

THE **U** N I T E R

ORIGIN STORIES: DEMPSEY & MILLAN—P4

HARM REDUCTION FOR THE INCARCERATED—P10

PROVINCIAL CRACKDOWN ON PROTESTS—P13

We can get through this together



EXPLORING MENTAL-HEALTH OPPORTUNITIES FOR BIPOC COMMUNITIES



VOTE FOR YOUR FAVOURITES

WINNERS
ANNOUNCED
IN THE
DEC. 3 ISSUE!

It's back! The Uniter 30 readers' poll aims to put the spotlight on your favourite local people, places and things of 2020 – and we do stress LOCAL. Anything non-local (or non-2020) will not be counted.

We want to make this list as inclusive as possible, just like the rest of the paper, so we ask that you please write an answer for each of the 30 categories – but if you don't have an answer, feel free to write "N/A" or "I dunno" to fill the spot.

Ballots will be considered spoiled if they contain blank spaces, or if they contain any derogatory, homophobic, misogynistic, racist or libellous content. Let's keep it positive! Remember, you're voting for your favourites.

1. Favourite Local Writer
(includes playwrights, poets, journalists, etc.)
2. Favourite Local Athlete
3. Favourite Local Comedian
4. Favourite Local Filmmaker
5. Favourite Local Activist
6. Favourite Local Photographer
7. Favourite Local Visual Artist
8. Favourite Local Dancer
9. Favourite Local DJ
10. Favourite Local Politician
11. Favourite Local Achiever Under 30
12. Favourite Local Achiever Over 60
13. Favourite Local Baker
14. Favourite Local Chef
15. Favourite Local Social Media
Presence or Account
16. Favourite Local Grassroots Community
Group
17. Favourite Local Place to Eat or Drink
(opened in 2019 or 2020)
18. Favourite New Independent Business
(opened in 2020)
19. Favourite Local Gallery or Artist Centre
20. Favourite Local Public Gathering Place
21. Favourite Local Establishment That
No Longer Exists
22. Favourite Local Performance of 2020
(includes music, theatre, performance art, etc.)
23. Favourite Local Radio Show or
Podcast
24. Favourite Local Publication
(that's not *The Uniter*)
25. Favourite Local Public Art Piece
26. Favourite Local Album of 2020
27. Favourite University of Winnipeg Prof
28. Favourite Activity to Do on a Date
29. Favourite Winnipeg Winter Activity
30. Favourite Political Moment of 2020

Voting deadline is Nov. 12, 2020 at noon, with winners being announced in the Dec. 3 issue of *The Uniter*. To submit your vote, visit us online at uniter.ca/uniter30.



SUPPLIED PHOTO

Performance artists Lorri Millan and Shawna Dempsey have been making art together for more than 30 years. Read more on page 4.

THIRTY-SOMETHING

THOMAS PASHKO
MANAGING EDITOR

THOMASPASHKO

It's that time of year: voting for the Uniter 30 is open again!

What's that, you say? You don't know what I'm talking about? Well, newspaper reader, I'm not sure how you're responding to me in real time, but let me tell you!

The Uniter 30 is *The Uniter's* annual readers' survey. You vote on your favourite local people, places, things and events of 2020 in 30 different categories. It's an anonymous ballot, open to everyone and a great way to have a say in what gets covered in our pages.

It's also an easy way to put the spotlight on the businesses, artists and individuals who have helped brighten up what's been a pretty grim year for many. Do you have a favourite restaurant that you order delivery from when you need comfort food in this months-long dark night of the soul? Give them a shoutout!

The Uniter 30 is a tradition that goes back to 2010, which focused specifically on Winnipeggers under 30. In 2013, we expanded to a more inclusive scope, encompassing new beloved Winnipeg stuff of all ages.

Voting is easy. Take a quick trip to uniter.ca/uniter30 to cast your ballot.

FOLLOW US ON SOCIAL MEDIA



@TheUniter



@TheUniter



facebook.com/theuniter

UNITER STAFF

MANAGING EDITOR
Thomas Pashko — editor@uniter.ca

BUSINESS MANAGER
Olivia Norquay — businessmgr@uniter.ca

CREATIVE DIRECTOR
Talia Steele — creative@uniter.ca

ARTS & CULTURE EDITOR
Beth Schellenberg — culture@uniter.ca

FEATURES EDITOR
Charlie Morin — featureseditor@uniter.ca

CITY EDITOR
Alex Neufeldt — city@uniter.ca

COMMENTS EDITOR
Haley Pauls — comments@uniter.ca

COPY & STYLE EDITOR
Danielle Doiron — style@uniter.ca

PHOTO EDITOR
Daniel Crump — photoeditor@uniter.ca

STAFF PHOTOGRAPHER
Callie Lugosi — callie@uniter.ca

STAFF PHOTOGRAPHER
Keeley Braunstein-Black — keeley@uniter.ca

STAFF ILLUSTRATOR
Gabrielle Funk — gabrielle@uniter.ca

FEATURES REPORTER
Keesha Harewood — features@uniter.ca

ARTS & CULTURE REPORTER
Naaman Sturup — naaman@uniter.ca

ARTS & CULTURE REPORTER
Hannah Foulger — hannah@uniter.ca

CITY REPORTER
Cierra Bettens — cityreporter@uniter.ca

CAMPUS REPORTER
Callum Goulet-Kilgour — campus@uniter.ca

VOLUNTEER CO-ORDINATOR
Holly Liu — volunteer@uniter.ca

CONTRIBUTORS

WRITERS
Sarah London
Madeline Rae

MOUSELAND PRESS

MOUSELAND PRESS BOARD OF DIRECTORS: **Kristin Annable (chair)**, **Anifat Olawoyin**, **Larissa Peck**, **Andrew Tod**, and **Jack Walker** — For inquiries email: board@uniter.ca

CONTACT US

GENERAL INQUIRIES
editor@uniter.ca

ADVERTISING
businessmgr@uniter.ca

ROOM 0RM14
UNIVERSITY OF WINNIPEG
515 PORTAGE AVENUE
WINNIPEG, MANITOBA
R3B 2E9
TREATY ONE TERRITORY
HOMELAND OF THE METIS NATION

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, transphobic, ableist, racist or libellous. We also reserve the right to edit for length/style.



(P)ARTNERS IN PERFORMANCE ART AND FEMINIST LEADERSHIP

Origin Stories

HANNAH FOULGER | ARTS AND CULTURE REPORTER | [FOULGERSCOVFEFE](#) [SPEAKSTORY](#)

Shawna Dempsey and Lorri Millan
Performance artists and writers

Origin Stories is a new Uniter series that unearths the beginnings of an established artist's career or the founding of a Winnipeg arts organization.

Shawna Dempsey and Lorri Millan have been creators and leaders in the arts community in Winnipeg and Toronto for over 30 years. They have written several books together and exhibited their performance and visual art at Toronto's Nuit Blanche, women's centres in Sri Lanka and the Museum of Modern Art in New York City.

Dempsey currently serves as the co-executive director of Mentoring Artists for Women's Art (MAWA) and continues to create new and innovative work with "art-ner" Lorri Millan.

Dempsey grew up in Scarborough and Millan in Etobicoke, two suburbs in the Toronto area. They were both working as theatre technicians in the burgeoning Toronto theatre scene in the mid '80s.

When a rehearsal studio flooded, they went to help literally bail out the space, and that's when they got to talking about performance art and their shared concerns of feminism and queerness. They started collaborating in 1988 and officially became "art-ners" in 1989.

Art "was core to our survival," Dempsey says. "It was seriously not okay to be queer." Queer people in Toronto were facing a lot of violence in the midst of the AIDS epidemic.

"It was central to our story, but it was also central to our social justice energy," Milan says.

"Our feminism and queer politics were all of the same piece."

Dempsey had explored performance art in a course at York University, but Millan had not dabbled in that art form yet.

"I always considered myself an artist. I hadn't really considered performance as a form I was particularly interested in, but it was where we met creatively," Millan says. "Now, we do other creative forms as well, but (performance) is the backbone of our practice."

They received national attention in 1990 with their music video "We're Talking Vulva," which featured a band led by Millan. She was wearing a large vulva costume and "talking vulva," that is, talking about the anatomy of the vulva (including but not limited to the vagina), what each part does, and who people like to share their vulvas with.

They worked in partnership with each other, but also with a group called the Clichettes before moving to Winnipeg in 1990 because of their appreciation for the arts scene, but also to escape the high cost of living in Toronto.

In 1997, they launched "One Gay City," a title which references the old City of Winnipeg motto "One Great City." They installed bus shelter ads with a cheerful woman posing with a catch of fish and the words "Winnipeg One Gay City." This was a direct response to then-mayor Susan Thompson's refusal to give Pride an official sanction.

Their most famous work is the *Lesbian National Parks and Services*. They would patrol many different landscapes, including parks, universities and city festivals. Since its incep-



Lorri Millan and Shawna Dempsey in character as the *Lesbian National Parks and Services*.

tion in 1997, the *Lesbian National Parks and Services* has spawned books, videos, brochures and postcards.

