

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

RADIO IN THE PODCAST ERA—P4

AN INTERVIEW WITH PRESIDENT MONDOR—P11

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## Inflation vs. students



### HOW THE RISING COST OF LIVING HITS UNIVERSITY CAMPUSES

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# A Conversation with Christy Anderson

## Unsettling the Criminalization of Indigenous Women

PhD candidate Christy Anderson offers an Indigenous feminist critique of settler policing and legal systems while examining decolonial futurities that have emerged from grassroots activism.

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SUPPLIED PHOTO

Abigail (Biggie) Theano-Pudwill is the creator of Auxvoir Style Collective, a service focused on developing personal, sustainable fashion styles. Read more on page 4.

# AWARD-LOSING

THOMAS PASHKO  
MANAGING EDITOR

THOMASPASHKO

Will Smith slapped Chris Rock at the Academy Awards this past weekend, but I don't want to talk about that.

I'm a rare movie fan who actually loves the Oscars. I know that they're silly, meaningless, self-important and rarely award actual excellence in cinema. But I still look forward to the show every year. Why? Because I love movies. When else do you get a three-hour block of primetime television completely dedicated to people talking about how great movies are? It's fun!

But every year, as the show approaches, think pieces abound asking how the Oscars can stay relevant. Then, when the show airs, we see their desperate attempts. This year, it was shoehorned in pointless internet-poll categories (which were spammed by toxic Snyderverse fans), a distracting dance number during the In Memoriam segment and plenty of hacky scripted comedy bits that were far beneath the talents of the three (!) hosts performing them.

Some version of this happens every time. The retooled bits are never as funny, moving or memorable as the actual moments surrounding the awards. But for some reason, the hand-wringing continues. "How can we make this show relevant to the people who complain that they haven't heard of any of these movies? How can we create viral moments that resonate with the general public who don't care about movies?"

Here's a wild idea: maybe the Oscars shouldn't be for people who don't care about movies. Maybe the target audience for an event about movies should be movie fans. If the Academy is so concerned about roping in snarky Twitter audiences, they'll come regardless. There will always be some envelope mixup or stalker or physical altercation every few years, and whatever gross discourse crops up around it will happen naturally.

But there's no need to court it. Next year, all I want is an Oscars that's actually about movies.

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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.

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## SUBMISSIONS

In the March 24 article "Local performers raise funds for Ukraine," we incorrectly identified Oksana Preachuk as a member of Troyanda Ukrainian Dance Ensemble. Preachuk dances with Rusalka Ukrainian Dance Ensemble.

The Uniter regrets the error.

## CORRECTIONS

# RADIO IS ALIVE WITH A PODCAST FLARE

Local radio hosts share current trends on the airwaves

ISABELLA SOARES | ARTS AND CULTURE REPORTER | [BELLASOARES0601](#) [@BELLA\\_SOARES16](#)

Although there has been a shift from the conventional format of short talking segments in between songs, radio hosts say working behind the mic is even more exciting nowadays with the rise of social media and the podcast era.

After shifting from rock to a Top 40 hits radio station, Energy 106 morning host Jasmin Laine has seen firsthand the difference social-media engagement has made in connecting with listeners.

“Radio used to be ‘when you miss it, you miss it,’ but now, if you miss something, you can listen to it later. We will cut up a clip and put it on social media. Overall, I just think that it has been a really lovely partnership,” she says.

Despite the rise of podcasting, Laine doesn’t feel like it has threatened radio’s success. People still tune in during car rides. She says the major change is that hosts can now incorporate talk shows in between songs, so that they too sound more podcast-like.

“I heard people talk for forever that the industry is dying, and it’s really not at all. With podcasting, everyone is wanting to get behind the microphone and share their thoughts, and that is something that we were able to do in radio for so many years,” she says.

Given that audiences are more eager to listen to conversations over music, ra-

dio shows such as *Wheeler in the Morning with Tyler Carr and Jasmin Laine* are now recorded and released as a podcast on streaming platforms. This allows audiences from outside the city to still hear the show from elsewhere at any time.

“We’ve seen our analytics, and there are people from quite literally all over the world listening to us. We are just a show from Winnipeg, talking about Winnipeg news,” Laine says.

Radio continues to be an outlet that allows creatives to get noticed in their community. This is especially true for college radio. Musician and CKUW 95.9 FM radio host Jacob Brodovsky says it’s valuable to have platforms that highlight local artists.

“I think community radio is very important, especially for up-and-coming musicians. For me and a lot of folks, the first time that you get played is through a college radio station. It’s the place where you do your first interview. It’s your first exposure and contact with the media,” he says.

His primarily talk-show program *Let’s Play DJ!* welcomes local artists to share their own personal favourite songs and why they enjoy them. Since it premiered in 2019, Brodovsky has spoken with artists like Taylor Janzen, Amos the Kid and housepanther.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Jacob Brodovsky is the host of *Let’s Play DJ!* on CKUW.

“The reason that I started was because I am terrible at finding new music that I like, and one of my favorite ways to meet people is (when) you sit in a car and play DJ for each other,” he says.

**Listen to Jasmin Laine on Energy 106.1 FM during weekdays from 6 to 10 a.m. and Jacob Brodovsky on CKUW 95.9 FM on Fridays from 4 to 5 p.m.**

# WHAT’S ON YOUR BACK?

The slow shift to sustainable style

MEGAN RONALD | VOLUNTEER | [MEGANRONALD](#) [@MEGANLYNNRONALD](#)

Shifting to sustainable fashion can feel intimidating. This phrase is often associated with expensive clothing, items that might not represent one’s personal style or pieces that fail to reflect current trends. This could not be further from the truth.

Abigail (Biggie) Theano-Pudwill is the creator of Auxvoir Style Collective, a service focused on helping others discover their personal, sustainable styles. Auxvoir offers a variety of services, all of which begin with what people already have.

Theano-Pudwill grew up with eco-friendly habits. “My introduction to sustainable fashion wasn’t a choice. At first, it was a necessity,” she says.

“(I was) an immigrant Black child from a lower socioeconomic background. We didn’t have much, so buying clothes second-hand or fast-fashion dupes of the name brands I couldn’t afford was the only way I really knew how to live.”

Her journey to a more intentional style began by questioning the impact of the clothes on her back.

Anna-Marie Janzen, the owner and seamstress behind Reclaim Mending, also came from a home that embraced sustainable practices out of necessity. Her introduction to sustainable fashion began with her teenage love of thrifting.

“I grew up with grandparents who were refugees, and so there’s kind of a historical sense of (needing) to use things properly. Mending our clothes was just such a normal part of my upbringing,” she says.

Reclaim was created to help others disengage from fast fashion and to advocate for conscious consumption. Janzen says the primary goal behind her business “is to make your clothing last longer.”

“I really encourage people to really look through their closet, to get into the practice of taking everything out of your closet and kind of (playing) around with fun combinations,” Janzen says.

For Theano-Pudwill, sustainable fashion goes hand in hand with creativity. She challenges people to reinvent the items they already own.

“Most people only wear up to 30 per cent of their closet,” Theano-Pudwill says. “I challenge someone to try different pairings for five days in their closet. So, for five days, wear a new and fresh outfit (you) haven’t worn before.”

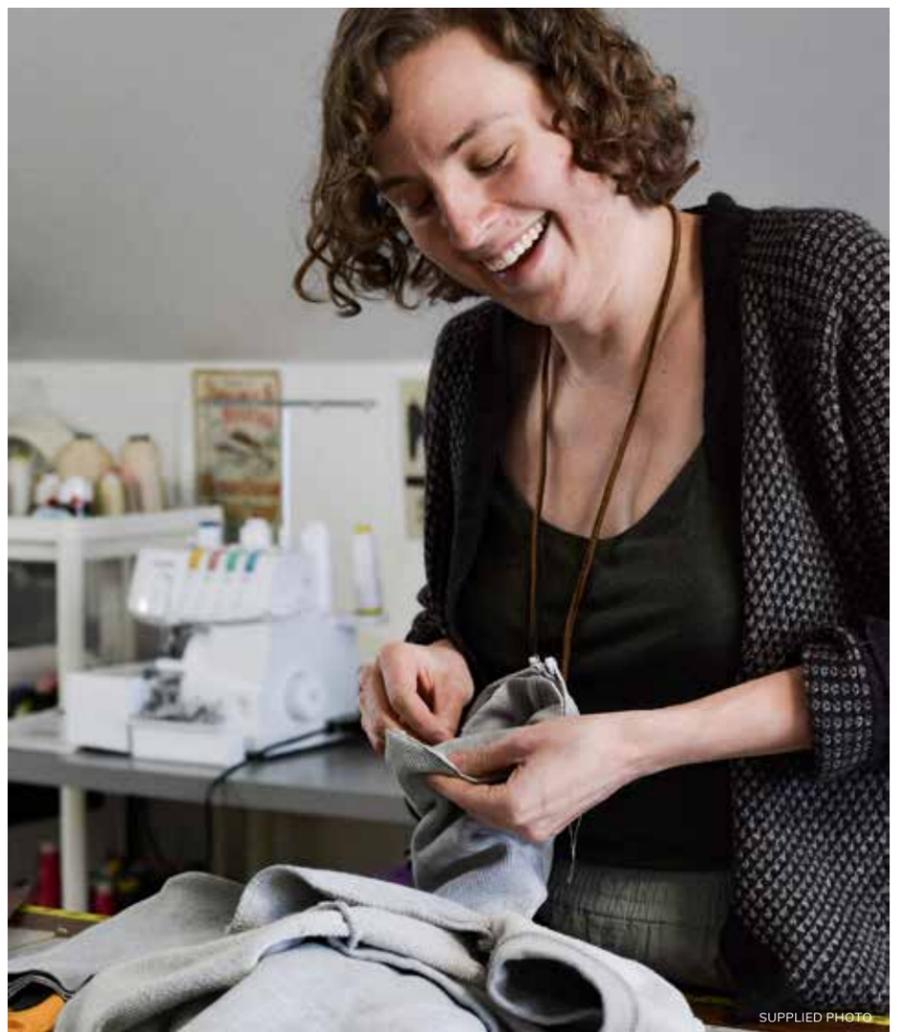
While dressing more sustainably is a step in the right direction, there is a long road ahead. Change is needed, beginning with accountability from major brands and governments, Janzen says.

