

# THE **U** N I T E R

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**CO-OPERATIVE BUSINESSES SHOW RESILIENCE THROUGH SHARED VALUES**

# LISTEN UP, LEADERS

THOMAS PASHKO  
MANAGING EDITOR

THOMASPASHKO

When I used to write primarily about arts and culture, I trained myself to look for trends across media. Themes or tropes that frequently occur in movies, TV, books and theatre can often reveal social or philosophical concerns that society (or at least the people who make art) are preoccupied with.

This trendspotting is a hard habit to break. Now that my job divides my attention across the entire spectrum of news, I still find myself looking for recurring themes in the world around us. One that has popped up repeatedly this week is the seeming unwillingness of leaders of supposedly democratic institutions to listen to the voters they're meant to represent.

This cropped up for me while editing this week's cover story by features editor Charlie Morin, in which they discuss Mountain Equipment Co-op's sale to a private American investment firm, which was done without consulting the co-operative's thousands of voting members. Since reading that article, I've noticed leaders ignoring their voters at every turn.

The most obvious example of this is US president Donald Trump's refusal to recognize his decisive loss in the recent election. But there have been many instances of democratic negligence from our own leaders.

On Monday, the federal NDP introduced a motion in Parliament to create a one per cent wealth tax on Canadians earning over \$20 million annually to alleviate COVID-19's financial impacts. A wealth tax on the wealthiest Canadians is an extremely popular idea with the Canadian public, with recent polls showing 76 per cent of Canadians strongly or somewhat supporting the idea. That poll includes a majority of voters from every political party, with even 70 per cent of Conservative voters supporting it.

But the NDP motion only garnered support from Green Party MPs, with the Liberals, Conservatives and Bloc Quebecois unanimously voting to block the motion.

In Manitoba, this week has seen growing calls for Premier Brian Pallister and Health Minister Cameron Friesen to resign over their disastrous mismanagement of COVID-19. This, coupled with revelations from PressProgress that Pallister spent the days after COVID hit Manitoba in his Costa Rican villa and private rainforest, make it clear that our own government, too, has contempt for the voters it's meant to represent.

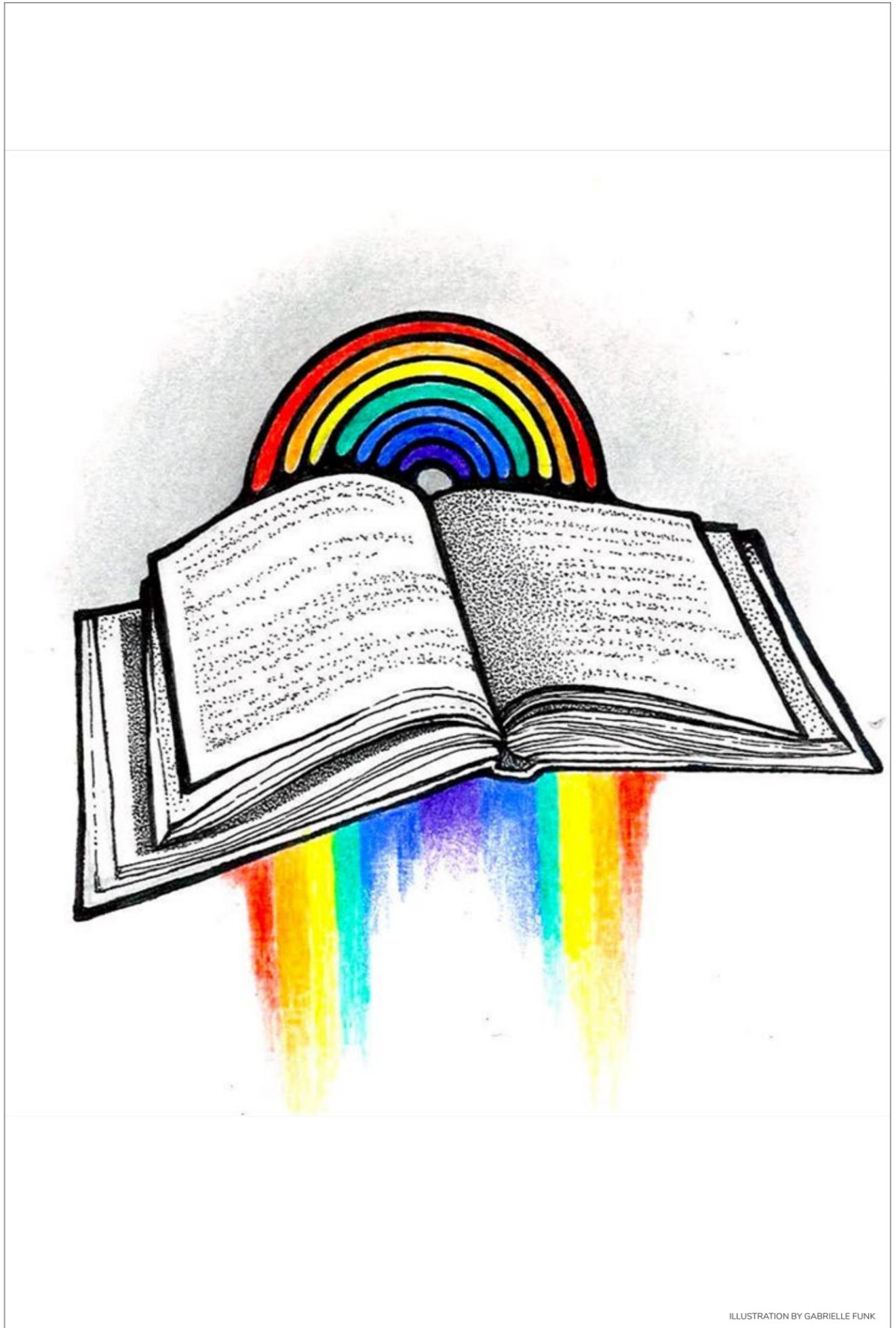


ILLUSTRATION BY GABRIELLE FUNK

In this week's edition of *Reading in Colour*, Valerie Chelangat writes about the importance of books by 2SLGBTQIA+ authors. Read more on page 13.

## UNITER STAFF

MANAGING EDITOR  
Thomas Pashko — [editor@uniter.ca](mailto:editor@uniter.ca)

BUSINESS MANAGER  
Olivia Norquay — [businessmgr@uniter.ca](mailto:businessmgr@uniter.ca)

CREATIVE DIRECTOR  
Talia Steele — [creative@uniter.ca](mailto:creative@uniter.ca)

ARTS & CULTURE EDITOR  
Beth Schellenberg — [culture@uniter.ca](mailto:culture@uniter.ca)

FEATURES EDITOR  
Charlie Morin — [featureseditor@uniter.ca](mailto:featureseditor@uniter.ca)

CITY EDITOR  
Alex Neufeldt — [city@uniter.ca](mailto:city@uniter.ca)

COMMENTS EDITOR  
Haley Pauls — [comments@uniter.ca](mailto:comments@uniter.ca)

COPY & STYLE EDITOR  
Danielle Doiron — [style@uniter.ca](mailto:style@uniter.ca)

PHOTO EDITOR  
Daniel Crump — [photoeditor@uniter.ca](mailto:photoeditor@uniter.ca)

STAFF PHOTOGRAPHER  
Callie Lugosi — [callie@uniter.ca](mailto:callie@uniter.ca)

STAFF PHOTOGRAPHER  
Keeley Braunstein-Black — [keeley@uniter.ca](mailto:keeley@uniter.ca)

STAFF ILLUSTRATOR  
Gabrielle Funk — [gabrielle@uniter.ca](mailto:gabrielle@uniter.ca)

FEATURES REPORTER  
Keesha Harewood — [features@uniter.ca](mailto:features@uniter.ca)

ARTS & CULTURE REPORTER  
Naaman Sturup — [naaman@uniter.ca](mailto:naaman@uniter.ca)

ARTS & CULTURE REPORTER  
Hannah Foulger — [hannah@uniter.ca](mailto:hannah@uniter.ca)

CITY REPORTER  
Cierra Bettens — [cityreporter@uniter.ca](mailto:cityreporter@uniter.ca)

CAMPUS REPORTER  
Callum Goulet-Kilgour — [campus@uniter.ca](mailto:campus@uniter.ca)

VOLUNTEER CO-ORDINATOR  
Holly Liu — [volunteer@uniter.ca](mailto:volunteer@uniter.ca)

## CONTRIBUTORS

WRITERS  
Valerie Chelangat

## 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:board@uniter.ca)

## CONTACT US

GENERAL INQUIRIES  
[editor@uniter.ca](mailto:editor@uniter.ca)

ADVERTISING  
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**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](mailto:volunteer@uniter.ca) for more details.**

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# A THOUSAND NEW FACES TO SEE

## Edmonton cultural festival partners with FringeLiveStream

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

The Thousand Faces Festival has gone digital this year. The annual multidisciplinary arts festival in Edmonton was originally planned for May of this year, but was cancelled due to the COVID-19 pandemic.

In partnership with FringeLiveStream, a theatre arts collective that streams live performances, often from Fringe Festival performers, they have planned to stream performances every Saturday in November instead.

This is a first for the festival, which was founded in 2012 by Mark Henderson, artistic director of Theatre Prospero, to celebrate and nurture Edmonton and Canada's richly diverse cultural scene through mythic art and food.

