

THE **U** NITER

SWINGING THE NIGHT AWAY—P5

FORENSIC NURSING RESOURCES —P11

FINAL DESTINATION—P13

‘AVOIDABLE HARM’



SOME PROFS, STUDENTS LEFT BEHIND BY U OF W'S 'HANDS-OFF' COVID POLICY



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ON THE COVER

In this week's cover feature, campus reporter Mieke Ruth van Ineveld looks at how university campuses have abandoned most COVID-19 safety protocols – a move that's concerning to some. Read more on page 7.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Emily Sinclair and Joseph Pilapil are co-founders of River City Swing. Read more on page 5.

A CALL AGAINST BRUTALITY

THOMAS PASHKO
MANAGING EDITOR

  THOMASPASHKO

January 2024 is coming to an end, and, already, the Winnipeg Police Service has killed another person.

The new year began with the killing of 19-year-old Afolabi Opasso, an international student from Nigeria studying at the University of Manitoba. Winnipeg police were there for a wellness check for Opasso, who was experiencing a mental-health crisis. They shot him dead.

Then, just after midnight on Jan. 27, police were called regarding a domestic disturbance. By the time they arrived, the man they were there to see to was already lying asleep in the parking lot. Multiple videos show the torrent of violence they swiftly inflicted on him. When the man didn't immediately wake up and comply with the cops' demands, he was Tasered, piled upon, pinned to the ground and beaten with a baton.

The cops administered no medical help to the unconscious man, who wasn't treated until an ambulance arrived 21 minutes later. By Saturday evening, he was dead. Witnesses to the beating, and criminologists who viewed the video, told the *Free Press* that the man was not being aggressive or resisting.

This is exhausting. In my decade covering local news, I've seen this story time and time again. Police arrive at a scene, immediately default to excessive force, people die, and cops aren't held accountable. Police violence in this city is out of control and has been for a long time.

We can't keep pretending that the police will keep us safe. Winnipeg has seen a wave of violent crime recently – and the wildly overfunded police aren't doing anything to curb that violence. Instead, they're sending out puffy press releases about the 40th anniversary of Crimestoppers.

City leadership needs to stop throwing money at this violent, broken institution and start funding those who help people instead of killing them.

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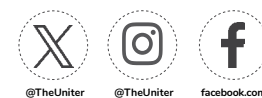
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SUBMISSIONS

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

An in-person volunteer orientation will be held on Friday, Feb. 2 at 1 p.m. in the Uniter office, room 0RM14 at the University of Winnipeg.

For more information, email volunteer@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.

CORRECTIONS

In the Jan. 25 article "Born to move," we identified Katrin Benedictson as vice-president of the Royal Winnipeg Ballet School's recreational division. Her actual job title is vice-principal.

The Uniter regrets the error.



Muralist Kale Sheppard uses their art as a way to remain connected to their Inuit heritage.



SUPPLIED PHOTOS

ORIGIN STORIES: KALE SHEPPARD

Reconnecting with Inuit culture through urban murals

JENN ALLEN | VOLUNTEER CONTRIBUTOR

In the realm of urban artistry, Kale Sheppard emerges as a dynamic force, weaving their identity into the tapestry of Winnipeg's cityscape.

Born in Duncan, B.C. and raised in Winkler, Man., Sheppard's artistic journey is a testament to the profound influence of diverse Canadian landscapes and an embracing of identity.

While growing up in a predominantly white Mennonite community, Sheppard navigated the complexities of cultural identity, feeling disconnected from their Inuit heritage. Through art, they found a pathway to reconnect with their roots and explore their gender identity.

Sheppard mentions the Nunatsiavut Inuit community of Postville, N.L. —

their home community — as a site and source of inspiration.

"We lived there for a year when I was eight years old, and that definitely inspired my art a lot, enough so that I applied for a grant to go back for a couple of weeks to get some photos, videos and collect stuff I found on the beach to send back home for more inspiration for my work," they say.

At just eight years old, they sold their first painting for \$25.

While deciding on a career path after graduating high school, Sheppard was inspired by the 2018 *INSURGENCE/RESURGENCE* exhibit at the Winnipeg Art Gallery, the gallery's largest-ever exhibition of contemporary Indigenous art

from 29 different artists.

"There was a lot of art from Nunatsiavut, and there were even some photos from Postville. And that was the first time I ever saw Inuit art displayed that way, especially from Nunatsiavut," they say.

Sheppard connected with Inuit art curator Darlene Coward Wight, who then commissioned them to produce *Mosaic Sea*, a mural that was displayed outside the gallery on the scaffolding throughout the construction of Qaumajuq.

This work led to a commission of a sister mural, which is now a permanent installation outside the Resource Assistance for Youth (RaY) building on Sherbrook Street.

Sheppard quit their job at a senior living facility in spring 2020 to pursue art more seriously.

This career shift marked a turning point that led to digital art jobs and mural designs for private businesses and community initiatives.

Commissions began rolling in from organizations like Connected North, a virtual educational platform for remote northern communities, and CBC Manitoba.

Fast-forward to 2023, and Sheppard celebrated their inaugural solo art show at the Edge Gallery and Urban Art Centre

in Winnipeg. The exhibition, titled *Utik - Return*, featured an eclectic mix of acrylic paintings, photography and mixed-media found-object sculptures, showcasing the evolution of their artistic ability.

Describing the significance of their mural work, Sheppard emphasizes how public art breathes life into a world dominated by bland architecture. The vibrancy of colours and intricate designs counterbalance the minimalist aesthetic that pervades contemporary urban spaces.

"It just brings life to a world that has become increasingly dull ... it seems like every new building that pops up is just a grey box with no character. People are missing the intricate designs and mouldings and carefully carved stonework and decor," they say.

For them, public art serves as a catalyst for community engagement, fostering a sense of pride and providing a canvas for diverse narratives.

While working on their *Cool Streets* mural on the Niakwa Road Bridge this summer, Sheppard met tenants from the nearby apartment buildings, who had been watching their work unfold below.

"It gets people talking, and it kind of makes public spaces feel more like public space," they say.

ARTS BRIEFS

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

Romeo, save me

This month, the Royal Winnipeg Ballet (RWB) will retell a classic Shakespearean tale through movement. *Romeo and Juliet* plays on the Centennial Concert Hall stage from Feb. 15 to 18. Tickets can be purchased by calling 204-956-2792 or by visiting rwb.org.

Black and Proud/ Noir et Fier

Théâtre Cercle Molière is ringing in Black History Month with an exciting program of events throughout February. Film screenings, an art exhibition and a speaker series are among the myriad of activities planned for Noir et Fier - Black and Proud. For the full program, visit tinyurl.com/armmw57e.

Art with teeth

Starting Feb. 2, Urban Shaman Contemporary Aboriginal Art Gallery (290 McDermot Ave.) will showcase artist Pat Bruderer's exhibition *Kâwi Tahkwahtân: Kisihkikiwin Sâsipîhtamowin / Biting Back: Our Cultural Resilience*. Bruderer uses the Cree art practice of birchbark biting as a symbol of resilience. An opening reception takes place on Feb. 2 from 5 to 9 p.m.

Celebrate Palentine's Day

Wine and dine with your gals and pals while supporting local arts at Palentine's Dinner. Hosted on Feb. 9 at Little Brown Jug (336 William Ave.), the dinner serves as a fundraiser for Mentoring Artists for Women's Art (MAWA). Tickets include a three-course meal by chef Ben Kramer and two complimentary beverages. To purchase your spot, visit tinyurl.com/mpdwtyt3.

Talking climate

On the evening of Tuesday, Feb. 6, join moderator Hannah Godfrey and company for the final Climate Circle, presented by Young Lungs Dance Exchange. In the 1.5-hour workshop, participants are given space to openly express climate anxieties while examining ways to channel change and be part of the solution. The event takes place from 6 to 7:30 p.m. at The Output in Video Pool (3rd floor, 100 Arthur St.). Tickets are pay-what-you-can and are available via tinyurl.com/y4hscwyh.

