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SHAMELESS SELF-PROMOTION

THOMAS PASHKO
MANAGING EDITOR

@THOMASPASHKO

Every week, I jot down some thoughts in this space to serve as a weekly editorial note. This space is typically used to offer musings, opinions, stories or (occasionally) details about the editorial process.

This week, however, I'm using *The Uniter's* editorial note to do some shameless self-promotion for the newspaper!

First of all, I wanted to thank everyone who voted in our annual Uniter 30 readers' poll, the results of which will be published in our Dec. 2 issue.

Secondly, I wanted to mention that we are currently accepting applications for two new columnists. Our rotating roster of columnists each write one article a month on a topic or theme related to their personal background or perspectives. If you'd like to get paid to write once a month and offer your opinion or lived experiences, we'd love to have you! Visit uniter.ca/jobs for more info.

Finally, I wanted to mention a cool feature of uniter.ca that you might not know about. Our "Listings" section is a community bulletin board where anyone can submit information about events or initiatives they're hosting. It's a great resource for anyone looking to promote something, or those just looking for cool stuff happening in Winnipeg. It's sort of like a little advertisement or poster board, but it's online, and it's free! Visit uniter.ca/listings to get involved.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Caleb Hasler, associate professor in the U of W's biology department, weighs in on the local ecological impacts of 2021's extreme climate. Read more on page 11.

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SUBMISSIONS

Submissions of articles, letters, graphics and photos are encouraged, however, all new contributors (with the exception of letters to the editor) must attend a 45-minute volunteer orientation workshop to ensure that the volunteer understands all of the publication's basic guidelines.

In-person volunteer orientations are currently suspended due to COVID-19, but over-the-phone and remote orientations can be arranged. Please email volunteer@uniter.ca for more details.

Deadline for advertisements is noon Friday, six days prior to publication. The Uniter reserves the right to refuse to print material submitted by volunteers. The Uniter will not print submissions that are homophobic, misogynistic, transphobic, ableist, racist or libellous. We also reserve the right to edit for length/style.



APOLLO SUNS RETURN TO THE PARK THEATRE

After cancelling 2019 tour, the band is back and ready to play

REBECCA DRIEDGER | ARTS AND CULTURE REPORTER | REBECCADRIEDGER

Restrictions that barred in-person performances during the COVID-19 pandemic left musicians scrambling to find different ways to collaborate and communicate.

However, nothing is quite like the feeling of having a live audience, according to Apollo Suns. The psychedelic jazz-funk instrumental group will host their first major concert since they had to come home early from a North American tour in 2019.

They were on the road to play the American leg of their tour when Manitoba announced its first case of COVID-19. Not long after, shows were cancelled, and their manager told them that it was best to come home.

“We did a show in Fargo, St. Paul and then Omaha, Neb., and once we left Omaha, we got a call saying to come home,” Ed Durocher, bandleader of Apollo Suns, says. “What we thought would blow over in a couple weeks was going to last a lot longer.”

The band did their best to stay focused when they got home, even through the difficulties of lockdowns. They sent recordings back and forth to rehearse, focused

on rhythms and bonded through online gaming to help the group stay connected.

“One thing we did a lot of was dissecting popular songs that we liked,” Durocher says. “Someone would pitch a song, and we would break it down to the smallest details and would discuss why these elements make the song so catchy. It’s very analytical.”

Apollo Suns were not the only group that had to change rehearsal tactics due to the multiple lockdowns. Cj Loane, a member of the Winnipeg-based, grunge-revival band The Bloodshots, says the band faced similar challenges.

“We couldn’t wait to get back at it. We couldn’t rehearse,” Loane says. “We were doing a lot of recording and sending them back and forth, but it just wasn’t the same.”

The Bloodshots are one of two opening acts for the upcoming Apollo Suns concert on Nov. 26 at The Park Theatre.

Not only did the musicians take advantage of the pandemic to rehearse and record more, but The Park Theatre also took the time to make some significant changes. Instead of having a front lobby,



After their 2019 tour was cut short, local psychedelic nine-piece brass wizards Apollo Suns are returning to the stage.

the space is now completely opened up – almost doubling its capacity.

As a result, Apollo Suns sold 600 tickets, 100 less than full capacity, because the band wanted to give the audience extra space.

Now that more people are vaccinated and venues are starting to reopen, musicians have a chance to move forward with their pre-pandemic plans.

“We had a tour planned that we had to cancel at the beginning of COVID, and a

venue in Edmonton just emailed us saying that since they are opening up again, they would love for us to fulfill the spot we had to cancel,” Loane says.

Apollo Suns’ concert at The Park Theatre is on Nov. 26 at 8 p.m. Tickets for the show are sold out, but follow them on social media for future tour updates.

WELCOMING INTROSPECTIVE, INDIGENOUS ART PERSPECTIVES

Urban Shaman Gallery hosts *Living with Contradiction*

ISABELLA SOARES | ARTS AND CULTURE REPORTER | BELLASOARES0601 BELLA_SOARES16

Indigenous-centred discussions are being nurtured by a recent installation at the Urban Shaman Gallery. The *Living with Contradiction and Other Work* exhibition was curated by multidisciplinary Montreal artist Nadia Myre, and it explores Indigenous histories, settler/colonial relationships and lived experiences.

“My practice combines beadwork, stitchwork, photography, video, installation, performance and collaborative process as a way to have people engage in conversations about identity, resilience and politics of belonging,” Myre says in a statement about the exhibition on Urban Shaman’s website.

Myre is an Algonquin member of the Kitigan Zibi Anishnabeg First Nation, and her work explores some of her cultural roots through collaborations. Some of them are featured in the National Gallery of Canada, Art Gallery of Ontario and Canadian embassies across the globe. Daina Warren, Urban Shaman gallery director, has worked with Myre in exhibitions ever since she worked at grunt gallery in Vancouver.

“I worked with Nadia for a very long time.

What I have noticed from her career is the fact that she works with the idea of community by having people contributing to her practice,” Warren says.

The exhibition can be viewed in person by booking a 30-minute appointment with the gallery, as well as online through the virtual platform. Urban Shaman is also making sure that their content is translated into seven Indigenous languages spoken in Manitoba through their Sacred Sounds: The Legacy of Anishinaabemowin initiative.

“We just launched the virtual gallery on our website, and you can watch the videos at your own time, but it is always way better to come and see the show,” Warren says.

Urban Shaman is a public gallery with a mandate of featuring work by First Nations, Inuit and Metis artists. Their programming is often free, with the exception of member shows that are held with the objective of supporting artists.

“We have about six to eight shows, and you can call ahead (and) make an appointment to come see the shows in its best way. Since we are mandated as Indigenous, it will



Living with Contradiction and Other Work is being presented by Urban Shaman until Dec. 4.

always be Indigenous art that you will see unless there is a crossover between organizations and curators,” she says.

Living with Contradiction and Other Work is located at the Main and Marvin sections of the gallery, and the exhibition has been extended to Dec. 4.

Urban Shaman is also celebrating its 25th

anniversary, and members can join an online exhibition with artwork priced from 50 cents to \$500 to celebrate.

To check out Myre’s installation in person, contact info@urbansham.org. The online version is available on Urban Shaman’s website.

REWINDING THE TAPE

Moonfield steps into the rock scene with debut EP

ISABELLA SOARES | ARTS AND CULTURE REPORTER | [TWITTER](#) BELLASOARES0601 [INSTAGRAM](#) BELLA_SOARES16

Winnipeg-based band Moonfield might have formed two years ago, but they're finally able to share their first EP, *Televox*. With music slightly reminiscent of U2 and Radiohead, Santiago Ardila (drums), Andrew Friesen (guitar, bass), Daniel Peirson (guitar, bass and synth) and Hayden Major (lead singer, guitar) are excited for people to listen to them from all over the world.

"We are going to be heard in other places, and I have friends in Colombia that have heard our music and like it. Our songs can really go anywhere," Ardila says.

Although Friesen and Peirson were already playing tunes together during the band's early stages, Ardila was about to sell his drum kit on Kijiji before connecting with Moonfield.

"I never thought about using Kijiji for music. As soon as I came in, I saw this ad and contacted the guys, and they told me to play with them and see how it felt. I joined the band, and it was instant chemistry," Ardila says.