While it’s easy to feel helpless, Janzen says it’s important to remember you’re not alone. She recommends the Fashion Revolution Foundation, a global sustainable fashion community.

“You’ll find an entire community globally of people who you can learn so much from,” Janzen says.

Theano-Pudwill also finds strength in community.

“(It’s great to see) folks navigate towards



SUPPLIED PHOTO

Anna-Marie Janzen is a seamstress and the owner of Reclaim Mending.

a more slow fashion-based mindset, to look for opportunities to thrift their clothes, to mend their clothes, to personalize their clothes, to see spaces like Surplus Market opening up in the mall. I think having

fashion become more circular is the direction we’re going towards, especially in our community,” she says.



# LIGHTS, CAMERA, ACTION

## Winnipeg Film Group hosts members' screenings

ISABELLA SOARES | ARTS AND CULTURE REPORTER | [BELLASOARES0601](#) [@BELLA\\_SOARES16](#)

With the COVID-19 pandemic making it hard for local filmmakers to exhibit their work, the Winnipeg Film Group (WFG) decided to share the backlog of Winnipeg-based productions through their members' screenings. The first screening took place on March 19, and the following two will happen on April 2 and 22.

With a commitment to supporting emerging filmmakers, the WFG offers a wide swath of resources for folks starting out, from professional-development workshops to film distribution. Their active support has led visual artist Diana Thorneycroft to leave her comfort zone and experiment with stop-motion animation for the first time.

"I am very new with film, so I have to say that the Winnipeg Film Group has been amazing in welcoming me into their fold. What I realized from taking their courses is that I can't do it alone. Visual artists, we are used to working alone, but for filmmakers, it's just too big," she says.

While finishing her latest project, Thorneycroft relied on help from filmmaker Mike Maryniuk and animator Evin Collis with camera work and editing. The sound effects were created by Winnipeg singer-songwriter Christine Fellows.

Thorneycroft's short film is a seven-

and-a-half-minute production about a dysfunctional love story. It was included in her exhibition entitled *Black Forest Sanatorium*, which ran at the PLATFORM centre for photographic + digital arts in September 2021. Now, people will get to see her film through the WFG members' screening sessions.

"Because it was my first animation, I didn't know what I was doing. It was a very intense time for me. The end product has gone to over 13 festivals, and I won a couple awards for the film. I couldn't have done it without the people that helped me do it," she says.

Like Thorneycroft, actor and filmmaker Chelsey Mark participated in many WFG workshops offered after he moved to Winnipeg from China. With the organization's assistance, he became equipped to create short films such as *Vengeance* and *The Callback*. The latest earned Mark a spot in the Whistler Indigenous Fellowship, and he became a finalist in the Gimli Film Festival's RBC Pitch Competition. *The Callback* is also featured in the members' screenings.

"This film is (about) basically my life as an actor and the rabbit hole that every actor goes through after doing an audition," he says.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Artist Diana Thorneycroft's first film, *Black Forest Sanatorium*, was made with the help of the Winnipeg Film Group.

Mark says opportunities like these to share local films are crucial for exposure. After all, it's hard for non-established filmmakers to share their projects with other people in theatres.

"Screenings are important locally, more so for filmmakers than the audience. It's really exciting for emerging filmmakers like myself to see your film screened and enjoyed by other people. It's a very rewarding experience. If the (Winnipeg) Film

Group didn't do this, most often than not, no one will see your work," he says.

The member's screenings are divided into three nights to ensure that each session has a consistent runtime of 83 to 87 minutes and that the selected films have a similar feel to each other.

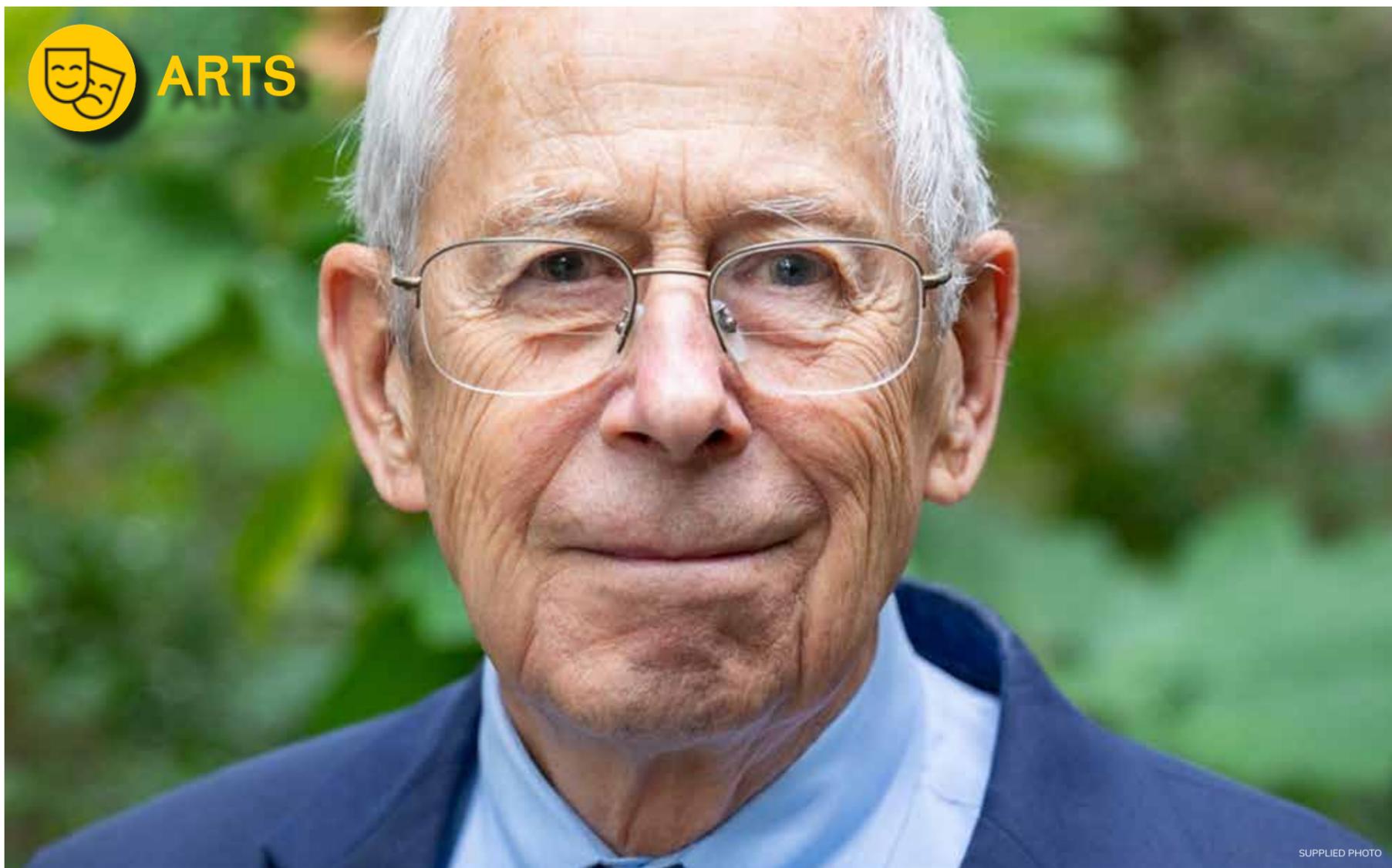
For more information on the screenings' lineups and schedules, visit [winnipegfilmgroup.com](http://winnipegfilmgroup.com).



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# ORIGIN STORIES: JAMES PEEBLES

## 'Nobel' effort pays off

 ARMANDE MARTINE | FEATURES REPORTER | [1MANDE7](#)

Former Winnipegger and astrophysicist James Peebles recalls receiving a 5 a.m. phone call from Stockholm back in 2019. The call informed him he was the recipient of the Nobel Prize in physics.

"I wasn't terribly surprised, because I had (heard) hints of this and opinions among colleagues that it might happen. I have done quite a bit that I think is important. The prize seemed to me to be reasonable," Peebles says.

Peebles shares the Nobel Prize for physics for his theoretical discoveries of the universe, specifically for figuring out that the big bang left behind cosmic microwave background radiology (CMB).