Embracing winter through song

Flipside Opera invites guests to enjoy an afternoon of "snacks, songs and sunset" as a cozy antidote to a cold winter. Soprano Judith Oatway, cellist Leanne Zacharias, pianist Lisa Rumpel and chamber choir Proximus 5 will explore winter moods and themes through song this Saturday, Feb. 3 at the First Unitarian Universalist Church of Winnipeg (603 Wellington Cres.). Tickets are \$35 and can be purchased via tinyurl.com/4dce93pr.



River City Swing co-founders Emily Sinclair and Joseph Pilapil

HEARTS FULL OF RHYTHM

River City Swing sidesteps back to a bygone era

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | @MATTEKLEMARIAM

Gracing Winnipeg dancefloors as of late is a certain sect of dancers. Their movements are easily traced, smooth and free-flowing with the utmost poise and dexterity. The envious need not despair. If they had it their way, everybody in Winnipeg would join their foot-stomping ranks.

"I want a community so large that I'll never dance with the same person twice in one night," Melissa-Joy Moiny says. She is one of the newest instructors at throwback dance company River City Swing.

"I prefer to call it a community (rather

than a company. It's one of those places where it doesn't matter who you are or where you're from."

River City Swing is one of Winnipeg's latest and greatest ensembles of restless feet. The dance group is centred around swing dancing, a style that developed alongside swing-style jazz in the early 20th century.

"Swing dance is a historic dance from the '30s, '40s and '50s, born out of Black-American culture in Harlem, New York during that time," co-founder Emily Sinclair says. "We teach the Lindy hop, the Charleston and the swing dancing

within that scope."

River City Swing hosts weekly classes and collaborates with local venues and bands, with the South Osborne Legion acting as a de facto headquarters.

"We have our weekly Thursday Night Stomp there, which is an opportunity for beginners to come in and find out what it's all about," Sinclair says.

Sinclair and partner/co-founder Joseph Pilapil have more than a decade of experience in the Winnipeg dance scene, starting as novices and quickly graduating to instructors and leaders in the community. Taking the COVID-19 pandemic as an opportunity for reinvention, River City Swing was branded in 2021.

"In swing dance, there's an aspect of having to communicate with another person while you're dancing that was absent in a lot of the other forms I explored before," Sinclair says. "It's a play between yourself and the music and your partner. It's very involved every time you dance. Once you get into it, it's immersing yourself in the greatness of that musical era."

Dancers can expect to glide around the floor to the musical stylings of vocal jazz

legends like Duke Ellington, Ella Fitzgerald and Sinclair's personal favourite, Fats Waller. Special occasions call for real-time swinging with local acts like the Executive Big Band and the Dixie Beats.

While the moves of the swing-dance community can seem daunting, accessibility is stressed. Moiny happened upon a free swing event in her community over a year ago and quickly became enamored with the community.

"It's all really good people, super supportive and patient. It doesn't matter who you are or where you're from. Everybody's just here for the same reason: to dance," Moiny says.

"I love that the swing community isn't stuck in heteronormative roles. Anyone can learn to lead or follow, regardless of gender. You're just learning the base pieces of how to communicate this body-language thing. You'll hear people say it's a conversation, and it really is."

Join River City Swing for their weekly Thursday Night Stomp from 7 to 10 p.m. at the South Osborne Legion (426 Osborne St.). Entry is \$10.

USHERING A YIDDISH RENAISSANCE

Put a Yid On It! channels ancestral language through arts

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

Throughout its thousand-year history, Yiddish formed the linguistic foundation of a rich world of literature, music, folklore and fine arts.

At its peak, more than 10 million people across the world, predominantly Ashkenazi Jews in central and eastern Europe and North America, spoke the language. As a result of the Holocaust and cultural assimilation that followed the Second World War, the number of native speakers dramatically plummeted.

Despite attempts to eradicate the language, Yiddish is far from dead, and a younger generation of artists, like Montreal-based rapper Socalled, are fueling a revival.

This month, Socalled is among several Yiddish language artists who will keep the flame going at a new festival presented by the Rady JCC. Running from Feb. 7 to 11, Put a Yid On It! - Festival of New Yiddish Culture will premier its inaugural Yiddish arts program, ranging from 1930s cinema to contemporary hip hop with a klezmer flare.

Shira Newman, the festival director and coordinator of arts and adult programming at the Rady JCC, drew inspiration from Yiddish cultural festivals across the continent, such as Quebec's KlezKanada.

"We have a large Jewish community. We have an active arts world and a Jewish community that's interested in the arts," Newman says. "I just really wanted to cre-

ate something like that in Winnipeg."

Some time ago, scholars and partners Jonah Corne and Monika Vrečar began digging through and analyzing a treasure trove of Yiddish films.

Vrečar's background in communication and Corne's background in film studies coalesced into a research project looking into the equally fascinating and complex world of Yiddish cinema.

"Suddenly, we started noticing all these different things ... we were arriving to them from very different perspectives," Vrečar says. "One of the things (was) that Yiddish cinema generally seemed to be very obsessed with communication, with technology of communication and with disconnection, because it's a diasporic cinema."

On Feb. 7, the festival's first day, Corne and Vrečar will launch their book *Yiddish Cinema: The Drama of Troubled Communication* at The Handsome Daughter.

As Corne describes, the origins of Yiddish cinema can be traced back to the early 1900s silent era. By the 1930s, it entered a "golden age," which quickly – and devastatingly – changed.

"At the same moment that Yiddish cinema was sort of at its high point, it was also, essentially, if not snuffed out, dealt with this massive, massive blow by, obviously, the Second World War and in the Holocaust, which, in Europe, decimated all of the communities where Yiddish was being



Montreal-based rapper Socalled is one of the performers taking the stage at Put a Yid On It!

spoken," Corne says.

Though history led to a dark age of Yiddish cinema, a renaissance followed as institutions such as the National Centre for Jewish Film emerged in the later 20th century.

Today, as younger generations take a vested interest in reviving the Yiddish language through the arts, Newman believes the ancestral tongue is experiencing a resurgence. She points to Berlin's thriving and diverse Yiddish music scenes and

Montreal's Yiddish cultural centres as hubs for the arts.

"There's been a real interest in looking back at that and connecting with this very deep, ancestral part of our experience and then kind of bridging it with the present," she says. "There's reclaiming but also modernizing."

Put a Yid On It! runs from Feb. 7 to 11. To view the full program and purchase tickets, visit bit.ly/4bclbmA.



SUPPLIED PHOTO

MONSTER

Plays at the Dave Barber Cinematheque
Feb. 1 to 8

★★★★☆

SUZANNE PRINGLE | ARTS AND CULTURE EDITOR | @BLAQUE_SQUIRREL

“Who’s the monster?” is the question at the heart of *Monster* (2023), the latest family drama by acclaimed Japanese director Hirokazu Kore-eda (*Broker*, 2022 and *Shoplifters*, 2018).

The story is a cautionary tale about the harm of victimizing (or sanctifying) the targets of gossip, slander, bullying, homophobia and abuse without first analyzing the angles.

This vulnerable, intricately woven story is centred around Minato (Soya Kurokawa), a fifth-grade student wrestling with

inner demons, and an alleged bully-teacher who his mother targets as the source of Minato’s sudden personality change.

Floating between a sparse soundtrack of late composer Ryuichi Sakamoto’s minimalist “Dies iræ”-themed score – less menacing than sombre – and screenwriter Yūji Sakamoto’s nuanced dialog, Kore-eda guides his actors through the silent spaces to build tension and meaning.

The film is smoothly divided into three acts, the first establishing Saori, the youthful, carefree widowed mother of Minato, played by Sakura Ando.

The first scene opens on a highrise ablaze in slow motion against a night sky. Cut to Saori, who contrasts the slow drama of the fiery scene, bounding gleefully across her and Minato’s apartment to cheer on the firefighters from her balcony.

Minato joins and watches distractedly, delivering the first of many lines in the film that refer to the possibility of a pig’s head being transplanted into a human body.

