

THE **UNITER**

FREE.WEEKLY.
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MANITOBA FUNGI



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**THE MYSTERIOUS AND DELICIOUS
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THE OFFICIAL STUDENT NEWSPAPER OF THE UNIVERSITY OF WINNIPEG

FORAGING FOR STORIES

We at *The Uniter* are committed to telling the stories that aren't being told in other news outlets, and often this means a little extra digging.

It's not unlike the hunt for wild mushrooms that Meg Crane, our arts and culture editor, explores for this week's cover feature. While there may be an angle or a home for many stories, we have to sharpen our eyes to find those that work for us, for our readership.

We're always on the lookout for stories that are timely and that have a specific local angle. Putting together our weekly story lists is a collaborative effort where our staff and volunteer writers get together with our editorial team and discuss what we've heard about and what we think readers would enjoy seeing in the paper.

If an idea seems to be not quite the right fit for *The Uniter*, we work together to see if there's another approach or set it aside for a week in case there are more new developments.

But idea generation and refinement don't happen in a vacuum. We're lucky to have enthusiastic members of the community on campus and in Winnipeg at large who send us releases and notice of the things that matter to them - their events, their attempts to raise awareness, their hopes for positive change in this city.

If there's something you'd like to see in *The Uniter* that we haven't covered recently (or that needs an update), check out the masthead below to find an editor or writer who would fit your story. And if you're not sure who to send it to, send it to me (editor@uniter.ca) and I'll make sure it finds its way to the best person.

On the hunt for stories, it's you - our readers - who are our best guides.

- Anastasia Chipelski, Managing Editor

ONLINE EXCLUSIVE

AN EXTENDED Q&A WITH ALYSHA BRILLA AT UNITER.CA



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* ON THE COVER

An uprooted mushroom with well-defined gills.

.....

Just one of the lovely sights you see while foraging for mushrooms.

PHOTO BY DANIEL CRUMP

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THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

Singer-songwriter and photographer Emily Senyk's home is part of a story of personal triumph. The British-expat-turned-Winnipegger released her EP *Ad Astra* in June under the name Emily and the Moon. The recording followed a long personal battle with anxiety disorders. After confronting her personal demons and finishing the folk-pop record, Senyk decided to release the EP as close to home as possible. Literally.

"We had the EP release here in the house," Senyk explains with delight. "We did the performance here in the living room. (My husband and I) had our wedding reception here in July, too. We had a performance at the wedding, too. It was kind of fun."

Senyk and spouse have been in the North River Heights house since Halloween of last year. She says the locale has been a dream come true.

"I love the neighbourhood so much," Senyk says. "We're very good friends with both our next-door neighbours, which is nice. (Musician) Keith Macpherson lives the next street over, and we've been recording together. He's on the EP. So, it's nice that we're close."

Senyk also has a DIY home studio, ideal for demoing new songs.

"It started out as my husband's study, but I kind of took it over," she says

1) ROSE THE CAT

"She's named after a *Doctor Who* character. She's sitting in the corner. She looks like she's been put there. Rose, you haven't been bad!"



2) SCIENCE WALL

"Each of these frames has a different scientist and an image of what they accomplished. But then we made some for me and my husband. His has an MRI machine, mine has a pen."

3) BOOKSHELF

"The middle is old books - basically stuff that looks pretty or old copies of stuff that I love, like this Poe collection or the complete Shakespeare. The right are my books, lots of fantasy and magical things. The left are my husband's and overflow. The ladder is actually in use. I have to use it to get up top."



4) UKULELE

"I usually write everything on this ukulele. I send the demos to my producer and he'll say, 'That sounds like a ballad' or 'That'll make a great folk song,' and we move from there. But the basic structure of every song gets written here."

5) ANTIQUE CAMERA

"I got that from my producer. His studio is also an art gallery. One day, while recording, I saw this and thought it was so cool. When I went back, I asked if it was still there but he said, 'No, someone bought it.' Then it ended up being his wedding gift to me."

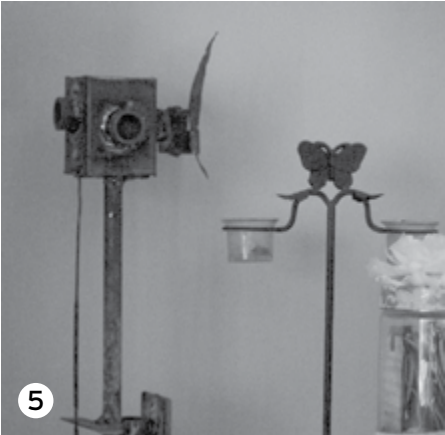


6) DINING ROOM

"This is where we do most of our entertaining. Lots of board games get played here. Eating doesn't happen here, just board games. Eating happens in front of the TV. We decorated it with pictures of places that we've been. Last year we went all across Europe, so we have Paris, London and Amsterdam."

7) BEDROOM CHAIRS

"We loved these chairs. I love anything with writing on it. We sit up here in the mornings and have our coffee."



ARTS AND CULTURE BRIEFS

MEG CRANE // ARTS AND CULTURE EDITOR

@MEGCRANE

FemFest

FemFest kicks off on Sept. 17 with shows about women's lives, including a woman's struggles as a transgender poet and a comedy duo's growing pains. With the theme transformations, touring and local artists will showcase the talent of women in theatre. Shows take place in the University of Winnipeg's own Asper Centre for Theatre and Film until Sept. 24.

SAP!

To give a better taste of the local art scene, Woodlands Gallery is launching the Supplementary Artists Program (SAP!). The gallery will display art by Manitobans for a limited time, starting on Sept. 16 with an exhibition titled *Roots*, featuring Tracey Kucheravy and Geneviève Levasseur. Both artists are inspired by their surroundings, from Shoal Lake, to Lake of the Woods, to Paris.

Art from the Attic

Making art affordable, Grands'n'More Winnipeg are reselling donated art to support grandmothers in sub-Saharan Africa who are caring for children orphaned because of untreated HIV/AIDS. While most art will be priced between \$25 and \$75, some will go for as low as \$5. From 11 a.m. to 4 p.m. on Sept. 18, pieces will be available at Corydon Community Centre.

French culture

Renowned French guitarist Gaëlle Solal will perform a variety of genres, including classical melodies and jazz, on Sept. 16 at 8 p.m. The Alliance Française du Manitoba arranged the show at Precious Blood Church as one of its many programs to teach and promote French and its diverse culture. Tickets are \$15 in advance or \$20 at the door.

Count Bass D

Atlanta-based rapper, producer and multi-instrumentalist Count Bass D is making an appearance at The GoodWill Social Club on Sept. 17. He's coming after releasing his first vocal album in five years. *Instantly New* melds R&B, soul, funk and rap, showing off his gospel roots in the mix. The show starts at 10 p.m. and tickets are \$10 at the door or through ticketfly.com.

Q&A WITH ALYSHA BRILLA

Queer musician of colour
fighting in the industry

MEG CRANE


 @MEGCRANE

ARTS AND CULTURE EDITOR

Alysha Brilla promises to put on the best show ever in Winnipeg.

On Sept. 18, the singer, songwriter and music producer will be at the West End Cultural Centre with her third album, *Human*.

The Uniter caught up with Brilla to chat about her experience in the industry since she got started 12 years ago.



Alysha Brilla has a lot more to say to us. Find the full Q&A online at uniter.ca.

U: How would you describe your music today to someone who hasn't heard it before?

AB: I would say that it's eclectic, but it definitely stems from my listening a lot too, I listen a lot to Amy Winehouse. I love Bob Marley. I like soulful music, and I also like what is categorized as world music. So, at least this album, I was listening to a lot of old Indian records, a lot of old East African records and blending that with my pop origins, pop sensibility.

UN: How do your political views influence your art?

AB: They influence it a lot. I mean, I do put out music and I'm playing, especially now, more and more shows. But I'm also very engaged within my community here in Kitchener-Waterloo. And I'm also really engaged on social media. So, I'm constantly learning and trying to make sure I'm reflecting the values of what is a really diverse group of people that I'm sharing space with.

UN: As a queer woman of colour, what is it like to be in the music industry?

AB: When I started out, I think it was even more intense back then, because I was so desperate, like so many artists, for any sort of support or validation, and back then, and even now, the industry is mostly run by white men who kind of own everything and make big decisions.

When I first started, I had a lot of people telling me to hide my ethnicity. To not talk about that part of my background. To just ... let people guess



Alysha Brilla will play the West End Cultural Centre on Sept. 18.

or to say that I was Spanish because, post 9/11, being any sort of brown was not that great, especially in the U.S., where I had my record deal.

UN: What did it feel like when people told you to hide your ethnicity?

AB: It really sucked. It made me feel like it was something to be embarrassed about. On one hand, being part South Asian, which is a part of my dad's culture, now it's seen as cool. Now, mainstream media has kind of picked it up and the culture of it and stuff. Even like seven

years ago, it was so not cool. People's idea of what South Asian culture was is very narrow.

