gamey, co-founder of Payworks and member of the Business Council of Manitoba, as its new chancellor. Gamey succeeds Bob Silver, who served in the role since 2009. As chancellor, Gamey is the titular and symbolic head of the university and grants degrees at convocations to graduating students.

Support for Manitoba tenants

The Manitoba Tenancy Branch and the Government of Manitoba are postponing all non-urgent eviction hearings until May 31 and freezing all rent increases due to take effect on or after April 1. Evictions will be only heard for cases that pose a risk to health or safety. These measures are to protect Manitobans facing financial uncertainty and hardships during the COVID-19 pandemic.

Wellness checks during pandemic

Aulneau Renewal Centre is offering both clients and non-clients wellness checks because of increased anxiety and mental health challenges due to the COVID-19 pandemic. These are not counselling sessions, but a counsellor will reach out to participants for well-being checks. This service can be accessed at 204-987-7090 or through aulneau.com.

UWSA's response to COVID-19

The University of Winnipeg Students' Association is shutting down all non-essential services, including office hours, upcoming events and the Food Bank. People accessing Food Bank services will now have to call Winnipeg Harvest. The UWSA office is still available through phone or email while the executive staff works remotely. Further, the UWSA will hold a “digital week of action” for their Divest campaign.

Employment insurance top-up during pandemic

The Canadian Union of Public Employees (CUPE) is calling on the province to “ask employers to keep workers on the payroll over the course of the COVID-19 pandemic and, where that is not possible, to assist employers with an employment insurance top-up.” The proposed Supplementary Unemployment Benefit Plan would help top up employees' EI benefits during a temporary layoff, where they can expect benefits approaching 100 per cent of their income.

Transit union calls for improvements

The Amalgamated Transit Union 1505 called on Winnipeg Transit to implement mandatory rear-door entrance and a fare-free policy immediately. This “would minimize potential contact between the operator and the riding public and allow social distancing upon boarding.” Vancouver, Calgary, Montreal, Toronto, Regina, Ottawa, North Bay, Brandon and Victoria are among Canadian cities that have already implemented rear-door boarding measures.



PHILOSOPHY BOOK WILL RETURN TO LIBRARY AFTER 43 YEARS

Book by Popper is adorned with his signature

CALLUM GOULET-KILGOUR

CAMPUS REPORTER

@CGOULETKILGOUR

Note: The U of W Library is currently discouraging individuals from returning borrowed resources due to the COVID-19 pandemic.

A book belonging to the University of Winnipeg (U of W) Library may finally return home after more than 40 years. Then-philosophy student Siegfried Laser borrowed Karl Popper's *The Poverty of Historicism* from the library in August 1977 before embarking on a trip to Europe.

On Laser's trip, the idea occurred to him to contact Popper and Jürgen Habermas, both philosophers he was studying, to see if he could arrange to meet them. Popper lived in London, and Habermas lived in Germany. He says that their phone numbers were public.

"I actually got through to Popper, and he agreed to meet with me at a particular time," Laser says. He still chuckles at how a young student was able to phone and meet Popper, an

important 20th-century figure.

This philosopher of science "is best known for his emphasis on making a clear distinction between science and what he calls 'non-science,'" according to Christopher Brittain, dean of divinity at the University of Toronto's Trinity College.

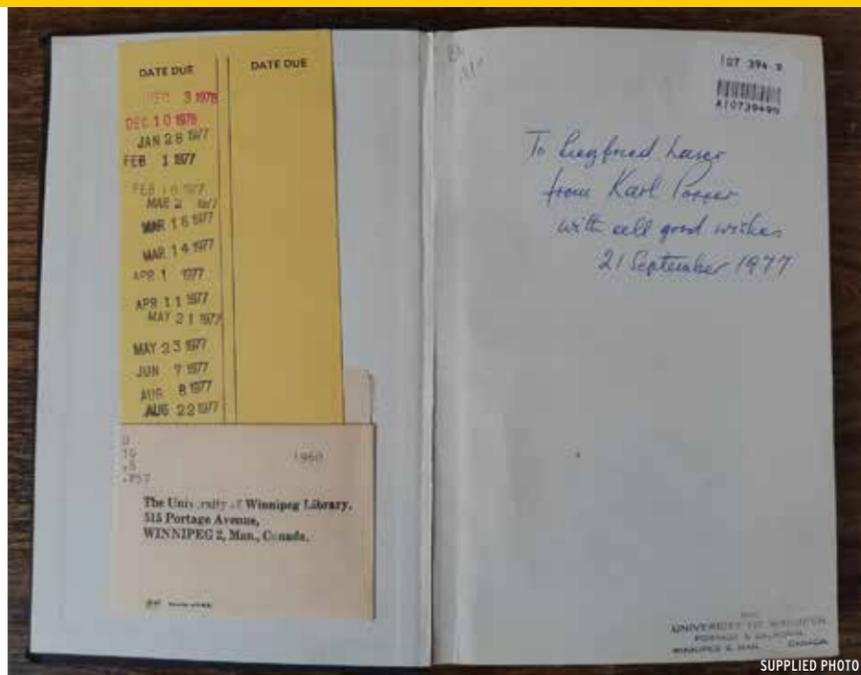
"His contribution was to advance the view that a key attribute of a scientific statement is that it is possible to test it against an empirical test," he says in an email to *The Uniter*.