“Is it a human or a pig?” he asks his mother of the proposed creature. Cradled in both Ando’s keen acting instincts and the screenwriter’s skillful hand, Saori delivers a response that appears as a throwaway but later reveals itself as the most telling of the film.

Act 1 closes with Minato’s ascension into oddity. It crescendos with a leap from Saori’s moving car after she finds him “alone” in a culvert by the side of the road repeatedly yelling “who’s the monster?”

After some interrogation, Minato implies that his teacher, Mr. Hori (Eita Nagayami) has been abusing him, which leads his mother down a rabbit trail of blame-shaming, suspicion and outrage at the school’s

mishandling of the situation.

Ando’s performance is brilliantly understated as she moves effortlessly from beat to beat. She transitions from the free-spirited young woman at the top of the film into an investigative mama-bear, aggressively battling away the school administrative team’s perceived gaslighting attempts to protect their own.

The second act challenges perspectives and restarts the story from Mr. Hori’s timeline. In the third act, the account truly blossoms through the tender reveal of Minato’s deep secret that finally unlocks the film’s mysteries.

The standout performance belongs to young Kurokawa, who plays the complexities of interpersonal relationships with the depth and emotional intelligence of someone much older.

Monster is not about what the film sets audiences up for initially. It takes the viewer through a compelling, well-paced, at times (though forgivably) contrived morality tale smartly delivered in a visually beautiful package that lingers in the imagination long after the story ends.

CRAFTING THE SELF

Remold highlights how we make craft, and it makes us

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | @MATTEKLEMARIAM

When long-time collaborator Shanceela Boodoo was enlisted as a guest curator at the C2 Centre for Craft, she relished the opportunity to create a cohesive and self-reflexive exhibition.

“I wanted to explore craft in a bodily way and explore the intricacies of different mediums and modes of working in ways that are connected to the body,” Boodoo says. “You need to use your hands, your intuitive knowledge. When you craft something, you’re drawing from a knowledge you’ve built up over years of experience.”

Running until Feb. 22, *Remold*, a multi-disciplinary art show, has enlisted a litany of local artists to explore making and how it affects the maker’s very being. A continuation of C2’s annual juried show, *Remold* differs from prior exhibitions in its more singular focus.

Adelle Rawluk, one of the nine practicing artists enlisted for *Remold*, was intrigued by the exhibition’s focus on craftwork.

“Creating, especially craftwork, works through repetitive motion and the act of producing something that is tangible and functional. It was exciting to me because it’s exactly the kind of conceptual ideas I work with all the time,” they say.

“For me, the body is very much connect-

ed to the act of making things, whether it’s craftwork or more traditional visual art. As an artist, those things cannot be separated.”

Rawluk describes her contributions as “textile-based work” but notes the large scope of *Remold*.

“You may be surprised by the breadth of how many forms craft can take. You’ll see more sculptural items, you’ll see some fibre work, wearable functional items and non-functional items. It’s quite multi-disciplinary,” they say.

Abstract in concept, Boodoo likens the themes at play in *Remold* to that of popular sci-fi concept cybernetics.

“I was intrigued by the idea of when people are using technology to alter their bodies and themselves, like cyborgs. You can see that throughout all the works, there are ones that do it explicitly and others that touch on that theme in an elegant kind of way,” she says.

She cites the work of participating artist Sarah Fuller as particularly representative of the concept.

“(Fuller) made these suits with a print of the environment. There are photos of her wearing it outside and using it to hide in the environment. She’s crafted this object and made it so she can transform herself into something she has wanted to be,” she says.



LEIF NORMAN (SUPPLIED)

Remold runs at C2 Centre for Craft until Feb. 22.

Both Boodoo and Rawluk stress the stimulation of ideas and the generation of discourse as the ambitious exhibition’s primary intent. While perusing the gallery, viewers may question: is this craft, or is this art?

“Craftwork is something so human in all of us, making something with your hands and tools. For the average viewer, it’s

the humanness in the act of making that you are going to see,” Rawluk says.

Check out the free drop-in patch-making workshop on Feb. 2 from 6 to 9 p.m. at the C2 Centre for Craft (1-329 Cumberland Ave.), along with the *Remold* exhibition.

‘AVOIDABLE HARM’

Some profs, students left behind by U of W’s ‘hands-off’ COVID policy



PHOTO BY THOMAS PASHKO

Hand-sanitizing stations are one of a few COVID-19 safety measures still in place at the U of W campus.

Masked faces are few and far between as I walk through the University of Winnipeg (U of W)’s main campus in early January, watching as students brush past one another in hallways between classes or congregate around tables in the library’s mezzanines.

Canada Health Infobase wastewater data for Winnipeg’s West End shows COVID-19 viral load reached a six-month high shortly before exam season, increasing over 600 per cent between late September and early November of 2023. But a year and a half after the U of W lifted its mask mandate, most on campus appear to have moved on from pandemic-era precautions like masks and social distancing.

Most – but not all.

Victor Balmana is a third-year theatre student at the U of W. Because he and his father are both immunocompromised, he doesn’t have the option to let his guard down in the way many of his peers have.

“It feels like the people who have moved on are definitely kind of ignorant to the folks who literally cannot move on because of our own immune systems,” he says.

The U of W announced it would require masks on campus on Aug. 26, 2020, trailing behind mask-mandate announcements by Assiniboine Community College (ACC), Red River College Polytechnic (RRC Polytech) and the University of Manitoba (U of M) earlier that month.

The U of W revised its mask requirement to a recommendation in August of 2022, as did an overwhelming majority of institutions across Canada and the United States.

The U of M held on to its mask mandate for the fall and winter terms of 2022-23, a decision that helped convince linguistics student Melissa Curatolo to attend the school. The U of M dropped its mask mandate in May 2023.

These days, Curatolo says it “kind of sucks” being the lone masked student in large classes at the U of M.

“I feel like it does make it harder to try to talk to people, because you’re automatically othered,” he says. “They can’t see your whole face. I don’t care, because I’d rather keep myself safe. But it can feel a little awkward.”

Like Balmana, whether or not to keep masking isn’t a question for Curatolo. For both her and her partner’s sake, she refuses to unmask indoors on campus.

In an Aug. 15, 2022 bulletin announcing a near-immediate end to the U of W’s mask mandate, president and vice-chancellor Dr. Todd Mondor stated that “our top priority continues to be the health and safety of everyone in the UWinnipeg community.”

But with wastewater data indicating that COVID transmission is still widespread, immunocompromised students and faculty are questioning whether the university’s stated prioritizing of health and safety can be reconciled with their experiences of frustration, risk and isolation.

A delicate balance

In spite of the precautions he takes in his personal and on-campus life, Balmana has contracted COVID at work twice. The first time was while working as a supply attendant at St. Boniface Hospital in February 2021.

"On my first day of training, one of the wards I went to was the COVID ward," he says. "I'm like, 'I don't know if I should be here,' and I got COVID."

He picked up his second infection working at the Canada Life Centre over the holidays. School has been comparatively easier to deal with, thanks in large part to Balmana's theatre professors.

"As a theatre performance major, there's a lot of active movement and being in contact with other people," he says. "I was fortunate enough to have a professor who did take (safety) seriously, (who) was able to regulate masks in the classroom and figure out how to adapt our exercises and assignments in a way that was safe for us to do in person."

"There's still people who don't want to mask, (who) sometimes come in feeling a bit sniffly ... that does make me feel, not necessarily unwelcome, but still kind of barred in a way to enter that space."

Balmana is trans and spends most of his downtime on campus in the Women-Trans Spectrum Centre and the Rainbow Lounge. Even in these spaces he chooses to be in, and whose coordinators actively promote masking and hand hygiene, he says not everyone is as mindful of his access needs as they could be.

"There have been instances in the Rainbow Lounge where it's been very full and crowded, and some people (are) saying that they feel sick," he says. "(It) has made me kind of scared, nervous. There's still people who don't want to mask, (who) sometimes come in feeling a bit sniffly ... that does make me feel, not necessarily unwelcome, but still kind of barred in a way to enter that space."