So, yeah, I was wow, that part of my body, my DNA or my culture is embarrassing, and there's no space for it in my career. Whereas now, obviously, I really embrace it, and I feel like I'm making up for lost time in the way I do it, because there's so much beautiful fashion and art within that, so I try and incorporate that.

A CRUELTY FREE BEAUTY ROUTINE

How to choose
animal-friendly self-care

MELANIE DAHLING

 @SUGARDAHLING

ARTS AND CULTURE REPORTER

For customers who don't want to support animal testing, it can be difficult to muddle through many empty buzzwords, such as "natural" and "cruelty free," that companies use to benefit from this movement without actually changing their products.

"Consumers need to be aware that labels that read 'cruelty free' and 'not tested on animals' may not always mean what we think," Louise Vargas, owner of SoGa Artisan Soaperie, says. "As no government agency currently defines these terms, nor sets standards for their usage, it is left to each company to determine what its cruelty free label means."

Though it may sound natural to use the terms cruelty free and vegan interchangeably, it's important to note they are not synonymous.

For example, a red lipstick may be free of carmine, an insect-derived dye, but if the brand that distributes the lipstick

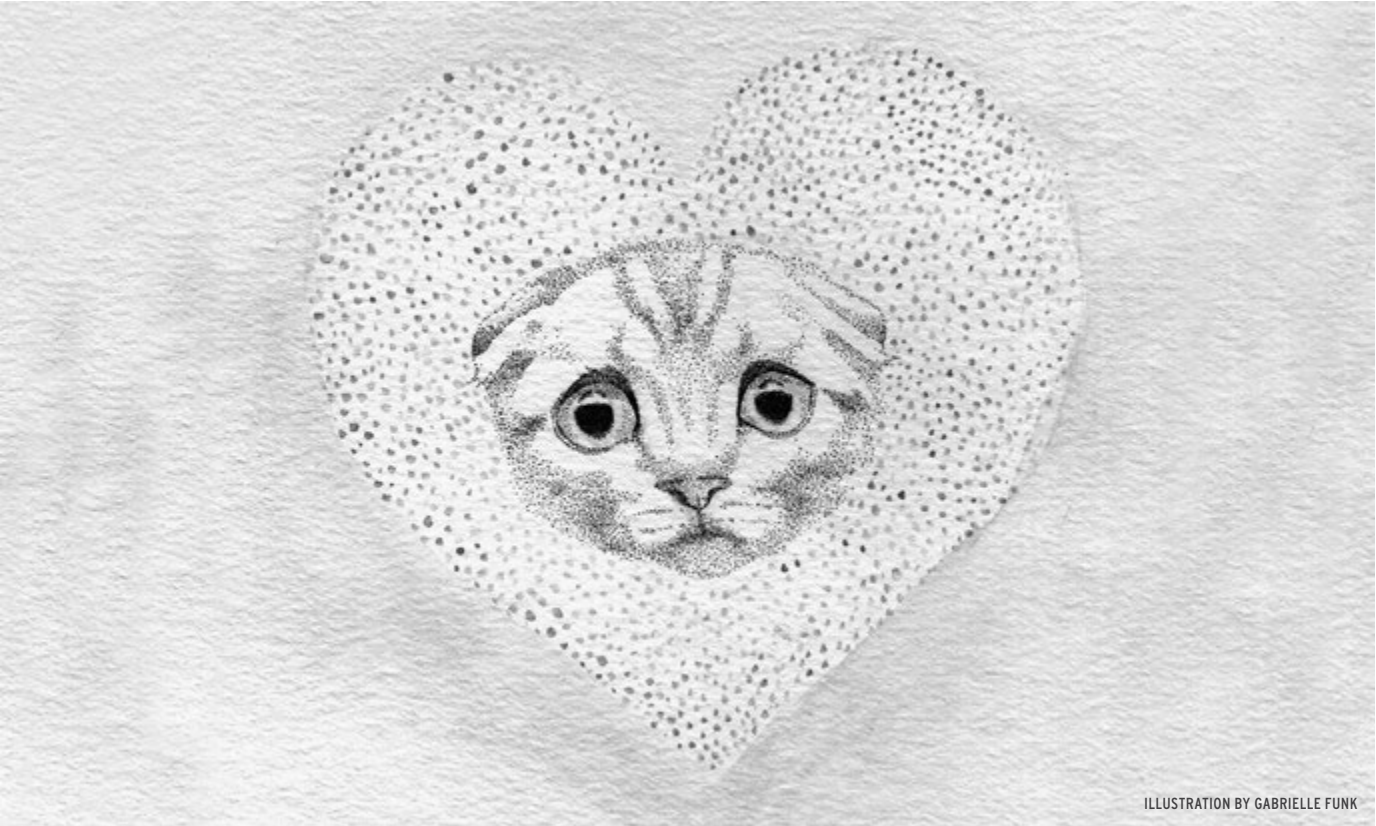


ILLUSTRATION BY GABRIELLE FUNK

sells to China, it will have been tested on animals because of product regulations in that region.

Similarly, palm oil is a plant product, but palm oil plantations are a threat to endangered wildlife, most notably orangutans.

It can be overwhelming for consumers when they can't buy their favourite products guilt-free, Dandizette cosmetics owner Alicia May says.

But there are brands and self-described makeup geeks who are there to answer the call.

Many spent time on Reddit cosmetic forums to find out what was lacking in the indie beauty industry.

"I saw a lot of frustration with a lot of potential customers," May says. "It's just

easier to accommodate people from the very beginning."

Going cruelty free takes dedication, but it's not impossible.

"When we first decided to build SoGa up as a business, we took a hard look at our supplies and realized the unseen cost of some of the ingredients we were using," Vargas says. After heavy research and careful reformulation, SoGa has been cruelty free since 2014.

Animal testing is not only cruel, it's unnecessary, May says.

"Honestly, almost all products and cosmetics for the past 50 years have been used over and over again," May says. "We know they're safe."

There are ways to identify vegan and cruelty free brands.

SoGa is a member of the Leaping Bunny Program and recommit to it annually. This means her products adhere to its Corporate Standard of Compassion for Animals.

May is working toward her certification with the program.

Leaping Bunny is a well-respected program with a more selective process than PETA, but it's important to note that not all of the companies on their list are 100 per cent vegan.

Vegan Action has a certification label, and customers interested in going vegan or cruelty free can check them out online.

Going beyond the label is important for the ethical shopper, but there are certification programs that can guide consumers.

CKUW TOP 30

September 5 - 11, 2016

TW = This Week // LW = Last Week // != Local content // * = Canadian Content



TW	LW	C	ARTIST	ALBUM	LABEL
1	1	!	Holy Void	For Everything Else	Self-Released
2	4	*	The Pack A.D.	Positive Thinking	Cadence
3	2	!	Surprise Party	Sh-Shake Your Booty	Transistor 66
4	3	*	The Forbidden Dimension	Every Twisted Tree Watches As You Pass	Sounds Escaping
5	6	!	Del Barber & The No Regretzkys	The Puck Drops Here	True North
6	5	!	Paris To Kyiv	Fragmenti Remixes	Balanced
7	7	*	BADBADNOTGOOD	IV	Arts & Crafts
8	RE	!	Small Glories	Wondrous Traveller	Self-Released
9	27		Deerhoof	The Magic	Polyvinyl
10	12		Imarhan	Imarhan	City Slang
11	9	*	The Burning Hell	Public Library	Headless Owl
12	18	*	Adrian Teacher & The Subs	Terminal City	You've Changed
13	15	!	Billy Simard	Being Free	Ki-Keek
14	RE	!	Mulligrub	Soft Grudge	Self-Released
15	11	!	The Zorgs	Chew On It	Transistor 66
16	8	*	White Lung	Paradise	Domino
17	21	*	Brendan Canning	Home Wrecking Years	Draper Street
18	29	!	Kevin Roy	Heartworn Highways	Self-Released
19	NE	!	Will Bonness	Halcyon	Self-Released
20	NE	*	TUNS	Tuns	Royal Mounatian
21	10		Explosions In The Sky	The Wilderness	Temporary Residence
22	20	*	Andy Shauf	The Party	Arts & Crafts
23	23		The Frightnrs	Nothing More To Say	Daptone
24	NE		Mary Lattimore and Jeff Zeigler	Music Inspired By Philippe Garrel's Le Révélateur	Thrill Jockey
25	30	*	Ginger St. James	One For The Money	Busted Flat
26	17		Margo Price	Midwest Farmer's Daughter	Third Man
27	14	!	Famous Sandhogs	Theia's Mammon: Skoni's Ikon	Self-Released
28	22	!	Zrada	Legend	Self-Released
29	13		Various Artists	Day Of The Dead	4AD
30	NE		Tobacco	Sweatbox Dynasty	Ghostly International



Rae Sremmurd *Sremmlife 2*

The first time you hear Rae Sremmurd’s breakout hit, “No Flex Zone,” you’re instantly pulled in by the group’s exuberant, youthful energy and can’t help but sing and party along to the track.

