

THE **U** N I T E R

COFFEE, SANDWICHES & GOOD VIBES—P4

STUDENTS RESPOND TO GAZA CRISIS—P11

DON'T TAKE ENGLISH FOR GRANTED—P13

Breaking down barriers to trans healthcare



EMBRACING INFORMED CONSENT CAN DECREASE WAIT TIMES FOR GENDER-AFFIRMING CARE



VOTE FOR YOUR FAVOURITES



It's back! The *Uniter* 30 readers' poll aims to put the spotlight on your favourite local people, places and things of 2023 – and we do stress LOCAL. Anything non-local (or non-2023) will not be counted.

We want to make this list as inclusive as possible, just like the rest of the paper, so we ask that you please write an answer for each of the 30 categories – but if you don't have an answer, feel free to write "N/A" or "I dunno" to fill the spot.

Ballots will be considered spoiled if they contain blank spaces or if they contain any derogatory, homophobic, misogynistic, racist or libellous content. Let's keep it positive! Remember, you're voting for your favourites.

1. Favourite local achiever over 60

2. Favourite local achiever under 30

3. Favourite local activist

4. Favourite local album

5. Favourite local athlete

6. Favourite local barber or hairstylist

7. Favourite local comedian

8. Favourite date activity

9. Favourite local grassroots group

10. Favourite new local independent business

11. Favourite local dancer

12. Favourite local gallery or artist space

13. Favourite movie by a local filmmaker

14. Favourite spot on campus

15. Favourite local outdoor gathering place

16. Favourite local performance

17. Favourite local photographer

18. Favourite local place that no longer exists

19. Favourite local podcast

20. Favourite political moment

21. Favourite local politician

22. Favourite local public art piece

23. Favourite local publication (other than *The Uniter*)

24. Favourite local restaurant

25. Favourite local social-media presence

26. Favourite local music venue

27. Favourite local visual artist

28. Favourite Winnipeg neighbourhood

29. Favourite Winnipegger abroad

30. Favourite local writer

Voting deadline is Nov. 9, 2023 at noon, with winners being announced in the Nov. 30 issue of *The Uniter*. Drop ballots off in *The Uniter's* mailbox at room 0RM14 on the mezzanine level of the Bulman Centre, or vote online at uniter.ca/uniter30.



PHOTOS BY DANIEL CRUMP

Hundreds of protesters call for a ceasefire and an end to Israel's occupation of Palestine on Oct. 28. Read about how the crisis is impacting University of Winnipeg students on page 11.

SALUTE TO A LOCAL LEGEND

THOMAS PASHKO
MANAGING EDITOR

THOMASPASHKO

On Oct. 30, CBC Manitoba meteorologist John Sauder announced that he will soon be retiring.

To call him a “local icon” would be an understatement. While he’s warned Winnipeggers about wicked weather for 16 years on CBC, his career in local broadcasting goes back much longer. Fellow ‘90s kids may remember him as part of the local CKY-TV news team with Gord Leclerc and Sylvia Kuzyk.

Even before that, starting in 1984, Sauder was known to locals as “Captain John,” taking to the skies in a Cessna aircraft to provide traffic reports on a variety of radio stations, including KY-58.

“Captain John” isn’t his only alter ego. Locals may also have caught him donning spandex and feathered hair as “Johnny Thunda,” the drummer in ‘80s cover band The Steamers.

Sauder has always brought his signature light touch and humour to his broadcasts, a gift that’s sorely been needed from the news these last few years. I always get a kick when his broadcast pops up in the background of some random thriller or horror film I’m watching, or when he says he eats his perogies the same way I do (boiled, with butter and onions). He’s provided a little warmth and light in these long, dark Winnipeg winters.

Aye aye, Captain John. Wishing you calm skies and tasty perogies during your retirement.

UNITER STAFF

MANAGING EDITOR
Thomas Pashko — editor@uniter.ca

BUSINESS MANAGER
Paul Hodgert — businessmgr@uniter.ca

CREATIVE DIRECTOR
Talia Steele — creative@uniter.ca

ARTS & CULTURE EDITOR
Cierra Bettens — culture@uniter.ca

FEATURES EDITOR
Matthew Frank — featureseditor@uniter.ca

CITY EDITOR
Tessa Adamski — city@uniter.ca

COMMENTS EDITOR
Patrick Harney — comments@uniter.ca

COPY & STYLE EDITOR
Danielle Doiron — style@uniter.ca

PHOTO EDITOR
Daniel Crump — photoeditor@uniter.ca

STAFF PHOTOGRAPHER
Keeley Braunstein-Black — keeley@uniter.ca

STAFF PHOTOGRAPHER
Isaiah Sanchez — isaiah@uniter.ca

STAFF ILLUSTRATOR
Gabrielle Funk — gabrielle@uniter.ca

FEATURES REPORTER
Thandi Vera — features@uniter.ca

ARTS & CULTURE REPORTER
Madeline Bogoch — madeline@uniter.ca

ARTS & CULTURE REPORTER
Matthew Teklemariam — matthew@uniter.ca

CITY REPORTER
Jura McIlraith — cityreporter@uniter.ca

CAMPUS REPORTER
Mieke Ruth van Ineveld — campus@uniter.ca

VOLUNTEER COORDINATOR
Dara Babatope — volunteer@uniter.ca

CONTRIBUTORS

WRITER
Volodymyr Andreiko

MOUSELAND PRESS

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

CONTACT US

GENERAL INQUIRIES
editor@uniter.ca
(204) 988-7579

ADVERTISING
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 will be commencing shortly. For more information, please email editor@uniter.ca

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.



ORIGIN STORIES: GREG CROWE

Ska in the spotlight

THANDI VERA | FEATURES REPORTER | @THANDI.VERA

When Greg Crowe co-founded ska group Whole Lotta Milka in 1992, the band members “didn’t even own an amplifier.” “When we started Whole Lotta Milka, we barely knew how to play our instruments,” Crowe says. “We just had to figure it out on our own.”

He says his seven years with the band hold a special place in his heart as a period of growth and exploration. Crowe fondly remembers when Whole Lotta Milka toured across Canada.

“There’s this immense sense of freedom when you pile eight people into a van and start driving. It’s an adventure. When it’s successful, it’s really fun,” he says.

In 1995, a phone call altered the band’s trajectory. “We got a phone call and were told, ‘Just call Matt (Collyer, frontman for The Planet Smashers) in Montreal. He wants to do an all-Canadian ska compilation CD, and he wants you folks to be on it.’ We called them up, sent a couple of tracks, and they put it on the CD.”

This compilation gave Whole Lotta Milka a valuable recording and connected them with bands across the country. “We knew who they were, and they knew who we were,” Crowe says. These connections later helped the band build shows and tours.

After Whole Lotta Milka’s farewell

from the ska scene in 2000, Crowe and his bandmates formed The Wedgewoods. “One of the secrets about being in a band is you have to be buddies first. That really has to work,” he says.

While in The Wedgewoods, Crowe was given a new opportunity. “I was asked to do a solo show, just me and my guitar. It wasn’t something I had considered, but I thought, ‘Let’s give it a try,’” he says.

A friend suggested he find a bass player and a drummer to form a three-piece backing band. Crowe decided to give the idea a try. This led to the birth of The Scarlet Union, a band named for its forward-thinking and vibrant essence.

“We talked about our favorite music and how we’d blend it all into this union. We felt ‘Scarlet’ had a progressive and lively sound, so we went with that name,” Crowe says.

Because The Scarlet Union was a smaller band, Crowe says he had more freedom to explore different sounds and musical territories. The band played at different venues in the city and even performed at the Royal Albert Arms in support of the Winnipeg Ska and Reggae Festival in 2010.

However, as the years rolled on, The Scarlet Union eventually faded away. “People have other lives, so during that



Greg Crowe is a music teacher to many young Winnipeggers. He’s also an important figure in Winnipeg ska history, fronting Whole Lotta Milka, The Wedgewoods and The Scarlet Union.

time, I had started a family, and my kids were getting a little bit older. I was finding it harder and harder to be out till one in the morning on a Tuesday night in January,” he says.

Today, Crowe brings his wealth of experience performing onstage to his role as a music teacher. He teaches band, jazz

band, choir, musical theatre and technical music production at Glenlawn Collegiate Institute.

“Being a teacher has given me a different perspective on music. It’s incredibly rewarding to watch young talent grow and develop,” Crowe says.

HERE COMES A REGULAR

Primo’s Deli + Supercaffeinated serve knishes, espresso and ‘Jewtalian’ vibes

MADLINE BOGOCH | ARTS AND CULTURE REPORTER

The atmosphere at Supercaffeinated and Primo’s Deli, located in the Good Will Social Club, stands in stark contrast to the ubiquitous look of typical third-wave coffee shops, characterized by minimalism and pastels. Supercaffeinated is darker, louder and, frankly, more fun.

I recently sat down with Abi Torquato, the owner of Supercaffeinated (and previously the owner of Garry Street Coffee), and Mischa Decter, the chef/owner of Primo’s Deli, to chat about food, community and whether or not Warren Zevon is Jewish (he is).

On any given (week)day, Torquato can be found behind the counter, brewing espresso, with Decter in the back making food. The music is loud but not so loud that people don’t talk. People talk a lot, often to strangers. The atmosphere is a mix of eccentric and laid-back, and Torquato has an uncanny knack for bringing everyone into the fray.

“Anybody is welcome here, and they’re always part of the conversation if (they) want to be, which is incredible” Torquato says.

Primo’s Deli began doing pop-ups in late 2022 and has been a permanent fixture at the Good Will since July. The menu features deli-style sandwiches with an emphasis on fresh, high-quality ingredients.

“It’s a mix of Jewish and Italian food,” Decter says. “Some elements of classic New York/Toronto/Montreal Jewish deli but more of the fresh ingredients you’d find in Italian food, as opposed to the meat and bread and mustard staple of

Jewish deli food.”

“Jewtalian!” Torquato interjects, quoting the name of Primo’s feature sandwich.

