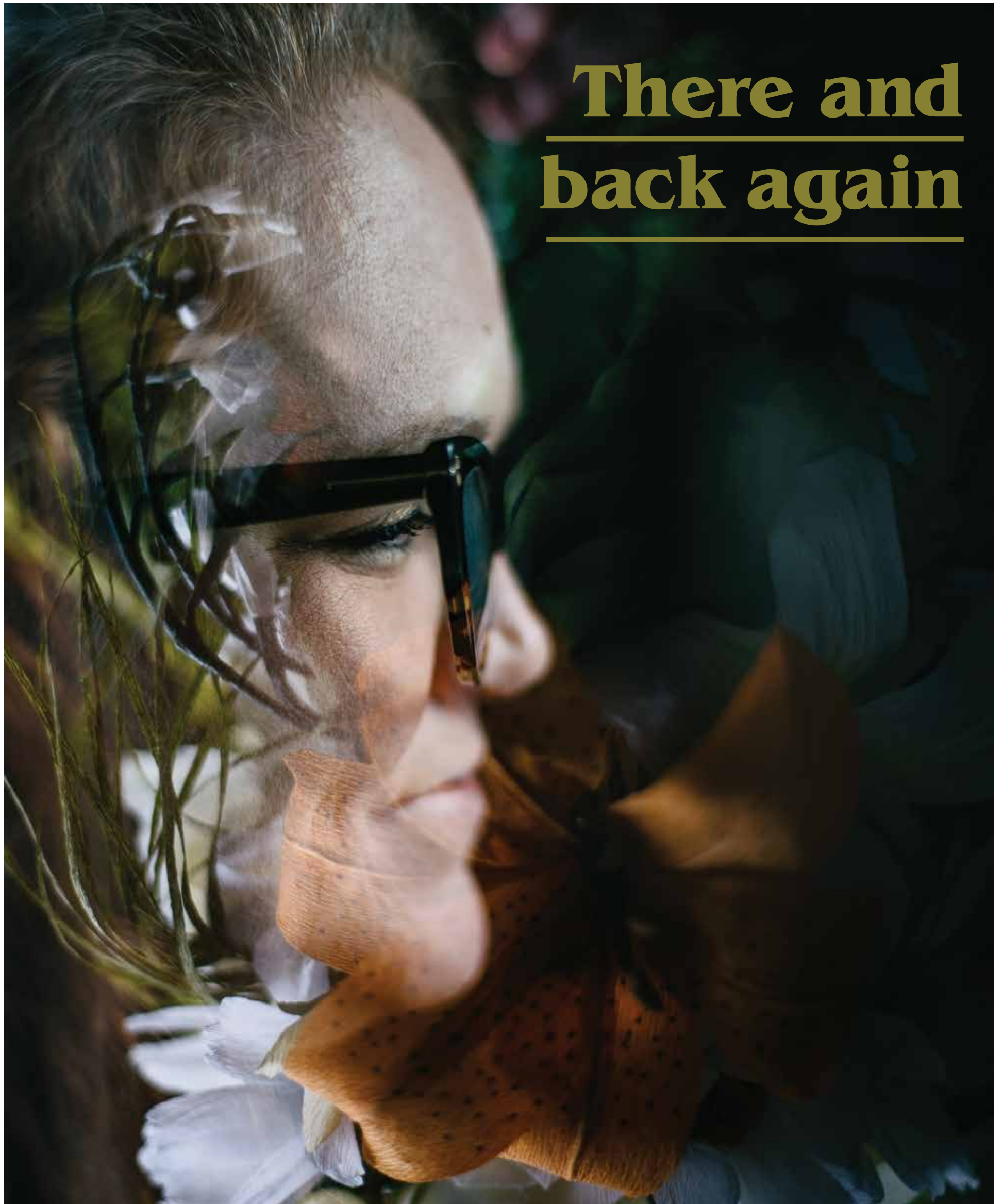


# THE **U** N I T E R

20 YEARS OF TRANSISTOR 66—P4

SEASONAL SADNESS—P12

I HATE YOUR LAWN—P14



## There and back again

### A HOBBY TALE



# GET PUBLISHED!

*The Uniter* is seeking volunteer writers, illustrators and photographers.

You don't need experience, just a desire to tell stories!

For more information, email Thomas at [editor@uniter.ca](mailto:editor@uniter.ca).



# ADVERTISE WITH US!

Great reach, great rates!

For more information, contact Valerie Chelangat at [businessmgr@uniter.ca](mailto:businessmgr@uniter.ca).

## YOU CAN BE A PART OF RECONCILIATION IN ACTION.

Apply to the Inner-City Work Study program, a unique opportunity from May to August of 2023. Learn more about the inner city, colonization, poverty, reconciliation and how community responds effectively to these challenges - while working in a community organization.

The work: 4 days/week.

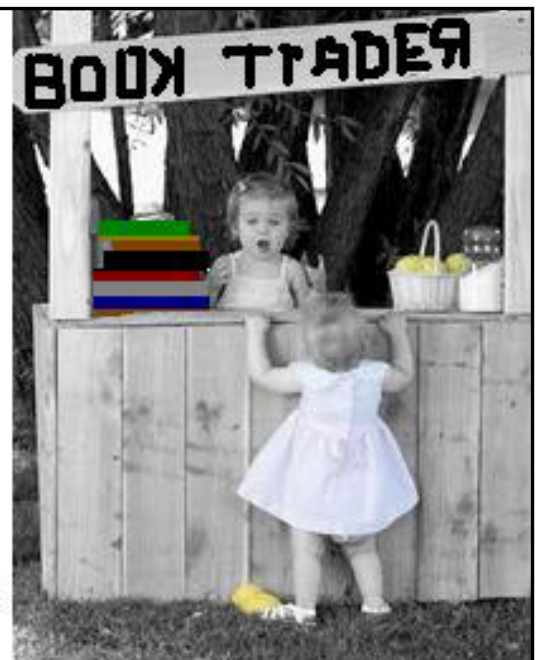
The study: UIC-3020 Inner City Work Study; 1 day/week for 15 weeks.

**APPLY ONLINE AT [UWINNIPEG.CA/UIC](http://UWINNIPEG.CA/UIC) - SEARCH FOR INNER CITY WORK STUDY**

TRADE IN YOUR STUFF

- we
- \* BUY
- \* SELL
- \* TRADE
  
- \* BOOKS
- \* MUSIC
- \* VIDEOS

Red River Book Store  
92 Arther Street

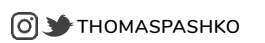




Jacob Nikkel, the community-safety organizer at the West Broadway Community Organization, points out a barrier for wheelchair users accessing the crosswalk. Read more on page 11.

# MAX'S GIFTS

THOMAS PASHKO  
MANAGING EDITOR



One of the great joys of working at *The Uniter* is that I'm constantly learning about Winnipeg. Even when I'm not actively trying to, editing a bundle of articles a week inevitably ends up being a goldmine filled with valuable nuggets of knowledge.

Five years ago, I wrote a *Uniter* cover feature about the history of movie theatres in Winnipeg. As part of that article, I created an interactive map of the 90-something movie theatres that have existed within the city limits at some point since 1883, when moving pictures were first screened here.

The locations of many of those old, defunct theatres are burned in my memory forever. Most of the surviving buildings have been repurposed, so when I'm travelling around the city, I'm often annoying whoever I'm walking or driving with by pointing them out. "That Food Fare used to be a movie theatre. That church used to be a theatre. That bowling alley was a theatre."

I hadn't thought to do much digging about those buildings beyond the fun fact that they were once cinemas. I certainly never wondered who designed them. This week, I learned that several of my favourites were designed by the same person.

While editing arts and culture reporter Patrick Harney's article about the great Winnipeg architect Max Blankstein, I learned that he was responsible for many of Winnipeg's prettiest neighbourhood movie houses. The Food Fare on Maryland, Uptown and Academy Lanes, the Wild Strawberry Children's Centre on Sargent Avenue, the Church of the Rock and the abandoned Palace Theatre (both on Selkirk Avenue) are all former movie theatres designed by Blankstein.

I love Winnipeg. I especially love that we're always in conversation with long-gone residents. Next time you bowl a strike or buy a head of garlic at Food Fare, give a little salute to Max.

PHOTO BY KEELEY BRAUNSTEIN-BLACK

## UNITER STAFF

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

BUSINESS MANAGER  
**Valerie Chelangat** — [businessmgr@uniter.ca](mailto:businessmgr@uniter.ca)

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

ARTS & CULTURE EDITOR  
**Cierra Bettens** — [culture@uniter.ca](mailto:culture@uniter.ca)

FEATURES EDITOR  
**Sylvie Côté** — [featureseditor@uniter.ca](mailto:featureseditor@uniter.ca)

CITY EDITOR  
**Tessa Adamski** — [city@uniter.ca](mailto:city@uniter.ca)

COMMENTS EDITOR  
**Paul Carruthers** — [comments@uniter.ca](mailto:comments@uniter.ca)

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

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

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

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

FEATURES REPORTER  
**Armande Martine** — [features@uniter.ca](mailto:features@uniter.ca)

ARTS & CULTURE REPORTER  
**Patrick Harney** — [patrick@uniter.ca](mailto:patrick@uniter.ca)

ARTS & CULTURE REPORTER  
**Matthew Teklemariam** — [matthew@uniter.ca](mailto:matthew@uniter.ca)

CITY REPORTER  
**Vacant**

CAMPUS REPORTER  
**Megan Ronald** — [campus@uniter.ca](mailto:campus@uniter.ca)

VOLUNTEER COORDINATOR  
**Vacant**

## CONTRIBUTORS

WRITER  
**Allyn Lyons**

### MOUSELAND PRESS

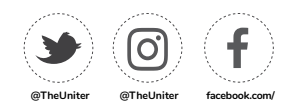
MOUSELAND PRESS BOARD OF DIRECTORS: **Kristin Annable (chair), Anifat Olawoyin, Andrew Tod and Jack Walker** — For inquiries email: [board@uniter.ca](mailto:board@uniter.ca)

## CONTACT US

GENERAL INQUIRIES  
[editor@uniter.ca](mailto:editor@uniter.ca)  
(204) 988-7579

ADVERTISING  
[businessmgr@uniter.ca](mailto:businessmgr@uniter.ca)  
(204) 786-9790

ROOM 0RM14  
UNIVERSITY OF WINNIPEG  
515 PORTAGE AVENUE  
WINNIPEG, MANITOBA  
R3B 2E9  
TREATY ONE TERRITORY  
HOMELAND OF THE MÉTIS NATION



## SUBMISSIONS

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

**In-person volunteer orientations are currently suspended due to COVID-19, but over-the-phone and remote orientations can be arranged. Please email [editor@uniter.ca](mailto:editor@uniter.ca) for more details.**

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



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Art MacIntyre, founder of Winnipeg-based record label Transistor 66, has been releasing music for 20 years.