"The rangers have conducted tours of Frankfurt, Germany, Sydney and Brisbane in Australia and from Vancouver to Halifax," Dempsey says. "They also performed at re-orientation week at the University of Winnipeg through Gallery 1C03 in 2005 and received death threats as a result."

Since their move to Winnipeg, they have worked as curators at the Winnipeg Art Gal-

lery, and, in 2008, they joined Dana Kletke as the co-directors of MAWA. Dempsey and Kletke continue to serve as co-directors.

Dempsey and Millan have written numerous books, including *Bedtime Stories for the Edge of the World*. They continue to develop humorous and innovative work, which has won several awards, including the Manitoba Arts Council Award of Distinction in 2018.

Find their work at shawnadempseyandlorri-millan.net/.

OUTSIDER ARTIST HAS FIRST SOLO EXHIBITION

Bistyek's paintings are moving and impressive

BETH SCHELLENBERG | ARTS AND CULTURE EDITOR | [BETHGAZELLENBERG](#)

Bistyek, an exhibition titled after the artist's chosen name, opened on Sept. 4 at 300 Ross Ave. in the space that used to house Actual Gallery. The exhibition is vast, featuring over 50 pieces, most of which are vibrant mixed-medium works on a large scale.

Lisa Kehler, former curator of Actual, was invited to put on this debut solo exhibition and act as a mentor to Bistyek, an emerging artist without an arts background or any formal training.

Bistyek, a Kurdish Syrian, fled his home country in 2011 and travelled to Lebanon, where he lived for seven years before coming to Canada as a refugee.

He says "I was positive, because I got a chance to start again. It was difficult at the beginning, I didn't speak any English. I did a lot of volunteering and worked in different places. Just a year ago, I quit a (job at a) coffee shop and went home in my small room, and I went to paint ... I decided this is what I want to do."

Kehler, who is passionate about outsider artists, says "I saw the work and fell in love with it. I spent two months getting to know him, getting to know his story."

Bistyek was living in a one-bedroom apartment with other people, "and when he finally got the studio space (at 300 Ross

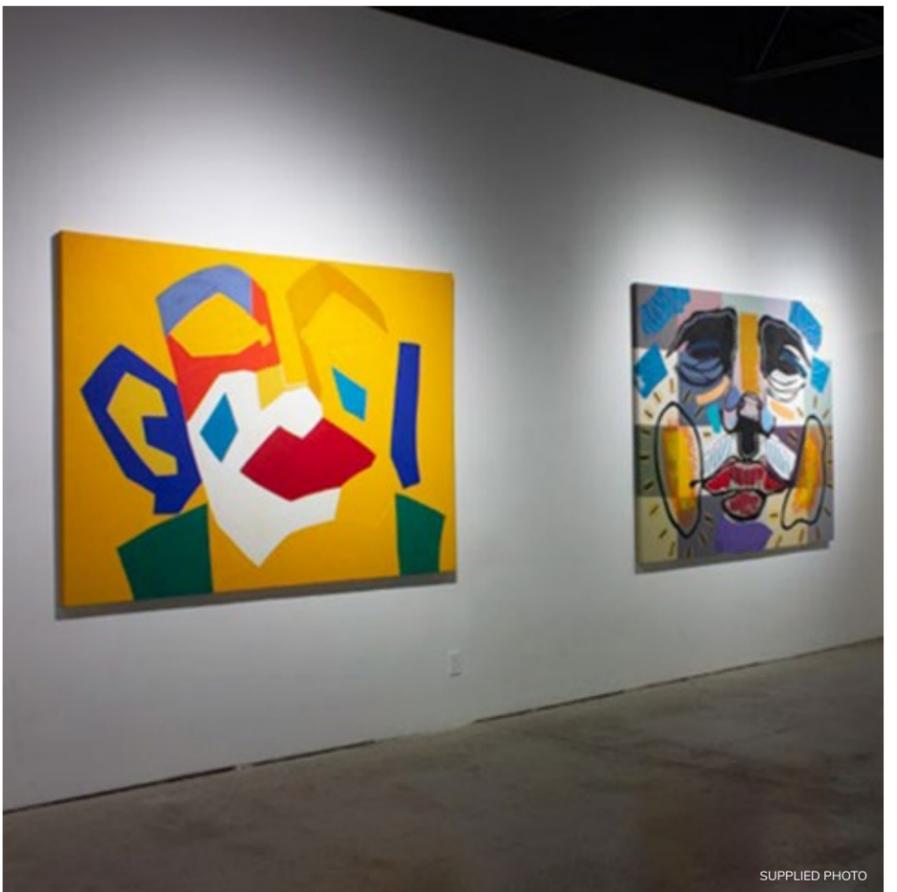
Ave.), he could expand and enlarge the scale. He quit his job to become a full-time artist, and he is only 24."

Bistyek says "When I was a kid, we had no TV. I would put paper together and do lots of sketches, draw my mom and brothers, lots of cartoons. Every time I wanted to think of something nice, I would look at the cartoons and drawings that I did."

A lot of the subjects of the paintings in the exhibition are people Bistyek met on his journey to Canada, while some are a "reflection of feelings. Each one of them is different, has a different feel. I kept a lot of things inside," he says.

Kehler explains that the layout of the exhibition illustrates Bistyek's own journey, with the monochromatic pieces near the beginning referencing his time in Beirut when he couldn't afford to buy colour, to the expressive figurative works in the middle based on people he met along the way, to some of the more literal pieces near the end that represent themes of home, belonging and displacement.

Bistyek's style immediately brings to mind canonical artists, such as Egon Schiele and Jean-Michel Basquiat, which Kehler says is fascinating, as he had no prior knowledge of them.



Paintings by Bistyek, a local Kurdish artist originally from Syria, whose work often depicts people he met on his journey to Canada

"I knocked out 100 works. The biggest thing was trying to figure out how to select works that show the diversity of his skill and methods. Some pieces are really graffiti-like, some modern, some aggressively painterly – he's so diverse, and I tried to pick out works that really show his range in ability," she explains. Of his process, Bistyek says "I just felt this

is what I need to do. When I paint, I don't think about what I'm going to paint. I just start to do it."

The show can be seen at 300 Ross Ave. by appointment until Nov. 14. Contact bistyekexhibition@gmail.com to schedule a viewing.



STREAMING IRL HORROR

Where to stream the best horror documentaries this Halloween

THOMAS PASHKO | MANAGING EDITOR | [TWITTER](#) [INSTAGRAM](#) THOMASPASHKO

It's the spooky season, which means many people are filling their streaming queues with horror movies. But it can be tiring to revisit the same slasher films and ghost stories every year, especially when the news is scarier than anything David Cronenberg or Jordan Peele could conjure. As an alternative, here are some documentary films and series dealing with horror themes and/or real-life creepiness to spice up your Halloween.

Cursed Films Streaming on Shudder

The horror-centric streaming service Shudder compiles classics of the genre alongside original programming. Their five-part docuseries *Cursed Films* looks at behind-the-scenes stories of "cursed" film productions. Many horror films have garnered such a reputation through a combination of real-life tragedies, urban legends and word-of-mouth retellings.

The series looks specifically at *The Exorcist*, *The Omen*, the *Poltergeist* series, *The Crow* and the "Time Out" sequence of *Twilight Zone: The Movie*. Featuring interviews with creatives behind the original films (including *Exorcist* star Linda Blair and *Omen* director Richard Donner), guest commentators (critic and screenwriter April Wolfe, *Fangoria* editor-in-chief Phil Nobile Jr.) and real-life "exorcists" and "black magicians," *Cursed Films* takes what could

be trashy, exploitative material and turns it into a thoughtful look at pop mythology and the whole notion of "curses" without ever skimping on creepiness.

Unsolved Mysteries Streaming on Netflix

Most kids who were cognizant between 1987 and 1997 were afraid of *Unsolved Mysteries*. Just hearing the theme music or the voice of host Robert Stack from the TV in the next room was enough to trigger nightmares. Netflix revived the series in July 2020, releasing six new episodes earlier in October.

The rebooted series is more tasteful and less sensational than the original and ditched hosting duties altogether, opting instead for a documentary style more in line with recent true-crime trends. But the subject matter is still sufficiently creepy, ranging from missing-persons cases to the downright supernatural. Highlights include an unidentified corpse in an Oslo hotel room who may be a secret agent and a string of UFO abductions in Berkshire, Mass.

Cropsey Streaming on Amazon Prime Video

Many people grew up with their hometown's regional version of a boogeyman, unfounded urban legends about escaped serial killers or a murderous hermit in the nearby woods, snatching away children.