Other menu items include the “Donald Fagen (The Primo Chopped Cheese)” and the “Lenny Kravitz (Vegan!)”

“It’s a thing in L.A. Jewish delis. Every sandwich is named after a Jewish actor or comedian, but I wanted to name them after guys who were, like Jewish, but you wouldn’t be like ‘Oh that guy’s Jewish.’ Donald Fagen is one of the guys from Steely Dan.”

“Or Warren Zevon,” I chime in (citing one of their previous feature sandwiches).

“Yeah, he’s not Jewish, actually,” Decter adds. Torquato quickly fact-checks and confirms that, yes, Zevon is Jewish.

Since the Good Will is located a short walk from the University of Winnipeg, many students visit the space to study.

“We have 7,000 square feet,” Torquato says. “Kids are coming here to study again, which we encourage.”

Both Decter and Torquato say it’s important to maintain affordable prices so the space remains accessible for students. With a valid student ID, a sandwich and a coffee cost just \$15.

“We also do a knish and coffee ... We’re one of the only two places – unless I’m horribly mistaken in my research,” Decter admits, “that makes knishes in Winnipeg.”

Later, when I go to independently confirm Zevon’s Jewishness, I stumble upon a quote from the musician. Appearing on the *Late Show with David Letterman*



Top: Abi Torquato slings coffee at Supercaffeinated.

Bottom: Mischa Decter (left) and Kadin Gray, owners of Primo’s Deli

following his diagnosis with terminal cancer, Zevon offered these words of wisdom: “Enjoy every sandwich.”

It’s great advice.

Supercaffeinated and Primo’s Deli are located in the Good Will Social Club at 625 Portage Ave. They are open 11 a.m. to 6 p.m. Monday through Friday.



PULLING (AND SLAMMING) THE STRINGS

Space Trip! Puppet Slam showcases the best of adult-oriented puppetry

MADLINE BOGOCH | ARTS AND CULTURE REPORTER

All work and no play can turn the best a bit dull. A local puppet collective hopes to give grownups the gift of fun with the help of marionette controllers and a little imagination.

Hosted at the Gas Station Arts Centre on Nov. 18, the Space Trip! Puppet Slam will take audiences through a wacky, science-fiction-tinged variety show, performed entirely by puppets and their masters. The short-form show consists of live acts from local performers and video acts from international puppeteers.

"It's often a cabaret or variety-show style, where you have a host or somebody emceeing, and then you'll have anybody who has a performance that they want to show, usually around five minutes long," Curtis L. Wiebe, curator and co-founder of the Winnipeg Puppet Collective (WPC), says.

This year's Space Trip! Puppet Slam follows the adventures of Captain Bunk, an intrepid spaceman and recurring character in WPC productions. Bunk is portrayed by Wiebe, and his plight as he runs an intergalactic cruise ship serves as narrative cohesion for the diverse lineup of content.

"Traditionally, it's been all live acts. But since the pandemic, a lot of puppet slams have also included video content. In 2020, we put out a call for acts on the Puppet Slam Network and beyond, and we got acts from all over submit-

ting videos. We're trying to get back into more live content," Wiebe says.

The WPC was established in 2010 when a few like-minded puppet enthusiasts sought to get puppet royal Heather Henson, daughter of Jim Henson and co-founder of the Puppet Slam Network, to perform in Winnipeg.

"There were three of us puppet enthusiasts who knew that Henson was coming and came to meet her," Wiebe says. "We met her, and she said, 'If you get this organized and set up, I will come to Winnipeg and perform in your first puppet slam.' And so, we did."

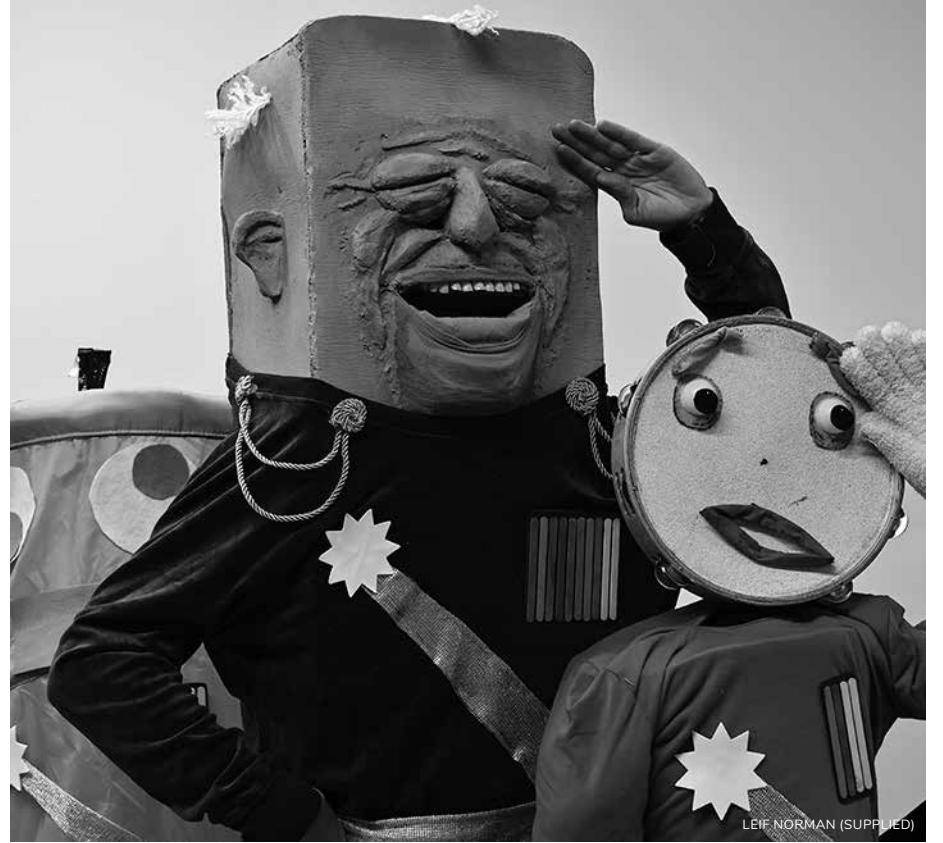
Henson attended and performed in the very first WPC slam at the Park Theatre.

"Henson said that everywhere she went, she would meet people that had puppets in their basement. There was nowhere for them to perform," Brian Longfield, the WPC's stage manager and long-time participant, says.

"That's what the Puppet Slam Network is kind of about: giving a place for people to try puppetry with their stuff they've never put forward into the world."

In the interest of inclusivity and general participation, the WPC doesn't have any stringent criteria for puppet-slam submissions beyond an air of sensitivity and respectfulness.

"The mandate of the puppet slam is that it's giving an opportunity for adults to play and



Left to right: Tubey (Hailley Rhoda), Captain Bunk (Curtis L. Wiebe) and Mr. Tambourine Man (Brian Longfield) are three of the characters featured in the upcoming Winnipeg Puppet Slam.

just express themselves. The quality range is really all over the place, and that's by design," Wiebe says.

Wiebe and Longfield agree there's an ineffable, alluring quality to the type of performance that they'd like to share with the world.

"One of my favourite things about puppet slams is it's easy to get away from the traditional structure of theatre," Longfield says.

"There's an aspect of play that's a chance to get out of your own head. It's not you that the

audience is paying attention to. It's the object," Wiebe says. "There's a certain kind of magic, a suspension of disbelief that everyone buys into. It's really just giving an inanimate object a soul."

The Space Trip! Puppet Slam plays at the Gas Station Arts Centre (445 River Ave., Unit 2) on Nov. 18 at 7:30 p.m. Tickets are available at the door for a pay-what-you-can suggested price of \$15.

VIBRANT MATTER

Ratté's *Active-Sites* navigates a posthuman digital frontier

MADLINE BOGOCH | ARTS AND CULTURE REPORTER

In a dreamy and ambiguous landscape, iridescent amoebas surround the ruins of obsolete electronics. Brilliantly coloured fungal growths cling to the edges of discarded circuit boards.

This luminous and posthuman scene is from "Inflorescences" (2023), one of the three works that make up artist Sabrina Ratté's *Active-Sites* show at the PLATFORM Centre for Photographic and Digital Arts.

Based in Montréal, Ratté is an interdisciplinary artist who creates immersive digital environments that incorporate the ruins of architecture, technology and nature. *Active-Sites* is her first solo exhibition in Western Canada.

Inspired by video and computer art pioneers like Woody and Steina Vasulka and Lillian Schwartz, Ratté began her practice by experimenting with video synthesizers and developing a distinct style.

"I got more invested in the electronic nature of video," Ratté said during an artist talk in conjunction with the show on Oct. 21. "In a video feedback ... it's like a camera is filming its own image back and forth, creating this very beautiful abstract luminous shape."

Throughout her practice, Ratté has cultivated an aesthetic that has evolved as she has incorporated new forms and mediums.

In *Active-Sites*, Ratté follows the Anthropocene to ambiguous conclusions, a future in which human life is completely absent, but plants and organisms thrive. The show

features a mix of 3D animation, video and interactive installation, giving shape to a speculative landscape in which the boundaries between organic and synthetic matter have dissolved.

The earliest of these works, "Floralia" (2021), depicts a future in which fragments of then-extinct flower and plant species are preserved in a tomb-like virtual realm.

"Floralia" was developed during the COVID-19 pandemic, as Ratté was researching the Anthropocene and looking for ways to reflect this in her work – to "stay with the trouble," she said during the talk, nodding to eco-feminist philosopher Donna Haraway.

All three works in *Active-Sites* share a common orientation toward the Anthropocene while reckoning with the afterlife of the technologies humanity creates.

"It was very important to show these three pieces together," Ratté said. "I feel like they're part of one kind of state of mind."

In "Objets-Monde" (2022), an interactive video installation, the viewer is immersed in a shimmering post-apocalyptic landscape. Scattered across the space are the remnants of vehicles in the process of being reclaimed by nature, resembling ancient ruins. Viewers can pan across this scenery as beams of light glisten and move through the metallic topography.