## A MODERN-DAY PATRON OF THE ARTS

Art MacIntyre reflects on 20 years of Transistor 66

PATRICK HARNEY | ARTS AND CULTURE REPORTER

With dozens of releases and a family of artists whose music ranges from roots to shoegaze, Winnipeg record label Transistor 66 has been part of the city's rock scene for decades.

On Dec. 3, family, friends and fans of the recording company will be at the Handsome Daughter to celebrate 20 years of operation. The celebration's bill will include the label's friends the Lonely Vulcans, the Unbelievable Bargains and B.A. Johnston.

Transistor 66's start 20 years ago was serendipitous. Founder Art MacIntyre

worked in web design and offered to build a website for his friend Jason Allen's band, The Rowdymen.

When the band decided to record an album, MacIntyre figured he would try his hand in the music industry, since music was moving more toward online distribution. The result was Transistor 66's first release, *Rubberneckin'*, in 2003.

Following this release, MacIntyre and Allen decided to put together the tribute album *Guess Who's Home*, which got the ball rolling for Transistor 66.

"Through that, we met 16 different bands that we went through the recording process (with)," MacIntyre says. "That's where we learned a lot about the business: where to make money and where to not make money."

The label got one of their first major breaks early. During the Western Canadian Music Awards, the label put on a showcase at the Albert. At the same time, a parallel, more prestigious event was going on at The Forks. A fire occurred at The Forks event, and the premiere guests ended up going to Transistor 66's showcase instead.

A guest "said that was one of the best rock shows he'd seen all year. For someone who had been all around the planet seeing shows that year, that was a pretty big compliment," MacIntyre says. "Through that, we got invited to South by Southwest for American Flame Whip, Hot Live Guys, and Scott Nolan ... there were definitely less than 20 bands from Canada, and we were three of them."

Despite the label's early success, it was less than a profitable venture. As Mac-

Intyre explains, "if I was in this to make money, I would have put out one or two records ... I often joke, 'I am more a patron of the arts than an actual record label.'"

MacIntyre, however, reflects fondly on all the label's releases and the artists they've showcased.

Over the years, the label has evolved, becoming more professional and managing to expand outside of Manitoba and Canada. Since retiring from his "corporate gig," MacIntyre has a renewed focus on creating a space where he can share his two decades of experience to help nurture new artists.

"I started out as that cool uncle that would get them some beer, maybe buy them some weed, but now I have definitely transitioned to more of a dad who is looking out for them and helping them out where I can," MacIntyre says.

**Transistor 66 celebrates 20 years at the Handsome Daughter on Dec. 3. Their releases can be found [transistor66.com](http://transistor66.com).**



SUPPLIED PHOTO

Chery Lovell-Simons (third from left) and Kayla Doerksen (far right) are enthusiastic live-action roleplayers and members of Etherworld LARP.

## TIME TO PRETEND

Winnipeg LARPer on breaking the limits of immersion

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | [TWITTER](#) MATTEKLE

Some people are taking a more practical approach to media escapism, beyond video games or virtual reality. After all, it's hard to say if technological progress will ever outstrip the power of imagination.

LARP, short for live-action roleplay, is a hobby much like tabletop and digital role-playing games, but with characters and events being portrayed in real life.

"It's basically a combination of an escape room that you can never escape from, a tabletop RPG, cosplay, costuming theatre and hitting people with weapons that don't hurt," Chery Lovell-Simons says. They founded Etherworld LARP, a private live-action role-

playing group.

"Particularly with Etherworld, we like to tailor it to the players out of what they've created for themselves. You show up, do puzzles, fight monsters ... LARP is a secondary fantasy lifestyle."

Lovell-Simons, who has been active in the LARP scene for the better part of six years, established Etherworld LARP with a small brain trust of friends, including co-founder and world master Kayla Doerksen, and a lot of free time on their hands.

"It's such a labour of love," Doerksen says. "Everything has to be made. Everything has to be bought. Everything has to be orga-

nized and booked and planned, and that's a lot of time and effort. But on the flip side of that coin, it is so good. It is unlike anything else. It's creating a movie with your friends every weekend."

"We were already world masters with *Soldat*, a science fiction LARP," Lovell-Simons says. A world master is responsible for creating and maintaining lore, as well as designing games. "You're the conductor of the train and make sure that everything runs on time and no one's left behind."

Etherworld takes a high fantasy approach to the hobby, citing influences from video-game franchises *Dragon Age*, *The Elder Scrolls* and *The Legend of Zelda*.

A burgeoning global subculture, Lovell-Simons notes the regional distinctions that preclude any two LARPs from being the same.

"Each LARP all over the world generally has their own lore, own rule sets," Lovell-Simons says. "People in Australia, it's very combat-focused. Their biggest complaint is we can't hit people hard enough. In Europe, you would see LARPs that are more grand

scale ... it's all about the realism."

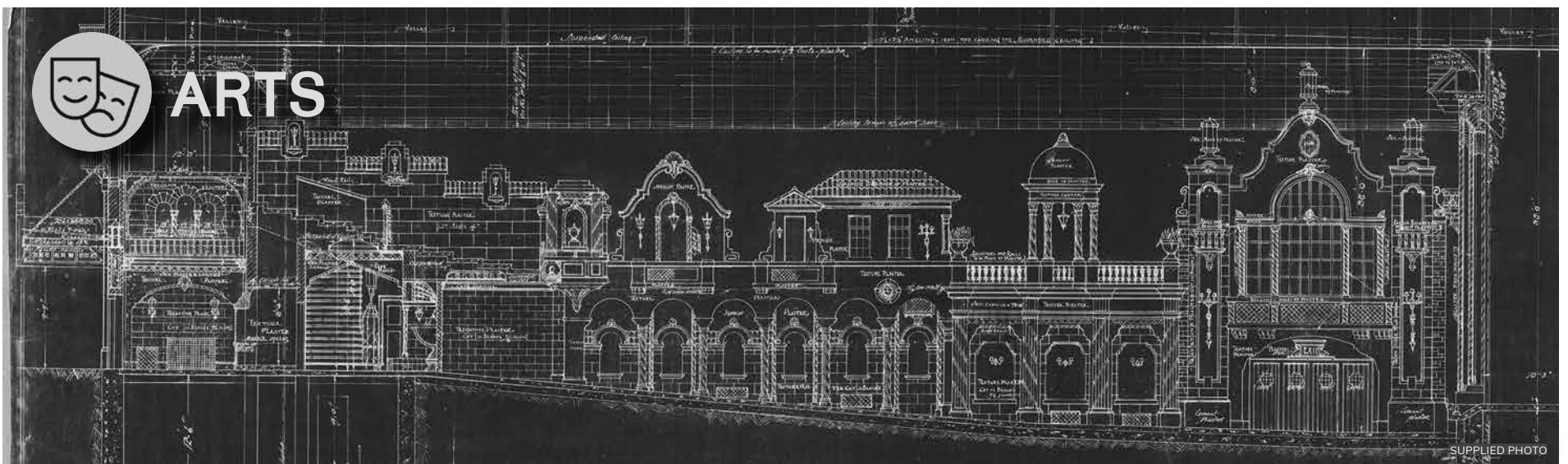
"There is Bicolline in Quebec where they have an entire city built that you can actually rent cabins to stay in, you can own property in the town to build on. It brings in probably thousands of people," Lovell-Simons says.

Etherworld LARP strives for an inclusive atmosphere, with accessibility for disabled LARPer and a mainly 2SLGBTQIA+ membership that Lovell-Simons jocularly attributes to their theatre backgrounds.

"We take things a little bit slower, because it is all about the story. We have players with asthma. We've always tried to add more accessibility into games, because there are people who don't want to be hit but still want to help," Lovell-Simons says.

"I think it's one of the only places in life you can get 100 per cent engagement," Doerksen says, "where you're not checking your phone or thinking about this or that or 'should put this in the oven?' Where you're absolutely involved in it."

Visit [etherworld.ca](http://etherworld.ca) for more info.



# ARTS

Max Blankstein's early blueprints for what would become the Uptown Theatre



SUPPLIED PHOTO



SUPPLIED PHOTO

The iconic Uptown Theatre (394 Academy Rd.) is one of many Winnipeg buildings designed by Blankstein. Repurposed as Academy Lanes for many years, the building now houses lofts.

Max Blankstein was born in Odesa (present-day Ukraine) in 1873 and immigrated to Winnipeg in 1904. His work can still be found all over Winnipeg.

## IT'S A FAMILY AFFAIR

### Appreciating the legacy of Winnipeg architect Max Blankstein

PATRICK HARNEY | ARTS AND CULTURE REPORTER

Winnipeg is home to a large preserve of turn-of-the-century architecture. This cityscape dates back to when Winnipeg was heralded as the Chicago of the North, a hub of prosperity on the Prairies.

