

THE **U** N I T E R

ALTERNATIVES TO AUTOMOBILES—P5

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REALLY TALKING ABOUT MENTAL
ILLNESS—P14

Reimagining Nuit Blanche



A MONTH-LONG OPPORTUNITY TO EXPLORE AND CELEBRATE CONTEMPORARY ART

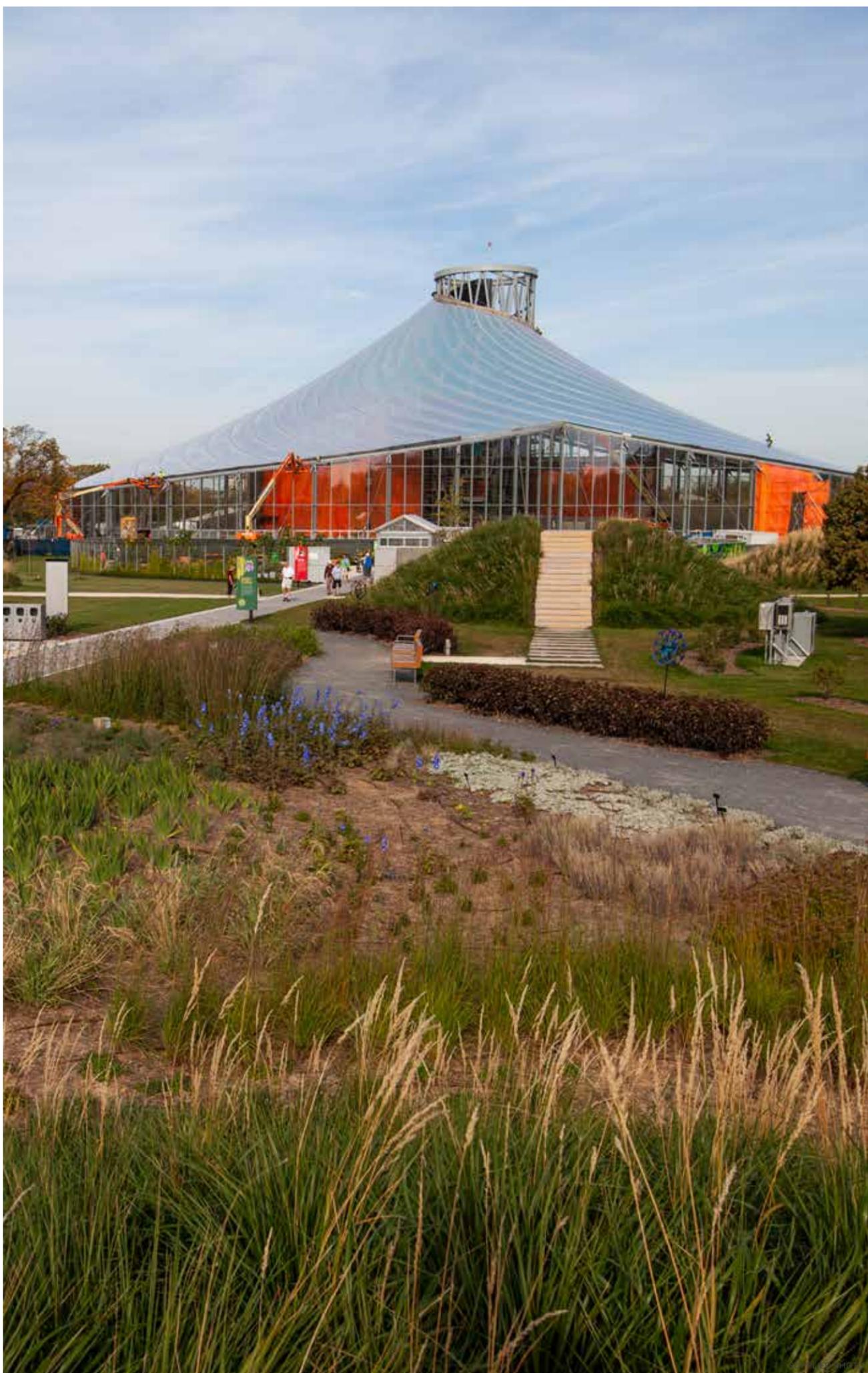


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The Leaf and surrounding gardens at Assiniboine Park. Read more on page 11.

A NEW HOLIDAY

THOMAS PASHKO
MANAGING EDITOR



It's Friday. Friday! Friday?

Yes, *The Uniter* is publishing a day later than usual this week. No, you don't need to reset your watch. Do people still wear watches?

No, we've delayed publication of this issue by a day to respect and observe the National Day for Truth and Reconciliation. This new statutory holiday, also known as Orange Shirt Day, is an important opportunity for all people living in what is now called Canada to reflect on colonial crimes of the past and present while working toward a future of reconciliation.

It's especially important this year, when searches on the grounds of former residential schools have led to the discoveries of many thousands of unmarked graves. We are also still weathering the COVID-19 pandemic, which has disproportionately impacted Indigenous peoples in Canada.

These events may be sobering reminders for settlers, but for Indigenous people living with the daily realities of colonialism and white supremacy in Canada, there's no "reminding." It is the troubling, tragic reality that exists in Canada. That needs to change.

Will a new holiday fix these problems? No. But it is important that we take time to consciously mourn, reflect and begin to initiate actual, concrete change.

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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.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Jeremy Haywood-Smith is the new event booker for The Good Will Social Club, ushering the venue back to in-person events.

STEPPING UP TO BOOKING

Jeremy Haywood-Smith taking over event booking at The Good Will

ISABELLA SOARES | ARTS AND CULTURE REPORTER | [TW BELLASOARES0601](#) [IG BELLA_SOARES16](#)

The Good Will Social Club is a hub for local and visiting artists to play tunes, have faceoffs and unite people with the venue's electric karaoke sessions. All these events couldn't happen without someone to connect with musicians and organize dates to make these arrangements a reality.

Jeremy Haywood-Smith (who releases music under the name JayWood) might have held shows of his own at the venue, but he will now take the lead in event

booking for other artists eager to step on the The Good Will's stage.

"It's nice to change the narratives of the music scene in Winnipeg. It's great to be able to connect with folks, listen to their ideas and help to build community," he says.

Having grown up with fond memories at the venue, Haywood-Smith feels at home in his new role and is excited to organize events following the COVID-19 pandemic. A highlight for him as a performer, before

stepping in as a staff member, was getting involved in the Bands as Bands (show in which local artists impersonate famous bands) Gorillaz edition.

"It was really special, because one of my first memories at The Good Will was watching one of these shows," he says.

After a while with closed doors, the music venue is prepared to host upcoming shows. Anthony Kowalczyk, one of The Good Will's owners, shared insight on how the community played a pivotal role during the tough times.

"The pandemic has been tough on everyone, and, to be honest, we were only able to stay afloat through the support of our community. While we're operating in a smaller capacity, we will always focus on high-quality programming, and that's where Jeremy comes in," Kowalczyk says.

To ensure that staff and patrons can enjoy live entertainment in a safe and comfortable environment, Kowalczyk says folks will be required to show proof of double vaccination.

Among the upcoming concerts is one of Haywood-Smith's first bookings. The

show that will take place on Oct. 2 features Boogey the Beat, Mooki and Caid Jones.

"The first (show) that I booked on my own is a hip-hop show, and it's awesome that we will get a fully BIPOC bill. One of the greatest incentives for me going into this position is to diversify," Haywood-Smith says.

As a musician himself, Haywood-Smith sees this position as an opportunity to empathize with new artists and help them put out their own shows. He is excited to meet new bands from both inside and beyond Winnipeg.

"It's just nice to keep in touch with the local scene and know who these bands are coming out of the pandemic. Outside of the local scene, I would like to potentially be able to bring more artists to Winnipeg, and hopefully they have a good time here," he says.