In a similar way, Major wanted to give music a second shot through online surfing. When he prepared to audition as a lead vocalist, he came in with the previously non-existent lyrics to what became

the first track of the EP.

"I met up with the guys, and the first thing we played was "Don't Go," and it basically sounds exactly the same way you hear it on the EP," Major says.

Although *Televox* came out this year, Moonfield's previous single, "Singularity," didn't make the cut. However, it did set the tone for the experimental (even spatial) sound the band was able to channel in some of their other songs.

"It has a dance vision musically. We practiced it a lot, and every time we played it, it gained its own colour," Ardila says.

From tumultuous relationships featured in the captivating ballad "Bad Days" to a parallel between the Bauhaus movement and the Winnipeg General Strike in the song "1919," each track hits home for a particular band member. For Major, it was "Lay My Crown."

"I thought it was really cool but too boneheaded and simplistically catchy, so I was this close to throwing it away. My roommate Matt heard it and told me to try to bring it to Moonfield ... I thought it was the best thing we had ever done up to that point, and it became, in my eyes, our best rock song," Major says.

After carefully structuring the song or-



Local quartet Moonfield are bringing their ethereal dance-rock to the masses.

der, it was time for the band to perform the EP for a live audience. After playing the new tunes at the release concert at the Royal Albert Arms, Moonfield will join the Love Letter Writers and The Haileys at The Park Theatre on Nov. 19. This will also be the last show with Friesen and

Peirson as part of the group.

Televox is available on streaming platforms, and tickets to The Park Theatre concert are available through eventbrite.ca.

GROWING A COMMUNITY WITHIN A COMMUNITY

WAG program designed to help those with Alzheimer's or dementia

REBECCA DRIEDGER | ARTS AND CULTURE REPORTER | [TWITTER](#) [INSTAGRAM](#) REBECCADRIEDGER

Through the Winnipeg Art Gallery's (WAG) Art to Inspire program, people with Alzheimer's disease or dementia have an opportunity to create, experience and connect through art.

The idea was brought to the WAG by the University of Manitoba four years ago and inspired by a similar project in Spain.

Each session's activities involve walking around the gallery, discussing a piece of artwork, having a quick break and then taking time to make a piece of art that relates to the piece they spoke about earlier.

Although the program is for those with Alzheimer's and dementia, caregivers are also asked to participate.

"Usually, on the first day, the caregivers don't think that they're part of the program. They think they are just there for support," Colleen Leduc, learning and programs coordinator at the WAG, says. "They always get surprised to find out that they're making art as well. Everyone is there to participate."

Before the COVID-19 pandemic, the program was so popular that they had to have two sessions running simultaneously. The session currently taking place is the first to happen since the pandemic started and is running at a lower capacity.

The program has been so successful that

spots for the current session are sold out.

"One time, I had a caregiver tell me that her husband never spoke when he was at home or out and about. When he was in the session, he would always share and speak. She was so shocked the first time that she actually got teary-eyed, because she hadn't heard him speak in a long time," Leduc says.

What makes the program so special is the community it has created.

"Not only does the art gallery offer this program, but their staff has also learned important communication skills and tips to work with people living with dementia," Kathy Diehl Cyr, community partnership manager at the Alzheimer Society of Manitoba, says.

"Their lives are stressful enough with appointments and navigating everyday things that I really want to make it work the best we can," Leduc says.

Participants keep coming back session after session and have expressed that they thoroughly enjoy the ability to try new things.

"I even had a couple of participants that had never done watercolour painting before, and they loved it so much that they went out and bought supplies so they could do them at home," Leduc says.

Leduc says some of the participants have



The Winnipeg Art Gallery's Art to Inspire program uses art therapy to help people living with dementia.

even come together outside of the sessions to do the activities they loved, like painting, drawing or making something with clay.

The activities where the participants create artwork are specially designed to be replicated at home for those who would like to do more of it.

Although there are only a few sessions left of the current program, the WAG is already

planning more programs in the new year. They're also considering offering multiple sessions simultaneously to allow for more people to benefit from the program.

"They get to be engaged in a safe environment, keeping their hands busy and their minds engaged – these are all things that benefit people living with dementia," Cyr says.



SUPPLIED PHOTO

STE. ANNE

Plays at Cinematheque until Nov. 23



KEESHA HAREWOOD | FEATURES REPORTER |  KEESHAHAREWOOD

Manitoban director Rhayne Vermette's surrealist film *Ste. Anne* follows an Indigenous family reckoning with the reemergence of Renée (Vermette), a mother and sister who's been missing for years.

At its core, *Ste. Anne* is dreamlike. The story weaves between the past and present, sequencing moments of Renée reconnecting with her daughter, Athene (Isabelle d'Eschambault), alongside the recollection of her fragmented memories.

Her memories cumulate in what Renée perceives to be a message of impending threat toward the land.

This film is rich with detail. Each scene is like a visual microchapter that punctuates a certain theme. These themes, more often than not, revolve around family, reclamation and community.

Ste. Anne daringly avoids providing exposition and context beyond the bare minimum. It's designed to draw the viewer

in, commanding attention and engagement in a way that's almost intimate.

The imagery in this film is precise. Predominantly, there's a focus on nature and land. There are moments that – even while characters are speaking – the camera stays on the scenery, placing an emphasis on land that hums like an undercurrent throughout the narrative.

It's important to note that the land featured is, of course, Treaty 1 territory.

Ste. Anne captures Treaty 1 territory with subdued honesty. Without spelling it outright, it draws attention to the history of the land with great emphasis on the church, de-glorifying it in a way that's deeply justified.

While the story of *Ste. Anne* consists of a number of heavy layers, it's told with an acute level of precision that's easily seen through how each narrative fragment blends into one cohesive experience.

Initially, the story feels detached from its characters, honing in on broader topics like land and family. But as the film nears its ending, the narrative gradually

builds in its intensity.

Suddenly, the focus is redirected more toward the characters. An ominous sort of feeling begins to take hold, and what was once dreamlike morphs into something nightmarish. This change is done so effectively that the impact is visceral in how it generates a feeling of unease.

In truth, the ending is unclear, but intentionally so. Nothing about the narrative is meant to fit in a neatly packed box. In fact, the entire movie thrives on its obscurity, demanding the audience fill in the missing details through their own introspection. Naturally, an off-beat cinematic experience like this might turn away some, but those who decide to engage will enjoy *Ste. Anne* for what it is.

All things considered, *Ste. Anne* is a film that should be watched multiple times. There's no way to absorb the amount of detail that's present in each shot. But each detail should be taken in, as the story carries a crucial message about land and reclamation.

ARTS BRIEFS

CIERRA BETTENS | ARTS AND CULTURE EDITOR |  FICTIONALCIERRA  CIERRABETTENS

A love letter to Jewish mothers

The latest production at the Winnipeg Jewish Theatre (WJT) is a "part memoir, part standup routine, part documentary" play called *25 Questions for a Jewish Mother*. Written by Kate Moira Ryan and Judy Gold, the play will stream on Broadway on Demand from Nov. 15 to 28. Tickets are available at wjt.ca.

WAFF celebrating 20th anniversary

The Winnipeg Aboriginal Film Festival (WAFF) will host its 20th annual film festival from Nov. 24 to Dec. 1. Centred around the theme of Every Child Matters, the festival will spotlight residential-school narratives and foster discussions on reconciliation. Tickets and showtimes are available at waff.ca.

Exploring the *Heart of the Forest*

Pop into cre8ry gallery's latest exhibition, *The Heart of the Forest*, featuring the naturalistic work of artists Valerie Peasey and Heather Gillespie. The gallery (125 Adelaide St.) is open Tuesday to Friday from 12 to 6 p.m. and Saturdays from 12 to 5 p.m. The exhibition will be available to view starting Nov. 25 and will close on Dec. 7.