The book discusses how the idea of historicism, "an approach to the social sciences which assumes that historical prediction is their principal aim" is corrupt. Laser still has the book, but it is now adorned with an inscription by Popper himself.

Laser still recalls his roughly half-hour meeting with Popper in his London home.

"Popper was a very courtly gentleman," he says, adding that he attempted to conduct an interview but quickly realized that he "didn't have enough background" for that.

The meeting "turned into a social visit.



While studying philosophy in 1977, Siegfried Laser had renowned philosopher Karl Popper sign his library book. After 43 years, he's finally returning the book to the U of W Library.

It was great," Laser says.

Popper wrote an inscription for Laser on the library's copy of *The Poverty of Historicism*, which he was carrying with him. It reads "To Siegfried Laser, from Karl Popper, with all good wishes, 21 September 1977."

"Written in 1936 and updated in 1957, this book was written in response to the rise of fascism and communist authoritarianism in Europe," Brittain says. He believes Popper's work is still relevant today.

"Popper's approach to knowledge, which both acknowledges that science is a product of limited human culture

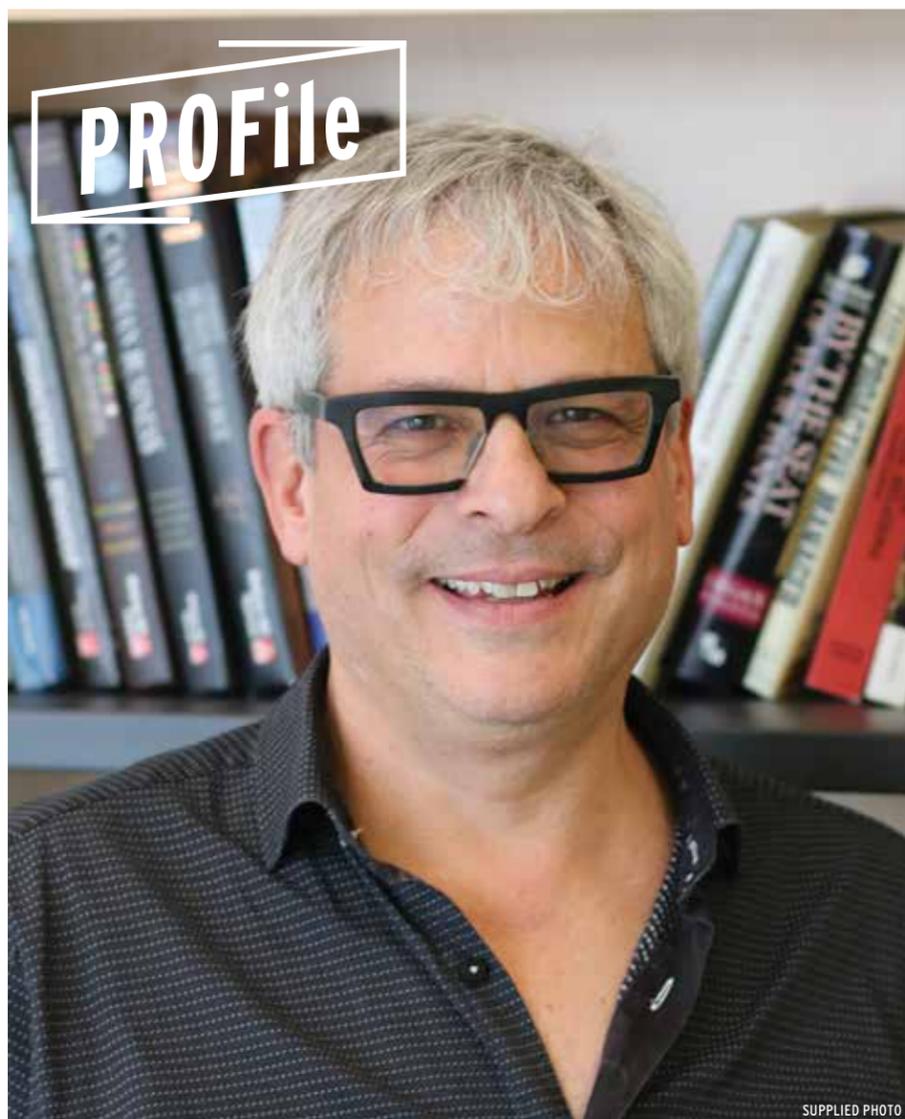
but also defends its distinctive contribution and insight, remains a relevant and important resource for adjudicating truth claims in a polemical age," he says.