To find more information about upcoming events, visit thegoodwill.ca or @thatgoodwill on Facebook, Twitter and Instagram. Anyone interested in booking an event should fill out a form on thegoodwill.ca.

LAUGHING INTO THE 20s

The Winnipeg Comedy Festival is ready to celebrate

ISABELLA SOARES | ARTS AND CULTURE REPORTER | [TW BELLASOARES0601](#) [IG BELLA_SOARES16](#)

Comedians from across the country will arrive in Winnipeg for the 20th anniversary of the Winnipeg Comedy Festival, taking place from Oct. 5 to 10.

A lineup filled with talent and charisma is set to charm audiences after the uncertainty of whether a celebration would be possible due to COVID-19 restrictions. Artistic director Dean Jenkinson is glad the show will go on and is excited for what this year has to offer.

"We are in our 20th year, and it is fair to say that we are one of the three big comedy festivals in Canada ... We pride ourselves (on) bringing the best comedians in the country to our festival and giving a voice to underrepresented communities," Jenkinson says.

Among the attractions that will happen over the course of a week, more than 30 comedians will step on stage and participate in five themed galas taped for CBC.

"Our first gala is 'You Do You,' which is about being who you are and getting comfortable in your own skin. It's hosted by Priyanka, winner of *Canada's Drag Race* Season 1, so she is going to be joined by six comedians (from) across the

country, and they will tell us what makes them unique," he says.

Priyanka is pumped to participate in the festival on Oct. 7 and showcase a different side of her personality that will make crowds laugh and appreciate their inner worth.

"The event is so hilarious, and I am glad that I will be able to do something like this, because being a drag queen in comedy is one thing that makes the audience feel included and happy. You can definitely expect me to wear an amazing look and see a whole other side of me," Priyanka says.

She also made sure to emphasize that even though the gala's theme is acceptance, this concept shouldn't last for one night only.

"Even if it weren't the theme of this event, everyone should live authentically ... It's good to have a single night dedicated to it, but individuality should be embraced every single day," she says.

Joining Priyanka on stage for 'You Do You' are comedians Mikey Dubs, Nour Hadidi, Chris Locke, Marito Lopez, Joze Piranian and Steph Tolev.



SUPPLIED PHOTO

Drag queen and comedian Priyanka will host the "You Do You" gala at the Winnipeg Comedy Festival.

The other galas that will take place on the following nights are "Love Languages" (hosted by Aurora Browne and Kris Siddiqi), "Truth to Power" (hosted by Michael Greyeyes), "Home Moaners" (hosted by Aba Amuquandoh) and "Creature Comforts" (hosted by Ryan Belleville).

In addition, the CBC Radio One hit show *The Debaters* will be included in the festival at the Gas Station Arts Centre. The segment will invite local comedians for a faceoff.

"The other part of the festival that we are really proud of is our local standup scene. We have a lot of the best comedians in the country right here in Winnipeg, and you will get to see them as part of *The Debaters*," Jenkinson says.

For additional information about the performances and how to purchase tickets, visit winnipegcomedyfestival.com.



ARTS



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Stephanie Chow, project manager for Bicycle Valet Winnipeg

WHERE ARTS AND ACTIVE TRANSPORTATION INTERSECT

Infrastructure provides opportunities for collaboration

CIERRA BETTENS | ARTS AND CULTURE EDITOR | [FICTIONALCIERRA](#) [@CIERRABETTS](#)

Winnipeg holds many intersections of arts and active transportation. Monthly events like Bike Jam bring together arts, community and physical activity in tandem with events like the Rainbow Trout Music Festival. Murals, supported by the Wall-to-Wall Mural & Culture Festival, bring life to grocery stores and concert-venue exteriors, allowing pedestrians to experience art.

Creating literal and figurative pathways toward active transportation isn't just about road infrastructure. Stephanie Chow, the project manager for Bicycle Valet Winnipeg, knows this. For years, the program has encouraged active transportation to events by offering a safe and secure valet service for cyclists and more.

"The real idea of the bike valet is that it allows events to hire us and to provide a service to encourage people to take active transportation," Chow says.

The bicycle valet program has been a staple of Winnipeg Blue Bomber games for 11 years. Once the stadium developed their own valet program, Chow says David Wieser, who

started the program, donated the racks to Bike Winnipeg to use at events across the city. To date, Chow says the valet, supported by a team of volunteers, has never had a bike stolen.

Today, the program pops up at various festivals and events around the city, like the Downtown Winnipeg BIZ's Patio Fest and Interstellar Rodeo. Aside from offering a free and feasible way for folks to get to and from events actively, Chow says it demonstrates how alternate methods of transportation can greatly alleviate the dreaded congestion of cars.

"One time, we parked bikes here at The Forks, leaving Interstellar Rodeo for the Beck concert, and there were 300 bikes parked," Chow says. "We got them out in about 20 minutes, but you can also imagine what 300 vehicles or 200 vehicles would be like."

The benefits of active transportation are vast. Aside from promoting a healthy lifestyle, it can reduce traffic congestion, increase road safety and improve air quality. After the initial costs of purchasing a bike, scooter or skateboard, it's remarkably cheap.

In the face of the climate crisis, some experts have suggested that a significant shift toward active transportation is needed. While Winnipeg's roads aren't always the most accommodating to cyclists and pedestrians, the development of the Southwest Transitway and advocacy work from groups like Bike Winnipeg bring hope for safer alternatives to driving.

Active transportation has definitely made its mark in Winnipeg. In 2020, open streets across the city allowed pedestrians and cyclists to take back the streets. Protected bike lanes, like the one that now accompanies Westminister Avenue in Wolsley, continue to emerge in central Winnipeg.

With more folks eager to leave the house, organizations like the Winnipeg Arts Council (WAC) have found ways to meld a passion for the arts with a commitment to promoting active transportation. The ArtWalk and ArtRide tours offer Winnipeggers an opportunity to experience and learn about public art as pedestrians or by bike.

"There's so many different ways to experience public art, and I think the meaning really shifts depending on who is interacting with it, when and what has brought them to the public space," Tamara Rae Biebrich, the senior project manager of public art at the WAC, says.

Complementing existing active-transportation infrastructure has also been a feature of the program. A tour down the Southwest Transitway provides opportunities for folks to learn about local history and converse about public artworks. In the six-kilometre stretch, Biebrich says seven art installations can be encountered along the way.

"The collaboration that we did along the active-transportation path with the development of the Southwest Rapid Transitway, or BLUE line, is really exciting, because that is such a big active-transportation path," they say. "You see so many people on it all the time."

Some highlights include Ian August's *Rooster Town Kettle*, representing the

displaced, urban Métis road-allowance community, as well as a collaborative project titled *Along the Creek* that allows viewers to learn about the Seven Sacred Teachings of the Anishinaabe while enjoying the beauty of the Bunn's Creek Trail.

Best of all, Biebrich says, are the conversations and connections that emerge throughout the duration of the tour.

"Everybody brings their own ideas to their experience of public art in public space, and so tours are an opportunity to learn about the artist's intention, but also to share your ideas and to talk to your neighbours about why this work is here and what it means to you," they say.

The experience, however, doesn't stop at the scheduled tours. With a mobile app released by the WAC called the Winnipeg Public Art Works App, Winnipeggers can make a public-art pit stop on their travels through the app's map directions, background information and audio commentary from the artists themselves.

The app "helps to inspire you with some ideas for destinations, and maybe gets you into a part of the city or neighbourhood that you're not familiar with," Biebrich says.

During Nuit Blanche (Sept. 25 to Oct. 3), more public-art installations will be available for viewing with support from the WAC, including a giant inflatable entitled *See Hear Speak* by artist Paul Robles.

For organizations like Bicycle Valet Winnipeg and the WAC, pairing events, arts and active transportation is a labour of love toward alternatives to cars. As with most things in life, the arts offer a beacon of hope, opening pathways for collaboration between art, history and connection through movement.