As many Winnipeggers know, the city lost that moniker after North American trade shifted from rail to sea. Often, the city's historic architectural landscape can make it seem as if Winnipeg is frozen in time, apt for one of the coldest capitals on the planet.

An ongoing exhibit presented by the Winnipeg Architecture Foundation spotlights an architect whose work exemplifies this period: Max Blankstein. On Nov. 29, Murray Peterson, a City of Winnipeg

heritage officer, will launch his book on Blankstein in conjunction with the exhibition, which is currently on display at the Millenium Library.

As a heritage officer, Peterson has done work around Blankstein buildings for years.

"Because (heritage reports) are relatively short ... you don't get to delve into it. I never needed to know who Max is or where he came from," Peterson says. "When you start digging into it, you see that it is a really neat story."

One of Canada's first Jewish architects, Blankstein's design work can be seen all over Winnipeg from small garages to large theatres and apartment blocks. One of his

most famous works is Uptown Theatre (now lofts) on Academy Road.

In 1904, Blankstein moved from Odesa, in modern-day Ukraine, to Canada. Quickly settling in Winnipeg's established Jewish community, Blankstein used his background in masonry to quickly get involved in architecture designing his first known work, Aikins Court, in 1907.

During this period, Winnipeg was booming and willing to take risks with inventive developers. Blankstein's work was on the cutting edge, experimenting with Edwardian, arts and crafts and art-deco styles.

Murray Blankstein, Max's grandson who was involved with Peterson's book, says his grandfather's story is a reflection of many stories of immigration at the time and involved fleeing conflict to find prosperity in a new city.

Murray praises his grandfather's work for its attention to detail.

"When you look up, you see all sorts of details," Murray says. "When you look up in (newer) buildings, you don't see anything."

As a city historian, Peterson feels it's critical to appreciate heritage buildings for their solid foundations and unmistakable value to the city's appearance.

"It makes way more sense to repair, renovate or redevelop these buildings," Peterson says. "We need 200- to 300-year-old buildings for the cityscape."

Blankstein's architectural legacy goes beyond his own career. His sons, Cecil and Morley, and daughter, Evelyn, were all award-winning architects and worked on influential pieces in Winnipeg's modernist period, including city hall, the airport and Polo Park.

"The modern stuff is brand new, out of the brains of these wonderful young designers that were graduating from the University of Manitoba, and both the (Blanksteins) were among them," Peterson says.

Although he ended up a lawyer, Murray reflects on his family legacy as something unique. "It's quite unusual and quite special," Murray says. "There is a history of fathers and sons going into the same profession ... Interest in architecture, design and function was in our family."

**The Max Blankstein Exhibit is currently on at the Millenium Library. Murray Peterson will discuss his book on Nov. 29 at the McNally Robinson atrium in Grant Park Shopping Centre.**

## ARTS BRIEFS

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

### Chuckling for a good cause

Have a laugh while supporting Black History Month at BHM Winnipeg's annual comedy fundraiser. The fun starts at Rumor's Comedy Club (2025 Corydon Ave.) on Dec. 6 at 7 p.m. Tickets are available at [bit.ly/3U487L5](https://bit.ly/3U487L5).

### MTC presents *The Three Musketeers*

The Royal Manitoba Theatre Centre's latest production tells a classic tale of friendship, romance and adventure. *The Three Musketeers* runs Nov. 23 to Dec. 17 and promises two hours of "swash-buckling sword fights, political intrigue and well-plumed hats." Grab your tickets at [royalmtc.ca](https://royalmtc.ca).

### Jaimie Isaac exhibition at 1C03

Located in the University of Winnipeg, Gallery 1C03's latest exhibition showcases works by artist Jaimie Isaac. *Brings to Light* features mixed-media sculpture, installations, performance and film responding to the legacy of the residential-school system (IRSS) and colonial structures. Visit [uwinnipeg.ca/art-gallery](https://uwinnipeg.ca/art-gallery) for more information.

### Cinematoba kickstarts community film

Five Manitobans – Alice Teufack, Carolyn Gray, Faustina Dalmacio, Hilary McDonald and Jessica Landry – were recently selected to participate in the Cinematoba community filmmaking initiative. Each participant is paired with a local filmmaking mentor, who will assist them in producing their short films. The films are set to be screened in the fall of 2023.

### Empowering incarcerated women through beadwork

A new initiative spearheaded by the C2 Centre for Craft hopes to lend a helping hand to more than 40 incarcerated women by selling their beadwork. On Friday, Dec. 2, Women Helping Women Beadwork will host a trunk sale from 5 to 9 p.m. at 329 Cumberland Ave. Admission is free, and all proceeds will go to the artists' trust accounts.

### A final evening with Duncan Mercredi and friends

Poets, singers and storytellers from across Winnipeg will gather at the West End Cultural Centre on Nov. 30 for Mniidooon Giizis Oonhg (Little Spirit Moon) (Anishinaabe), Yiyikopiwi-pisim (Frost Moon) (Cree). The free event, which takes place at 7:30 p.m., will be Duncan Mercredi's final evening as Winnipeg's poet laureate after a three-year tenure. To learn more, visit [bit.ly/3GPxmgW](https://bit.ly/3GPxmgW).



SUPPLIED PHOTO

# HALLELUJAH: LEONARD COHEN, A JOURNEY, A SONG

Plays until Nov. 24 on Cinematheque at Home

★★★★☆

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

*"The word hallelujah is so rich. It's so abundant in resonances. People have been singing that word for thousands of years just to affirm our little journey."*  
— Leonard Cohen

This 2022 documentary includes never-before-seen footage of the legendary Canadian poet and singer-songwriter Leonard Cohen. Dan Geller and Dayna Goldfine are its Emmy-winning co-creators. The co-directors have been jointly producing award-winning films for more than 25 years.

The film explores a dimension of Cohen that sets him apart from most songsters.

Ample audio and video material delves into Cohen's life as a spiritual seeker. It relates the Montreal-born Jewish icon's complex relationship with the divine.

With his 1984 song "Hallelujah," Cohen combined the spiritual and the secular: religious verse intertwined with lovers' lyrics. The beloved song's plaintive prayer in poetry style mixed in with sexual innuendo is Cohen's life philosophy.

*"We are irresistibly attracted to each other. We are irresistibly lonely for each other."*  
— Leonard Cohen

"The other side of that is we have the same appetite for significance in the cosmos, where each of us longs for some affirmation by the Creator," Cohen says.

Interviews with friends inside and outside the music industry make up the first part of the documentary, drawing out aspects of Cohen's search for his spiritual path. Footage of interviews over the years with the deep-voiced singer are included.

In a 1992 interview with Larry Sloman, Cohen says he first fell in love at 50 years old. The next scene introduces 70-year-old Dominique Issermann. The audience is left to assume Isserman is the love Cohen mentions, as no other potential lovers are interviewed.

Cohen was first noted as a poet and author before emerging as a songwriting sage. In the '60s, Cohen authored the novel *Beautiful Losers*. In 1966, when CBC's *Take 30* interviewed him about his book, they were told he would sing. Adrienne Clarkson, a fan early on, introduced Cohen, who was singing for the first time on television.

"Leonard wishes, in fact, not to be a poet but a kind of modern minstrel. Recently his joys and sorrows of living have come forth with a simple, beautiful and sometimes sad song," Clarkson says.

Geller and Goldfine say it took Cohen five years to pen "Hallelujah," which he almost didn't complete.

"I remember being in my underwear sitting on the carpet and banging my head on the floor and saying, 'I can't do this any-

more. It's too lonely, too hard,'" Cohen says.

Initially, "Hallelujah" and its album, *Various Positions*, were rejected by Columbia Records. Though crushed, Cohen characteristically put a philosophical spin on the setback.

"From time to time, things arrange themselves in such a way that our tiny will is annihilated," he says.

The second portion of the film describes the classic song's universal appeal. Various known musicians perform "Hallelujah" in the film. The most soulful performance is reserved for k.d. lang, as she belts out the most heart-wrenching rendition at Cohen's 2017 memorial.

Little is revealed of the famed singer's personal life. When mention is made of his much-publicized romantic episodes, we understand lovers were part of a spiritual experience for Cohen. As one interviewer says, he saw women "as a spiritual path leading to some kind of enlightenment."

Prolific to the end, his album *You Want it Darker* was released a few weeks prior to his death in 2016. *Thanks for the Dance* was released posthumously in 2019.

*"You either raise your fist, or you sing hallelujah. I tried to do both."*  
— Leonard Cohen

# HEARING TREES: SMALL TALK EP REVIEW

Releases Nov. 30 at the Park Theatre

★★☆☆☆

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | [MATTEKLE](#)

Winnipeg indie-rock band Hearing Trees is releasing their latest addition to the esteemed Canad-indie rock canon, a five-song EP titled *Small Talk*. The EP comes four years after their full-length effort *Quiet Dreams* in 2018.

The first track, "A Million Times," is an inauspicious start to the project. The sullen guitar progression that kicks it off seems to resound in the melancholy miasma as is obligatory from indie rock of this kind, and the Steven Page-like baritone of lead vocalist Graham Hnatiuk seems initially incongruous with the material. It's not insincere or totally unmoving, but at this point, the folksy indie dirge has lost most of its power over my mood.

The EP hits its stride on the second track, "Bones," which is imbued with a bit more élan and a quality, spindling guitar riff. What becomes evident at this stage of listening is that these guys are no amateurs, as the polished production and instrumental proficiency smooth over many of the hitches in songwriting. Particular credit to Andy

Cole's axemanship, which acts as the bedrock of Hearing Trees' sound.

"Fearless Kindness" hones late '70s AOR (album-oriented rock) for a driven if not inspiring rocker, with a rousing backbeat on the snare drum that gets switched up during the chorus.