While Ratté has meticulously constructed these resplendent speculative fictions, the details of these futures are



An image from "Inflorescences," one of the works featured in Sabrina Ratté's exhibit *Active-Sites*

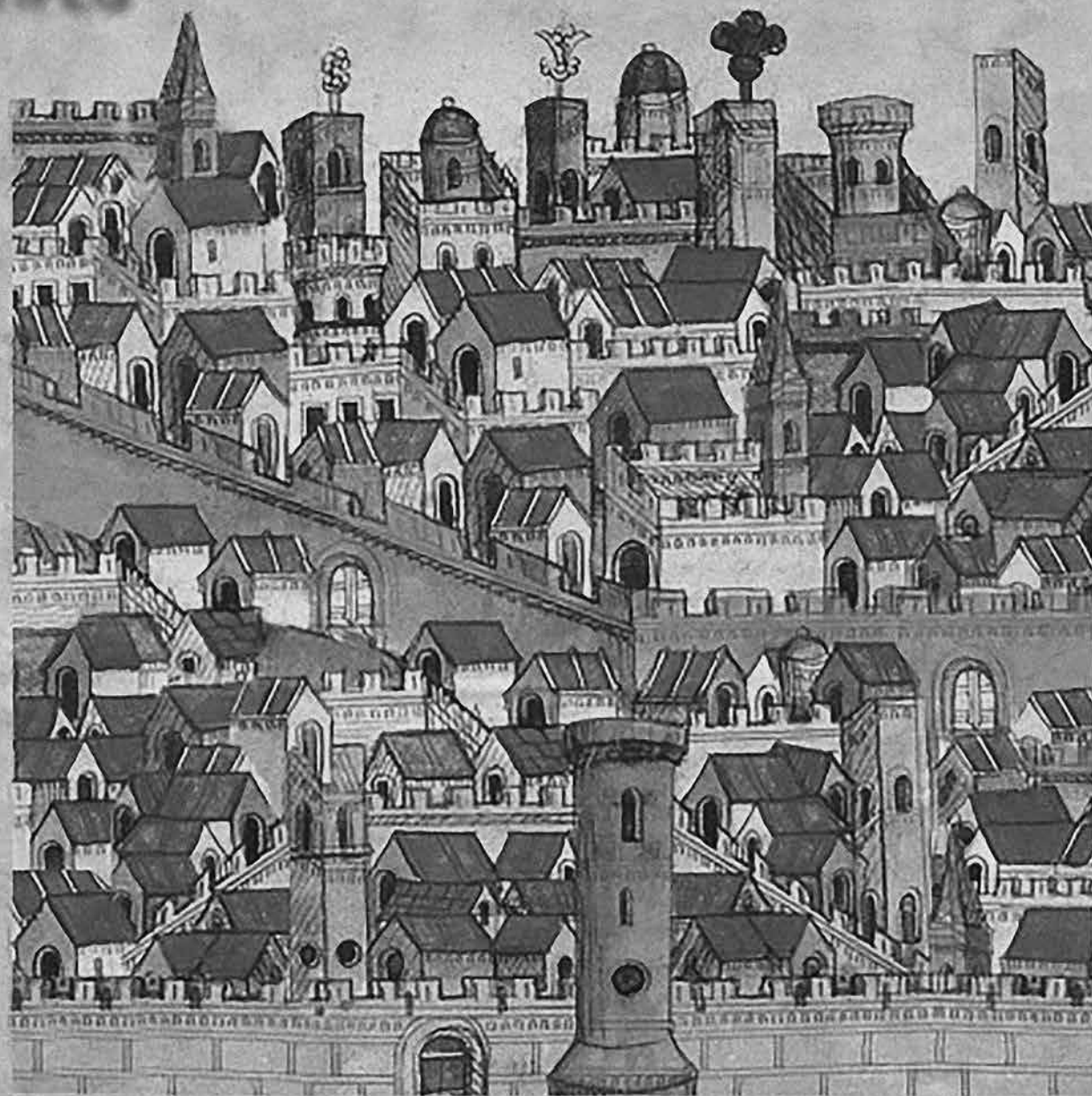
conspicuously left unarticulated. Despite this opacity, and the absence of human life in *Active-Sites*, her digital environments overflow with feeling and affect.

During the artist talk, Ratté cited the sublime, an aesthetic condition of immeasurable beauty and terror, often elicited through the immensity of nature.

It's a quality that flourishes in *Active-Sites*, which seeks to exceed human scales of space and time and finds beauty

in the unfathomable.

***Active-Sites* runs at PLATFORM Centre until to Dec. 2. Visit platformcentre.org for gallery hours. *Activated Memory: Short Films by Sabrina Ratté*, a screening in conjunction with the exhibition, will take place on Nov. 23 at 7 p.m. at the Dave Barber Cinematheque. For details, visit davebarbercinematheque.com.**



Vampyre Year

Virgo Rising

SUPPLIED PHOTO

VAMPYRE YEAR

By Virgo Rising

Released Oct. 13 on House of Wonders Records

★★★★☆

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | @MATTEKLEMARIAM

At last, a new substantial music project from Virgo Rising has arrived, and life is like a finely arranged downtempo indie song – or five.

Vampyre Year is the much-anticipated follow-up to one of 2021's most warmly received local releases, the opening salvo of an EP, *Sixteenth Sapphire*. Virgo Rising charmed the local scene then and have sporadically enchanted young urbanites with live performances since. But the commitment to music on tape – literally, with their limited cassette release – was what's been on scenesters' beanie-encased minds.

On their newest release, Virgo Rising keeps dredging along in the murky depths of demure angst and prairie doldrums, kept afloat seemingly from sheer talent. Teamed with local production wunderkind Adam Fuhr of House of Wonder Records, the stars have seemingly aligned for a chance at bucking the fabled sophomore slump.

Has their long hiatus proven fruitful? In short, yeah.

That the title of this project was gleaned from misheard lyrics from another band member is a clever acknowledgment of Virgo Rising's

often imperceptible lyricism, provided by vocalist Emily Sinclair. Her waifish lilt helps define their post-something music. Instrumentalist siblings Lauren (bass, keyboards) and Jenna (guitar, violin) Wittmann, along with percussionist Isaac Tate, round out the foursome, and everybody pulls their weight here.

The opener, "Shoe" functions as a gentle re-establishment of the band's sound. However, it's arguably the weakest track on the EP. It's a sacrificial lamb of sorts, establishing the "folkier" aura and symbiotic arrangement that helps differentiate *Vampyre Year* from prior work while refusing to assert itself like the following four tracks.

"Tristan," the centerpiece of the EP, is the one most likely to climb the track listing of Spotify indie mixes in the coming year. It's dynamic, comfortably abrasive and just genuinely catchy. The lyrics are refreshingly unobfuscated, a grass-is-greener-type longing for "the boy I would've been," according to Sinclair. Everyone is honed on this one. Quality axemanship and a stand-out turn vocally cements this hook-laden dirge as a legitimate gem.

The titular one-minute interlude enchants then excites. It's a perfectly calculated, triumphant climax for the record, replete with a her-

ald-like horn section. It's a fine welcome-back ceremony for one of Winnipeg's more promising indie acts.

"Charon" is sure to please easy listeners with programmed percussion and bright waves of synth. It's the most evocative of the bedroom-pop sound flirted with on their debut. And much of the promise of a more folk-oriented sound for this EP is fulfilled by closer "Nailbiter," with local darling Boy Golden providing banjo accompaniment.

The diversity of the music here is commendable. Yes, minor keys and grungy strumming pervade the record, but this one rewards active engagement for some of the nuances in instrumental arrangement and affably abstract lyricism. This marks a bold step forward for Virgo Rising, at a time when many similar bands are content to rest on their laurels as long as a Friday-night performance includes complimentary drinks.

If Virgo Rising is as astute as their music leads me to believe, they will follow up *Vampyre Year* sooner rather than later. Not with haste, but with the same patience and application that resulted in their best music yet.

ARTS BRIEFS

CIERRA BETTENS | ARTS AND CULTURE EDITOR | X FICTIONALCIERRA @CIERRABETTENS

Peaceful reflections @ cre8ery

Peaceful Reflections, a new show by artists Desiree Mendoza and Jennifer Labella, opens at cre8ery (125 Adelaide St.) on Nov. 9. The exhibition of watercolour paintings is inspired by "nature or the natural things around us." The show runs until Nov. 21.

MAWA reading group

On the first Monday of the month, Mentoring Artists for Women's Art (MAWA) will host a virtual morning reading group to explore the theories, practices and criticism of contemporary painting. The next meeting, hosted by Laura Lewis, takes place on Nov. 6 at 9 a.m. over Zoom. Email laura@mawa.ca for the link.

Talking architecture

On Nov. 3 from noon to 1 p.m., researcher and writer Gail Perry will give a talk on architect John D. Atchison, presented by the Winnipeg Architecture Foundation. At the beginning of the 20th century, Atchison moved to Winnipeg from Chicago, shaping the city's architectural foundation and designing more than 160 buildings. The talk takes place at 101-177 Lombard Ave.

Celebrating Manitoba country

The Manitoba Country Music Association will host the annual Manitoba Country Music Awards this Saturday, Nov. 4 at the Club Regent Event Centre (1425 Regent Ave.). Hosted by Aaron Pritchett, the association promises a program of Manitoba's top country acts. Tickets to the showcase, which takes place on Nov. 4 at 8 p.m., are available at bit.ly/40n17xK.

they tried to bury us

A powerful joint performance by artists Jaime Black-Morsette and KC Adams will arrive at The Output at the Video Pool Media Arts Centre (100 Arthur St.) on Nov. 3. Presented by the Young Lungs Dance Exchange, *they tried to bury us* meditates on themes of death and rebirth through a live performance by Adams alongside Black-Morsette's video works. The performance runs from 7 to 8:30 p.m. Tickets are by donation and can be purchased online via bit.ly/3SmKP5V.