Rae Sremmurd is comprised of rappers Slim Jxmmi and Swae Le, who are signed to Atlanta producer Mike WILL Made-It, and more often than not found overtop of his production.

Their debut album, *Sremmlife*, had five singles go platinum. However, there were some who scoffed at their music, seeing it as nothing more than ‘party rap’ in the same vein as something like the Ying Yang Twins. With their follow-up album *Sremmlife 2*, the duo is back with

another Mike WILL executive-produced record full of bangers that are ready to silence the haters.

While the subject matter hasn’t changed much from the first project to this one, the matter in which their get messed up messages are delivered shows significant growth.

While Swae and Jxmmi’s familiar yelps and squeals are all over this record, there is a lot of new ground covered here. There is the sing-along club ballad “Look Alive,” which features a Swae Lee-sung hook that dabbles in a reaching, pop falsetto.

There’s anti-banger-banger “By Chance,” which finds the duo adopting a much more laid back delivery to a hook and some verses that you can tell from the first listen are going to be screamed back to them - and by them - during any live performance.

“Black Beatles” features another ballad-style hook that is reminiscent of the accidental-seeming earworms notable of Atlanta rapper-crooner ILoveMakonnen, and while being a huge sonic departure from anything the group has previously done, is no less quotable than any of their past work.

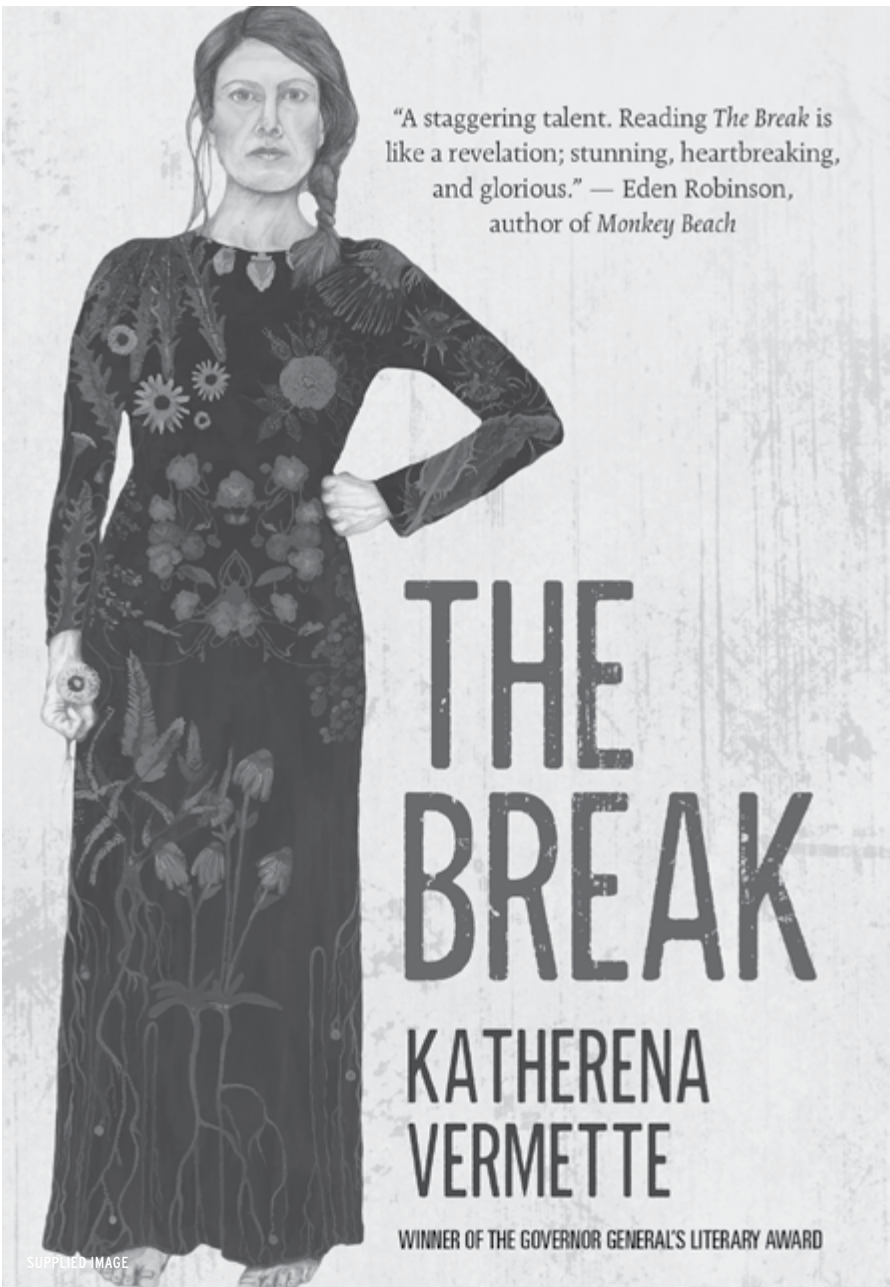
This record has a much darker feel than the last, as if Jxmmi and Swae have moved from daytime beach parties to a world of endless after-after-hours debauchery. The darker, atmospheric beats of tracks like “Do Yoga” and the aforementioned “Black Beatles” find Mike WILL flexing a much more ‘trap’ influenced version of the pop-trap beats he’s become known for.

That isn’t to say that the sun’s rays are entirely absent from this project. The DJ Mustard-helmed “Set The Roof” - complete with surprising Lil Jon feature - is a hyphy slapper where both rappers effortlessly ride the old-new-cali sound that Mustard is known for.

The rest of the album’s features work just as well, with the personal standout being the finesse kid, Kodak Black’s appearance on “Real Chill,” which finds him “still on them pills still” despite being given “a chill pill” a couple of bars earlier.

The fact that there are so many tracks on here that depart from straightforward turnup music show that Swae and Jxmmi are more interested in making the music they want to than chasing number one hits, and *Sremmlife 2* is better for it.

BY MIKE SKWARK



THE BREAK

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

Katherena Vermette
352 pages, House of Anansi Press,
Sept. 17, 2016

One of the most common themes in art about Winnipeg is our tendency to self-mythologize. The obvious examples of this are Guy Maddin and John K Samson, who interweave Winnipeg fact and fiction into their personal songs and stories.

It’s clear from the beginning of *The Break* that Winnipeg author Katherena Vermette is also interested in this self-examination. But, while Vermette’s Winnipeg is as full of ghosts and mystery as Samson’s and Maddin’s, it’s more heartbreakingly honest.

It’s a city steeped in racism, misogyny and violence, where Indigenous women face disproportionate violence and others let it happen. Seeing Winnipeg laid so bare on the page is gut-wrenching. It’s cathartic.

The Break, Vermette’s first novel, follows a family of Métis women whose lives are thrown into chaos when one of their youngest is the victim of a violent sexual assault. Mothers, sisters, cousins, great-grandchildren and a family friend all do their part in seeking recovery and answers.

The story is told through their fractured perspectives, eliding the assault itself to weave the surrounding events into the family’s intergenerational narrative.

Vermette won the 2013 Governor General’s Literary Award for her poetry anthology *North End Love Songs*, and her background as a poet is clear in her novel. Her writing often straddles the

line between prose and impressionistic, ephemeral spirituality.

It adds a layer of nuance to an already fervently rich work, shifting between first- and third-person, past and present tense, making the emotional world of her characters feel painfully entwined with familiar Winnipeg streets.

Vermette’s biggest achievement is that she’s managed to write a book that’s truly about a family, rather than just a collection of individuals. The dynamics are honest and should feel familiar to anyone who grew up in the type of family where the women run the show and the men are obviously incidental.

It’s reminiscent of some of the best works of fiction focusing on families, like *The Magnificent Ambersons* or *The Royal Tenenbaums*. Like those families were all linked by a grandparent figure, *The Break* is anchored by the lovable great-grandmother Flora, whose presence is always felt whether she’s on the page or not.

The presence of characters who’ve died long before the events of the book are similarly felt. It’s another dynamic Vermette explores so beautifully: the hole death leaves in a family. A hole that never really gets filled back up, but you learn to work around anyway.

Much like *Ambersons*, *The Break* manages to be political even when it isn’t. It’s a book that explores social issues without ever preaching, or even seeming to be about them at all. It examines the only element of those issues that matter: their human impact. It’s astonishing in its empathy.

The ways law enforcement and the health care system fail these women aren’t didactic or polemical. They’re tragic realities of life in our city, handled with commendable care by Vermette. She doesn’t pull her punches or dress up her truths. *The Break* leaves it all bare, and it demands to be read.