ArtWalk and ArtRide tour dates can be found by visiting winnipegarts.ca/guidedpublicarttours. The Winnipeg Public Art Works App is available to download through the App Store and Google Play.

ARTS BRIEFS

CIERRA BETTENS | ARTS AND CULTURE EDITOR | [FICTIONALCIERRA](#) [@CIERRABETTS](#)

Orange Shirt Days at the Manitoba Museum

In honour of the National Day for Truth and Reconciliation on Sept. 30, the Manitoba Museum, in partnership with the Manitoba government, will offer free admission from Sept. 30 to Oct. 3. Tickets to Orange Shirt Days can be reserved by visiting manitobamuseum.ca.

Freddy and the Fire Nation at The Good Will

The instrumental group Freddy and the Fire Nation will play at The Good Will Social Club (625 Portage Ave.) on Friday, Oct. 1, along with Jérémie and the Delicious Hounds and The Sun Runner. Tickets can be purchased online via showpass.com/o/the-good-will-social-club.

Cowboys and Characters at cre8ery

From Oct. 1 to 12, the cre8ery gallery (125 Adelaide St.) will display Western artist and cowboy cartoonist Diamond Doug Keith's *Cowboys and Characters* exhibition. The gallery is open Tuesday to Friday from 12 to 6 p.m. and Saturdays from 12 to 5 p.m.

Propagandhi at The Park

The Winnipeg-based punk band Propagandhi will return to The Park Theatre (698 Osborne St.) with guest artist Choke on Oct. 8 and 9. W3apons will open the show on Oct. 8, while Mobina Galore will kick off Oct. 9. Doors open at 8 p.m., and the show starts at 9 p.m. Tickets are available at myparktheatre.com and on Eventbrite.

WCD Emerging Artist Initiative

On Oct. 22 at 7:30 p.m., Winnipeg's Contemporary Dancers (WCD) will return to the stage with a performance featuring emerging dancers and brand-new choreography. Tickets to the Emerging Artists Initiative, which takes place at the Rachel Browne Theatre (211 Bannatyne Ave.) can be purchased at winnipegcontemporarydancers.ca. All seats are \$15.

Truth to Power Gala at the Burton Cummings Theatre

Multi-award winning Indigenous actor Michael Greyeyes will host the Winnipeg Comedy Festival's Truth to Power Gala on Oct. 8 at the Burton Cummings Theatre (364 Smith St.). The show starts at 9:15 p.m., and tickets can be purchased online at winnipegcomedyfestival.com.



SUPPLIED PHOTO

WE ARE LADY PARTS

“Play Something,” available on the Global TV app

★★★★★

KEESHA HAREWOOD | FEATURES REPORTER | @KEESHAHAREWOOD

Created, written and directed by Nida Manzoor, *We Are Lady Parts* is a British sitcom that follows the humorous goings-on of an all-Muslim women punk-rock band.

It cannot be overstated how much this show does right. In its 25-minute runtime, the first episode “Play Something” establishes the unapologetically quirky, raunchy and comedic vibe of the series.

One of the main draws of the show is watching the performances of the talented

main cast. They seamlessly portray their characters’ distinctive – sometimes clashing – personalities while playing off each other exceedingly well. Plus, their comedic chops are on point. From witty one-liners to physicality and even over-the-top sketches, the cast does it all.

Alongside the stellar acting, the writing is very clever. Manzoor has a talent for deftly laying the groundwork for compelling plot points.

For instance, in the first episode, the

show’s protagonist Amina (Anjana Vasan) is struggling to seek a husband for whom she can be a dutiful wife. Unexpectedly, she’s recruited into the band Lady Parts as a guitarist, which comes with its fair share of complications.

Without spelling it out, Manzoor builds in enough context throughout the narrative for viewers of all backgrounds to understand the social and religious implications of Amina joining the band. Clearly, by joining, her eligibility as a bachelorette will be significantly tarnished. More than likely, she’ll garner disapproval from her family, friends and community. The stakes are high, and her reputation and future are in jeopardy. Even so, Amina’s passion is music.

Granted, this kind of plotline isn’t new or groundbreaking, but it doesn’t need to be. It’s rare to see BIPOC women – Muslim women, especially – as the lead characters in duty-versus-passion narratives. By intertwining the narrative with Islam with a comedic spin, Manzoor creates a framework that’s

safe from stereotyping or stigma.

Depicting an all-women, all-Muslim comedy comes with a whole set of social, racial and political challenges that aren’t even concerns for privileged and, frankly, white writers. But Manzoor navigates these challenges in addition to handling the traditional challenges that come with writing and directing a story. Manzoor is a powerhouse, and her work needs to be supported.

Plus, generally speaking, seeing that Muslim creators – both on- and off-screen – are the ones driving this project is deeply meaningful. This is what diversity looks like on-screen. Not just a BIPOC body featured in a white-centered story, but a creative project made by and for BIPOC.

Basically, *We Are Lady Parts* is a must-watch show. Outside of the all-too-important need to support Muslim-centred shows and BIPOC creativity in general, *We Are Lady Parts* is nothing short of a delightful romp.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6AM	MORNING BREATH	!EARSHOT 20	Cafecito Latinoamericano	FLY Travel Radio ★	FANTASTIC FRIDAY World - Island music	THE MAN IN THE GREY FLANNEL SUIT SHOW	CKU-SPEAKS	
7AM				CANQUEER				
8AM	CKUW MORNING NEWS / FRONT BURNER (CBC)						WOODEN SPOONS	
9AM	DEMOCRACY NOW!			DEMOCRACY NOW!			SHADES OF CLASSICS Classical and New Age	
10AM	DEPARTMENT 13 POP/ROCK	This Way Out	VOYAGE Jazz	PLANETARY RADIO Cheeze Pleasee	SUNNY ROAD Roots Music	MUD PUDDLE RADIO For Kids (Adults too)	INDIGENOUS IN MUSIC	
11AM	The Sean Show	BOOTS & SADDLE COUNTRY		ACCESSIBILITY MATTERS	NO FIXED ADDRESS LIVED EXPERIENCES OF HOMELESSNESS	THE ELECTRIC CHAIR	TEMPLE OF JAZZ	
NOON				!EARSHOT DAILY	HOW TO SURVIVE A TORNADO		NEON BEIGE SOUND EXCHANGE	
1PM	TALKING RADICAL RADIO Truth Before Reconciliation	THE GREEN MAJORITY	ALTERNATIVE RADIO	RADIO ECOSHOCK	GLOBAL RESEARCH NEWS HOUR	THE IVORY TOWER Eclectic Mix	YOU CAN'T HIDE FROM GOD Gospel	
2PM	GROUNDSWELL New Classical	Your Show Here	Classical Kaleidoscope	BARKING DOG Past 'n Present Folk 'n Roots	What's Up Winnipeg?		Classical Delights ★	
3PM	PSYCLE RADIO	Winnipeg Arena is on Fire	SPACE CADET MUSIC, OUT OF THIS WORLD	WHAT ON EARTH IS GOING ON?	Chart Noises CKUW's Top 30	THE TRIP PSYCHEDELIC ROCK	The Shortwave Report Bikini Drive-In	
4PM	INNER CITY VOICES	THE GREEN BLUES SHOW	SYSTEM KIDZ Youth in Care	AMATEUR HOUR So Bad, It's Good	PAGES	PEG CITY PLAYLIST	Jokes On You Local Comedy	
5PM	THE WORLD World	Lost Chunes	TWANG TRUST Country/ Roots/ Big, Dumb Rock 'n' Roll	TAWNY, THE BRAVE Pop/Rock	THE HOW DO YOU DO REVUE	WE BUILD HITS Hip-Hop	THE C.A.R.P. The Completely Asinine Radio Program	
6PM	THE TONIC Garage, Punk, Surf, and R&R	BLUESDAY PLAYING THE BLUES	S.A.N.E. * RADIO Local Experimental Music	Adult Kindergarten	CHECK CA Funky	RED BOX Hip-Hop	Rank and File Radio: Prairie Edition	
7PM	DESTINATION MOON Sock-Hop-A-Go-Go		Your Show Here	Dub City Steppers	QUADRAFUNK Electric Dance Party		THE GASHLYCRUMB TINIES	
8PM	!EARSHOT DAILY	!EARSHOT DAILY	!EARSHOT DAILY	PHASE ONE Electronic	Brain Drainer Radio	DANCE HALL FEVER Dancehall and Reggae	ISLAND VIBES Caribbean	
9PM	BREAK NORTH RADIO ★	LISTENING PLEASURES	Two Princes					
10PM	METAL MONDAY	NIGHT DANGER RADIO	HURLMENTS SUR LA TOUDRA	THE WONDERFUL & FRIGHTENING WORLD OF PATRICK MICHALISHYN	MANITOBA MOON	CRYSTAL PALACE	Rainbow Country	
11PM	MODERN JAZZ TODAY	The Motherland Influence	THE SENTINEL'S MARVELOUS KALEIDOSCOPE				Your Show Here	
MIDNIGHT	AMPLIFIED RADIO	Old Parlour Radio	DEEP THREES					
1AM			CELT IN A TWIST					