*Small Talk* benefits from a subtle eclecticism brought on by the ebb of flow of energy song-to-song. In that regard, there is cohesion to the package that gives it holistic legitimacy as a project rather than a collection of songs as mere convenience.

The final two tracks, "Another Ten Minutes" and "Mountaineering," act as the dénouement and resolution to our plot, with the latter featuring some distinctive background vocals and sprightly guitar shreddery for a satisfying and emotive finish.

The EP is mostly lyrically benign as it veers from common lyrical faux pas such as obvious allusions to darkness and the works of Oscar Wilde. It's been more than 50 years since Simon & Garfunkel's dissolution to learn what worked for them and



SUPPLIED PHOTO

what didn't. And no amount of perfunctory awareness of your own pretensions, as demonstrated in fourth track, "Another Ten Minutes," can excuse it.

Sometimes, it feels like the flotsam of the independent music sphere coalescing into a mostly coherent whole with its unearned dourness and nebulous lyricism. Sometimes, it actually sounds pretty decent. There is certainly room for improvement, and there is much promise in the tunes provided here, but I'm hesitant to recommend a product that mostly amounts to an amal-

gam of alternative clichés from the last 15 or so years.

Whether Hearing Trees can force a grimy, tattooed hand out of the heaping indie landfill and crawl and claw their way into a niche of their own is yet to be seen.

**Hearing Trees' *Small Talk* comes out on Nov. 25. The Park Theatre will host a release show on Nov. 30. Advance tickets are \$15 and available on Eventbrite.**

# There and back again

A hobby tale



Colleen Havrilenko and one of her mandalas are superimposed as a double-exposure photograph.

Whether it's baking sourdough bread, hiking, playing video games, fostering pets or learning a new language, there is no shortage of hobbies out there.

When the World Health Organization declared COVID-19 a pandemic on March 11, 2020, the world entered into an uncertain cycle of lockdowns, work-from-home orders, social distancing and endless Zoom meetings.

Millions of people suddenly found themselves with plenty of extra time on their hands. Trends like

binge-watching *Tiger King*, playing *Among Us* and making dalgona coffee seemed to spring up and disappear almost daily.

Some very dedicated, or perhaps desperate, rock climbers even resorted to posting videos on social media of themselves climbing the furniture and cabinets in their homes when climbing gyms were forced to close due to public-health restrictions.

Hobbies suddenly became more popular than ever. They perhaps also became more important

than ever.

While many have no doubt long since forgotten the moves to the TikTok dances they learned or the countless memes they double tapped and reposted, some folks managed to find much deeper connections with their pandemic hobbies and haven't looked back.



Ashley Segal was inspired to start painting during the pandemic while searching for local artists on Instagram to help decorate her husband's business. "I think I want to do this," Segal thought, "so I went to Artists Emporium, picked up some craft supplies and started painting with my kids." Since then, she has become a member at creBery and has even started making sales.

---



Since Ashley Segal began painting as a hobby in September 2021, she has taken part in gallery shows and made some sales. While she currently also works a day job, she can definitely see herself taking her work more toward the business side of things.

---



When Ashley Segal paints, she likes to work in a quiet environment and doesn't usually approach the canvas with an idea in mind. "I just go to my paint box, and I grab a couple things. I kind of just go with it, and then my imagination takes over."

---



Spenser Payne uses crepe paper, glue and wire to assemble a paper rose. Since Payne started her hobby, she says she loves to learn about real flowers and their different parts. She will even collect real flowers so she can analyze them and figure out how to recreate them as paper.



Spenser Payne is a paper florist. She took up her craft after COVID-19 stalled her and her partner's plans to get married and forced them to rethink the cost of a wedding. "Flowers for a wedding are upwards of \$3,000 a pop," she says, "So I said, 'Okay, there's no flowers happening at the wedding,' which was not a cool thing." Payne had heard of paper flowers and decided to go the DIY route.

---





While it may have started as a hobby, Spenser Payne hopes to sell poinsettia arrangements she has made up for the holiday season to cover the cost of more supplies. She also hasn't ruled out the idea of expanding the venture if the bouquets prove popular.



Colleen Havrilenko uses a variety of paints, a spinning base and many different brushes and tools to draw the dots and embellishments that make up her mandalas. Although she has a few go-to patterns, most of Havrilenko's mandalas are spontaneous creations.



Colleen Havrilenko got into mandala art with the paint left over from decorating 200 rocks with her kids during COVID-19 lockdowns. "We were not allowed to do anything. We were in lockdown. So we started visiting parks," she says. "Every day, we'd go to a different playground or park in the city, and we started finding Winnipeg Rocks, which is part of the Kindness Rocks Project movement. We painted and hid 200 rocks in five months."



Suzie Wong finds painting to be a great form of stress relief. "I have a lot of stress. It gets bottled up, and I just paint out my stress," she says.



Suzie Wong works on a painting of Ernie and Bert where “Ernie gets his revenge, because Bert is such a jerk.” Sharing an internet connection with her partner who was forced to work from home during the pandemic was difficult, because their VPN was unreliable. As a result, Wong took up painting as an alternative way to pass time during the pandemic.



Suzie Wong sits on her couch and works on a painting. Wongs loves to support and collect art from local artists. While she has sold some of her work, she has no plans to turn the hobby into a business.



Hannah Muhajarine started playing on her coworker’s banjo as a way to procrastinate, but when the pandemic started, she found herself getting really into it and soon bought her own instrument. Muhajarine found plenty of learning resources online and a local teacher who offered in-person and Zoom lessons.



Hannah Muhajarine laughs as she plays a tune on her banjo in the living room of her shared house. About taking up a hobby and doing something just for the fun of it, Muhajarine says, “Everything that you do can’t always be in service of some future goal or reward that you’re going to receive. I feel like probably the happiest people are people that are able to take pleasure and receive that kind of reward out of whatever they’re doing in that moment.”



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Jacob Nikkel, the community-safety organizer at the West Broadway Community Organization, points out a barrier for wheelchair users accessing the crosswalk.

# AN 'INACCESSIBLE' CITY

## Identifying problems with Winnipeg's car-first infrastructure

MEGAN RONALD | CAMPUS REPORTER | [@MEGANLYNNRONALD](#)

Transportation and infrastructure in Winnipeg centres on cars. Many advocates for active and alternative forms of transportation see this as both a bureaucratic issue and a potential danger for other kinds of travellers, like cyclists and pedestrians.

The West Broadway Community Organization (WBCO) describes active transportation as “using human power to get around.” This includes walking, cycling, skating, wheeling and cross-country skiing, among many other methods.

Jacob Nikkel, the community-safety

organizer at WBCO, mentions Broadway street as an example of poorly designed pedestrian infrastructure.

Broadway doubles as the Trans-Canada Highway route through downtown Winnipeg. This street cuts through a high-density neighbourhood, where a majority of residents use alternative forms of transportation.

For a street like Broadway, “it’s not a matter of traffic flow and vehicle speeds and cutting time off your commute for people. It’s actually an everyday threat to people’s safety,” Nikkel says.

“The pedestrian crossings and the infrastructure crossing at intersections are just inadequate for the amount of cars and the amount of people who are crossing.”

Nikkel emphasizes the complexity of this situation. The divisions between advocates for active transportation and those who back car-centric structures won’t be resolved overnight.

“There’s a lot of compromises that have been made because our traffic system is so focused on cars and car mobility and parking,” he says.

Anthony Leong created the Twitter account @cardependency to catalogue the walkability, cycling infrastructure and transit systems of different cities.

To address the Winnipeg sprawl that leads many individuals and families to rely on cars, Leong calls for the elimination of single-family zoning. “We need mixed-use areas where there’s both commercial and residential in the same place so people can walk and bike (to access the doctor, the grocery store.

“We need to slowly, incrementally pare back the space that’s been given to (motor vehicles) and encourage people to get out

of their cars.”

Practical changes, such as decreasing residential speed limits, are a part of a larger shift away from car-first infrastructure.

“We need to create the conditions in the city for more people to be able to not drive,” Nikkel says. “For a lot of people, they don’t have a lot of other options than to drive, because our city isn’t set up for getting around any other way.”

These conditions include frequent snow clearing to better help pedestrians – especially those with limited mobility or who use mobility aids – get around in the winter.

“We know so many people who were pretty much, for more days than not, trapped inside their homes,” Nikkel says. Improper or incomplete snow clearing (as well as limited transit options) can leave many Winnipeggers feeling isolated and alone.

“People are completely unable to get to where they need to go, and that’s something that we should be ashamed about. We have a city that for so many people is completely inaccessible most times in the year.”

## CITY BRIEFS

TESSA ADAMSKI | CITY EDITOR | [@TESSA\\_ADAMSKI](#) [@TESSA.ADAMSKI](#)

### A blue day for the Bombers

In an attempt to win their third consecutive Grey Cup championship, the Winnipeg Blue Bombers lost 24-23 to the Toronto Argonauts. In the final 54 seconds of the game, kicker Marc Liegghio tried a 47-yard field goal that was blocked by Toronto’s Nick Hallett.

### The Leaf expected to open this season

The Assiniboine Park Conservancy is giving away 22,000 free vouchers upon its opening of The Leaf, a \$130 million horticulture project located in the southeast corner of Assiniboine Park. The tropical biome features thousands of trees and plants from different regions, a six-storey waterfall and a butterfly garden. Regular gate admission ranges from \$8.50 to \$15.50, depending on age.

### \$25,000 awarded to N.E.E.D.S Inc.

After winning Manitoba Blue Cross’ Colour of Caring Healthy Community Challenge, Newcomers Employment & Education Development Services (N.E.E.D.S.) Inc. was awarded \$25,000. N.E.E.D.S. will use the money to help support newcomer refugees’ mental health in Manitoba. The organization will hire an additional part-time psychosocial educator to help refugee children who have recently arrived from war zones in Ukraine and Afghanistan.