LGBTQ+ people face elevated risks of developing severe and/or long-term complications from COVID. A 2021 CDC behavioural risk-factor analysis shows that LGBTQ+ Americans "have higher self-reported prevalences of several underlying health conditions associated with severe outcomes from COVID-19 than do heterosexual persons." Moreover, a 2023 *International Journal for Equity in Health* study reported that trans people face a disproportionate likelihood of developing long COVID after an initial infection.

In from the cold

Due to a circulation issue, Curatolo can't be outside in winter weather for longer than 10 minutes without risking nerve damage. Unable to unmask indoors or stay outside for too long, they often spend long stretches of their days without food or water.

"If it's minus-30 out, I guess I'll just, I don't know, be dehydrated and hungry," he says. "If everyone wore masks, I'd still (avoid eating) indoors, but it would be significantly safer for people who have to."

Curatolo sees the deliberate refusal to mask as tying into structures of oppression and "medical violence" that bear down on those with precarious access to healthcare, like disabled people, the queer community and migrants.



A hand sanitizer next to the elevator outside Riddell Hall



Circular outlines are still visible where social-distancing markers were once placed on the floor in Centennial Hall.



PHOTO BY THOMAS PASHKO

Social-distancing protocols are no longer in place at the Riddell Hall cafeteria.

“Even if I didn’t have all those other reasons for it, I know this is still killing people,” she says. “I care about elderly people existing or children existing ... or just anyone existing. I don’t want to add to that by inadvertently infecting someone and resulting in death or disability, making their life harder for no reason. I could just put on a mask.”

Profs speak out

U of W physics professor Melanie Martin comes by her COVID advocacy honestly.

“I’m a scientist. I figure all scientists want to know what the science is,” she says. Martin accepts “every media request” she receives about COVID-19 but has curtailed other forms of advocacy after receiving death threats over social media.

“People don’t want to hear it,” she says. “People want the life back from 2019.”

She thinks universities should embrace their role as centres of research to advocate for evidence-based policy, rather than leaving it entirely up to government.

“We’re here to tell people what’s out there,” she says. “We’re here to give them the facts. We should be the ones that are leading things.”

There has been little public criticism of the U of W’s COVID policies in the last year and a half. But behind the scenes, a small group of faculty members has been working to advocate for improved safety measures in classrooms.

Kristen Hardy is a contract instructor in the Faculty of Arts. She was part of the U of W Faculty Association (UWFA)’s COVID committee until the UWFA declined to renew the committee at its Jan. 12 council meeting. Hardy, Martin and others have continued to strategize informally about how to raise awareness.

“The last thing I want as an instructor is to see harm come to any of my students,” Hardy says, “especially avoidable harm, which COVID infections and long COVID absolutely are.”

She says the university could take a

number of measures to enhance campus safety, such as giving instructors more autonomy over hybrid/distance learning and mask requirements for their classes. Hardy had to apply for medical accommodation to be able to teach her courses over Zoom

“It doesn’t necessarily need to be a single, all-encompassing top-down model ... there are shades and variations of possibilities there. Right now, we really have almost nothing at the University of Winnipeg.”

on an ongoing basis. U of W faculty do not have the authority to mandate masks in their classes.

“It doesn’t necessarily need to be a single, all-encompassing top-down model,” she says. “There are shades and variations of possibilities there. Right now, we really have almost nothing at the University of Winnipeg.”

On Aug. 19, 2021, the U of W, U of M, RRC Polytech, ACC and the University College of the North all announced they would require proof of COVID-19 vaccination for faculty, students and staff to attend campus. CBC reported that the U of W and U of M both relaxed their vaccine requirements in the spring of 2022.

In an emailed statement, U of W communications director Caleb Zimmerman



PHOTO BY DANIEL CRUMP

Social-distancing markers on the University of Winnipeg campus. Sept. 5, 2020

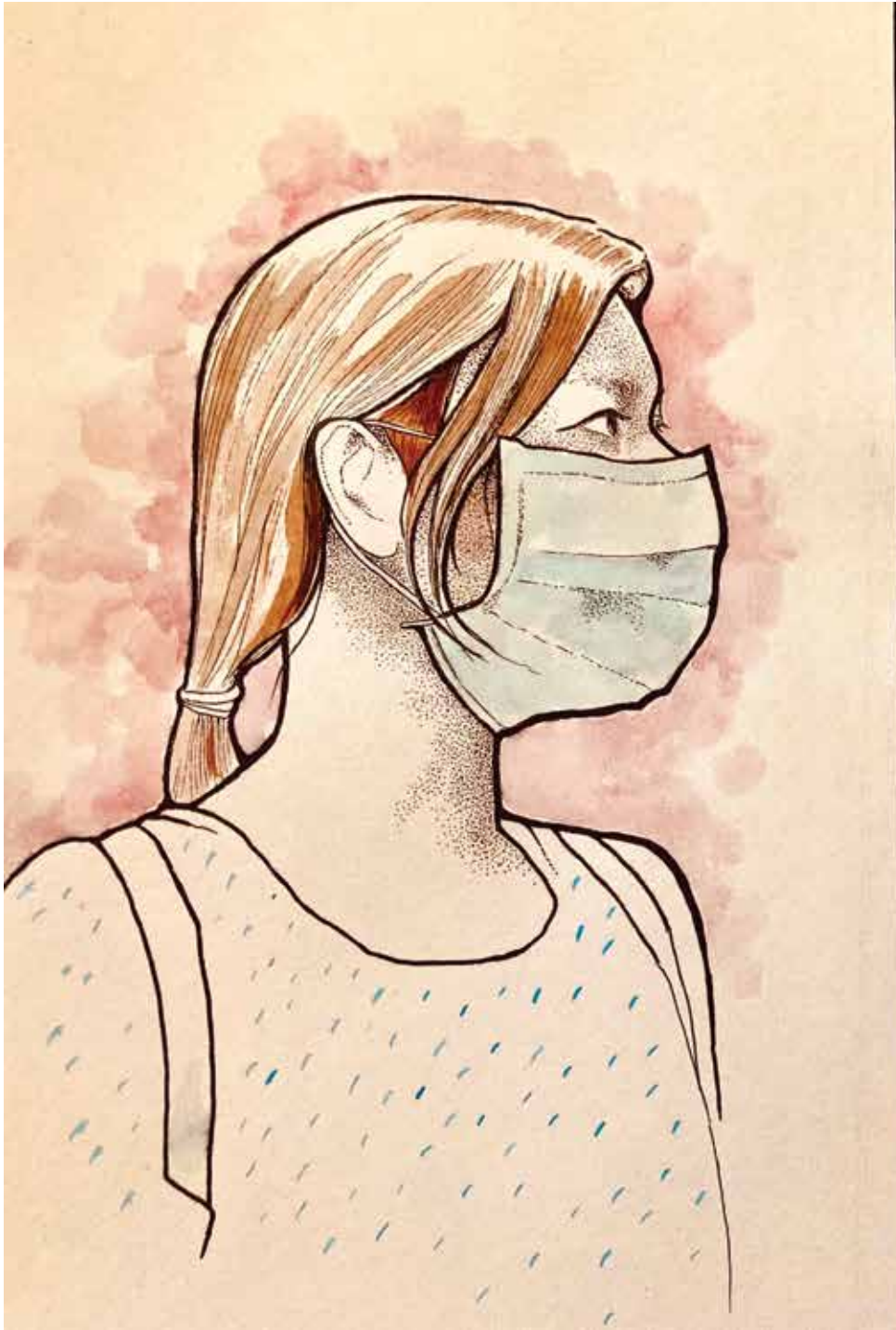


ILLUSTRATION BY GABRIELLE FUNK



SUPPLIED PHOTO

Kristen Hardy, faculty instructor in the University of Winnipeg's Faculty of Arts



SUPPLIED PHOTO

Melanie Martin, University of Winnipeg physics professor

says the institution is “continuing many additional measures that were first implemented during the pandemic.”

