

THE

# UNITER

FREE.WEEKLY.  
VOLUME 71 // ISSUE 05 // OCT 06

Chemical  
Industry



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## MANITOBA'S BUDDING MEDICAL MARIJUANA INDUSTRY

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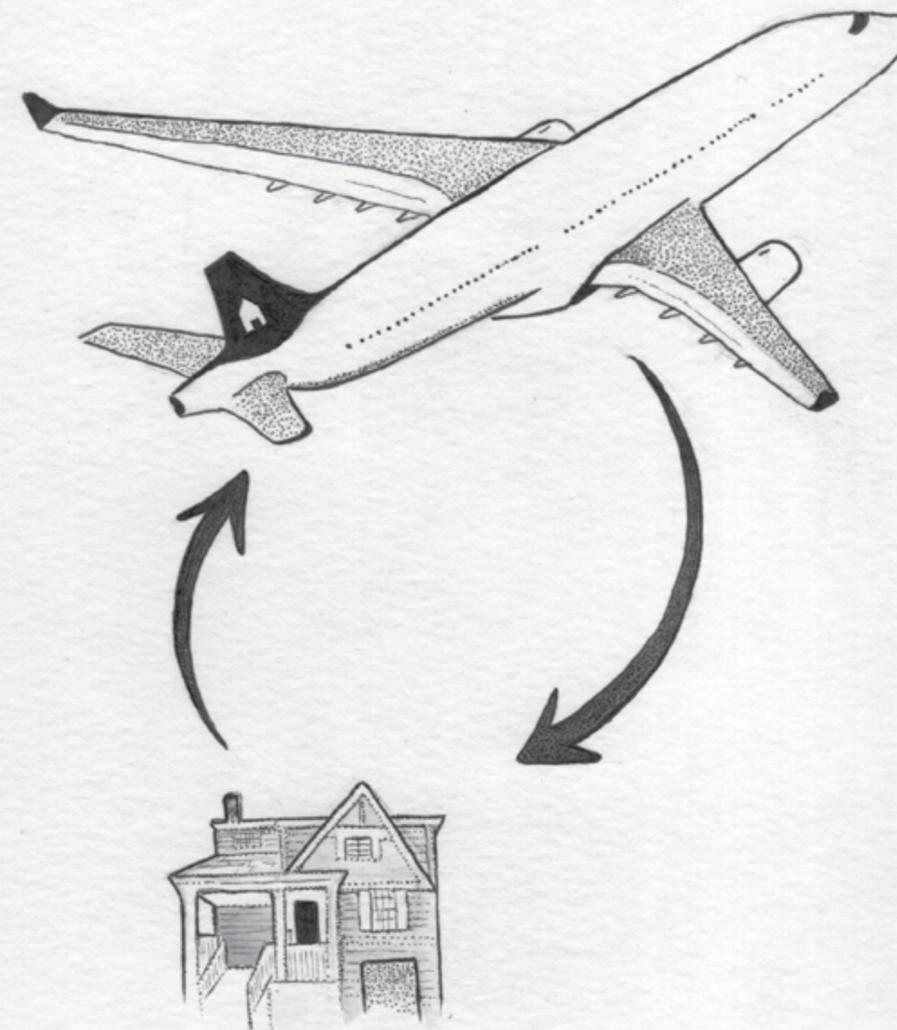
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### \* ON THE COVER

This marijuana cutting will grow  
into a clone of its mother plant.



Fall reading week (Oct 10-14) is a great opportunity for staycations and vacations.

ILLUSTRATION BY GABRIELLE FUNK

## VOLUNTEERS MAKE IT HAPPEN

Next week we'll take a break from printing a paper, and we're moving the weekly *Uniter* party over to [uniter.ca](http://uniter.ca) for an online-only issue. We have a really neat lineup of pieces in the works, all with a slightly different take on *Uniter* formats but with the same local focus. It's been a lot of fun coming up with ideas for online-specific pieces with our staff and volunteers.

If you look down below this piece, there's a little box that says "Contributors." Those are the writers, photographers and illustrators who submitted their work to *The Uniter* this week, and this just wouldn't be the same paper without them.

Because we're a learning paper, our volunteer opportunities are open-ended. Contributors can pick up as much or as little work as they like - once a year, once a month, once a week, however much they want to do. And we try to also keep volunteering as open as possible, meaning that anyone who wants to learn can get involved, on campus or off.

There's one key position involved here that holds it all together, and that's the volunteer coordinator. The coordinator is the first point of contact for new volunteers. They run weekly orientations, and take care of the basic paperwork. At the moment, we're hiring for this position, as our past volunteer coordinator, Alana Trachenko, is putting on the soon-to-be-renamed News Editor hat (more on that in the Oct. 20 issue).