Coup de Cœur Francophone

An exciting program of renowned Francophone musicians will take the stage at the Centre Culturel Franco-Manitobain (340 Provencher Blvd.) this weekend for the annual Festival Coup de Cœur Francophone. On Nov. 4, musician Kelly Bado and duo Beau Nectar will kick things off with an evening performance. The festival continues on Nov. 5 with Winnipeg songwriter Justin Lacroix and Maliotenam Innu singer-songwriter Matiu. Tickets are available online via bit.ly/3SoHrYi.

Breaking down barriers to trans healthcare

Embracing informed consent can decrease wait times for gender-affirming care



EDITOR'S NOTE:

We generally try to avoid interviewing our friends, family members or loved ones at *The Uniter*. However, given that Winnipeg's transgender community is a small and close-knit one, this story would have been impossible to tell without our reporter speaking to close friends and community members. We felt the importance of the story necessitated an exception to the rule.

Like many transgender Manitobans, Simon Pensato has faced barriers to accessing gender-affirming healthcare.

"On a scale from zero to 10, where zero is being a woman and 10 is being a man, how much do you feel like a man?"

This may sound like a question ripped from the pages of a teen magazine or an online quiz, but, until recently, it was one of the first questions encountered by many patients of the Trans Health Clinic, the only dedicated provider of transition-related healthcare in Manitoba for patients over the age of 14.

Ren Samuels' intake appointment at Klinik was several years ago, but he still recalls the emotional experience of trying to answer this question.

"This was my first contact with anybody about this sort of care," Samuels says. He waited a year between initially reaching out to Klinik and attending his first appointment.

"I remember being kind of nervous that if I didn't have the right answer to this question, that I wouldn't be able to access the care that I knew I wanted

and did end up saving my life."

Simon Pensato was asked the same question at his intake in the summer of 2020.

"I sort of took offense to that, you know, as a feminist," he says, laughing. "Women are not zeros!"

Beyond being described as memorably bizarre by a number of interviewees, Pensato says questions like these can also be alienating for those who aren't thinking about their gender in relation to manhood or womanhood.

"I was identifying very strongly as being nonbinary at the time but also trying to be recognized as a man at work," he says. "It's very difficult to feel like a 10 on that scale when you're constantly being misgendered."

Pensato's and Samuels' reactions provide anecdotal support to a trend documented in an *AMA Journal of Ethics* article by trans healthcare professionals Dr. Timothy Cavanaugh, Ruben Hopwood and Cei Lambert.

“...You’ve jumped through all the phone tag, and then hearing ‘Oh, yeah, we’ll probably get back to you in like a year ... It feels very bleak.’”

“Some patients might feel tempted to tell a stereotypical narrative of gender identity development and dysphoria in which their authentic gender is described in binary terms,” the trio argues, “even if this narrative would not truly represent their authentic gender identity.”

Samuels and Pensato both report being generally satisfied with the care they received at Klinik. Moreover, Klinik has put in significant work in recent months to ensure patients undergoing the intake process are given the space to articulate their gender identity on their own terms.

Klinik is on the path to significant improvements, but a legacy of frustrating experiences nonetheless remains. These experiences point to two interrelated issues which together present the biggest remaining barriers to high-quality trans healthcare in Manitoba: wait times and gatekeeping.

Wait times

Samuels was dealing with intense depression and gender dysphoria when he took the often-stressful initial step to contact Klinik about hormone replacement therapy (HRT), which amplified the difficulty of hearing he’d have to wait.

“You’ve made that decision. You’ve jumped through all the phone tag, and then hearing ‘Oh, yeah, we’ll probably get back to you in like a year.’ ... It sucked,” he says. “It feels very bleak.”

In August, CBC Manitoba’s Bryce Hoye reported wait times for gender-affirming care in Manitoba had reached one-and-a-half to two years, although Klinik’s *2022-23 Annual Report* says internal reallocation of resources and an injection of \$490,000 of provincial funding in May has allowed for expanded service hours to help address the backlog.

It took eight months for Cubes Endurance to get on feminizing hormones through Klinik. She says the complete lack of information from Klinik in between her initial call and first appointment was “nerve-racking.” She says an online portal with basic information would’ve helped reassure her that she hadn’t been forgotten.

I have likewise experienced Klinik’s inconsistent communication firsthand. My second follow-up for HRT, which is supposed to take place after three months, instead took 18. The wait only resolved itself when I contacted them after several faxes from my pharmacy went unanswered. To add insult to injury, they then refused to refill one of my prescriptions until the appointment, because it had been too long since the last follow-up.

Pensato also struggled to get information from Klinik while waiting unspecified amounts of time for appointments. In his case, an internal miscommunication resulted in a completed psychological assessment for top surgery not being sent in for several months, further delaying an already cumbersome process.

Gatekeeping

Trans people pursuing gender-affirming surgery in Manitoba need at least one, and sometimes two, psychological assessments from approved providers to confirm gender dysphoria. Once this diagnosis is on file, further surgeries still require a referral letter to ensure the patient understands what to expect.

However, Pensato says trans people often end up coming into these appointments knowing as much or more than their health providers. He recalls an appointment where a clinician incorrectly told him that masculinizing hormones would make him infertile.

Gender dysphoria is inherently personal and subjective. As argued by Cavanaugh et al., there are no biological markers or psychological screenings that can produce evidence more reliable than trans people’s self-reporting of our experience. Practices which value those screenings above our own understandings are the core of what many of us consider to be gatekeeping of trans healthcare.

University of Alberta assistant professor Florence Ashley argues that because of trans people’s “epistemic authority” over their mental experience of gender dysphoria, requirements for psychological assessment



When Simon Pensato was asked to rate his gender identity on a scale of zero to 10, he “sort of took offense ... Women are not zeros!”



Cubes Endurance in her Winnipeg apartment



"There (are) a lot of issues with the trans system that take the power away from the person and (put) it into the psychiatrist's or the doctor's hands." - Cubes Endurance

represent the pathologizing of normal human variance in a manner unsupported by evidence.

"Mental-health referral requirements fail to recognize the value of trans self-actualisation and, based on my experience with trans communities, will frequently be experience(d) as dehumanizing by those who do not fall under a pathologizing gender-dysphoria model," Ashley writes.

Endurance says the persistence of gatekeeping practices are emblematic of a tendency for the healthcare system to be unwilling to recognize the enormous variety of circumstances patients experience. She suspects the bureaucracy trans people must navigate to access care serves partly as a "throttling mechanism" to mitigate strain on an under-resourced system.

"There (are) a lot of issues with the trans system that take the power away from the person and (put) it into the psychiatrist's or the doctor's hands," she says. "We have an overworked system, and we're using that as a gate to prevent trans care from occurring properly."

After the first two to three years of treatment, Klinik will typically try to refer trans patients' subsequent monitoring and dosage adjustments to their family doctors. Endurance fears there isn't adequate knowledge about trans healthcare dispersed within the system to ensure overworked doctors are equipped to meet trans patients' needs.

"You're trusting that a doctor doesn't fuck anything up for you," she says. "I can tell you from personal experience, I have been screwed over by my doctor because he was too busy, and it resulted in almost two years of memory loss, mania, hypersexuality and debt. That's all because the doctor couldn't realize what was happening."

Progress

Long wait times and excessive gatekeeping are endemic issues within trans healthcare, particularly in countries with public systems. Rather than needing to reinvent the wheel to innovate solutions, trans journalist and advocate Erin Reed says Manitoban decision-makers should look at other jurisdictions' successes in expanding the informed-consent care model as a means of easing pressure on under-resourced systems and improving patient outcomes.

"I have to imagine that there's at least one doctor in all of Manitoba that's going to be like, 'Trans people, I care about them. Maybe I can look this up and provide the basic care.'"

"Hormone therapy doesn't require a huge evaluation to do. It's not a big, huge deal," she says. "I have to imagine that there's at least one doctor in all of Manitoba that's going to be like, 'Trans people, I care about them. Maybe I can look this up and provide the basic care.'"

Reed says many jurisdictions in the United

States have drastically reduced wait times by empowering various different kinds of healthcare providers who already administer hormones for cisgender patients, such as fertility clinics and centres for reproductive and sexual health, to also provide HRT.

Expanding on the connection between trans healthcare and reproductive health, Ashley says the provision of abortions is another clear example of how informed consent is the only ethical way to administer certain kinds of care.

"For somebody who's seeking an abortion, if (a doctor) were to try to assess if they're really dysphoric about the potential of having a pregnancy ... (a doctor is) not in any position to assess that," they say. "There's really nothing to assess. It's more about people living out their lives and being able to do so."

Haran Vijayanathan, Klinik's community health and wellness director, moved to Manitoba three months ago. Having spent 20 years working with the LGBTQ+ community in Ontario, he was taken aback by how many more hurdles an individual faces seeking gender-affirming care in Manitoba relative to the Ontario system, which makes use of small informed-consent clinics.

He says the change in government is a great opportunity for Klinik to not only secure more funding, but also to instigate the kinds of structural change Reed and Ashley advocate for.

"There's a lot of barriers in place, and they're all systems barriers," he says. "It would be great to sort of sit down and have a conversation about the systems that are in place currently and understand what that looks like from the medical end ... from the policy end, on their end and how do we bring down some of those

barriers?"

Ashley Gawne is one of the trans health program's peer support workers. She is "hopeful" that the expansion of her position, alongside the hiring of two more trans people into positions in peer support and social work, will help strengthen Klinik's relationship with the trans community.

"There have been barriers in the past where individuals seeking care through here get a lot of cis allies," she says. "It's nice to see trans representation, especially within a trans health clinic, because ... the nuance of being trans speaks volumes, right?"


Gawne is alluding to the fact that a core aspect of how trans people find community with one another is through transition-related knowledge sharing, and many of the most robust sources of information about trans healthcare come from within the community.