These include extra cleaning procedures, on-campus vaccine clinics and enhancement of air filters in high-traffic areas and residence halls.

Zimmerman says the university “continue(s) to rely on guidance provided by Manitoba Health and will continue to follow provincial health guidelines on campus.”

Some of the informal faculty group’s members are reticent about voicing their

criticisms of the administration publicly.

One member, a professor in the Faculty of Arts who requested to remain anonymous due to concerns about professional repercussions, wants faculty, students and staff to demand that the U of W stop “forc(ing) us into circumstances where we will be put at risk.”

“The general trend among institutions and other employers is just to take a completely hands-off approach and not do anything,” they say. “That seems to be the thinking of our administration, which is

really, really unfortunate, because what that communicates is that they just don’t care.”

“I think you can always tell the values of any organization or any society or any institution by who is most likely to get hurt,” they say. They add that because COVID transmission rates and adverse outcomes are higher for marginalized groups, a hands-off approach undermines the university’s “lofty ideals” of diversity, equity and inclusion.

Another faculty member who requested

to remain anonymous says they feel that talking about COVID has become “taboo.”

“Nobody is leading this conversation, because universities across the board are wedded to an ableist model,” they say. “I just don’t think there’s enough proactive and positive thinking on how to say, ‘right, this is the reality. This is what we can do to protect everybody.’”



CULTURALLY APPROPRIATE CARE FOR MANITOBA SURVIVORS

Forensic nurse partnership assists domestic-violence victims

JURA MCILRAITH | CITY REPORTER | @X JURA_IS_MY_NAME

The expansion of a forensic nursing program at two community clinics will help survivors of sexual assault and domestic violence access trauma-informed and culturally appropriate care.

Klinik Community Health and Ka Ni Kanichihk formed a partnership to create the Sexual Assault and Intimate Partner Violence Crisis Response Program, which soft-launched in October but began fully operating on Jan. 17.

Members from the West Broadway-area health centre and Indigenous-led non-profit believe the program will help fill in systemic gaps for Indigenous women and Two-Spirit people.

“As a nurse and as a forensic nurse, I know and recognize the short- and the long-term effects of violence ... and its emotional impacts, medical impacts, impacts to one’s cultural and spiritual well-being,” Ashley Stewart says.

“It’s really important to me to have a place where we can offer as many types of services that person needs in order to start on their healing journey.”

Stewart, a coordinator at Klinik, says the program uses cultural practices to create a safer space for people experiencing intimate-partner violence, and it amplifies the existing services already offered.

Survivors can choose what supports best fit their needs and have access to smudging and support from aunties and kokums, along with testing and medication for sexually transmitted and bloodborne infections (STBBIs) and unwanted pregnancies.

Stewart says victims can receive care any time after experiencing domestic violence. If they come in shortly after an incident has occurred, nurses can help collect forensic evidence so it can be sent to police for investigation, with the victim’s consent.

Trained nurses also provide trauma support for survivors who don’t need emergency medical care at a hospital.

“Our program also will see people who come from any background, any gender, and we will provide that service to them, (too),” Stewart says.

The program has helped 38 people in the last three months between the two locations. At full capacity, the program can support up to 300 people.

Before, Health Sciences Centre was the only facility that offered forensic exams. It sees roughly 700 patients annually.

“We’ve really tried to ensure that survivor voices are at the heart of the work that we’re doing,” Dana Connolly, Ka Ni Kanichihk’s associate executive director, says. “Investing in Indigenous communities is critical. (It’s



ILLUSTRATION BY GABRIELLE FUNK

going to be critical to supporting women in Manitoba across the board.”

Indigenous women are disproportionately affected by domestic violence in Manitoba, Canada and the world. About 44 per cent of Indigenous women in Canada experience physical or sexual violence from a partner in their lifetime, according to data released in 2022 by Statistics Canada.

The same records show only 25 per cent of non-Indigenous women reported intimate-partner abuse. Indigenous women are also more likely to face violence from non-partners, including friends and strangers.

“We’re really excited to be able to offer this service, because we know that Indige-

nous women are overrepresented in sexualized violence,” Connolly says. “It’s so critical for us to have Indigenous-led services for Indigenous people.”

Forensic nurses are available at Klinik located at 167 Sherbrook St. Monday through Thursday from 9 a.m. to 7:30 p.m., Fridays from 9 a.m. to 4 p.m. and Saturdays from 10 a.m. to 3 p.m.

Ka Ni Kanichihk at 102-765 Main St. offers forensic examinations on Tuesdays and Thursdays from 8:30 a.m. to 4:30 p.m.

Victims of domestic violence are encouraged to call Klinik’s crisis line at 204-786-8631.

MANITOBA GETS ITS FIRST INDIGENOUS PROTECTED AREA

‘It’s a huge win’ for the Seal River Watershed

JURA MCILRAITH | CITY REPORTER | @X JURA_IS_MY_NAME

Manitoba is establishing its first Indigenous Protected Area (IPA) in the northern part of the province, a big step forward in conservation and reconciliation efforts with Indigenous Peoples.

The Seal River Watershed, west of Churchill, measures roughly 50,000 square kilometres – almost the size of Nova Scotia – and is one of the largest intact watersheds in the world.

Watersheds direct rainfall, snowmelt and runoff into a larger body of water, kind of like a bowl. They help clean drinking water and stabilize soils.

Four First Nations, the Seal River Watershed Alliance and the governments of Canada and Manitoba signed an agreement to protect the land on Jan. 18.

Collaboration between government and Indigenous communities balance conservation of ecosystems and biodiversity while maintaining culturally appropriate and sustainable uses.

As an avid outdoorsperson, Caroline Wintoniw says she’s thrilled the watershed is being protected. She also thinks it’s a step toward reconciliation with local Indigenous groups that have been taking care of the land for centuries.

“It is important because of the fact that it is their land, and so it’s a huge win,” Wintoniw says. “It shouldn’t have to be that they

should be fighting for that.”

Wintoniw paddled the Seal River with 10 others in 2020 up to Hudson Bay. She says the canoe trip was one of the best she’s been on, because of the “huge whitewater, beautiful open tundra areas and gorgeous wide, open eskers.”

The watershed is also home to at least 25 at-risk species, including animals like seals, beluga whales, polar bears, caribou and arctic tern.

“It had been kind of a bucket-list trip for several years just because of the pristine wilderness that it is and that it is one of those ... untouched areas of Manitoba,” she says.

Although the land being protected is in Northern Manitoba, it still impacts Winnipeg and the southern parts of the province, Ron Thiessen, executive director for the Manitoba chapter of the Canadian Parks and Wilderness Society (CPAWS), says.

“We feel the impacts or the benefits of the Seal River Watershed every single day, because it holds a tremendous amount of carbon in its trees and soils,” he says. “The countless trees in the watershed ... are a critical part of Earth’s life-support system in terms of oxygen production.”

The intake of carbon helps to slow or reduce negative impacts of climate change. According to a study in 2021 from the non-profit Ducks Unlimited Canada, the



SUPPLIED PHOTO

Two adventure-seekers paddle their canoe on the Seal River.

Seal River Watershed stores 1.7 billion tonnes of carbon, equivalent to eight years of greenhouse-gas emissions in the country.

The provincial government is committing to the protection of 30 per cent of Manitoba by 2030. Thiessen says the goal is ambitious but achievable and necessary for maintaining balance between conservation and development.

The Seal River Watershed makes up eight per cent of the province. An additional three per cent of wildlands and waters are protected.

Thiessen echoes Wintoniw in saying that conservation is crucial for reconciliation.

“One of the pieces that’s often cited from Indigenous Nations is to have the ability to

formally steward and protect their traditional lands, to have Canada acknowledge their place and their authority on the landscape,” Thiessen says.

“This is a way for Canada and Indigenous Nations to formalize their relationship about how to protect and manage the land.”

He says the area is one-of-a-kind and relatively untouched by human development.