### \$2.5 million for Building Business grant

Downtown Winnipeg BIZ received \$2.5 million in federal funding for their Building Business grant aimed at revitalizing the city’s core. So far, 120 businesses have applied for funding that will reimburse eligible companies for renovations, expansions or opening new offices. Kate Fenske, CEO of Downtown Winnipeg BIZ, says she hopes this funding will bring more people downtown and fill up the storefronts that are still recovering from the pandemic.

### Youth for Christ’s The Edge restricts 2SLGBTQ+ members

The Edge, Winnipeg’s largest indoor skateboard park, located inside Youth For Christ at the corner of Higgins and Main, has lost about three dozen staff members and volunteers. YFC is an evangelical Christian non-profit parent organization that requires workers to sign policies in agreement with their religious and social values, which restrict employees from openly presenting and identifying as queer. The Edge’s programming is also now only open to youth, leaving hundreds of young adults without access to the skatepark.



# DEALING WITH DARK DAYS

## Support for students dealing with seasonal affective disorder

MEGAN RONALD | CAMPUS REPORTER | @MEGANLYNNRONALD

Winter's colder days and darker nights can impact mental health and wellbeing more than people may realize. According to data from the Canadian Mental Health Association, "about two to three per cent of Canadians will experience SAD in their lifetime. Another 15 per cent will experience a milder form of SAD."

The organization defines SAD, which stands for seasonal affective disorder, as a "kind of depression that appears at certain times of the year." Symptoms can include exhaustion, changes in appetite, sadness, feelings of hopelessness, stress and desires to avoid hobbies, interactions or activities.

Speaking to *The Uniter* via email, Andrea Johnston, a counsellor at the University of Winnipeg Wellness Centre, encourages students experiencing these symptoms to reach out for help.

"Support options for students can include counselling to better understand the impact of SAD, exploration of strategies that support mental wellness, referrals to community spaces that provide free access to SAD light therapy, as well as access to the nurse practitioner through Klinik on Campus for support with medical concerns."

For students, the last few weeks of the semester are often stressful, given the pressures that usually accompany finals and major assignment deadlines. When compiling to-do lists or reviewing upcoming due dates, it can be easy to feel overwhelmed.

Johnston says students should try to set realistic goals when studying. She mentions the SMART method, which encourages setting goals that are specific, measurable, achievable, realistic and timely.

"Try using the SMART method to set balanced expectations of yourself during high-stress times," she says. "Recognize that breaks and rest are essential for focus and retention."

Inga Johnson Mychasiw, the executive director at Student Support Services, encourages students experiencing depression to seek out "community building and cultural events and reach out to Elders in residence at Aboriginal Student Services Centre."

She also recommends planning activities throughout the winter months to try and offset feelings of loneliness and isolation. This can include reaching out to other students or joining a University of Winnipeg Students' Association group.

"Connecting with others, talking about how (you) are feeling with (your) academic or student-success advisor and just reaching out to services on campus (can) help," Johnson Mychasiw says.

Johnston says students can access up to eight sessions of confidential one-on-one counselling sessions throughout the school year. Students can schedule Zoom, phone or in-person meetings on the U of W website.

She also mentions Thrive Week. Held this year from Nov. 21 to 25, the week in-

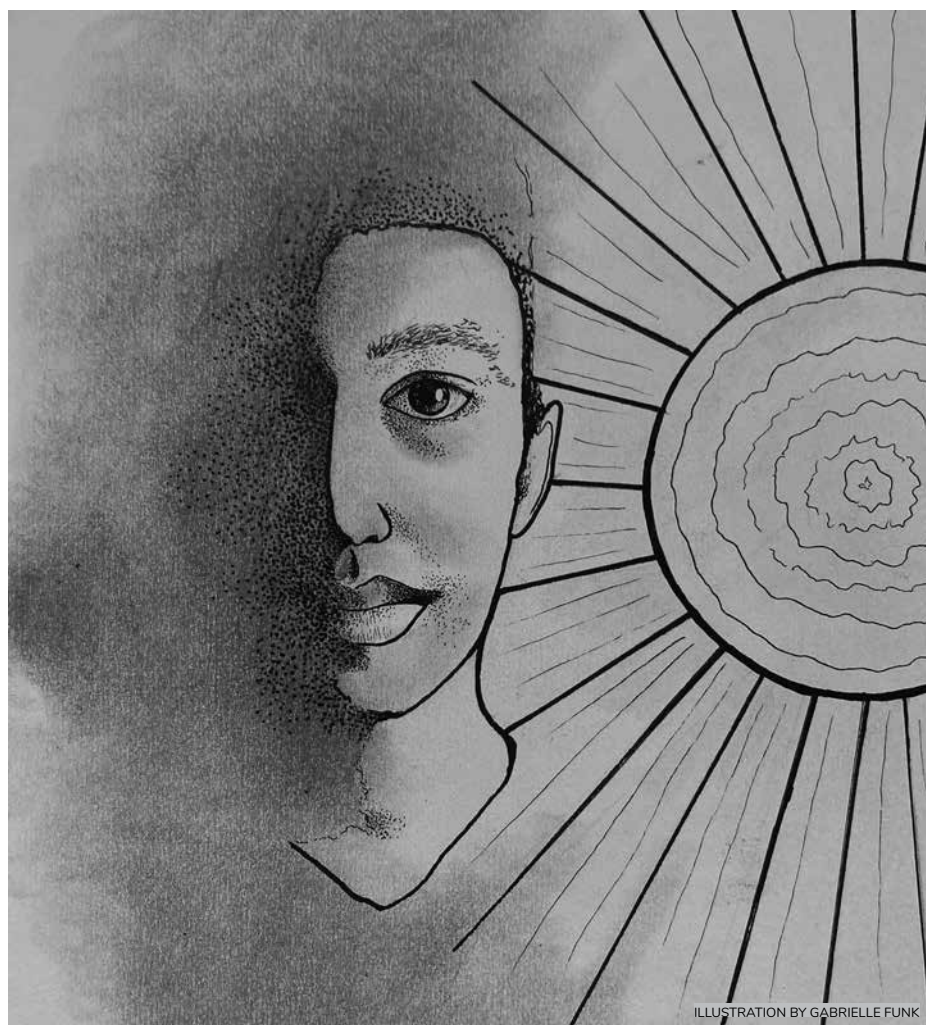


ILLUSTRATION BY GABRIELLE FUNK

volves different events centred around the seven dimensions of wellness (physical, emotional, intellectual, spiritual, social/cultural, career/financial and environmental wellness) and includes a scavenger hunt, nutrition seminar and massage-a-thon.

For those experiencing symptoms of SAD or feeling overwhelmed at this point in the year, Johnston says it's important to communicate your needs with the people around you.

"Don't struggle in isolation. Connect with your supports on campus and with your community when you are struggling."

The Mood Disorder Association of Manitoba rents light-therapy SAD lamps to community members. They also have a rent-to-own program. Millennium Library and St. James-Assiniboia Library provide full-spectrum lights during business hours to help offset some SAD symptoms.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	MORNING BREATH	The Sentinel's Marvellous Kaleidoscope	Worldbeat Canada Radio	FLY TRAVEL RADIO	FANTASTIC FRIDAY	THE SATURDAY MORNING SHOW	CKU-SPEAKS
7AM		Folk Roots Radio	FRAÑOL	CANQUEER	World - Island Music		
8AM	Shortwave Report	Talking Radical Radio	Making Contact	OutSpoken	Wooden Spoons	DEAD MEDIUM	SHADES OF CLASSICS
9AM	CounterSpin	FREE CITY RADIO	After Thought	Truth Before Reconciliation			Classical and New Age
10AM	DEMOCRACY NOW!		DEMOCRACY NOW!			MUD PUDDLE RADIO	
11AM	DEPARTMENT 13	This Way Out		After Thought	SUNNY ROAD	For Kids (Adults too)	Medicine Wheel
NOON	POP/ROCK	WINGS	VOYAGE	BRIDGING THE GAP	Roots Music		of Music
1PM	COMEDIOLOGICAL REPORT	BOOTS & SADDLE	(Jazz)	ACCESSIBILITY MATTERS	NO FIXED ADDRESS	THE ELECTRIC CHAIR	NEON BEIGE SOUND EXCHANGE
2PM	outSPOKEN	COUNTRY		FEARSHOT DAILY	LIVED EXPERIENCES OF HOMELESSNESS	TEMPLE TENT REVIVAL	
3PM	Truth Before Reconciliation	THE GREEN MAJORITY	ALTERNATIVE RADIO	BINKY PINDER'S PANHOUSE	HOW TO SURVIVE A TORNADO		YOU CAN'T HIDE FROM GOD
4PM	GROUNDWELL	The Stuph File	The Meta World	TICKLE MY FANCY	GLOBAL RESEARCH NEWS HOUR	THE IVORY TOWER	Gospel
5PM	New Classical	The Phil-In Show	STOOPALOOP SHOW	Blues	CKUW Album Feature	Eclectic Mix	Active Voice
6PM	SEAN SHOW	Winnipeg Arena is on Fire	SPACE CADET	BARKING DOG	THE EXILE FILES	Eclectic Residents	Orange Groove Radio
7PM	(Local music)		MUSIC, OUT OF THIS WORLD	Past 'n Present Folk 'n Roots			BOOTS & SADDLE
8PM	Radio Eco Shock			STARROAD JUNCTION	DEEP THREES	THE TRIP	BARKING DOG
9PM	Journey Into Sound	SQUARE WAVE	AMATEUR HOUR	PAGES	Electronic/Expository	PSYCHADELIC ROCK	
10PM	(Music History)	Video music and history	So Bad, It's Good	EAT YOUR ARTS & VEGETABLES	Behind the News with Doug Henwood	WE BUILD HITS	THE C.A.R.P.
11PM	THE WORLD	Lost Chunes	TWANG/TRUST	TAWNY, THE BRAVE	THE HOW DO YOU DO REVUE	Hip-Hop	The Completely Assinine Radio Program
MIDNIGHT	World	Best of Bluesday	Country/Roots/Big, Dumb Rock 'n' Roll	Pop/Rock			
1AM	THE TONIC	On My Way Home	S.A.N.E. * RADIO	Adult Kindergarten	CHECK CA	RED BOX	SOUNDS LIKE MUSIC
2AM	Garage, Punk, Surf, and R&R	(Local Indie)	Local Experimental Music		Funky	Hip-Hop	THE GASHLYCRUMB TINIERS
3AM	DESTINATION MOON	Indigenous in Music	Radio Art Hour	Dub City Seepers	QUADRAFUNK	DANCE HALL FEVER	ISLAND VIBES
4AM	Sock-Hop-A-Go-Go	FEARSHOT DAILY	FEARSHOT DAILY	PHASE ONE	Electric Dance Party	Dancehall and Reggae	Caribbean
5AM	FEARSHOT DAILY	MONKEY SPARROW	Two Princes	Electronic	StreetKilliaz Generation		
6AM	BREAK NORTH RADIO	LISTENING PLEASURES	Winnipeg Arena is on Fire	THE WONDERFUL & FRIGHTENING WORLD OF PATRICK MICHALISHYN	(Local Hip Hop)	Your Show Here	Rainbow Country
	METAL MONDAY	NIGHT DANGER RADIO			MANITOBA MOON		REVOLUTION ROCK
			Winnipeg Arena is on Fire				GIRLIE SO GROOVIE
	MODERN JAZZ TODAY	The Motherland Influence	Hurlements Sur La Youndra				
	AMPLIFIED RADIO	BACKBEAT					