THE ART OF ART THERAPY

Manitoba's first art therapy certification program opens

SARAH LYNN VAAGE  @SARAHLYNN1994

VOLUNTEER

Manitoba's first art therapy certification program opened this summer.

Art therapist Darci Adam started the Winnipeg Holistic Expressive Arts Therapy (WHEAT) Institute because she thought it was about time classes were available in Manitoba.

"As an art therapist, you learn how to hold space for creative expression," Adam says.

Students also learn how to guide people toward particular mediums so they can better express themselves. Adam suggests paint as a suitable medium for big emotions, while markers might be a better choice for someone who is reserved.

It's not necessary to be a professional artist to be an art therapist, Adam says, but you do have to be creative and believe in the power of the arts.

It's also important to have therapist traits, such as being caring, empathetic and having the capacity to listen to difficult stories.

"Though we do find that with art-making as a tool, it can transform things so quickly that we don't always spend a long time in the difficult story," Adam says.

Adam says art therapy has a wide range of benefits.

"For adults, it's really an exploration of the unconscious," she says. "You don't have to be an artist in order to communicate very powerfully what's going on on the inside."

For children, art therapy is often used as a relaxation tool.

"It's its own reward, because it's fun to do," Adam says. "You don't have to twist anyone's arm to make art."

Miriam Duff leads an expressive arts counselling group at Cancer Care Manitoba. Expressive arts is a powerful medium for everybody, she says.

Duff says she is amazed at its healing power.

"It's such an incredible way for people to connect with their own wisdom," she says.

Illness often challenges a person's personal identity, she says, but expressive arts is a way to bring themselves back in touch with who they are.

She finds art therapy to be a great way for patients to learn about themselves and about their experiences.

Duff is training at the WHEAT Institute and is working toward registering as an expressive arts therapist.

"To do this kind of work, it's important to have training," Duff says.



Darci Adams at her studio on Arthur Street in The Exchange.

The WHEAT Institute offers an art therapy diploma and, in the summer of 2017, will add diplomas for expressive arts and drama therapy.

Adam says it will be the second school in Canada to offer a drama therapy diploma.

And since the WHEAT Institute is affiliated with the Canadian Art Therapy Association, the International Expressive Arts Therapy Association and the North American Drama Therapy Association, people who take the programs will be able to register with each, Adam says.

Adam encourages anyone who is interested in learning more about art

therapy to attend the International Expressive Arts Therapy Conference it is co-hosting from Sept. 27 to Oct. 1.



The International Expressive Arts Therapy Conference will take place at the Hotel Fort Garry from Sept. 27 to Oct. 1.

A TWIST ON PUMPKIN SPICE

A guide to all things pumpkin in Winnipeg

MELANIE DAHLING  @SUGARDAHLING

ARTS AND CULTURE REPORTER

In 2003, a team of flavour experts assembled in the Starbucks liquid lab to create the now infamous pumpkin spice latte. It wasn't long before more companies hopped on board, and now consumers can enjoy the flavor of pumpkin in multiple incarnations.

"The pumpkin-flavoured everything trend is drawing people to the taste of it more. I've noticed the interest going up quite a bit," Melody Schwabe of Schwabe Pumpkins says.

In 2009, when she married into the Schwabe family and began working with them, most people were buying pumpkins purely for decoration.

In recent years, she finds that this has been shifting – and not just among her customers. Local eateries are offering up pumpkin in all sorts of ways.

Across from the Assiniboine Park footbridge, Joe Black Coffee Bar offers

customers lattes with real pumpkin and a dash of cinnamon and nutmeg on top.

Though the drink is a hot seller this time of year, they also make a caramel cappuccino and apple cider for the season.

"Try it with a shot of salty caramel apple-flavored vodka for an extra shot of warmth," Gina Gerbasi, owner of Joe Black, says.

The Amsterdam Tea Room in Winnipeg's Exchange District is offering a pumpkin and spice tea. The leaves - a blend of black tea and rooibos - create a hot drink that has all the spicy tastes of fall with the smooth delivery of a pumpkin pie.

Don't worry about artificial flavours. Co-owner Mark Turner makes it his mission to find teas with authentic ingredients.

"We wanted to retail loose leaf tea that we love to drink," Turner says, "which is as natural as possible and as much as we can try to keep it fair trade as well."

The tea room will debut an additional autumn flavour to be announced and will put together package deals geared toward students looking for elixirs to keep them focused this school year.

In Osborne Village, Kawaii Crepe will bring back their popular pumpkin spice crepe, made from fresh ingredients, the week of Sept. 19. Other fall items will be announced on social media.

Those looking to try something a little different can visit Dwarf No Cachette in St. Boniface.

"Our ramen soup will be blended with homemade kabocha pumpkin purée," Yasuko Akimoto, the restaurant's owner, says.

The restaurant will have a few savoury pumpkin options on the menu, but those who prefer something sweet can order




Local businesses are getting creative with pumpkin spice this fall.

a pumpkin and red bean parfait or a pumpkin pie milkshake.

Another option is to make something special at home, Schwabe says. She can't get enough of the brightly coloured squash.

One thing is clear: if you're interested in trying pumpkin in a new sort of way, there are plenty of options.



Visit us online at uniter.ca for a vanilla pumpkin smoothie recipe from Melody Schwabe.



MANITOBA FUNG!

THE MYSTERIOUS AND DELICIOUS MUSHROOMS OF OUR PROVINCE

WORDS BY MEG CRANE



PHOTOS BY DANIEL CRUMP



Mushroom enthusiasts, referred to as mycophiles, have many reasons for hunting mushrooms, whether or not they make a meal of them.

“Mushrooms are sort of that mystical, magical thing that everyone likes to gather,” botanist Laura Reeves says.

Manitoba, like anywhere, has many varieties of mushrooms. Mushroom enthusiast Ariel Gordon says they range from slime-like pools on the ground to patches that look like deer noses on trees to the well-known stem and cap.

What sort of mushroom a mycophile will be thrilled to find depends entirely on the purpose of their expedition.

Ken Fosty grows mushrooms in his backyard.

COVER FEATURE continues // NEXT PAGE



Ariel Gordon with a lobster mushroom.

EAT 'EM UP

As a child, Reeves hated the texture of mushrooms but loved the flavour. Venturing out to find her own, she suddenly had a change of heart.

“(It was) something about knowing where they came from,” Reeves says. With some experimentations, she’s also able to get the flavour without the texture, when she wants to.

The feeling of honey mushrooms in her mouth is particularly despicable to Reeves, so she dehydrates and powders them. She says she enjoys their delightful flavour in breads and burgers without having to feel them.

Though she’s been foraging for plants and mushrooms for more than 20 years, Reeves says she doesn’t know everything and does not consume something unless she is absolutely certain she knows what it is.

She recommends newbies take photos of mushrooms they believe may be edible, both before and after picking them. Notice how it comes out of the surface it’s plucked from and whether it has gills or pores.

Those photos will help to identify them at home in books or by someone with more experience.

“I was looking for chanterelles and I was 100 per cent sure I had chanterelles until I talked to a friend, and she started talking about false chanterelles,” Reeves says.

Chanterelles have several look-a-likes, the most notable being the false chanterelles, which look similar to chanterelles to the untrained eye.

She sent her photos to a friend who had been picking the mushroom for 30 years. With the green light from someone with more experience, Reeves got ready for dinner.

She says the best way to learn about mushrooms is to spend time with people who have a lot of knowledge, although that may be difficult, since most mushroom hunters keep their patches secret.

“The more people you show your patch to, the more people can raid them before you get to them,” Reeves says. “People are protective, (such as) someone like me who depends on this for their food source – it’s my year supply of food.”

The next best way to learn is by looking at books, Reeves says.

“Don’t just pick up one book,” Reeves says. “Each book is going to have different information. They’re going to have different pictures. Some have drawings, some have photographs. Some have better photos than others, but some have better information than others.”

She won’t recommend any specific places to look for mushrooms, because half the fun is finding them on your own.

“It’s like your patch. You almost take ownership over it, I mean, there is no ownership, but it kind of feels like that. You

rightfully scored those mushrooms,” Reeves says.

Newbie mycophiles need to choose the fungi they’re looking for, identify the habitat they grow in and then hunt in appropriate environments. Reeves says that can be anywhere from somewhere wild to a backyard or gravel driveway.

Reeves doesn’t eat mushrooms just to expand her culinary palette. She actually relies mostly on food she has gathered, so for her it’s more about survival.

She says they contain 15 to 40 per cent protein, depending on the variety, and are packed with micronutrients.

MARVEL IN THEIR WONDER

Not everyone hunts mushrooms for sustenance. For Ariel Gordon, it’s mostly about fascination.

“They’re so super varied and interesting. And strange. It’s this organism that grows up and dies in a day, or can persist on a tree for years. And it has so many colours, so many shapes, so many ways of dispersing its spores,” Gordon says.

