

THE **U** N I T E R

NEW DELIVERY-ONLY RESTAURANTS—P3

UWSA'S NEW ANTI-RACISM
FRAMEWORK—P12

PCS' COVID INACTION IS KILLING
US—P14



Our teachers are not okay

MANITOBA EDUCATORS FACE HARDSHIPS WHILE TEACHING DURING THE PANDEMIC

I'M A TREBEKKIE

THOMAS PASHKO
MANAGING EDITOR

THOMPASHKO

This week marks two significant dates regarding iconic Canadian broadcasters.

The first occurred on Sunday, Nov. 8, when Alex Trebek died at the age of 80. Born in Sudbury, Ont. in 1940 to a Ukrainian father and Franco-Ontarian mother, Trebek started his broadcasting career at the CBC in 1963, hosting *Music Hop*, the Canadian answer to *American Bandstand*.

Trebek became known and beloved to the rest of the world when he began hosting the quiz show *Jeopardy!* in 1984. It's a gig he maintained until his final days, declining to retire even during his very public two-year battle with pancreatic cancer.

Trebek was always warm and affable on the air. He could be funny and even acerbic, often making jokes at contestants' expense, but it clearly always came from a place of love. He spoke often about his appreciation for the kindness of his fans.

As recently as last week, a contestant expressed that when he immigrated to America, he learned to speak English with perfect diction by watching Trebek on *Jeopardy!* Trebek was clearly moved by his words. It's not for nothing that the most controversial thing the guy ever did was shave his mustache.

But this week also holds another significant date. Nov. 11 marks one year since Don Cherry was fired as the host of *Hockey Night in Canada* after going on a racist and xenophobic rant about immigrants to Canada.

It was far from the first such outburst from Cherry, who made a name for himself tarnishing the sport's reputation through his bigotry, far-right political views, support for the United States' brutal and illegal war in Iraq and his cheerleading for violence on and off the ice.

Cherry was, and remains, the anti-Trebek. Where Trebek was warm and accepting, Cherry is cold and belligerent. *Jeopardy!* viewers often saw Trebek apologizing to contestants after commercial breaks for errors made in previous segments. To this day, Cherry stands by the racist remarks that resulted in his firing.

These two men represent two aspects of Canada's self-image. Trebek reflects Canada's marketing material. Polite, comedic, an embodiment of the fictional liberal utopia that Americans imagine lies north of their border. Cherry is an unofficial Ford brother, an anti-immigrant, far-right cheerleader. He's the human embodiment of a mob of angry white lobster fishermen burning down Indigenous fisheries out of racism and greed.

These days, the country often looks more like Cherry's Canada. I'd much rather be a Trebekkie.



ILLUSTRATION BY GABRIELLE FUNK

The provincial government's inaction and ineptitude on COVID-19 after a rush to reopen in the summer has led Manitoba into a deadly second wave. Read more on page 14.

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

COMIC
Hely Schumann

ILLUSTRATOR
Keegan Steele

PHOTOGRAPHER
Joey Senft

WRITERS
Lys Botsula
Hannah Magnusson

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](mailto: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 MÉTIS 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.

CORRECTIONS

In the Oct. 29 article "(P)artners in performance art and feminist leadership," we stated that Lorri Millan was the performer in the 1990 video "We're Talking Vulva." The performer was Shawna Dempsey. We also stated that the duo installed bus shelter ads for their "One Gay City" project. While ads were created, the ad agency in charge of bus shelters refused to display them, a matter that became the subject of a Manitoba Human Rights Commission challenge. *The Uniter* regrets these errors.



Pasta chef Renée Girard (left) founded Made by Paste, a delivery-only pasta restaurant.



SUPPLIED PHOTOS

DELIVERING ON YUM

Pandemic provides new opportunities for young entrepreneurs

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

In the wake of massive layoffs across different industries, the COVID-19 pandemic has actually provided some new opportunities for young entrepreneurs in Winnipeg.

Made by Paste and Kosmo's Space Cowboy Food Cantina are two new businesses that have opened in the past few months. Neither have physical eat-in locations. As such, their current business models can weather evolving safety guidelines set forth by the Manitoba government.

Renée Girard, the former pasta chef at

Harth Mozza & Wine Bar, was laid off in March. Girard, who was named Winnipeg's favourite local chef in the Uniter 30 last year, was not about to stop making pasta.

"I always loved making food, but pasta is my No. 1 love," Girard says. "I always dreamed of opening my own business or having my own restaurant, but with COVID, it sped things up in an unexpected way."

In the early days of the pandemic, she made pasta at home. In August, Girard officially opened Made by Paste. She sells

fresh pasta and sauces weekly, with ingredients almost exclusively sourced from local farms. The weekly menu is released on Saturdays and is made available for pickup on Thursday afternoons in the West End. With an occasional helping hand from her sister-in-law Britt Embry, Girard is able to offer a restaurant experience at home.

Kosmo's runs exclusively through DoorDash. The "ghost cantina" offers a small selection of sandwiches and sides and is owned and operated by Stefan Lytwyn and his cousin, Nyk Bielak. Lytwyn was a sous chef at the Deer + Almond before he was laid off due to the pandemic, and Bielak was on tour with the cast of *The Book of Mormon* in New Zealand.

When Bielak returned to Winnipeg to weather the pandemic, "we saw an opportunity," Bielak says. "We couldn't let it pass by."

Bielak does not have Lytwyn's kitchen experience, but like many actors, he has worked in hospitality for many years. "It has been an incredible journey, but we are best friends, and every day here is so much

fun. I went from Broadway stages to washing dishes, but I guess it is different when they are your own dishes," he says.

Made by Paste and Kosmo's have seen positive responses from customers. Girard often sells out from week to week, but while the experience has been great, her goal has always been to open a physical location, perhaps with similar take-home products to those she sells now.

"I am really enjoying myself and how it is running. Hopefully, it can be a bit of both, where people can bring their food home," Girard says, "but I would love to be the one bringing the plates to the customers and talking to them in the space. There is something really romantic and beautiful about that."

Made by Paste sauces, condiments and pastas are available to order through madebypaste.com. Kosmo's Space Cowboy Food Cantina's sammies and sides can be ordered through DoorDash.

YOUNG DYNAMO

Origin stories

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

Madison Thomas Filmmaker

Madison Thomas is a young Winnipeg filmmaker who, now 28, has already written and directed two feature films, *This Is Why We Fight* (2013) and *Ruthless Souls* (2019). She wrote and directed episodes of the fourth season of *Burden of Truth*, the CBC series starring Kristin Kreuk and produced by Eagle Vision.

Thomas' father is Russian-Ukrainian, and that side of her family has lived in Winnipeg's North End for three generations. Her mother is from Pine Creek First Nation.

"Even as a young person, I was aware that there were parts of my community that were not being represented on TV. I grew up in a very diverse neighbourhood, (but on) Canadian TV, (there were) mainly white, heteronormative stories," Thomas says.

She loved her neighbourhood, even though it could be rough at times.

"I was very fortunate to grow up in my culture, even in an urban setting," Thomas says. "My mother was in the foster-care system, and when I was younger, she began connecting with her roots and with her community. I like to honour that. I'm a proud Ojibwe-Saulteaux woman, and the Indigenous film community, not only in Winnipeg but Canada-wide, is so rich."

In high school, Thomas took a Winnipeg Film Group workshop, where she wrote her

first film. Seeing someone say her words on camera was a transformative experience.

"It was the best natural high of my life. I'm very much a natural storyteller, but film is the format I use the most," Thomas says.

Thomas was one of the first alums of Sisler High School's prestigious film program run by Jamie Leduc, who encouraged Thomas to pursue film. Thomas went on to study film at the University of Winnipeg, but her practice really developed when she took a semester off to study at Prague Film School, at Leduc's recommendation. She was the first Indigenous Canadian filmmaker to attend the school, and the experience was a game-changer for her, leading her to adopt a more European filmmaking style.

Before she graduated from university, Thomas worked on many film sets and made her own films with friends. With that team, she wrote and directed her first feature *This Is Why We Fight* with a budget of only \$300.

Her followup film, *Ruthless Souls*, was shot in 2019, and "still had an indie vibe," Thomas says. "But with funding from Telefilm Canada, we were able to do something on the scale we never would have been able to on an indie level."

Thomas has also written and directed several documentaries, including *Zaasaakwe*, *Declutter* and *Exposed Nerves*, which are all available on *CBC Gem*. She has travelled as far as New Zealand to work with other



Filmmaker Madison Thomas

SUPPLIED PHOTO

Indigenous artists from around the world.

If everything goes to plan, she will shoot her third feature in 2021. It's about an Indigenous woman and a refugee from Nigeria trying to survive in the Manitoba wilderness after pollution has made the Earth's atmo-

sphere toxic.

"I'm just really interested in character, stories and (centering) unheard voices. As a mixed-race woman, I have a natural draw to those types of stories," Thomas says.

THEATRE MUST LIVE ON

PTE kicks off new season with free viewing

NAAMAN STURRUP | ARTS AND CULTURE REPORTER |  NAAMANSTURRUP

As Augusto Boal wrote, “We must all do theatre – to find out who we are, and to discover who we could become.”