“Every stream and river flows as nature intended it. There’s no dams, there’s no mines, no Hydro lines,” he says. “There aren’t even any permanent roads. What you find instead is an incredible abundance of wildlife ... roaming unhindered across the boreal forest in the tundra.”



PROFile

DISCERNING THE TRUTH IN TIKTOK TRAUMA TRENDS

Dr. Bev Fredborg, psychology assistant professor

JENN ALLEN | VOLUNTEER CONTRIBUTOR

As a licensed clinical psychologist with expertise in trauma and emotion regulation, Dr. Bev Fredborg, an assistant psychology professor at the University of Winnipeg (U of W), is well aware of current social-media trends involving mental-health advice – and misinformation – about trauma.

“It’s very trendy, so people are making a lot of content on it, and I would encourage people to be a bit leery of that,” she says.

Under #trauma on TikTok alone, there are seemingly endless videos, many with millions of views.

These videos are sometimes created by licensed professionals and are well-cited with research, but are just as often posted by unregulated life coaches and influencers.

“It’s so easy for someone to say something online and for you to blindly follow them ... these are really vulnerable topics and vulnerable people who might be influenced by these (videos),” she says.

While Fredborg encourages people to think critically and be a bit wary of this kind of content, she also welcomes its positive effects.

“It might be helpful in that it’s getting people to really think about their own life experiences and maybe getting them on the pathway toward going to therapy,” she says.

Originally from Winnipeg and a U of W alum herself, Fredborg completed her master’s

and clinical-psychology doctorate at Toronto Metropolitan University in 2022, supplemented by supervised clinical hours in Toronto.

In 2023, she moved back to Winnipeg to bring her expertise and research to the U of W, teaching a second-year course, Introduction to Clinical Psychology.

Her research lab investigates the strategies people use to manage their emotional responses, delving into questions about unconscious decision-making processes through cognitive reappraisals. In this process, individuals reinterpret or reframe the meaning of a situation or stimulus to modify their emotional response.

“For example, when we’re upset, sometimes we might think, ‘oh, that person doesn’t really matter to us, anyway.’ So we change the personal relevance. Or maybe sometimes we say, ‘oh, things will be better tomorrow,’ so we imagine a better future,” Fredborg says.

“I’m really interested in how people make those decisions and why, because they’re unconscious processes,” she says.

One of Fredborg’s primary career motivations is to shed light on the challenges and stigma faced by people with borderline personality disorder (BPD) and post-traumatic stress disorder (PTSD), who often grapple with dysregulated emotions.

Fredborg says she finds joy in engaging with students and fostering dialogues that go be-



ROBYN ADAMS (SUPPLIED)

yond mere lecturing. Her teaching philosophy revolves around encouraging students to think critically, facilitating debates and drawing from her personal experiences to help her students navigate university.

“It’s really energizing telling students: I went to U of W as well, and I ended up having a great career. And you can, too.”

What have you learned from your students?

“It’s really important to listen to students, because students have interests beyond what the professor thinks is interesting. And incorporating student feedback is going to hopefully improve their experience of the course and also engagement in the course.”

Who was your most streamed artist in 2023?

“Taylor Swift. I’m going to see her in Vienna in August.”

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

“Teleportation. Where would I go first? Probably New York to see a Broadway show ... maybe I would teleport into the lobby of a theatre after you’ve scanned your tickets and just find a free spot.”

What do you do in your spare time?

“I do improv comedy. I’m in a choir. I take piano lessons. I take voice lessons, and I’m taking songwriting classes. And I spend a lot of time with my dog, who’s a white Pomeranian.”

What’s your favourite thing about Winnipeg?

“The people are so friendly here.”

CITY BRIEFS

TESSA ADAMSKI | CITY EDITOR | X TESSA_ADAMSKI @ TESSA.ADAMSKI

Free provincial park entry

Manitobans will be able to explore provincial parks for free in February. The provincial government announced they are waiving the fees to encourage people to explore the outdoors and participate in winter activities like snowshoeing, skating, tobogganing, cross-country skiing and more. While vehicle permits are not required for the month, snowmobiles must pay the snopass.

March for Afolabi Oposo

Dozens of people rallied at Union Station and marched to the Legislative Building on Jan. 27, demanding justice for Afolabi Stephen Oposo. Oposo, a U of M student, was killed by police officers on New Year’s Eve during a mental-health wellness check. African Communities of Manitoba Inc. (ACOMI), a Winnipeg organization focusing on providing resources and support to African newcomers, organized the march. The police watchdog is investigating the incident.

Feasibility of landfill search

A new report on the feasibility study of a landfill search for two First Nations women killed in the spring of 2022, estimates the search could cost up to \$90 million – less than half of the original estimate between \$84 million and \$184 million. The Assembly of Manitoba Chiefs and ISN (Investigative Solutions Network) Maskwa, an Indigenous-owned company that provides emergency-response training and services, say there is still a very high risk of asbestos. The AMC hopes the search can begin in at least six months.

River trail closes again

While the Nestaweya River Trail at The Forks opened last week for the first time this season, it has closed again for safety reasons. The ice is thick enough, but the warmer temperatures are creating puddles and slush. Typically, the trail runs about six to 10 kilometres long, but it has been cut to roughly 1.5 kilometres this winter. To reopen, Winnipeg temperatures will need to remain below the freezing mark.

Largest seizure of meth reported in Prairies

Canadian border officials seized 406 kilograms of meth on Jan. 14, the largest amount of narcotics found in Prairie history. The semi-trailer carrying the drugs was searched at the Boissevain port of entry and on its way to Winnipeg. Border officials estimated the drugs have a street value of \$50.7 million and add up to about four million doses. The 29-year-old driver was arrested and taken into custody by the Manitoba RCMP.

U of W hiring more Indigenous faculty

The University of Winnipeg announced an initiative to cluster-hire nine Indigenous faculty members to increase BIPOC representation on campus and reconciliation efforts. The faculty members will be hired across the Faculty of Arts, Faculty of Science, Gupta Faculty of Kinesiology, Faculty of Education, Faculty of Business and Economics and the Global College. The U of W is seeking candidates for hire.

23
24
SEASON

FEB 15-18
CENTENNIAL
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ELIZABETH LAMONT WITH FORMER RWB DANCER YUE SHI (2015-2023); PHOTO BY DAVID COOPER, C.M.



THE NEWCOMER EXPLAINS

What's post-Soviet life like?

VOLODYMYR ANDREIKO | COLUMNIST

Growing up in a post-Soviet country was an interesting experience. One of the things I remember is just how empty our apartment was.

The general deficit of products meant the beginning of the 2000s was not a very promising time. It was a time of poverty and uncertainty about the future.

Most of the things we had were the result of my father working abroad, as it was the only way he could access non-essential goods.

Trying to bring as much as he could, my father brought a TV with a VHS player and a CD player. While, in other countries, older models of such technology were already discarded, they were very welcome in the post-Soviet countries, where people would be glad to exchange their apartment for a VHS.

According to my parents, this time wasn't the best, and they do not really like to think about it. But there were still good moments.

I remember quite well when relatives would come to us, just to listen to music. Quite often, they would bring their own CDs, and that was how I first listened to The Prodigy and Rammstein.

Some of the albums released during this time were fakes. There are many cases when

somebody would sell something like *The Castbreeder* by The Prodigy, which is not an actual album created by The Prodigy but a compilation of songs by a similar artist named Junkie XL. People knew The Prodigy, and it was easier to compile different similar-sounding songs and sell them under someone else's name.

At the time, most music and movies were pirated, as many didn't have the income to buy official releases, nor were they available anywhere.

The dubbed bootleg movies always had a monotonous, nasal-sounding voiceover from the same people. While I was studying to become a translator, we would even look at some of these dubbed versions and find the mistakes, of which there were quite many.

Yet again, my father would bring the VHS tapes from Poland and other countries. I remember a lot of cartoons from tapes being in Polish or Czech and even one in Vietnamese.