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Some programs are on hiatus and/or airing different content due to university closure for COVID-19.

Reimagining Nuit Blanche



A month-long opportunity to explore and celebrate contemporary art

See *Hear Speak* by Paul Robles in Old Market Square

"It is an oddity calling for attention, conjuring a magnetic contradiction that highlights and denies the human experience of contact, folly and closeness," Robles' artist statement for *See Hear Speak* reads.

"The playful shapes are layered with monkeys and meaning to suggest team bonding exercises, sporty cheer(leaders), religious divination and even fraternity hazing. Echoing society's current unease, the title invokes the proverb of the Three Wise Monkeys and how the threat of isolation and despair can lead to compulsive diversion."

Nuit Blanche Winnipeg is one of the city's most anticipated fall events, typically spanning across the core urban area with multitudes of art installations running late into the night.

"The audience participation and the energy that comes from people being out and about checking out all the art projects is part of what really makes Nuit Blanche something special," Jennifer Cheslock, general manager of Culture Days Manitoba and producer of Nuit Blanche Winnipeg, says.

"One of the jewels of Winnipeg is a thriving arts and performing-arts scene. It's one thing that draws people here."

This year, Culture Days is reducing the size of the event but taking a more accessible approach.

"We're expanding from just a single evening event that most people would probably be familiar with, the typical Saturday night, to a month of exploration that audiences can visit at any point," Cheslock says.

"We're very happy to be able to provide an opportunity ... that artists can share what they're working on with audiences, and audiences can have that great experience of being able to connect with art, connect with one another and be out and about in the community again," Cheslock says.

While artists, galleries, curators and businesses can create and host their own projects around the city as part of Nuit Blanche, Culture Days Manitoba also hosts a program called Illuminate the Night, selecting projects that "will enhance the audience experience."

Cheslock says the nine Illuminate the Night projects are all different from one another, exploring the theme of illumination through various media, including sculpture, video projection and poetry.

These projects will be displayed in windows and visible at all times for the duration of the month. Cheslock believes this

will make the projects more accessible, eliminating safety concerns with crowds and indoor spaces.

The decision to adapt Nuit Blanche into a longer format was made in the late spring and early summer.

"We were looking for a way to be able to still share the fun, exciting experience," Cheslock says. "But to do so on just one night comes with so many potential pitfalls, especially as public-health regulations are potentially changing into the fall and as people are concerned about making sure that their own health is a priority."

Cheslock says the artists and organizations involved are excited about the new format. “It gives them a better way to connect with audiences.”

This year, the Culture Days theme for Nuit Blanche is RE:IMAGINE.

“The idea behind that was reimagining how arts and culture could play a role in people’s lives and helping them move beyond the challenging time that everybody’s been going through in this past year and a half,” Cheslock says.

“I think we’re kind of imagining how life could be different than it was in the past ... and how each of us can contribute to making life a little bit better. So I think ‘reimagine’ as a theme offers an opportunity for people to consider the changes that we want to see in the future of arts and culture.”

Cheslock says the mandate for Culture Days is to give Manitobans the opportunity to engage with arts and culture, noting that admission fees are a barrier for many. Nuit Blanche “creates a space where people don’t have to worry about those kinds of financial barriers.”

“Offering arts and culture events and activities for free is a great way to get people interested and engaged with the new art forms that they might not have learned about otherwise. So, again, taking away that barrier of cost helps people to try new things out, discover things that they might really enjoy and learn about their own passions,” Cheslock says.

For Nuit Blanche 2020, Culture Days offered an equal split of programming online and in person. This year, most events are scheduled for in person, with only 20 per cent online. Cheslock says they haven’t decided what they’ll do for 2022.

“It’s been tough to try to adjust things from the way that they used to be. But at the same time, we’re looking to find what works for everybody. And if that means a change, let’s go for it,” Cheslock says. “I think it’s important to, you know, take the positives where we can. I mean, we don’t know what the future holds.”

Nuit Blanche takes place from Sept. 24 to Oct. 24, coinciding with Culture Days Manitoba. Find their pocket guide at nuitblanchewinnipeg.ca.



Ashley Christenson’s Illuminate the Night installation, *a quiet place*, at Théâtre Cercle Molière

The installation consists of three large handmade clouds and a moon, suspended from the ceiling and illuminated from the inside.



Jennifer Cheslock, general manager of Culture Days Manitoba and Nuit Blanche Winnipeg programmer



Setting up: Belgian-Métis artist Charlene Van Buekenhout installing her large-scale lantern beadwork piece, *Beading on the Land*, at Théâtre Cercle Molière. Van Buekenhout has historically worked in theatre. It was at a puppet-making intensive in Massachusetts that inspired her to create this piece.



Joshua Banman's interactive augmented-reality video installation *Luv Lite* can be seen at the Exchange District BIZ office. The installation is part of the Illuminate the Night series. Onlookers step into a miniature arena of CRT televisions and see themselves reflected on a dozen glowing screens. "I hope to evoke a sense of nostalgia for a technology that is familiar but no longer available to consumers," Banman says in his artist statement.

"As well, the expectations for this style of screen is not to have interactive elements, so by layering in augmented-reality interaction, I hope to surprise and delight the audience. The staging of *Luv Lite* is also designed to maximize selfie-taking from audience members. The proposed augmented reality mask is light beams emitting from the users' eyes and hands – evoking a narrative that the light we need to see comes from within."



Filmmaker Lasha Mowchun at a screening of her short film *Scopophobia*

Mowchun says Nuit Blanche is the ideal setting for her work to be seen, due to her valuing a diverse audience. "I like that a general public comes out and not a specific, niche art crowd. I wanted to show it to regular people," she says. "I believe that regular people understand art. I don't like the idea that art is only for special people. It should be accessible. Anyone can understand it."



Leandra Brandson's multi-channel video installation *Look Up, Look Down* can be seen from the windows of Travel Manitoba's headquarters at Johnston Terminal at The Forks. The piece showcases the varied landscapes of Manitoba.



Team Toxic's *PanoptiBot: Defacement in the Surveillance Age* on display at Little Brown Jug Brewing Co.