Without my trans friends and loved ones, I wouldn't have known to ask for a higher dose of estrogen, nor realized that suddenly starting to cry all the time meant that the HRT was working. Without a role model like Reed, I wouldn't have had the inspiration to use this platform to tell stories about our community. We are experts in our own experiences, and we take care of us.

It's too early to say what structural impacts Klinik's recent changes will make to the landscape of trans healthcare in Manitoba, but Endurance says one recent experience with Klinik suggests they may be getting closer to providing the supports she'd most like to see.

"It was one clinical provider that was trans, and they are absolutely phenomenal," she says. "I think her name is Ashley."

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	MORNING BREATH	The Sentinel's Marvellous Kaleidoscope	Worldbeat Canada Radio	Indigenous in Music	FANTASTIC FRIDAY World - Island Music	THE SATURDAY MORNING SHOW	CKU-SPEAKS
7AM		Folk Roots Radio	FRAÑOL	CANQUEER			
8AM	Shortwave Report	RADIO ECOSHOCK	Behind the News With Doug Henwood	Harbinger Media Hour	Wooden Spoons	Green Planet Monitor	SHADES OF CLASSICS Classical and New Age
9AM	CounterSpin						
10AM	DEMOCRACY NOW!		DEMOCRACY NOW!		MUD PUDDLE RADIO For Kids (Adults too)		
11AM	DEPARTMENT 13 POP/ROCK	This Way Out WINGS	VOYAGE Jazz	Viewpoints BRIDGING THE GAP	SUNNY ROAD Roots Music		Medicine Wheel of Music
NOON	COMEDIOLOGICAL REPORT	The Man in the Gray Flannel Suit Folk		ACCESSIBILITY MATTERS !EARSHOT DAILY	NO FIXED ADDRESS Lived Experiences of Homelessness	THE ELECTRIC CHAIR	TEMPLE TENT REVIVAL
1PM	outsPOKE		ALTERNATIVE RADIO	Dead Medium	HOW TO SURVIVE A TORNADO		NEON BEIGE SOUND EXCHANGE
2PM	Truth Before Reconciliation	THE GREEN MAJORITY		TICKLE MY FANCY Blues	GLOBAL RESEARCH NEWS HOUR	THE IVORY TOWER Eclectic Mix	YOU CAN'T HIDE FROM GOD Gospel
3PM	GroundSwell Radio New Classical	The Stuph File	The Meta World STOOPALOOP SHOW	BARKING DOG Past 'n Present Folk 'n Roots	Dollar Country		Active Voice
4PM	NewFound Records Music from Newfoundland and Labrador	Winnipeg Arena is on Fire	SPACE CADET MUSIC, OUT OF THIS WORLD	SQUAREWAVE VIDEO GAME MUSIC AND HISTORY	LET'S PLAY DJ!	Star Road Junction Progressive Rock	The World News, spoken word
5PM	The Vulcan's Hold Trip Hop		AMATEUR HOUR So Bad, It's Good	PAGES EAT YOUR ARTS & VEGETABLES	Soft Robotics (Electronic/Ambient)		GroundSwell Radio New Classical - Repeat Broadcast
6PM	Thrash Can Thrash Metal	SYSTEM KIDZ YOUTH IN CARE				This is Hell	
7PM	THE WORLD World	Sonic Blanket	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
8PM	DESTINATION MOON Sock-Hop-A-Go-Go	Balmoral Blues Blues		Adult Kindergarten	HIP HOP 50 Hip Hop		Circle One Punk
9PM		On My Way Home Local Indie	S.A.N.E. * RADIO Local Experimental Music		Da Show World & Variety	RED BOX Hip-Hop	THE GASHLYCRUMB TINIES
10PM	The Freedom Principle World Music	TranceLand Electronic/Dance	ROMPE Latin	Dub City Steppers	QUADRAFUNK Electric Dance Party		ISLAND VIBES Caribbean
11PM	EARSHOT DAILY	Free City Radio	Two Princes	PHASE ONE Electronic	StreetKilliaz Generation Local Hip Hop	DANCE HALL FEVER Dancehall and Reggae	
MIDNIGHT	BREAK NORTH RADIO	LISTENING PLEASURES				ShrimpFarm.Crypto Collages by Silas	Rainbow Country
1AM	METAL MONDAY	NIGHT DANGER RADIO	ShrimpFarm.Crypto Replay	THE WONDERFUL & FRIGHTENING WORLD OF PATRICK MICHALISHYN	MANITOBA MOON		REVOLUTION ROCK
2AM			Winnipeg Arena is on Fire Replay			Your Show Here	
3AM	MODERN JAZZ TODAY	The Motherland Influence	Thrash Can - Replay				GIRLIE SO GROOVIE
4AM	AMPLIFIED RADIO	BACKBEAT	Meta World STOOPALOOP SHOW - Replay				
5AM							
6AM							



8
12
6
9
12

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 ⚡

ADVERTISE WITH US!

Great reach, great rates!

Contact Paul at businessmgr@uniter.ca for more information.

CITY BRIEFS

TESSA ADAMSKI | CITY EDITOR | [X](https://x.com/TESSA_ADAMSKI) TESSA_ADAMSKI [@](https://www.facebook.com/TESSA.ADAMSKI) TESSA.ADAMSKI

Supervised consumption sites

In a written statement to Bernadette Smith, the housing, addictions and homelessness minister, Premier Wab Kinew pledged to establish a supervised consumption site in downtown Winnipeg. Manitoba is the only province in Western Canada without such a site. From January to May of 2023, there have been 175 drug-related deaths, with 418 total reports for drug-related deaths in 2022. There were no set details on how the Province plans to establish a site included in the letter.

Gallery 1C03 hiring three

The University of Winnipeg's Gallery 1C03 is hiring three work-study students for Indigenous art workshop assistant, communications assistant and collections assistant positions. These roles have varying responsibilities and background requirements. Students must be available to work for two to five hours per week and apply before Friday, Nov. 10. These part-time positions will be offered to full-time students who demonstrate financial need.

Manipulating the Message launch

Cecil Rosner is releasing his third book, *Manipulating the Message: How Powerful Forces Shape the News*, this Thursday, Nov. 2 in the Atrium of McNally Robinson Booksellers at 7 p.m. Rosner is an award-winning journalist and adjunct professor who teaches investigative journalism at the University of Winnipeg. His book examines the ways journalists and readers can report the truth and avoid being deceived by misleading data, misinformation and the "spin doctors" in public relations and communications.

Provincial family-doctor shortage

Manitoba had 111 family doctors per 100,000 people in 2022, which is lower than the national average of 124 per 100,000 residents, according to a report the Canadian Institute for Health Information released on Oct. 26. Prince Edward Island and Ontario have the next lowest numbers at 114 and 115 family doctors per 100,000 people. Doctors Manitoba said the province would need to hire 175 more family doctors to reach the Canadian average. In 2022, a total of 3,201 doctors practised in the province.

New bike-registry proposal

The City of Winnipeg is considering adopting a new bike registry to improve tracking and returning lost bikes to their owners, according to the latest public-service report. Cyclists could register their bikes with 529 Garage, a free, cloud-based system that would replace the existing city-run bike registry that charges a \$7.35 fee. This data would be shared with police agencies and Winnipeg city officials. Approximately 2,000 bikes are reported stolen each year, but less than 10 per cent are returned to their owners.

A short-term solution

End Homelessness Winnipeg's 2023/24 Winter Weather Response Plan includes a funding stream, providing organizations with financial support; winter pop-up shelters; increased van outreach; and community care camps. EHW says providing hotel rooms during extreme cold weather could serve as a last resort for unhoused people when shelters are at capacity. This option would be used in emergency situations, and EHW would reimburse organizations for the cost through its grant from the Reaching Home Initiative.



SAFETY CONCERNS AMONG JEWISH AND MUSLIM CAMPUS GROUPS

U of W students want violence to end

JURA MCILRAITH | CITY REPORTER | X JURA_IS_MY_NAME

Some University of Winnipeg (U of W) students from the Jewish and Muslim communities feel it's important to use their privilege to stand against the oppression of Palestinians and Israelis caught in the current Israel-Gaza conflict.

The students say they are concerned for their safety amid tensions following the Oct. 7 Hamas attack on Israel that killed more than 1,400 people and saw 240 Israelis taken hostage. Israel's government vowed to destroy Hamas in response. Israel has since relentlessly bombed Gaza, killing more than 8,800 Palestinians, including 3,000 children, and displacing over 1.4 million people. On Oct. 31 and Nov. 1, Israel bombed Jabalia refugee camp, killing dozens of civilians in an attack that AFP says wiped out "whole families."

One Jewish student, who wished to remain anonymous to protect his safety, says he feels awful seeing so many people dying and being harmed. He's started hiding his Star of David while on campus.

"It's a lot easier for me to hide," he says. "I've never in my life had a moment where I felt scared to take out my Jewish necklace."

He says everyone in the Israeli and Palestinian communities are suffering right now.

"The dehumanization that we're seeing everywhere on both sides is just being eaten up. I've come to see just how awful it is when people stop seeing people as people," he says. "Let's not forget ... the main way that we can deal with this is to treat your friends and to treat the people in your circles as people."

Although he hasn't experienced extreme antisemitism, he says he knows people who have.

He says it's been exhausting having to tell people he is not fighting against Palestinians or spreading hate toward them. Instead, he just wants the violence to end.

"We want people to be happy and live in peace. I think that it's important to recognize that peace doesn't come when one group is silenced," he says. "It's really important to be listening to everybody and to be taking in a lot of perspectives."

Sualeha, another student, says she's seen an increase in concern about safety from students in the UW Muslim Students Association (UWMSA). As president of the UWMSA, she says hate being spread on both sides of the issue puts people at risk.

"The whole point of advocating for Palestine ... is to get the Palestinian people liberation, and at the end of the day, it's not just



Hundreds of protesters call for a ceasefire and an end to Israel's occupation of Palestine on Oct. 28.

a religious issue," Sualeha says. "It's about fighting for sovereignty. It's about fighting for liberation and fighting against genocide."