Mark Patton, star of *A Nightmare on Elm Street 2*, in a scene from *Scream, Queen! My Nightmare on Elm Street*

Kids in Staten Island, New York grew up with the legend of "Cropsey," a supposed "escaped mental patient" living in the tunnels beneath the abandoned Willowbrook institution. But as directors Joshua Zeman and Barbara Brancaccio investigated their local boogeyman, they learned that "Cropsey" was, to some extent, real. Zeman and Brancaccio utilize a *Blair Witch-y* aesthetic to expose how Willowbrook hid true tragedy and housed a real-life killer.

Scream, Queen! My Nightmare on Elm Street Streaming on Shudder

A Nightmare on Elm Street 2: Freddy's Revenge was radical for its time. The original *Nightmare* introduced audiences to dream-killer Freddy Krueger, but its 1985 sequel acted as a metaphor for the experi-

ence of a closeted gay teenager in the Reagan era.

The groundbreaking film was rejected by homophobic audiences and critics of the time. The production itself was equally problematic: the straight filmmakers inadvertently outed its then-closeted star Mark Patton at the height of the AIDS crisis, a move that destroyed his career. *Scream, Queen!* explores Patton's experiences on the set, the trajectory of his life, his own battle with HIV and the film's shifting reputation from maligned sequel to queer horror masterpiece.

MARTHA STREET, COVID-STYLE

Annual member show and sale goes digital

HANNAH FOULGER | ARTS AND CULTURE REPORTER | [TWITTER](#) [FOULGERSCOVFEFE](#) [SPEAKSTORY](#)

Like many arts organizations, Martha Street Studio has had to adapt to this new pandemic world. Their annual member show and gallery has changed to include an online format and in-person gallery with safety protocols.

The studio has also reduced their class sizes to allow for social distancing and moved their artist talks online. With the limited size, classes have filled up very quickly. The annual show and sale have also been reaching a wider audience online.

The gallery space will still feature some of the art for sale. However, only four pieces will be hung in the gallery, instead of the usual 30 to 50, for two weeks at a time.

"The exhibition has a greater longevity for the participants," executive director Jamie Wright says. "Those two weeks have a bit more individual time for each piece." Featured pieces will also be rotated online.

"It is a nicer, more prominent exhibition, with the potential of a wider audience to see the work and be able to purchase the work. That continual engagement in changing it every two weeks keeps it fresh, even online."

Alice Crawford, project co-ordinator at Manitoba Cultural Society of the Deaf and member of Martha Street Studio will

have pieces featured in the show and sale. A member of the studio for over a decade, her work has also been featured in gallery shows at Arts AccessAbility Network Manitoba. Crawford uses typography to creatively demonstrate how she hears.

"I process differently. I hear little pieces here and there. I put them together based on the context of the conversation and little bits of words (I hear). Everything is all jumbled up," Crawford says.

"In my art, you see the image, and then you realize it is full of letters, and the letters have words in them." Her piece in the sale is made with metal type and spells "cheap," although it might be difficult to see.

While incorporating a digital gallery has been important, inviting people into the space to see the work has also been beneficial.

"Something we've heard from our audiences is that they are excited to have a reason to go out and a safe place (in) the world again and get to experience some art," Wright says.

Because of COVID-19 restrictions, Martha Street Studio asks that people do not visit if they have a confirmed or presumptive case of COVID-19. Masks are



SUPPLIED PHOTO

A print by Alice Crawford, project co-ordinator at Manitoba Cultural Society of the Deaf and member of Martha Street Studio

also required.

In the past, visitors would have been able to walk in, but the doors are now locked. Someone at Martha Street will let guests enter and go over the requirements to be in the building. Five people are allowed to be in the gallery at one time.

Members also have to book the space in advance. They are obligated to clean and disinfect their space after they are finished and deposit studio items in a bin to be disinfected by a technician or instructor. The number of people in the studio will be reduced in compliance with safety regula-

tions outlined by the government.

"The folks that run this joint are so wonderfully committed, and there is a real passion for this place not only to survive but thrive. Almost predictably, it's going really well, despite all the craziness," Wright says.

To view the members' show online, go to printmakers.mb.ca. To book a viewing or purchase art in advance, email askmartha@printmakers.mb.ca. The studio and gallery at 11 Martha St. is wheelchair accessible.



CRITIEPEG



SUPPLIED PHOTO

I AM GRETA

Coming to VOD on Nov. 13



KEESHA HAREWOOD | FEATURES REPORTER | @KEESHAHAREWOOD

Director Nathan Grossman's documentary *I Am Greta* chronicles Greta Thunberg's life as a teenage climate justice activist, beginning from her one-person school strikes in August 2018 to her speech at the 2019 UN Climate Action Summit in New York.

At the forefront, this documentary has a high degree of emotionality. While alluding to the devastating impact of climate change and the fast-approaching crisis being laid at the feet of younger generations, the main focus is the

emotional toll Thunberg endures in order to spread her message.

The documentary covers the impact Thunberg's crusade has on the most important facets of her life: everything from family, schooling, living with Asperger's and the media coverage (both positive and negative) of her efforts.

But this isn't your typical, run-of-the-mill inspirational story. It is inspiring, but not because it's jam-packed with excess amounts of glorification for Thunberg. The

film adopts a modest, respectful, but mildly sombre approach in telling her story. After all, Thunberg doesn't do what she does for the accolades, but to spread a critical message: time is running out.

The film covers Thunberg's speeches at a variety of climate-change meetings and events, as well as the quieter moments in between. It's Thunberg's more personal, muted moments that serve as the backbone of the film.

The dips into her personal life are presented with an element of slowness. The audience sees Thunberg laugh, bicker and cry with her family through relatively long, almost continuous shots. The camera also lingers on moments where Thunberg does her behind-the-scenes activist work: scrutinizing the wording of her speeches or choosing outfits for events. In this way, the film is patient, accounting for every detail of her experience. As a result, the audience is shown the amount of thought, care and passion Thunberg pours into her work.

That said, the film's slowness doesn't drag. In fact, the documentary grips viewers' atten-

tion and doesn't release it until the film reaches its conclusion.

Still, this documentary might feel too slow for some. The lack of quick, sharp cuts, as well as an absence of sensational musical scores, present a challenge to the audience: put in the effort to pay attention to this film. However, considering Thunberg's message, the choice of the film's slower pacing was likely intentional in order to create this effect. Arguably, the choice is necessary.

Ultimately, the documentary points to the one message Thunberg has been repeating for years now: time is running out. The world has to act now. Considering Thunberg's objective in all the work she does, there isn't a better way to tell her story. It is for this reason that Nathan Grossman and the entire production team deserve praise for this project.

It's easy to get complacent, or to ignore the rapidly declining state of the world, but this is why each and every person on this planet needs to put in the effort to pay attention. It's long past time to wake up and act.

CKUW TOP 30

October 19-25, 2020



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

TW	LW	C	Artist	Album	Label
1	NE		Osees	Protean Threat	Castle Face
2	RE	*	Pharis & Jason Romero	Bet On Love	Lula
3	RE	!	Silver Clouds	Silver Clouds	Disintegration
4	RE		Alister Spence And Satoko Fujii	Imagine Meeting You Here	Self Released
5	RE		The Dream Syndicate	The Universe Inside	Anti-
6	RE	!	Sean Burns	It Takes Luck To Get The Best Of Me	Self-Released
7	RE	*	Tami Neilson	Chicka Boom	Outside
8	RE	*	Tommy And The Commies	Hurtin' 4 Certain	Slovenly
9	RE		Matmos	The Consuming Flame: Open Exercises In Group Form	Thill Jockey
10	RE	*	Wares	Survival	Mint
11	NE		Uniform	Shame	Sacred Bones
12	NE		Silver Synthetic	Out Of The Darkness	Third Man
13	RE	*	Zoon	Bleached Waves	Paper Bag
14	RE	*	Japandroids	Massey Fucking Hall	Anti-
15	NE		Bob Mould	Blue Hearts	Merge
16	NE	*	Heaps	What Is Heaps?	Birthday Cake
17	NE		Peter Bibby's Dog Act	Marge	Spinning Top
18	RE	*	Tough Age	Which Way Am I?	Mint
19	NE		El Ten Eleven	Tautology	Joyful Noise
20	RE	*	Nestor Wyrnush	Roxbury And Wooden Legs	Peanuts And Corn
21	NE		Optic Sink	Optic Sink	Goner
22	RE	!	Pip Skid/Rob Crooks	Its Ok	Marathon Of Dope
23	RE		Black Marble	I Must Be Living Twice	Sacred Bones
24	NE		Various Artists	The Harry Smith B-Sides	Dust-To-Digital
25	NE	!	The Famous Sandhogs	Telma Muskwa 2	Self-Released
26	NE	*	Black Thunder	La Fine Creaata	Transistor 66
27	RE		Vinyl Williams	Azure	Requiem Pour Un Twister
28	NE		Quintron And Miss Pussycat	Goblin Alert	Goner
29	RE	*	New Fries	The Idea Of Us	Telephone Explosion
30	NE		A Certain Ratio	Acr Loco	Mute

ARTS BRIEFS

BETH SCHELLENBERG | ARTS AND CULTURE EDITOR | @BETHGAZELLENBERG

Safe September MB

Safe September MB, a group of concerned teachers, parents and community members, has organized a day of action on Oct. 29 to call attention to the lack of supports available within schools and demand more resources be allocated for COVID-19 testing, increased staff and remote learning. For information about how to participate, visit their Facebook event page.