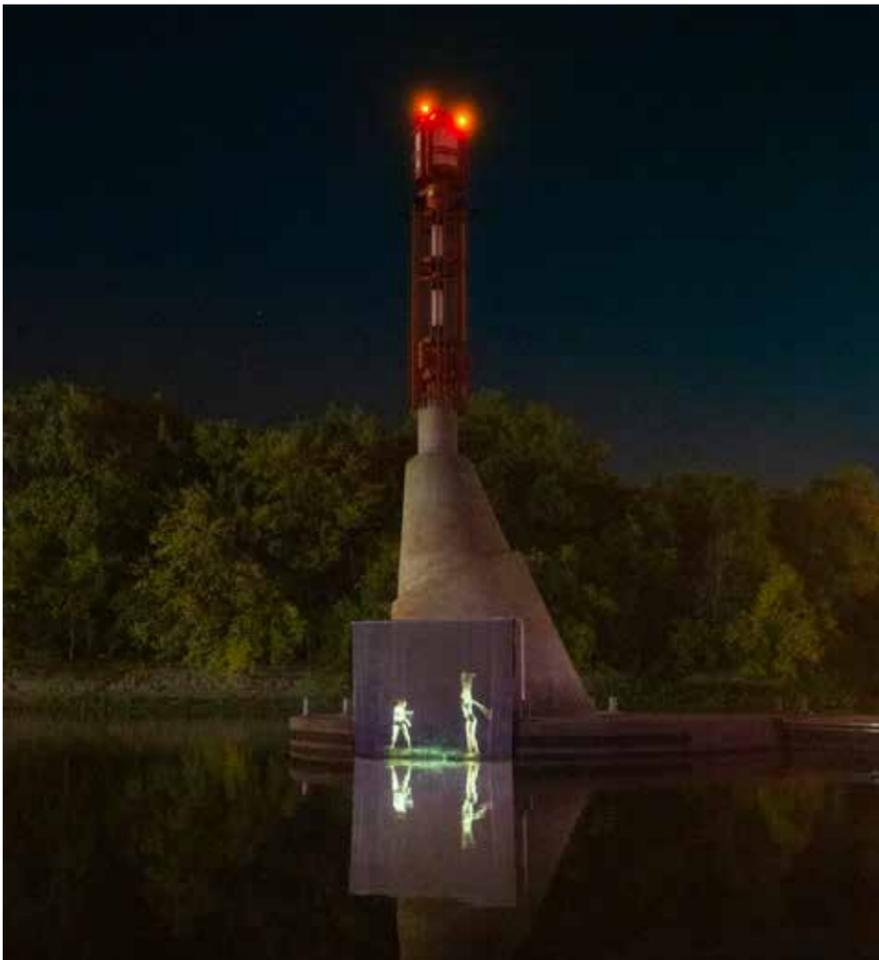
The piece is comprised of "a series of giant robotic faces on freestanding walls made of lights,

monitors, mirrors, wires and tubes."

"It's our hope to use the systems of surveillance capitalism to make people contemplate the hazards of engaging with it."



Drag queen Bambi Rey performing for the crowd at Little Brown Jug Brewing Co. on Sept. 25.



A view from The Forks Harbour of *Waterline*, a temporary video installation created by hannah_g and choreographed by Rachel Cooper. The video on display features two dancers seemingly emerging from the water to then dance on its surface.



Buekenhout's *Beading on the Land* at Théâtre Cercle Molière

"Public art is a nice reminder for people who maybe don't think about art very often, that it can touch someone and that it's all around, all the time," she says.

CITY BRIEFS

ALEX NEUFELDT | CITY EDITOR

Post-election processing panel

Evelyne Brie and Félix Mathieu will host *Divided We Stand: Making Sense of the 2021 Federal Election and Beyond* on Oct. 7 from 12:30 to 1:30 p.m. The free virtual panel will draw on Brie and Mathieu's research from their co-authored book *A Divided Country: Identity, Federalism and Regionalism in Canada*.

Mennonite centennial conference

UWinnipeg's Centre for Transnational Mennonite Studies is hosting a free three-day conference examining the 100-year legacy of the Mennonite Central Committee from Sept. 30 to Oct. 2. To register and view the full program and list of presenters, visit mennonite-studies.uwinnipeg.ca.

Gandhi and the Partition Of India

On Oct. 5 from 6:30 to 8:30 p.m., professor Rajmohan Gandhi, a human-rights activist, author and grandson of Mahatma Gandhi, will give a free virtual presentation titled *Gandhi and the Partition of India*. The event, which celebrates Gandhi Jayanti, is hosted by the UWinnipeg India Centre in partnership with the India Association of Manitoba and the Consulate General of India.

Research office relocates

The University of Winnipeg Research Office has expanded its staff and moved headquarters to the Richardson College for the Environment and Science Complex. The office has gained nine members since 2019, including Lauren Bosc, Eric Bouchard, Ada Chukwudozie, Lisa Ledoux, Kerenza Plohman and Julia Ryckman in 2021; Vanessa Bayaraa in 2020 and Lara Arnason and Bea Spearing in 2019.

Byelections begin

The UWSA byelection nomination period is underway until Oct. 7, so those interested in running for an open position can start working on their paperwork and submit it to cec@theuwsa.ca. For this election, the open positions are education director; graduate students' director; Professional, Applied, Continuing Education (PACE) director; racialized students' director; 2SLGBTQ* director; plus one- and two-year term positions as emerging leader directors.

Restarting the Helen Betty Osborne scholarships

The National Centre for Truth and Reconciliation and Indigenous Chamber of Commerce will relaunch scholarships honouring Helen Betty Osborne, with support from The Winnipeg Foundation. Osborne, a Cree woman pursuing post-secondary education, was murdered in Norway House in 1971. The scholarships honouring her will support Indigenous students, and the application portal will open on Nov. 13.

THE 'RETURN' OF THE WINNIPEG JETS

Safety protocols added to create a COVID-safe environment

CALLUM GOULET-KILGOUR | CITY REPORTER |  CGOULETKILGOUR

After playing most of last season outside of Manitoba due to the COVID-19 pandemic, the Winnipeg Jets have returned to their home arena, the recently renamed Canada Life Centre. True North Sports + Entertainment (TNSE), the Jets' owners and operators, have kept the pandemic in mind in their planning for the upcoming year.

"We know how important it is for our fans to not only feel safe but to enjoy a comfortable and entertaining experience, and they can look forward, not only to the thrill of live hockey, but to all the fun and excitement that has made Winnipeg Jets games the place to be for the past 10 seasons," Christina Litz, TNSE's chief brand and commercial officer, says in an email to *The Uniter*.

Among the new safety measures are a mask requirement (in place at all times except when eating or drinking), mobile tickets to ensure a contact-free experience and a vaccine requirement. Children under 12 must be accompanied by a fully vaccinated adult. Furthermore, all employees have been vaccinated.

Earlier this year, the Canada Life Centre (formerly known as Bell MTS Place) received Global Biorisk Advisory Council STAR accreditation, "signifying that the most stringent cleaning, disinfecting and infectious disease-prevention protocols are in place to prevent and manage biorisk situations," according to a TNSE press release. This does not guarantee a COVID-free environment, however, given that venues with this accreditation have still experienced outbreaks.

"Every aspect of both the guest and employee journey and experience has been contemplated, and True North has been working diligently with the province to ensure alignment with current public-health orders," Steinunn Parsons, TNSE's vice-president, guest experience, says in an email to *The Uniter*.

"We would encourage ticket holders to arrive earlier than usual, not only to see the on-ice projection pre-game show, but to allow extra time, given the extra processes that are in place to confirm vaccination documentation and for security screening," she says.

If the COVID-19 situation worsens in Manitoba and further restrictions are implemented, it is unclear whether sporting events like these will be exempt or required to comply with new rules. Either way would have substantial implications for the Jets and their relationship with the government. The office of Audrey Gordon, Minister of Health and Seniors Care, has not responded to *The Uniter's* request for comment.

Recently, Mark Chipman, chair of TNSE, endorsed Heather Stefanson, one of two candidates vying to become Manitoba's next premier.

This week, the Jets head west to play three pre-season games in Edmonton (Oct. 2 at 6 p.m.), Vancouver (Oct. 3 at 6 p.m.) and Calgary (Oct. 8 at p.m.). They then host the Calgary Flames (Oct. at 7 p.m.). They will kick off the regular season in Anaheim (Oct. 13 at 9 p.m.) before the two teams meet again in Winnipeg for



ILLUSTRATION BY GABRIELLE FUNK

the Jets' home opener (Oct. 21 at 7 p.m.).