The festival usually runs over one weekend every spring at their Alberta Avenue neighbourhood venue, with a series of cabaret performances. Each performance is accompanied by a feast provided by one of the neighbourhood's restaurants.

The festival also runs programs for schools. They are continuing this year online. They have livestream performances with talkbacks, interactive features and virtual workshops.

"The whole mandate of the Thousand Faces Festival is to connect us all at the root. This is inspired by all of the roots, all the cultures and the diversity (in the neighbourhood)," executive director Andrea Handal Rivera says. "It is like our own gift back to the community: accessible, multicultural, mythic programming."

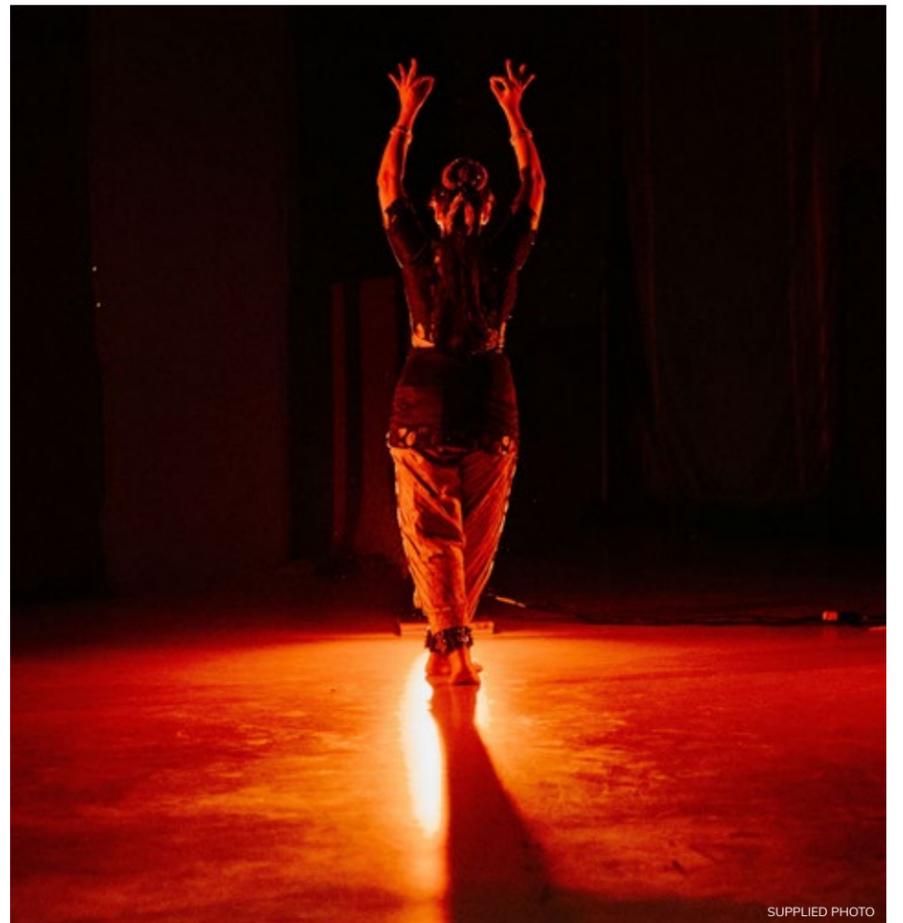
Audiences from all over the world have the opportunity to partake in the festival this year through the November series of live performances.

In the first two weeks of the month, Thousand Faces presented live-streamed performances. *Mohini: The Enchantress*, a newly choreographed Indian folk dance, was performed by ShivamanoHari School of Performing Arts on Nov. 7, and *Urashima Taro*, a theatrical adaptation of a Japanese folk tale, was presented on Nov. 14.

On Nov. 21, they will livestream an evening of song, dance and spoken word from Sebastian Barrera and Sissy Thiessen. On Nov. 28, they will livestream *A Virtual String of Mythic Pearls*, which will feature a reading by Helen Belay from *Anthem of the Decades: a Zulu Epic* by Mazisi Kunene, as well as a performance from Malavika Venkatsubaiiah and the Natyam Ensemble, who perform in the traditional Indian dance discipline Bharatanatyam.

Venkatsubaiiah, founder of three dance schools and two dance troupes in Alberta, has been performing with the festival since 2012 and says, "Thousand Faces is one of the few festivals who encourage culturally diverse art the way that it is. They bring culturally diverse (art to) the same platform as any other mainstream art."

Their performance in *A Virtual String of Mythic Pearls* is a collection of tales about Krishna from the perspective of the Kadamba



SUPPLIED PHOTO

Malavika Venkatsubaiiah will perform with the Natyam Dance Ensemble as part of Edmonton's Thousand Faces Festival, which is available online to Winnipeggers.

tree, which stands "as the sole testimony to the timeless tales of true love and devotion, the sole witness to all excitement and enchantment," Venkatsubaiiah says.

She is excited to be able to present to a larger audience, as part of a festival that adequately represents the broad cultural diversity of Edmonton.

"Through such portals, we are able to trot out our mythological stories. We are able to communicate that (the dance form) is very relevant today. It continues to evolve, to adapt

to any day and age," Venkatsubaiiah says.

**Like the live, in-person performances they normally offer, these performances and the school programming are accessible for free or by donation. To donate, buy a ticket through Eventbrite. Performances will be streamed directly to the FringeLiveStream Facebook page at [facebook.com/fringelivestream](https://facebook.com/fringelivestream).**

# WRITING: A HOMECOMING

## Origin stories

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

### Jenny Heijun Wills Writer

Jenny Heijun Wills is a writer and professor of English and race studies at the University of Winnipeg (U of W). Her memoir, *Older Sister. Not Necessarily Related*, published in 2019, tells the story of meeting her birth family for the first time. The book won the 2019 Hilary Weston Writers' Trust Prize for Nonfiction, but she didn't set out to become a writer, or even study English literature.

Born in Seoul, South Korea, Wills was adopted by a white Canadian family and raised in Kitchener, Ont. Her adoptive parents later had a biological daughter.

Wills moved to Toronto to study journalism. "I knew immediately I didn't want to be a journalist," Wills says, but she finished her degree and also earned a BA, MA and PhD in English literature.

"Studying English was a way to have this secretive education," she says. "It felt like a safe way to learn about different cultures within the Asian North American experience. I think it provides me with opportunities to make connections with other Writers of Colour," Wills says. "It is sort of like playing catchup."

In 2008, she travelled to Korea to meet her birth family in Seoul. Her friends told her to write a book about the experience, but it would take her 10 years to open that door.

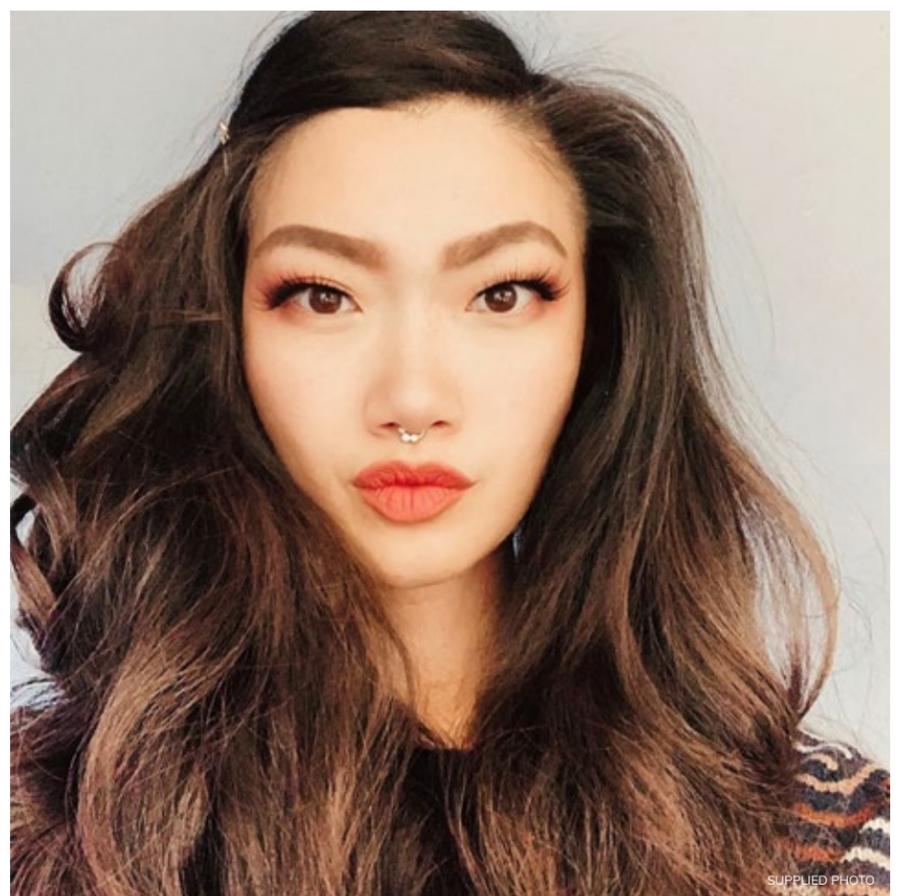
Wills went on to teach English and race studies in Canada and the United States. She moved to Winnipeg to work with the English department at the U of W, where she serves as the 2020-23 Chancellor's Research Chair. She has co-edited academic texts, including *Adoption and Multiculturalism: Europe, the Americas, and the Pacific* and *Radical Kinships: An Anthology of Autocritical Writing*. On a research sabbatical, she started writing a scholarly book of her own, but it just didn't feel right.