Apart, Together

Apart, Together is an exhibition presented by Artbeat Studio and supported by Central Neighbourhoods Winnipeg that explores pandemic isolation. The show can be seen on the second floor of Portage Place mall (393 Portage Ave.) from 10 a.m. to 4 p.m. until Oct. 30. Facemasks and social distancing are mandatory.

Gimme Some Truth

Gimme Some Truth Documentary Festival is presenting *Totally Under Control*, a film exposing the utter failure of President Donald Trump's leadership and his administration's corrupt and incompetent handling of the coronavirus. The doc will begin screening on Nov. 1. For times and to purchase tickets, visit the Cinematheque website.

Playground Chitchat

Playground Chitchat, an exhibition exploring play and print media by Bram Keast (Winnipeg) and Neah Kelly (NYC), opens at Martha Street Studio (11 Martha St.) on Oct. 30. There is an opening reception on Oct. 30 from 5 to 8 p.m., with limited capacity, mandatory masks and social distancing rules in place.

Little Brown Jug X Beetlejuice

Little Brown Jug (336 William Ave.) is hosting a *Beetlejuice* screening on Oct. 30 at 8 p.m. in their taproom. Tickets are limited, costumes are encouraged, and social distancing and mask-wearing (unless seated at a table) are mandatory.

Speaking Crow

The Speaking Crow poetry reading series is hosting a virtual edition on Zoom with special guest Duncan Mercredi, Winnipeg's poet laureate for 2020/2021. The event starts at 7 p.m. on Nov. 3, and you can register to be an audience member or to reserve an open-mic spot on Eventbrite.

FEATURE

Words by Naaman Sturup

Arts and Culture Reporter

 naamansturup

Photos by Daniel Crump

Photo Editor

 dannyboycrump

We can get through this together

Exploring mental-health opportunities for BIPOC communities



Bolaji Akinyele-Akanbi, founder of the Peace Wholeness Centre

This year has been tough for Winnipeg's ethnic communities.

The COVID-19 pandemic has caused a rise in racism against Winnipeg's Asian community. Though thousands gathered in Winnipeg this summer and stood for Justice 4 Black Lives and Indigenous Lives Matter rallies, the very act of protesting coupled with the instances of racism and prejudice that continue to plague this city can make this feel all for nought and can have a negative effect on people's mental health.

According to a *Australian and New Zealand Journal of Psy-*

chiatry study on mental health and major protesting in 20 countries, depression, post-traumatic stress disorder and anxiety symptoms were the chief mental outcomes that seem to affect participants.

However, there is hope.

There are several resources available, like the BIPOC Mental Health Workers Resource List, that are geared toward BIPOC communities to create opportunities for people to learn about and seek the help available to them.

This article intends to highlight opportunities for BIPOC communities that can make it easier for them to seek mental help for issues. It does not intend to suggest that seeking help for mental health issues will solve the problems of racism and discrimination, nor does it suggest that BIPOC communities should only pursue BIPOC therapists. The aim is to encourage a deeper level of understanding of getting mental health supports as BIPOC.

Feature continues on next page.



Kyla Bernardo, creator of Purposeful Counselling

The beginning

Inspired by Tamika Krush, the BIPOC Mental Health Workers Resource List was created with Chance Dupuis, who is a community well-being co-ordinator at Central Neighbourhoods Winnipeg. Dupuis says the list started after Krush asked him for counsellor information over the counter at Eadha Bread.

“She asked (if) there were any resources for BIPOC people searching for other BIPOC therapists or counsellors, so that they do not have to explain the nuisances of being BIPOC and the effects of racism to their therapists,” he says.

“So I said ... that is a great idea, and I will look into that for you. So we began looking for therapists, counsellors and mental health workers that were low-barrier access, who can be booked directly. We were trying to make sure that people can just call and book, and that there were no other hoops or referrals (to go through), that they can just access those services straight out.

“One of the main questions that we asked (the potential listed workers was) if they offered sliding scales or subsidies, which was one of the main imperatives of this list, making sure that they were low-cost or no-cost options.”

As the list was created in March of this year, Dupuis does attribute the list gaining momentum to the discourse surrounding the recent murders of Breonna Taylor and George Floyd in the United States. He says that horrific events like these can provide a wakeup call to everyone about the racism surrounding them. While this can be traumatizing, it can rekindle the need for more ethnic diversity in the mental-health sector.

“There is more public knowledge and acknowledgement of how racism is impacting people, not only in Winnipeg, but across the world,” he says.

“So definitely highlighting that other BIPOC individuals are working in the mental-health field who understand the impact of racism as BIPOC individuals (is paramount). This also reflects a lot on Winnipeg’s community, as we have quite a diverse group of people already from many different backgrounds from professional and peer-level support.”

As a community co-ordinator, Dupuis has seen firsthand the mental strains on people

in the neighbourhoods he works in, and he says two of the biggest issues he’s noticed are the huge barrier of accessing and wanting to access services.

“I definitely think there is quite a high head of individuals seeking out mental health support,” he says. However, people who have experienced systemic racism in institutions can be hesitant to become more connected to those institutions.

“So, unfortunately, within the neighbourhoods that I work, they are pretty heavily affected by systemic racism and poverty, so there are quite a few people who are apprehensive about speaking to a mental-health worker, including a lot of trauma survivors.”

However, Dupuis is optimistic that the BIPOC Mental Health Workers Resource List can break down this rigidly limited outlook. Listed counsellors Kyla Bernardo and Bolaji Akinyele-Akanbi give their takes on their journeys thus far and some of the main mental issues that may surround ethnic communities.

Gender and culture

From first volunteering at the now-defunded children and youth phone line Teen Touch, to obtaining her master’s degree in counselling psychology and becoming a brief treatment councillor at the Health Sciences Centre and creating Purposeful Counselling, Kyla Bernardo brings an extensive skillset to counselling.

When asked what seems to be one of the biggest mental challenges today, she says that it is the sense of not being in control of anything.

It is “the difficulty of wrapping our heads around what is happening and how we are going to manage,” she says.

On the subject of the financial insecurity and job losses due to the pandemic, Bernardo says, “for a lot of people, it was a part of their identity, the work that they were doing, and not being able to (do) that day in and day out, there is a lot of grief going on.

“Often, people may believe that grief is triggered by a loss of a person, but it can be a loss of anything: the loss of normalcy, identity and the loss of doing things that we took (for) granted before that now we cannot do.”

Bernardo has also seen a gender disparity in



Chance Dupuis, community well-being co-ordinator at Central Neighbourhoods Winnipeg, helped create the BIPOC Mental Health Workers Resource List.

her work.

“I see that in both my private practice and other work, that a high percentage of clients seeking help tend to be women,” she says.

“The men that I have seen, there has always been that difficulty in feelings of doubt, being out of place and hesitancy in opening up.”

This is supported by a recent article by Statistics Canada on the effects of mental-health and

reports based on gender. The report finds that, during the pandemic, women and gender-diverse people were more likely to self-report a change in mental health due to physical distancing, and they reported more moderate to severe symptoms attributed to general anxiety disorder than men.

A first-generation Canadian whose parents are originally from the Philippines, Bernardo



"Mental health can mean different things to us." - Bolaji Akinyele-Akanbi

notes that as the mental health sector is normally dominated by white Canadians, it is important for BIPOC therapists to be accessible, because this can encourage ethnocultural communities to seek help.

"I have had clients come up to me and say thank you for ... representing a different culture, and I think we should continue to normalize this," she says.

"I have had a number of clients who reach out to me because of my culture, because they feel that I can understand the difficulties (they experienced) growing up. I think that it is important for people in this field to know that that is why I really jumped on the BIPOC list."

With over 23 years working in the mental health sector, Peace Wholeness Centre founder Bolaji Akinyele-Akanbi says she has also seen a

race disparity in both workers and clients. Peace Wholeness Centre offers individual, family and parent-teen counselling, along with career coaching and group forums.

The PhD candidate has not seen a lot of Black people come forth for counselling, and along with the drawback of therapy costs, she says it can also be possibly due to the nuisances surrounding mental health from those who come from other countries.

"Mental health can mean different things to us," she says.

"From my own cultural background, when there is someone who has mental-health issues and they are in pain or may have cognitive issues, they may not want people to know because of the stigma" that may be attached to them.

Moving forward

The Public Health Agency of Canada has committed nearly \$5 million to support Black people throughout Canada, and in Winnipeg, the funding is going through the Barbados Association of Winnipeg Inc. For the next two years, the organization aims to develop a toolkit, based on prior research from mental-health models in the city, for mental-health promotion for Black Canadians of all ages. Through the Immigrant and Refugee Community Organization of Manitoba, programs like the Mount Carmel Clinic Multicultural Wellness Program gear counselling opportunities to Winnipeg's immigrant communities.