"It's not just the fans who are excited, but our entire True North team can't wait to experience the community of a Winnipeg Jets game live and get back to what they do best in executing an amazing in-game experience, whether behind the

scenes or on gameday with fans," Litz says.

Winnipeg Jets tickets can be purchased at nhl.com/jets/tickets. Visit canadalifecentre.ca/health-wellness for more information on Canada Life Centre's safety policies.

GARDENS AT THE LEAF NOW IN FULL BLOOM

'World-class' outdoor space has educational potential

CALLUM GOULET-KILGOUR | CITY REPORTER |  CGOULETKILGOUR

The Gardens at The Leaf, a "place where nature and culture unite," opened this summer at Assiniboine Park. This outdoor attraction is part of the final phase of Assiniboine Park's 2009 redevelopment plan.

This nearly 30-acre greenspace comprises six distinct exhibits. The Indigenous Peoples Garden, which was planned by Indigenous landscape and architectural designers, focuses on cultural understanding. The Kitchen Garden will grow edible plants and focus on demonstrations and classes. The Sensory Garden engages visitors through all the senses, and The Grove "focuses on the majesty of trees." The Seasonal Garden will change throughout the year, while the Performance Garden features an outdoor stage.

Kevin Klein, city councillor for Charleswood-Tuxedo-Westwood and board member of the Assiniboine Park Conservancy, says he is delighted to have a "world-class facility" in his ward and credits an entire community of volunteers, staff and donors for its creation.

"I think about how lucky our city is to have such a dedicated group of people," he says.

"There are trickle-down effects when you build something like this," Klein says, adding that he is optimistic about the positive economic impact this facility will have. He believes The Gardens at The Leaf will

attract tourists from around the world.

Lee Ann Block, an associate professor at the University of Winnipeg who specializes in cultural sustainability and outdoor learning, says it is a place where "a lot of educational activity could happen, both formally and informally."

"Any green space that kids go to, they learn directly and indirectly," she says, adding that "they learn directly when a guide gives them a tour, but they also learn just by being in that space and exploring it."

"Young children, particularly, notice everything and ask questions," Block says. She believes that the Indigenous Peoples Garden, the Kitchen Garden and the Sensory Garden are particularly innovative and could be great for children and families.

"When I was visiting, the staff were really interested in talking about what they've been doing and what they've been growing," she says.

Research has shown that the COVID-19 pandemic has changed the way people interact with the outdoors and nature.

"Talking to kids, parents and teachers (since March 2020), certainly more people have thought about taking their kids outside," Block says. She believes that being outside more often is one of the few positive changes to come from the pandemic.



PHOTO BY DANIEL CRUMP

The Gardens at The Leaf are six new, distinct gardens covering nearly 30 acres at Assiniboine Park.

The final stage of this project is The Leaf, which has yet to open. This indoor attraction will have gardens, exotic plants, butterflies and more, and the designers of the park hope it will "be the most visually stunning place of its kind in North America," according to the Assiniboine Park website.

The Gardens at The Leaf are located in the southeast corner of Assiniboine Park. The Indigenous Peoples Garden, the Sensory Garden, the Performance Garden and The Grove are open 24 hours a day. The Kitchen Garden and Seasonal Garden are open from 9 a.m. to dusk. For more information, visit assiniboinepark.ca/leaf/vision.

INSTITUTIONALIZED RACISM AND ACADEMIC MISCONDUCT

Discrepancy in universities' responses suggest bias against BIPOC, international students

REESE ESTWICK | CAMPUS REPORTER | @REESEESTWICK

In many cases, academic misconduct is something professors discuss on the first day of classes – but individual instances of academic dishonesty aren't often spoken about by the greater campus community.

The consequences for plagiarism or cheating are serious. However, each instance is judged on a case-by-case basis, and BIPOC students (especially international students) tend to face disproportionate allegations of academic misconduct.

Recently, a fourth-year education student at the University of Winnipeg (U of W) was sentenced to a one-year academic suspension after attending an April anti-mask rally at The Forks. However, a few days after the university announced this decision, the student's punishment was thrown out, and they were allowed to return to their teaching placement.

Many were left asking questions: if the U of W administration is unable to make a final decision about this student's case, how can any academic misconduct and behavioural misconduct rules truly be understood by students and staff as set-in-stone policy?

In many cases across Canada, faculty and staff are not held accountable for their

racist prejudices against BIPOC students, specifically international students.

This was displayed in May at the University of Regina, when Allan L. L. East, a chemistry professor, sent an email to 14 students, accusing them of cheating.

"I could not help but notice that all 14 of you cheaters have East Indian last names," East wrote in an email to students, stating that they would all receive a failing grade. "You must not cheat in Canada. Canadians do not like cheaters."

Aysha Yaqoob, a University of Regina graduate student and anti-racism advocate who was informed of this email approximately two weeks after it was received by students, says "some of them were not international students, but just had names that looked too foreign to the professor." She then organized a mass email campaign to ensure the professor was held accountable by the administration.

Some students who received this email told Yaqoob they did not cheat and were certain it was the fault of Proctortrack, the online proctoring software required by the university during online examinations. However, other students stayed silent for



This library building stands on the University of Regina campus. The university faced controversy in May after a professor sent a racist email to students.

fear of possible repercussions.

"From my personal experience, when I have had to deal with racism at the university, I've never felt comfortable reporting it to the right people," Yaqoob says. "The one time I tried it was written off."

She says some people have reached out to stress that "it's hard to report instances of racism to folks who are white, because they don't understand."

The University of Regina administration sent a uniform response to all students who participated in the email campaign and hosted a 30-minute meeting with the accused students. Yaqoob, however, says "People of Colour don't have any more time to wait ... we can't be patient anymore."

Reza Hossain, the University of Winnipeg Students' Association vice-president student affairs and president of the University of Winnipeg International Students' Union, says there has been an increase in

the number of international students at the university. "We would like to see the university increasing its supports and resources for the international students to help them succeed," he says.

Actions like East's are ones that will follow students for the rest of their lives and continue to perpetuate institutionalized racism. Students and faculty across the country need to analyze how their disciplinary systems disproportionately punish Students of Colour.

If a student is facing academic-misconduct allegations, they can reach out to the UWSA vice-president student affairs for advocacy-centred assistance. If the student believes they are facing prejudice, they are invited to request intervention from the University's Human Rights and Diversity office.

RE-INDIGENIZING TREATY 1 AND BEYOND

The Space Between Us provides opportunities for BIPOC artists

REESE ESTWICK | CAMPUS REPORTER | @REESEESTWICK

A new initiative is being brought to life by University of Winnipeg (U of W) art history professor Dr. Julie Nagam. Nagam is working alongside an international team of BIPOC artists and researchers, who are passionate about re-Indigenizing urban centres and universities through public art and technology.

The Space Between Us is a project that is developing a mentorship network that creates spaces for racialized and marginalized students, staff and community members. The project aims to create safe spaces for racialized people to learn about their cultures through art, then bring it to life through a vast number of available mediums and technologies.

After receiving a \$2.5 million Social Science and Humanities Research Council (SSHRC) partnership grant, the project's funding has been elevated to approximately \$6 million, thanks to over 40 researchers and 31 partners spanning across the globe, covering Canada, the United States, Norway, Greenland, Australia, New Zealand and Finland.

Dr. Serena Keshavjee, a U of W art history professor, is a collaborator on this project. She explains that it's about more than just art, and also about making stories accessible to all people.

Keshavjee says "making spaces more transparent, making them more inviting and privileging Indigenous art would help" make the stories and cultures told through art more accessible and widely known.

"I call it re-Indigenizing Treaty 1," Keshavjee says. "It was an Indigenous place, and then Indigenous people were kept out, like physically by being put into reserves and that pass system ... now we are re-Indigenizing it."