Midnight Review Presents ... a new album

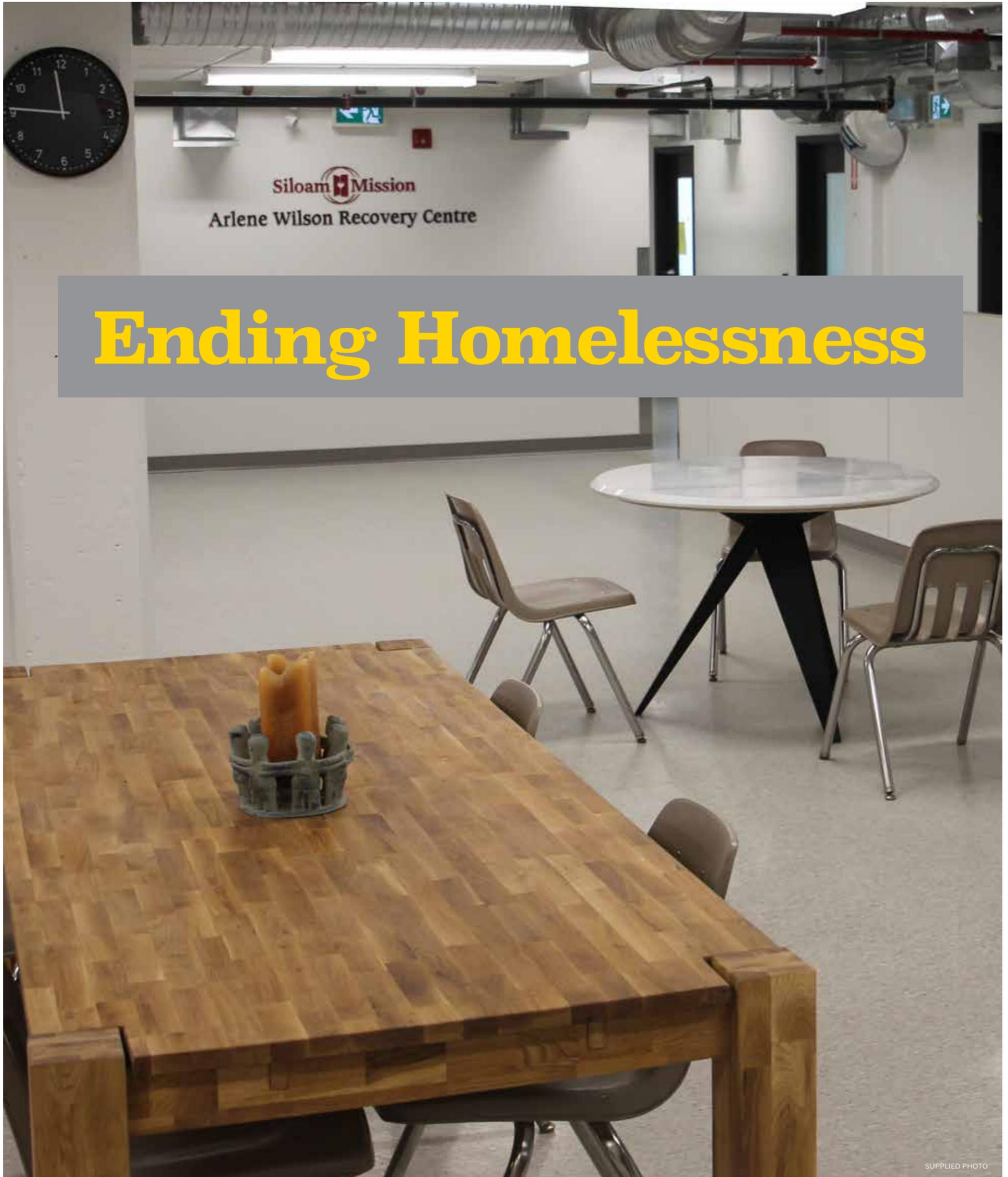
The experimental musical ensemble Midnight Review Presents recently released a new album called *GHOULISH* on Bandcamp. It's described as "10 songs of LoFi madness and desperation" that were home-recorded during the COVID-19 lockdown. Stream it or purchase a physical copy by visiting midnightreview-presents.bandcamp.com.

The City is Still Red

In the 1990s, the Indigenous Writers Collective held a public reading in Winnipeg called Red City. To bring this event back to life, the collective, alongside the Winnipeg Arts Council is hosting The City is Still Red, a night of storytelling and spoken word by local Indigenous writers. The Nov. 30 event will take place at the West End Cultural Centre (586 Ellice Ave.) at 7:30 p.m. Doors open at 7 p.m. Admission is free, and proof of double vaccination is required.

Supporting BIPOC filmmakers

On Nov. 12, the Winnipeg Film Group (WFG) and IATSE 856 announced their new BIPOC Artist's Film Fund to help emerging artists create short films. Successful applicants will be awarded \$10,000 in cash, \$2,000 in WFG services and more. The deadline to apply is Dec. 31 at 12 p.m. Visit winnipegfilmgroup.com/winnipeg-film-groups-bipoc-award/ for more information.



Ending Homelessness

Inside the Siloam Mission Arlene Wilson Recovery Centre

Grassroots organizations break barriers and build community

On Nov. 2, End Homelessness Winnipeg released the 2021 Interim Street Census. The data for this report was gathered over a 24-hour period from April 21 to 22 of this year and offers a glimpse into homelessness in Winnipeg and the most-impacted demographics.

The report observed 1,127 people experiencing house-

lessness in that 24-hour period. It also sheds light on the demographics within that unhoused population. Sixty-six per cent of the unhoused individuals identified as Indigenous. Seventy-one per cent were men, 27.5 per cent women and 1 per cent gender diverse. Twenty-two per cent were unaccompanied youth (younger than 24), with 46 per cent

adults (aged 25 to 49) and 28 per cent adults older than 50.

This study, and many others like it, prompt questions about what needs to change to help those without consistent, safe and reliable shelter.

‘Houselessness’ is not one-size-fits-all

Each person has their own story that led to them experiencing houselessness, but this circumstance is often misunderstood as something that only impacts people who are unmotivated, addicted to drugs, criminal or lazy, among other stereotypes. These misconceptions perpetuate many stigmas about those who do not have safe and consistent shelter.

“There is a lot of stigma and stereotypes about homelessness and about other life scenarios or identities that often get inflated by homelessness,” Kris Clemens, manager of communications and community relations at End Homelessness Winnipeg, says.

A person can experience houselessness for many reasons.

“Myths around houselessness and poverty is that it is (a person’s) own fault, and they just have to pull themselves up by their bootstraps, get a job (and) try harder,” Chelsea McClelland, a social worker at NorWest Co-op Community Health, says. “Everyone deserves the dignity and safety of (a) place to live no matter who they are or what they have or haven’t done.”

Colonialism at work

As outlined in the 2021 Interim Street Census, houselessness disproportionately impacts Indigenous Winnipeggers. Indigenous houselessness is distinct from houselessness in general, because it encompasses the impacts of intergenerational trauma caused by colonialism through residential schools, Indian day schools and the Sixties Scoop, as well as how these institutions attempted to erase cultural practices and traditional languages.

“There are a lot of racist stereotypes about Indig-

“There is a lot of stigma and stereotypes about homelessness and about other life scenarios or identities that often get inflated by homelessness.”

enous homelessness ... which completely overlooks the long history of colonial policies that worked towards forced assimilation of Indigenous peoples and systemic impoverishment and chronic lack of (funding),” Clemens says.

In 2018, Statistics Canada reported on the demographic percentages of youth and adults in correctional facilities, which demonstrated how the criminal justice system continually perpetuates the colonialist practices that contribute to the overrepresentation of Indigenous individuals within the unhoused population.

In a statement from the Assembly of Manitoba Chiefs following the report’s release, Grand Chief Arlen Dumas said that Manitoba has “the highest rates of (Indigenous) children in foster care – more than 89 per cent; the highest rates of child poverty at 75 per cent; highest rate of police-involved deaths of our people at 60 per cent; and one of the highest rates of murdered and missing Indigenous women and girls at more than 50 per cent. If this isn’t a crisis, I don’t know what is.”

According to some community organizations, one of the most significant actors in the continued displacement and abuse of Indigenous peoples is the police.

Winnipeg Police Cause Harm (WPCH), founded in 2019, is an organization with the mission to abolish the Winnipeg Police Service and have the



SUPPLIED PHOTO

Kris Clemens is the manager of communications and community relations at End Homelessness Winnipeg.



SUPPLIED PHOTO

Shelter beds inside Siloam Mission



SUPPLIED PHOTO

Meals are prepared and served at Siloam Mission's kitchen.