Wills says "I had these poems, and I started to look at them as a long book project, a novel."

Her book used to contain fictionalized parts, which she removed when it evolved into a memoir. This version of the text was inspired by Kim Thúy, a French-Canadian writer of Vietnamese origin, who blends fiction and nonfiction. During the process of writing, Wills' book transitioned from poetry to fiction, creative nonfiction and eventually memoir.

The day *Older Sister. Not Necessarily Related* was released, the shortlist for the Hilary Weston Writers' Trust Prize for Nonfiction was announced. Her memoir won not only that award but also the Eileen McTavish Sykes Award for Best First Book at the Manitoba Book Awards.

"For a writer as insecure as I am, it was a wonderful gift for it to happen at that time,



SUPPLIED PHOTO

Writer Jenny Heijun Wills

because I didn't have to (worry about) if there was an audience who liked the way I was writing," Wills says.

In 2019, Wills started to teach creative writing classes at the U of W, including a course in creative nonfiction. Despite her accolades, she still feels she stumbled into the vocation of writing.

"I didn't mean to become a writer, which I know is an obnoxious thing to say. It just feels like (a) homecoming," she says.

**Find out more about Wills and her writing at [jennyheijunwills.com](https://jennyheijunwills.com) and on Instagram @jennyheijunwills.**



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# BROOKLYN NINE-NINE

## “Moo Moo”

New episodes airing in 2021 on Citytv



KEESHA HAREWOOD | FEATURES REPORTER | @KEESHAHAREWOOD

In light of the Black Lives Matter protests that took place all across Canada and the United States in summer of 2020, the release of the eighth season of NBC's comedy series *Brooklyn Nine-Nine* was delayed.

While *Brooklyn Nine-Nine* features a diverse ensemble cast featuring BIPOC and queer characters who often find themselves in the midst of outrageously comical mishaps, these same characters are also police detectives in New York City.

To properly address the tensions surrounding police brutality in the US in a series whose protagonists are officers themselves, the show's writers took some much-needed time to rewrite a few of the new season's episodes.

Until the eighth season airs, fans can only speculate as to whether *Brooklyn Nine-Nine* will be able to balance such a heavy subject with its normal light-hearted comedy. One way to gauge the likelihood of success, however, lies in examining its previous episodes.

vious episodes.

In the fourth season, the episode “Moo Moo” shows Sgt. Terry Jeffords (Terry Crews) grappling with the injustice of being racially profiled by another officer when off duty at night.

The episode does a masterful job of discussing racial profiling with a healthy amount of seriousness, while incorporating comedy in an appropriate way.

What's key about the comedy in this episode is that it does not mock or undervalue the issue of racism. At no point is a joke about racial profiling ever told at the expense of a Black person. Instead, the comedy highlights the ridiculousness of racial profiling and the people who perpetuate it.

One such comedic moment is a well-timed flashback where Det. Jake Peralta (Andy Samberg) is shown breaking and entering into a home in broad daylight, wearing a goalie mask. He's stopped by a cop but is given a pass after explaining it's just a prank.

Outside the comical portions of the episode, the bulk of the narrative focuses on Jeffords, as he grapples with how to hold the racist cop accountable.

During a standout moment, Jeffords consults his commanding officer and fel-

low Black cop Cpt. Raymond Holt (Andre Braugher). In lieu of condemning the actions of the cop, Holt advises Jeffords not to file a formal complaint, highlighting the tragic reality of the oppression a Black officer would likely face after coming forward and reporting a white cop.

The stakes for Jeffords are high: reporting the officer might jeopardize any future opportunities for promotion. Holt posits that standing down now might grant Jeffords a chance to be promoted. Then, after attaining more power, Jeffords can use it to make meaningful change. But no matter the choice, Jeffords has to make a sacrifice.

The conversation is nuanced, but concise. It does an exemplary job of assessing the broad strokes of racial profiling while touching on its complexity. It achieves all this, and manages to weave in some clever quips for Jeffords and Holt. It's nothing short of impressive.

If this level of intelligence and respect regarding racial issues is present in the newest season of *Brooklyn Nine-Nine*, there will be nothing to worry about in terms of how it handles Black Lives Matter. This, combined with the show's hilarity, might even provide a level of catharsis to those who'll be watching in 2021.

## 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 Dinklage	Marge	Spinning Top
18	RE	*	Tough Age	Which Way Am I?	Mint
19	NE		El Ten Eleven	Tautology	Joyful Noise
20	RE	*	Nestor Wynruth	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

### Sigrid Dahle

Winnipeg's art community lost a long-term innovator and member last week to COVID-19 complications. Curator and artist Sigrid Dahle was a champion and participant of the local arts scene for more than three decades, and, among too many other endeavours to list here, played an instrumental role in the creation of MAWA, was the first director/curator of the Art Gallery of Southwestern Manitoba and worked with the WAG and the U of M for many years.

### One Queer City

*One Queer City*, an exhibition curated by Blair Fornwald, traces a “not-fully realized” public art installation by Shawna Dempsey and Lori Millan to the present day, exploring queer visibility via a group of queer, photo-based artists from Winnipeg. Catch the artists in conversation on Nov. 19 at 7 p.m. via Zoom, and a performance on Nov. 21 at 5 p.m. via Instagram Live.

### Indigenous activism in modernity

U of M's Native Studies Department is hosting a conversation about activism in the modern age with organizers and authors Pamela Palmater and Winona LaDuke on Nov. 25 at 11:30 a.m. Palmater and LaDuke have both accomplished incredible feats of activism throughout their lives, and this conversation is not one to be missed.

### ArtsJunktion workshop

Rhonda Simmonds, a mixed-media artist, altar maker, storyteller and expressive arts facilitator is hosting a storytelling and collage workshop through ArtsJunktion on Thursday, Nov. 19 at 7 p.m. Simmonds will offer suggestions about how to utilize images, text, embellishments, backgrounds and apply image transfers as a means to create a narrative through visual assemblage. The workshop costs \$30, will be conducted via Zoom and includes a kit of recycled collage materials from the ArtsJunktion depot.

### Bram Keast artist talk

Martha Street Studio is hosting a virtual artist talk with Bram Keast, who is part of Playground Chit-chat, an exhibition currently showing at the gallery. Keast is a multidisciplinary artist exploring a “visual realm of instability that offers itself to continuous reinterpretation.” The talk is on Thursday, Nov. 19 at 2 p.m., and the Zoom registration can be found on the Facebook event page.

### Letters for Pallister

If you don't feel like crafting or attending a digital talk or doing anything other than raging about the state of our provincial government, write some letters to Premier Brian Pallister and his administration. Pallister's email address is premier@leg.gov.mb.ca.

FEATURE

Words by Charlie Morin

Features Editor

 chrismorin

Photos by Daniel Crump

Photo Editor

 dannyboycrump

# WORKING TOGETHER

Co-operative businesses show resilience through shared values



SUPPLIED PHOTO

Philip Mikulec, operations manager at Peg City Car Co-op

Earlier this fall, Mountain Equipment Co-op (MEC) announced its sale to private investor Kingswood Capital Management, causing outrage among members. Despite having more than 5 million members – who did not get to vote on the deal – Canada’s largest consumer co-op was unable to avoid financial problems related to “slow sale, inventory backups, supply chain

problems and ever-increasing online competition,” according to a CBC article.

The problem with MEC didn’t stem wholly from their financial woes. It had a lot more to do with a lack of concern for their members and the values held by co-operative enterprises.

“Co-operatives tend to weather economic down-

turns far better than for-profit enterprises,” Simon Berge, associate professor, business chair of Co-operative Enterprises and director of the research centre on Co-operative Enterprises at the University of Winnipeg, says.

Feature continues on next page.

## Recent challenges

“Co-ops in certain sectors ... have seen less demand for their products and services,” André Beaudry, executive director at Co-operatives and Mutuels Canada (CMC), says.

Beaudry says fuel sales are down, since people are travelling less during the COVID-19 pandemic.

“Co-ops that were in the entertainment sector, those who owned and managed theatres, in the food-services industry, for example, cafés, many of those co-operative enterprises have been hit hard by the pandemic,” he says.

On the other hand, anecdotal reports are that farming and wholesaling co-ops have been busy. Beaudry explains this has to do with supply and demand due to the pandemic.

“In terms of securing food supply, that has been a challenge for Canada through the pandemic,” he says.

According to Berge, businesses providing essential services do well in times of market failure.

“Co-ops in the basic necessity area: food, clothing, housing aren't seeing the same pressures that for-profit operations are in the economic downturn,” Berge says.

A reduction in demand for their product is not to blame for what happened with MEC. Beaudry says the demise of MEC began around 2012, due to two different factors.

“The approach to management, and those who were in those roles, had strong corporate backgrounds but less co-operative enterprise backgrounds. What you also saw was a shift in their board of directors,” he says.

Expansion was another factor.

“You also saw significant spending in the areas of physical infrastructure, and so there's a huge expansion in terms of new stores, and a huge diversification of product offerings,” Beaudry says.

If MEC had kept running their business like a co-operative enterprise, rather than focusing on profit, they likely would have done a few things differently – for instance, consulting members in the sale.