Dupuis says that while increasing pro-

grams is positive, there needs to be a more cohesive approach from all organizations to truly help BIPOC communities here.

"What I really think that it comes down to is more of a grassroots approach, listening to communities in terms of what they need and where they are at and not trying to answer questions that people are not asking," he says.

"I think that there is a barrage of agencies not working together and not listening, so one of the biggest things that we can do long-term from both a governmental and organizational level is listening to the community and really responding to that in a truly authentic and understanding way."

CITY BRIEFS

ALEX NEUFELDT | CITY EDITOR

Tech-Connect launch

Manitoba Possible, formerly the Society for Manitobans with Disabilities, has launched a new province-wide initiative called Tech-Connect. The program aims to connect Manitobans with disabilities to technology and care services in different communities across the province.

A year-long timeout

Canada West, the athletics conference in which the Wesmen play, has officially announced that the 2020-2021 season will be cancelled due to the COVID-19 pandemic. As a result, gameplay for the Wesmen men's and women's volleyball teams and men's and women's basketball teams will not happen this winter.

The annual meeting of those who speak for the trees

On Nov. 4, the Manitoba Forestry Association, which is Manitoba's oldest conservation education organization, is hosting their virtual annual general meeting. Those interested in taking part in the meeting can register through Eventbrite.

Navigating law to protect the environment

The Public Interest Law Centre, Manitoba Eco-Network and the University of Winnipeg's geography department are taking part in an initiative called Navigating the Law to Protect the Environment, which will explore the use of legal tools in gaining stronger environmental protections. On Nov. 12, they will host a free webinar (registration required) featuring professor Jasminka Kalajdzic and Catherine Gauthier.

Healthcare worker grievances

The CUPE Local 204 has filed 55 policy grievances related to healthcare workers not being provided adequate personal protection equipment for handling the COVID-19 pandemic in Winnipeg and Manitoba. In Alberta, the AUPE has been having wildcat strikes in response to the mismanagement of the pandemic and general mistreatment of healthcare workers by the provincial government.

Bowman announces break with City

Mayor Brian Bowman has announced that, after two terms in office, he will not run for mayor in the next municipal election. Bowman has made the announcement two years into his current four-year term. In his announcement, he said that he was making this plan public early so that the "community can, with the benefit of time, elect the best possible person to serve as Winnipeg's 44th Mayor."



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Stony Mountain Institution, a federal correctional facility northwest of Winnipeg

REACHING BEYOND BARS

Forms of carceral harm reduction in Manitoba

 CIERRA BETTENS | CITY REPORTER | [FICTIONALCIERRA](#) [CIERRABETTENS](#)

Manitoba has the highest incarceration rate out of all provinces in Canada at 231 adults per a population of 100,000 – a problem that has been exacerbated by the COVID-19 outbreak. Organizations advocating for drastic changes to the justice system cite these rising issues as a substantive case to look towards other options.

Kate Kehler is the chair of the Restorative Justice Association of Manitoba, an organization that seeks to bring transformative change to the criminal justice system.

tem. She says the carceral system is not only incredibly expensive but also does more harm than good for victims and offenders.

“It doesn’t work to promote resolution. It doesn’t work to promote healing,” she says. “It’s as bad for victims of crime as it is for offenders.”

By connecting victims and offenders, Kehler says restorative justice offers a chance for victims to understand why they were victimized while at the same time, demanding accountability from the person

who caused harm. Rather than prescribe a sentence as a “punishment” for crime, she says it locates the root causes of why people enter the criminal justice system.

“Here in Canada, we know that (nearly all incarcerated people) grew up in poverty,” she says. She adds that many people who are incarcerated have dealt with unemployment and often lack a Grade 12 education.

Bar None Winnipeg, a prison abolitionist organization, is the organizing body behind the prison rideshare project that pairs volunteer drivers with those who wish to visit their friends and loved ones in Manitoba prisons. Organizer Buck Doyle says offering rides is a form of harm reduction.

“Taking people out of their communities and families is very destructive,” they say. Doyle says that keeping family and friends connected to people in correctional facilities is Bar None’s way of mitigating some of the damage done to communities.

Fostering connections between drivers and riders is also a key part of Bar None’s vision.

“It’s more likely that people who have

cars and time to drive will be removed from the context where they know somebody who is in prison,” Doyle says. “It’s a way for drivers to get to know people. You realize everybody is just people trying to survive.”

When communities, victims and offenders are affected by an act of crime or conflict, Kehler says restorative justice can offer a sense of balance, rather than a carceral approach that merely looks to punish the offender.

“Crime and conflict happen when there’s an imbalance,” she says. “What restorative justice seeks to do is to try and restore that balance.” She says providing better support to both victims and offenders is needed to do so.

“It’s not rocket science. It’s mentorship, it’s support, it’s employment and education,” Kehler says.

Interested in volunteering or becoming a driver for Bar None? Email barnone.wpg@gmail.com.

BALANCING THE BUDGET COMES AT A PRICE

Teachers, union reps concerned by Province’s education reforms

 CIERRA BETTENS | CITY REPORTER | [FICTIONALCIERRA](#) [CIERRABETTENS](#)

The plan for education reform was unveiled in the provincial government’s throne speech on Oct. 7, contending that parents will have “more say” in the new model. Lieutenant Governor Janice Filmon also announced that the Province would be going through with last year’s proposed phasing out of the education property tax over the course of 10 years.

“Given the challenges we face, however, Manitobans need more tax relief sooner,” Filmon said at the throne speech, adding that the phased elimination will begin next year.

However, some, including the Canadian Union of Public Employees Manitoba (CUPE Manitoba), have expressed concerns over education reform drafted before the pandemic being implemented now, calling it “archaic.”

“The looming threat of education reform has already impacted morale among frontline workers and educators in our school system at a time when the focus should be entirely on supporting our kids,” CUPE Manitoba president Abe Araya said in a news release.

James Bedford, the president of the

Manitoba Teachers’ Society (MTS), says he doesn’t believe now, during the COVID-19 pandemic, is the right time to implement these changes.

“Teachers right now are under a lot of stress, just in their everyday classrooms,” he says. “It’s pretty stressful to have an announcement come and say ‘we’re going to proceed with a transformative reform for public education on top of everything you’re doing right now.’”

In Bedford’s eyes, phasing out the education property tax comes with a different kind of price tag. Bedford says having a sustained and guaranteed form of education funding ensures that local school boards can meet their specific needs. Araya also attested to this.

“Local taxation gives school boards the ability to respond to the needs of local communities,” he says. “Without the ability to tax, what’s the future of school boards? If a province controls all the money, what does this mean for school trustees making specific changes to a small rural school to meet the needs of its community? We don’t know, and I’d love an answer to that one.”

“We now know the value of having dis-



ILLUSTRATION BY GABRIELLE FUNK

tinct school boards in our diverse communities who can respond directly to the needs of families,” Araya said in a news release.

Though the Province said they promised a “guaranteed annual increase” of education funding, totalling over \$1.6 billion over four years through the Better Education Strategy Today (BEST) plan, Bedford says he is skeptical about whether this will improve the province’s education. He says because the phasing out of the education property tax will take place over the course

of 10 years, the loss of funding could be higher due to inflation.

“You’re really talking about a billion dollars of education funding that will be removed over the course of a decade,” he says. “Is it going to be replaced?”

“In my mind, public education is an essential service, because we have a duty to educate our young people,” Bedford says. “It’s an investment into our future. Who doesn’t want to want to make the best possible investment into the future?”



U OF W HOSTS BLACK WRITING IN CANADA

Year-long series features wide range of Black writers

CALLUM GOULET-KILGOUR | CAMPUS REPORTER | [CGOULETKILGOUR](#)

Most years, the University of Winnipeg’s (U of W) English department hosts a wide variety of events, open to students, academics and community members. Because of the shift to online learning, however, the department adapted this year’s programming. One of their new initiatives is the Black Writing in Canada virtual speaker series.

Throughout this academic year, this seven-part series will feature various speakers via the Zoom platform. These presentations are open to the public, although they require pre-registration.

All events feature Black speakers, who are writers or experts on Black writing in Canada. The first two occurred in early October and were presentations by Dr. Karina Vernon, an associate professor at the University of Toronto, and Titilope Sonuga, a Nigerian-Canadian writer. Those who were unable to attend the presentations can access them at the link at the end of this article.

Chigbo Arthur Anyaduba, an assistant English professor at the U of W, says these were well-attended events.

“Students participated in ways that we were very impressed with, and the writers, as well, did incredible jobs,” he says, “calling to

some of the issues we believe students should know about.”

Anyaduba, who specializes in African literature, says this series “adds to the conversation on anti-Black racism.”

“It’s something that should have been happening long before now,” he says.