Jasmin Winter, the Aabijjiwan team lab co-ordinator at the U of W, says she is passionate about "how emerging technologies, such as virtual reality, video games and app development could support cultural and language revitalization amongst Indigenous and racialized communities."

It is important that people recognize and acknowledge that "Indigenous peoples, especially ... are the original innovators on this land that we now call Canada," Winter says. They "are the original artists of this land. I think it is so important to let that sink in."

Through the use of varying mediums, people from all walks of life are able to connect over the beauty of an art piece, the power of a story or the fun of a game.

Creating and sharing art "can be a bit delicate," Winter says. "You never want



The Space Between Us is a U of W-led project aiming to re-Indigenize urban centres and universities through public art and technology.

to put Indigenous and racialized artists in boxes and expect every single thing that they produce to have something to do with, let's say, the environment or even colonization or even being explicitly about culture."

These tunnel-visioned expectations can create marginalizing stereotypes for Artists of Colour and limit their ability to produce work that is outside of these expectations. Winter explains that this can result in racialized artists questioning their abilities outside of those strict topic constraints, which can deter some artists from freely creating.

The power of art is unmatched, as it builds bridges that close the spaces between people, because, as Winter says, "one piece of art can tell as much as a PhD thesis."

The next initiative to launch from The Space Between Us will open to the public on Oct. 14 at the U of W from 3 to 6 p.m., on the third floor of Richardson College for the Environment (room 3RC060).

WHEN IN FLORENCE

Anne-Laurence Caudano, professor, history department, U of W

KEESHA HAREWOOD | FEATURES REPORTER |  KEESHAHAREWOOD

For Anne-Laurence Caudano, a professor in the University of Winnipeg's (U of W) history department, her love of the past began in childhood.

"I always wanted to do something historical," Caudano says.

Growing up, she aspired to be an archaeologist. But due to some good advice from a high-school teacher, Caudano diverted from archaeology and pursued history instead. She then went on to specialize in medieval history, as well as the histories of science and astronomy.

"I became really fascinated with these questions about how people explained the heavens," she says.

Caudano also has a healthy interest in ancient languages. In fact, one of her favourite parts of her job is deciphering timeworn scripts.

"I love manuscripts," she says. "I love digging in these things and finding texts that people have not read, necessarily, and study(ing) that."

With so many historical writings now being digitized, Caudano is happy with how accessible scripts are becoming – save for one minor inconvenience.

"I mean, in a way I'm a bit sad now I can't tell the university 'I absolutely have to go to Florence because of a manuscript there,'" she says. "Now they had to put everything online, and I don't have that excuse anymore!"

All jokes aside, Caudano very much appreciates how easily she can access a great variety of texts.

Even if reading them can get boring at times, there's something about the potential for discovery that always seems to spark Caudano's interest.

And perhaps one day, Caudano's love of manuscripts will land her a ticket to Florence. It might not, but one can always hope.

What's the best thing about your work?

"I love my colleagues. I think they're fun."

What do you like to do in your spare time?

"When I can, I love to work out."

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

"I'd actually love to be able to read all my stuff (manuscripts) without struggling with the dictionary."

If you could understand one text perfectly, what would it be?

"It's something called the *Almagest*."



THE UNIVERSITY OF
WINNIPEG

Student Services

Webinar Wednesdays: Tips for Success!

In half-hour sessions via Zoom, Student Services staff share some valuable strategies and tips to help you succeed at UWinnipeg. They will cover a wide variety of topics, including:

- Everything you ever wanted to know about Letters of Permission and Major Declarations
- Should I Stay or Should I Go? How to Decide if Dropping a Course is Right for You.
- So What Can I Do with My Degree?

For more information and to register online, please go to: uwinnipeg.ca/student-services/webinar-wednesdays.html.

Fall Reading Week

The University of Winnipeg's annual

Fall Term Reading Week will take place from **Oct. 10-16**. No classes, except for Education students taking 4000-level certification courses who are required to attend class and practicum during this period. Please consult your course outline for more information. The University will be closed for Thanksgiving Day on **Oct. 11**.

In-Person Service Resumes for Some Departments in Student Services

Some departments in Student Services are now open for in-person meetings - by appointment only. All offices are continuing to offer some remote meeting options. Please see this webpage for details about each department: uwinnipeg.ca/student-services/webinar-wednesdays.html

Use the myVisit App

Need some help from someone in

Student Central and/or Academic & Career Services? Download the myVisit app today. The myVisit app enables students to add themselves to a virtual line for drop-in Zoom sessions at Student Central. The app can also be used to book appointments for a Zoom or in-person meeting with a student central staff member or an academic or career advisor. Appointments with advisors can also be booked through the website: myvisit.com.

Need a Spot to Store your Stuff? Rent a Locker!

Locker rentals have resumed on campus, with options now available in Manitoba, Centennial and Riddell Halls, as well as in Richardson College and the Asper Centre. Find more information on location and cost, along with an online form here: uwinnipeg.ca/accepted-students/getting-ready/locker-rental.html.



COMMENTS

'CONVERSATIONS ABOUT STIGMA' ARE ALL TALK

Enough platitudes about mental health. Let's actually discuss mental illness.

THOMAS PASHKO | MANAGING EDITOR |   THOMASPASHKO

In mid-September, Winnipeg-born singer-songwriter Chantal Kreviazuk spoke to multiple media outlets about “ending the stigma around talking about mental health.” As Kreviazuk told CTV News Winnipeg, “I’ve always believed we’re only as strong as the person who’s having the most challenging time in our immediate family, in our community. So, I think it’s okay to talk about our mental health.”

While Kreviazuk’s work with mental-health organizations certainly deserves praise, I couldn’t help but sigh and roll my eyes when I heard that phrase. As a mentally ill person, I have grown so tired of hearing about “conversations” and “stigma.”

A prominent example of this is Bell’s annual Let’s Talk campaign, which encourages everyone to “talk” about, and remove the stigma around, mental illness. Bell’s campaign has been the subject of criticism over the exploitative corporation’s own hypocrisy regarding treatment of workers and prison profiteering. But there’s a deeper problem in framing every discussion around “conversations” and “stigma.”

When I first entered treatment for major depressive disorder at age 19, I made an ef-

fort to talk about it publicly. I was aware of the stigma around it. The only person I’d heard speak openly about mental illness was Carrie Fisher. I wanted my friends to know I’d answer any question they had.

Twelve years later, I’ve grown more private about my depression. It feels less imperative as society learns more about mood disorders like depression and bipolar. Truthfully, it’s been years since I’ve felt judged or stigmatized for my illness. We’ve made real progress. But instead of moving on to the next step, we keep banging the same drum.

The continued narrative of “destigmatizing conversations about mental illness” doesn’t really address mental illness at all. We’re adding a buffer layer (conversations) to another buffer layer (stigma). What we’re really addressing is so-called “neurotypical” people’s discomfort or prejudice regarding mental illness. I am done catering to those people. Maybe a decade ago, educating them was the right project. But if they aren’t on board by now, that’s their problem.

No, I don’t want to talk about attitudes toward mental illness anymore. I don’t need to hear people without a diagnosed mental illness tell me, “I think it’s okay that you’re sad!”



ILLUSTRATION BY GABRIELLE FUNK

I want to actually talk about illness, access to therapy, treatment and medication.

Let’s talk about how accessing therapy and medication is still expensive and difficult for many. My last attempt to access therapy, even with the privilege of employer-based health-care, went nowhere. Folks without coverage of any kind face their own unique hurdles. All treatment should be free and easy to access for everyone, period.

Let’s acknowledge that mental illness doesn’t just mean mood disorders like depression. It also means eating disorders (in Manitoba, waitlists for treatment can be up to two years). It means schizophrenia and other psychosis-inducing disorders.

On Sept. 17, Manitoba Progressive Conservative leadership candidate Shelly Glov-

er told CBC News that she believes Vince Li, who was found not criminally responsible for an infamous 2008 killing on a Greyhound bus in Portage la Prairie, should remain locked up despite the fact that his schizophrenia has been treated, and he poses no risk to the public.