“Member engagement is hugely important, and selling a membership is not the values and principles that co-operatives were built on,” Beaudry says.

Pollock's Hardware Co-op also faced financial difficulties in recent years, in part due to competition from big-box stores. Unlike MEC, it was due to Pollock's member-elected interim board and approximately 3,500 members that they stayed in business.

The co-op actually managed to pay off their loan to the Jubilee Fund in June 2020, despite the ongoing pandemic.

“Co-ops are very resilient as a form of business,” Beaudry says. “We're fiercely proud of co-operatives across Canada for the work that they're doing.”

## Resilience

The average age of a co-op in Canada is 43.7 years, and 99.1 per cent of them are small- and medium-sized enterprises (SMEs). Beaudry says traditional businesses don't have the same longevity: 31 to 36 per cent of non-co-op SMEs might reach 15 years.

Beaudry explains the resilience of co-ops comes from a number of factors.

“Being member-owned, being democratically operated, being autonomous and independent in the sense that it's the members who own the co-op and not a very small percentage of shareholders who can basically point the business in one specific direction,” he says.

Throughout the pandemic, co-ops have continued to be invested in their members, putting their community first in a number of ways. Beaudry says this community impact can happen through donations, and it “can involve employees being released from work to do good works to support their communities.”

“It's not just profit. There's people and planet in there. And so it's a very different approach,” Beaudry says.

## Local businesses adapt

Philip Mikulec, operations manager at Peg City Car Co-op, says he has seen an increase in business over the past eight months. With people cancelling international travels in July and August, Mikulec says he saw an increased demand for car-sharing over the summer.

In the spring, Peg City Car Co-op had made the decision to put some cars into storage to focus their cleaning efforts on the remaining cars in their fleet. With the increase in demand in July, they added an additional eight cars and took the others out of storage.

While shareholders at Peg City Car Co-op require a \$500 buy-in, Mikulec says there has not been a significant amount of members revoking shares due to recent financial issues.

“It's been made up by the fact that there's actually quite a few people who are deciding to use our service during these times and for other financial reasons maybe actually using us over choosing to own a car,” he says.

Credit unions across Manitoba reduced the number of branches they kept open in the spring in an effort to reduce transmission risk and maintain a higher level of sanitization in the branches that remained open.

Nedžad Brkic, director of planning, research and mortgage transfer at Credit Union Central of Manitoba, says credit unions catered to their members by offering mortgage deferrals.

“If you are paying a mortgage, and you are losing your job, it's not a perfect situation,” he says.

As well, whether a housing co-op works with a bank or whether they're partnered with a credit union will make a difference in the options they can offer their members, Berge notes.

“If the co-op, the housing co-op, relied on a traditional bank, the traditional bank is going to say, ‘pay your bills. Pay your loan. Don't care about COVID,’” he says.

When a housing co-op works with a credit union, the shared values mean there is often less financial stress.

“You have two co-operatives basically saying ‘Everyone's struggling. Let's find a way to reduce the stress on the housing co-op, ensure their goal, which is to maintain people in their homes, is met, as opposed to the goal of profit, right?’” Berge says.

Brkic explains the needs of the credit union depend on the needs of the community.

“If you have an affluent neighbourhood ... then you have people who need less, and you need less to extend yourself,” he says.

## Keeping it local

Since they are anchored in communities, co-ops keep more profit in the local economy.

“What we see is, on average, 90 per cent of what people spend on their private automobile leaves the local market. And by car-sharing, what we find is that people spend about 50 to 75 per cent less of their income on vehicle transport through us, which just means that those additional dollars just hopefully have a bigger chance of landing somewhere in the economy,” Mikulec says.

As seen with Pollock's, the investment of members into their co-op is what keeps the business alive.

“As a member, you have a sense of ownership, because you are a member-owner. As such, you want to see the co-op succeed,” Berge says.

It's more than that, though.

“Co-ops typically develop in areas where there's market failure, where goods and services aren't being provided by the for-profit sector,” Berge says.

He explains that this is why co-ops tend to show up in food deserts.

Because co-ops often arise from a need within a community, the community tends to be invested to keep it in business. Times of economic downturn make this



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“Co-ops in the basic necessity area: food, clothing, housing aren't seeing the same pressures that for-profit operations are in the economic downturn.”—Simon Berge, associate professor, business chair of Co-operative Enterprises and director of the research centre on Co-operative Enterprises at the University of Winnipeg



SUPPLIED PHOTO

“Co-ops that were in the entertainment sector, those who owned and managed theatres, in the food-services industry, for example, cafés, many of those co-operative enterprises have been hit hard by the pandemic.”—André Beaudry, executive director at Co-operatives and Mutuels Canada (CMC)

abundantly clear.

“The benefits (were) there before the pandemic, and I think they're just accentuated and made even clearer when you're dealing with uncertain financial times,” Mikulec says.

An example he gives is the costs of owning a car and paying for parking down-

town, as well as maintenance, insurance and fuel.

“Car-sharing gives you the opportunity to have access to a car without all of those fixed costs that you have to pay no matter how much you use the car,” he says.

Berge says co-ops tend to be more transparent than for-profit businesses when it



Pollock's Hardware Co-op on Main Street was saved from closure by its voting members in 2019.



Left: A Peg City Car Co-op pickup location near Pollock's Hardware on Main Street



Right: A Peg City Car Co-op sign



SUPPLIED PHOTO

"There's actually quite a few people who are deciding to use our services during these times and for other financial reasons maybe actually using us over choosing to own a car."— Philip Mikulec, operations manager at Peg City Car Co-op

comes to their needs, and what the members need.

"They're essentially the same entity. A member is an owner of the organization. They want to know if the organization is doing well, if it's struggling, where is it struggling, how can it help, (and ask) 'how, as a member, can I help that co-op survive?'" Berge says.

## From surviving to thriving

While co-operatives are doing well now, one of the factors in MEC's demise was that, according to Beaudry, members are not taken into consideration under the Companies' Creditors Arrangement Act (CCAA), which he explains "provides protection for a business when it's at the

point of insolvency, and its creditors are asking to be paid."

To keep what happened with MEC from happening again, there are a number of things members can do.

"One of the things that CMC is advocating for on a weekly basis with elected officials in Ottawa is to make sure that every program that comes out of Ottawa to support traditional businesses is there to support co-operative enter-

prises," Beaudry says.

He suggests that members can reach out to their MLA or even contact CMC if they notice that traditional businesses are being favored in provincial or federal programs.

"On behalf of CMC, we're incredibly proud of the co-operatives in Manitoba and across Canada for the way they are engaging their members, for the time and focus that they're putting into

giving back to their communities, supporting their communities," Beaudry says.

"If there's a business model in Canada that has realized for a long time that we're all in this together, it's been co-operatives," Beaudry says.

Or, as Brkic says: "I think that co-operation is what can take us out of this trouble."

## CITY BRIEFS

ALEX NEUFELDT | CITY EDITOR

### Soldiering on

In the upcoming New Directions in Classics session on Nov. 20, Dr. Conor Whately will discuss the lives of soldiers in Ancient Rome, in addition to launching his new textbook, *An Introduction to the Roman Military*. Participants must register online to take part in the session.

### ISSP open for applications

The U of W Indigenous Summer Scholars Program, a experiential learning program hosted by the Faculty of Graduate Studies and aimed at Indigenous senior undergraduates, is accepting applications for its May 3 to Aug. 3, 2021 program. Applications will be accepted until Feb 4.

### Green office program for staff

On Nov. 26, U of W staff members are invited to the Green Office Program: Home Energy Savings virtual workshop hosted by the Campus Sustainability office and featuring Sustainable Building Manitoba and Efficiency Manitoba. The Zoom workshop will focus on energy-saving measures to be used in the home.

### Dissertation award in the English department

An instructor in the University of Winnipeg's Department of English, Dr. Melanie Unrau, has won the 2020 Canadian Studies Network Dissertation Prize for the best PhD dissertation in Canadian studies. Her winning dissertation is titled "Tend the Rusted Steel Like a Shepherd: Petropoetics of Oil Work in Canada."

### Indigenous activism in modernity

As part of the University of Manitoba's Native Studies Department's weekly colloquium series, Niigaan Sinclair will host a panel discussion with Winona LaDuke and Pam Palmater. The panel will include discussion of both panellists' new books, *To be a Water Protector: The Rise of Windigo Slayers* by LaDuke and *Warrior Life: Indigenous Resistance and Resurgence* by Palmater.

### Update on silica mining project

The provincial government has released the public and Technical Advisory Committee comments regarding the Can-White Sands Corp. proposed silica sand mine, and the Manitoba Director of Environmental Approvals has decided not to recommend a hearing be held by the Clean Environment Commission regarding the effects of the project. A public statement by a coalition of groups concerned about the impact of the project has been released, requesting a joint Federal/Provincial Panel Review process take place.

# AS RENT RISES, UNCERTAINTY LOOMS

Tenants falling through the cracks of an already-faulty system

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

After hearing that her rent was about to be increased by a whopping 29.8 per cent in the middle of the COVID-19 pandemic, Wolseley resident Lindsey Mazur decided it was necessary to go public about her situation on social media.

"It was no longer feasible for me to remain silent on the topic," she says. "It really came from a place of hopelessness." When Mazur signed her lease, she knew that a small rent increase would be coming within six months.