Ciarra O’Reggio, an English student and member of the UW Writing Group, agrees.

“Following the Black Lives Matter demonstrations earlier this summer, a response was required from the (English) department to have a greater attention to Black writing throughout Canada,” they say. O’Reggio notes that the online format is the most effective way to make these presentations accessible, given the circumstances of the ongoing COVID-19 pandemic.

“It’s important to look at Black writing, and I hope that this isn’t just something that happens right now, but in the months and years to come,” they say. For individuals looking to diversify their reading lists, O’Reggio recommends they research both the works that they are and are not familiar with.

The next few weeks are going to be busy ones for the Black Writing in Canada series. On Nov. 19 from 12 to 1 p.m.,



Chigbo Arthur Anyaduba is an assistant English professor at the U of W who specializes in African literature.

award-winning author and creative writing professor Tessa McWatt will speak. Lillian Allen, a poet, recording artist and advocate, will present on Nov. 25 from 2:30 to 3:30 p.m.. Finally, Chimwemwe Undi, a Winnipeg-based poet, will be featured on the Dec. 2 event from 4 to 5 p.m.

Two more events are planned for the win-

ter term, featuring poet and spoken-word artist Brandon Wint in January and writer Zalika Reid-Benta in February.

For more information on the Black Writing in Canada series and how to attend, visit bit.ly/34mmAvl.

PROFile

FROM THE BIG CITY TO THE PRAIRIES

Jennifer Reid, Instructor, Department of English, U of W

KEESHA HAREWOOD | FEATURES REPORTER | [KEESHAHAREWOOD](#)

Before Jennifer Reid became an instructor for the University of Winnipeg (U of W) English department, she taught at the University of Toronto (U of T). The story of why she left Toronto and began teaching at the U of W, however, is a heart-warming tale.

In 2016, Reid attended a media studies conference at the U of T, where she met a mature student from the U of W.

“We hit it off,” she says. “That’s how I ended up moving to Winnipeg. I actually followed a man!”

Despite her family’s skepticism, Reid was determined to make whatever changes necessary for the relationship to work.

She emailed the U of W’s English department chair, inquiring about any positions that might be available. She applied, got the job and followed her heart to the Prairies.

Fortunately, Reid’s transition from living in Toronto to Winnipeg was more seamless than some would expect.

“I was going through a bit of a transition in my life anyway,” she says, “be-

cause I had to leave (my) professional life for quite some time because of caregiving needs for my parents, who were very ill.”

With these difficulties in Reid’s personal life, for a time, she felt significant uncertainty about a number of different things. But through the chance meeting of her significant other at the 2016 conference, everything fell into place.

“The timing was just right.”

What is something you’ve learned from your students?

“How much I don’t know.”

If you could have any superpower, what would it be?

“It would be the power to speak ... any language that ever existed.”

What was your worst grade in university?

“Ironically, given my PhD in medieval studies, it was a D in Latin. It happened



SUPPLIED PHOTO

because my friend had just broken up with her boyfriend, she was really down in the dumps, and so I took her out on the town. My friend’s band was playing at this little place in Toronto, and I took her there, and this is where she met her

future husband. So I got a D, but she got married and had two kids.”

What is something you miss about Toronto?

“Lake Ontario.”



U OF W ORGANIZES WEBINAR WEDNESDAYS

Weekly Zoom presentations focus on helping students

CALLUM GOULET-KILGOUR | CAMPUS REPORTER | CGOULETKILGOUR

University can be a challenge at the best of times. Now, with most classes being held online, University of Winnipeg (U of W) students are faced with unprecedented – and often difficult – learning circumstances. The Webinar Wednesdays series, organized by U of W Student Services, attempts to provide support and advice for students.

Every Wednesday at 12:30 p.m. from Oct. 21 to Dec. 9, U of W staff will present via Zoom on various topics, ranging from student groups to meditation to career planning. Advance registration is required, though the events are free.

Inga Johnson Mychasiw, U of W's director of Student Support Services, believes this is an important initiative to help students.

"Webinar Wednesdays are designed to include useful information, as well as help students be more aware of services we offer in Student Services," she says in an email to *The Uniter*.

"We want to acknowledge both the benefits and challenges of remote learning and help students feel more connected to the University of Winnipeg and each other."

"Students who are struggling in this environment of remote learning are encouraged to reach out to their instructors and to Student Services," she says, adding that "students have been reaching out to us in high volumes over the last few months, and we hope they continue to do so."

Cheng Zhang, a student and represen-

tative of the U of W Chinese Student Association, says that though these are challenging times for students, the university has overall done a good job over the past few months.

"The university's reaction as well as how they've adapted campus services has been very good," he says. Zhang also strongly agrees with the university's decision to hold the winter term online.

International students, especially, are facing significant challenges, Zhang says.

"The students who chose to go back (to their home countries), they still have class, so they have to take their class at about 3 or 4 a.m.," he says, referring to some of his classmates who returned to China.

Despite everything going on, Johnson Mychasiw hopes that Student Services can help students through initiatives like Webinar Wednesdays.

"It is an unusual time for everyone, but we are still here for students, and we still care about them and their academic success," she says.

The Nov. 4 session covers "Accommodations for Students with Disabilities or Medical Conditions," the Nov. 18 session will discuss the "Final Drop Date and End of Term Tips," and the Nov. 25 session will present "Meditation for Grounding and Relaxation." The two December presentations are entitled "Exploring Career Options and Gaining Relevant Experi-



SUPPLIED PHOTO

Inga Johnson Mysachiw, the U of W's director of Student Support Services

ence During Your Studies" and "Preparing for Winter Term."

For more information on Webinar Wednesdays, including registration, visit bit.ly/3dRee1L.



THE UNIVERSITY OF WINNIPEG

Student Services

AWARDS & FINANCIAL AID

More information on the opportunities listed below is available on our website: uwinnipeg.ca/awards.

Current Award Opportunities

A \$78 UWSA Transit Subsidy is available to students who purchase a semester bus pass for the 2020 Fall term. Applications are available through our online award application system and will remain open until **Oct. 31**. More information is available here: Applications for the UWSA transit subsidy program.

Graduate and Professional Studies Expenses Bursary is available for students in their final year of an undergraduate degree program in the 2020-21 academic year that are applying for Graduate or Professional Studies which begin in 2021-22. The application is open until funds have been exhausted.

To obtain the application form, visit: In-Course Awards (current students).

The 2020-21 Work-Study Program is accepting student applications until **Fri., Dec. 4**. The position listing is now available online. More positions will be

available to those that apply early. To obtain the application form and check out the position listing, go to: Work Study Program

Student Aid

The Canada Student Aid program is offering more loans and non-repayable forms of aid (grants) this year. If you have ever thought about applying, this would be the year to do so. For more information, check out Government Student Aid.

Need help getting connected to the financial supports you need and deserve to pay for your education? Visit our website to check out our various info pages, or Contact Us to find out the many ways you can connect with Awards and Financial Aid staff.

STUDENT AID

The Canada Student Aid program is offering more loans and non-repayable forms of aid (grants) this year. If you have ever thought about applying, this would be the year to do so. For more information, check out Government Student Aid.

Need help getting connected to the financial supports you need and deserve to pay for your education?

Visit our website to check out our various info pages, or Contact Us to find out the many ways you can connect with Awards and Financial Aid staff.

STUDENT CENTRAL

Dropping Courses

The last day to drop a U2020F class is **Nov. 17**. No refund is applicable.

The final day to withdraw from a U2020FW class for 50% refund of the base tuition, UWSA, and UWSA

Building Fund fees is **Dec. 3**. No refund is applicable from **Dec. 4 to Feb. 23**.

Undergraduate Tuition Fees

Fees for U2020F and U2020FW were due September 22, 2020. Please contact Student Central (via Zoom – see myVisit App info below) immediately to discuss if you have not paid your fees yet.

myVisit App

Need to see a Student Central representative or an Academic or Career Advisor? You can now queue for Zoom drop-in sessions with Student Central, and/or Academic & Career Services using myVisit!

Student Central has drop-in Zoom sessions where students can ask questions "in person" with a SC staff member.

The Zoom waiting room is enabled. One student will be admitted at a time. Students wait for their turn and need to present their UWinnipeg student card (or other photo ID) to talk about their account, the same as actual in-person interactions at SC.

To enqueue yourself, please use the myVisit app (by Q-nomy) available for Apple or Android phones.

Turn off the location permission in the app. The SMS notification when it is your turn shortly will provide the Zoom info. Student can enqueue themselves 1:00-4:00 pm from Monday-Friday.

Thirty-minute Zoom appointments with Academic and Career Advisors can be booked through the myVisit app or via myVisit.com as well.

STUDENT RECORDS

February Graduation

Finishing your last courses in December? Interested in graduating in February? The final date to apply to graduate in February (in

absentia) is **Sun., Nov. 1**.

To apply for graduation, go to the "Student Planning/Registration" link on WebAdvisor. Click on the "Graduation" tab and complete the form.