Another unique product was the personal computer. The most popular PC systems of the post-Soviet countries in the '90s were the ZX Spectrum and the Commodore 64, which were mostly used for studying and programming.

Getting a PC in the 2000s was quite a

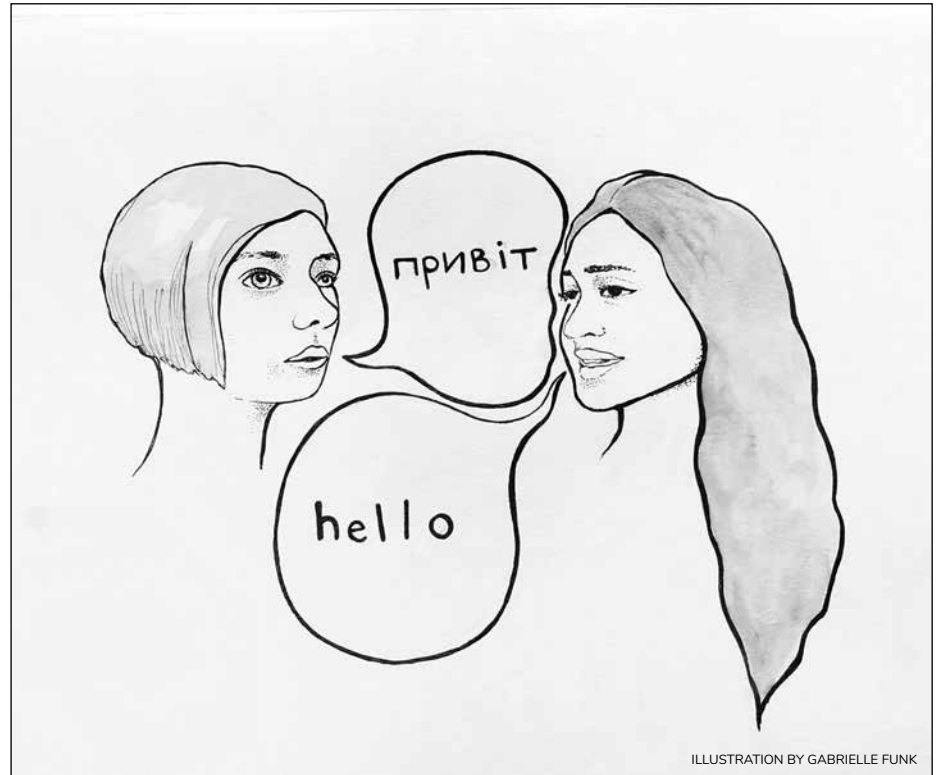


ILLUSTRATION BY GABRIELLE FUNK

miracle where I lived and seen as a sign of wealth. Among all of my classmates, only two had computers in 2008. During that time, a lot of pre-owned laptops and PCs started being sold, but not everyone had an internet connection. I only got mine in 2011.

It is very surprising and amazing how people in post-Soviet countries now use the same technology as people in the rest of the world. In this, we see just how globalized and rapid the movement of commodities has be-

come. The times of poverty and uncertainty are far behind, and the situation seems to be different. More and more, people can afford official releases and support artists.

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.



COMMENTS

TURBULENT TAKEOFFS

Unsettling revelations and air travel

PATRICK HARNEY | COMMENTS EDITOR

Over the past couple of years, I have come to the conclusion that flying is the worst way to travel.

Beyond the environmental concerns, the actual process of flying is extremely uncomfortable: arriving hours ahead of time, going through the tedious security process and then being loaded onto sardine-sized seats. It sometimes feels like it's all an experiment to test the limits of human patience.

Admittedly, part of my distaste for air travel emanates from my own anxieties. As takeoff and landing commence, my blood pressure spikes, and my seat fills with sweat as I enter what feels like a direct confrontation with my own mortality. I know that, statistically, flying is less risky than driving, but the lack of control and a childhood of watching Mayday makes it feel like an unstable mode of transport.

My fear of flying has only been amplified with the news of a turbulent takeoff on an Alaska Airlines flight from Portland to Southern California. As the plane was half-way to its cruising altitude, going more than 600 km/h, an improperly secured piece of the plane blew out. The cabin air contorted seat supports, ripped off headrests and exposed passengers to the thousands of metres between them and the ground.

Fortunately, there were no fatalities, and the only things lost were clothing, phones and a sense of security. The unsettling part of the whole situation is that it is not a completely random occurrence.

Boeing, the manufacturer of the 737 Max 9, made itself the leading name in the aerospace industry off the back of innovation and quality constructions. But, over the past five years, Boeing has come under fire for declining quality control. In 2018 and 2019, two high-profile crashes of Boeing 737 Max 8s killed 346 and resulted in the fleet of 387 aircraft being grounded.

A United States Federal Aviation Administration investigation found that Boeing had repeatedly dismissed concerns regarding safety issues and prioritized deadlines and budgets over security.

Since their merger with McDonnell Douglas in 1997, Boeing has had near-monopoly power in the aviation industry, with the only sizable rival being Airbus.

With this power, Boeing has made sizable cuts to their workforce, reduced compensation and chosen offshore work to avoid unionization. These labour issues are at the core of the devolution of Boeing's quality control and only signal more issues into the future.

Terrifyingly, Ed Pierson, former manager at Boeing planes and quality-control whistleblower, claims he will never fly on newer Boeing planes including the 737 Max.

The revelation that Boeing has been repeatedly choosing to prioritize profits over the safety of human lives is horrifying for any flight-phobic individual like myself. The idea that safety is in the hands of corporate executives who have minimal regard



SUPPLIED PHOTO

Engineers at the US National Transportation Safety Board inspect the door plug from Alaska Airlines flight 1282.

for human life will only make me grip the armrests that much harder during takeoff and landing.

For Winnipeggers, the lack of alternatives means efficient intercity travel largely hinges on aviation. The options seem slim: hope that regulatory agencies can force Boeing to improve quality control, give up on air travel or push for investment in rail and bus travel.

Reflecting on these options is daunting. As I learn more about the grip that corporate profits have on the aviation industry, it only makes flight seem so much more turbulent.

Patrick Harney is the comments editor at The Uniter. He's awful to sit beside on a flight.

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



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

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ON AIR:
204-774-6877

FAX:
204-783-7080

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CKUW@WINNIPEG.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 ⚡



THE UNIVERSITY OF WINNIPEG

Student Services

MONEY TALKS

- Feb. 6 – Adding or Dropping a Course: How Does this Impact your Manitoba Student Aid?
- Feb. 13 – Myths about Government Student Aid
- Feb. 27 – Applying for Manitoba Student Aid (Spring Term)

All sessions are 11:00-11:30 a.m. via Zoom. Registration in advance is required. More info here: uwinnipeg.ca/awards

WEBINAR WEDNESDAYS

Looking for tips to polish your resume or improve your interview skills? The Webinar Wednesdays series starts again with a pair of job-hunting related webinars:

- Feb. 7 – Resumes and Cover Letters
 - Feb. 14 – Interviews
- Webinar Wednesdays are held at 12:30-1:00 p.m. via Zoom. Pre-registration required. Please visit: uwinnipeg.ca/webinar-wednesdays

CAREER CHATS ON INSTAGRAM

It's time to start thinking about summer jobs!

Career Chats welcomes representatives from the STEP Services Program to talk about student employment with the provincial government, agencies, and Crown corporations.

Join us live on Feb. 15 at 11:00 a.m. on UWinnipeg Instagram

for a session on STEP Services with Brett Howden and Melissa Phaneuf-Ahi.

Hosted by Career Services, these live sessions feature a career or employment-related guest every other Thursday.

STUDY ABROAD – FALL/WINTER 2024-25

The deadline is fast approaching to apply for exchange programs in the next academic year Fall-Winter 2024-25.