"I wasn't fearful of signing onto a lease, understanding that it would go up a little bit," she says. "At the time, I felt that was reasonable within my budget."

However, the company that manages her building, My Place Realty, applied for an above-guideline rent increase of 29.8 per cent – much greater than she previously anticipated. And on Nov. 1, it became apparent to Mazur that it had been approved.

My Place Realty did not respond to *The Uiter's* request for comment.

Earlier in the year, Manitoba followed other provinces by establishing a temporary ban on evictions. However, since lifting the ban on Oct. 1, housing advocates like Kirsten Bernas, the chair of the provincial committee of the Right to Housing

coalition, are calling on the Province to reinstate it.

The lift on the eviction ban "happened as the COVID numbers were really starting to ramp up," Bernas says. "We're actively calling on the Province to reverse that decision."

Mazur, like others, experienced job loss due to COVID-19. She is among many whose financial hardships have been exacerbated in an already-precarious housing affordability crisis. With the ban on evictions lifted, it remains uncertain as to what those already tight on funds are to do if they can't make rent.

According to Bernas, the most affordable form of housing in Manitoba is public housing. As public housing is regulated, rent is never more than 30 per cent of a tenant's income. However, the sheer lack of public housing in Manitoba has led to a waitlist of over 9,000 households.

"Private housing is so much more expensive. It's not affordable for people who live on social assistance," Bernas says. As the director of housing at the West Central Women's Resource Centre, she has observed that many living on the Employment and Income Assistance Program have to dip into their basic-needs budget in or-



SUPPLIED PHOTO

Wolseley resident Lindsey Mazur's rent was increased 29.8 per cent in the middle of the COVID-19 pandemic.

der to make rent in the private market.

Even though she initially feared potential consequences of speaking up, Mazur says she's glad she did.

"It's allowed me to be a part of a bigger conversation on housing rights," she says. "Housing is a human right. I've always known and believed that."

She adds that she hopes her story encourages others to speak out and to demand better support for renters.

"I do hope that by speaking out, some change will happen," she says. "This isn't just about My Place (Realty), and this isn't just about me. It's a systemic problem that appears to be getting worse."

# DISCUSSING THE PAST, PRESENT AND FUTURE OF INDIGENOUS ACTIVISM

U of M hosting virtual roundtable on Dec. 7

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

The past, present and future of Indigenous activism is the central topic of a virtual roundtable led by University of Manitoba (U of M) students on Dec. 7.

Dr. Réal Carrière, an assistant professor of political studies at the U of M, says the panel consists of students in his class on Indigenous activism. The event will also feature two guest speakers: Mylan Tootoosis, an activist and PhD candidate in Indigenous studies at the University of Saskatchewan, and Jenna Vandal, a Métis land defender who was actively involved in the Rooster Town blockade.

Though Carrière says students are given the licence to present on a topic of their choosing, he suspects certain themes may arise.

"I think the growing theme in contemporary Indigenous activism is the shift to more grassroots activism," he says.

"Some of these movements seem like Indigenous movements, but they're just Indigenous peoples practising their rights," Carrière says. "The state and settlers say 'no, you can't practice these rights,' so it seems like there's activism." He says a current example of this is the Mi'kmaq fishing conflict.

In 2017, Vandal helped organize a group to occupy an area that was on traditional Métis territory, after hearing it was being sold to the land developer

Gem Equities.

"The land used to be a part of a territory called Rooster Town, which was the last Métis settlement in Winnipeg," she says. After seeing a video of the developers clearcutting in the area, Vandal and others went down to set up a blockade camp to defend the land.

"We ended up staying there and blockading for two months," she says. "We set up camps. We spent the night there. There were hundreds and hundreds of visitors that came and supported us."

With the promise of a provincial anti-blockade law, Carrière says Indigenous peoples will continue to fight for the greater good of their communities, despite attempts to diminish these efforts.

"Indigenous peoples are seeing that these moderate methods of protest, whether it be petitions or legal challenges, are just underworking," Carrière says. "If there's going to be more laws that are anti-Indigenous and anti-protest, Indigenous people are prepared to go. This is their inherent right they're fighting for."

Vandal suspects an anti-blockade law may actually fuel even more Indigenous activism.

"I don't think it's going to slow down Indigenous activism at all," she says. "In fact, I think it will ignite a new fury in people's hearts to protect the land."



SUPPLIED PHOTO

Dr. Réal Carrière, assistant professor of political studies at the U of M

"The land is what makes us Indigenous. The land is where we get our skills from. It's where we get our belonging from. The land is our mother. The land is our lawyer. The land is our friend."

A Zoom link to the virtual roundtable can be found on the University of Manitoba's events calendar. The event is free, registration is not required, and all are encouraged to attend.



# TO BE IN PERSON, OR NOT TO BE IN PERSON

That is the question the U of W theatre department has to address

CALLUM GOULET-KILGOUR | CAMPUS REPORTER | CGOULETKILGOUR

The University of Winnipeg's (U of W) Department of Theatre and Film has always been a vibrant force in the local arts scene, hosting festivals and a wide range of performances. Most importantly, perhaps, is its instruction of theatre, filmmaking and dance to U of W students.

Like so many other artistic and educational institutions this year, the department has altered its activities due to the ongoing COVID-19 pandemic. While most U of W courses are being delivered online, the Department of Theatre and Film has been able to offer some of their courses in person.

Christopher Brauer, an associate professor and chair of the department, explains the rationale behind offering some in-person courses, while most of the university is online.

"Because we're a practical program, and in a lot of instances, that practice requires specialized equipment, we have approval for in-person teaching for theatre production courses at all levels and for film courses from the second year up," he says.

Of course, this does not mean that things are business as usual.

"There's a huge amount of administration involved in setting up the in-person (classes) and setting up the health and safety procedures and protocols," Brauer says.

"We're making sure that we've got ap-

propriate equipment and making sure that all our people are appropriately trained," he says, noting that he believes the department is "exceeding" provincial guidelines.

Though the pandemic has forced the cancellation of many events, the UWPG Film Festival was able to take place last month. It featured works by students from 28 countries, but took place entirely virtually.

More recently, three department members, Brenda Gorlick, Allison Loat and Eric Blais, received prizes at the Winnipeg Theatre Awards.

Hope McIntyre, an assistant professor, has been teaching online this semester, but plans to be in person for rehearsals next semester.

"I am hoping this will still be possible come January," she says, noting that "there are some things in theatre and film that simply need (in-person) instruction and cannot be as effectively taught online."

Being in person "provides connections that students need with each other, and better mental health due to human interaction," McIntyre says.

However, she stresses the importance of balancing the obvious COVID-19 safety concerns with students' desire to be in person and their mental health.

"Student-centred learning is so important, (as well as) allowing students a choice," McIntyre says.



SUPPLIED PHOTO

Hope McIntyre, an assistant professor of theatre at the U of W, has been teaching remotely but will resume in-person instruction in 2021.

With regards to her online teaching, she says the main challenge has been "redesigning courses, finding new ways of approaching lessons and being extremely adaptable."

"The challenges do lead to new discoveries," McIntyre says.

Since Manitoba's COVID-19 restrictions are often changing, please note that this article reflects the Department of Theatre and Film's situation at the time of publication.

# U OF W PARTNERS WITH REES

Sexual violence reporting tool aims to be 'survivor-centred'

CALLUM GOULET-KILGOUR | CAMPUS REPORTER | CGOULETKILGOUR

Sexual violence is prevalent on campuses across Canada. A report by the Canadian Federation of Students-Ontario notes that "one in five women experience sexual assault while attending a post-secondary institution." This year, even though most university classes are being delivered remotely, this problem is likely amplified.

United Nations Women has found that, since the start of the COVID-19 pandemic, sexual violence has increased. They point out that this is due to "security, health and money worries," "cramped living conditions," "isolation with abusers," "movement restrictions" and "deserted public spaces."

The University of Winnipeg (U of W) hopes to address this crisis through a partnership with REES, which stands for "Respect Educate Empower Survivors."

"REES is a 24-7 online centralized reporting and information hub for campus sexual violence," Nell Perry, community liaison/student advisory board co-ordinator for REES, says.

"All forms of sexual violence can be reported on REES, from sexual harassment to inappropriate touching," she says.

Depending on the situation, users can choose the way to report a situation that is most appropriate for them. Perry explains that there are three reporting options: anonymous report, connect to my campus and

report to police. REES also functions as a hub for the university's resources on things like sexual violence and healthcare.

Stacey Belding, the U of W human rights and diversity officer, is glad this partnership is happening right now.

"Unfortunately, the data shows that incidents of sexual violence have increased during the pandemic, and seeking help has become more difficult," she says.

"As the vast majority of sexual violence is committed by someone known to the survivor and most often occurs in a private residence, students and others are still vulnerable to experiencing sexual violence," Belding says, adding that "sexual violence can also occur in an online environment," with things like sexually harassing messages.

"For that reason, it is important to continue to offer supports and a reporting mechanism with a range of options," she says.

Nell echoes this message, saying that "sexual violence disproportionately affects post-secondary institutions."

"REES is pleased to enhance the existing U of W response," she says.

Belding notes that REES is a useful tool, because it "provides a survivor-centred reporting process, in that it gives more control to survivors and is trauma-informed."