Fifteen years ago, she started walking through the Assiniboine Forest with no particular interest in mushrooms.

“You know, you start with, oh, everything is awesome! And then, eventually, my focus narrowed to mushrooms. I’m still interested in sort of the larger experience, but I use mushrooms as a way of seeing it,” Gordon says.

She can tell you the nicknames she gives mushrooms and the traits she’s noticed about them, but she doesn’t know the official names of many.

“Because I don’t need to eat them, I just look at them and enjoy them,” Gordon says.

Lobster mushrooms are one she has identified and takes home to the frying pan.

Gordon tends to avoid picking mushrooms – or, really, anything in nature – because she

MUSHROOMS FORAGED ON THIS WALK

1) LOBSTER MUSHROOMS

Lobster Mushrooms are technically not a mushroom but a fungal parasite that changes other mushrooms into these easily identifiable orange lumps.

2) DEAD MAN’S FINGERS

3) MUSHROOM GROWING ON THE FOREST FLOOR

4) MUSHROOMS GROWING ON A FALLEN TREE

5) CORAL MUSHROOM

RESOURCES

- *Laura Reeves’ Guide to Useful Plants* by Laura Reeves
- mushroom-appreciation.com
- The Mushroom Identification Forum on Facebook

NOTE: If you can’t identify a mushroom, leave it be.



wants to leave them there for the health of the forest and for others’ enjoyment.

“If everybody picks everything, nobody ever gets to have that experience anymore,” Gordon says.

But the easily identifiable bright orange, fishy-smelling lobster mushroom are aplenty in Assiniboine Forest, so she doesn’t feel bad taking a couple home. Her rule is if you see five of something, pick one.

Before picking, she inspects it to make sure it isn’t rotten.

“If something is too far gone and you pick it and you leave it, it will still go back into the soil and help improve it. So, that’s also my reason for not wanting to take, because, yeah, they’re just one individual mushroom, but they do contribute to the overall health of the space,” Gordon says.

HAVE FUN

Ken Fosty has been known to hunt wild mushrooms, but he wouldn’t call himself a mushroom expert.

“I’m just a regular joe who picks mushrooms,” Fosty says. “I’m no better than any schmuck.”

What makes him different than most people is that he grows his own shiitake mushrooms in his backyard.

“It happened about 35 years ago. I was thinking about a way of how a person could grow these mushrooms,” Fosty says.

Looking to supplement his income, Fosty created a shiitake mushroom growing kit he still sells for \$45 across North America.

Fosty says shiitake means ‘mushroom of the oak tree’ and, as the name suggests, they mostly grow on oaks.

His kit doesn’t include a log, although he’ll sell them to people who can pick one up from his Winnipeg home. Potential shiitake mushroom growers just need to drill holes in their log and then inoculate



Ariel Gordon (right) and writer Meg Crane (left) conduct an interview while hunting for mushrooms in the woods.

it with his kit, which contains 250 shiitake spawn, Fosty says.

“Everybody who buys a kit enjoys it, because they get a chance to do it themselves. They can appreciate the mushrooms so much more after they’ve grown them, so to speak,” Fosty says.

Fosty has been growing his own for decades and still isn’t tired of it.

“They’re sort of a fascinating biological process. You create your own food, and it’s also nutritious, and it’s also sort of fun to do,” Fosty says.

Shittakes will only grow outdoors where rainfall can reach them and only in the winter. Freezing Manitoba weathers don’t

knock out the mushroom, which isn’t native to Canada. Fosty says his kit will keep them coming for five to seven seasons.

“They’re like bears. They go dormant in the wintertime,” Fosty says.

Come spring, Fosty will be teaching shiitake growing workshops through the Leisure Guide.

As chillier weather sets in, many mushrooms will disappear. Some, however, can still be found even into the winter months.

With a camera, keen eye and a desire to learn, anyone can become a mycophile.

EDIBLE MUSHROOMS IN MANITOBA

BOLETE • CHANTERELLES
HONEY • INKY CAPS
LOBSTER • MOREL
OYSTER • PUFFBALLS

Ariel Gordon recommends starting simple when cooking mushrooms. She enjoys sauteing them in a bit of oil with salt.

Laura Reeves is a bit more playful, dehydrating some of her finds to use year round. Some of her recipes can be found in her book, *Laura Reeve’s Guide to Useful Plants*.



UWSA HEALTH PLAN

Health Plan Office
Room 0R04
Bulman Student Centre
Phone: 204.786.9992
Email: health@theuwsa.ca
theuwsa.ca/healthplan

UWSA Health Plan Opt-Changes and Opt-Outs are now open!

If you would you like to add your partner or child to your plan, you can with an opt-change form!

If you already have sufficient health insurance, you can opt-out!

Opt-Outs are done exclusively online at theuwsa.ca/healthplan

Remember, you must complete your Opt-Change or Opt-Out by Sept. 19!

Please note: The UWSA Health Plan will be under a blackout period until September 20th. This means claims submission and online services will be down while we work to get students enrolled. If you incur a claim during the blackout period, you will need to wait until after the 20th to claim it back and you will be paid out retroactively.



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WELL, THAT'S GARBAGE

WITH JANE TESTAR

VOLUNTEER  @TESTARJANE

“Opinions are like a#%holes. Everybody’s got one.”

“The greatest deception men suffer from is their own opinions.”

Having an opinion lately feels like having a gun at a child’s birthday party.

“What the hell are you thinking? Get that thing out of here.”

I am opinionated. If I feel strongly about a subject, I like to express my feelings (in the proper setting and context) with fervour, cartoonish facial expressions and humour. I always have.

This works for me as a writer and comedian, since I’m often taught having a viewpoint is essential to creativity.

But as a human person, my earnest thoughts and principles have been met with roadblocks. I’m criticized for being “too opinionated,” and one friend even suggested my expressed views are “the reason I’m still single.”

Yowch.

And I can’t help but feel utterly betrayed. Thinking back to my time in

school, every essay, every exam question seemed to begin with “In your opinion...”

We spend decades learning to express what we’ve studied and to verbalize our interpretations. If executed well, we’re praised and rewarded.

This led me to believe having opinions was the mark of an intelligent, confident person. That is, apparently, until I left those hallowed halls, when it became the mark of an insufferable verbal tyrant.

But are all opinions bad?

The opinion of a foul-mouthed internet troll lambasting a pop star for their recent weight gain is generally considered a meritless opinion.

An *ignorant* opinion would be just as empty, like Uncle Ned (who hasn’t read a newspaper in 30 years) saying, “They should just all go back to Syria.”

A bad opinion is an unshakable one. It’s a person stubbornly unwilling to alter their views even when faced with new facts.

The wrong kind of opinion is oppressive and demeaning: “I think this and you’re an idiot for thinking otherwise.”

But a well informed, thought-out opinion with room for other people’s opinions? How could that be met with eye rolls?

It pains me to wonder if this would even be an issue if I were a man. Bette Davis once said, “When a man gives his opinion, he’s a man. When a woman gives her opinion, she’s a b*#@h.”

In 2016, do we perhaps residually think opinions belong to men the same way some people believe humour does? (Ask



ILLUSTRATION BY GABRIELLE FUNK

me what I think about *that* after a glass of wine).

So what is the alternative? Being seen and not heard like a good little girl? I don’t even know what that looks like.

We *all* have opinions. You either liked the restaurant or you didn’t. You support the use of nuclear weapons or you don’t.

Having an opinion doesn’t automatically make you narrow-minded and obstinate. It’s all in how you frame and convey it.

A thoughtful opinion is just a place to start intelligent discourse or healthy debate. And that’s always a good thing.

If opinions are indeed like a#%holes, what the hell would your life be like if you *didn’t* have one?

Jane Testar is a writer and performer with the Winnipeg sketch comedy troupe, Hot Thespian Action, an improviser with local improv troupe, Outside Joke and the host of the CBC Comedy Factory Podcast.



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Bernstein's Deli is one local business that saw an advantage in a loyalty program-type app.

PHOTO BY DANIEL CRUMP

APP OFFERS NEW INCENTIVE TO BUY LOCAL

Small business sees benefits of sharing platform for loyalty programs

MEG CRANE @MEGCRANE
ARTS AND CULTURE EDITOR

The Local Frequency, a recently launched app dedicated to building up Winnipeg's local economy, was developed by a team that aims to educate consumers about the benefits of shopping local.

Consumers who choose locally based businesses are not only putting money back into their economy, but also more likely to make an ethical purchase and build a sense of community.

While there is evidence to suggest millennials tend to see shopping local as a priority, it isn't always an option financially. The Local Frequency, which is free to download, may attract more people to choose Winnipeg-based businesses.

The app gives customers three per cent of their transactions at participating businesses as "local points." One local point has one dollar in value, which users can then redeem at any business that has adopted the app.