The rest of the prize was awarded

jointly to Michel Mayor and Didier Queloz for their cosmology discoveries.

The *Scientific American* describes CMB as "a faint glow of light that fills the universe, falling on Earth from every direction ... the residual heat of creation (and) the afterglow of the big bang."

The prestigious prize was the end of a long list of accolades the astronomer received over the years. He feels he was at the right place at the right time in terms of a growing interest in his field of work.

"I happened to be in a career where the subject was growing as I was working on it. I did manage to make many important contributions. If I had worked in another field that was more explored, it would

not have worked out that way at all. That doesn't mean that I have particular merit rather than particular luck," Peebles says.

Peebles wasn't always interested in how the universe works. It was during his time at the University of Manitoba (U of M) that he discovered an interest in physics. He continued on to Princeton University as a graduate student.

Arriving in Princeton, Peebles did not initially display an interest in astronomy or the large-scale universe. In fact, he was reluctant to get involved with physical cosmology, because he felt the subject was too formulaic. However, as his involvement with astronomy increased, so did his fascination.

"The subject I was studying was pretty schematic business when I went in, so schematic that I was kind of reluctant to start working in this field," Peebles says.

Born in 1935 in St. Boniface, the Nobel laureate later moved to St. Vital where he attended Glenlawn Collegiate. Peebles completed his undergraduate studies at the U of M, where he was first exposed to calculus and took an interest in engineering.

He left Winnipeg in 1958 to attend Princeton University, where he obtained

his PhD in physics in 1962. He never left, and, today, Peebles is the Albert Einstein Professor Emeritus of Science at Princeton.

Prior to COVID-19, Peebles visited Winnipeg regularly with his wife, Alison, who is also from the city.

"When we come back, we are particularly taken by some beautiful parks that I think are relatively new compared to when we were there. I remember Birds Hill Park, which is a great pleasure, and Oak Hammock (Marsh) is really a beautiful place if you love watching birds," Peebles says.

Peebles has one remaining sister, Audrey Kopanchena, who lives in North Kildonan and is a University of Winnipeg (U of W) alum.

He insisted there be mention in the article of his older sister's achievement. She is the recipient of a gold medal in anthropology conferred to her by the U of W in 1980.

It's a noble gesture from a Nobel recipient.

## ARTS BRIEFS

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

### MCO announces spring concert

Tickets to the Manitoba Chamber Orchestra (MCO) and Pembina Trails Voices' concert, *Jonah*, are now available to purchase. The concert takes place in person on April 12 and 13 at 7:30 p.m. and will stream online on April 29. For more information, visit [bit.ly/3IPmZaC](http://bit.ly/3IPmZaC).

### Vintage, hand-made and more

This Saturday, April 2 at the Park Theatre (698 Osborne St.), a handful of vintage and craft vendors will be available to peruse at The Buzz Vintage and Handmade Market. The market is open to the public from 11 a.m. to 3 p.m. Proof of vaccination is required, and masks are encouraged.

### Harry Manx at the WECC

Blues musician Harry Manx will take the stage at the West End Cultural Centre (WECC, 586 Ellice Ave.) on April 13. Doors open at 7 p.m., and the show starts at 8 p.m. Tickets are \$30 to \$35 and can be purchased online at [bit.ly/3wS01gv](http://bit.ly/3wS01gv).

### A jam session for a good cause

In support of the Canada-Ukraine Foundation's Ukrainian Humanitarian Appeal, Jazz Winnipeg is hosting a jam session at the King's Head Pub on April 3 from 7:30 to 10:30 p.m. A suggested donation of \$10 or more can be made at the door or online via [bit.ly/3iNMAWM](http://bit.ly/3iNMAWM).

### Mahogany Frog releases new album

*Faust* is the title of Winnipeg instrumental electronic-rock band Mahogany Frog's latest album. The instrumental album, inspired by the 1926 German film of the same name, was released over three months, with the final song launched on March 25. Listen to *Faust* on all major streaming platforms.

### Art Talk: *The Photograph as Art*

For the April edition of First Fridays in the Exchange and in celebration of the 2022 Flash Photographic Festival, visual artist Iyunade Judah and documentary photographer Tim Smith will join moderator Sarah Hodges-Kolisnyk to discuss how to conceptualize photography as an art form. *The Photograph as Art* will be streamed online on April 1 at 6:30 p.m. To tune in, visit [bit.ly/3wO3c8P](http://bit.ly/3wO3c8P).

# Inflation vs. students



How the rising cost of living hits university campuses

Russia's war in Ukraine has caused massive global impacts. In retaliation against Russia, many countries have stopped importing Russian oil. As such, many different industries are affected, causing a ripple effect throughout different economies.

Canada is not immune to these effects. Although Canada has a strong oil supply from its own soil, demand makes these costs higher. When combined with preexisting instability from the COVID-19 pandemic, global supply-chain problems and radical changes in the labour market, Canada has felt the shockwaves of the global inflation surge.

Winnipeggers have already seen the effects of this oil shortage. Gas

prices are at an all-time high. Those who commute with their own vehicle face higher expenditure the more they travel.

But Canada's supply shortage on oil doesn't just affect gas prices.

Although inflation has been a problem since the beginning of the COVID-19 pandemic, it has become worse due to Russia's invasion of Ukraine. Canadians suffer the impact of high inflation when prices go up and incomes do not quickly follow.

This inflation also impacts university students, whether they live on or off campus and whether they are domestic or international.



**Tuition? Food? Gas? Oh my!**

Asia Reyes, a University of Winnipeg (U of W) student who lives off campus with her parents, says the recent inflation exacerbated by the war in Ukraine affected her cost of living by proxy, because it has impacted her parents.

“I can obviously see the effects on my parents,” she says. “Just like the daily sort of things that they buy: groceries and gasoline and all that kind of stuff. I don’t know if it affects me personally as much. First of all, I don’t own a car, so I actually don’t buy gasoline, and I also eat food at home, so I’m very privileged in that sense.”

Another student who lives off campus, Senna Sedik, says she is not able to use cars as often due to the rising gas prices.

Fathma Mehjabin, an international student studying economics and living on campus, says recent inflation has definitely affected her cost of living.

“When it comes to groceries and everything, it’s much more expensive. Even the petrol prices are much more expensive. As a student, it’s hard to travel to different places, because you can see that the Uber

prices have gone up. So, in general, transportation is harder.”

Chhavi Dhir, another international student, says there have been recent changes to her food expenses due to inflation.

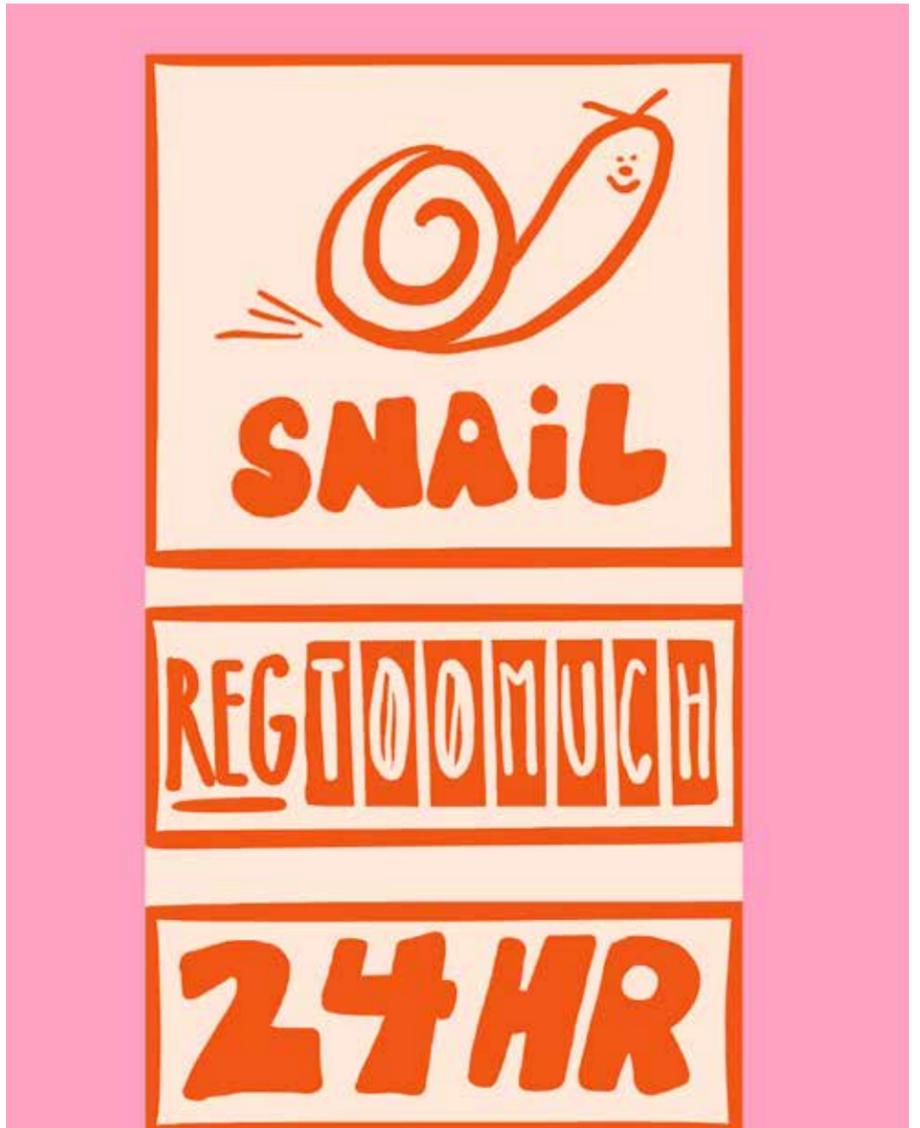
Many of these students, if they could positively change at least one aspect of the recent inflation, would fix the surge of fuel costs in order to improve their ability to travel around the city.