"Some of the key advantages of REES

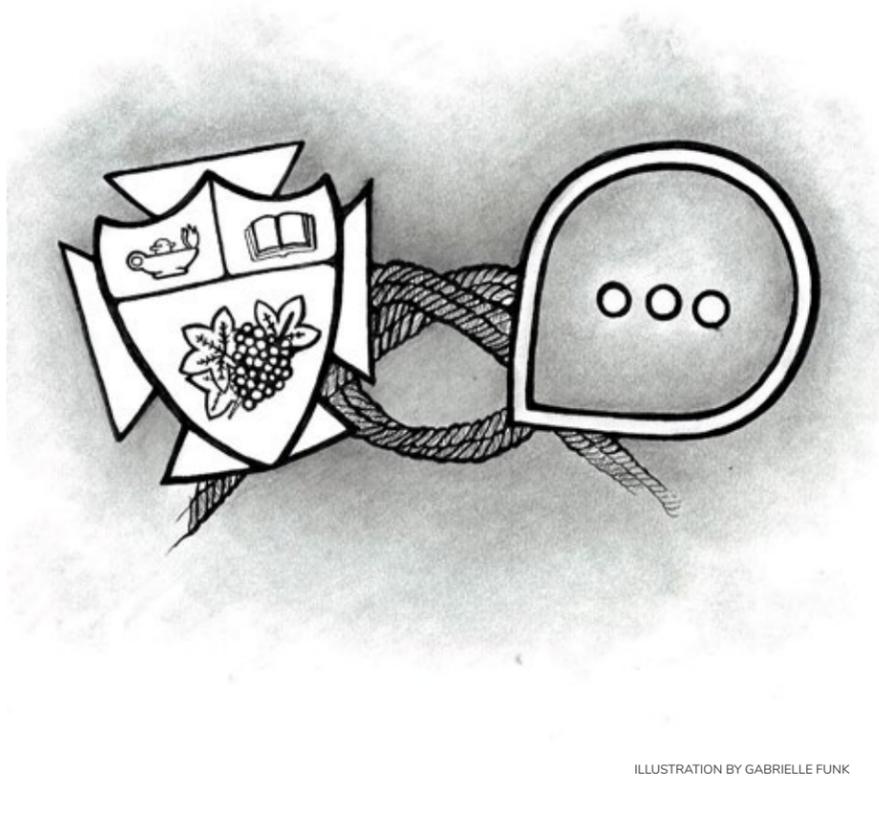


ILLUSTRATION BY GABRIELLE FUNK

over a standard reporting form include specific questions to ensure that relevant information is provided, allowing users to upload documentary evidence, save reports in process (giving the survivor control over timing of reports to the university and/or police)

and advanced privacy features," she says. "Our main focus is to promote a consent culture at the University of Winnipeg," Belding says.

More information on REES can be found at [reescommunity.com](http://reescommunity.com).



# PROFile

## TEACHERS ≥ HEROES

**Christopher Araujo, contract academic staff,  
Department of Philosophy, U of W**

KEESHA HAREWOOD | FEATURES REPORTER | KEESHAHAREWOOD

Before becoming a contract academic staff member for the University of Winnipeg's (U of W) philosophy department, Christopher Araujo had his fair share of struggles as a student.

"When I was in high school, I was not a very good student," he says. "I was making a lot of bad decisions in my life, in terms of substance abuse."

During that time, Araujo went through significant loss and turmoil, but was able to turn his life around with help and support from some key people in his life.

"I was lucky enough to have a handful of teachers that really cared about me deeply," Araujo says.

The care his teachers showed went deeper than a teacher-to-student level, and resonated more on a human-to-human level. Through that level of care, Araujo's teachers were able to find his potential and help him realize it.

It took many years for Araujo to really turn his life around and hit his stride, but along the way, he had a string of teachers

who encouraged him to keep trying.

"Even though I kept stumbling, even though I kept making bad decisions, they really genuinely cared for me as a human being."

Thanks to the support and his own hard work, Araujo attended York University and excelled academically. After having achieved so much, Araujo decided to pay it forward and become an educator himself.

"I thought if I could have a fraction of the impact that my teacher had on me, I mean, what more would you want in life?"

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

"Flight. It just seems easier to get around that way."

**What do you like to do in your free time?**

"Play blues guitar from the 1920s."



SUPPLIED PHOTO

**What's the best thing about your work?**  
"Feeling that I have a positive impact on my students."

**If you could say anything to your favourite teachers, what would it be?**  
"Thank you for making me who I am."



THE UNIVERSITY OF  
WINNIPEG

## Student Services

### THRIVE WEEK

Join us for the University's annual Thrive Week from Nov. 23 – 27! This year we are moving the fun and relaxation all online. Go to our Thrive posting board and tell us about ways that you have found to survive and thrive during the COVID-19 pandemic. And participate in some of the many wellness activities that will take place during the week, including:

- Acing your Exams (webinar)
- Meditation for Grounding and Relaxation (webinar)
- Doggo Days with UWSA (online)
- Take a stretch break with Recreational Services (video)
- Stress-ball making and other DIY craft projects (videos)
- Diversity Foods healthy cooking (video)

Find out more here: [uwinnipeg.ca/thrive](http://uwinnipeg.ca/thrive).

### WEBINAR WEDNESDAYS

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

Upcoming topics for the series:

- 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](http://uwinnipeg.ca/webinar-wednesdays).

### DROPPING COURSES

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.

### WORK-STUDY PROGRAM

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: [uwinnipeg.ca/awards/work-study-program.html](http://uwinnipeg.ca/awards/work-study-program.html).

### EXAMS

The Examination Period is Dec. 10-23. Please check the online exam schedule now: [uwinnipeg.ca/exam-schedules/index.html](http://uwinnipeg.ca/exam-schedules/index.html).

### WAITLISTS FOR WINTER TERM

Don't lose out on a seat in a waitlisted course! Remember to check your University Webmail -- every day -- for permission to register.

### TUITION FEES FOR WINTER TERM

How do I pay my fees if Student Central is not open for in-person payments?

Tuition payments can be made using the bill payment feature on your financial institution's website.

1. Log on to your bank's website

2. Add The University of Winnipeg – Tuition as a bill payee
3. Use your seven-digit student number as the account number

(International payments can be made via flywire.com.)

U2020W fees are due Jan. 22.

The Winter Term (U2020W) Add/Drop Period is Jan. 6-19. The last day to drop a U2020W course and not be charged the fees is Jan. 19. Students who drop a U2020W course Jan. 20-22 and onwards are still responsible for paying all of the course fees.

### 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).

Need help getting connected to the financial supports you need and deserve to pay for your education? Visit our website [uwinnipeg.ca/awards](http://uwinnipeg.ca/awards) 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 [uwinnipeg.ca/awards/government-student-aid/index.html](http://uwinnipeg.ca/awards/government-student-aid/index.html).

### 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](http://myVisit.com) as well.



# READING IN COLOUR

## Visibility matters

VALERIE CHELANGAT | COLUMNIST | VALERIECHELA VALERIE\_CHELA

Willa Cather, an American novelist, published a short story about the life of a gay boy named Paul in 1905, never once overtly discussing his sexuality. Instead, she used suggestive techniques and affectations to hint at his sexual orientation, describing his traits, his dress and the friends he admired.

Oscar Wilde is similarly known for hinting at homosexuality. Because these authors were writing in an era when queer identities were not openly discussed, they left their characters' sexualities to speculation. Now, however, hinting is no longer enough.

Many authors now have the freedom to write openly about queerness. However, marketing queer literature remains a predicament for some publishers. Hachette Book Group explains that books with LGBTQ+ themes remain underrepresented in publishing, "due to censorship and arguments that LGBTQ content is 'niche,' and therefore not commercially viable."

This is our problem as a society, because we have been complacent. How many people who identify as other than LGBTQ+ read literature by LGBTQ+ authors or including LGBTQ+ themes?

If readers demand more representation in literature, authors will likely incorporate more LGBTQ+ characters from different races and belief systems, doing all manner of things in life, as they actually do. Publishing companies and booksellers would be pressured to recog-

nize that queer themes can exist in any genre and might begin to adjust their marketing strategies accordingly.

The few LGBTQ+ stories that actually get published are, according to LGBTQ+ blogger Meg Cale, often "centred on coming out or tragedy." These stories are, of course, vital, but there are multiple dimensions to all people that should be reflected in literature. Readers would benefit from encountering more diverse narratives about queer people, including stories that aren't focused definitively on sexuality.

When readers see LGBTQ+ representation in books, they can build empathy and understanding that applies to interactions they have in the real world. This creates a crucial shift in the social consciousness, making society as a whole more inclusive.

People within the LGBTQ+ community and those outside of it must see the importance of representation and actively participate in making it happen.

No progress will come from sitting around and quietly saying to ourselves and the few people around us that LGBTQ+ stories ought to be included. Instead, people should begin to pick up books that include LGBTQ+ themes and characters and demand intersectional representation.

Visibility matters. LGBTQ+ characters and themes should be a part of mainstream literature. Stories about all facets of their lives should be included in books.



ILLUSTRATION BY GABRIELLE FUNK

As the Hachette Book Group so aptly explained, "not only can these stories educate and inform readers who do not identify as part of the LGBTQ community, they can also portray a path in life that LGBTQ readers may not have thought possible."

Valerie Chelangat is a Kenyan-Canadian writer. She loves Winnipeg but struggles with the winter. She gets through the season by reading any books she gets her hands on and drinking too much tea.