Laser, now retired, worked as a civil servant and a commercial realtor.

"It took me away from philosophy," he says. However, Laser has returned to the U of W to audit some philosophy courses, one of the reasons he wants to return the book.

"Auditing these courses, it feels like I'm picking up some dropped threads," he says.

Laser hopes to return *The Poverty of Historicism* to the library later this year.



SUPPLIED PHOTO

GARY BROWNSTONE

INSTRUCTOR, BUSINESS AND ADMINISTRATION, UNIVERSITY OF WINNIPEG

KATHERINE CAO

FEATURES EDITOR @KATHEYKATS

For Gary Brownstone, his interest in teaching comes from wanting to bring "the real world into the classroom."

Brownstone previously ran the entrepreneurship program at Red River College and has just finished up his third year at the University of Winnipeg as an instructor.

He teaches both first-year and upper-level classes and has many years of experience "managing businesses, creating businesses, growing businesses (and) financing business.

"By the time you get to the more advanced classes, you're really working with students who have already gained a lot of knowledge and have the commitment that this is the field of education they want," he says.

Brownstone was a double major in economics and political studies at the University of Manitoba and continued on to do a master's of business administration from Western University.

Upon completing his undergraduate studies, he says that "my plan at that time was to go to law school and become a lawyer.

"I applied to law school, and a friend of mine convinced me to (also) apply to some business schools," he says. When he had to make the choice, he asked himself "in each of those careers, what do you do each day when you go to work?"

"As I looked into it, I realized that my personality was way more suited to business school than law school."

Brownstone says "while I was in school, I got the practical experience of seeing how difficult growing companies can be.

"That became my career, helping businesses that were trying to grow or had tried to grow and maybe got themselves into (difficult situations) and needed to be fixed," he says.

"For most people, to be able to pair together the theory with the practical, it can only benefit them. And I know a lot of people who have been in management for a number of years and have gone back to do a master's."

WHAT IS YOUR FAVOURITE THING ABOUT YOUR JOB?

"I also still run a small business (as well as teaching), and in both cases, my favourite thing is helping other people. If I can help students (and) stimulate enthusiasm or excitement around the (subject) of business in student's minds, then that's great."

WHAT WAS YOUR FAVOURITE BUSINESS THAT YOU'VE STARTED OR HELPED?