SUPPLIED PHOTO

Donated clothing at the Siloam Mission clothing program

multi-million-dollar policing budgets re-assigned to community support for those in need.

“Police exist to uphold colonial systems of oppression,” James Wilt, a member of WPCCH, says.

The issues go far beyond those shown in the final reports, as actions that take place behind closed doors are not as widely reported.

“So often, we don’t hear about the daily assaults and degradations and harassments and intimidations,” Wilt says. “All of that points to this very constant function of policing as colonial agents to keep Indigenous and Black people in their place – which is to say, out of the sight of ‘white Winnipeg.’”

Community-centred organizations create change

Winnipeg has many community organizations that work to support, empower and connect people who lack stable housing. Organizations such as Main Street Project, Comm.UNITY.204, North Point Douglas Women’s Centre, North End Women’s Resource Centre, Aboriginal Health & Wellness Centre and others work with employees and volunteers to provide on-the-ground, frontline support.

These organizations provide resources like food, clothing and water to those in need, participate in searches for missing persons and create a space for people to build meaningful relationships with others.

People facing houselessness, addiction, unemployment and/or domestic abuse, among many other problems, are often mis-categorized by society as “bad” or “lesser.”

“There are always underlying reasons for those things,” Daniel Hidalgo, founder of Comm.UNITY.204, says. He explains how “relieving and refreshing it is amongst those people, both on the frontlines and receiving the services, to just be seen in a different

light and to have the compassion and the understanding.”

Hidalgo founded Comm.UNITY.204 in October 2020. The organization’s core members are youth with lived experience in the child-welfare system, but Hidalgo says anyone is welcome to join them along their journey to advocate for the marginalized, give back to the community and be a hub for people to build a meaningful sense of lateral unity, love and empathy.

“Lateral unity: that means working with anyone and everyone. There is no ego in what we do. There is no shame in what we do. There is always the capacity for more engagement,” Hidalgo says.

Hidalgo grew up as a permanent ward in the General Child and Family Services Authority.

“I have always been longing for that family dynamic, that sense of belonging, that sense of worth and validation and that affirmation that I am capable of anything,” Hidalgo says.

When feeling isolated, Hidalgo found community through volunteering, sports and other group activities, which inspired him to encourage others to join groups that make them feel welcomed and valued.

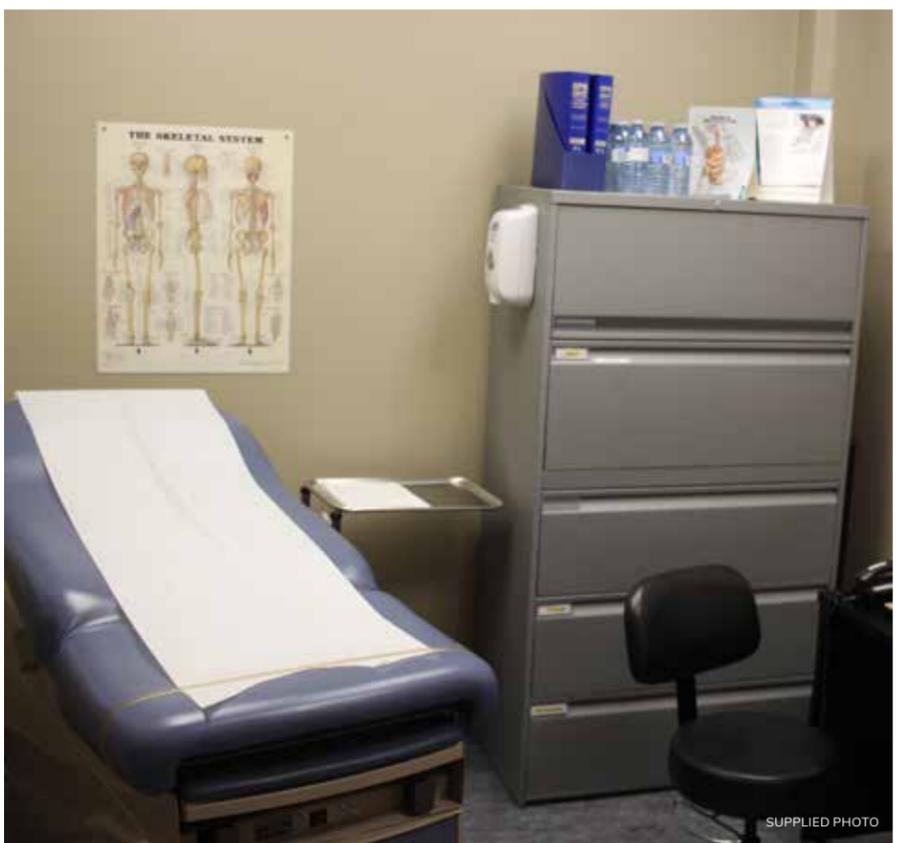
Through relating his own feelings and experiences to others, Hidalgo’s passion for unity and support continues to inspire others.

“Helping is healing, (and) helping is medicine, because it’s not just that we are helping other people, but we are also helping ourselves,” he says.

Barriers to safe and stable housing

For those in need of food, water and shelter, there are still many hurdles to meet basic human needs.

“Almost everybody wants some sort of safe, permanent housing, but they are staying outside because they do not feel safe or



SUPPLIED PHOTO

Inside the Siloam Mission Health Clinic

comfortable accessing the emergency shelters or safe spaces that are available,” Clemens says.

While Winnipeg desperately needs more affordable housing, governments are moving in the opposite direction. For instance, Brian Pallister’s provincial government aggressively sold Manitoba Housing units and transferred management of existing

housing to the private sector. According to a 2019 report from CBC News, between May 2016 and November 2018, the province sold 950 units and transferred management of 800 units.

Due to the critical shortage of available affordable housing in Winnipeg, many of the spaces are allowed, to some extent, to fall into disrepair or become overcrowded,



SUPPLIED PHOTO

Kathi Neal, lead executive and director of development at Siloam Mission

possibly leading to problems with pests, noise and risks of violence.

“It’s not just (that) people are choosing an encampment situation and camping outside to avoid shelter or because there is no space in shelter. They are finding that staying in a tent on a riverbank is safer, more comfortable and more dignified for them than the emergency-shelter system or the low-income housing that is available,” Clemens says.

Beyond affordable housing, marginalized demographics face additional barriers, such as ableist or racist prejudices, when looking to rent a property.

The 2018 Winnipeg Street Health Survey by End Homelessness Winnipeg quotes a participant’s conversation with a landlord. In the conversation, the landlord asked the individual if they are a visible minority, to which the individual affirmed, “yes, Native.” The landlord then said, “Oh, I think the

apartment is rented.”

This is a clear demonstration of racial bias that perpetuates the homelessness of racialized, specifically Indigenous, people.

“All of these situations pose barriers that are beyond the ability of one individual themselves to address,” Clemens says. “These are systemic issues that need to be resolved through taking (the) Truth and Reconciliation Calls to Action seriously, through understanding what makes Indigenous homelessness different from other experiences of homelessness and from advancing Indigenous-led solutions for housing and for homelessness.”

When we know better, we can do better

Siloam Mission, a Christian organization providing support programs and resources to Winnipeg’s houseless population, started

the year 2021 under fire. Siloam was criticized for their lack of Indigenous cultural practices. Former staff successfully called for the resignation of Siloam’s CEO and board chair through the Not My Siloam campaign.

Siloam Mission released the Indigenous Relations Report and accepted all recommendations made by the report.

“Unfortunately, Indigenous peoples are disproportionately affected by homelessness due to intergenerational trauma and its symptoms – addictions and mental illness,” Kathi Neal, lead executive and director of development at Siloam Mission, says in an email to *The Uniter*.

“Siloam Mission is constantly evaluating our programs and services to ensure we are applying best practices to everything we do. We are seeking to have a right relationship with Indigenous peoples.”

Every person, organization and system

has a long way to go in terms of re-Indigenization. This progress must be led by Indigenous peoples and the work of community-based organizations to ensure all people are seen and heard, regardless of their circumstances or identity.

Ending homelessness doesn’t mean “that we won’t have barriers to accessibility in our public systems,” Clemens says. “Those situations need distinct and separate streams of support in mental health and substance use and accessibility ... this is part of why people need a circle of care.”