She says her faith teaches people to stand up to oppression happening to anyone regardless of their faith or background, and it's important to give voices to those that are being silenced.

The U of W has not received any reports of antisemitic or Islamophobic discrimination at this point. The university has been closely monitoring the situation to make sure students, staff and faculty are safe on campus, Caleb Zimmerman, the U of W marketing and communications executive director, says.

"We continue to remind everyone of the importance of treating each other with respect and working together to keep the campus a safe and welcoming space for all," Zimmerman says.

The U of W has not received reports of discrimination at this time, he says.

Students who experience hate or discrimination can contact the university's Human Rights and Diversity Office or contact Security Services' emergency number at 204-786-6666 or non-emergency number at 204-786-9272.

RANDOM SHOOTINGS RAISE QUESTIONS OF SAFETY

Winnipeg safe despite latest shootings, potential gang activity

JURA MCILRAITH | CITY REPORTER | X JURA_IS_MY_NAME

Recent shootings in Winnipeg are concerning but do not put the wider community at risk, Dr. Marta-Marika Urbanik, an associate professor of sociology and criminology, says.

Urbanik teaches at the University of Alberta, and her research focuses on how neighbourhood revitalizations impact gangs and criminal structures. She says the Oct. 16 drive-by shootings that injured one person in the Exchange District may be linked to gang initiations.

Point Douglas had the highest rate of violent crimes in 2022, according to the Winnipeg Police Service's (WPS) statistical report. In their latest quarterly report, the WPS dispatched officers to 680 calls involving firearms. Thirty-five involved gunshots.

Urbanik says any incidents like these are tragic and scary, but the average person is not at risk when it comes to gang and gun crimes.

"Most of us can still live our lives safely and can still navigate most city areas with relative ease and comfort," she says.

Gun-related violent crime accounts for 2.8 per cent of violent crime reported in Canada by police in 2020. Rates of crimes involving guns were higher in rural areas than urban centres in most provinces and territories, including Manitoba. Violent crimes in urban centres are more likely to involve firearms, according to Statistics Canada.

Gang activity fluctuates, but an increase in related crimes can happen for one of two reasons, Urbanik says. The first includes competition between groups wanting control of an area.

The second happens when a leader loses authority or is absent, causing other members to compete for power. These situations can increase gang activity to involve a wider area.

"When we see indiscriminate gun violence and shootings against random civilians on the street who are just going about living their lives and trying to spend time with their friends or family, it's really concerning, because usually this violence shouldn't spill out into spaces that most of us consider and expect to be safe," Urbanik says.

The Exchange District shootings ended in the arrest of two youths. The incident happened two days after six other teens were arrested for pointing guns at vehicles going by a downtown parkade.

Downtown resident Tamara Hogue saw gunshots in the lane behind her apartment complex on Ross Avenue the night of May 25. Hogue says she was in the kitchen when she and her partner heard what they thought were fireworks.

The incident made them feel unsafe. They considered moving after roughly two years of living downtown. Ultimately, they decided to stay.

"We do have faith in the area, and I do

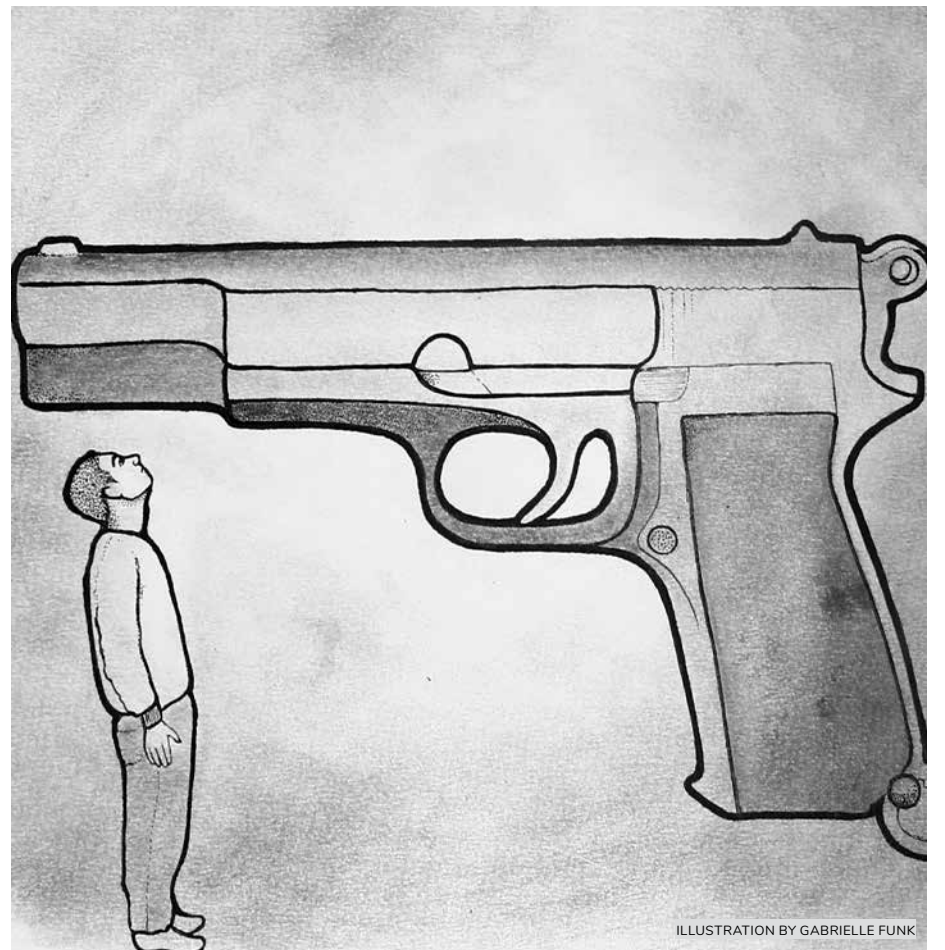


ILLUSTRATION BY GABRIELLE FUNK

love living in the Exchange," Hogue says. "But it's really concerning."

Hogue believes much of the crime in the area stems from social issues, including a lack of supports for those using substances or experiencing homelessness.

Urbanik says younger unhoused people who are marginalized, have no family support or are dealing with otherwise challenging family dynamics face pressure to join street-based gangs. They may rely on gangs for protection or fear for their safety

if they push back against the group.

"It's unclear what happened in (the drive-by shooting), but we should also just recognize not all of these behaviours are a clear choice for individuals," Urbanik says. "Some are indeed pressured to participate in things they may not want to do just to protect themselves."

WPS could not provide comment at the time of publication.



ALLEVIATING THE 'FEAR IN STUDENTS' EYES'

Elaine Herrera, mathematics instructor

THANDI VERA | FEATURES REPORTER | @THANDIVERA

Elaine Herrera, a mathematics instructor at the University of Winnipeg, knows some people find her subject intimidating.

She focuses on empowering her students and helping them build the confidence to confront their math-induced fears. She tries to nurture a love for the subject, even when students are initially apprehensive.

"I absolutely love helping students feel like they can do math," Herrera says. "Math is one of those subjects that elicits so much fear in students' eyes. Being the support to help students build the confidence to be a student and do math is one of the best things about my job."

She says every student has the potential to master math, and she strives to be the support that helps them unlock that potential.

As a student herself, Herrera attended the University of Manitoba and earned a Bachelor of Science in Mathematics degree in 2019. She took a discrete math course there that introduced her to abstract mathematics.

"That's the course that actually switched me out of business school and into the math program," Herrera says. She found abstract mathematics captivating, because it exposed the interconnectedness of various math disciplines.

Herrera was born in the Philippines and made her transcontinental journey at three years old.

Her memories of the Philippines may be faint, but one vivid recollection stands out: the awe of her first snowfall.

"My earliest memory is my first snowfall," Herrera says. "My dad was saying, 'Look, it's raining snow.' I was just like, 'No, it's snowing rain.'"

She cites her parents as her most significant influences while growing up. Her close-knit family, deeply rooted in Filipino culture, emphasized the importance of preserving their heritage.

"Being an immigrant, keeping our cultural roots was very important to me and my family," she says. Herrera's family gatherings were a cornerstone of her life, as they continued to bond with extended family members living in Winnipeg.

Beyond her role as an educator, Herrera finds solace in her creative pursuits, particularly in fiber-art crafts like cross-stitching, embroidery and sewing. These activities give balance to her rigorous academic life, allowing her to explore her artistic side and create beautiful handcrafted pieces.

What was your worst grade in university?

"My worst grade in university was an A. I



SUPPLIED PHOTO

really studied hard, and I learned very early on how to study and what study techniques worked for me."

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

"I want the power to slow down time, but I can go at any pace! I feel like if I can slow down time, I have more control over my movements."

What was your favourite toy as a child?

"So there's two that come to mind. One is playing *Mario Party* on the Nintendo

64. I have very fond memories of my cousins, brothers and I just playing as kids. ... On the other hand, going back to how much I love to learn, my mom would buy me workbooks from the store. I absolutely love doing workbooks."

What would you tell your younger self?

"I think I would tell younger Elaine to nurture all aspects of her life. I think school is super important, and I definitely learned that very young, but I think giving myself time to also enjoy and have fun is very important."



THE UNIVERSITY OF WINNIPEG

Student Services

WANTED: PERFORMERS FOR INTERNATIONAL CULTURAL DAY

We are looking for students who are interested in performing or creating a cultural display for their country for International Cultural Day (Nov. 17). Performances could include dancing, singing, music, or other cultural talent.

Presented by International Immigrant & Refugee Student Services (IIRSS), this annual event celebrates the diversity of students on campus.

Please email iirss@uwinnipeg.ca right away if you would like to be part of the show!

MONEY TALKS

The Money Talks series continues on Tuesdays at 11:00 – 11:30 a.m. via Zoom with these sessions:

- Adding or dropping a course – How does this impact your Manitoba Student Aid? (Nov. 7)
- Budgeting Strategies (Nov. 14)

Pre-registration is required for all sessions – go to the Awards website: uwinnipeg.ca/awards

WEBINAR WEDNESDAYS

The Webinar Wednesdays series starts again after the fall reading week with a wide range of topics:

- To Drop or Not to Drop (Wed., Nov. 8)
- Wise Mind (Wed., Nov. 15)

All sessions will be held 12:30 to 1:00 p.m. via Zoom.