STUDENT SERVICES

Webinar Wednesdays

In weekly half-hour sessions, Student Services staff will share valuable strategies and tips to help you settle in and succeed at UWinnipeg.

Upcoming topics for the series:

- Accommodations for Students with Disabilities or Medical Conditions (Nov. 4)
- Final Drop Date and End of Term Tips (Nov. 18)
- Meditation for Grounding and Relaxation (Nov. 25)
- Exploring Career Options and Gaining Relevant Experience During your Studies (Dec. 2)
- Preparing for Winter Term (Dec. 9)

All sessions are from 12:30-1:00 pm.

Advanced registration is required. Sign up here: uwinnipeg.ca/webinar-wednesdays



IN LAW WE TRUST

Demanding legal protests is a catch-22

CHARLIE MORIN | FEATURES EDITOR | CHRLSMORIN | MILLENIAL.DIGS

In their amendment, the provincial NDP summed up the throne speech, presented by the Pallister government on Oct. 7, as having “failed to offer any acknowledgement of the needs of black, Indigenous or people of colour, BIPOC, Manitobans.”

This is not surprising, given the government’s stated commitment to introducing “legislation to prevent such illegal blockades of critical transportation routes and protect jobs.” Suffice to say that this proposal is implicitly responding to the road blockades by the four Keeyask Cree Nations communities to the construction site of the Keeyask generating station in the spring of 2020.

What is at risk, according to the government, is the economy. They claim that this proposed legislation will keep critical transport routes open and protect jobs, stating “Manitoba experienced the negative economic effects of illegal protests and blockades, putting the livelihoods of people and communities at risk.”

The Keeyask protests began as an attempt to shut down construction and stop the spread of COVID-19 to communities that are ill-equipped to handle the spread of the virus. That being said, to which livelihoods and communities are the throne speech referring?

The blockade protests are not violent. But they are unlawful. And that’s the problem.

An article in *The Globe and Mail* from February 2020 states, in relation to the Wet’suwet’en railroad blockades, that “it is worth remembering that the right to protest is part of the right to free speech and peaceful assembly. You can make your voice heard in a public place, but there’s no constitutional right to physically block or occupy anything

... at the end of the day, the rule of law must be enforced.”

In the throne speech, the government echoes this sentiment: “As Canadians, we are rightly proud of our democratic institutions and processes, built upon a foundational respect for the rule of law. Legal protest has helped shape our democracy and must be protected and cherished.”

To be clear on what is legal: in Winnipeg, a permit is required for a protest, rally or demonstration. The requirement to follow such bureaucratic procedures in order to protest the institution seems absurd.

In Canada, protestors can be arrested for causing a disturbance and for unlawful assembly, among many other reasons. Nearly any kind of protest that inconveniences the oppressor may warrant an arrest, creating a catch-22 where the mere act of dissent may be perceived as illegal, making it difficult to do anything that resembles a protest in a way that is legal.

Protesters hosted a demonstration in response to the proposed anti-blockade law, gathering on Highway 75 near Morris on Oct. 9. Their intent was also to show solidarity with the community of Six Nations in Caledonia, Ont., where demonstrators have recently been arrested.

It isn’t fair to ask marginalized communities for lawful protest when laws often largely miss the mark on human rights. Many laws in Canada fail to account for the socioeconomic realities of Indigenous communities. Recent proposed changes to the Child and Family Services (CFS) system in Manitoba come to mind as one example.

A recent article for the Foundation for



ILLUSTRATION BY GABRIELLE FUNK

Economic Education, which claimed that the riots in the wake of the death of George Floyd are unproductive, pinpointed that “the origins of these systemic issues (are) in our criminal justice institutions, legal frameworks, judicial doctrines, etc.” This, of course, is true of Canadian institutions, too.

If the government passes legislation on further criminalizing protest, it will only make it more difficult for citizens to engage in the kind of democratic discourse the government

supposedly reveres. It’s already challenging for people to have their voices heard. A critical step we can take to change this is to ensure that oppressive laws, like the ones proposed in the throne speech, are not passed.

Charlie Morin primarily writes and draws humour. As a queer person, they recognize they have benefited from the results of many non-legal protests.

LATE-NIGHT SHOWS ARE LIKE UNIVERSITY STUDENTS

They’re doing okay, but there’s too much pressure on them

SARAH LONDON | VOLUNTEER | SRA_5000

While the news cycle went wild over the significance of United States President Donald Trump paying only \$750 in taxes in 2016, Seth Meyers made an apt observation on *Late Night*, saying “If true, this bombshell has the potential to be almost as damaging to his political career as the *Access Hollywood* tape.”

His joke suggests that, given Trump’s historically poor character, tax fraud could be considered an impactful addition to his resume and pokes fun at the scandal’s status as important news, commentary that wouldn’t air on *NBC Nightly News*.

Danielle Doiron argues for embracing biases in media in an earlier issue of *The Uniter*, explaining that doing so offers readers a lens through which to view her work. In a later article, Doiron comments on how journalists often strive to give equal weight to all sides of issues and suggests that this is a potentially harmful practice.

Late-night TV answers the call to embrace biases in reporting. Late-night shows are a distinctive news medium, because they are comedy shows written and performed by biased individuals. Jenny Hagel, a writer for *Late Night with Seth Meyers*, said on the *Late Night with Vulture* panel that the privilege of having airtime prompts writers to ask themselves what

they want to write about.

A *Morning Consult* study of late-night found that politics are a divisive subject for audiences, with Democrats favouring political content and making up a majority of audiences. This leads to political shows like *The Late Show with Stephen Colbert* gaining viewership over more nonpartisan shows like *The Tonight Show Starring Jimmy Fallon*.

The late-night landscape is just a dozen Democrat donkeys grazing in a field. Adrian Horton, reporter for *The Guardian*, says Democrat hosts in the liberal late-night genre appear “to all except those of a certain political persuasion, as preachy vehicles of indoctrination ... shouting into the void.”

Horton is right, but it’s unfair to critique comedy shows for following their creators’ sensibilities and appealing to their audiences.

During the *Vulture* panel, Kat Radley, writer for *The Daily Show with Trevor Noah* says the writers “don’t really take a side ... (but) tend to lean towards the Democrat party, because they’re not monsters.” Besides, a nonpartisan late-night show is basically impossible. A neutral position on American politics isn’t funny.

Right-leaning late-night also seems impossible. The Republican Party’s association with extreme religious views and



SUPPLIED PHOTO

Late-night TV hosts reflect America’s divided political landscape.

dangerous ideologies like xenophobia couldn’t get funded in the liberal-leaning entertainment industry. Plus, what would a Republican behind a desk talk about? As Jake Nevin writes in *The Guardian*, Trump’s presidency is basically satire in itself, “turning what was once a late-night gag into a kind of prophecy,” he writes.

Kate Sidley, writer for *The Late Show with Stephen Colbert*, said on the *Vulture* panel that their show is meant to reflect “conversations people were having that day.” However, the contents of the show, and shows like it, indicate that the conversations in mind are likely those of white Democrat viewers who believe in human rights and science.

The reality is late-night “reflects the

world we live in,” Ziwe Fumudoh says on the *Vulture* panel, which is a world in need of more representation. If women- and BIPOC-fronted shows received more than one season before cancellation, more folks would see their own conversations extended on the small screen.

For now, late-night reflects the mounting pressure put on comedians to be philosophers, political activists and teachers, able to somehow grapple (comedically) with the floundering American democracy.

Sarah London is a rhetoric and communications student at the University of Winnipeg and sometimes a standup comedian. Her preferred brain-mushing exercise is watching hours and hours of TV.



SUPPLIED PHOTO

Madeline and Madison are bound to one another by metal wire through their tongues. They must be gentle and pay close attention to each other's movements.

THANK YOU, GODDESS

Mother of Goo gets tied up and tells

MADELINE RAE | COLUMNIST | MOTHEROFGOO

"I like to see my subs in leather, latex or nice lingerie," Goddess Lydia wrote to me. I looked through my messy closet to try and find something suitable. I settled on my black lace romper and a leather choker that my best friend got for me in Berlin. I put on heavy makeup and a short dress with a black trench coat. I looked good for her. Fast forward 15 minutes, and I was kneeling on the floor in front of the leather-clad dominatrix, towering above me in four-inch platform heels.

"Repeat after me: thank you goddess, for agreeing to spend this hour with me," she said, waiting, as I kissed her feet.

"Thank you, goddess, for agreeing to spend this hour with me."

The words felt slightly unnatural coming out of my mouth, but I pushed through. Any feelings I could have had about looking foolish didn't make sense in the moment, because she accepted me fully, and I knew it. She wanted me to say these things ... In fact, she demanded it. I wanted to please her.

"I use the traffic-light system," she explained, slowly brushing the tassels of the whip up and down my body. I shivered, and she continued: "Red for stop, yellow for keep going but slow down and green for yes, more please."