CITY BRIEFS

ALEX NEUFELDT | CITY EDITOR

Bergvall and Moure in conversation

The University of Winnipeg’s English department is hosting the inaugural event in the Jake MacDonald International Writers’ Panel program, which will begin with a panel discussion between Caroline Bergvall and Erin Moure on Nov. 20 at 2 p.m. The event will take place over Zoom.

How to get accommodated at U of W

Stacey Belding, human rights and diversity officer at the University of Winnipeg, will lead a Zoom info session on the university’s accommodation and accessibility policy and procedures on Nov. 29 at 12:30 p.m. Those with questions can submit them to s.belding@theuwsa.ca.

Winnipeg and water

At 12:30 p.m. on Nov. 19, Dale Barbour, the post-doctoral fellow in Canadian history at the University of Winnipeg, will deliver the 2021 Riley Postdoctoral Fellowship Lecture, which is titled “On the River’s Edge: Thinking about Winnipeg’s Relationship with Water.” The lecture will be viewable via Zoom.

5-year review of the Colombian Peace Agreement

The latest event in the U of W Department of Political Science’s 2021-2022 Speaker Series will take place on Nov. 24 at 12:30 p.m. and feature Priscyll Anctil Avoine, a scholar in feminist security studies from Lund University speaking on the Colombian Peace Agreement. The event will take place over Zoom.

Annual toy drive returns to Wii Chiwaakanak

Wii Chiwaakanak Learning Centre is holding its annual toy drive and is open for toy donations until Dec. 9. The Wii Chiwaakanak team, members of Les Marmiton and Urban Systems volunteer drivers will deliver a minimum of 200 turkey dinners from Diversity Foods in addition to toys for children under 17. Toys can be donated at the campus security office.

Bus shelter blaze before poverty policy review

On Nov. 15, a fire started by homeless Winnipeggers in an effort to keep warm got out of control in the bus shelter at the northwest corner of Osborne and Broadway. No one was injured in the fire, but the bus shelter was damaged. The blaze happened two days before the City of Winnipeg Executive Policy Committee was scheduled to review the current draft of the Poverty Reduction Strategy.



WIKIMEDIA COMMONS (SUPPLIED)

Shelley Cook knows firsthand why journalists decide to leave the field. She's done it before.

TROUBLE IN THE FOURTH ESTATE

Instability and working conditions plague journalists

CALLUM GOULET-KILGOUR | CITY REPORTER |  CGOULETKILGOUR

Earlier this month, longtime CBC journalist Sean Kavanagh surprised many local politicians when he took a job as director of communications for recently elected Premier Heather Stefanson. On the surface, it might seem odd that someone who has spent years holding local politicians to account would readily go work for a government that appears unlikely to be re-elected.

Kavanagh's move, however, is part of a broader trend in the media industry. Journalists are increasingly switching to careers in public relations, corporate communications, marketing, social media, politics and more.

Winnipegger Shelley Cook has made the switch twice. After a few newsroom internships and graduating from Red River College Polytechnic's Creative Communications program, she worked as a reporter for the *Portage Daily Graphic*. However, Cook quickly realized that the journalism job market would have forced her to uproot her life.

"I realized that I was going to have to likely move if I wanted to advance in this career," she says. Instead of pursuing a career in journalism, she took a job as a social-media coordinator for Manitoba Liquor and Lotteries.

The rapid rise in social media's importance has opened many employment

possibilities for workers with journalism and communications backgrounds. It has also become an essential tool for people in both fields. Cook says using social media to network, get to know people and promote a personal brand is something she did not learn in school but has been valuable to her career.

"Social media has helped me tremendously," she says, adding that it has allowed her to find people, build relationships and expand her worldview.

Nader Nadernejad, who has a journalism degree from the University of King's College, has done some work for CBC and CTV. However, he now owns and runs an online reputation-management firm, as well as a YouTube channel.

"I remember just locking myself in a room and trying to build out a business so that I could afford things like my rent and my tuition," Nadernejad says.

Being self-employed gives him the flexibility that a traditional career in journalism does not allow for. He also notes that the industry is in flux, given the rise of non-traditional platforms such as Facebook and YouTube as news sources.

"In areas like print media, where so many things are going digital, the pressure is really on advertising to bring in the dollars," Nadernejad says.

The COVID-19 pandemic exacerbated

these challenges. The pace of work accelerated for many journalists. Additionally, many stories they had to cover became darker and more stressful.

Furthermore, the journalism industry was certainly not immune to the economic crisis caused by the pandemic. For instance, in March 2021, *HuffPost Canada* laid off its entire newsroom with little warning to staff, shortly after workers filed for union certification. *HuffPost Canada*, however, claims this did not impact their decision.

Cook was laid off from Manitoba Liquor and Lotteries at the start of the pandemic, which she says changed everything career-wise.

"I was devastated at first, but this gave me time to relax, hang out with my kids ... and I decided to start writing again," Cook says. She was approached by the *Winnipeg Free Press* and now works as a columnist and manager of the Reader Bridge project.

"Newsrooms are exhausting in a really great way, but it's so tiresome, because you're always on, you're always thinking," she says.

Cook notes this is a stark contrast to her government position, where the slower pace of work and more rigid structures are both advantages and disadvantages.

"Everything had a very formal process when I worked for the Crown corporation, so there wasn't a lot of room to have any decision-making power or thoughts on how things should be done," she says.

Cook adds that benefits and stability are also incentives for journalists to leave the industry.

Mitchell Thompson, an Ontario-based journalist, has written for outlets like *Jacobin*, *Vice News*, CBC and the *Financial Post*. Currently, he works for PressProgress. Thompson agrees that this lack of predictability might explain why many leave the industry.

"I have whole file folders from my years as a precarious contractor of interviews, books and tens of thousands

of notes on given subjects that I never did anything with because the project was just discontinued or my contract ended," he says, adding that "it's not in the best interest of anyone."

"Sometimes you'll get jobs every week for several months, and then sometimes you're never asked again," Thompson says. "You never know what's going to happen, and these decisions tend to be made quite arbitrarily."

Despite the immense difficulties facing journalists, political rhetoric is often focused on their importance to society. For instance, United States president Joe Biden says journalists "are indispensable to the functioning of democracy."

Similarly, Canadian Prime Minister Justin Trudeau says a "free-thinking, independent and respected media is the cornerstone of any democracy."

Though Nadernejad has not chosen to pursue a career in news, he still believes that journalism degrees are highly worthwhile.

"It's really versatile and a great foundation for a bunch of other careers," he says, citing the development of writing, research, communication and networking skills, which are easily transferable to other careers.

Another problem that plagues journalism is its lack of diversity. BIPOC journalists are underrepresented in permanent writing positions, which directly impacts news coverage.

Making journalism education "more affordable is quite important in getting diverse views represented in media and getting those people publishing and covering their communities," Thompson says, adding that the prevalence of unpaid internships places an additional burden on aspiring journalists from disadvantaged socioeconomic backgrounds.

"It's important that people who are being left out get heard," he says.

THE POTENTIAL FOR HARM BETWEEN SEAT AND STREET

Recent vehicle ramming at Winnipeg demonstrations

ALEX NEUFELDT | CITY EDITOR

On Oct. 31, 2021, *The Boston Globe* released an article exploring and characterizing a dangerous trend of drivers ramming their vehicles into protesters, which increased dramatically during the anti-racism protests of 2020.

Two days before the article was published, a truck driver drove through a climate rally on Portage Avenue, hitting several protesters. Two days after the article was released, a member of the University of Manitoba Faculty Association (UMFA) was hit by a vehicle on the picket line.

Shawn Kettner, an organizer with Manitoba Energy Justice Coalition (MEJC), which hosted the event on Oct. 29, says the protest was intended to pressure the Royal Bank of Canada to divest from its \$208 billion investment in the fossil-fuel industry and financial stake in the silica sand mine project in development near Hollow Water First Nation.

After speeches from Sadie-Phoenix Lavoie, Brielle Beady-Linklater, Marcel Hardisty, Quinn Amos and Sharon Wall, Kettner says the Indigenous youth leading the event felt it would be right to occupy the streets for a while, despite this not initially being part of the day's plan. Kettner says there were safety marshals present, and the group occupied

sections of Portage Avenue in the middle of a block.