## COMMENTS

# IN OTHER WORDS

## Rethinking how we talk about sexual violence

DANIELLE DOIRON | COPY AND STYLE EDITOR | DANIELLEDMDOIRON

It's been years since I worked in daily news, but I still subscribe to the Winnipeg Police Service (WPS) media releases. And most mornings, I have at least one mass-emailed, anger-inducing message from the WPS. Earlier this month, the WPS reported the "in-custody death" of a 40-year-old man.

The WPS is no stranger to vague, bureaucratic language. Their use of terms like "in-custody death" and "officer-involved shooting" minimize the violence and horror of these events, especially when describing their killings of three Indigenous people in a 10-day span this April.

I've also noticed their disturbing habit of reducing brutal, invasive sex crimes to "serious sexual assaults."

As *Vox* culture reporter Constance Grady penned in 2017, "If you want to write with any kind of accuracy about sexual violence, you have two choices: you can make your language clinical but vague, or you can make it graphic but specific."

The WPS does neither. If anything, branding only certain attacks as "serious sexual assaults" rates them on a scale of severity. To be clear, all sexual assaults are serious.

"I've started to feel that I am using a language that wants to make it as difficult as possible to describe this particular kind of violence, that wants it to remain unspeakable, in the shadows, unnamed," Grady wrote about reporting on sexual assault and harassment allegations in Hollywood.

"It's not that we don't have a vocabulary for talking about sexual violence, because we do. But that vocabulary is inadequate. It is confusing and flattening in ways that make it hard to talk about sexual violence without

either trivializing it, obfuscating the systems that enable it or getting so specific as to become salacious or triggering."

Grady consciously adopted the term "sexual violence" to underscore the violent nature of these acts and include cases of sexual intimidation that don't involve physical contact.

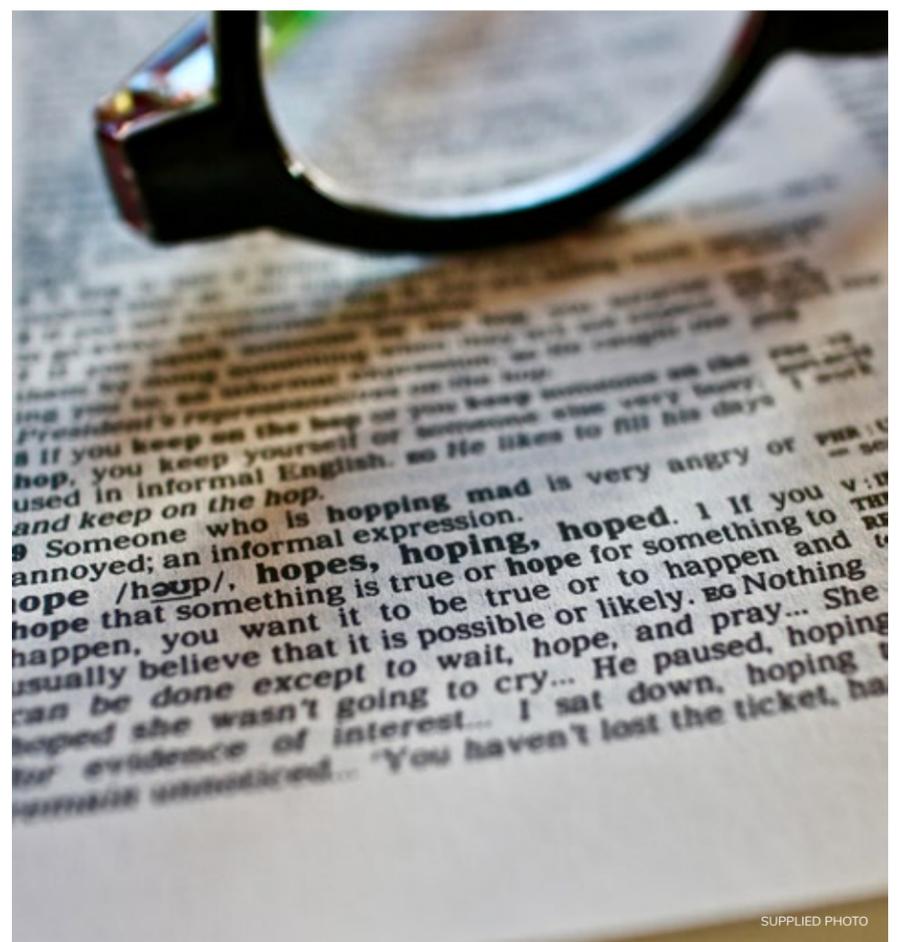
Similarly, Clare McGlynn and Erika Rackley developed the term "image-based sexual abuse" to better describe what is commonly known as "revenge porn." In a separate piece for *Vox*, McGlynn describes listening to survivors who say the colloquially accepted term "trivializes their experiences" and "makes them feel as if they've done something wrong to justify an act of revenge."

We must keep updating our language, and we also need to actually use existing terms to better talk about sexual violence. If we don't, we're in danger of following the WPS' lead and only labelling certain crimes as "serious" – which is often already the case when people differentiate between rape and other violent assaults.

In her introduction to *Know My Name*, Chanel Miller, the woman famously known as "Emily Doe" in the Brock Turner rape case, writes:

"The FBI defines rape as any kind of penetration. But in California, rape is narrowly defined as the act of sexual intercourse. For a long time, I refrained from calling him a rapist, afraid of being corrected. Legal definitions are important. So is mine. He filled a cavity in my body with his hands. I believe he is not absolved of the title simply because he ran out of time."

It wasn't until I read those words in 2019 that I realized I had been raped three years prior. I knew I had been attacked, but I never felt free to



SUPPLIED PHOTO

Words and their meanings matter, especially when talking about sexual violence.

claim and use that terminology. There's power in being able to accurately define and describe what happened to you, even if you never report or speak publicly about an assault.

Klinic Community Health consciously uses both "victim" and "survivor" when defining sexual assault on its website, while acknowledging that "some people who have experienced sexual assault use neither of these terms" and that its staff tries to honour each individual's chosen words.

It's time for more institutions to follow their

lead. Writing about sexual violence isn't easy, but we need better words at our disposal, especially when talking about something so serious.

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.



## HOROSCOPES

Sagittarius season starts Saturday, November 21

Venus enters Scorpio on Saturday, November 21, at 8:21 AM. Venus wants everything to come to it with ease while Mars-ruled Scorpio is assertive and bold. Venus in Scorpio dresses like it's Halloween all year round.

SOURCE: ASTROLOGY.COM

### ARIES

While things in your personal life are getting lighter and brighter right now, you can expect things to get hot and heavy in the business aspects of your day. This may not be an easy day in terms of negotiating or making a power play, but whatever trials you go through will teach you some invaluable lessons! If you can, reschedule a meeting that's hogging your day. You need more free time to play with. It will be invaluable in helping you keep a clear head.

### TAURUS

It's one thing to follow your mood, but it's quite another to be moody. People have little patience for folks whose personalities seem to change from moment to moment. It doesn't exactly inspire confidence. Do whatever it takes to balance your mindset today. It's important to be aware that you're being evaluated for how well you work with others. And in order to show yourself in the best possible light, you have to put a lid on any outbursts.

### GEMINI

Conserving your energy is strongly advised today. Not only will you enjoy taking things at a slower pace, you'll start noticing things you never saw before. There are new ideas and new people all around you, and unless you're standing almost perfectly still, you may not be able to take advantage of the opportunity to really explore. Today, just let the world swirl around you while you sit and watch what it does. You'll learn some fun new things about life and yourself.

### CANCER

Sometimes, trying to follow your bliss can cause you to get pretty lost! It's hard to know which opportunities to say yes to and which to run away from. Try as you might to pick correctly, you could make a mistake, especially since most of the time your options aren't simply black and white. They have their own pros and cons. Today, all you need to remember is that you shouldn't get involved with stuff you're unsure of! Play it safe and don't leap before you look!

### LEO

Don't get frustrated if your matchmaking efforts haven't gone the way you want. You can't force feelings that don't exist. If you let your ego get caught up in the lives of other people, you're really asking for trouble. It's wonderful that you want the people you care about to be happy, but you aren't in charge of their happiness. They are. Step back and let them find their own way. You found yours, and rest assured that they'll find theirs.

### VIRGO

People in your world could have a tough time agreeing on the right way to go about doing things and will be looking to you for a solution. If you listen to all of their differing ideas with an open mind, you'll be able to pull out a suggestion or two that will make everyone happy. You're the great peace-maker right now, and your leadership skills are valued by everyone. Is it time to take on a more formal leadership role? The universe definitely thinks so.

### LIBRA

Your five-year plan is all set and you're pretty much on schedule, so there's nothing to worry about there. Today, you bring your focus back to the more immediate future. What are you doing in the next few months? Got anything big planned? If not, then cook something up with your partner or best friend. A road trip may be in order if it's possible. If you start setting aside some money now, you'll have enough to travel in style and splurge on a luxury experience.

### SCORPIO

Gauging how other people react is crucial today. It will save you headaches, heartaches, and frustration. Fortunately, you've always been very skilled at trusting your intuition. So when the drama around you gets too intense, you'll know when to step away and be by yourself. The last thing you need to be is a bit player in someone else's soap opera of a life. Let them handle the mess on their own. You didn't create it, so you shouldn't have to help clean it up.