**The history of recent inflation**

Philippe Cyrenne, a professor of economics at the U of W, speaks about recent inflation, where it comes from and what the government can do about it.

“You have to go back a little bit during the COVID period,” he says. “There were lots of issues with lots of plants, particularly when it came to the packing plants. But also, a lot of suppliers in the agricultural sector were affected by COVID, so I think many of the plants were operating below capacity.”

In regards to if inflation rates will stabilize soon, Cyrenne says “it all depends what the Bank of Canada is going to do.



The one thing that has happened during the COVID period ... largely, I describe it as sector-specific recession.”

Cyrenne specifies that income groups who had public jobs were affected by the recession, as public restrictions locked them out of their jobs. The federal government created the Canadian Emergency Response Benefit (CERB) program to help those affected by public lockout.

Cyrenne says the issue with CERB was that it was the result of the federal government creating debt instead of borrowing money from the public or taxing citizens.

Because the government created money from nothing, it caused inflation.

“So, in some sense, the inflation we see now is the legacy of those decisions made during the COVID period ... I think that most economists realized that there was going to be some reckoning that would take place after the COVID period.”

Cyrenne says there’s not much the provincial government can do to help its citizens.

“They don’t have the same resources that the federal government has. So, if you look at the budget of most provincial gov-

ernments, they've all been in the red significantly for quite a while.”

But the provincial government does control university funding, an expense that directly affects students. Dhir expresses concern at the U of W's high tuition fees and other student expenses.

“We don't have U-Pass,” she says. “It's just dollars (difference). But when you count those dollars for a month, it's a pretty huge amount that you're paying.”

She also believes the university should provide better accessibility services, as well as more basic student needs, such as printing services and food access.

Cyrenne clarifies that the sector-specific recession that occurred over the pandemic didn't affect everyone, and that those who were able to work safely from home when the government placed public restrictions were able to avoid negative penalties to their income. He says the people who worked on the frontline or in jobs that they could not do remotely needed government support the most.

### Supply and housing

Manish Pandey, a professor of economics at the U of W, sheds light on how Russia's war on Ukraine exacerbated inflation issues.

“Inflation was rising even before the war,” Pandey says. “The discussion around inflation before Russia invaded Ukraine was about supply-chain disruptions, demand rising post-COVID and other logistical issues that companies were facing. Demand was rising, supply was not rising enough, and so you had this mismatch, and so prices were increased.”

But this mismatch was only supposed to be temporary, Pandey says. Once supply chains caught up, prices would return back to normal. However, the war on Ukraine was not something anyone could foresee, causing unexpected impact to inflation. The combined effect of oil prices rising and supply-chain disruption from the pandemic caused a large amount of inflation.

“Everything will depend on how quickly gas prices will adjust,” Pandey says. “It all depends on whether the open countries increase production right now.”

He says American oil cannot ramp up production, because these oil companies cannot dig shale oil that quickly. He acknowledges that Middle Eastern countries will have to take the brunt of the new demand, because they can easily ramp up supply.

“Housing-price increase is a source of inflation. But that is related to low interest rates in Canada, which the low-interest rate regime is now gradually changing to increases in interest rates to cool off the housing market,” Pandey says.

He says the effects of inflation wouldn't be bad if not for the difference between inflation growth and income growth of working individuals.

“There is always a mismatch in terms of income growth and price growth, right? Incomes are not going to grow as fast, because there's always a lag for income to catch up to prices. In real terms, we're basically all taking a hit in terms of what our earnings are going to be.”

### The passing storm

“All (my) daily expenses ... (have) gone up by about 15 per cent,” Aryan Dhir, an international student living off campus, says. “Most importantly, you can see the price of gas ... I think it has affected (the) majority of us right now due to this war in Ukraine.”

Another student, Jonas Yu, says gas prices are ludicrous, and fuel costs stack up quickly when traveling to and from the university.

“Even (inflation) goes through everything as a student. Even food ... Everything's been going up,” he says.

It is not all doom and gloom, however. Pandey says Canada's economy appears to be fairly good compared to other G7 countries. He states that Canada has gone back to pre-pandemic employment levels, and that the GDP has stabilized and is growing fast. He also believes that this year's GDP growth should bring Canada back to where it should have been if the pandemic had not happened.

Cyrenne agrees that there are positive aspects.

“Well, I think the good thing is we've made it through the COVID period alive in some sense,” he explains. “So, to say I think the worst is behind us ... I mean, the governments themselves have to take a great deal of care to manage this transition from the COVID period ... But I think recent statistics show growth is coming back. And the reason that growth is important is that growth generates the tax revenue, which allows the support for individuals.”



Dr. Manish Pandey is a professor of economics at the University of Winnipeg.



Philippe Cyrenne is a professor of economics at the University of Winnipeg.

## CITY BRIEFS

ALEX NEUFELDT | CITY EDITOR

### Keeping up with the geography theses

The University of Winnipeg department of geography honours thesis colloquium will take place on April 11, beginning at 1:30 p.m. Contact the geography department for Zoom registration details.

### Energy and the road to net-zero

On April 6, the Manitoba Sustainable Energy Association will hold its annual sustainable energy conference at the William Glesby Centre in Portage La Prairie. This year's conference is titled “On the Road to Net-Zero by 2050.” Registration information can be found at [mansea.org](http://mansea.org).

### No more daily data

The Province of Manitoba will no longer provide daily COVID-19 data on their online dashboard. Instead, they will pivot to a weekly epidemiology update. The move comes months after many news agencies already pivoted to reporting on spread via ICU and hospital data due to the low rate of testing.

### Transit app making maiden voyage

Winnipeg Transit is launching a new bus-schedule app through Navigo, which is desktop accessible and available on the App Store through TestFlight and Google Play in early access. The app includes bus-scheduling information and trip-planning help and is now available in French.

### Summer convention in person again

Ai-Kon, an anime and pop-culture convention, is scheduled to happen in person from July 22 to 24 at the RBC Convention Centre. Since the beginning of the COVID-19 pandemic, events associated with the convention have been postponed or held virtually. Tickets are available at [ai-kon.org](http://ai-kon.org).

### Whale watching on the web

This summer, researchers at the Assiniboine Park Zoo are hosting Beluga Bits, a citizen science project that asks members of the public to watch underwater footage of Beluga whales in the Western Hudson Bay and help scientists identify images so they can better study the whales. On April 1, there will be a webinar on the project hosted by CPAWS Manitoba. Registration for the webinar is available at [cpawsmb.org](http://cpawsmb.org), and Beluga Bits is hosted on [zooniverse.org](http://zooniverse.org).

# TOUCHDOWN FOR KHAN

Tories hold onto Fort Whyte

CALLUM GOULET-KILGOUR | CITY REPORTER |  CGOULETKILGOUR

Fort Whyte voters took to the polls on March 22 to elect former premier Brian Pallister's replacement.

Progressive Conservative candidate Obby Khan won with 3,050 votes (42.43 per cent). Liberal candidate Willard Reaves received 2,853 votes (39.69 per cent), NDP candidate Trudy Schoreder received 1,112 votes (15.47 per cent), independent candidate Patrick Allard received 101 votes (1.40 per cent), and Green candidate Nicolas Geddert received 55 votes (0.77 per cent). Turnout was 44.42 per cent.

Khan managed to retain the suburban Winnipeg seat for his increasingly unpopular party. The PCs have held this riding since its creation in 1999, previously always winning more than 50 per cent of the vote.

"The message, loud and clear ... is that we need to do better," Khan says. "We haven't really had an active MLA for a long time, and I want to be that."

Sheri Oberman from Fair Vote Manitoba, an organization that advocates "for an inclusive, diverse and proportional representation" voting system, says this close race underscores the importance of electoral reform.

"Unfortunately, (our system) is a system that our political parties like," Oberman says.

"What happens with a winner-take-all

first-past-the-post system is it always becomes a duopoly, and we see that here in Manitoba," she says, referring to the dominance of the PC Party and the NDP within provincial politics.

While byelections are generally uneventful affairs, this contest drew the attention of people across the province. The candidates from the three major parties are all fairly well-known Winnipeggers. Khan and Reaves are former Winnipeg Blue Bombers. Schoreder has been executive director of the Winnipeg Symphony Orchestra and the Winnipeg Folk Festival. Khan is also a well-known businessperson.

The three candidates have been very active on social media, frequently clashing with one another. There were also allegations of favouritism against the PC Party when it was discovered that Good Local, co-founded by Khan, received a \$500,000 grant from the provincial government. Furthermore, in the last few days of the campaign, Steven Fletcher – a former Conservative MP and People's Party of Canada candidate – endorsed Reaves.