She says that while the groups were on the south side of Portage, the energy from protesters and traffic was very positive. "Then we moved on to the north side of Portage, and it was fine, but then this guy in a truck just wasn't going to wait any longer and started pushing with his big, huge truck."

"Nobody got hurt, but it's scary. It's a scary thing when a vehicle touches you. It was shocking, and it was upsetting to see somebody take somebody else's safety so lightly," she says.

Kettner believes MEJC is ultimately responsible for keeping volunteers safe at events like this, and the group should have occupied at an intersection where they could have gone on and off of the street in accordance with the traffic light, which would have also given the benefit of a wider, rotating audience.

Orvie Dingwall, president of UMFA, says the association is on strike against the University of Manitoba (U of M) administration because the administration does not provide sufficient compensation to keep the university competitive and has not kept the U of M autonomous and independent. The strike has multiple picket



Protesters blocking a street in Baltimore. Two recent incidents of vehicles ramming local protesters are part of a disturbing trend.

lines at the Fort Garry campus, Legislature, Bannatyne campus and online, with strikers only impacting traffic at the Fort Garry picket line.

"Sometimes, it's very unfortunate, drivers aren't respectful of our right to picket and our right to be on strike," she says. "We have encountered some aggressive drivers, and in one unfortunate incident on our first day of picketing, one of our members was struck by a vehicle. They are doing okay, but we ask as

people are encountering our pickets that they are respectful. They're not going to be there for very long."

"Safety for our members is obviously our primary concern for our members when they're out on the picket line," she says. "We do all of the standard protocols: wearing safety vests, using traffic cones, timing how long we're stopping traffic for. We have police liaisons, and the university has security vehicles out."

DROUGHT, TROUT AND HOT AS ALL GET-OUT

A 2021 year-in-review for Manitoba's climate

ALEX NEUFELDT | CITY EDITOR

Danny Blair, professor of geography at the University of Winnipeg (U of W) and co-director of the Prairie Climate Centre, says climate change "may not always be a change in the averages, but it's a change in the extremes." Well, 2021 was a year of climatological extremes for Manitoba.

Blair notes that public interest in climate change in Manitoba has increased this year due to how extreme the weather has been. The dry weather and record-low rivers have been impacting agriculture in the province, and this summer Winnipeg had 35 days over 30°C, tying the record from 1988.

"As a climatologist, it's still rather shocking to me that we had a temperature of 49.6°C recorded in Canada. That is a remarkable difference from normal," he says. "When we graph that data, it literally goes off the chart."

Nora Casson is the Canada research chair in environmental influences on water quality and an associate professor in the U of W's geography department. She studies the impacts of human activities on water systems and ecosystems and explains that the dryness of the 2021 winter and summer has put stress on many ecosystems in the province.

"All of the ecosystems in Manitoba are adapted to a regime where most of the water comes in the snowmelt in the spring," she says. "The projections are for the kind of winter that we had last year to be more prevalent,

where the snowfall is less and less. That has a variety of ecosystem consequences."

Casson explains that this low water level, somewhat boosted by precipitation in the fall, "messed up" nutrient delivery, which typically relies on snowmelt. She says the dryness also contributed to the major forest fires that happened in summer.

"Any kind of hydrological system has a kind of memory or lag effect, so the conditions today depend on the conditions that occurred yesterday and last month and last year," she says. "We're going into another winter with really dry conditions, and it remains to be seen how much snow we get this winter, but there's the potential for these dry conditions to set us up for another drought."

Caleb Hasler, associate professor in the U of W's biology department and chancellor's research chair, researches the impacts of human activities on freshwater fish and notes a few critical and troubling issues impacting fish in Manitoba.

Hasler says the low Assiniboine River impacts fish movement and increases the likelihood of fish getting stuck in pools that then run out of oxygen, and that there have been massive kill-offs of fish in Lake Winnipeg — some from disease and health issues and some for reasons currently unknown.

Critically, Hasler says, fish body temperature is dictated by water temperature,



Caleb Hasler, associate professor of biology and chancellor's research chair at the University of Winnipeg

so heatwaves change fish physiology and increase energy needs. If fish are unable to find enough food, that impacts their reproductive abilities and increases mortality rates.

"These things are also exasperated by interactions with people," he says. "If a recreational angler is practicing catch-and-

release angling, and they catch a fish when it's really hot out, they're going to cause it to use more energy, and it will take more time to recover, and they might not be as healthy as they would be if they were caught at a cooler temperature."



UNTANGLING SCIENCE FROM COLONIALISM

'Trying to decolonize the classroom' at the U of W

ALLYN LYONS | VOLUNTEER | [TWITTER](#) [INSTAGRAM](#) ALLYNLYONS

About half a million years ago, humanity's ancestor *Homo bodoensis* lived in Africa, making hand axes that Mirjana Rokсандić struggles to replicate now.

"They were brainy. They produced really fancy tools," she says, "(like) hand axes that are really difficult to make. I tried making one, and mine didn't look like anything, I can tell you that."

To be fair, that was only her first attempt. The University of Winnipeg (U of W) paleoanthropologist led a team of international researchers to discover and rename one of our direct ancestors, previously thought to be either *Homo rhodesiensis* or *Homo heidelbergensis*.

Not only have these names created confusion among scientists, as DNA evidence has suggested that some species thought to be *Homo heidelbergensis* are actually Neanderthals, but the name *Homo rhodesiensis* honours racist and colonizer Cecil Rhodes.

"Cecil Rhodes was one of the most atrocious colonial monsters in South Africa," Rokсандić says. "It's really unfortunate, because you're calling an African specimen by a very unpleasant name. I tried to use that name, but I couldn't bring myself to do it."

So she and her team began to look into renaming the species.

Homo bodoensis is an umbrella term

that will make talking about species previously known as *Homo rhodesiensis* and *Homo heidelbergensis* easier for paleoanthropologists.

The name *Bodoensis* comes from a 600,000-year-old fossil specimen called Bodo cranium discovered in Ethiopia in 1976.

"At least when I say *Bodoensis*, I associate that with Africa and not with Cecil Rhodes," Rokсандić says.

She admits that, in the past, paleoanthropologists have not always been open to listening to local people about their history and culture.

"It used to be common for foreign researchers to just go places and not consult local knowledge-bearers," she says. "If you don't include their knowledge, well then you're just perpetuating your own ideas and ideology."

Chris Wiebe, a U of W chemistry professor, is trying to decolonize the classroom with the Indigenizing Chemistry at the University of Winnipeg grant.

While some might think of science as unbiased and impartial, Wiebe points out there are many ways scientists can consciously and unconsciously perpetuate racism and colonialism in the classroom.

He points out that white researchers may be given unconscious preference for grants, or that papers being reviewed

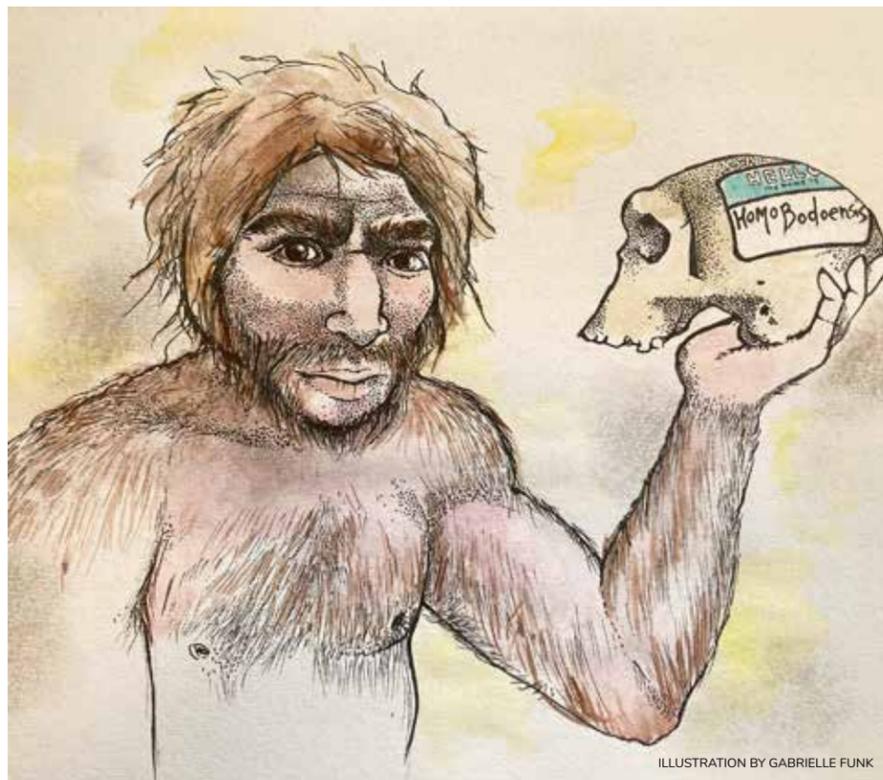


ILLUSTRATION BY GABRIELLE FUNG

from Western universities may have better chances of being published.