- MUSIC
- LOCAL SPOKEN WORD
- SPOKEN WORD
- ALTER-NATING
- WEEK
- Temporary Programming

WWW.CKUW.CA

OFFICE: 204-786-9782

NEWS DESK: 204-786-9998

ON AIR: 204-774-6877

FAX: 204-783-7080

EMAIL: CKUW@UWINNIPEG.CA

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

New shows are marked with a star ★

Live shows are marked with a lightning bolt ⚡



# TELLING INDIGENOUS HAWAIIAN HISTORY

Leah Kuragano, assistant professor, Department of History

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

“Typically, I say that my specialization is in the study of the United States after World War II but with a focus on Pacific worlds,” Dr. Leah Kuragano says. “That would include Asia and Asian diaspora but also Indigenous peoples of the Pacific islands.”

She believes that in Canada, as in the United States, people need to learn the parts of history that are typically excluded from traditional narratives.

Kuragano compiled research from her doctoral dissertation on Pacific worlds into a book called *Colonial Apprehension*.

“It focuses on how Americans and Native Hawaiians (Kānaka Maoli) related, how the political and social dimensions of that relationship developed over the course of the 20th century, through and mediated by popular culture,” she says.

Kuragano sought to understand how Americans and Native Hawaiians relate to each other.

She studied the histories of cultural formations of surfing, tiki culture and the television show *Hawaii Five-0*.

“They were often in conflict in terms of their vision for that relationship. The major thing that happens after World War II that changes between Hawaiians and the United States and Americans is statehood.

Hawaii transitioned from a territory to a state in 1959,” she says.

“Hawaii became a symbol for Asian American inclusion after World War II. Native Hawaiians are often left out of that history. It was Native Hawaiian land, and Indigenous Hawaiians continue to exist and persist and claim their nationhood after and before the Second World War,” Kuragano says.

She further explains that Hawaii is sometimes referred to as the crossroads of the Pacific. It’s the meeting of east and west as Americans would have understood it during the Second World War.

“Hawaii is where the bombing of Pearl Harbor occurred. That even further solidifies Hawaii as just this place between Asia and North America. Native Hawaiians don’t see it that way. They see it as their Indigenous home,” Kuragano says.

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

“My wish is that everyone have access to the same quality of education that the students at the University of Winnipeg enjoy. Educational equity.”



SUPPLIED PHOTO

**What do you do in your spare time?**

“I do a lot of cooking. Food is a huge passion of mine. I was raised by a single mother who is Japanese. Food and my mother’s cooking was a way I connected with my heritage.”

**What is something you want to convey to your students?**

“The joy of learning is about thinking boldly. Doing things that are difficult: problem solving and learning new skills. Maintaining curiosity. The time at university is a time to do hard work.”



THE UNIVERSITY OF WINNIPEG

## Student Services

**WEBINAR WEDNESDAYS**

The Webinar Wednesday series wraps up the term with two more lunch-hour sessions (12:30 to 1:00 pm) via Zoom or in-person.

Topics/Dates for Webinar Wednesdays - Fall Term 2022:

- Expand Your Career Potential with a Master’s Degree – **Nov. 30**
- Preparing for Winter Term – **Dec. 7**

Find out more and sign up here: [www.uwinnipeg.ca/student-services/webinar-wednesdays.html](http://www.uwinnipeg.ca/student-services/webinar-wednesdays.html)

**WORK-STUDY PROGRAM**

The 2022-23 Work-Study student application is currently open. Final deadline is **Dec. 5**.

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

**EXAMS**

The Examination Period is **Dec.**

**9-22.** Please check the online exam schedule: <https://www.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 Web-mail – every day – for permission to register. For more about waitlists, please see: <https://www.uwinnipeg.ca/registration/wait-lists.html>

**HOLIDAY BREAK/START OF WINTER TERM**

The University is closed for the holidays from **Dec. 23 to Jan. 2**. Most services on campus resume on **Jan. 3**. Lectures for Winter Term begin on **Jan. 4**.

**WINTER 2023 IN-COURSE AWARDS**

The online application for Winter 2023 In-Course Awards remains open until **Feb. 1, 2023**. Students who missed the Fall

Oct. 1 deadline and those registered in Winter term only are encouraged to apply.

For details: <https://www.uwinnipeg.ca/awards/apply-for-awards/index.html>

**GRADUATE OR PROFESSIONAL STUDIES BURSARY**

Students in their final year of an undergraduate degree program in the 2022-23 academic year who are applying for Graduate or Professional Studies starting in 2023-24 are eligible to apply for the “Graduate and Professional Studies Expenses Bursary.” Applications are open until **March 31, 2023 or until funds are exhausted**, so apply now!

More info here: <https://www.uwinnipeg.ca/awards/apply-for-awards/graduate-and-professional-studies-expenses-bursary.html>

**USE THE MYVISIT APP**

Need some help from staff in Student Central, Campus Living, Academic & Career Services, and/or International, Immigrant and Refugee Student Services (IIRSS)? Download the myVisit app today. The myVisit app enables students to add themselves to a virtual line for in-person, walk-in visits to Student Central and/or Campus Living. The app can also be used to book appointments for a Zoom, phone, or in-person meeting with an academic, career, or immigration advisor. Appointments with advisors can also be booked through the website: [www.myvisit.com](http://www.myvisit.com).



# ONE GREEN CITY

Your lawn isn't as green as it looks

ALLYN LYONS | COLUMNIST | @ALLYNLYONS

There isn't an ecological disaster in your backyard. Your yard *is* the ecological disaster.

The pristine suburban green lawn may seem harmless, even wholesome. But it's actually an example of a monoculture. A typical lawn has one species of grass that drains nutrients from the soil. There are few or no native grasses or flowers for pollinators to feed from. Most lawnmowers are powered by gasoline. All the water the grass sucks up drains urban aquifers.

In nature, ecosystems thrive when there's biodiversity, multiple organisms living in the same spaces. Not only are lawns intentionally inhospitable to both animals and other plants, but the flat surfaces don't provide much shelter for rabbits, squirrels or mice. We purposely dig up or use weedkiller on anything that disrupts the pure green yard.

In 2019, the World Economic Forum cited loss of diversity as one of the biggest threats to humanity. While an individual lawn is a drop in the bucket compared to the biodiversity loss in the rainforest, there are 6.2 million lawns in Canada.

Natural lawns, which involve replacing sod with native plants and grasses, could introduce biodiversity into the city, create a habitat for pollinators, absorb carbon and save water. But the City of Winnipeg

doesn't allow certain plants to grow higher than one metre.

Currently in Winnipeg, you can be ordered to tame your natural lawn. If they deem your yard "too wild," the City will send crews to do it for you and add the services to your taxes. In 2022 alone, the City sent nearly 400 notices for grass and weed violations.

When there's already so little one can do to positively impact the planet, why is the City making it even harder to reduce one's carbon footprint?

As climate change makes the planet hotter and drier, some southwestern United States state and municipal governments are paying homeowners to replace their grass with landscaping that requires less water. The Sacramento County Water Agency is offering a rebate of up to \$1 per square foot, up to a maximum of \$2,000 per household.

In 2021, Manitoba had one of its worst droughts in recent history. The city of Morden was on the verge of a drinking-water shortage and banned watering lawns and filling swimming pools.

In the future, it's likely to only get worse. Due to climate change, we can expect more frequent droughts in the Prairies.

Allowing Winnipeggers to have natural-



ILLUSTRATION BY GABRIELLE FUNK

ized lawns is the first step the City can take to preserve water, create carbon sinks and provide habitats for pollinators. The second step would be to adapt a similar policy to southwestern US states to incentivize planting native grasses that need less water.

The second step is definitely the harder sell. But city councillors could likely be persuaded to allow naturalized lawns if the public demanded it. It would cost

the city council basically nothing to stop sending out violation notices and allow citizens to diversify their yards.

**Allyn Lyons is a graduate of the University of Winnipeg and Red River College's Creative Communications joint-degree program. It's pronounced uh-lyn lions.**

# THINLY VEILED CRITICISM

'90s beauty standards aren't back. They never left.