Khan made history by being the first Muslim elected to the Legislative Assembly of Manitoba. He is also an example of an athlete-turned-politician. While this seems like an unlikely career trajectory, Canadi-



Progressive Conservative candidate Obby Khan, also a businessperson and a former Winnipeg Blue Bomber, won the hotly contested Fort Whyte byelection.

an political history is filled with examples. Dan Vandal, Thomas Steen, Carla Qualtrough and Ken Dryden all had professional sports careers before being elected to public office.

Among Manitoban politicians, curling is particularly prevalent. In fact, Khan's predecessors in Fort Whyte, Brain Pallister and Hugh McFadyen, both curled competitively.

Running for office "isn't something that came to mind until a few months ago," Khan says.

"We're in a tough time right now with the pandemic. People are really struggling, so I felt like we needed some positive leadership, someone with energy and charisma, someone who can bring people together, and one of my strongest points is that I can do those things," he says.

The 43rd Manitoba general election will occur no later than Oct. 3, 2023. A recent poll shows the NDP in the lead (44 per cent), with the PCs trailing (34 per cent) and the Liberals in a distant third (15 per cent).

# FIGHTING FOR TRANSPARENCY WITH FREEDOM OF INFORMATION

Prison Pandemic Papers freeing correctional facilities' COVID-19 data

ALEX NEUFELDT | CITY EDITOR

Research comes in many forms. The Prison Pandemic Papers are about as form-based as it gets.

The Prison Pandemic Papers research project used freedom of information requests and data science to obtain information about the state of COVID-19 in prisons over the course of the pandemic from provincial and federal bodies. The papers are now hosted on the University of Ottawa research website through the Criminalization and Punishment Education Project.

Kevin Walby, associate professor of criminal justice at the University of Winnipeg and director of the Centre for Access to Information and Justice, led the document collection. The centre undertook the project because people with loved ones in prisons were alarmed at the lack of information and communication coming out of prisons during COVID-19 waves.

Wren, an organizer with Bar None Winnipeg, says "(prison) case numbers are only coming in as summaries, when (authorities are) divulging anything."

Bar None is an abolitionist prisoner solidarity group that coordinates rideshares

for people visiting people in prisons. The rideshare program has been hit hard by the pandemic, and Bar None has diverted funding for rideshares to pay for calls to people in prisons, which are expensive.

The pandemic "really highlights the fact that prisons are always a public-health crisis. It doesn't matter if there's a pandemic or not. There are really poor health outcomes for people," Wren says. "Ableism is really present in the way that we disappear people who don't fit neatly into our systems into prisons."

Walby says one aspect of the project he found most interesting was the shift in response to complaints from prisoners and grievances from prison staff.

"At the beginning of the pandemic, prison and jail authorities responded to those concerns by decarcerating," he says. "They let people out of prisons and jails in quite a lot of jurisdictions across Canada, Manitoba included. There were hundreds of people released federally and provincially, and there was no big spike in transgression like some conservative pundits would surmise."

Complaints and grievances regarding

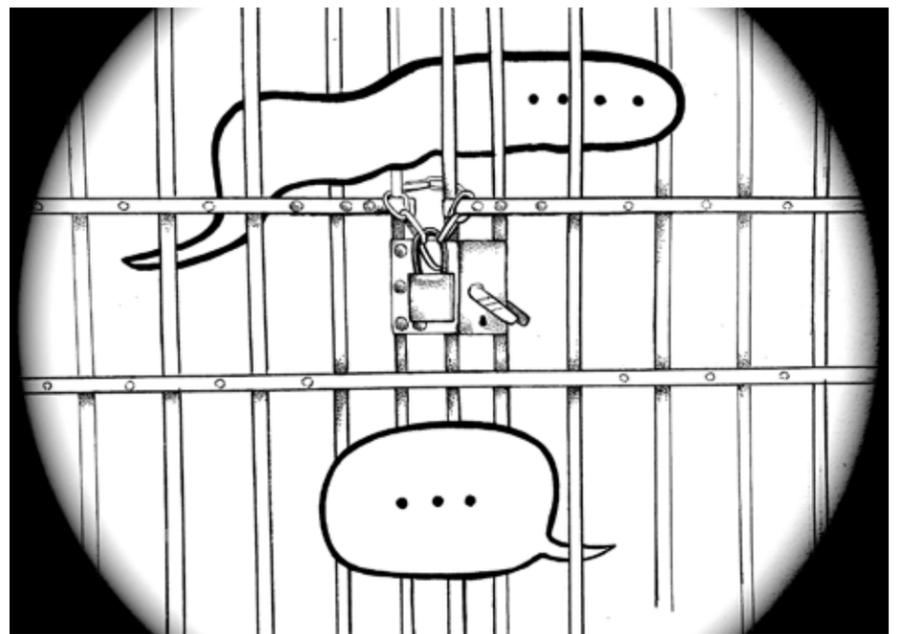


ILLUSTRATION BY GABRIELLE FUNK

hygiene in prisons continued, and, in later waves, authorities did not decarcerate.

"That was one of the most shocking findings for me, I think," Walby says. "Prison authorities showed that they can decarcerate, they can *not* throw everyone in jail, and they can come up with community solutions. They can have community sentences where people are close to their familial networks and can be supported and also not be stuck in a congregate setting being coercively exposed to a deadly virus."

While some jurisdictions were relatively forthcoming with their data, Walby says the Government of Alberta used all kinds of tactics, such as excessive fees and weird time extensions, and gave out almost nothing. The provincial governments of British Columbia and Nova Scotia used similar tactics, but the research team was ultimately able to extract more substantial records from them.

Walby sees this project as a "model for how research can be done in a way that spans boundaries and brings people together."

"A lot of times, research is very proprietary: 'This is my data, and no one else can even see it,' and I think with this project, we're really trying to show that sharing data, creating some links and connections is a good thing, and research can help facilitate that," he says. "Anyone should feel empowered to use freedom of information. You don't have to have a PhD or be a journalist." The centre offers training to those who would like to learn about doing research through freedom of information requests.

For more info on the Prison Pandemic Papers, visit [bit.ly/372Mdol](https://bit.ly/372Mdol).

# NEW SEMESTER, NEW PRESIDENT

## Todd Mondor's term as university president begins

ALEX NEUFELDT | CITY EDITOR / GRIFFIN PARAGAS | CAMPUS REPORTER

University of Winnipeg (U of W) students will enter the spring semester with a new university president and vice-chancellor as Todd Mondor begins his five-year term. The U of W announced Mondor's appointment on Nov. 23, 2021.

Mondor, who completed his undergraduate degree at the U of W, has had a long career in academia, which began at Mount Allison University and includes administrative work at the University of Manitoba (U of M).

During his time at the U of M, he held the positions of associate head of the psychology graduate program, head of the psychology faculty, associate dean of graduate studies, deputy provost (academic planning and programs), vice-provost (graduate education) and dean of graduate studies. Mondor says his time in administration has given him an "appreciation for process and regulations."

"As a faculty member, I really felt that I knew what was best, and I wasn't too worried about regulations," he says. "But as I've become more familiar with administration, I realized how important it is to have agreed-upon rules by which you're going to operate your programs or deal with particular situations that may arise."

He says that as his scope of responsibilities has increased, he's learned more about working with people with different perspectives and appreciating those perspectives, as well as the importance of collaborating with a common goal. "I think I'm very good at developing relationships with people and establishing a trust-based connection. And I think that experience is going to help me here," he says.

James Currie, who has served as the interim president and vice-chancellor of the U of W, has steered the university through the shifts of the COVID-19 pandemic, proposed budget cuts from the provincial government and a project to develop more on-campus space for students. He says he's looking forward to returning to teaching, researching and publishing in the math department.

Currie says one of the biggest challenges he sees for Mondor is adjusting to the scale of the U of W.

"Things often have to serve two or three or four purposes," Currie says. "We are not funded on the same per-student level as the University of Manitoba or Brandon, so we have to be very efficient. And so that'll be a challenge. Just learning how we deliver good quality without having bags of mon-



Todd Mondor is the new president of the University of Winnipeg.

ey to throw at things, so we can never just sort of do a single-purpose thing."

The first challenge Mondor will have to manage is the return to campus now that the mask and vaccine requirements have been lifted. Mondor is focused on ensuring that students who may be experiencing the campus for the first time feel welcome and are able to settle into the space.

"Safety is still top of mind," Mondor

says, "but we feel like there's a better learning experience for students, better teaching experience for faculty members and more of a community by coming back in person." He's hopeful that in the event of another major COVID-19 wave, the university community will be able to adapt using the lessons learned over the course of the pandemic.

# FLAG-RAISING AND FEE-WAIVING

## The U of W's response to the war in Ukraine

CALLUM GOULET-KILGOUR | CITY REPORTER |  CGOULETKILGOUR

Russia's ongoing invasion of Ukraine is having repercussions around the world. In addition to this crisis' significant geopolitical and economic impacts, governments, businesses and other institutions are adapting to the new international order. This is especially the case in Canada, where most people are generally pro-Ukrainian.