With this quote from the Brazilian dramatist’s work *The Aesthetics of the Oppressed* ringing louder today than ever before due to the COVID-19 pandemic, it is important to highlight those putting this into practice. The new Prairie Theatre Exchange (PTE) season puts these words into action.

The new season kicked off with Yvette Nolan’s *Katharsis*, a digital, 15-minute recorded play starring Tracey Nepinak, available for free viewing on PTE’s website from Oct. 29 to Nov. 15. The film depicts a one-person play that navigates an empty theatre and the dilemmas surrounding the current and future states of theatre and its community.

Artistic director Thomas Morgan Jones says after cancelling the first three shows this season, it was important to revive PTE’s atmosphere with *Katharsis*.

“I asked Yvette if she would consider writing something specifically for this time,” he says.

“I had the feeling that, come fall, knowing that there would not be any live plays on, it would be really important to bring our space back to life and to share a moment for people to talk about how it is to have all of our theatres empty.”

With Boal’s words in mind, Jones and Nolan highlight the aspect of self-discovery in this film and what they think of

theatre’s future.

“The character in the play, Dorothy, which means ‘gift (of God),’ was what we were aiming for, to begin our season after everything we have been through,” Jones says.

“We wanted to give a gift to our audience, to the theatre community, not only to Winnipeg but to anywhere where this can be accessed.”

Nolan says this character was really brought to life by writing it with Nepinak in mind. Nolan has written for her for most of her career, and she says there was a surreal feeling while filming.

“I had her voice in my head (while writing), so that was pretty easy to do,” she says.

“With the light and set designers and sound engineers, there was a sense of the house being full of other things: of ancestors and all of the stories that were ever told inside the theatre.”

Concerning Winnipeg’s theatre future, Jones says, “I think that the important thing is working within restrictions, but I think that restrictions can be freeing if we think about things imaginatively.

“For all of us who create stories for the stage, we create them because we have something to communicate to the audience, to send some kind of message or evoke some emotion, (so) I think that we should find ways, when we can, to still gather and bring the community together (safely).”

Nolan agrees and says theatre has



JOEY SENFT (SUPPLIED)

Tracey Nepinak in a scene from *Katharsis*

always been an essential part of the community, because it can help people make sense of things.

“I do not think that theatre can be killed, just because of the innate storytelling impulse in human beings,” she says.

“We need to gather together and tell stories, and though, in this moment in

time, we are not allowed to gather (as an audience community), we are finding other ways of transmitting theatre.”

Video links for *Katharsis* are available at pte.mb.ca/performances/katharsis.

CANADA HIGHWAY NETWORK CELEBRATES 10 YEARS

Facebook page founder credits strict group rules that help inform and protect Manitobans

NAAMAN STURRUP | ARTS AND CULTURE REPORTER |  NAAMANSTURRUP

Daylight savings time, occasional snow showers and massive bird migrations all point to the winter season fast approaching.

As Winnipeg begins to prepare for the seasonal transition with treated sand and salt, as well as snow-clearing vehicles and tools, it is important to highlight the ways in which everyone can help protect themselves and others on the road.

The Canadian Highways Network (CHN) can be one of them. The group recently celebrated its 10-year anniversary, and founder Shawn Cote says the idea was spawned after one of her usual drives took longer than expected.

“I live in Ashern, Man., and we have one major highway, Highway 6, and I went to work one day, and what would normally be a half-an-hour drive took me four hours in a snowstorm, and it was ridiculous,” she says.

“My husband, who has worked for the highways, says that it was updated as they were working. So (information from 511 over the) weekends are out, long weekends are out, and major things happen all of the time, so we needed something better. It started local, and now it has grown to be-

come Canada-wide.”

CHN has several private Facebook groups, one for each province, and it presents a safe place where drivers can find up-to-date information on highway and road conditions. The group was instrumental in helping disseminate information locally during the Manitoba Hydro power outages in October 2019.

“Although we were not behaving as 911, people trapped in their homes and those stuck on the highways were contacting us, asking what they should do,” Cote says.

Although the term “fake news” has dominated United States political discourse, and it is normally applied to big news events, there are still some instances where disinformation can permeate a Facebook group. This is something that Cote and her team wanted to address from the group’s inception.

“When we first started, that was a high issue, in trying to sort out the actual information from opinion, and opinion is everywhere,” she says.

“It is not (always) fact, but if you leave it long enough (without proper knowl-



SUPPLIED PHOTO

The front page of the Canadian Highways Network stresses the organization's commitment to curbing disinformation and spam online.

edge), it can become (seen as) fact. And it is a scary thing, especially today. Ten years ago, fake news was not a thing to us, but we did have (small instances) that would affect businesses.”

Cote says the group has over 60,000 members and averages nearly 18,000 posts per month. With this amount of information, the large group of individuals and the importance of the information at hand, Cote and her team devised a way to moderate the group.

“The group needed to be private, because that is a way of avoiding all of the spam, garbage and everything else that comes with a public group,” she says.

“But we needed a public Facebook page to let people know where the groups were, so it was not until 2016 that we developed that Facebook page.

“Once our numbers got to 60,000, we knew we needed help in the winter in filtering out the information and just keeping things running. So we have an incredible moderating team, with members from Interlake, Brandon and Minnedosa regions, and we all volunteer. We have never been paid to do this, but we will keep doing what we are doing, because it is working better for us.”

With the Manitoba government enforcing new stricter rules to curb COVID-19 transmission, society is continuing to experience a growing physical distance. However, crowd-sourced initiatives like this not only provide help remotely, but also encourage community in a time where social connections are becoming distant memories.

Visit canadianhighwaysnetwork.ca for more info.



MURDER AND MAGIC

Cemetery Boys

Aiden Thomas

320 pages, Macmillan Publishers, September 2020

CHARLIE MORIN | FEATURES EDITOR | [TW](#) CHRLSMORIN [IG](#) MILLENNIAL.DIGS

Aiden Thomas' debut novel is a rarity in young-adult queer fiction: the tensions and narrative of the story do not revolve around coming out, and it includes a cast of largely queer characters. *Cemetery Boys* centres the experience of teenage *brujo* Yadriel in a creepy tale blending murder mystery and magical realism.

While Yadriel has to fight to be recognized by his traditional Latinx family as a *brujo*, the focus remains on whether he can solve his cousin's murder and how he can hide Julian, the ghost he mistakenly summoned.

The story takes place in Los Angeles in Yadriel's traditional Latinx family, many of whom pass along the powers of *bruix*, witches or sorcerers who have healing powers and a strong connection with the deceased. The timing around Día de Muertos makes the *bruix* culture all the more relevant, and it also provides contrast between what is modern and what is traditional.

The culture around Día de Muertos is an intrinsic part of the narrative. Preparations for the event constantly interrupt Yadriel and his cousin Maritza in their attempts to solve the murder, and the prevalence of *ofrendas*, as well as the *bruix* coming-of-age rituals, are integral to the story. *Pan de muerto* and *pozole* are mentioned in mouth-watering description alongside other traditional Mexican dishes.

While Yadriel is proud of his family's heritage and keen to identify as a *brujo*, he is simultaneously hyper-aware of the need

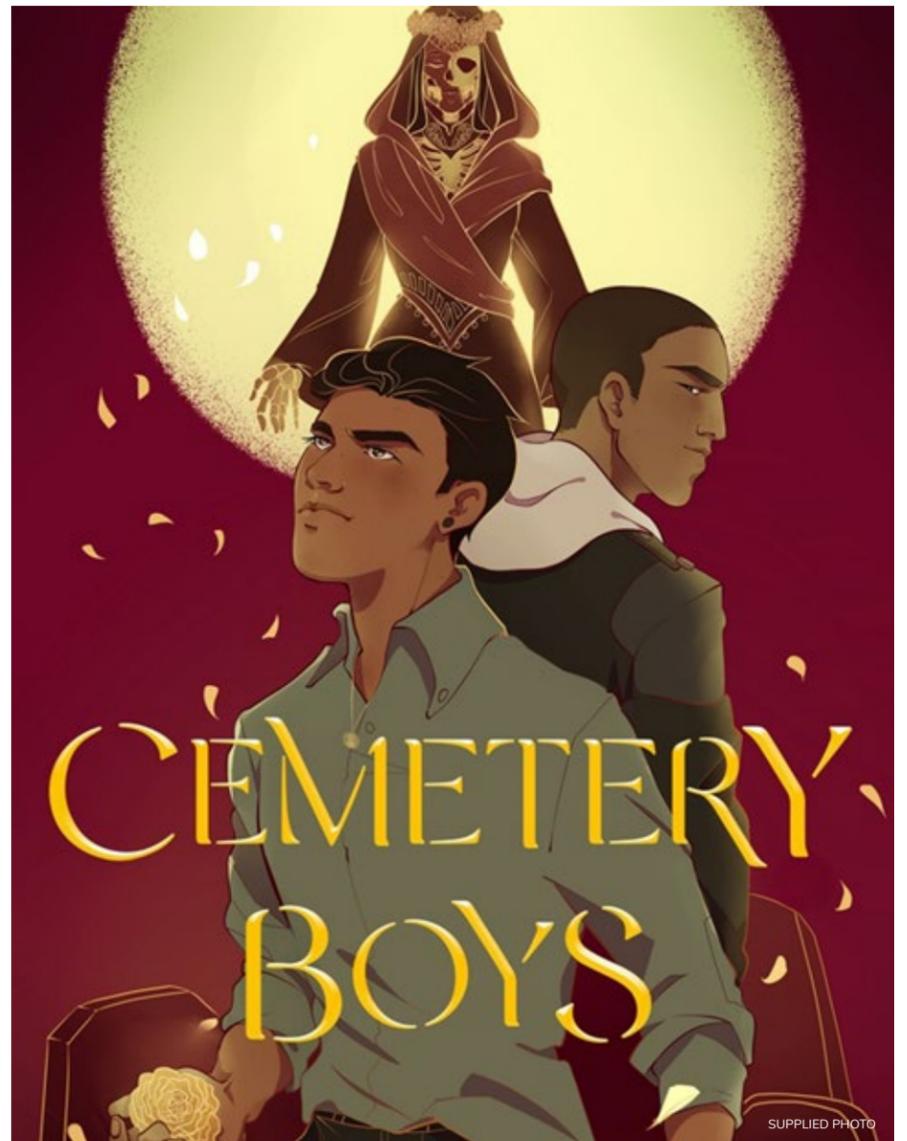
to keep his powers a secret from his high-school peers.