Indigenizing Chemistry will bring in members of the Indigenous science community to discuss changing curricula, encouraging more Indigenous students to take more science courses and how the U of W can attract and hire more Indigenous faculty members.

"We can't decolonize chemistry with mostly white settlers in our department,"

Wiebe says.

The grant will also bring in local high-school students, so they can see what successful Indigenous scientists, like Jaime Cidro, look like in action.

"With this grant ... we're not trying to solve (colonialism). We are trying to take the first step to figure out what these problems are and make our classrooms safe spaces for BIPOC and women," Wiebe says.



'THE HARM THAT THEY DO'

Amelia Curran, instructor, criminal-justice department, U of W

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

Before becoming an instructor for the University of Winnipeg's (U of W) criminal-justice department, Amelia Curran was a student at the university herself.

"I actually did my undergrad at the University of Winnipeg," she says. "I was really thrilled to be back teaching at the university. It was actually where I always wanted to end up."

Curran is teaching an intro to criminal-justice course. But in the future, she hopes to once again teach a class on green criminology, the study of environmental crime.

"I really did love teaching that green-criminology class," Curran says. "A lot of the students who took it mentioned that it was really different from a lot of the criminal-justice classes that we offer."

Further, Curran believes it's important to draw attention to environmental crime, especially since it flies under people's radars.

"When people think about who a criminal is, you think of street crime," she

says. "You don't necessarily think of these corporations, these huge businesses that are breaking environmental law or doing things that actually are technically legal but should be considered crime when you look at the harm that they do."

Curran enjoys seeing newfound realization in her students' eyes when she shares with them the implications of environmental crime. At times, her students will inform her of the shifts they have in their thinking after class. For Curran, that brings a spark of joy.

"It feels like an area where you can change people's perspectives, and that is rewarding."

What's the best thing about your work?

"The best thing about my job right now is the department that I'm in – the crim-



PHOTO BY CALLIE LUGOSI

inal-justice department – is so collegial and so supportive."

What do you like to do in your spare time?

"I like thinking about design and architecture."

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

"I think I would time travel."

What do you find especially interesting about environmental crime?

"That we're so much more willing to see these situations as accidents."



COLUMN

SEX MAGIC & LA PETITE MORT

SUPPLIED PHOTO

MOTHER OF GOO

Sex magic: *la petite mort*

MADELINE RAE | COLUMNIST | MOTHEROFGOO

"All I ever wanted, all I ever needed is here, in my arms." (Depeche Mode)

When I was a teenager, I would listen to these lyrics on repeat loudly through my headphones. Holed up in my adolescent bedroom, the words meant something different to me. I imagined the person I'd love this intensely.

Now, after feeling that kind of love once (and nearly twice), I think of this line completely differently: the arms wrapped around me are my own.

I'm writing about sex magic this month, because my life has reached a climactic point where I now recognize the distinction between choosing either intentionality

or carelessness in my sexuality. I've used sex to both dissociate and be wholly (and holy) in the present. Although I could feel the difference before, it wasn't important to me then. It is now.

I practice some craft rituals, my favourite being Samhain, which falls on Oct. 31. It is the original pagan holiday now associated with Halloween. It is a time to pay respect to loved ones who have passed and to welcome the death of things that we no longer wish to hold on to. It felt fitting to write about sex magic this month after the transition of Samhain, because both practices centre intentionality and manifestation through release.

Sex magic refers to the act of centring

an intention during climax. Going by many names, it has also been called intentional masturbation, sacred self-love or tantric sex magick. But does an orgasm actually have the power to channel real-life change?

La petite mort translates to "the little death." It is a French expression referring to the "sensation of death" post-orgasm. The idea is that climax is so sublime, that a part of a person dies with the influx of oxytocin and the outflow of cum.

Like writing down a habit on a piece of parchment and burning it in a black flame to watch it die, this "little death" of climax contains power. By embracing death as a necessary part of all life, we make room for new growth.

"To speak of the body as a critical interface for the study of magic, therefore, is to comprehend how the ritual body is successfully created to alter the phenomenological properties of the ritual setting to produce and embody the canonical sources and cosmological aspirations that inform the objectives and nature of the magic ritual." (Damon Lycourinos)

The body and mind are powerful. This quote by Lycourinos suggests the real "magic" behind any ritual lies in the ability to open oneself up to the senses during any ritualistic experience. More or less, this quote illustrates that it is *us* who create the magic, and that this reality is by no means any less poignant.

This is how I find magic in my life: through showing up for myself. I recognize the potency of my sensations as a person in the world and the strength of my acknowledged intentions. We deserve to see and be seen during sex. Internalizing this to the point of ritual creates the abundance for truly present, uninhibited and powerful sex, capable of manifesting growth and change.

Madeline Rae is a sex educator and writer living on Treaty 1 territory. She holds a BFA in performative sculpture and a BA in psychology, and she is pursuing schooling to specialize in sex therapy. Rae is trained in client-centred sex education, reproductive and sexual-health counselling and harm reduction. She works locally in both feminist healthcare and community support work.



THE UNIVERSITY OF
WINNIPEG

Student Services

Career Services Drop-in Sessions + Career Chats

November is Career Month. Are you looking for assistance with a job search or help with career planning? Join us for a virtual drop-in session on any Monday in November from 1:00 – 3:00 pm. Email careers@uwinnipeg.ca for the Zoom link.

Also, on every Tuesday in November, the Career Services team will host a 15-minute Instagram Live Career Chat from 11:30 to 11:45 am. Guest speakers: Nov. 23 - Glenn Lake from Manitoba Conservation; Nov. 30 - Taylor Kerelluke from Candace House.

Thrive Week

The annual Thrive Week will be held **Nov. 22 – 26**. Watch the student wellness website for info on events and activities, both virtual and in-person.

Webinar Wednesdays: Tips for Success!

Student Services staff share some valuable strategies and tips to help you succeed at UWinnipeg. They cover a wide variety of

topics, including:

- Seven Dimensions of Wellness (**Nov. 24**)
- Managing Stress as you Prepare for Exams (**Dec. 1**)
- Preparing for Winter Term (**Dec. 8**)
- Making the Most Out of the Career Fair (**Dec. 15**)

All sessions are from 12:30 to 1:00 pm on Zoom. For more information and to register online, please go to: uwinnipeg.ca/student-services/webinar-wednesdays.html

Student ID Cards

New students for Winter Term and others who need an ID card: Deadlines for ordering your card are coming up on Nov. 24 (for pick up Nov 26) and Dec. 7 (for pick up Dec. 9). For instructions, please go to: uwinnipeg.ca/accepted-students/getting-ready/student-id-cards.html

Dropping Courses

The final day to withdraw from a U2021FW class for 50% refund of the base tuition, UWSA, and

UWSA Building Fund fees is **Dec. 2**. No refund is applicable from Dec. 3 to Feb. 16.

Work-Study Program

The 2021-22 Work-Study Program is accepting student applications until Dec. 3. To obtain the application form and check out the position listing, go to: uwinnipeg.ca/awards/work-study-program.html

Exams

The Examination Period is **Dec. 9-22**.

Please check the online exam schedule now: 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.

Holiday Break/Start of Winter Term

The University is closed for the holidays from **Dec. 24 to Jan. 4**. Most services resume on **Wed., Jan. 5**. Lectures for Winter Term

begin on **Thurs., Jan. 6**.