The University of Winnipeg (U of W), located in a province with a large Ukrainian population, has responded to the conflict by issuing a statement of solidarity with Ukraine, as well as providing resources to students.

In a statement on the U of W website, Dr. Jan Stewart, the university's interim provost and vice-president academic, "calls for an end to Russia's escalating war against Ukraine."

"Our thoughts are with Ukrainian people and their family members in Winnipeg and beyond," she says.

In early March, the U of W raised the Ukrainian flag on campus to show support. While the gesture was surely appreciated, the university has also been trying to do more than symbolic solidarity.

Stewart notes that the university is "in direct contact with current students who are from Ukraine to ensure they are fully supported." Her statement emphasises that "counselling and health and wellness re-

sources" are available to all students.

Countless studies have shown the negative impact of a conflict such as this one on students in higher education. A UNESCO report found that even "minor shocks" can lead to "significant and long-lasting detrimental effects" on educational attainment. Furthermore, exposure to violence "results in significant gender differentials in individual education outcomes."

"If you are a student experiencing difficulty with course requirements, we encourage you to reach out to an advisor in Student Services or talk to your instructors," Stewart says.

U of W has also waived application fees for students coming from Ukraine, which is standard practice for the university when it deals with students from war-affected areas.

"We will continue to monitor and respond to this situation, standing together in support of Ukraine's fight for independence," Stewart says.

Anthony Zarow of the U of W Ukrainian Students' Association (UWUKRSA) says the U of W's response to this crisis has been "pretty good."

The UWUKRSA has also been doing what it can to help Ukrainians.

"Our goal right now is to get as much help and resources as possible to Ukraine," he



A Ukrainian flag was raised in solidarity in Memorial Park in late February.

says. As such, Zarow's group has made blue and yellow (the colours of the Ukrainian flag) ribbons and sold them, donating the proceeds to the Canada-Ukraine Foundation Humanitarian Appeal.

The UWUKRSA is also advocating for policy changes beyond the university campus. "The main thing that we want right now is all the red tape for refugees to be gone," Zarow says.

Canada recently announced that

Ukrainian refugees will be able to stay here for three years. As of March 26, more than 3.7 million people have fled Ukraine since Feb. 24.

**The U of W Ukrainian Students' Association's Facebook page is [facebook.com/uwukrsa](https://www.facebook.com/uwukrsa).**



# ADOPTING INDIGENOUS PHILOSOPHY

Dr. Jacqueline Romanow, associate professor,  
Department of Indigenous Studies

ARMANDE MARTINE | FEATURES REPORTER | 1MANDE7

Prior to completing her PhD, Romanow finished a master's in economics and then worked with a tribal council on economic development. From there, she went into consulting with First Nations in Manitoba and across Canada.

During this time, she worked on the Framework Agreement Initiative (FAI), an attempt to negotiate self-government for First Nations in Manitoba.

"Government negotiators already had a pre-determined package, so (they weren't) fair negotiations. They wanted to hand over jurisdiction without any capability for First Nations to generate revenue," Romanow says.

The FAI's final report was published in February 1999. The initiative did not go forward. Romanow says the creation of the reserve system and the separation of Indigenous peoples from natural resources contributed to the self-government initiative's failure.

"Without land, how can you generate revenue? You don't want a government that is completely dependent on transfer payments," Romanow says.

Frustrated with the Canadian government's unfair negotiations with First Nations, Romanow turned her interest to property rights in other countries. Specifically, she focused on cases before the Inter-American Court of Human Rights, studying state barriers to the implementation of Court decisions for Indigenous

property rights in Ecuador, Nicaragua and Colombia.

Those human-rights cases were part of Romanow's fieldwork while she completed her PhD in political studies (international relations) at Queen's University.

Romanow is Métis and grew up just north of Winnipeg in the Red River Settlement, specifically in the Lockport area.

She is involved in an upcoming national two-day conference in June 2022 that will look into how universities can respond to the Calls for Justice coming out of the 2019 Final Report into missing and murdered Indigenous women, girls and 2SLGBTQIA people (MMIWG2S).

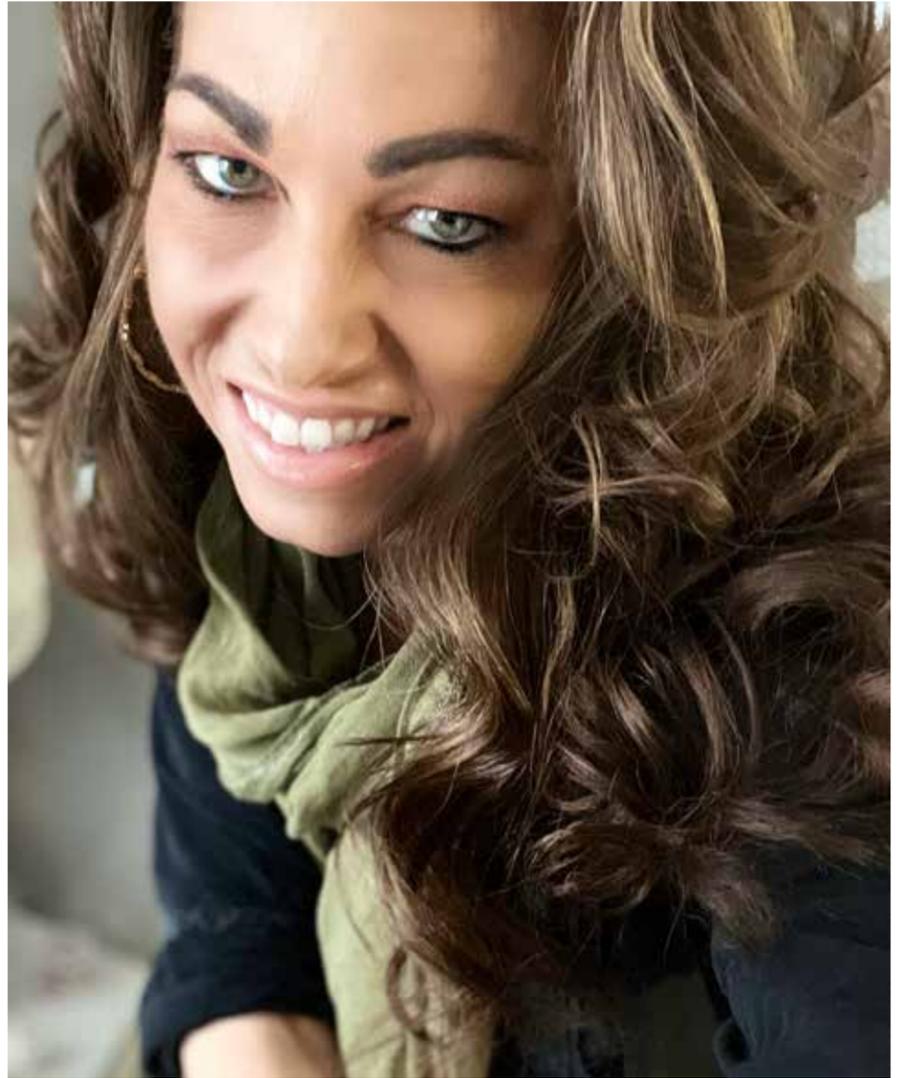
"The main idea of the conference is (about) how can we solve this problem? Why are Indigenous women being overlooked? We can't let this report continue to be ignored," Romanow says.

## What is the best thing about your work?

"I didn't grow up with a lot of role models. I can tell the Indigenous female students I'm teaching right now can relate to me. It makes them feel their own realm of the possible."

## What do you like to do in your spare time?

"During the pandemic, I've taken up



SUPPLIED PHOTO

dancing, and I made jewellery. I read and listen to audiobooks. With my son, we watch a lot of basketball."

## If you could change one thing in the world, what would it be?

"I believe in Indigenous philosophy and

ontologies. They're more egalitarian and built on cooperation. I believe (Indigenous ontologies) are a better grounding for the world. Western philosophy is built on this notion of hierarchy. It creates a certain economy and culture."



THE UNIVERSITY OF  
WINNIPEG

## Student Services

### Spring Term Registration

Students should have received their assigned registration start date/time for Spring Term 2022 in their University webmail account last week. If you have not received your appointment time, please contact Student Central at [studentcentral@uwinnipeg.ca](mailto:studentcentral@uwinnipeg.ca)

Tiered registration began on March 28. Open registration starts on **April 11**.

The Spring Term begins on Mon., May 2, with courses scheduled to start/end on various dates throughout the term. See [uwinnipeg.ca/registration/spring-process-and-procedures.html](http://uwinnipeg.ca/registration/spring-process-and-procedures.html)

### Webinar Wednesdays

Student Services staff share some valuable strategies and tips to help you succeed at UWinnipeg. Upcoming dates/topics for these Zoom webinars include:

### March 30 - Planning for Spring Term

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

### End of Winter Term + Make-up Days

**April 6** is the last day of Winter Term 2022, except for courses that had a class on the first three days of term, which were cancelled due to concern about the surging Omicron variant:  
- class cancelled Thursday, Jan. 6 --> make-up class is Thursday, **April 7**  
- class cancelled Friday, Jan. 7 --> make-up class is Friday, **April 8**  
- class cancelled Saturday, Jan. 8 --> make-up class is Saturday, **April 9**

### Winter Term Exams

The examination period is **April 12 - 26**.