Yadriel's non-*bruix* Latinx classmates have problems other than ghosts: their friends go missing and remain unreported, they live in poverty and have to figure out how to take care of one another with abusive, absent or unreliable parents. While the resolution of the story doesn't do much to change this reality, it does highlight the importance of a chosen family, a concept that is typically important to the queer community.

Yadriel is a relatable protagonist, awkward yet determined to be himself. His gender identity isn't the main focus of the novel, but neither is it glossed over with unrealistic debonairness. Several characters read Yadriel as female, and he endures the emotional labour of correcting them.

Not all trans-related experiences are negative, however. A scene in which Yadriel struggles to put on a chest binder after the shower is comically relatable, and Yadriel clearly rocks his torn black jeans and a sharp fade. While the prose at times feels a bit on the nose, it reflects the uncensored, honest way a 16-year-old might speak, and is in turn over-the-top emotional and at other times downright hilarious.

While the novel is written in English, Spanish terms appear regularly in the text without translation. This is not a mistake. Rather, Thomas centres a Latinx experience by asking non-hispanophone readers



SUPPLIED PHOTO

to make the effort to understand, either by context or through research.

The most dynamic scenes are the ones in which Julian and Yadriel argue. The tension between life and death, a theme that permeates

the novel, is most evident in Julian's vibrant personality and Yadriel's tendency to keep to himself. Together with Maritza, the three make a team that's hard not to root for.

FM YOUTH

Streaming on Reelhouse

★★★★☆

CHARLIE MORIN | FEATURES EDITOR | [TW](#) CHRLSMORIN [IG](#) MILLENNIAL.DIGS

For a film that criticizes Franco-Manitoban culture from within, *FM Youth* largely misses the mark. A Stéphane Ostryk creation produced in 2014 and screened recently as part of the Gimli Film Festival, *FM Youth* follows three friends celebrating their last night together in St. Boniface before two depart for a fresh start in Montreal. As a Franco-Manitoban, this is a highly relatable film. Outsiders, however, may feel excluded.

The film attempts to criticize the cliqueness of Franco-Manitoban culture through conversations about how the characters never hang out with African-francophones from the community. Despite this, it fails to address their relationship to other francophones in Manitoba.

The film plays out as a sort of inside joke, with characters making references to cheesy slogans to try to entice young people to learn French and poking fun at local musician Boniface for ... not speaking French well enough?

The St. Boniface in the film is accurate, from its small-town vibe to the fact that the characters get around on bicycles. Not only is the neighbourhood small, but it also has terrible public transit options.

It's easy to understand why Natasha (Katrine Deniset) and Charlotte (Mariève Lafèche) want to move to Montreal, where francophones don't seem to be on the brink of extinction. The tension between francophones and anglophones is a common theme in the film, with a recurring argument between the girls and their friend Alexis (Stéphane Simard)

about whether it's worth staying in Manitoba just to try to save the culture.

The queer romance between Sam (Elena Sturk Lussier) and Natasha reminds the viewer why it's hard to leave the comforts of your hometown and also brings the movie, which often highlights how Franco-Manitoban culture is stuck in the past, into a more progressive present.

Their rapport contrasts with the potentially incestuous relationship between Charlotte and Matthieu (André Vrignon-Tessier). Natasha jokes about how every Franco-Manitoban should carry a genealogical tree in their pocket to make sure they don't accidentally get involved with a blood relative. It's said lightly, but this carries a warning to the cliqueness of Franco-Manitobans: it's time to branch out.

While the characters are hung up on Franco-Manitoban culture dying out, when approached by an anglophone descendant of Louis Riel, the girls ostracize him by loudly singing and joking in French. It's visible on the anglophone's face that he does not feel welcome.

To be fair, there is a reason for this attitude. A house-party scene shows an all-too-common instance of an anglophone fetishizing the French language and being upset that everyone around him is speaking French.

While it's refreshing to hear the characters speak in a dialect of *franglais*, easily mixing French and English, nuances of *franglais* are lost through English subtitles.

Who is this movie really for? Does the



SUPPLIED PHOTO

film exist to show other cultures what's happening to Franco-Manitobans, or is it for Franco-Manitobans to self-identify and take comfort?

The house-party scene, like the portrayal of St. Boniface, is comfortingly familiar, and therein lies the issue. To keep Manitoba francophone, it will take more than talking to that

one African-francophone at the party.

It's also about welcoming French-speaking Manitobans who aren't related to you, and making the effort to speak French with an enthusiastic francophile. The message successfully relayed by Ostryk is that Franco-Manitobans need to get out of their comfort zone.



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 Wynrush | 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

Pallister protests get creative

A second protest installation has been created on the boulevard outside of Premier Brian Pallister's Wellington Crescent home, this one less ghoulish but just as impactful as the Halloween graveyard. Scrubs with messages painted on them were strung on a line the weekend of Nov. 7 and 8 and laid out on the browned grass, imploring Pallister to provide PPE, increase hiring and generally show some kind of compassion for essential workers. The installation was created by a group of anonymous healthcare professionals.

Restaurants and retail further curtailed

Many breathed a sigh of relief that the provincial government was finally taking some kind of substantial action to address the tidal wave of COVID-19 cases that have inundated Manitoba, despite the fact that it should never have gotten to this point. The news of further restrictions is for many, however, heartbreaking, especially given that relief has not been sufficient. Retail and restaurants do their biggest business around the holiday season, and being shut down for the next four weeks could spell the end of many local shops.

Snitch line heating up

Various restaurants and individuals across the city have been fined for violating COVID-19 restrictions, and there are expected to be more fines meted out as the province tries desperately to find someone to blame for their absolute incompetence at managing the pandemic. Where is the fine money going? Funnelled back to the police while healthcare workers and teachers beg for PPE?

Spirit of the Grassroots People

Raymond Mason, an Ojibwe activist and founder of Spirit Wind, an organization dedicated to developing the Indian Residential School Settlement Agreement, is having a virtual launch for his book *Spirit of the Grassroots People: Seeking Justice for Indigenous Survivors of Canada's Colonial Education System* on Thursday, Nov. 12 at 7 p.m. The link to register for the talk, featuring Chief Glenn Hudson (Peguis First Nation) and Dr. Niigaanwewidam James Sinclair, can be found on the Facebook event page.

Home Alone, drive-in style

If you are desperate to get out of the house, the Four Crowns Event Centre is hosting a drive-in movie night and screening *Home Alone* on Nov. 13. Tickets are \$37 per car and can be purchased through Eventbrite.

Neah Kelly artist talk

Martha Street Studio is hosting a virtual artist talk with Neah Kelly, who is part of Playground Chitchat, an exhibition that is currently showing at the gallery. The talk is on Saturday, Nov. 14 at 2 p.m. ASL interpretation can be provided by submitting a request by 10 a.m. on Thursday, Nov. 12. The Zoom registration can be found on the Facebook event page.



ADVERTISE WITH US!

Great reach, great rates!

For online advertising rates and more information, contact Olivia Norquay at businessmgr@uniter.ca.

FEATURE

Words by Keesha Harewood

Features Reporter

 keeshaharewood

Photos by Daniel Crump

Photo Editor

 dannyboycrump

Our teachers are not okay

Manitoba educators face hardships while teaching during the pandemic



A classroom in Faraday School on Parr Street, with seating and screens arranged for the COVID-19 pandemic

The current state of Manitoba teachers' mental and physical well-being is an ongoing headline in news articles, for a very good reason.

The situation is dire. The inescapable reality is that Manitoba teachers' mental health is rapidly declining. Many teachers are subjected to deep levels of stress as they try to adhere to the vague messaging regarding COVID-19 school

safety protocols.

Burnout, for many, is imminent.

Teachers are buckling under immense pressure, only a few months into the 2020-21 school year. In all likelihood, some Manitoban educators will succumb to the emotional overload and be forced to go on stress leave. Some might quit their jobs altogether.

Their stories are being reported, yet there's very little support where it's needed most.

Students, parents and the general public have shown their support and understanding for our teachers' plights. This is not enough. In order to safeguard teachers from any further harm, immediate action needs to be taken.

Feature continues on next page.