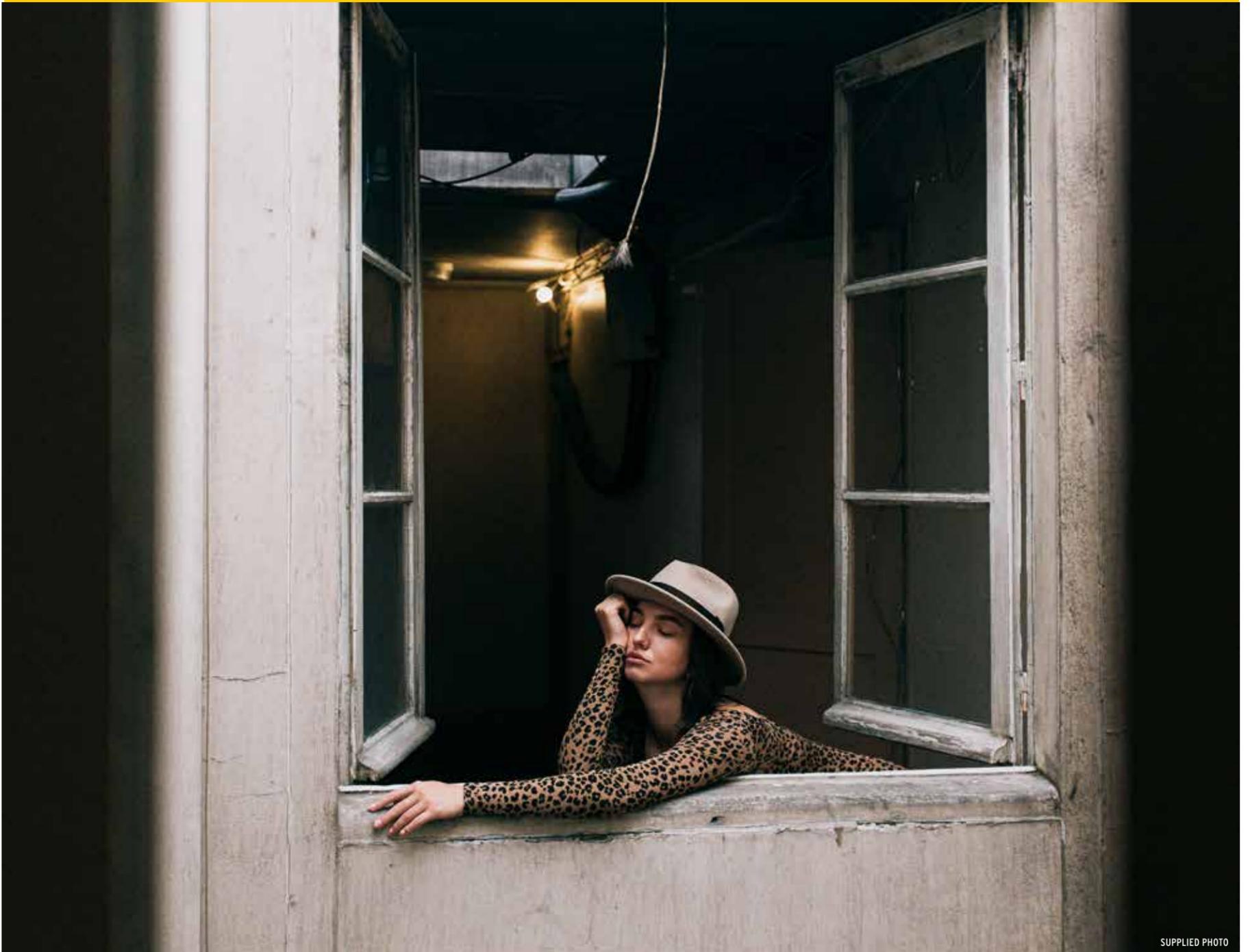
"That's like asking a parent who their most favourite child is. I'll just say my current business (business brokerage) is my favourite, because it's what I'm doing now."

WHAT QUALITIES DO YOU NEED AS AN ENTREPRENEUR?

"I think you need resilience, you need stubbornness, you need to not fear failure, (and) you need to be sort of a self-starter and someone who can make things happen on your own."

WHAT WAS THE MOST DIFFICULT BUSINESS TO START OR HELP?

"Businesses that are the hardest to help are the ones that wait too late until they call for help. Ironically, I think it's the same for students."



SUPPLIED PHOTO

Plenty of online rhetoric is stressing productivity during social distancing. But we can't all write *King Lear*.

PRODUCTIVITY IN THE TIME OF A QUARANTINE

(Why it should be okay just to sit and wait)

HALEY PAULS

@HALEYPAULS

COMMENTS EDITOR

When the World Health Organization (WHO) declared COVID-19 a pandemic, I was living with my parents while I transitioned between apartments.

I knew my family wouldn't be able to stop talking about it, and that they'd likely be taking up all the space in the house with loud, stressful conversations. Learning that the rapid spread of the virus meant I should stay inside as much as possible over the coming weeks, I immediately started brainstorming ways I could stay productive while self-quarantining.

I swore to myself that I'd use the time to get a job application or two in, edit some of my old poetry and put in some full work days in at my remote research job and my job here at *The Uniter*. I read a tweet by Rosanne Cash reminding the world that "when Shakespeare was quarantined because of the plague, he wrote *King Lear*" and felt a surge of inspiration. I remember thinking: I can

make this moment an opportunity.

I shouldn't frame myself as unconcerned with what is happening in the world, because I am. But my first instincts were of self-preservation.

About a week later, after talking with many family members, and after a bit more scrolling through Twitter, my feelings have changed. I am learning to balance my tendency toward compulsive productivity with an attempt to understand this need, and also working to realize that for many people, being productive isn't really an option right now.

My dad, who is a teacher, spent a week waiting on a provincial decision about how and when Manitoba schools would close. He stared at his phone and watched the news a lot, waiting for an announcement about when teachers would be allowed to start working from home. Others in my life who are struggling with anxiety and depression are having their stability threatened by the closures of services that are important for their mental health and well-being.