For more information, please see: [www.uwinnipeg.ca/exam-schedules/index.html](http://www.uwinnipeg.ca/exam-schedules/index.html)

### Study Skills Workshops – Spring Term

Study Skills Workshops are designed to improve your learning skills and help you achieve your academic goals. Topics include time management, writing essays, and test-taking strategies.

Organized by Academic & Career Services, the series of six workshops will be held on **Mondays, Wednesdays and Fridays from May 9 – 20**. Each session is held 9:00 to 9:50 am via Zoom. Registration in advance is required. For details and to sign up, see: [www.uwinnipeg.ca/academic-advising/study-skills-workshops.html](http://www.uwinnipeg.ca/academic-advising/study-skills-workshops.html)

### Use the myVisit App

Need some help from staff 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 meeting with an academic or career advisor. Appointments with advisors can also be booked through the website: [www.myvisit.com](http://www.myvisit.com).

### Klinik Health Services

Klinik on campus is once again available to provide virtual appointments to the University community. For more information, please visit: [uwinnipeg.ca/student-wellness/health-services.html](http://uwinnipeg.ca/student-wellness/health-services.html)

# ACCORDING TO HER

## Against caution

CIKU GITONGA | COLUMNIST

Recently, I took one of my procrastination plunges into YouTube and watched the latest video from my favourite channel, *Oh Stephco!*

In it, Stephanie, a Black woman in her late 30s, gives frank and funny anecdotes about navigating a world that does not always value her.

In this video, she speaks about a recent casual encounter that had left a bad taste in her mouth. She slept with a man she knew was uninterested in a long-term connection. She had just been in a period of unintentional celibacy and craved release.

Her expectations were not high. They would share a night and then part ways, perhaps staying casual acquaintances in the future.

What Stephanie did not expect was that the moment this man left her apartment the next morning, he blocked her everywhere. She was shocked and hurt.

To my annoyance, Stephanie's comment section was filled with viewers admonishing her for having casual sex. If she felt so hurt by being discarded, she should have waited for several dates till the man proved himself worthy to "give her body" to.

I detest advice like this. I really do. It has a logic that is merely surface-level.

Many commenters spoke of not being "built" for one-night-stands or prolonged casual arrangements. They got attached and incredibly hurt when their interest wasn't reciprocated. Stephanie herself spoke of having thoughts of intense self-hatred in response to the rejection.

So, if you know that rejection brings you immense pain, you should do your best to

avoid it, right?

I don't think so. I think this is a band-aid solution to a deeper emotional problem.

Sexual conservatism can minimize incidences of quick rejection, but it is not a fool-proof plan against being discarded. Spouses can also disrespect partners or leave without a word.

But this argument doesn't get to the heart of what I dislike about warnings to approach sex with emotional caution to avoid hurt. What this advice fails to account for is *the reason* behind the devastation.

When rejection triggers self-hatred, as it did with Stephanie, this is an indication that one's foundation for self-love is quite shaky.

Of course, rejection can hurt for even the most self-adoring, especially when it is done as callously as immediate blocking after sex. But the difference between this leaving a sting and a gaping wound is whether one's source of self-worth is outward assessment or internal belief.

To the commenters who preached emotional caution, I counter by preaching emotional strength.

The internal work of building a strong foundation of self-love is much like building a strong fortress. It takes time. It takes effort. But once the fortress is up, nothing can harm someone to the point of destruction.

Cautionary measures, like the arbitrary five-date-till-sex rule that one commenter suggested, sidestep this difficult internal work. This rule can also act as a restriction of one's sexual agency, so that when one spontaneously follows their desires, the potential pain of rejection is accompanied

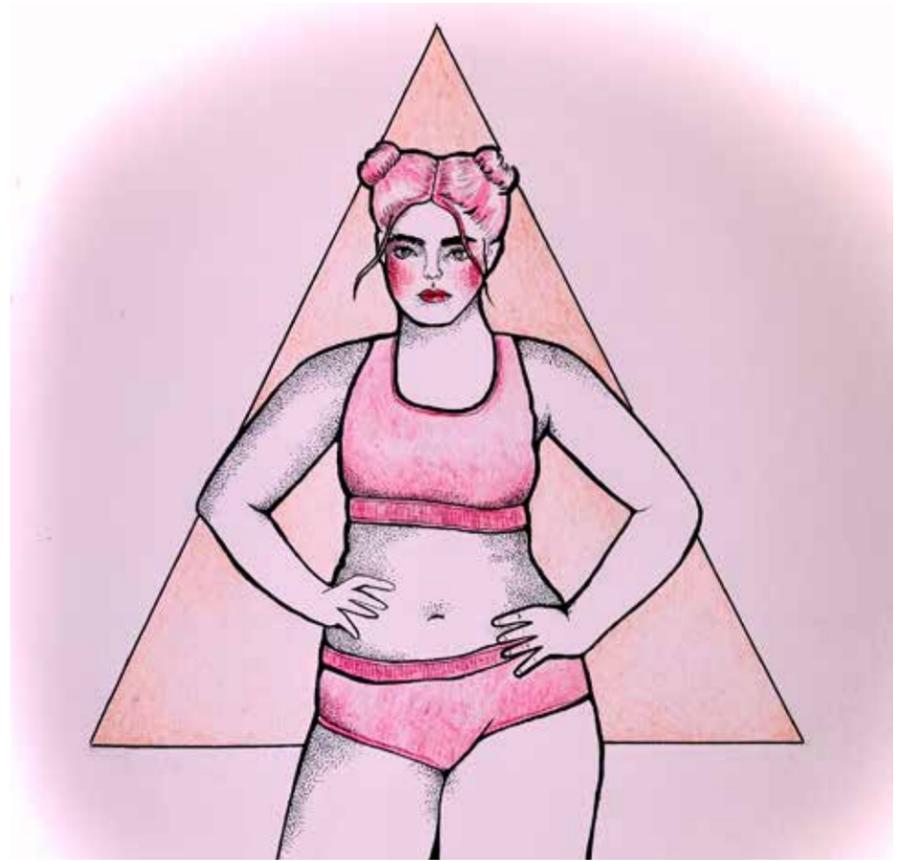


ILLUSTRATION BY GABRIELLE FUNK

by toxic shame.

Of course, casual sex can bring physical harm, as well as emotional. For this, a safety protocol, such as sharing your location or pictures of a potential partner with a friend, is necessary.

But for guarding one's heart, it is my opinion and lived experience that building self-love brings more long-term, holistic wellness than the short-term avoidance of pain.

**Ciku Gitonga is a third-year political-science student at the University of Ottawa. She moved from Nairobi, Kenya to Winnipeg with her family in 2016. Although her first love is fiction writing, she also dabbles in nonfiction.**


**COMMENTS**

# TO POST OR NOT TO POST?

## Finding balance in a social-media career

 KIM UDUMAN | VOLUNTEER |  SHINGEKI\_NO\_KIM

Growing up, social media was new and something fun to do. It was a way for people to see what another person's life was like through the screen of a phone.

Many people have now made careers out of social media. Some of these positions include work as social-media managers, communications coordinators, YouTubers or influencers.

My dream career involves starting a social-media marketing agency. Some may think navigating the vast network of online connections and content comes naturally, but it's actually a specific skill set that I am still learning.

"Doing" social media as a career seems easy enough. All you have to do is post stuff, right? Well, it's a little bit more complicated than that.

I currently work in the broadcasting world and freelance social-media management. However, my clientele is rather small. To build up my reputation, I'm constantly updating my LinkedIn profile about my newest accomplishments in hopes that potential employers or businesses will see me. If I'm not doing that, then I take about a million pictures for Instagram only to pick one and try to think of a one-of-a-kind caption to stand

out for my existing clients.

It doesn't sound like much, but constantly worrying about what to post, how much content I need to create per week and how my next post could make or break a business can be exhausting. Posting pictures of my own cat or of a good latte that made me happy lost its original joy.

Social media can make it hard to separate my personal life from work life.

I used to struggle with finding balance when it came to using Instagram, Twitter and other platforms. I'd find myself obsessing over the amount of likes and comparing myself to others, which lowered my self-esteem and left me feeling that I needed to constantly push content while not appreciating the content I took in. I was becoming consumed by the thing I loved instead of enjoying it.

As more careers, including those in photography, graphic design and journalism, require active social-media presences, I'm concerned that many people may truly forget how to disconnect their work from their personal lives. People with careers involving Instagram, Twitter, TikTok and blogging may not be able to ever completely turn off.