James Bedford, president of the Manitoba Teachers' Society

How bad is it, really?

James Bedford, president of the Manitoba Teachers' Society, is candid about the strain put on teachers' mental and physical health.

"It's deteriorating," Bedford says. "They're being asked really to do two things this year: one is what they've always done, which is to do a great job teaching curriculum. The second thing that they're being asked to do is really to look after the safety and well-being of their students."

With the threat the pandemic poses on the public, looking after students' well-being is no small feat.

A Winnipeg high-school teacher, who *The Uniter* has granted anonymity to avoid repercussions from his employer for speaking out publicly, notes the severe emotional toll he and his fellow teachers are forced to endure while abiding by the necessary safety precautions put in place by his school division.

"It's been extremely stressful," he says. "Some other people I've spoken to have been in tears by the end of the day."

He says stress comes from a culmination of many things, but above all else, the high expectation for teachers to adapt and thrive in spite of the pandemic is the most stress-inducing. Naturally, this expectation comes from parents and students alike, but teachers also place a similar standard on themselves.

"Teachers are, I would say, above all, very caring and empathetic individuals," he says. "I think you have to have a level of empathy to get into this field and stay in this field. All of that on top of a global pandemic has been definitely trying."

The reports of stress and emotional exhaustion are not isolated incidents. Teachers across Manitoba are drained. Between their careers, looking after loved ones, cooking supper, cleaning the house and just about everything else, they seldom

have the opportunity to find some relief.

"It just sort of weighs on you," middle-school art teacher Melissa Tichborne says. "You go home not excited for the weekend, but dreading the next week and what that's gonna look like."

For Tichborne, a significant source of stress stems from teaching art remotely. As a result, Tichborne feels a growing

"I think you have to have a level of empathy to get into this field and stay in this field. All of that on top of a global pandemic has been definitely trying."

—a high school teacher

disconnect between her and her students. Unfortunately, it takes a certain spark of joy away from her job.

"Remote learning was hard for everyone. It was hard to teach, because teachers want to interact with kids," she says. "You can't joke with them. You can't get a sense of their mental health."

In addition to the stress that stems from adapting to remote learning and other safety precautions, school divisions are

not given clear or consistent guidelines for how to make their schools safe.

There's a lack of a universal safety standard for Manitoba public schools. As it stands, teachers abide by the safety measures put in place by their employers. This leads to inconsistent protocols between school divisions, which, in turn, leads to anxiety, confusion and even more stress for educators.

What's the standard?

In trying to cope with the drastic changes brought on by the pandemic, teachers are uncertain as to whether the changes made in their classrooms are keeping them and their students safe. Moreover, the messaging coming from Manitoba Education is inconsistent.

"The problem that they're really struggling with is that the messaging that comes from Manitoba Education has more 'mays' in it than 'shalls,'" Bedford says.

As a result, each school division's protocols are different. Some schools are strict about measures, like ensuring everyone maintains two metres of distance apart. Other schools might aim to meet the two-metre mark, but think one metre is acceptable, as well.

"Well, if two metres is safe, why is one metre safe? Where's the standard?" Bedford asks.

"It's not an inconsistent interpretation of what school divisions are being told. It's inconsistent messaging."

One might argue that some schools have no choice but to be lax about certain safety measures, such as one metre versus two, due to a myriad of issues.

For schools with larger class sizes, the only way students would be able to maintain a strict two metres apart would be if

their class was spread between multiple rooms. This is the terrible position some teachers are put in: running from room to room as they try to teach their students.

"This is like asking a surgeon to perform two surgeries at the same time," Bedford says.

In favour of teachers not having to dart between rooms throughout the school day, one might argue that being a little flexible with social distancing might seem reasonable. After all, unusual circumstances call for unconventional solutions. Schools might not have the resources they need to meet safety standards without forcing their teachers to hop from room to room.

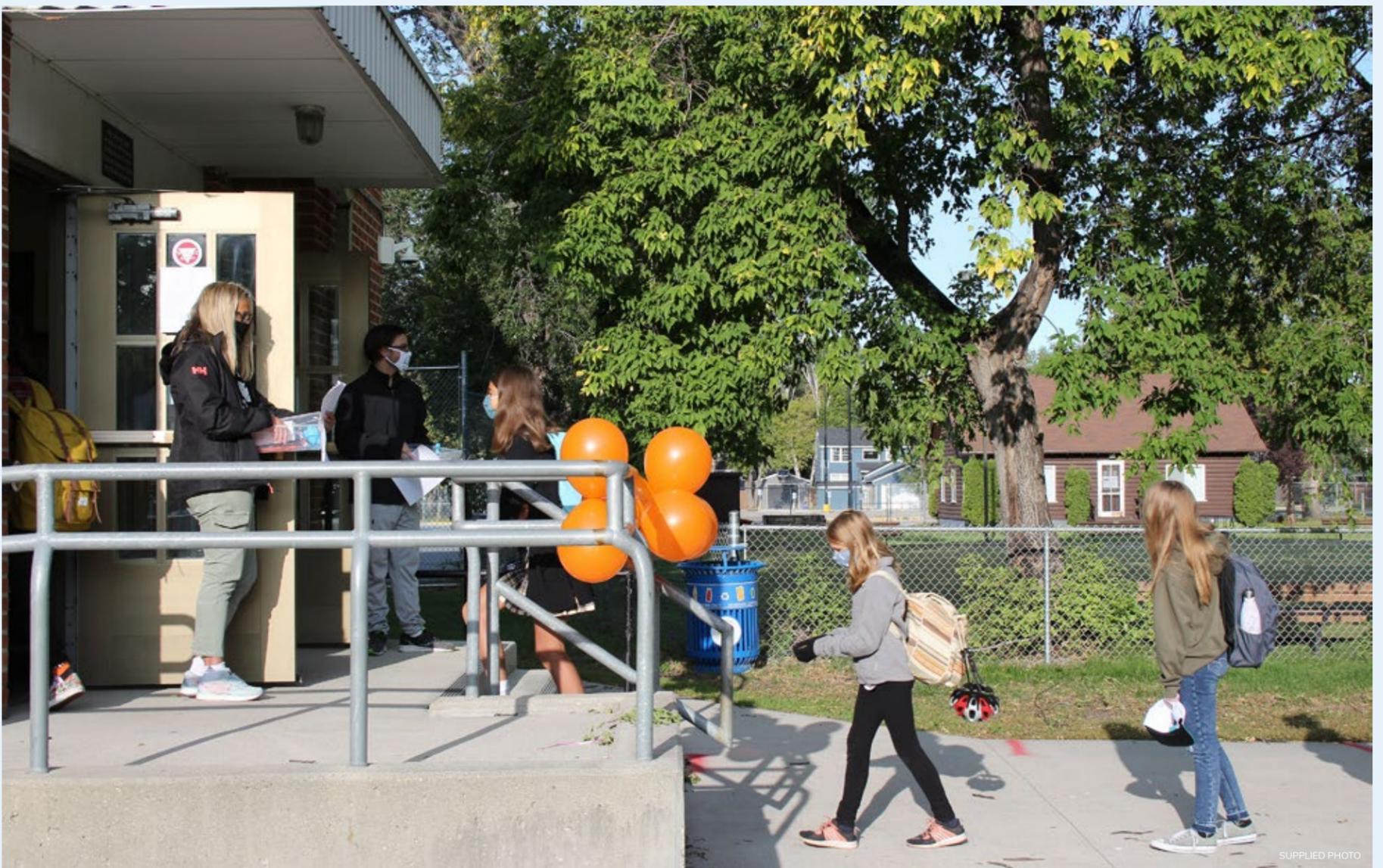
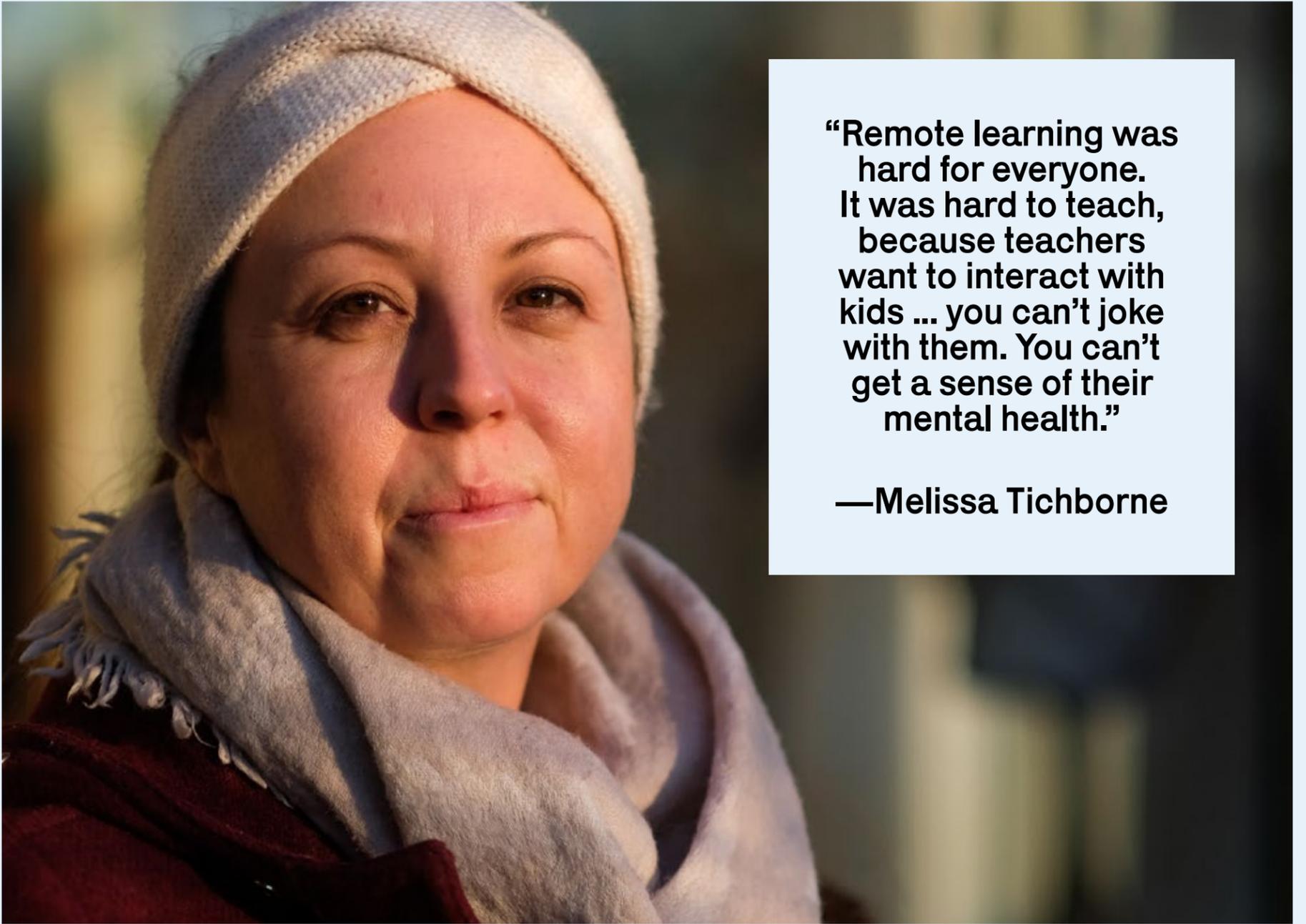
Except, there are resources. Funding was set aside for the very purpose of supporting schools in meeting and maintaining social distancing and other safety measures, but little of the money has been spent.