My grandfather is currently in the hospital for emergency hip surgery, and my grandma isn't able to visit him,

because Manitoba hospitals are no longer allowing visitors. The great source of reprieve that we find in physical human connection is being rapidly limited for the sake of public health, which is taking its toll on large segments of the population who are already at a disadvantage.

We are in a time of great uncertainty, and many people are isolated and anxious, doing their best just to get by.

As I sit around worrying about my family, I try to work remotely in increments. But keeping up to date on the news and reading Twitter threads like the responses to Cash's tweet about *King Lear* has taken up the space that I might otherwise have used to be creatively productive, at least for now.

"What if ugly-crying into a burrito is your *King Lear*," Sandra Newman posted on Twitter about a week ago. Someone else responded to Cash by tweeting: "Fair point, but I'll bet he had childcare."

It's important to remember, even if productivity (creative, or otherwise) remains your go-to coping mechanism, that these narratives of personal achievement are part of the broader isolating ideologies of late capitalism.

In an article for *The Baffler*, Laurie Penny wrote (prophetically) about harmful ideas of wellness, productivity and happiness espoused by neoliberalism and late capitalism, which encourage people to turn toward individual fulfillment as a way of mitigating disaster.

"The more frightening the economic outlook and the more floodwaters rise, the more the public conversation is turning toward individual fulfillment as if in a desperate attempt to make us

feel like we still have some control over our lives," Penny writes.

Hopefully, the outbreak of COVID-19 will encourage governments and communities to take another look at the harmful ethics of individualism that plague modern society.

Penny explains that individualism and corresponding myths like capitalist productivity persuade "us all that if we are sick, sad and exhausted, the problem isn't one of economics," she writes. "Society isn't mad or messed up: you are." And secondly, she explains, "it prevents us from even considering a broader, more collective reaction to crises of work, poverty and injustice."

I hope we can use this time to start dreaming up ways to come together. I hope we can try to unlearn some of late capitalism's harmful myths and begin to think collectively. When this is all over, I think we will have had enough isolation to last us for a very long time.

For now, I'll be scrolling through social media platforms and twiddling my thumbs. And for all the compulsively productive folks out there, I totally understand. If you feel compelled to write a contemporary *King Lear* during the next few weeks, so be it, and I'd be happy to edit it when it's done (for a fair price).

Haley Pauls is a writer, editor and academic working in the fields of cultural studies and communications. She is presently feeling the strain of working remotely without an office or the ability to go to a coffee shop. Still, she's feeling lucky to have just moved in with two professional cooks who make her tasty food all the time while she stares at her computer.



ILLUSTRATION BY GABRIELLE FUNK

STABILITY COULD HELP CURE MY INSOMNIA

Sleep isn't for the weak. It's for the unburdened.

DANIELLE DOIRON



COPY AND STYLE EDITOR

I woke up this morning before sunrise, feeling well-rested and ready to start my day. It's a rare experience.

In a three-part series for *The New Yorker* that ran during the summer of 2015, Maria Konnikova noted that researchers agree “our average sleep duration on work nights has decreased by an hour and a half” over the past five decades, and 69 per cent of people “report insufficient sleep.”

One expert found that children had “lost nearly a minute of sleep a year.”

I'm not a parent or a sleep scientist, so I can't tell you why this might be the case. However, I know that my sleep has suffered for years. I feel groggy more days than not, and it's a struggle to get out of bed, especially during the winter.

Researchers interviewed for Konnikova's series attribute our collective sleep deprivation to different genetic, social and environmental factors. One thing disrupting sleep patterns is how much time we spend staring at screens, particularly close to bedtime.

“When we spend time with a blue-light-emitting device (such as a smartphone or laptop), we are, in essence, postponing the signal to our brain that tells it that it's time to go to sleep,” the

first part of the series reads. What it fails to note is that, sometimes, round-the-clock attachments to our devices are necessary.

Capitalist society prioritizes productivity over personal wellness. That's especially evident now, when some non-essential businesses are forcing their employees to work, even when it increases their chances of contracting and spreading the new coronavirus.

Many people who freelance, work from home or hold multiple jobs need to be online or on call throughout the day. Folks actively seeking out work rely on computers and social media to apply for positions, reach out to potential clients and update their resumes. Even people in more stable positions always feel pressured to be “on” and always working.

For some of us, it's simply not possible to separate ourselves from our phones and laptops. Everything I do for both of my jobs occurs online, and I often spend my “free” time researching, checking work emails and typing out my ideas.

I know taking my phone to bed – or spending all day staring at a computer screen only to do the same thing during and after dinner – damages my health.

But I can't afford to stop.