This is an ideal time to study abroad, as funding is currently available through the Government of Canada's Global Skills Opportunity Program that could cover 30% to 80% of exchange costs for eligible students going on ex-

change during Fall Term 2024. The deadline to apply is Feb. 15, 2024. Find out more at uwinnipeg.ca/study-abroad

FINAL WITHDRAWAL DATE (FALL/WINTER TERM)

The final date to withdraw without academic penalty from a Fall/Winter Term course (September to April) is Feb. 16, 2024.

READING WEEK

There are no classes during Winter Term Reading Week, Feb. 18 – 24. On Feb. 19, the University is closed for Louis Riel Day.

PHONE: 204.779.8946 | EMAIL: studentcentral@uwinnipeg.ca

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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.

HOROSCOPES

Do you feel determined to make things happen?

Friday's last quarter moon sees changes taking place over the weekend. Go for what you want!

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ARIES

You could be making attempts to endear yourself to others and gain some cooperation today, dear Aries, and it makes sense at this time of the lunar month. However, it's not without its complications. You can feel a little torn between pursuing your goals or ambitions and spending more time recouping your energy later today. While both needs are important to you now, getting some of your responsibilities out of your way can be most prudent. Courage will build in the coming days after self-doubt or uncertainty, and it's best to conserve energy for more confident or courageous times. There's a more serious frame of mind or responsibilities looming, and it makes sense to do your chores or duties before pushing ahead.



TAURUS

You're emotionally geared to support and help the people around you today, dear Taurus, but you're also unafraid of going your own way. You seem able to put personal issues and emotions aside so that you can take care of business. It's best to avoid pushing something you can't change later today. Aim to know when to conserve energy. If you face unresponsiveness or defensiveness in others, consider waiting for a better day to tackle complicated issues, as blockages are likely now. In turn, you're more sensitive to blockages. However, you're in great shape to process or review matters, particularly about happiness goals or your social life, and come up with ideas along these lines. While there can be some ups and downs, particularly surrounding opinions and complex relationships, you're in a good place to catch up on responsibilities. You'll likely feel much better if you meet your duties than if you put them off. Use this time to take care of the practical side of things.



GEMINI

Light entertainment is in order as a good way to detox emotionally with the Moon in your creative sector as you begin the day, dear Gemini. You're looking to your interactions with others for inspiration. Later today, you could feel blocked, but slowing down may be just what you need for now. It's not yet the time for bold moves, as judgment is a little off. In fact, you're more likely to underestimate or overjudge a situation with a Mars-Saturn influence in play. You can feel weighed down by responsibilities and duties to attend to before you can start pursuing your desires. Getting chores out of your way makes the most sense now so you can dive into a project or relationship guiltlessly later. Plans won't move forward at lightning speed right now, but your personal life could certainly bring rewards if you resign yourself to this idea.



CANCER

You're inclined to dissect problems or work on solving tricky matters today, dear Cancer. Still, it's best to avoid going overboard with this, as you may end up over-analyzing situations, failing to see the bigger picture as you do. Your mood is boosted by comforting and familiar activities as you begin the day. Your desire to slow down and nest continues. Watch for trying too hard to please others who may not fully appreciate all you do for them. A Mars-Saturn conflict can stir up some feelings of resentment, especially if you feel others are blocking your path or restricting you, but you need to touch base with your true needs before pressing forward. The Moon moves into your sector of play, romance, and creativity later today, helping you find ways to detox and enjoy yourself.



LEO

Aim to gather information today, dear Leo, but take the time to sort through what's helpful and what can be ignored or dropped. Later today there may be delays to deal with, and at various points today, you may be battling distractions or unrest. As such, it's important to pace yourself, as you have some loose ends to tie up before pressing ahead. You could face delays, but these slowdowns can give you the chance to recalibrate. Disagreements today tend to be due to underlying competitiveness. It might be too early to share certain plans. Allowing them to mature before sharing might help strengthen your motivation.



VIRGO

Today's energies favor --and sometimes demand-- slowing down, dear Virgo. Aim to center yourself and build your strength or sense of security. Grounding, earthy, comforting, and familiar activities seem to support you most right now. You're in good shape for organizing your things and getting yourself on solid footing. Pushing ahead is not advised with a Mars-Saturn minor challenging aspect in play. While you can be anxious to get going on a new plan or throw yourself into something, you need to work out a few practical points first, so pace yourself as much as possible. It can be difficult getting everyone to cooperate or go along with your plans, but you may find ways to make better use of your time in the end.



LIBRA

You tend to command positive attention today, dear Libra. You're mentally busy, and learning new things is especially satisfying. You can experience a wake-up call that sparks your curiosity and motivates you to learn something new. There is a tendency for people to blow something out of proportion later today, but while this can be distracting, it's a fine time to make subtle but important advances. Your need to solve problems can feel at odds with your desire for comfort and predictability, but if you pace yourself, you may find ways to attend to both needs in small but satisfying ways. Consider whether the roadblocks you face now are self-imposed, coming from within, and worth examination. The Moon moves out of your sign later today and ends up in your resources sector where it will transit for a couple of days. It's a sign that you're better off toning things down.



SCORPIO

Today brings somewhat retiring energy, dear Scorpio. With the Moon entering your sign later today, a pause that refreshes makes good sense before your lunar cycle begins. It can be difficult to focus at times today, but you'd do well to block out unnecessary distractions. While you may have difficulty with something that's said, unnecessary criticism, or unsolicited advice, there can be opportunities to solve problems and enhance your relationships. Look for ways to make peace with the past or work on new ways to approach old issues. With the Moon's move into Scorpio, the focus is on you, your plans, and your emotional needs. Aside from some possible irritability, pursuing your interests can be attractive. Still, it's best not to go for instant gratification. Instead, reflection can be beneficial.



SAGITTARIUS

Others find you particularly interesting, dear Sagittarius, and you're more convincing than usual. It's a good time to help someone solve a problem. You may be making more of something than it deserves later today, as the tendency to overjudge situations is strong. However, there's also strengthening energy with you for fixing problems that will smooth the way for a better future. Still, it can be a bit frustrating as you may feel blocked from pursuing your desires. You would do well for yourself to conserve energy until you have the confidence to go full speed ahead. The Moon moves into your privacy sector, emphasizing the need for emotional refreshment. You see more layers to a situation, helping you gain a sense of peace. This transit is a message to slow down, get extra rest, build strength, and take a break from demanding or competitive situations.



CAPRICORN

While there may be some sensitivity to what's said or not said today, dear Capricorn, it's a good time for practical affairs and drawing up plans. Overall, however, it's better to conserve energy than push forward prematurely or follow false leads. A Mars-Saturn influence can lead to a feeling of restriction or frustration in your interactions with others, and you may feel a little divided between following others' directions and going your own way. Aim to do your duties and be done with them so that you can concentrate on what excites you. The Moon's move into your social sector can awaken your desire to contribute and participate. Consider that others see you as tougher than you're actually feeling, however.



AQUARIUS

You're focusing on the bigger picture as the day begins, dear Aquarius, but your focus narrows as you advance. The Moon moves to the top of your solar chart, putting your responsibilities on the front burner. As well, a Mars-Saturn conflict comes into play, and it can prompt some frustration, as you could be feeling restricted from going after what you want. Slow down before you rev up, as there are busier days ahead. As ambitious as you feel right now, you need to pace yourself and get your duties out of the way. You fare better behind the scenes on some level at the moment. Fortunately, you're in good shape for solving problems and making longer-term plans. You might review a situation that has bothered you in the past, now with more realism.



PISCES

There is much to absorb and take in today, dear Pisces, and you tend to work on sorting things out more than taking action. You are more inclined to research and devise strategies for long-term goals. Relationships strengthen through emotional centering and sharing quiet moments rather than too much focus on conversation and activity. Emotions about friends can be up and down later today. You may feel as if you are spinning your wheels, wondering if you should be doing something more exciting, but it's important to get your responsibilities out of the way before throwing yourself into something new. If you can center yourself, it's a great time to review recent decisions and ideas. Fortunately, the Moon moves into your sector of the higher mind, and you're ready to consider the bigger picture.

78-15 CROSSWORD SOLUTIONS

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