DANIELLE DOIRON | COPY AND STYLE EDITOR | @DANIELLEDOIRON

It felt like progress, when, two decades into my eating-disorder recovery, I stepped on a hospital scale and didn't register the number. It felt like progress, when, during that same time period, designers expanded their size ranges, plus-size models strutted down runways and patient advocates bolstered the Health at Every Size movement.

That's why it "felt like a collective cultural slap across the face" when the *New York Post* published a headline that read "Bye-bye booty: Heroin chic is back."

As Ella Sangster writes for *Harper's Bazaar*, "It was a headline that would've fit aptly on a 1999 newsstand, or even the early '00s, but surely not in 2022."

For those unfamiliar with the markedly offensive term, "heroin chic" was, as *Guardian* columnist Eva Wiseman explains, "the fashionable body shape of the 1990s, its outline drawn faintly in charcoal, the curves small caves, the angles sharp, the CK1 smell of liquid melancholy."

Sangster describes this ubiquitous look as "an epidemic of sorts" that plagued the '90s and early 2000s. And now, it's back, infecting seemingly everything from TikTok trends to New York Fashion Week collections. It's also something many immersed in the cyclical fashion world saw coming.

"It's been six months since Kim Kardashian informed the world that she lost 16 pounds in three weeks in order to fit into Marilyn Monroe's dress for the Met Gala," Marielle Elizabeth recently penned for *Vogue*. "For me, it marked a shift in tone, a proverbial Kardashian in the coal mine,

ushering in the end of an era that at least claimed to celebrate curvy bodies."

While body-positivity movements gained mainstream popularity in recent years, the 1990s' thin ideals never truly left. Generations were raised on diet culture, force-fed tabloid critiques of celebrity bodies and ads for Weight Watchers and Jenny Craig that interrupted episodes of *The Biggest Loser*.

This era commodified thinness, reducing real people to the sum of their (ideally) barely existent parts. The 2000s silhouette was, journalist Meaghan Wray describes, "less about fashion and more about celebrating thin bodies. In fact, the body *was* the fashion."

Those bodies – and today's – are hurting. A review of studies published between 2000 and 2018 found that eating-disorder rates increased from 3.5 per cent for the period between 2000 and 2006 to 7.8 per cent for the period between 2013 and 2018. The number of young women hospitalized for eating disorders in Canada increased by nearly 60 per cent during the first year of the COVID-19 pandemic.

Reducing body shapes, sizes and types to trends has always been dangerous, Yomi Adegoke writes for *Vogue*.

"Standards by their very definition are exclusionary. One body type has to go out of fashion for another to come in; the huge boobs of the '90s are replaced with the huge bums of the last decade, as if women's bodies are able to contort and change of their own accord based on societal whims."

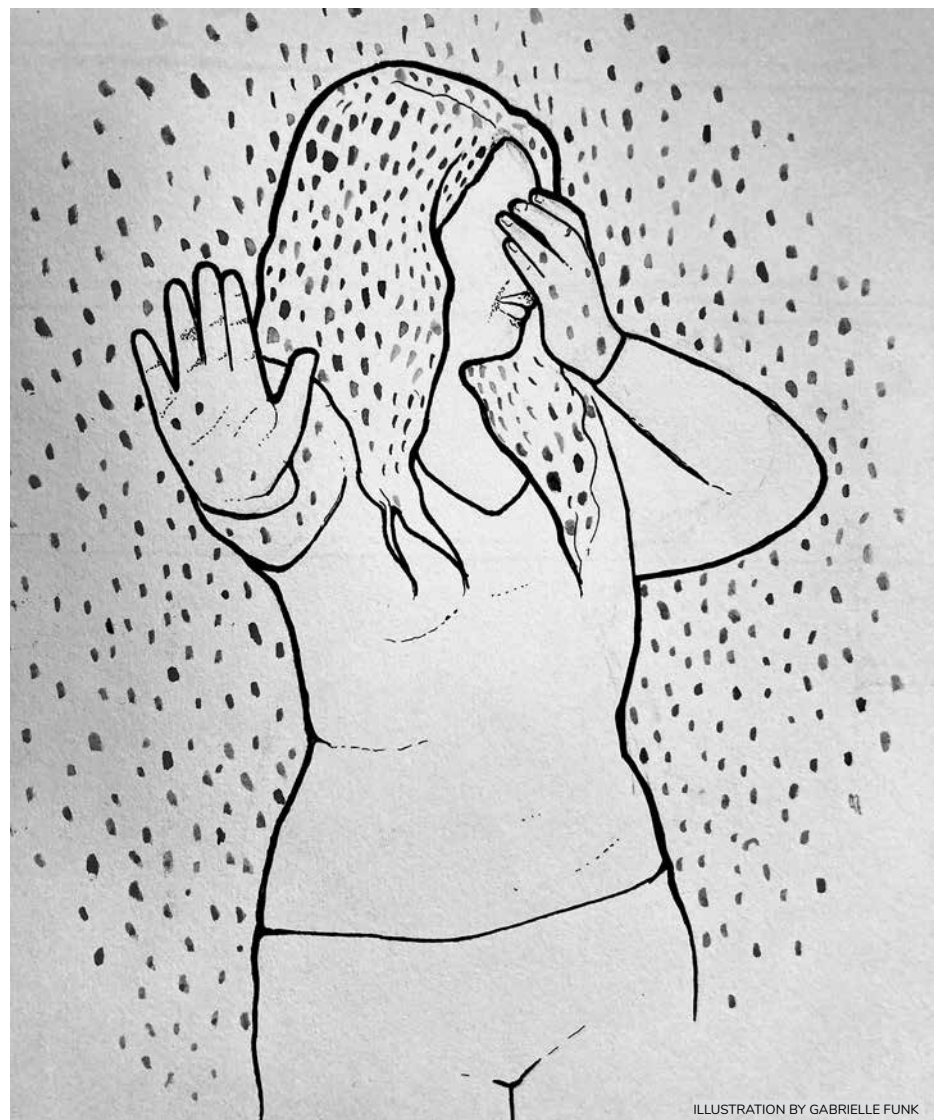


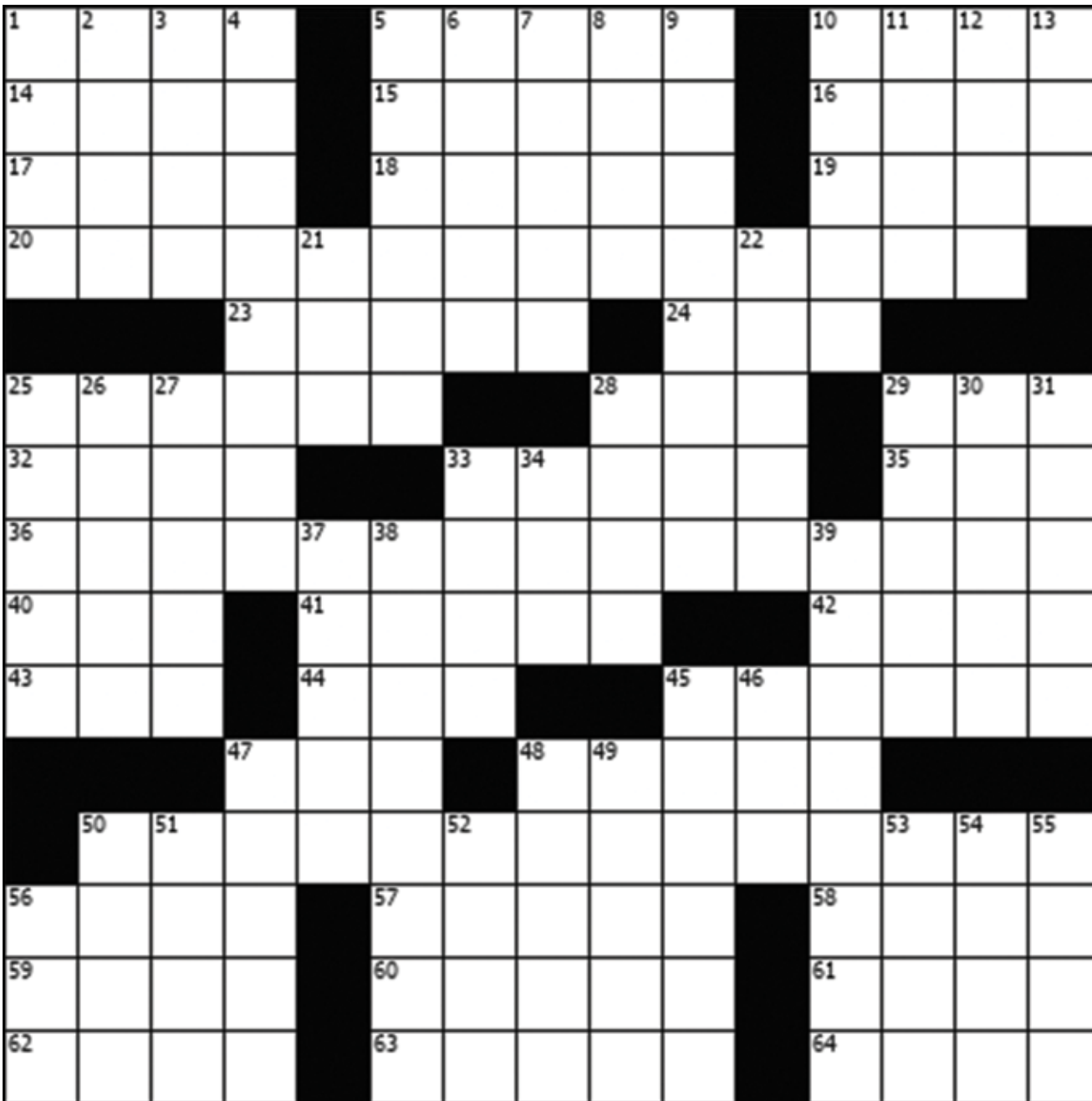
ILLUSTRATION BY GABRIELLE FUNK

But "when women's bodies are perceived as trends and given the same treatment as clothes, there are no winners, except dieticians and plastic surgeons."