A total amount of \$185 million, given by the federal and provincial governments, was set aside for Manitoba schools for the sole purpose of funding COVID-19 issues. So far, the money has gone toward purchasing essential supplies, such as face masks and hand sanitizer, but not much else.

From Tichborne's point of view, there's no reason for the money – and the support it could provide – to not be used.

"There's nothing that's going on right now that they didn't know in the spring," she says. "They knew we were going to have a second wave. They knew that the intent was to keep kids in school. We knew that COVID wasn't going anywhere. So why is it so slow to provide the support that schools need?"

The sombre truth of the matter is the funding will likely continue to be slow to arrive, if at all. If that's the case, what can Manitoba – as a community – do to help support our teachers?



Above: Art teacher Melissa Tichborne
Below: Masked students file into River Heights School on Grosvenor Avenue.

FEATURE | OUR TEACHERS ARE NOT OKAY



SUPPLIED PHOTO

"Words only matter so much. Actions matter far more than words." -James Bedford

Here's what we can do

When asked what people can do to help, the issue of toxic positivity was raised. This is the idea that teachers need to maintain a positive attitude no matter what is becoming increasingly harmful.

"This toxic positivity around teaching right now is super detrimental to educators, because no, a lot of teachers aren't okay

right now," a high-school teacher says. "These people, they love what they do, and they work really hard, but it needs to be acknowledged that they are burning out."

In that spirit, he suggests people check in with their teacher friends. Even if it's difficult to understand what they're going through, giving them the space to vent could go a long way toward helping them find relief.

But outside of showing care and empathy for the individual teachers we know,

there is one other thing we can do that might have a systemic impact.

Bedford suggests contacting members of the legislative assembly and asking them how the relief money is being spent on local schools.

"You have the right to ask. It's your money," Bedford says. "And on top of it, when this money is being spent, it must be qualified with school divisions, explaining how the money is being spent."

Regardless of whatever approach one

might take, this needs to be done without delay. Moreover, it can't be forgotten that showing care and concern to the teachers will help, but not in the way that's desperately needed.

"I have this huge belief, that certainly comes from 25 years of working with students, (that) words only matter so much," Bedford says. "Actions matter far more than words."

CITY BRIEFS

ALEX NEUFELDT | CITY EDITOR

City seeking transit feedback

The City of Winnipeg is undertaking a study to determine the long-term transit plan for the city and is looking for public input. There is an online survey and mapping tool, as well as a social media component of the study, that is open until Dec. 11. An online panel and workshop will take place on Nov. 24, and a discussion event will take place on Dec. 2.

Honouring the critical commode

On Nov. 19, the Manitoba Council for International Cooperation is hosting an online screening of the documentary *Mr. Toilet: The World's #2 Man* to raise awareness about the lack of global sanitation and importance of building better sanitation infrastructure in honour of World Toilet Day.

Navigating police interactions

On Nov. 19, the Mutual Aid & Community Advocacy workshop series presented by Poverty Awareness & Community Action and Community Engaged Learning will host an online event called Our Rights When Interacting with Police. Danielle H. Morrison will run the event and teach participants about the public's rights when engaging with the police during community actions and in everyday life.

Panel series on social housing

The eighth annual Building Partnerships Conference has begun, with three large virtual events from November until February. The conference brings together delegates from across the province to discuss the future of social housing in Manitoba. The first major event, on contextualizing social housing in an international context, took place on Nov. 10, and the next, on the impact of COVID-19 on mental health, will take place on Dec. 8.

CLASS reading group at UWinnipeg

The Centre for Liberal Arts and Secular Society has opened their reading group to the U of W community. The book selected for the reading group is *The Equity Myth: Racialization and Indigeneity at Canadian Universities* by Frances Henry, Enakshi Dua, Carl E. James, Audrey Kobayashi, Peter Li, Howard Ramos and Malinda S. Smith, and the discussion session will take place virtually on Dec. 7.

New provincial COVID-19 restrictions

The provincial government has announced new restrictions for Manitoba to prevent the spread of COVID-19, including a ban on social gatherings outside the household and the closing of social spaces like gyms and churches, as well as non-essential retail spaces (though delivery and pickup services may continue). Schools will still operate in person, and essential services will remain open at 25 per cent capacity.

A RIGHT, NOT A PRIVILEGE

Newcomers face challenges exercising their rights in the workplace

CIERRA BETTENS | CITY REPORTER |  FICTIONALCIERRA  CIERRABETTENS

Having to learn a new language or adjust to new surroundings is just the tip of the iceberg for many newcomers and migrant workers entering the Canadian workforce. Many, according to a recent report from the Canadian Centre for Policy Alternatives, are placed in positions where they are unaware of their rights as workers or are afraid to speak up.

In Manitoba, it is an employer's responsibility to ensure workers are made aware of and can safely exercise their rights in the workplace. Dorothy Wigmore, an occupational health specialist, says this is not always reflected in practice.

"Many employers either don't know what the law is about training folks and what their responsibilities are about health and safety, or they're ignoring it," she says.

Even if newcomers and migrant workers are made aware of their rights, Wigmore has observed that many are reluctant or afraid to speak up when issues arise. Fears of losing their job or being deported may override the will to voice concerns.

"Knowing is one thing, but being able to use your rights is something totally different," Wigmore says. "It's an issue of power in the workplace."

Karen Hamilton, the health educator with the MFL (Manitoba Federation of La-

bour) Occupational Health Centre (OHC) says training and educating workers in their first language is crucial to mitigating occupational risks. While folks who grew up in Canada may have become aware of their rights at work through their close networks, many who immigrated to Canada don't have the same opportunities.

"When you're new to the country, you don't really have access to those networks that can help you by sharing some of that information," she says.

The OHC's Cross Cultural Community Development Program, which Hamilton oversees, has sought to mitigate the language barriers of educating newcomers about their workplace rights. Through a "train-the-trainer" model, they work with communities to facilitate occupational health and safety workshops in different languages.

However, Hamilton says more must be done by employers and governments to ensure newcomers are better supported in the workplace. She also adds that unions must make more of an effort to have more of their voices represented in leadership positions.

"If a workplace is doing a good job with their health and safety programs, that benefits everyone," she says. "We need the



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Occupational health specialist Dorothy Wigmore says many employers don't adequately train newcomer workers about occupational safety.

voices of newcomer workers that have traditionally been marginalized from a lot of spaces that deal with health and safety and their labour rights."

In a time where safety is vital, Wigmore says it is critical that workers voice their concerns and have them properly addressed. She says that if the concerns of newcomers and migrant workers are not

taken seriously, health and safety issues will continue to put workers at higher risks.

"If we're not paying attention in this pandemic to what workers are saying, all the precautions in the so-called community aren't going to do a lot of good if people aren't protected in their workplaces," she says. "Workers are the canaries."

A RUDE AWAKENING

COVID-19 links to sleep troubles

CIERRA BETTENS | CITY REPORTER |  FICTIONALCIERRA  CIERRABETTENS

If your sleep schedule has suffered due to pandemic-related anxieties, it may comfort you to know that you're not alone.