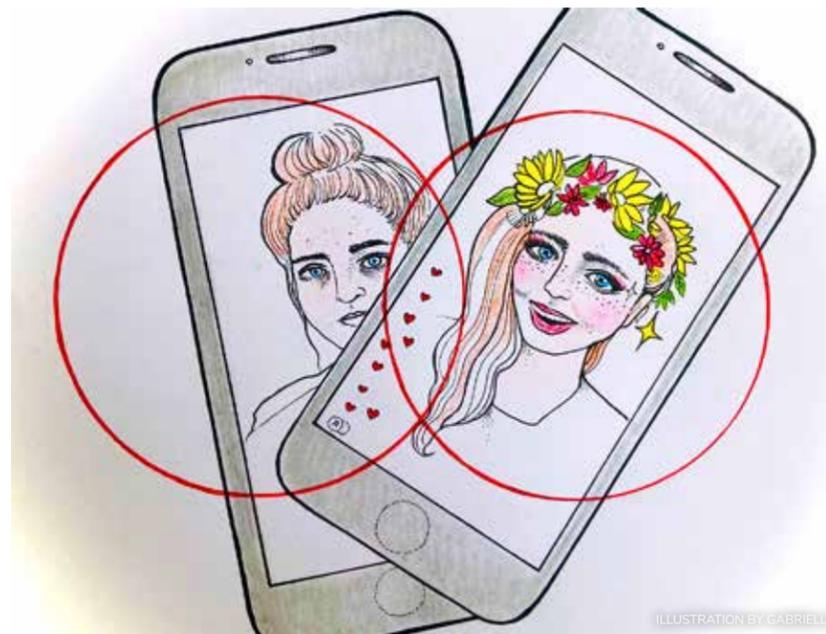


ILLUSTRATION BY GABRIELLE FUNK

Thankfully, I am starting to figure out this balance.

I started by setting a designated "no-phone" time an hour after I wake up and before I go to bed. During this time, I engage in other hobbies that don't require me to look at a screen. I've also become more strict when it comes to being on and off the clock when I work from home.

By drawing these boundaries and actually keeping to them, I find myself being able to enjoy going on Instagram or TikTok without needing to post content myself.

As much as it seems like people need social

media to further their careers, it isn't necessary to be surrounded by it every day. Remember to take a break and try to enjoy the silly cat videos every once in a while.

**Kim Uduman is a recent graduate from the theatre and film and rhetoric, writing and communications programs at the University of Winnipeg. In her downtime, she loves caring for her plants, cuddling her orange-tabby cat and attempting latte art.**



# COMMENTS

## MY FUTURE CAREER HASN'T BEEN INVENTED YET

### On crisis and finding a future

PATRICK HARNEY | VOLUNTEER

My father always told me to pursue whatever I was passionate about, because my future career hadn't been invented yet. This advice is a clear product of the world my father inhabited. He grew up as a farmer in the 1970s and went to a free college to study computer networks just in time to get a career in the booming tech scene of the '90s.

Throughout my life, I've waffled on whether my father's advice was sagely wisdom or the misguided optimism of someone who managed to hitch their horse to the right carriage.

The world I am a part of is very different from my father's. As I finished my undergrad, I did not see the career my father had assured me would come. Instead, I found the uncertainty of a world in the wake of COVID-19.

I have had the privilege to stave off participating in the labour force for another two years by entering grad school to study climate communication. In a way, my decision to enter grad school right after my undergrad was an attempt to hold on to hope that this mythical future career is still around the corner if I just wait.

Within my first year of grad school, the world became more uncertain. Ecologi-

cal crises, global conflicts and political extremism make it seem as if any sort of future is a pipedream. These feelings of hopelessness are far from unique experiences. More than anything, this realization is an indictment of my own privileged upbringing.

My current research on climate vulnerability has revealed a possible way out of these cycles of hopelessness and dread. Critical vulnerability research focuses on how crises, conflicts and extremisms are not the product of inexplicable, random events but the result of a world that continually fails to provide individuals resilient social services in the face of these risks.

These events represent moments when social structures are unable to respond to the inner forces and antagonisms that boil up within them. The problem is the dominant social structure's inability to adequately respond to these events.

Crises are moments for reflection on how social structures fail people. Feelings of hopelessness are based in a belief that the current system is the only one, and if it cannot respond to these crises, then the future is doomed. In reality, this is only one of an infinite number of possible



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futures.

Movements fighting for liberation, including abolitionists and advocates for Indigenous sovereignty, who have had to live in a world that fails them for generations, showcase numerous ways to envision the future. These new possibilities around alternative justices, ecologies, economics and relations present a foundation for a world oriented around the sustenance of all life.

All this in mind, I am beginning to see

my father's advice in a new light. The issue is not finding out what I should be doing, but helping to build a future that can sustain my as well as my communities' passions.

Patrick Harney is pursuing his MA in environmental and social change at the University of Winnipeg, focusing on the relationships between culture, nature, risk and resilience.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6AM	MORNING BREATH	!EARSHOT 20	Cafecito Latinoamericano	FLY Travel Radio ★ CANQUEER	FANTASTIC FRIDAY World - Island music	THE MAN IN THE GREY FLANNEL SUIT SHOW	CKU-SPEAKS	8	
7AM	CKUW MORNING NEWS / FRONT BURNER (CBC)								
8AM	DEMOCRACY NOW!							WOODEN SPOONS	12
9AM	DEMOCRACY NOW!								
10AM	DEPARTMENT 13 POP/ROCK	This Way Out WINGS	VOYAGE Jazz	PLANETARY RADIO Cheese Please	SUNNY ROAD Roots Music	MUD PUDDLE RADIO For Kids (Adults too)	SHADES OF CLASSICS Classical and New Age	MUSIC	
11AM	The Sean Show	BOOTS & SADDLE COUNTRY		ACCESSIBILITY MATTERS	NO FIXED ADDRESS LIVED EXPERIENCES OF HOMELESSNESS	THE ELECTRIC CHAIR	TEMPLE OF JAZZ		LOCAL SPOKEN WORD
NOON	TALKING RADICAL RADIO	THE GREEN MAJORITY	ALTERNATIVE RADIO	RADIO ECOSHOCK	GLOBAL RESEARCH NEWS HOUR	THE IVORY TOWER Eclectic Mix	Classical Delights ★	SPOKEN WORD	
1PM	Truth Before Reconciliation	Your Show Here	Classical Kaleidoscope	BARKING DOG Past 'n Present Folk 'n Roots	What's Up Winnipeg?			ALTER-NATING	
2PM	GROUNDSWELL New Classical	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	WEEK	
3PM	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	6	
4PM	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		
5PM	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	9	
6PM	DESTINATION MOON Sock-Hop-A-Go-Go	TEARSHOT DAILY	TEARSHOT DAILY	PHASE ONE Electronic	QUADRAFUNK Electric Dance Party	DANCE HALL FEVER Dancehall and Reggae	THE GASHLYCRUMB TINIES		
7PM	TEARSHOT DAILY	MONKEY SPARROW	Two Princes	Brain Drainer Radio			ISLAND VIBES Caribbean	12	
8PM	BREAK NORTH RADIO ★	LISTENING PLEASURES	HURLEMENTS SUR LA TOUNDRA	THE WONDERFUL & FRIGHTENING WORLD OF PATRICK MICHALISHYN	MANITOBA MOON	CRYSTAL PALACE	Rainbow Country		
9PM	METAL MONDAY	NIGHT DANGER RADIO	THE SENTINEL'S MARVELOUS KALEIDOSCOPE				Your Show Here		
10PM	MODERN JAZZ TODAY	The Motherland Influence	DEEP THREES						
11PM	AMPLIFIED RADIO	Old Parlour Radio	CELT IN A TWIST						
MIDNIGHT									
1AM									
2AM									
3AM									
4AM									
5AM									
6AM									



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



ILLUSTRATION AND RECIPE ADAPTATION BY TALIA STEELE | @ST\_TALLICA

### CRISPY, FRIED MUSHROOMS

These mushrooms are so flavourful and crunchy! Have them on their own, as a side, or in a sandwich or wrap!

Adapted from Hot For Food's Buffalo Oyster Mushrooms

**Dredge**

- 1/2 cup milk of choice (I use oat or almond)
- 1/2 cup of water
- 3/4 cup of flour
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp ground black pepper

**Breading**

- 2 cups all purpose flour
- 1 tbsp salt
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp ground sage

- 1 tsp smoked paprika
- 1 tsp oregano
- 1 tsp Old Bay seasoning
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1/2 tsp all spice

**The rest:**

A mixture of Oyster, Shiitake and Cremini mushrooms (or any other mushrooms you'd like!) about 2-4 cups  
Canola oil for frying

1. Mix together the dredge ingredients in a large mixing bowl. Pour roughly half of the dredge into another bowl and add your mushrooms and let them sit in the batter for 15-20 minutes in the refrigerator.
2. After the mushrooms have sat for 15-20 minutes, heat up your vegetable oil in a deep pot to about 355°F. You can use a deep frying thermometer, meat thermometer or a chopstick or wooden spoon into the oil - once there are bubbles moving rapidly around the wooden utensil, it should be ready. If using a deep frying

thermometer or meat thermometer, it should not go past 365°F.

3. Mix together the breading ingredients in another large mixing bowl.

4. Once your oil hits the right temperature, dip your soaked mushroom into the breading mix, then back into the separated dredge batter you set aside earlier, then right back into the breading mix. Add it to the hot oil.

5. Fry your mushrooms in batches, around 2-3 minutes until golden brown. Cook time will depend on the size of the mushrooms.

6. Use a slotted spoon or spider ladle to remove the mushrooms (carefully) and place on a rack over a baking sheet - you can use paper towel on a plate, but it may make the mushrooms a bit more soft.

7. Serve with your favourite dipping sauce, like ranch, buffalo sauce, hot sauce or spicy mayonnaise! Enjoy!



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