While slip dresses, baby tees and low-rise jeans are once again in vogue, the '90s aren't back. The decade's thin ideals have lurked behind every mass-marketed waist trainer, detox tea and Whole30 challenge since.

This isn't progress. It's persistence. And it's terrifying.

**A former sports broadcaster, Danielle Doiron is now a writer, editor and educator. Find them in Winnipeg, Philadelphia, Fargo and, occasionally, on the airwaves.**



ONLINECROSSWORDS.NET

ACROSS

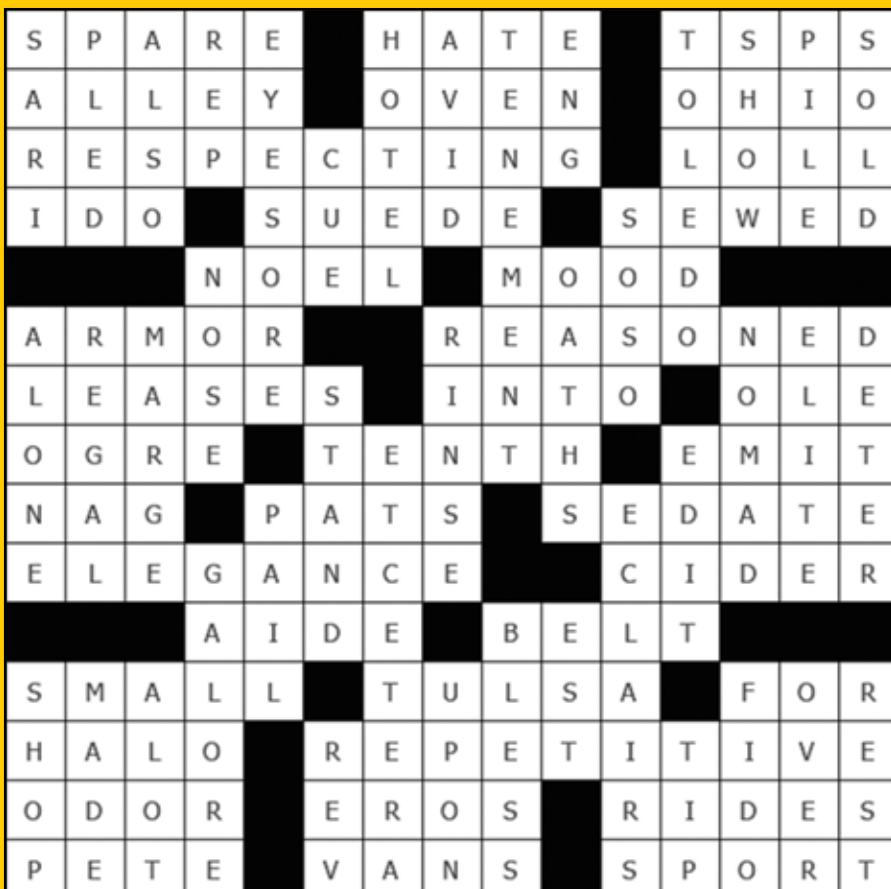
- 1. WRITER WAUGH
- 5. "MISS AMERICA" HOST
- 10. MERGANSER
- 14. SINGING SYLLABLES
- 15. WED
- 16. BEGINNING OF GREED?
- 17. WORDS BETWEEN "PUT" AND "WRITING"
- 18. ACCUSTOM
- 19. MUSCAT'S FORMER PARTNER
- 20. START OF A QUIP
- 23. FLYNN OF "THE SEA HAWK"
- 24. OPEC CONCERN
- 25. EDICT
- 28. ANODE-DIRECTED PARTICLE
- 29. UNDERHANDED
- 32. WORDS BEFORE "ABOUT"
- 33. SMALLEST OF THE LITTER
- 35. WORD FOR EARLY MORNING HOURS
- 36. MIDDLE OF THE QUIP
- 40. BERET'S CENTER?
- 41. GEORGIA OF "THE MARY TYLER MOORE SHOW"
- 42. GRAYISH-BROWN SEA EAGLE
- 43. DIRECTOR HOWARD
- 44. CO. WITH A VICTROLA LOGO
- 45. USE NOVOCAIN
- 47. CONSUMER'S PROTECTIVE AGCY.
- 48. BIGWIG IN ISTANBUL
- 50. END OF THE QUIP
- 56. OPERA'S GLUCK
- 57. FORD MODEL
- 58. DAIRY STICK
- 59. "AURORA" PAINTER GUIDO
- 60. THE "E" IN LITERARY MONOGRAM TSE
- 61. PREPARE TO MAIL
- 62. PIPE OPENING?
- 63. BIG NAME IN FARM EQUIPMENT
- 64. WILLIAM WITH THE BOW

DOWN

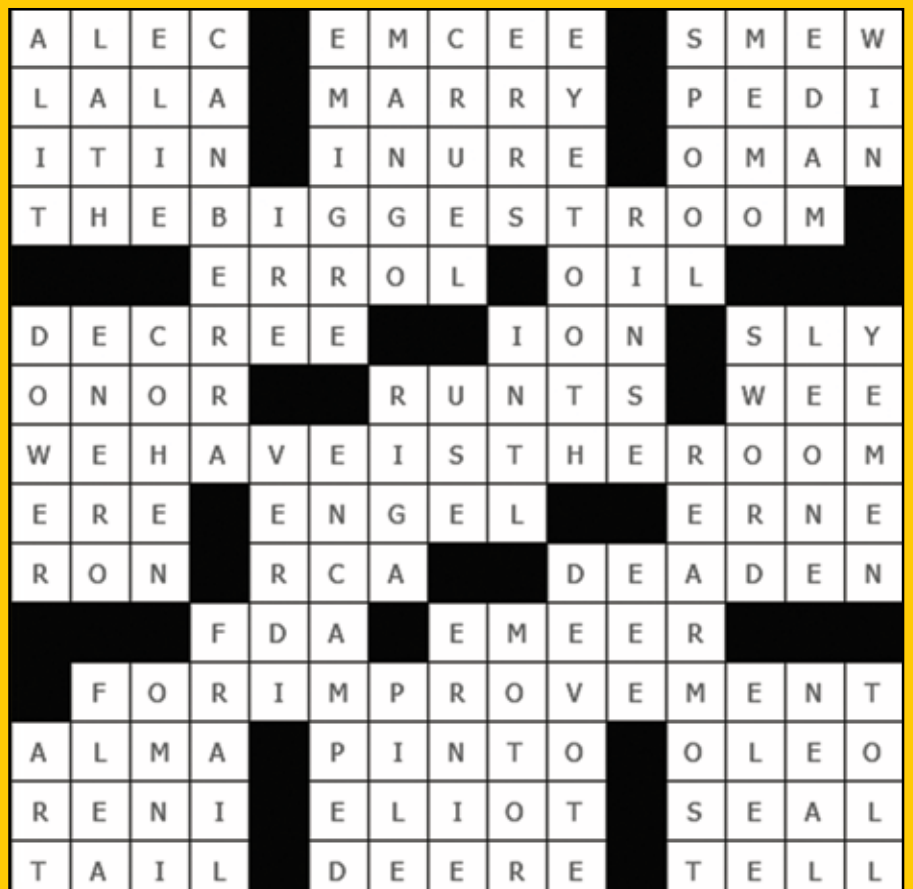
- 1. LANDED
- 2. PLASTER BACKING
- 3. NOBELIST WIESEL
- 4. DOWN UNDER CAPITAL
- 5. POLITICAL REFUGEE
- 6. TROPICAL FRUIT
- 7. UNUSUAL PARTNER?
- 8. GOOFS
- 9. CANINE, BUT NOT A DOG
- 10. THREAD UNIT
- 11. OFFICE MISSIVE
- 12. CHEESE IN RED WAX
- 13. PREFERRED OUTCOME
- 21. ANGRY REACTION
- 22. DISHWASHER SETTING
- 25. WIDOW'S INHERITANCE
- 26. CALENDARIO PART
- 27. RUMSFELD'S PREDECESSOR
- 28. PART OF IBM (ABBR.)
- 29. EXCALIBUR, E.G.
- 30. "FISTFUL OF DOLLARS" DIRECTOR SERGIO
- 31. ADEN IS ITS LARGEST CITY
- 33. LATVIAN CAPITAL
- 34. EMPLOY
- 37. "LA TRAVIATA" COMPOSER
- 38. SET UP THE TENTS
- 39. FARTHEST BACK
- 45. GIVE, AS TIME
- 46. WIDE SHOE SIZE
- 47. PHYSICALLY DELICATE
- 48. BANKS OF THE DIAMOND
- 49. WORD WITH COACH OR HOME
- 50. FIDO'S BANE
- 51. POTENT FRONT?
- 52. CARPET CHARACTERISTIC
- 53. GEN. ROBT. ---
- 54. PATRICIA, WHO CO-STARRED IN "HUD"
- 55. TUNNEL FEE
- 56. PAUL'S SINGING PARTNER

# GAME SOLUTIONS

## Crossword solution 77-10



## This issue's solution





# ***THE UNITER*** **IS HIRING!**

## ***THE UNITER*** is seeking **a volunteer coordinator**

*The Uniter* is seeking an outgoing and organized individual to intake, mentor and train volunteer contributors.

## ***THE UNITER*** is seeking **a city reporter**

*The Uniter* is seeking an individual who is passionate about our city, our communities and the many people who are working to make this a better place to live.

Visit [uniter.ca/jobs](http://uniter.ca/jobs) for more information.