I nodded to show her I understood. She started to slap me with the tassels. "Green," I said, smiling. She hit me again, harder this time. I moaned accidentally. My body im-

mediately started to flood with adrenaline. It wasn't sexual pleasure or anticipation, per se. I felt stimulated, but more so because the process of her inflicting pain felt liberating. I had her full attention. She was watching me like a hawk: every muscle twitch, every gasp, she responded to.

BDSM stands for bondage, discipline/domination, sadism/submission and masochism. These practices have a long and layered history, which would be difficult to summarize adequately in only a thousand words, so I won't attempt it.

Arguably, the most important component of modern-day BDSM is consent. Cara R. Dunkley and Lori A. Brotto published their meta-analysis "The Role of Consent in the Context of BDSM" in 2020. They concluded that "Among the wide range of activities that constitute BDSM, consent is perhaps, in theory, the single unifying and universal characteristic," and "the BDSM community takes consent further, demanding explicit rather than tacit consent."

BDSM carries heavy stigma. Jaya and KC are members of The Kinky Collective, an underground BDSM community in Delhi. They are featured in Christiane Amanpour's *Sex & Love Around the World: Delhi* episode. They explain: "we have so little knowledge of kink that we think kink is something vi-

olent. In fact, because it is consensual, it can define what cruelty is not."

BDSM requires skillful and intentional communication. It is the ménage à trois of intimacy, tenderness and vulnerability. A 2008 study titled "Hormonal Changes and Couple Bonding in Consensual Sadoomasochistic Activity" showed a real, physiological link between BDSM and increased couple bonding and intimacy by measuring hormone levels in saliva.

Researchers are investigating the therapeutic potentials of BDSM. The existence of this work proves there is a depth to BDSM far beyond the sexy costumes and spanking.

Dr. Danielle Lindemann notes: "A large part of the 'therapy' being offered in the dungeon is that the clients are able to express these desires that have historically been conceptualized as problematic and pathological, in a context that is free from social judgment or reverberations."

Winnipeg has had waves of various BDSM communities over the last half century. I'm not the first columnist to write about this for *The Uniter*. We have a few professional dominatrices in this city that can be found on various platforms or by a specified Google search. Because the Progressive Conservative government seems to care so much about what we do in our private sex lives as adults, make sure you're being respectful, discreet and careful when seeking out someone to play with.

Winnipeg Sex Positive Culture is run by TG and Griff, who usually put on a yearly event called Fetish Weekend, a conference-style weekend of kink for practitioners to learn and play together. Due to COVID-19, this has of course been cancelled. Aquarius bathhouse, which is still running, doesn't focus on BDSM, but based on what I could find on their website, there seems to be some specialized equipment available that could be put to

use. Club 200 and Fame nightclubs also host nights like Leather and Lace and rope bondage performance nights. Some time spent on various social media platforms will show that there are many individuals in the city who are open about their own BDSM practices. In a city this small, word of mouth can take you far.

If you're feeling the urge to play in Winnipeg, the community is out there, people!

Time passed. My thighs and ass were screaming red where she had hit me. I drooled out of the corners of my mouth. I was wearing a ball gag and couldn't swallow easily. As the sun began to set, I turned my head to the right and saw a yellow square of light on the wall by the kitchen. I could see the curve of her lean body and the leather and chains that adorned it in the shadow. The smell of latex and fake banana filled the air from the condoms she used to cover up her toys.

Up this high, the sky looked hazy through the window. The two of us towered above the city in a quiet room. Her lithe shadow slowly moved around mine as the room began to glow orange. I felt so loved and relaxed. I thanked her as I slowly got up. She opened her arms for a hug. It felt like embracing an old friend.

I held her hand before leaving the apartment, and she squeezed it. "I'm honored to have been your first dominatrix experience," she said.

"You'll always be my first," I said with a smile. I held her gaze for a few moments before opening the door and saying goodbye.

Thank you Goddess Lydia.

Madeline Rae is a pleasure activist, writer and artist living on Treaty 1. Rae holds a BFA Honours in performative sculpture and is completing a BA in psychology, while pursuing a career in sex therapy. She is trained in client-centred sex education and harm reduction. She can be found at motherofgoo.com.



HOROSCOPES

It's Scorpio season!

Those born with the Scorpion as their rising, sun or moon sign have a mysterious, intuitive, and power-wielding dynamic in the core of their personality, an echo of the shadowy Autumn season. The primary Scorpio strengths can be found in

their devoted, determined, and observant natures. They are hard workers, often artistic, and deeply committed to study and research. You can count on the Scorpion to see whatever they have committed to through to the end.

SOURCE: ASTROLOGY.COM

♈ ARIES

Your instincts will lead you to like-minded people, so if you're hoping to have a calm day with little disagreement, then go wherever your gut tells you to go. Fun people will be waiting there for you. Besides being able to predict how people are going to react to you, your instincts will tell you how to prevent anything bad from hurting the people you love. This is a time of great connection between you and your people. Old friendships get new life.

♉ TAURUS

Today is a good day to evaluate some recent developments in your life. Your mind is clear and your attitude is positive. More than ever before, you're ready to learn from past mistakes, so take stock of the wins and the losses you've had and get perspective on where you really are in life. You are a lot further along than you thought. You can sense the momentum building, can't you? Some exciting transformations are going to start happening soon.

♊ GEMINI

Schedule some time to talk to some of your relatives. Communicating with your family will give you a new point of view on where you want to take your life next. The people who have known you all of your life can give you an evaluation you'll really appreciate because they aren't afraid to tell you the truth. Also, they'll be able to encourage you and help you forget your fears. You need to step forward boldly and bravely, and they know how to help you do that.

♋ CANCER

Keep things low-key now, especially in terms of the money you spend. You might think that flashing a lot of dough around will get you noticed, and you're right. Trouble is it won't get you noticed in a very good way. If people think you have lots of money to toss around, they might try to figure out a way to get some of it. Or they might think you're a shallow show-off. Besides, moving toward a simpler life might be a good idea. The less stuff you have, the less stress you have.

♌ LEO

You understand that anything of quality takes time, but not everyone else does. A few of your friends or co-workers are getting antsy, and it's up to you to calm everyone down and keep them focused on the same goal. Together, you can all come up with good solutions if you don't panic. See what ideas everyone has and encourage brainstorming. This is your chance to lead the group on a path to some solid improvement and build your reputation as a leader.

♍ VIRGO

It's time for some changes to your surroundings, and boy, are you ready for them! Now is a great time to redecorate your home, repaint a room, or even just rearrange the furniture a bit. Changing the physical space you live in will go a long way toward freshening up your attitude and putting you on an even more positive track. Plus, it will reinforce the idea that you can affect the world around you as much as you would like to.

♎ LIBRA

Humdrum places like the grocery store or park might not seem like places where you can make intriguing intellectual connections, but that isn't necessarily true. All it takes is for you say something interesting, which is never a hard thing for you to do. Start some conversations with interesting people. And if you're looking to start a new romance, make sure you toss some flirtation in there, too.

♏ SCORPIO

You're getting along quite well with someone you sometimes bicker with. For once, the two of you are on the same wavelength and see things in the same way. The only hitch in your harmony could come later when they want to do one thing and you want to do another. It might be too difficult to come to a compromise, so don't try to force it. Just agree to disagree for now. You two will never negotiate an arrangement that will satisfy you both, so don't even try.

♐ SAGITTARIUS

You are ready for some audacious action. Gone is any trace of shyness. You are full of confidence and burning with the desire to get your point across to the people who haven't been listening to you for far too long. Adopt a more direct manner of speaking with the people who usually intimidate you. Make eye contact and you'll make them want to hear you out. Step up and make the grand gestures you know you can make so well. It's now or never.

♑ CAPRICORN

A recent development has been good for your social life but not very good for your budget. Before things get too far out of hand, take some time today to review your accounts and get a better idea of what you're dealing with. Things are probably not as bad as you fear, but they're sure to get worse if you don't get a handle on things. Cutting back on spending doesn't mean cutting back on fun, though. You can think of lots of ways to trim expenses that won't cramp your style.

♒ AQUARIUS

You could get some preferential treatment, and it would be just like you to feel guilty about it, but you shouldn't! You are good at inspiring others and instigating change, and that is a valuable skill that deserves to be rewarded. Just because this kind of work feels easy for you doesn't mean that it's not incredibly valuable. You don't have to break a sweat in order to do something amazing. It's time you realized your worth and accepted the praise!

♓ PISCES

It's true that the squeaky wheel gets the grease, so if you need some attention, speak up loudly, early, and often! The usual agitators are keeping quiet. Chances are good that you will have the center of the stage all to yourself. It's a great day to make a play, sell an idea, or convince an opponent that you actually are the better competitor. Words are your best weapons now because your wit is sharp and your jokes funny.





GET PUBLISHED!

The Uniter is seeking volunteer writers, illustrators and photographers.

You don't need experience, just a desire to tell stories!

For more information, email Holly at volunteer@uniter.ca.