Smaller shops often can't afford to be as visible as a more dominant chain. "(The app) is an equalizer," Tyler Ibrahim, one of the developers of the app, says.

"People are often surprised to learn there are local businesses in their neighbourhood that they have never heard of before."

Aaron Bernstein, managing partner for Bernstein's Deli, has been working with The Local Frequency team for three years, discussing the best way to execute the app.

"Together we discussed my exposure/experience to what was out there, what the shortcomings were, why we were

not utilizing any loyalty program, etc.," Bernstein says. "This is a very green program with vast potential to grow with its participants over the coming years and we are excited to be a part of it."

While Bernstein had been approached by other companies about creating an app, he was attracted to The Local Frequency because of its community aspect.

"The idea that I should have one app for every business I visit is ludicrous. I could not imagine putting that on the public," Bernstein says. "So the idea of sharing real estate on smartphones under an umbrella was very attractive."

Bernstein's current fellow small business people on The Local Frequency includes eateries, clothing stores and even athletic supply shops.

"Businesses and consumers are galvanizing around the concept. Businesses and their customers are enjoying the

experience, and people like what we're trying to accomplish," Ibrahim says.

Though the app has had a positive response so far, Ibrahim and his team hope to see more widespread adoption of the app in the next year.

The Local Frequency currently only works for customers who pay with debit or cash, due to the transaction fees businesses already pay on those sales. Bernstein hopes that in the coming months they will find a way around it, and has ideas for the future of the app. He hopes to see analytical data become available to retailers who use The Local Frequency.

"There is so much opportunity to data mine and get to know our customers but also to reach out to program participants that are not yet our customer," Bernstein says.

TOURING IN SUPPORT OF NEW ALBUM "HUMAN"

ALYSHA BRILLA

Sunday, September 18 8pm

West End Cultural Centre

WITH SPECIAL GUEST Kelly Bado

WEST END CULTURAL CENTRE

Sierra Noble

Sunday Sept. 25

Doors 7:15 8:00pm

West End Cultural Centre

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Lauren Mann

TOURING IN SUPPORT OF HER NEW ALBUM "DEARESTLY"

West My Friend

TOURING IN SUPPORT OF THEIR NEW ALBUM "QUIET HUM"

Wednesday, October 19 7:15 8:00

West End Cultural Centre

NEWS BRIEFS

ANASTASIA CHIPELSKI // MANAGING EDITOR @ANACHIPS

Reduced speeds in school zones

Now that it's September, reduced speeds of 30 km/h are being enforced in school zones on weekdays. During a day-long assessment, CAA Manitoba, along with members of the Winnipeg Police Service and other volunteers, watched commuters around three schools and noted 548 "instances of risky driving behaviour." They encourage drivers to slow down in school zones to avoid costly fines.

Wesmen women's soccer home opener

The women's soccer team kicks off their season with two games at home this weekend. On Sept. 17, they play Regina at the Ralph Cantafio Soccer Complex at 6:30 p.m., and on Sept. 18, they play Saskatchewan at the University of Manitoba West turf field at 2:30 p.m. On the road so far this month, the team won against UNBC and tied Alberta.

Grad funding FAQ

A seminar on grad school funding and applications, especially SSHRC funding, is being presented for 3rd and 4th year undergrad students. Deanne England, from the Graduate Studies Program, will offer a presentation and other grad students will do a Q and A. If you're curious about grad school possibilities, stop in room 3D01 on Sept. 21 from 12:30-1:30 p.m.

Downtown conference in 2017

Winnipeg was picked to host the International Downtown Association (IDA) conference in 2017, after last hosting the conference 20 years ago. The IDA bills itself as "an industry that can solve 21st century challenges," and Mayor Brian Bowman hopes that with the return of the conference, Winnipeg can show off the developments made over the past few decades. See [ida-downtown.org](#) for more.

U of W celebrates SSHRC funding

Through two streams - Insight Grants and Insight Development Grants - University of Winnipeg researchers received a total of \$1,066,322 to fund their projects. Grant recipients include Steven Kohm, Ian Mauro, Julie Nagam, Mirjana Roksandic, Justin Friesen, Peter Ives, Gabriel Nemoga, Manish Pandey and Conor Whately. Congratulations, researchers!

Arthritis awareness forum

September is Arthritis Awareness Month, and on Sept. 17, a public forum will be held at the Radisson hotel starting at 9:30 a.m. The event is presented by the Arthritis Society, and features a variety of health professionals who will make presentations and answer questions. Noting that over half of Manitobans living with arthritis are under 65, the Arthritis Society hopes to share information to help people manage their health.

WHO'S GOT YOU COVERED?

Understanding your student health plan

TALULA SCHLEGEL

@TALULACORA

CAMPUS REPORTER

Are you insured under the University of Winnipeg Students' Association (UWSA) health plan? If you're a full-time undergraduate student taking nine credit hours or more a term, then the answer is yes.

Tiffani Sawatski, UWSA health plan coordinator, says this comprehensive health plan offered through Green Shield gives students a range of coverage, but this coverage isn't always utilized.

"I think that students aren't using the plan to its full potential," Sawatski says. "My hope is that students use all their limits to the maximum."

Sawatski explains many students don't even know they are automatically enrolled in the health plan when they pay tuition fees. Sawatski works to raise awareness and educate students about the health

plan, supporting students in exploring the potential it has to offer them.

"The health plan is a student initiative. (The UWSA) is a student's association run by the students, for the students" Sawatski says. "We take students' work seriously. A lot of unforeseen things can come up, (and) the insurance is here to help with any stress or health issues you might have."

The plan has travel and dental benefits as well as professional services which include naturopaths, acupuncture, speech and athletic therapy, physiotherapy and much more.

"We also have a plan that targets Indigenous students to compliment their non-insured health benefits program," Sawatski says. "So it's a slightly reduced plan for students who have a treaty card ... (we) offer them a plan that compliments the benefits they already receive from the government."

As part of the terms of agreement to study at U of W and under provincial law, international students must be covered by a health plan and therefore are not eligible to opt-out, Sawatski says, but this is not the case for all students.

"Students can opt out as long as they have some sort of (alternative) health coverage, either through their parents, their work, or treaty cards," Sawatski explains. "It's the university's mandate that students have appropriate coverage."

Dual coverage isn't necessarily a reason to opt out, Sawatski explains. With dual coverage you have the ability to use the two plans and expand the limits of your coverage.



ILLUSTRATION BY JUSTIN LADIA

"You would tap out (Green Shield) coverage limits first, and then your secondary insurance would kick in," Sawatski says. "The students would pay nothing out of pocket. It works like that with all of the services we offer."

The Canadian Federation of Students (CFS) offers institutions the most affordable rates. If your school doesn't receive coverage from Greenshield through CFS, or you buy private coverage you will be paying more, Sawatski says.

Ashley Penner, Deputy Chairperson for the Canadian Federation of Students - Manitoba, expands on this, explaining that The National Student Health Network was created by student vote and allows students to to get affordable

coverage by pooling their collective resources.

"Green Shield Canada is the only not-for-profit health plan provider in Canada," Penner says. "Instead of profits flowing to corporate shareholders, they are reinvested toward improving the plan for all students."

"If students feel that coverage is not suiting their specific personal needs, they should get in contact with the health plan coordinator to discuss available options," Penner says. "Since the CFS is a significant buying group with Green Shield Canada, students can have considerable power in changing and adapting the health plan."

SPACE TO WORK OUT

Initiative wants to know if you feel comfortable in our gym

TALULA SCHLEGEL

@TALULACORA

CAMPUS REPORTER

Are our campus gym resources accessible and welcoming? One student group is trying to answer that question.

The Inclusive Gym Initiative is conducting an on-campus survey to find out about students' visions for the Duckworth Center and Recplex.

"The goal is to try and promote safer spaces and equitable participation for all students at the U of W," Jade DeFehr, Status of Women director, says, "Accessing more of the services that they pay for, like the gym ... not everyone feels comfortable using them."

The Inclusive Gym Initiative was formed by DeFehr and Jacq Pellend, LGBT Director, in May 2016. Currently, the survey has just under 400 responses. The goal is to get 700 or more.

"We ask general questions about how people identify," DeFehr says. "But the main question we are looking closely at is if there is anything that is preventing (students) from feeling more safe and comfortable at the gym and the answers



Jade DeFehr, Status of Women Director, UWSA, in front of Duckworth.

so far are different compared to men, non-binary people and women."

DeFehr responds specifically to the possibility of women and non-binary people-only gym hours, something which other Canadian universities, such as Ryerson and the University of Toronto, have already done.

"Lots of people started talking about segregation, which is a very racially charged term to be using," DeFehr says. "Segregation is very different from safer spaces ... segregation is applied forcefully by the dominant group, whereas safer spaces are asked for by the people who are marginalized."

DeFehr says this initiative is trying to address an imbalance in who we currently

see attending the gym and ensure that those who do not feel safe or welcome are given a space and time to do so.