Pre-registration is required.

For more info, see: uwinnipeg.ca/webinar-wednesdays

CAREER CHATS ON INSTAGRAM

Career Chats are live sessions on Instagram that feature advice from an employer or career-related expert.

- UWinnipeg Human Resources Office (Thurs., Nov. 9)
- Experiential Learning (Thurs., Nov. 23)

Hosted by Career Services, these live sessions take place

every other Thursday at 11:00 a.m. on UWinnipeg Instagram.

FINAL WITHDRAWAL DATE

The final date to withdraw without academic penalty from a course that began in September 2023 and ends in December 2023 is **Mon., Nov. 13**.

For information and instructions, please see "Course Drops" on the registration website: uwinnipeg.ca/registration

THRIVE WEEK

Thrive Week (Nov. 13-17) will feature a full slate of events and activities to help our campus community thrive throughout the academic year.

To learn more, go to "Thrive Week" on the Student Wellness website: uwinnipeg.ca/student-wellness

THE WELLNESS HUB

Check out the Wellness Hub, a digital platform on the UWinnipeg website, with links to:

- crisis and counselling ser-

vices

- informational websites about mental health
- tools to track how you are feeling and learn coping skills
- connections to specialized resources

You choose which links to access each time you enter the Wellness Hub.

Visit the hub any time: uwinnipeg.ca/wellnesshub

FALL EXAM SCHEDULE

The Fall (December) Exam schedule is now available at uwinnipeg.ca/exam-schedules

WORK-STUDY PROGRAM

The Work-Study Program offers employment opportunities on campus to eligible UWinnipeg students.

First, you apply to the program; then if you are accepted, you can apply for any of the part-time positions in a wide variety of departments on campus.

Apply now! Go to "Work-Study Program" on the awards website: uwinnipeg.ca/awards



THE NEWCOMER COMPARES

Examining the English language

VOLODYMYR ANDREIKO | COLUMNIST

“How many languages you know, that many times you are a human being.”

I have seen this Johann Wolfgang von Goethe quote at school while specializing in foreign languages. This quote was one of the reasons I decided to become a translator and devote a part of my life to languages.

As a Ukrainian, I can say that not many Ukrainians know English. It is quite a surprise, especially considering that English is actually taught at schools. But, then again, maybe everything depends on the student and their desire.

At university, I had many comparative courses where the sole purpose was to make comparisons between Ukrainian and English or study our translation language on a deeper level.

There are many elements of English that native speakers often don't even consider. I immediately recall my lectures on the history of the English language: “Why is pineapple called so if it has nothing to do with apples and pines? Why is a guinea pig a guinea pig, if it's definitely not a pig and doesn't come from Guinea?”

Learning English opened an interesting side of the language to me. In many cases, people

who learn English in addition to one or more languages may see things about English that native speakers don't notice.

English is known for a strict word order, which is quite difficult for some people to properly understand. In other languages, like Ukrainian, speakers can change the word order however they want without sacrificing the general meaning of what they want to say.

English, despite being one of the most popular languages in the world, has one of the rarest sounds: the “th” sound included in the words “think,” “through” or “thanks.” This sound's rarity is why some people say “tink” or “sink” instead of think and “tanks” and “sanks” instead of thanks.

The concept of articles (like “a” or “the”) is also quite peculiar. Languages like Ukrainian do not have this part of speech, and it can take time to explain the function of these words to people who have never used them before.

The article “an” is actually derived from the Old English for “one.” These elements are used every day without much consideration or thought. If modern English speakers read the original text of *Beowulf*, for example, in Old English, they likely wouldn't understand a word.



ILLUSTRATION BY GABRIELLE FUNK

Yet, believe it or not, it is still the same language. This is just the version of English people used many years ago – and it's especially interesting to think just how much this language will change in the future.

So, each and every time you think some words sound odd or different, think a bit more about them. Are they like “rainbow,” which you can break into “rain” and “bow?” What if it's a word like “they,” which was borrowed through contact between Anglo-Saxon people

and the Normans?

English has a very complex and interesting history, so treat it not only as a way of communicating, but also as a subject of research and personal interest.

Volodymyr Andreiko is a newcomer to Winnipeg from Ukraine. He is a translator and student at the University of Winnipeg interested in music, literature, philosophy and culture.

IS THE TRUTH OUT THERE?

Disinformation is running rampant during Israel-Gaza conflict

PATRICK HARNEY | COMMENTS EDITOR

While conflict in the Gaza Strip intensifies, media outlets have begun to highlight the new form that information warfare has taken.

As each side attempts to take control of the narrative, campaigns of misinformation (the use of inaccurate information) and disinformation (the use of false information) to mislead, have become a valuable tactic in the war over public opinion.

These campaigns have primarily occurred on platforms like Facebook, YouTube and Twitter (now known as X).

The power of information cannot be understated, as the public's perceptions are constantly moulded and remoulded through their daily interaction with these platforms. Social media inundates users with videos, infographics, updates and opinions that claim to explain the motivations, plans and day-to-day happenings of the conflict.

This constant flow of media makes it challenging to question what is real and what is false.

The priority of short-form content lends to simplified, bite-sized narratives. At best, these narratives allow people to digest a conflict and instigate action. At worst, they compel people to develop reductionist, provocative takes that feed the social-media algorithm.

As time passes, these bits of information and perceptions begin to shift and rearrange as new information vies for supremacy. Despite the information overload, people are encouraged to keep up within the flow of media so as not to get left behind.

At best, social media allows marginal voices to be amplified to the public, which was the case during the Arab Spring of 2010-12. Activists on the ground can share information and take control from biased news outlets and state media.

The problem comes as social media also allows bad actors to gain legitimacy. The equal legitimacy given to those living through conflicts, state media, bad actors and trolls makes discerning fact from fabrication a challenging ordeal.

The structure of social-media platforms, especially Twitter following Elon Musk's rollback of moderation standards of the platform, does not base its content on legitimacy or credibility. Instead, it feeds on sensationalism, controversy and feedback loops.

It's formidable to remain critical of these narratives – and discerning the intentions of any given poster behind the guise of social-media handles and potentially false bios is impossible.

In the past, critiquing dominant narratives was a relatively straightforward process. Control of information was the domain of news outlets or state media, sources often with apparent interests.

But, in the digital age, anyone and everyone has a say in forming the narrative. Discerning the intentions of these sources, if they have any, is an almost unfeasible feat.

We are left in a state of hyperreality, where claims, whether false or true, blend together, generating feelings of apathy and inertia.



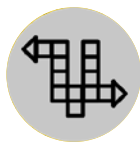
ILLUSTRATION BY GABRIELLE FUNK

The truth is a powerful phenomenon, representing the collection of events, supposed intentions and narratives people use to determine what to do next.

Remaining critical of the truth as social media platforms hand it to users on a digital platter requires constant questioning of who this truth

serves and who this truth hurts. It also requires critiques of the platforms that bring the news, how they are designed, how they are overseen and how people interact with them.

Patrick Harney is the comments editor at The Uniter.



DIVERSIONS

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17					18						19				
20				21		22					23				
24					25			26							
				27				28			29	30	31	32	33
34	35	36	37								38				
39						40		41			42				
43								44		45					
46				47		48									
				49	50			51			52	53	54	55	
56	57	58	59					60			61				
62					63					64		65			
66					67							68			
69					70							71			

ONLINECROSSWORDS.NET

ACROSS

1. SUNBEAMS
5. MOVIE AWARD
10. SHADE SOURCES
14. ____ CODE
15. USE A LOOM
16. ROLLER COASTER FEATURE
17. NEGOTIATE
18. ____ ORANGE
19. ROOT BEER, E.G.
20. MAP DETAIL
22. BOUNDARY
24. HOT CEREAL
26. SCHOOL SUBJ.
27. RUB OUT
29. ____ PRIZE
34. BALM
38. CHAMPION
39. GOODBYE (SP.)
40. PITCHER HANDLE
42. CAKE LAYERS
43. BAKERY ITEM
44. ODD-LOOKING FISH
46. WINTER TOYS
48. ____ ISLAND
49. FEASTED
51. RELATE
56. ACT OF SHUNNING
61. CORRODE
62. SOIL
63. TEASE
65. OPERA HIGHLIGHT
66. ACTOR ____ GUINNESS
67. SMOLDERING COAL
68. QUIT
69. NETTING
70. ALL SET
71. BONNETS

DOWN

1. CAR ACCESSORY
2. HOCKEY VENUE
3. BAKER'S NEED
4. CAPITAL OF OREGON
5. HAVE
6. AIRCRAFT WITH PONTOONS
7. PREHISTORIC DWELLING
8. RELUCTANT
9. ANCIENT OBJECT
10. OTHER
11. PLUNDER
12. MANNER
13. SHIP'S POLE
21. SWARMS
23. 60 SECS.
25. COMMON VERB
28. HIDE AWAY
30. AKRON'S STATE
31. ROOT ____
32. DOES WRONG
33. FORFEIT
34. ROWER'S NEEDS
35. ADORED ONE
36. CLEOPATRA'S RIVER
37. NARRATED
41. UNSEALED AGAIN
42. YONDER
45. PICNIC BEVERAGE
47. HEAVY-HEARTED
48. RETITLE
50. SPUD
52. GARBAGE
53. LARGE ARTERY
54. SIMPLETON
55. LOWEST TIDES
56. EVE'S PARTNER
57. HORRID
58. METALLIC DEPOSITS
59. RESTLESS DESIRE
60. HAVANA'S LOCALE
64. MAKE A STAB AT

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21						22			
23				24					25					
			26			27	28		29				30	31
32	33	34				35		36				37		
38					39						40			
41				42						43				
44			45				46		47					
		48						49				50	51	52
53	54					55	56	57			58			
59					60					61				
62					63					64				
65					66					67				