Isolation – whether it be from friends and family, or even from sunlight – can disrupt our bodies' circadian rhythms that determine our sleep-wake cycle, according to Dr. Diana McMillan, an associate professor at the University of Manitoba's College of Nursing at Rady Faculty of Health Sciences. She adds that a lack of routine can also offset these rhythms.

"Our sleep-and-wake cycle is really based on a circadian rhythm we've helped to entrain," McMillan says. "The pandemic has really thrown a wrench in all of that."

With some workplaces and most post-secondary institutions going virtual, COVID-19 has blurred the lines between work, school and home life for many. For University of Winnipeg students Rie Penner and Sharee Hochman, this abrupt shift in routine has had adverse effects, not only on their productivity, but their sleep as well.

"Thinking and being worried about COVID-19 takes up most of the space in my mind during the day," Penner, an international development student, says. "When it gets to bedtime, I'm thinking extra hard about what I didn't get done."

Penner says that while she faced difficulties falling asleep before the pandemic, it can now take her up to four hours to fall asleep. For Hochman, a student in her final year in the rhetoric, writing and communications program, the stress of

school is coupled with the stress of trying to find a job.

"My thoughts keep me up about what's going to happen after graduation this year. Am I going to find a job?" Hochman wonders.

Though the stressors that come with adapting to life in the time of COVID-19 may be unavoidable, McMillan says there are several ways to increase the likelihood of getting a good night's rest. Exercise, limiting caffeine and alcohol intake and getting some sun may make it a bit easier to fall asleep. She also suggests abiding by some semblance of a routine.

"Trying to set a regular schedule or routine not only helps to give a sense of normalcy in this ... time, but it really helps with your circadian rhythm," she says.

And while it may be tempting to reach for your cellphone for a late-night doom-scrolling session, McMillan advises against doing so near bedtime. She says that excessive screen time is not only "stress-provoking," but the "blue light in our screens can suppress melatonin," a brain chemical that regulates the sleep-wake cycle. Reaching for a book, taking a bath or doing a calming activity before bed may be better if one wishes for a good night's rest.

If anything else, McMillan urges people to be kind to themselves and others during these turbulent times. She says being less critical of yourself and extending that to others can bring a sense of calm, both during the day and at bedtime.



SUPPLIED PHOTO

Dr. Diana McMillan has suggestions for people experiencing trouble sleeping during the pandemic.



UWSA ADDRESSES CLAIMS OF INSTITUTIONAL RACISM

Statement comes after a turbulent year for the association

CALLUM GOULET-KILGOUR | CAMPUS REPORTER | CGOULETKILGOUR

As Black Lives Matter protests occurred around the world following the police killing of George Floyd earlier this year, the University of Winnipeg Students' Association (UWSA) faced its own accusations of racism.

The Uniter has reported on former executives Jibril Hussein and Breanna Belisle, who resigned from their positions after their public accusations of a "toxic environment" and "pervasive racism" against the UWSA. Furthermore, a photo of David Teffaine, an associate of Hussein's and a UWSA board member, in blackface surfaced. He promptly resigned.

Teffaine's resignation came after Mahlet Cuff and Nawal Sagher, both members of the UWSA's 2019-20 executive, accused Teffaine and his colleague Sam Cohn of engaging in a campaign of racist and misogynist harassment against them.

The UWSA seems to be entering a new chapter in its history with a new president, Shawna Peloquin, and vice-president external affairs, Jonathan Henderson. They join vice-president student affairs, Melanie William, who was invited back to her position following a suspension.

On Oct. 27, the UWSA board of directors and staff released a statement outlining the steps they are taking to address institu-

tional racism and their path forward. This framework discusses everything from improving the election process to engaging with students to tackle certain long-term systemic issues.

Clare Blanco, a U of W Filipino Student Association executive, is "glad that the UWSA is taking actions in dealing with institutional racism."

"It is very important that the UWSA be a model for anti-racism, because they are an association that represents the students, as well as an association that students could depend on when they are in need of help," she says.

Blanco particularly likes the part of the statement which discusses the nuanced role that social media plays.

"Social media is a good platform to begin educating people about the racism currently going on, but at the same time, this shouldn't be the only place it should be seen," she says.

Sanjam Panag, facilitator of the Menno Simons College Students Association, agrees that the UWSA's statement is "a positive step in the right direction." She does note, however, that "change does not only come from good intentions."

"I would like to state that, although the emerging conclusions point towards positive



The UWSA has released a statement outlining an anti-racism plan following allegations of systemic racism both by, and against, former executives.

change, it does not outline what concrete steps and strategies are going to be implemented to ensure the future goals of the UWSA in engaging an anti-racist agenda are met," Panag says.

"I hope to see the concrete plan as part of the final report of the organizational process," she says. That report is currently in progress.

According to the UWSA's statement, "the UWSA board has established a code of conduct and is committed to creating a safe working and learning environment at the UWSA." It also notes that the current board and executives will be joined in a "sharing circle" to learn from their collective experiences.

"Through a transformative approach to

institutional change, the University of Winnipeg could be an agent of change by ensuring meaningful and equitable educational experience for all students," Panag says.

In an email to *The Uniter*, the UWSA stated, "We're very concerned for the experiences shared by Jibril, Breanna, and other students and former executive, and acknowledge our part in creating an environment where students of colour have been unsafe and unsupported. We're listening and are committed to changing the way we work to address the gaps in our organization for Black, Indigenous, and People of Colour."

THE CROWE AFFAIR

An important part of U of W's history continues to unfold

CALLUM GOULET-KILGOUR | CAMPUS REPORTER | CGOULETKILGOUR

More than 60 years ago, the University of Winnipeg (U of W), then known as United College, was the centre of an important event in Canadian labour history, specifically with regards to academic freedom.

Many present-day U of W students may not know the story of history professor Harry Crowe's firing, which consolidated the Canadian Association of University Teachers (CAUT) and led to mass resignations from faculty members in solidarity.

In 1958, Crowe, himself a United College alum, wrote a letter while on sabbatical to a colleague, in which he expressed concern about a potential Conservative federal election victory and criticized his institution and the United Church. Somehow, this letter ended up on the desk of Wilfred Lockhart, the principal of United College, who later became the U of W's first president. Crowe was quickly dismissed.

This prompted numerous faculty members to resign in solidarity and CAUT's first important investigation, which found that Crowe's dismissal was unjust. It led to the strengthening of academic freedom for university instructors across Canada. Crowe, however, was never reinstated and finished his career at York University.

Dr. Hugh Grant, dean of the U of W Faculty of Business and Economics and professor of economics, says this event was a defining moment in U of W's institutional

history.

"I do think there's a case to argue that if you lose a third of your senior faculty at a crucial time, it has an impact," Grant says.

"It definitely marked United College for a long time and is usually cited as a watershed in academic freedom in Canada."

Grant emphasizes that academic freedom is still an important and relevant issue today. He points out two facets of academic freedom: the rights of university instructors and the autonomy of the institution itself.

"I do think there is some concern in universities today about autonomy from provincial granting agencies," Grant says.

Kevin Smith, president of the University Club, has been involved in commemorating this chapter of the university's history. He purchased six metal crow sculptures from local artist James Culleton to adorn the University Club, located in Wesley Hall.

"I was looking for some design motifs to include in the club space to add atmosphere," he says. According to its website, the University Club "is open to any full-time employee of the University of Winnipeg" and is home to a dining room, pub, lounge, art collection and library.

Smith says the crows are an homage to Crowe – a clever play on his name.

"I am aware of the significance of the crow to the University (of Winnipeg) Faculty Association, because they use a flying crow as a



WINNIPEG TRIBUNE ARCHIVES (SUPPLIED)

History professor Harry S. Crowe (left) was unjustly fired in 1958 for his political and religious opinions after a private letter was intercepted by United College and U of W principal Wilfred Lockhart (right).

mascot," Smith, who is also the university's manager of safety and health, says.

"As far as the importance of commemorating Harry's chapter of the university's history, I suppose vigilance is important in maintaining freedom of thought and expres-

sion in any setting, but especially within an institution of higher learning," he says.

"What better icon than a crow?" Smith asks, adding that they are "eternally watchful, intelligent and capable of flight."



LIFE ON THE BORDERLINE

What to expect when you're expecting to be hospitalized

HANNAH MAGNUSSON | COLUMNIST | HANNAHCANWRITE

The first thing I had to do was surrender all of my belongings, even my clothes.

I was given men's pyjama pants that didn't fit, a hospital gown open to the back and disposable shoe guards to wear as slippers. I was shown to my empty, bare room where I stood at the window, watching my partner drive away, feeling more alone than I ever had in my life.

When I asked to be admitted, I didn't know what to expect other than healing. Being admitted to a psychiatric ward is not like it's portrayed in the media. There's no motley bunch of unlikely friends who come together to make great realizations about themselves. In fact, there's almost no interaction at all.

In the five days I spent admitted, I saw one psychiatrist for 20 minutes two days after admission and a different one two days later for 15 minutes. The only time I got to talk one-on-one with a nurse was when I had a panic attack. But even then, I felt like she was rushing to get back to the desk.