"I think safer spaces are in many ways similar to bike lanes ... they were created out of the recognition that some people feel less safe and comfortable on the road," DeFehr explains.

"By designating certain spaces as only for cyclists – even though drivers will then have slightly less space to themselves – roads become safer and more inclusive for everybody."

But specific gym hours aren't the main goal of the initiative, they're just one possibility, DeFehr says, explaining that the long term goal is for everyone to feel comfortable accessing the gym.

"The discussion came up very much in the context of our gym, but we're not the only campus that's talking about an initiative like this," Dean Melvie, Director of Athletic and Wellness Facilities, says. "We don't necessarily need to recreate the wheel here, there is an active discussion going on and I think we want to be a part of that discussion."

Melvie was approached by the initiative and looks forward to working with them to engaging in discussion with everyone who uses the facilities, ensuring that options about how to best utilize gym space are explored and all voices are heard.

"In this case we're at the beginning point of this discussion," Melvie says, "so we want to engage the campus community before making any changes."

Melvie says gym managers are in the process of reviewing gym rules that would capture the inclusive gym initiatives' points on harassment policy in its wording. A handbook outlining an improved code of conduct will also be released.

"We want to have as many individuals using the facilities as we possibly can" Melvie says. "If there are groups of students and groups on campus who aren't using the space, we want to figure out who those groups are and then we want to find ways to improve access for them."



The survey closes Sept 22. You could win a \$50 gift card if you fill it out at uwsa.ca/inclusive-gym-initiative/.



THE PROFILE – ALEXANDER FREUND

PROFESSOR AND CHAIR, HISTORY DEPARTMENT

MEG CRANE

 @MEGCRANE

ARTS AND CULTURE EDITOR

Alexander Freund's favourite part of his job is learning from students.

"They always find ways to look at things in ways I haven't before," Freund says.

Discussing case studies also enriches his own research. "Teaching history means telling stories about the past. But it also means sharing excitement about intellectual discovery and discovery of the past," Freund says.

Co-founder of the Oral History Centre at the University of Winnipeg, Freund makes it easy for students to get involved in the subject.

"Our goal was to bring the community on campus and get researchers on campus," Freund says.

Fulfilling its motto "democratizing history," the centre offers free workshops that are open to the public.

"That's been sort of a passion, a very important part of my teaching and learning here at the university," Freund says.

Freund is committed to continuing to share his passion with students.

"It's a wonderful way to understand where we are today and how we got there," Freund says.

AREA OF RESEARCH:

Migration history, oral history.

NUMBER OF PEER-REVIEWED ARTICLES PUBLISHED: 23.

LOWEST GRADE IN UNIVERSITY:

C+ in Historical Statistics.

FAVOURITE THING ABOUT YOURSELF:

I tend to see the glass half full.

WHAT'S YOUR SUPERPOWER:

Invisibly subtle irony.

WORST TEACHING MOMENT:

Whenever I fail to stimulate students to engage in discussing an important topic.

FAVOURITE PART ABOUT WINNIPEG:

Playgrounds and splash parks.

BOOK RECOMMENDATION:

I just finished *Sapiens: A Brief History of Humankind* by Yuval Noah Harari. It's well-written and imaginative.

WITH FILES FROM PALMER FRITSCHY

If you're texting, who's driving?



**Manitoba
Public Insurance**

PLEASE GROW RESPONSIBLY

Development fees could mitigate unhealthy growth in Winnipeg - if handled properly.

KYLA CRAWFORD @KYMACRA VOLUNTEER

In Winnipeg, “growth does not pay for growth.” This was the conclusion Hemson, a consulting firm hired by the City of Winnipeg to determine whether or not growth development fees would benefit the city, reached. In other words, they confirmed what Mayor Brian Bowman has said in city hall for several months: development fees are in fact beneficial and perhaps even necessary. Growth development fees are fees charged to a developer when they apply to proceed with a new development. Their purpose is to ensure that current property owners are not paying for the

new infrastructure that developments or renovations require. Other Canadian cities implemented these funds to mitigate the cost of urban sprawl, and they’re used to fund public programming. Winnipeg is currently sitting at an infrastructure deficit, which means the City does not have enough money to put towards infrastructure construction and repair. According to Hemson, development fees could help alleviate this deficit and provide funding for other areas. Although legitimate concerns have been raised over the fact the current proposed amount (\$96.66 per square metre for industrial developments) is the highest in the country, the fees have the potential to be used to benefit all of the city’s residents. In Toronto and Ottawa, this extra funding is used not only to cover the costs of the necessary roads, waste management facilities and sewer lines required by development, but it also assists in paying for programs including subways, libraries, parks and recreation and childcare. In order for Winnipeg to have the capacity to use the fees to fund public programming, they must be implemented in a way to ensure developments are being built responsibly. Bowman said that City staff must look into options where exemptions could be applied - notably developments downtown. Lower fees or exemptions in downtown areas would not only increase the likelihood of a more dense downtown,



Development fees could help reduce costs of infrastructure to support new houses being built in Winnipeg.

but they would also reduce the amount of new infrastructure. Instead of building entirely new infrastructure, developments could be tied into existing water and sewer lines. Taken a step further, exemptions could also be awarded for development in other existing areas of the city that would benefit from mixed-use properties and more dense residences. The result would be the opportunity to service various areas of the City with infrastructure that would match the unique needs of those areas. This would also be an opportunity to look plainly at

our urban strategies and alter those that limit responsible development. If these fees, however, are used to create unhealthy infrastructure, such as more vehicular access to suburban areas, it would result in a less efficient city and a lost opportunity to lessen our infrastructure deficit. Although implementing these fees is one step in the right direction, improper use could take us two steps back into the sprawl. Kyla Crawford is a graduate of the Environmental Design Program at the University of Manitoba and a self-proclaimed urban advocate.



THE UNIVERSITY OF WINNIPEG

Student Services

You of W



STUDENT SERVICES

The Student Services staff of The University of Winnipeg provides the student body with current information and opportunities. This information is updated weekly.

Welcome new students and welcome back returning students from all the staff in Student Services!

AWARDS AND FINANCIAL AID

The following award applications are available. Be sure to submit them before the end of the business day on the specified deadline date. Late applications will not be considered.

Awards and Bursaries

Need money? A bursary is a grant made to a student where the main selection criteria is financial need. Students must also have a minimum cumulative grade point average of 2.00 (C). Awards are selected using both financial need and academic merit as criteria. Students must have a minimum cumulative grade point average of 2.50 (C+) to be considered for awards.

Deadline: Monday September 19, 2016

Opportunity Fund Bursaries

Need money? A bursary is a grant made to a student where the main selection criteria is financial need. Students must have a minimum cumulative grade point average of 2.0 (C) and belong to a population currently under-represented at The University of Winnipeg such as recent immigrants or refugees, Aboriginal students, adult learners, students from low-income families, students with disabilities, or first generation students (those who are the first in their family to attend college or university).

Deadline: Monday September 19, 2016

NOTE: Metis students seeking consideration for the Louis Riel Bursaries need to submit the Awards and Bursaries or an Opportunity Fund Bursary application form in order to be eligible.

Scholarships

Have excellent marks? A scholarship is awarded for academic achievement. They are directed to students who have a minimum cumulative grade point average of at least 3.00 (B).

Deadline: Friday October 7, 2016

To obtain application forms, go to www.uwinnipeg.ca Click “Student”, Click “Awards and Financial Aid” Click “In-Course Awards (current students)”

Campus Jobs

The Awards and Financial Aid Office is now accepting applications for the Fall/Winter 2016-17 Work-Study Program.

- Work about 5-10 hours a week
- Get valuable research experience
- Work flexible hours
- Build your résumé

For more information, deadlines and applications, visit the Awards and Financial Aid website: Go to www.uwinnipeg.ca, Click “Student”. Click “Awards and Financial Aid”, Click “Work-Study Program”

APPLY NOW!

EXCHANGE PROGRAMS

Looking for exciting new experiences? Do you want to explore the world? Participate in a UWinnipeg Exchange Opportunity!

The first information session on studying abroad on Exchange will be held on: **Wednesday October 5th, 12:30pm-2:15pm, Room 3D04**

For more information visit the following site: www.uwinnipeg.ca/index/intl-student-exchange

If you have any questions, contact je.michaluk@uwinnipeg.ca

STUDENT CENTRAL

Undergraduate Add/Drop Period

Course changes (adds and drops) can be made Sept. 6-19. Tuition for courses added during this period is due Sept. 20/16. Late payments are subject to a late fee of \$77.00.

The final day to drop a U2016F or U2016FW course for full refund is September 19, 2016.

Rent a locker today!

Need a place to store your school supplies? Rent a locker!