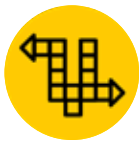
ONLINECROSSWORDS.NET

ACROSS

1. ENDURES
6. POPCORN SEASONING
10. ENGROSSED
14. THROBS
15. MEXICAN WATER
16. BALM
17. PILFERED
18. FELT SORRY ABOUT
20. ANGRY
21. STAFF OFFICER
22. COUNTS CALORIES
23. PORTLAND'S STATE
25. FASHION NAME
26. CEREMONIES
29. PRONOUN
32. BASKETBALL'S SHAQUILLE ____
35. GRADS
37. HARDEN
38. RAMBLE
39. GET UP
40. MODEL
41. DONKEY
42. FROM THAT MOMENT
43. RAPIDITY
44. FATAL
46. BASEBALL BLUNDER
48. MANY YEARS
49. NASTIER
53. GEM WEIGHT
55. SCH. GROUPS
58. TIBETAN PRIEST
59. SURGICAL PROCEDURE
61. DEFENDANT'S OFFERING
62. WOODEN FASTENERS
63. MANY (2 WDS.)
64. SMOOTH
65. BORDER
66. SINGER ____ SEEGER
67. TOBOGGANS

DOWN

1. LARIAT
2. PERFORMER
3. BEACH
4. WIRED MESSAGE
5. COMPASS POINT (ABBR.)
6. EASTERN GARMENT
7. ANCIENT
8. RACING SLED
9. PITCH
10. PROPORTIONS
11. CONSTANT COMPANIONS (2 WDS.)
12. KEATS OR TENNYSON
13. KOPPEL AND TURNER
19. REVISES COPY
21. SOCIAL INSECT
24. OLIVE PRODUCT
25. TEN CENTS
27. MAKE MONEY
28. GOLFER'S WOE
30. "____ WE FORGET"
31. RUN AWAY
32. OF THE MOUTH
33. SNOUT
34. HOLIDAY HUNTER'S PRIZE (2 WDS.)
36. CONSUMER
39. FEELS SICK
40. ____ PORT
42. DECEMBER VISITOR
43. GARDENING IMPLEMENT
45. RASPY
47. DEN AND STUDY (ABBR.)
50. INNOCENT
51. IMPLANT
52. BANISTERS
53. MANAGE
54. MIMICKED
55. HEAP
56. HORN SOUND
57. OPENING WAGER
60. KNOCK
61. PACINO AND GORE



HOROSCOPES

Visions for peace and diplomacy emerge.

The sun faces off with Jupiter on Friday, November 3, at 1:02 AM, revealing our ideals.

SOURCE: ASTROLOGY.COM

ARIES

The Cancer moon blows a kiss to the Scorpio sun this morning, dear Aries, encouraging you to open up with trusted friends. This cosmic climate is also conducive to changing up your style, so don't be afraid to get aesthetically experimental. Good vibes flow when Jupiter activates in your house of prosperity, ushering in blessings both small and large. Luna blows a kiss to Mars, your planetary ruler, this evening, inspiring you to evolve as an artist, friend, companion, and individual. Be sure to head to bed at a reasonable hour, lest a harsh connection between Luna and Chiron leave you fatigued tomorrow.

TAURUS

Whisper sweet nothings to yourself or that special someone this morning, dear Taurus, as the Cancer moon blows a kiss to the Scorpio sun. This cosmic climate is great for diffusing conflict and inviting in love, especially when Jupiter activates to bring a generous and benevolent energy to the table. Keep your mind occupied as the hours unfold, lest you become restless with nothing to do. Invest in self-care this evening when Mars activates in your solar seventh house, conjuring a passion for aesthetic rituals. This energy is also great for heating things up with your partner, so don't pull back if you feel like getting cozy.

GEMINI

Allow your body to set the pace this morning, dear Gemini, as the Cancer moon aligns with the Scorpio sun. Though your to-do list may leave little flexibility for leisure, try to take your time when you can take the scenic route. Your thoughts may trail off when Jupiter activates, bringing forth moments of enlightenment when you allow your psyche to explore new depths. Do something active this evening when Luna blows a kiss to Mars, pushing you to receive stress through exercise or a creative outlet. Put away your devices when the moon and Chiron square off later tonight, or you could have trouble drifting off to sleep.

CANCER

The moon continues its journey through your sign today, sweet Crab, sharing a supportive connection with the Scorpio sun that's sure to elevate your creativity and overall presence. You'll attract new friends when Luna blows a kiss to Jupiter mid-morning, and luck will be on your side when it comes to winning over members of the community. Inspiration strikes this evening when Mars activates in your house of self-expression, bringing fulfillment when you engage with your artistic side, if only for a few moments. Watch out for emotional blocks when Chiron becomes agitated later tonight, and consider heading to bed early.

LEO

You'll find emotional clarity as the Cancer moon blows a kiss to the Scorpio sun this morning, dearest Lion, offering release when you accept what you cannot control and invite change. Behind-the-scenes efforts will show signs of paying off when Jupiter activates, especially when it comes to professional aspirations. Allow your feelings to guide you when Luna aligns with Mars this evening, sharpening your intuition and ability to see through the darkness. Just try not to get too carried away on a whim when the sun and Jupiter face off, or you could feel overwhelmed down the line.

VIRGO

Your popularity spikes as the Cancer moon aligns with the Scorpio sun, dear Virgo, making it the perfect time to post on your feeds, network, and stand out within your community. Good vibes continue to flow when Luna blows a kiss to Jupiter, opening you up to spiritual messages from beyond. Your wisdom will also shine through under this cosmic climate, so don't be afraid to share sacred truths. Consider getting out of the house this evening when Mars activates, inspiring you to explore new restaurants or small businesses with friends. Just try not to stay out too late, or a harsh connection between the moon and Chiron could lead to sour moods.

LIBRA

You'll have a chance to showcase your value in professional settings this morning, dear Libra, thanks to a sweet exchange between the Cancer moon and Scorpio sun. Meanwhile, Jupiter activates in your house of shared resources, making it a good time to advocate for that raise you're overdue. Check in with your expenses when Luna blows a kiss to Mars, encouraging responsible spending while granting permission to treat yourself. Just be sure to check in with your sweetie if you share a bank account when looking to make a larger purchase. A harsh opposition between the sun and Jupiter could cause you to pay for it later.

SCORPIO

The spirits will be on your side as the Cancer moon and sun align, dear Scorpio, conveniently placing you as a darling of the universe. Use this energy to follow your intuition and flex your manifestation skills, vocalizing your goals to a higher power. Love flows freely when Jupiter activates mid-morning, marking the perfect excuse to flirt or cuddle up with someone special. The stars ask you to move toward your dreams when Luna blows a kiss to Mars this evening, trusting that you'll be thrown a cosmic safety net when bold leaps of faith are taken.

SAGITTARIUS

You'll feel mysterious as the Cancer moon aligns with the Scorpio sun this morning, dear Sagittarius, bringing a sparkle to your eye and a coy smile to your lips. People will be drawn to your elevated magnetism, though you'll be too busy focusing on your own goals when Jupiter activates mid-morning. Do some personal work while flying under the radar as evening sets in and Luna aligns with Mars, inspiring you to move boldly from behind the scenes. Just be sure to maintain a positive internal dialogue and sense of self later tonight when Chiron becomes agitated in your solar fifth house.

CAPRICORN

You'll be in a surprisingly transparent mood as the Cancer moon and Scorpio sun align, dear Capricorn, reminding you that vulnerability doesn't have to be scary. Use this energy to scratch below the surface and invest in meaningful bonds, especially when Jupiter activates mid-morning. This cosmic climate can also help you dig deep within passion projects, making it a good time to flex your artistic muscles. If you're in a serious relationship, consider going on an adventurous date when Mars activates this evening. However, you'll want to be home before Chiron becomes agitated later tonight, bringing moodiness to the table.

AQUARIUS

Teamwork will help you move mountains this morning, dear Aquarius, as the Cancer moon aligns with the transformative Scorpio sun. Don't hesitate to call in favors, delegate tasks, and band together with others, finding strength in numbers. Your heart expands as Jupiter activates mid-morning, putting you in a generous and loving mood. This cosmic climate is also great for nurturing your emotional and physical health, so be sure to touch base with these needs. Know your limits when Luna blows a kiss to Mars this evening, understanding that practice and planning can help you conquer these obstacles.

PISCES

You should feel elevated and at peace this morning, dear Pisces, thanks to a sweet exchange between the Cancer moon and Scorpio sun. Relish these supportive vibes with spiritual work and creative outlets, trusting that your intuition can help you reach new heights. Use your voice to create opportunities when Jupiter activates mid-morning, sharing your unique vision with those who can help you see it through. Connect with friends with beliefs similar to your own when Luna aligns with Mars this evening, feeling passionate about your philosophical community. Slow down later tonight when Chiron activates, touching base with your physical needs.

SCORPIO SPOTLIGHT

Welcome to Scorpio season! Scorpions' star sign dates are between October 23 and November 1, and belong to the Water element of the zodiac (along with Cancer and Pisces).

Scorpio character traits include being strong, enigmatic and independent characters with a spark of intensity and charisma that makes them unique. For all of that power though, they often remain mysterious to others, because they guard themselves and their private lives fiercely.

CHARACTER TRAITS

- Passionate
- Mysterious
- Strategic
- Curious
- Bold
- Loyal
- Confident

Scorpio is a fixed, feminine water sign that is co-ruled by both Mars and Pluto. It's associated with the Eighth House of joint resources, intimacy, and transformation.

Ruled by Mars and Pluto, Scorpio is an intense sign. Its fixed water persona implies a profound, unmoving emotional depth. No other sign can fearlessly explore the underworld like Scorpio. Scorpio's fierceness is undeniable. Look no further for redirection, as Scorpio can be the spark for cabalistic transformation!



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 Dara at volunteer@uniter.ca.