Let’s stop having the easy, placating conversations. Let’s take meaningful action and start talking about the hard stuff.

Thomas Pashko is the managing editor for *The Uniter* and lives unabashedly with major depressive disorder. He had to have his daily dose of sertraline increased during the pandemic, and he should probably start doing mindfulness meditation again.



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MUSHROOM WILD RICE SOUP WITH COCONUT MILK



INGREDIENTS

- 6 CUPS BROTH (VEGETABLE, CHICKEN OR BEEF)
- 1 CUP UNCOOKED WILD RICE
- 1 CUP CHOPPED MUSHROOMS
- 4 CLOVES GARLIC, MINCED
- 2 MEDIUM CARROTS, DICED
- 1 MEDIUM SWEET POTATO, PEELED AND DICED
- 2 TSP OLD BAY SEASONING
- 1 TSP POULTRY SEASONING
- 1/2 TSP DRIED OREGANO
- 1 CAN UNSWEETENED COCONUT MILK
- SEA SALT AND CRACKED PEPPER TO TASTE

DIRECTIONS

- HEAT 1 TABLESPOON OF BUTTER OR VEGETABLE OIL IN A LARGE STOCKPOT OVER MEDIUM HIGH HEAT. ADD GARLIC AND COOK FOR 1 TO 2 MINUTES UNTIL FRAGRANT.
- ADD IN THE BROTH, UNCOOKED WILD RICE, MUSHROOMS, CARROTS, SWEET POTATO AND OLD BAY SEASONING. STIR TO COMBINE.
- COOK SOUP UNTIL THE SOUP REACHES A SIMMER AND REDUCE HEAT TO MEDIUM-LOW. COVER AND SIMMER SOUP FOR 30-40 MINUTES UNTIL THE RICE IS TENDER. STIR OCCASIONALLY.
- FINALLY, ADD IN THE COCONUT MILK (MAKE SURE YOU SHAKE CAN WELL FIRST TO ENSURE THERE ARE NO CHUNKS) AND STIR GENTLY TO COMBINE.
- SERVE WARM WITH A TOASTED SANDWICH, A PIECE OF BREAD OR ENJOY ON ITS OWN!

BY TALIA STEELE



DIVERSIONS

HOROSCOPES

Venus clashes with Jupiter, the planet of opulence, on Thursday, September 30, at 7:31 PM.

There's a desire to overdo things, because we feel as though we've been lacking or cut off from something. Revenge might not even be what you want.

SOURCE: ASTROLOGY.COM

ARIES

The universe has been keeping you on your toes, Aries. Thursday's skies continue to unlock more stories, as retrograde Mercury backs into a square with truth-revealing Pluto. This potent pairing works to uncover hidden information, especially that pertaining to your current partnership story. The moody Cancer moon can intensify matters on the family front, but her transition into Leo later on lightens the mood considerably.

TAURUS

You're being asked to stretch yourself beyond your known limits today, Taurus. Thursday's skies find your ruling planet, lover Venus, locked into a clashing square with big-picture Jupiter. This pairing is a positive one that buoys moods and enhances opportunities, but also makes it easy to bite off more than you can chew on the career front. Aim to embrace growth, but be careful of taking on too many agreements or projects.

GEMINI

As a Gemini, you glean cosmic guidance from the quick-moving, messenger planet, Mercury. Thursday's skies find Mercury backed into a potent position as it retrograde dances backwards into its second square with emotionally raw Pluto. This pairing is likely to illuminate any hidden tensions not being acknowledged on the intimacy and relationship front. Aim to be honest and direct without exploding at others.

CANCER

A multitude of stories seems to emerge beneath Thursday's skies, Cancer. On the one hand, magnetic Venus locks into a square with visionary Jupiter. This pairing is mostly a positive one that buoys partnership growth but may also highlight unmet expectations. Elsewhere, retrograde Mercury is wrangled into a tense encounter with truth-revealing Pluto, flushing out any unspoken tensions in intimate partnerships.

LEO

Prioritize your peace today, Leo. The moon's presence in sensitive Cancer encourages you to seek out solitude and quietly recuperate. Yet, Thursday's skies are chock full of action to acknowledge. Magnetic Venus' squares off with big-picture Jupiter, highlighting where further efforts could be made around partnership growth. Elsewhere, messenger Mercury butts heads with brooding Pluto, highlighting the importance of having some uncomfortably honest conversations.

VIRGO

As a Virgo, you gain cosmic insight from following the sharp movements of messenger Mercury. Thursday's skies find Mercury in a bind, as it retrogrades back into its second difficult square with truth-revealing Pluto. This potent energy helps you directly acknowledge any tensions or time bombs you've been trying to ignore. Aim to use this energy to purify and clear the air, even if it means ruffling some feathers in the process.

LIBRA

Lean into the optimistic mindset washing over you today, Libra. Rather than justify away your hopefulness with logic, aim to embrace the expansion the universe is encouraging you toward! Your ruling planet, bond-building Venus, finds itself in a square with larger-than-life Jupiter. This pairing boosts good moods and makes you feel capable and confident but may also have you biting off more than you can chew when it comes to romantic or creative commitments.

SCORPIO

As a Scorpio, you're naturally compelled to look beneath the surface of any circumstance you find yourself in. Thursday's skies encourage you to embrace that natural mode of action as retrograde Mercury backs into a tense square with potent Pluto. This unsettling pairing is likely to expose any dormant frustrations that need to be communicated. Thankfully, Venus' meet-up with big-hearted Jupiter can help alleviate tensions and smooth things over.

SAGITTARIUS

Change is an inevitable fact of life, Sagittarius. The universe is nudging you along to embrace that concept today as the illuminating sun links up with transformative Pluto. This pairing facilitates renewal on the career and self-confidence front—you need only implement it! Elsewhere, bond-building Venus' square with heavy Saturn may highlight reality-check relationship conversations to have. However daunting they seem, it's best to face them head-on.

CAPRICORN

A relationship reality check is in order today, Sagittarius. Your ruling planet, jolly Jupiter, receives an unhappy visit from other-oriented Venus today, sparking some tensions between what is and is not communicated clearly in your intimate one on ones. Messenger Mercury clicks into a square with truth-telling Pluto, encouraging you to be direct about any dormant frustrations.

AQUARIUS

You're likely to be digging up mental treasures worth examining today, Aquarius. Messenger Mercury locks into a harsh encounter with truth-seeking Pluto, pushing you to plummet into the depths of your subconscious. It's an ideal day for therapy or journaling, as some of your most potent truths are on the tip of your tongue. Elsewhere, good-time Venus meets with big-picture Jupiter, offering a buoyant, optimistic outlook to the day.

PISCES

Thursday's cosmic landscape digs up forgotten truths and then works to smooth them over, Pisces. Retrograde Mercury backs into its second square with brooding Pluto, illuminating any unspoken tensions looming around your long term goals and friend groups. Aim to clear the air without burning bridges! Meanwhile, lover Venus meets with optimistic Jupiter, imbuing the day with grand visions of love and romance—some that may be out of reach!

IT'S LIBRA SEASON!



As a cardinal air sign, Libra holds the qualities of social initiation and leadership. This makes those with Libra prominent in their charts great at pioneering social projects and gatherings, and naturals at unifying their team, family or community.

Those with this sign can be thought of as "the diplomats" of the zodiac, acting as active mediators and negotiators in any crisis or challenge. Being ruled by the planet of pleasure and attraction, Libra is usually quick to forgive and eager to smooth out differences so that everyone can get back to enjoying the finer aspects of life.

Dates—
September 22 –
October 22

Symbol—
The Scales

Mode + Element—
Cardinal Air

Ruling Planet—
Venus

House—
Seventh

Mantra—
"I Relate."

Tarot Card—
Justice

Colors—
Ivory, Pink, & Light Blue

Body Part—
Lower Back & Kidneys