To rent a locker:

- register for your courses for the upcoming term(s)
- choose a locker location & type - see below - or specify a couple of locker numbers
- choose a rental time frame - see below
- go in-person to Student Central, OR fill out the form online at www.uwinnipeg.ca/lockers

Locker Locations & Types

(Student Central rents various sizes and types of lockers including full or half size, single or two-person)

- Riddell Hall Tunnel - full-size
- Lower level Manitoba Hall - full-size
- Third or fourth floors Centennial Hall - full-size
- Third floor Richardson College for the Environment and Science - half-size

Lockers Time Frames

- Fall Term (now - December 21, 2016) \$20.00/person
- Fall & Winter Terms (now - April 21, 2017) \$40.00/person
- Winter Terms (January 4, 2017 - April 21, 2017) \$20.00/person

Changes to Student Central's Hours

Student Central will be open 9-4:15 on Friday, Sept. 23.

Student Central's regular hours are 8:30-5:30 Monday-Thursday and 8:30-4:15 on Fridays.

STUDY SMART

Get advice and tips on essential study skills at FREE Study Skills Workshops!

Mondays & Wednesdays, 12:30-1:20 P.M.
Tuesdays, 4:00-5:15 P.M.
Room 1L13, 1st Floor, Lockhart Hall, UW

www.uwinnipeg.ca/index/services-adv-study-skills-workshops

September 21 (Wed)
Critical Thinking Skills

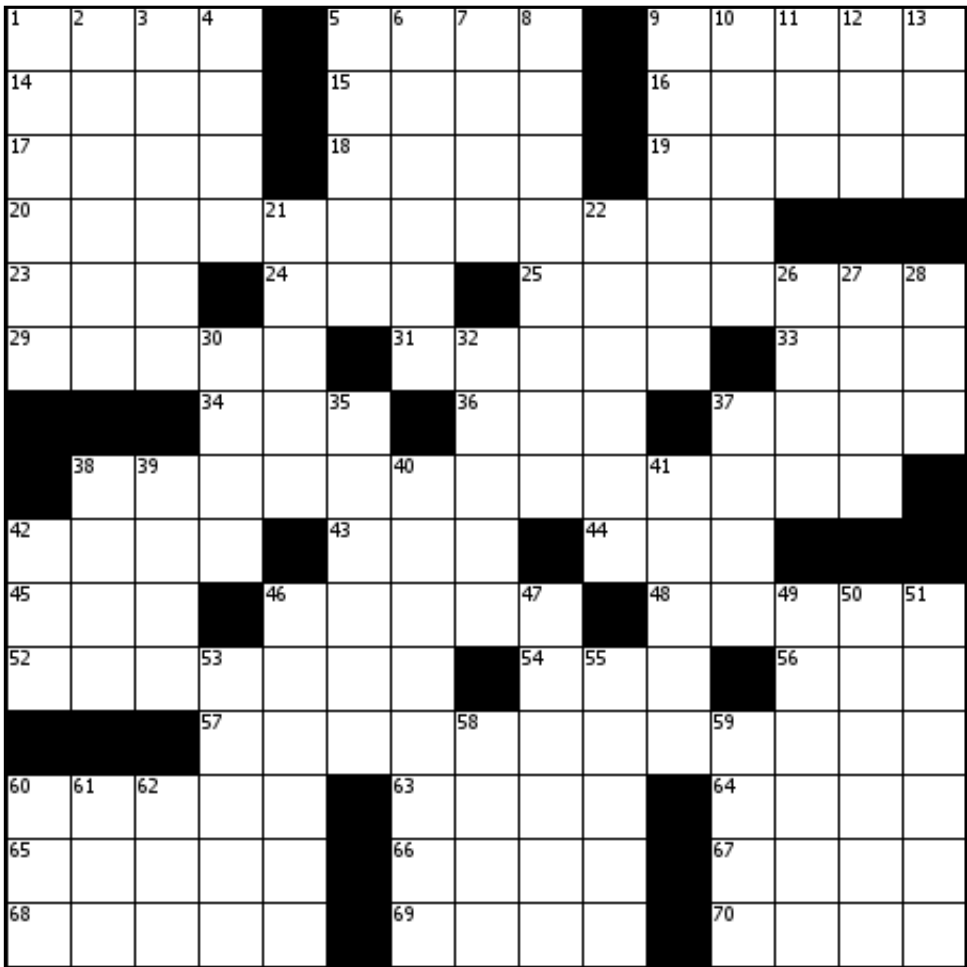
September 26 (Mon)
Academic Writing

September 27 (Tues)
Memory & Test/Exam Strategies

September 28 (Wed)
Dealing With Stress:
Exams/Tests/Class Presentations

ASK! You of W

PHONE: 204.779.UWIN (8946) | EMAIL: studentcentral@uwinnipeg.ca



ACROSS

- 1. Livestock lunch
- 5. Extremely awkward person, in slang
- 9. Port in a storm, e.g.
- 14. Governing regulation
- 15. All-American Soap Box Derby state
- 16. Popeye's gal
- 17. Seed integument
- 18. Generic dog's name
- 19. Emulated mud
- 20. Doctor's supporting rod?
- 23. Barely achieve (with "out")
- 24. Controversial spoonbender Geller
- 25. Move like a mamba

- 29. Sensing device
- 31. Young turkey
- 33. In the past
- 34. NAFTA signatory
- 36. Thanksgiving wedge
- 37. Italian auto
- 38. New mother's charge?
- 42. Temp's pad
- 43. Kind of artist
- 44. Landscaper's need
- 45. Noshed
- 46. Unmitigated
- 48. Check your math
- 52. Beginning
- 54. Phone attachment?
- 56. Kind of hold
- 57. Place to do upholstery?
- 60. Eightsome
- 63. Scout outing

- 64. Take apart
- 65. Insult party
- 66. Dutch or toaster
- 67. Target the bar code
- 68. Drive in Beverly Hills?
- 69. Postperformance exclamation
- 70. Williams and Kennedy

DOWN

- 1. Constitution drafter
- 2. Interjection of discovery
- 3. Slurred over a syllable
- 4. Supermarket section
- 5. Up to now
- 6. First name of the "Goodbye, Columbus" novelist

- 7. Provides succor
- 8. Flashy outfit of the '40s
- 9. Go on foot
- 10. High in the sky
- 11. Relative of "i.e."
- 12. Night before the big day
- 13. Beatty or Sparks
- 21. A mummy may have one
- 22. Strike zones?
- 26. Famous rock musical
- 27. Cry of shock
- 28. Decompose
- 30. Its body is painted
- 32. Verbalize a hunch, e.g.
- 35. Like some frigid winds
- 37. Get lighter
- 38. Allocate (with "out")

- 39. Act of Contrition finale
- 40. Mediocre
- 41. Lose sleep over
- 42. Wheel type
- 46. Familiar with
- 47. Stunk up the place
- 49. Right away!
- 50. Thingamajig
- 51. Exorcism targets
- 53. Use the unleaded part
- 55. The old Omni, for one
- 58. "___ Zapata!"
- 59. Neil Young claims it never sleeps
- 60. Last name in hockey legends
- 61. Murmur amorously
- 62. Wee bit



FASHION
STREETER

Alex
"Rainbows are good.
I express myself with colours."

PHOTO BY DOUG KRETCHMER

SOLUTIONS TO LAST
ISSUE'S PUZZLES.

4	6	3	2	7	5	1	8	9
5	9	7	3	8	1	6	4	2
8	2	1	6	9	4	7	5	3
2	7	5	4	3	8	9	1	6
9	3	4	1	6	2	5	7	8
6	1	8	9	5	7	2	3	4
7	5	6	8	4	9	3	2	1
3	8	2	7	1	6	4	9	5
1	4	9	5	2	3	8	6	7

6	3	8	2	4	9	5	7	1
2	9	7	8	5	1	3	4	6
5	4	1	6	7	3	2	8	9
3	7	2	9	8	4	1	6	5
1	5	4	7	2	6	9	3	8
8	6	9	3	1	5	7	2	4
9	1	3	4	6	7	8	5	2
7	2	6	5	9	8	4	1	3
4	8	5	1	3	2	6	9	7

How to Survive - by Paul Hewak

#1: Lunchroom

-Soap

Use this to wash your hands as well as any of your lunch-mate's dishes to be a good person.

-Toe ring

Show a little bit of toe to your lunch guests. If you aren't comfortable with wearing a toe ring then it's commonly recommended to put the toe ring on your pinky, remember to remove all rings before eating.

-cup

This hold beverages, which are a very important part of the Lunchroom. Also holds soap when you are finished using it.

-Magnets

Use to gather up all toe rings at the end of lunch.

Bonus question: Why do we have Lunch? Answer: |pood tastes good
some food



PERCEPTION isn't REALITY

Be UnDrunk

Win an iPad Air 2!

More great prizes available!

If you're 18 - 35 years old, visit us online to enter:

mbll.ca/BeUnDrunk



MANITOBA
LIQUOR & LOTTERIES

DrinkSense