This frustrates me to no end, as does a tweet I saw circulating earlier this year. In it, a user who has now changed their privacy settings writes: “I feel like my generation lost hobbies. Everything doesn't have to be a hustle, side hustle or money-making enterprise. Sometimes, it's just fun to do something because it brings you joy, peace, relaxation or allows you to be creative. Let's rediscover hobbies in 2020.”

While I absolutely support the idea of doing things purely for enjoyment, the reality is that many folks don't have that option. Many of us need to monetize our favourite activities to simply get by.

A few years ago, someone asked me what I did for fun, and I said I work at *The Uniter*. That's true, but my job as an editor is crucial to my survival. I'd love to get more sleep, take up a hobby and close my laptop every so often – but those are privileges I can't always afford.

Danielle Doiron is a writer, editor and marketer based in Winnipeg. She can't eat wheat right now, so if you have any killer gluten-free recipes, send 'em over.



THE UNIVERSITY OF WINNIPEG

Student Services

COVID-19 UPDATE

No In-person Classes or Exams this Term

The University is suspending all in-person classes for the remainder of the Winter Term. Essential services remain open; some facilities are closed.

As of March 16, 2020, we have made a number of changes to our campus operations to help safeguard the health of the UWinnipeg community.

As the COVID-19 situation evolves, we are taking further precautions – while striving to support students in completing their studies.

- All classes are moving to alternate delivery.
- There will be no in-person exams this term. Exams may be conducted online, through Nexus, or by other means.
- Students will hear from the University via webmail by Friday, March 20 for details on how final grades will be determined for this term.
- Upcoming Spring Term (May/June) courses will be offered via alternative delivery options. There will be no in-person classes.

Please see the website for details related to campus and academic operations affected by the public health situation. It is updated

regularly. Type this into your browser: uwinnipeg.ca/covid-19

AWARDS & FINANCIAL AID Convocation Awards

Applications for 2019-20 Convocation Awards by nomination are now open.

Undergraduate students graduating in 2019-20 can be considered for Convocation Awards. Nominations will be accepted from faculty, staff, students or by self-nomination.

Deadline: **Wed., Apr. 15**

For more information and an application form, please visit: uwinnipeg.ca/awards and click on “In-Course Awards (current students)”

STUDENT SERVICES

Social Media

To stay on top of the latest news and events in Student Services, follow us on Instagram or Twitter or join our Facebook groups.

Instagram:

@UWinnipegRecruit (Student Recruitment)
@AcademicAdvisingUWinnipeg (Academic & Career Services)

@UWpgWellnessCentre (Wellness Centre)

Facebook:

UWinnipegISS (International, Immigrant & Refugee Student Services)

uofwacademicadvising (Academic & Career Services)

UWCareerServices (Career Services)

UWinnipegExchangeProgram (Exchange Program)

Twitter:

@UWAcadAdvising (Academic & Career Services)



Horoscopes

Thursday, March 26, 2020

Aries You're inclined to focus on settling in and getting comfortable with this transit, but a challenged Mercury suggests it's all too easy to get mentally wired up. You can experience some difficulties separating your responsibilities from your downtime. Listen to emotional signals to regroup and collect yourself, but you may need to do some mental exercise before you can get to a state of calm.

Taurus Difficulties understanding a situation now can lead to robust solutions and good feelings, although there can be some misconceptions along the way. Discouragement, if you feel it now, is temporary. You may second-guess yourself before putting your faith into something or someone. Or, you might become frustrated with people around you who seem as if they're overdoing it right now. You'd prefer to wait things out and let reason kick in before jumping to conclusions, and this is the wisest choice under today's transits.

Gemini Talking things through is favored, but gaining someone's full support may be a challenge just for now. We tend to have a hard time keeping things moderate today. With the Moon's move into your privacy sector, life tends to slow down, or at least you do. However, the tendency to make too much of a situation remains a potential problem as you seem to either imagine the worst or the best. You can feel some uncertainties about plans that are up in the air. While your thinking tends to be practical and goal-oriented these days, emotional matters can muddy the waters today, and you can find it difficult concentrating.

Cancer You're in an especially favorable period for learning and sharing your ideas, dear Cancer, but today, there can be some small obstacles or a mood dip to manage. It's best not to waste too much time on regret, but you can certainly focus on something just long enough for you to take what you need to learn from the experience. Interactions with a partner or close friend can feel a little loaded as Mercury forms a minor clash with Jupiter, and soon, Pluto. The Moon moves into your social sector for a couple of days, and you can begin to crave a stronger connection to others.