### SAGITTARIUS

Right now in your life it might seem like everyone knows exactly what you should do next, and they aren't afraid to tell you! Try not to get too annoyed with these well-intentioned folks. They really do have your best interests at heart. They just don't realize that what they have to tell you is either something you've already figured out or something that won't help you. Don't try to figure out why they're bothering to speak up. Just smile and listen.

### CAPRICORN

Be careful with how you wield the power you're given today. It isn't something you can use without thinking just to boost your ego or serve up some just desserts to someone who's done you wrong. If you need to bring together different people, don't just push them into groups. Challenge them to form their own teams for their own reasons. If you trust people more, they'll trust you more. This applies to co-workers, friends, and even relatives.

### AQUARIUS

You can make some great connections today. In virtually any context, you can see how people fit together better than anyone else can. Go ahead and introduce them. Make the conversation start. This will not only make you feel like you've accomplished something important, but being socially useful like this could turn you on to a whole new career idea. There is money to be made in helping people connect.

### PISCES

You're really eager to start something new right now, but today isn't the right time for forward movement. When it comes to relationships, travel plans, career path, or even a health plan, you'd be better off waiting. Keep things where they are right now, because things are where they need to be. Don't sign any legal documents or invest any large sums of money. Ride things out for a few more days and wait until you get a sign from the universe that it's time to move on once again.

## IT'S SCORPIO SEASON

### — WATER ELEMENT —

Scorpio's personality traits are related to its element, which is water, the second heaviest element, thought by ancient astrologers to be the fluid, adaptive, yet a tangible form of matter. Water represents the moistening and cohering principle that binds and connects all forms of nature.

Without it, nothing that takes a material form could "stick" together. Water fertilizes earth so that nature and creativity can incubate and bloom. Scorpio's creativity, intuition, imagination, and strong investigative powers

are all akin to the consolidating connectivity of the water element.

### — SCORPIO PLANETARY RULERSHIP: DOMICILE OF MARS —

In classical astrology, Mars is the planetary ruler of both Aries and Scorpio. Aries was thought to be the day, or diurnal home of Mars, with Mars finding a second nocturnal home in brooding and secretive Scorpio.

In Scorpio, Mars has full affinity and potency in the warrior-like tendencies of this sign, but because it is in its nocturnal home, these powers take on a more

secretive and covert expression. This placement presents in a slower, cooler, and more calculated use of anger and drive.

Scorpio is more patient, and emotionally and psychologically nuanced than brash and brazen Aries. Those born with Mars in Scorpio can be more tactical and observant to wield behind the scenes of power. The motto "revenge is a dish best served cold" suits this tenacious and fixated archetype.

### — MODERN RULER: PLUTO —

The planet Pluto, named for the god of the underworld, was discovered during a pivotal time in modern history. Found by astronomer Clyde Tombaugh in 1930, Pluto appeared out of the darkness through theories

of a trans-Neptunian planet. At the time, many powerful Plutonian synchronicities were happening in the world, like massive world wars, the exploration of depth psychology, and the splitting of the atom. The latter discovery saddled humanity with the responsibility and ability to unleash mass destruction never seen before.

Astrologers of the modern era assigned Pluto as a co-ruler of Scorpio, since it's dark themes of power, destruction, and inner discovery were similar to the themes this mysterious archetype explores. Combined with the assertive power of Mars, Scorpio's Plutonian sub-signature makes this archetype uniquely suited to confront and transform personal and collective trauma.

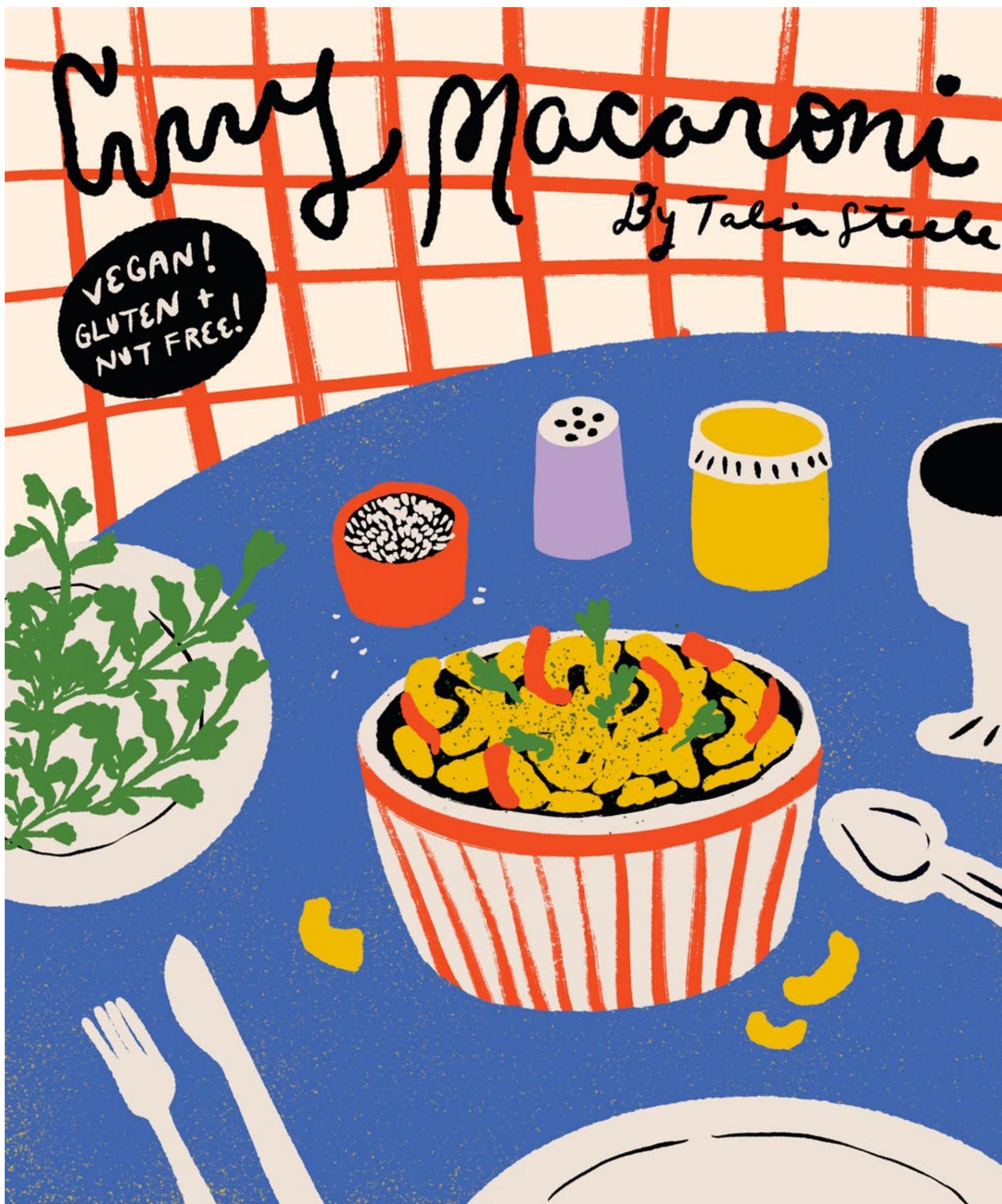


ILLUSTRATION AND RECIPE ADAPTATION BY TALIA STEELE | [@ST.TALULA](#)

## CURRY MACARONI

Do you like curry? Do you like macaroni? Well then you're in luck, because this recipe has both of those things, and it is - \*chef's kiss\* - very good.

*This recipe is a modified version of Isa Chandra Moskowitz's Curry Udon from her cookbook "I Can Cook Vegan."*

- 340 g of dry macaroni or about 3 cups (I use the whole package of PC Gluten Free Macaroni)\*
- 2 tbsp vegetable oil
- 4 cups cauliflower, chopped

- 1 large red or orange pepper, cut into slices
- 2 tsp minced ginger, preferably fresh
- 3 cloves garlic, minced
- 1 cup vegetable broth
- 1 (430 g) can coconut milk
- 1 tbsp curry powder
- 2 tbsp nutritional yeast (optional)
- 1 tbsp tamari (make sure gluten free if needed)
- Chopped fresh cilantro (optional)
- 2-4 tsp sesame seeds (optional)

1. In a large pot, bring about 6 cups of salted water to a boil. Boil the noodles according to the package instructions.

2. Preheat a cast-iron or large, heavy-bottomed pan over medium heat. Sauté the cauliflower and a bit of salt in about 1 tablespoon of oil (or water, if oil-free), until lightly seared, about 5 to 7 minutes. Transfer to a plate.

3. Sauté the red pepper slices in the pan with the remaining tablespoon of oil until seared, about 4 to 6 minutes. Add minced ginger and garlic and sauté for about 1 to 2 minutes, then add your vegetable broth, coconut milk, curry powder, nutritional yeast and tamari and bring to a boil. Let reduce for about 10 minutes.

4. Drain the noodles. Add the noodles and reserved cauliflower to the pan and mix to coat with your sauce. Serve in bowls topped with optional cilantro and sesame seeds.

*\*Note: Some gluten-free noodles made with corn flour cook very fast. You may want to cook these types of noodles for a shorter period of time, as they may cook some more once you have transferred them to your hot sauce. Test the noodles to your taste.*



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