Tuition Fees for Winter Term

Pay the easy – pay online through your financial institution.

Use 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.)

U2021W fees are due Jan. 24.

The Winter Term (U2020W) Add/Drop Period is Jan. 6-19. The last day to drop a U2021W course and not be charged the fees is Jan. 19. Students who drop a U2021W course Jan. 20 and onwards are still responsible for paying all of the course fees.

In-Person Service Resumes for Some Student Services

Some departments in Student Services are now open for in-person meetings. All offices

are continuing to offer some remote meeting options. Please see this webpage for details about each department: uwinnipeg.ca/student-services

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 an academic or career advisor. Appointments with advisors can also be booked through the website: www.myvisit.com.

Need a Spot for your Winter Coat? 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. For more information on location and cost, along with an online form, go here: uwinnipeg.ca/accepted-students/getting-ready/locker-rental.html

PHONE: 204.779.8946

| EMAIL: studentcentral@uwinnipeg.ca



DIVERSIONS

HOROSCOPES

There is a full moon in Taurus on Friday.

The energy is high because there's a full moon eclipse at 3:27 a.m. on Friday. This is the first eclipse in Taurus of the year, and will tell us about what's happening over the next year of eclipses in Taurus and Scorpio. The full moon in Taurus is always grounding, but the pressure of events involved in eclipses can be too exciting!

SOURCE: ASTROLOGY.COM

ARIES

The changes just don't stop coming this week, Aries. Let yourself lean into what needs to be adjusted on the career front as value-defining Venus forms a supportive connection with change-encouraging Uranus. Elsewhere, messenger Mercury locks into a dreamy alignment with mystifying Neptune, offering up inspired, poetic self-expression but making it hard to focus on the details of hard and fast reality.

TAURUS

As a Taurus, you glean cosmic guidance from the enchanting planet Venus. Thursday's skies find Venus leaning into a need for change and revolution as she reaches out to stagnation-breaking Uranus. This smooth pairing offers you the chance to breathe fresh life into your self-expression and embark on invigorating travel or educational plans. Elsewhere, messenger Mercury meets up with sleepy Neptune, offering healing conversations on the partnership front.

GEMINI

Don't be surprised if you're feeling run down and zoned out, Gemini. Your ruling planet, messenger Mercury, finds itself floating out to sea with reality-dissolving Neptune today. This imaginative pairing offers you ample room to get creative and pull inspiration from the ether, but it can also intensify tiredness and lower boundaries. Elsewhere, lover Venus' meet-up with erratic Uranus offers spontaneity and welcome change to close relationships.

CANCER

Embrace the sweetness flooding in under Thursday's skies, Cancer. Communicative Mercury forms a supportive connection with visionary Neptune, making it easy to tap into a well of inspiration and apply it towards your own creative projects. At the same time, magnetic Venus forms a supportive connection with electric Uranus, breathing fresh life into your relationship story and making it sparkle.

LEO

Changes are seeping in from all sides, Leo. Let yourself embrace them with ease today as value-defining Venus forms a supportive connection with electric Uranus. This radiant pairing works to break up any stagnant blockages looming around your craft and career. Meanwhile, expressive Mercury enjoys a sweet connection with inspired Neptune, offering healing conversations around family matters.

VIRGO

Lean into the romantic haze you're picking up on today, Virgo. Your ruling planet, messenger Mercury, finds itself caught in an intoxicating connection with ethereal Neptune. This sweet pairing offers heaps of inspiration to apply towards creative writing projects and offers healing energy for gentle relationship talks while also lowering energy levels. Elsewhere, magnetic Venus aligns with electric Uranus, bringing spontaneity into your romantic life.

LIBRA

As a Libra, you answer to the glimmering goddess of love, Venus. Thursday's skies find Venus in an enchanting connection with stagnation-breaking Uranus, offering you a steady stream of uninhibited energy and dazzling charisma. This electric pairing makes it easy to breathe fresh life into any stuck relationship issues, as it encourages independence and seeking out space. Elsewhere, messenger Mercury links up with visionary Neptune, offering creative insights to employ on the work front.

SCORPIO

Thursday's skies act as a healing balm after yesterday's excitement, Scorpio. Magnetic Venus locks into a supportive connection with change-demanding Uranus, making it easy to break up stagnant relationship issues via sitting down for important conversations. Elsewhere, expressive Mercury links up with dreamy Neptune, giving you a poetic charm and inspired vision to apply towards romancing and creating.

SAGITTARIUS

Lean into the lucid dream state being offered up under Thursday's skies, Sagittarius. Mental Mercury finds itself out to sea, as it forms a supportive link with inspired Neptune. This pairing is ideal for healing conversations and meditative moments, as it offers ample creative visions. Elsewhere, value-setting Venus unites with stagnation-breaking Uranus, offering up a fresh dose of inspired energy to the workplace.

CAPRICORN

Changes are rolling in from left and right, Capricorn. Allow yourself to make space for them! Magnetic Venus finds herself in a supportive connection with electric Uranus today, delivering a spark of radiant energy to your self-expression. Use this potent pairing to break free from restrictions around your image and confidence. Elsewhere, messenger Mercury's link with sleepy Neptune creates an inspired fog, one better for dreaming rather than doing.

AQUARIUS

Thursday's skies work to smooth things over, Aquarius. Expressive Mercury finds itself drifting out to sea with imaginative Neptune, helping you pull down inspiration from the ether for creative projects on the work front. Refrain from dealing with any detailed work or things that require hard and fast reality. Elsewhere, lover Venus unites with electric Uranus, helping you breathe fresh life into close family relationships.

PISCES

Let yourself float through Thursday's skies, Pisces. Messenger Mercury clicks into a supportive connection with dreamy Neptune, imbuing the day with a romantic, foggy haze worth drifting off into. This pairing brings a subtle, inspired charisma to your self-expression, making it an ideal day for creative writing projects. Elsewhere, bond-building Venus meets up with change-bringer Uranus, helping to reinvigorate friendships and community connections with fresh, electric energy.

IT'S SCORPIO SEASON!



Scorpio is the eighth sign of the zodiac, and that shouldn't be taken lightly—nor should Scorpios! Those born under this sign are dead serious in their mission to learn about others. There's no fluff or chatter for Scorpios, either; these folks will zero-in on the essential questions, gleaning the secrets that lie within.

The Scorpio zodiac sign concerns itself with beginnings and endings, and is unafraid of either. They also travel in a world that is black and white and has little use for gray. The curiosity of Scorpios is immeasurable, which may be why they are such adept investigators.

The folks with a Scorpio horoscope sign love to probe and know how to get to the bottom of things. The fact that they have a keen sense of intuition certainly helps.

Dates—
October 23 –
November 21

Symbol—
The Scorpion

Mode + Element—
Fixed Water

Ruling Planet—
Mars & Pluto

House—
Eighth

Mantra—
"I Transform."

Tarot Card—
Death

Colors—
Red & Black

Body Part—
The Genitals & the
Bowels

Alive in both a Scorpio woman or Scorpio man, those born with the Scorpion as their rising, sun, or moon sign have a mysterious, intuitive, and power-wielding dynamic in the core of their personality, an echo of the shadowy Autumn season.

As a fixed sign, Scorpio holds the qualities of being a sustainer, being able to apply profound powers of concentration to projects, and discovering hidden truths. As a result, those with the sign of the Scorpion prominent in their charts tend to be magnetic, highly sensitive, intuitive, creative, and secretive at times.



	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 WINGS	VOYAGE Jazz	PLANETARY RADIO Cheeze Please	SUNNY ROAD Roots Music	MUD PUDDLE RADIO For Kids (Adults too)	INDIGENOUS In Music	
11AM		BOOTS & SADDLE COUNTRY		ACCESSIBILITY MATTERS	NO FIXED ADDRESS LIVED EXPERIENCES OF HOMELESSNESS	THE ELECTRIC CHAIR	TEMPLE OF JAZZ	
NOON	The Sean Show			!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 ★	MONKEY SPARROW	Two Princes					
10PM	METAL MONDAY	NIGHT DANGER RADIO	HURLEMENTS SUR LA TOUNDRA	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					



- MUSIC
- LOCAL SPOKEN WORD
- SPOKEN WORD
- ALTERNATING WEEK
- Temporary Programming

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



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