I was given worksheets for a type of self-directed therapy (Cognitive Behaviour Therapy) that I had already determined was not helpful with my counsellor, but was told by the nurse that maybe if I did it again, I would get something different out of it.

I was told by one psychiatrist and a few

nurses that they didn't know why I was there. They said that the three years since I had been traumatized last was long enough for my mental wounds to have healed. Saying that I didn't want to live anymore earned me the label "attention-seeking," and I was left to sit in silence, alone in my room and figure out how to make the most of my time away.

Let me be very clear. When someone says they do not want to live anymore, attention must be paid. It is not wrong for someone to seek attention, in this case medical, when they feel their life is in danger. Someone experiencing a heart attack would not typically be labelled as "attention-seeking" for asking for life-saving treatment. The same must be said for someone succumbing to mental illness.

The part of this experience that continues to haunt me is how easy I had it. I was the only white person, despite half the patients being replaced by new ones while I was there. I was told by one man that he felt disconnected from his traditions, alienated in the place where he was being forced to heal in a manner that didn't make sense to him and wasn't properly explained to him.

I received care that, although flawed, made sense to me culturally. I had a support system waiting for me at home. I had the resources to purchase a year's worth of sessions with a clinical psychologist afterwards.

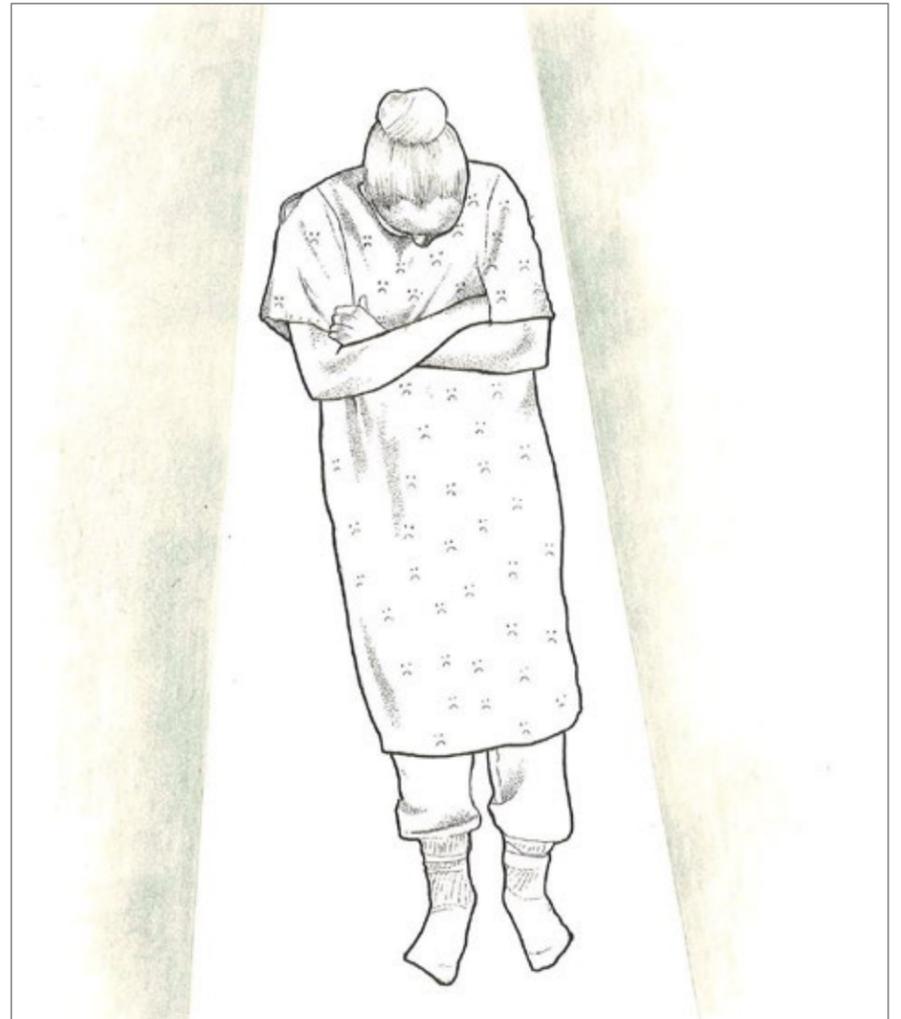


ILLUSTRATION BY GABRIELLE FUNK

cal psychologist afterwards.

I am overwhelmingly lucky that I was able to heal, despite the way I was treated in the hospital, the place that is supposed to offer the highest level of care available. Far too many are not able to.

Hannah Magnusson is a master's student in the arts department at Athabasca University. Her research focuses on the intersection of storytelling and advocacy, studying how fostering empathy between different perspectives can build a bridge to understanding and action. She lives on Treaty 1 territory on the shore of Lake Winnipeg.



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

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 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**.

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

Exams

The Examination Period is Dec. 10-23.

Please check the online exam schedule now: uwinnipeg.ca/exam-schedules/index.html.

Letter of Permission

Are you planning to take a course at another accredited institution in Winter Term 2020?

If you would like to receive credit, please complete a Letter of Permission Application Form by Nov. 15.

For more information and the application form, go to: uwinnipeg.ca/student-records/letter-of-permission.html.

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:

- 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.

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 (UWinnipeg Exchange Program)

Twitter:

- @UWAcadAdvising (Academic & Career Services)



IT'S TIME FOR PALLISTER TO 'GROW UP'

Provincial government must take responsibility for rising COVID-19 cases

DANIELLE DOIRON | COPY AND STYLE EDITOR | DANIELLEDMDOIRON

In the final days of October, CBC Manitoba reporter Ian Froese tweeted this comment from Premier Brian Pallister: "A government can't protect you from this virus, you have to protect each other and that's our obligation as friends, as family members, as citizens of this beautiful province. This is an obligation we share."

Hours later, Union Station MLA Uzoma Asagwara responded with a single, biting sentence: "This is literally what people elect a Government to do." They're not wrong.

On Wednesday, Nov. 4, the province had 3,772 active COVID-19 cases, including 140 people in hospital. The same day, the United States recorded over 100,000 new coronavirus cases in a single day for the first time, and five states set single-day case records.

Dr. Bill Hanage, an associate professor of epidemiology at Harvard's T.H. Chan School of Public Health, called this milestone "the completely foreseeable consequence of not taking pandemic management seriously."

It can be tempting to point fingers at our southern neighbours, but the reality is we aren't faring much better in Canada. Manitobans, in particular, don't have much to brag about (especially considering the province's current 10.7% test positivity rate), although the Progressive Conservative government seems to disagree.

During a recent health estimates committee hearing, Health Minister Cameron Friesen said "Manitobans need most to understand that the people in charge have got this."

When addressing the public in late October, Premier Brian Pallister said he "takes respon-

sibility for any negatives" in the province. As CBC Manitoba reported, "he also reprimanded people not taking care to limit the spread while suggesting Public Health and the province aren't solely responsible."

Although individuals play a crucial part in slowing the spread of the virus, Pallister could be doing more to ensure public safety. "It's very disingenuous to say the government can't protect you from this," Michelle Driedger, a University of Manitoba community health sciences professor, told CBC.

Driedger says governments are responsible for giving people access to credible information and public health recommendations, as well as the ability to stay home from work or school when needed. This pandemic, however, has highlighted how the Pallister government routinely places profit over people.

I left Winnipeg a day before Code Red restrictions came into effect, and it says something that I feel safer now in Philadelphia, a city that has also seen a surge in coronavirus cases, even while living with my immunocompromised in-laws during a volatile presidential election.

Here, Pennsylvania Secretary of Health Dr. Rachel Levine has proactively encouraged citizens to get flu shots and avoid holiday gatherings, even though state hospitals are "not challenged" at the moment. Pallister's government, however, relaxed restrictions for businesses, restaurants and bars at the first signs of case improvement over the summer – to devastating effects.

Pallister has been quick to fault people who are going out and doing "dumb things (that



ILLUSTRATION BY KEEGAN STEELE

are endangering all of us," but he is responsible for setting restrictions to help keep Manitobans safe. It's a tall order, since his government has systematically gutted Manitoba's healthcare system and mistreated its workers.

It's clear much of Manitoba's strife falls squarely on Pallister's shoulders, and now is not the time for him to deflect blame. After all, I'm inclined to believe Manitoba's doctors, who say

"we are in grave peril."

Pallister, I couldn't have said it any better than you did: "Grow up. Stop going out there and giving people COVID."

Danielle Doiron is a writer, editor and marketer who splits her time between Winnipeg and Philadelphia. She's spending the pandemic reading, practising yoga and cursing out the governments in both cities she calls home.

WINNIPEG NEEDS TO PROTECT SEX WORKERS

Sex work is real work

LYS BOTSULA | VOLUNTEER | EGLAFLYS

Criminalization, discriminatory policing practices, harassment, physical violence and economic precarity are issues sex workers face constantly.

In 2013, laws prohibiting brothels, living on earnings from sex work and communication for the purposes of sex work were deemed unconstitutional by the Supreme Court of Canada. A year later, the Protection of Communities and Exploited Persons Act (PCEPA) was introduced to criminalize those seeking sexual services.