Leo The Moon moves to the top of your solar chart today, dear Leo, pointing your attention to responsibilities and your reputation. Nevertheless, it can be difficult to focus on priorities in spots today because of your very divided attention. Consider that loosening up may benefit you now. You may be looking for comfort from others, but the support you crave isn't likely to be as full as you'd like just for now. However, talking things through can lead to better responses going forward.

Virgo There is a distinct tendency for us to miss the crucial details in the first half of today, dear Virgo, and to instead zero in on things that don't hold as much weight. Stretching your mind to think up new possibilities without investing too much of yourself into these ideas can be a useful process. Give yourself time before jumping to conclusions. As the day advances, you may be in a stronger position to think more deeply and to consider all angles, but do your best not to take this tendency to greater lengths than is necessary—or healthy. It may be best to avoid pushing things that are better left to run their natural course.

Libra There can be big ideas floating around you today, dear Libra, but it may be best to adopt a wait-and-see mindset. Allow yourself to dream up new possibilities but avoid pouring too much time and energy into these things for the time being. Instead, aim to give yourself time to process and digest before drawing up a conclusion. It can be difficult focusing on priorities just for now, as your mind gets pulled in all sorts of directions. Watch, too, for glamorizing the past if it's interfering with happiness today.

Scorpio You seem to be better off involving others instead of going solo today, as the Moon moves into your partnership sector. Alternatively, you can benefit from a fresh perspective. It can be difficult to focus in spots today, as you're inclined to jump from seeing the best of a situation to the worst possibility, and rarely settling. It's also a challenge to identify, isolate, or concentrate on priorities. The goal should be to try to relax your mind, which seems to be in overdrive.

Sagittarius It may be best to inject a little whimsy into what you're doing to make it more palatable these days. Aim to take your time coming to conclusions but engage in some stretching of your mind now. You might also aim to avoid major decision-making regarding money and personal possessions. The tendency now is to imagine the extreme of a situation, good or bad, and it can be difficult to listen to your own voice of reason just for now.

Capricorn The Moon heads into your sector of fun, self-expression, and play for a couple of days. The focus should be on releasing tension and engaging in something you enjoy. Still, you may be wrestling with whether or not to give voice to your worries and concerns, or you might swing from positive to negative mental scenarios, with difficulty leveling things out. Aim to take your time digesting everything you learn now or enjoy a mental escape.

Aquarius The Moon heads into your home and family sector until Saturday, making it a great time to enjoy familiar comforts, people, and settings. Activities that help build your sense of safety, belonging, and support can be helpful now. Even so, mental restlessness is possible now, or it's hard to turn your racing mind off. Test your ideas before going forward with them, as the day seems to make it hard to see things very clearly.

Pisces The Moon heads into your communications sector, where it will transit until Saturday, piquing your curiosity. It can be a most interesting day but it can also be scattered. You can feel inspired or have a stroke of genius with the Moon meeting Uranus in this sector of your solar chart. This can be a great time for exploring personal interests or discovering something new. Still, there can be the sense that people around you are making the wrong choices or not seeing reason as Mercury in your sign forms minor but tense aspects with bodies in your social sector.

SOURCE: CAFEASTROLOGY.COM

Taco Soup with Cheesy Taquitos

This recipe is easy, delicious, and you can use basically whatever you have in your fridge to make it! It can be made vegan, gluten-free, vegetarian and modified for any diet

Ingredients

- Taco Soup
- 1 tbsp vegetable oil
- 1 cup diced onion
- 1/2 cup diced red/yellow/orange pepper (optional)
- 1 tsp chili powder or dried spice of choice
- 1/2 tsp cumin
- 1/4 tsp paprika (smoked works nicely)
- Half to one full brick smoked/extra-firm tofu
- OR 2 cups cooked chicken breast, pulled apart
- 3 garlic cloves, minced
- 1 1/4 cups canned crushed tomatoes (or if you have diced tomatoes, you can blend them for a minute)
- 1-2 diced fresh tomato(es)
- 2 tbsp salsa (optional)
- 2 cups broth of choice
- 1/2 tsp sugar of choice
- 1 cup black beans, pre-cooked or canned
- 1 cup corn, frozen or canned
- 2 tbsp lime juice
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- Topping options
- Sour cream (vegan or dairy works great)
- Crushed tortilla chips
- Diced green onion
- Sliced avocado
- Cilantro
- Cheese Taquitos
- 1-2 cups vegetable oil for frying
- 8 tortillas of choice* (*corn tortillas need to be pre-warmed before frying)
- 1 package of cheese OR 2 cups shredded cheese