Today, sex work is not illegal, but purchasing sexual services is. This system of asymmetrical criminalization is intended to protect sex workers, but instead forces them to engage in unsafe practices in order to ensure their clients' confidentiality. Despite the shift in legislation in 2013, safety and economic security have never been guaranteed to sex workers in Canada.

To put it this way, imagine if teachers were legally authorized to teach, but students were forbidden by law to attend school. Teachers would be forced to teach illegally and put themselves at risk. This comparison highlights the paradoxical law. When a half-criminalized framework like this is applied to a profession as controversial as sex work, the marginalization workers experience only deepens.

In Winnipeg, the police Counter Exploitation Unit claims to increase the safety of sex workers by tracking and arresting clients, which is not an efficient method.

Because of proximity to their clients, sex workers are heavily policed and surveilled.

Additionally, gender-diverse sex workers are highly discriminated against, due to their profession and genders. A report from the Global Network of Sex Work Projects outlines that "between 2008 and 2016, there were nearly 1,000 known murders motivated by transphobic hate globally, 65% of which were perpetrated against sex workers."

Sex work should not be punitive, as these measures lead to many issues, such as distrust in the police, which can potentially prevent workers from reporting abusive clients.

Moreover, sex workers are ineligible for Employment Insurance, and many lost their income during the COVID-19 pandemic, limiting their access to housing, food, clothes and other basic necessities.

The Sex Workers of Winnipeg Action Coalition organized a relief fund in May to support sex workers who are struggling financially. The objective was to collect \$10,000, and so far, \$8,843 has been raised on GoFundMe. Such initiatives are essential to protect community members' human rights and provide the financial assistance that governments have failed to implement.

Winnipeg's North End neighbourhood is a frequent location of sex workers. This area is home to many Indigenous people who were removed from the colonial urban planning of the city. Police operations in the North End

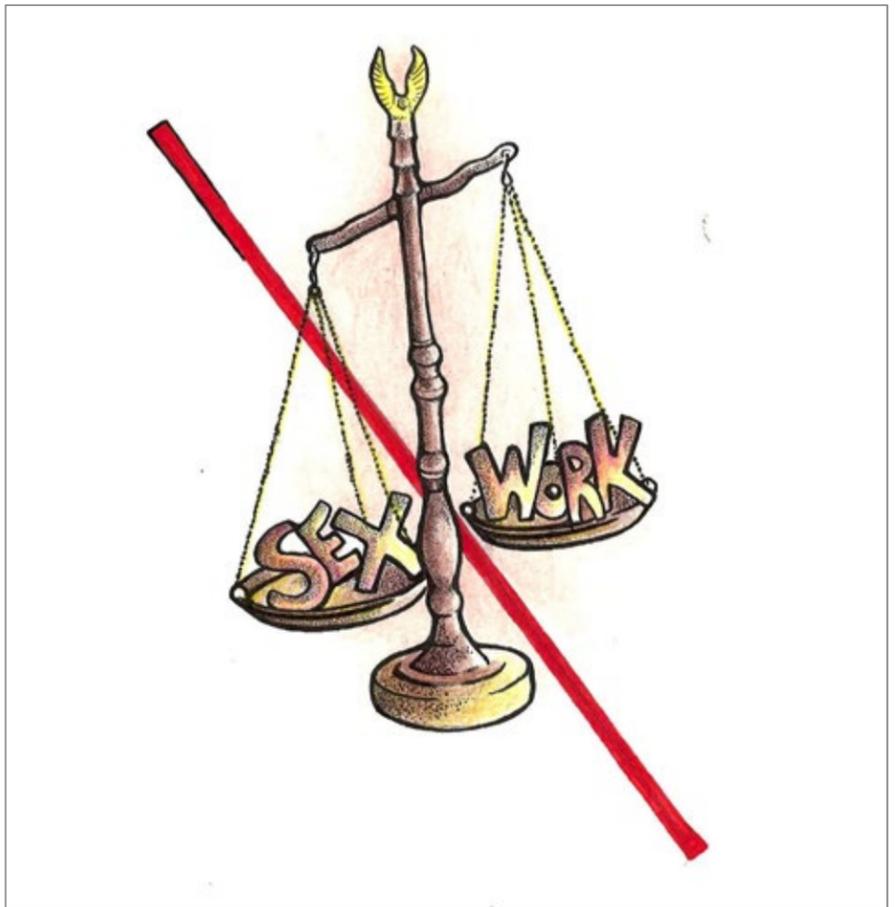


ILLUSTRATION BY GABRIELLE FUNK

routinely occur with an extreme level of violence and racism, leaving many sex workers feeling disenfranchised and alienated.

Defunding the police is a real demand from Winnipeg citizens who wish to see more money put into community services. This would benefit sex workers by stopping discourses of disposal and criminalization that are routinely proliferated by police.

Sex work should be entirely decriminalized so that sex workers are able to work safely and

have a stable income. Sex workers shouldn't have to live in fear of being arrested or of a legal system that fails to protect them.

Lys Botsula was born in Rouen, France. At 19, she moved to Canada to get a bachelor of arts at the University of Winnipeg, leaving her friends and family in her home country. Fun fact, Lys speaks four languages: French, German, English and Lingala.



HOROSCOPES

SOURCE: ASTROLOGY.COM

♈ ARIES

Your love life is starting to generate some real heat! Make sure that while you're conversing with all those prospects that you keep things diverse. Save as much time for culture as you save for fun or intellectual pursuits. You need to keep feeding your mind during your free time, it can't all be about instant gratification. Museums, galleries, lectures, whether virtual or in person, and even quiet reading time are important, too.

♌ LEO

You've been working hard and you deserve some time off. You might not be able to take a full-blown vacation, or even leave town, but that doesn't mean you can't give your brain a break. If you can, take a day or two off. If you can't, steal an hour or two here and there and indulge in your favorite hobby, read a good book, or watch a great movie. Whatever you do, don't think about work! Take a complete break and you'll come back refreshed and reinvigorated.

♐ SAGITTARIUS

The conflict that has been brewing between you and another is going to start to fade today, so you can breathe a sigh of relief and enjoy being friends again. You might not know why or how the temperature has changed, but you'll be grateful that things are cool again. Your goodwill toward this person never really went away, and welcoming it back into the relationship feels as comfortable as putting on a favorite pair of slippers.

♉ TAURUS

A friendship may be starting to feel one-sided. Are you giving too much or are they? It's time to take stock of the balance of power and ask yourself if having constant power struggles is really the way you want to live your life with this person. One person is probably sacrificing too much for the sake of keeping things peaceful. But the resentment is there, and it is growing. It's time to get it all out in the open. Work out a compromise.

♍ VIRGO

You are feeling more flexible than ever in your mind and your body! This is a great day to explore a new physical exercise, like Pilates or tae kwan do or even salsa dancing! Your quick mind will enable you to get the hang of it in no time, and you just might find the next great obsession in your life. Integrating new and different things will be a total snap for you today, so it's a great day to start a new job or meet someone new.

♎ CAPRICORN

Ignore the good manners you were taught in grade school. Sharing isn't necessarily a good thing after all, at least not right now. If you share your resources in your typically generous way, you're going to end up with the short end of the stick. People could be pushy today, so if you give someone an inch, they most certainly will try to take a mile. Try not to offer in the first place.

♊ GEMINI

There is a new, fresh, and light kind of energy coming into your life. It will be just what you need to get through a few heavy days. Sunshine outside won't be any match for the sunshine in your heart. You're feeling more connected to the people you love and able to rise above any pettiness or drama that might erupt around you. This healthy perspective can help you prioritize things. You'll finally make that tough decision you've been mulling over.

♎ LIBRA

Are you getting your hopes up too high with a new opportunity? Don't give the possibility a second thought. There is no such thing as being too hopeful right now because the good energy you're feeling is good on its own. Even if everything falls through and the worst-case scenario comes to fruition, you'll still be better off for having let yourself believe in the best. Second-guessing your feelings is silly. Just feel what you feel and don't worry about what may or may not happen.

♒ AQUARIUS

You have a lot more control over today's events than you think you do, and it's time to flex your muscle a bit. Not only will it help you to victory in an entertaining power struggle, it will give your ego a nice big boost. Don't be contrary just for its own sake, though. Picking a fight isn't your style. Just voice your opinions and desires diplomatically. People are sure to help you take things exactly where you want them to go.

♋ CANCER

It might seem like one of your friends is getting a bit too big for their britches, but so what? Sure, they might be showing off a little too much for a little too long, but they deserve some praise for what they have accomplished. Don't let their swollen pride be an excuse for you not to recognize just how well they've done. Be sure to let them know that you're proud of them. It won't cost you anything, and it will mean a lot to them.

♏ SCORPIO

You could benefit more from conflict and challenge than you do from collaboration and agreement today. Don't worry if you feel like making some waves. Your contrary attitude is just what you need to make the most out of this unusual day. Enjoy any turmoil and add your voice to the fray. You certainly shouldn't create arguments just for the sake of it, but you shouldn't be overly afraid of getting people miffed about what you have to say.

♓ PISCES

If you're currently watching what you eat, you can expect some rewarding news to come your way today. Your progress has been a bit more significant than you thought! This is good news, but celebrate with something other than food! In other aspects of your life, a needy friend could reach out again for your help. Even if you're getting tired of coming to their rescue, lend an ear. Helping them could entitle you to a nifty reward.





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.