Instructions

- 1. The Soup:** start with your largest stock pot. It's best if it holds six to eight cups of liquid. Sauté onion and garlic in vegetable oil until fragrant. Add your red/whatever-colour-you-want pepper and all the spices and sauce for five minutes on medium-high heat.
 - 2.** If using tofu, break the tofu into pieces with (freshly washed!) hands to resemble pulled chicken. If using cooked chicken, roughly break apart cooked chicken with hands or a knife, pulled-pork style. Stir in your protein with the minced garlic and sauté for two to three minutes.
 - 3.** Add your canned tomatoes, fresh tomatoes and your salsa. Stir it all together until browned, then add the broth.
 - 4.** Bring soup to a simmer. Add your sugar, black beans, corn, lime juice, salt and pepper.
 - 5.** Simmer for 20 minutes.
 - 6. The Taquitos:** Heat up vegetable oil in large frying pan to 375°. If you do not have a thermometer, you can use a wooden spoon/chop stick and place in the oil at med-high heat. Once bubbles form around the tip of the spoon, it should be the right temperature.
 - 7.** If using corn tortillas, warm them up in a separate pan with a bit of oil just enough to soften them. You do not need to do this if using flour tortillas.
 - 8.** Sprinkle a good amount of cheese on your tortilla - I put a bit of cilantro-lime mayo on mine to let the cheese stick - and roll it tightly. You may need to place a toothpick in it to keep it together. I usually place the end of the rolled wrap on the bottom of the pan to seal it shut.
 - 9.** After about one to one-and-a-half minutes, you can flip the taquitos. Fry for another minute and remove from the oil with metal tongs onto a paper towel or cloth to absorb excess oil.
 - 10.** Serve soup in bowls with your desired toppings and the taquitos on the side! Make sure you dip the taquitos into the soup for maximum deliciousness.
- Bon Appétit!

RECIPE BY TALIA STEELE

GWPBF

RUMBLERS ROW

Champions from across the Punchie Multi-verse, combat in the ultimate Pit Brawl. Friend against friend, but it's winner takes all.

District 1
Atomic City

AUT
25TH

DOORS OPEN ... **9 XP**

ALL SEATS RESERVED

Direct From ringside

@PUNCHIECOMICS

50 things to do while self-isolating

TALIA STEELE // CREATIVE DIRECTOR

@ST_TALULA

1. Sort out your junk drawer
2. Learn to count to 10 in 10 different languages
3. Unsubscribe from those emails you have been meaning to unsubscribe from
4. Take a virtual tour of a museum
5. Send an email to your future self
6. Learn to do the splits
7. Play video games
8. Play Words with Friends on your smartphone with a friend or stranger
9. Make banana bread with all those leftover bananas in your freezer
10. Learn sign language
11. Clean your windows
12. Change your bedsheets
13. Do an at-home face mask
14. Make a collage
15. Watch a movie with a friend remotely through Netflix Party
16. Do your astrological natal chart on astro.cafeastrology.com/natal.php
17. Call a friend or family member
18. Watch Vine compilations on YouTube
19. Consider donating to Winnipeg Harvest or local shelters
20. Read a book or graphic novel
21. Do yoga with *Yoga with Adriene* on YouTube
22. Listen to a podcast
23. Watch a show or movie from your childhood
24. Arrange your bookshelf by colour
25. Try a Pinterest craft
26. Build a fort in your living room (who says it's just for the kids?)
27. If you live with someone else, do a scavenger hunt
28. Create your own cocktail or mocktail with random things in your fridge or cupboard
29. Do a puzzle
30. Take a BuzzFeed quiz
31. Tour through old houses on [@cheapoldhouses](https://www.instagram.com/cheapoldhouses) on Instagram
32. Write a letter or draw a picture and mail it to a friend or family member
33. Do a crossword puzzle or play sudoku
34. Make a playlist for every day of the week
35. Make a fortune teller like you did when you were 14 years old (wikihow.com/Fold-a-Fortune-Teller)
36. If you can, buy a gift card from a local business for your future self or a loved one
37. If you have plants or are a plant lover, go on YouTube and put on *Mother Earth's Plantasia* by Mort Garson
38. Watch ASMR cooking videos
39. Declutter or organize a closet
40. Write something down that made you happy that day – even something small – and put it in a jar to look at later
41. Start a journal
42. Write a short story or a poem
43. Travel from the comfort of your own home through Google Maps
44. Rearrange a room
45. Make dinner with a loved one via Facetime or video-calling
46. Research something you've always been interested in
47. Play or learn to play an instrument if you have access to one
48. Draw some still-life
49. Sign up for Khan Academy and learn something new (khanacademy.org)
50. Make a list of the things you are grateful for