You can read more about the volunteer coordinator position on Page 18 or online at [uniter.ca/jobs](http://uniter.ca/jobs). It's a great opportunity for anyone who wants to work with volunteers in the future, who loves learning and who is passionate about peer mentoring.

In the meantime, if you're interested in volunteering, don't hesitate to pop into an orientation. Even while we're hiring a coordinator, orientations will still be held every Wednesday from 12:30 to 1:30 in The Uniter office, ORM14, and I'll be pinch-hitting as your interim coordinator. So come on down and say hi!

- Anastasia Chipelski

## STATE OF THE UNIVERSITY ADDRESS

Monday, October 17<sup>th</sup>  
12:30-1:30PM

Eckhardt Gramatté Hall (3rd Floor, Centennial Hall)  
The University of Winnipeg, 515 Portage Avenue

All are invited to hear Dr. Annette Trimbee,  
President and Vice-Chancellor deliver her  
annual address to the UWinnipeg community.



at The Good Will Social Club  
**Thursday, Oct. 13**  
**10 am - 1 pm**

In anticipation of the UWSA Bike Lab re-opening this fall,  
we are hosting tune-ups with a coffee for \$10 as fundraiser so  
we can throw awesome, fun, free events throughout the year!



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### ONLINE EXCLUSIVE

"SWAMP CREATURE VS. THE BANSHIE"  
BY THE CATAMOUNTS



@THEUNITER @THEUNITER FACEBOOK.COM/THEUNITER

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. Volunteer workshops take place Wednesdays from 12:30-1:20 in room ORM14. Please email [volunteer@uniter.ca](mailto:volunteer@uniter.ca) for more details. Deadline for advertisements is noon Friday, six days prior to publication. *The Uniter* reserves the right to refuse to print material submitted by volunteers. *The Uniter* will not print submissions that are homophobic, misogynistic, racist or libellous. We also reserve the right to edit for length/style.



1 2 3

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

It's a classic punk rock story. Start a band, learn to play your instruments. In that order. For local punk outfit WHIP, it was the way to go, according to vocalist Ferro Bonham and guitarist Steve Krysko.

"The two of us and our drummer Heidi wanted to see if we could learn instruments that we'd never played before," Bonham says. "Heidi and I had never been in a band, and Steve had never played guitar."

While WHIP are far from Krysko's first band (he's a veteran of local hardcore groups Modern Problems, Salt Lick and Self Interest), their sound falls outside the typical brand of textbook punk. Their raw, arty post-punk instrumentation and Bonham's vocals give WHIP a sound that's more specific and appealing to the nerdiest of punk rock nerds.

"I think a lot of the music we were influenced by was by people with a similar skillset to ours," Krysko says. "Older Rough Trade bands like The Raincoats and Kleenex, stuff like that. I guess that's subconsciously what we were thinking of."

The group has been keeping busy releasing three cassettes in the last year. They're currently in the process of writing material for an upcoming 7", most of which is happening in the basement of Bonham and Krysko's house.



4



6



5



7 8

**1) LIVING ROOM**

"We spend most of our time here with all our records and tapes and everything," Krysko says. "Pretty much everything in the house was either free, from Ikea or thrifted. Basically, what we can live on as cheaply as possible," Bonham says.

**2) PADDINGTON THE DOG**

"He had a bunch of teeth removed this year, so he has a weird face now," Bonham says.

**3) OSCAR THE DOG**

"He's territorial about his food, but he won't even eat it. He just stands there and guards it from the cats. He'll eat anything else, other than that food. On walks, he eats crabapples, chokecherries, garbage. Cat food," Bonham says.

**4) FRANCIS THE CAT**

"He's kind of sick right now, so he's being antisocial," Bonham says.

**5) PRACTICE SPACE**

"The label (who's releasing our 7") wants to put something out by us right away, so we're working on that now. We're very excited. It's nice that it's a label with lots of records on it that we really like from other bands," Krysko says.

**6) POSTERS**

"These are just some posters I saved from (defunct Winnipeg hardcore band) Under Pressure shows from a really long time ago," Krysko says.

**7) PLANTS**

"All of my sick plants. I buy lots of plants, then they die," Bonham says.

**8) UNIVERSITY OF WINNIPEG BUSINESS DEGREES**

"That was the only degree we could get working full-time during the day and going to school at night," Bonham says.

## CATAMOUNTS GO BACKWARDS

The men in matching suits release a new album

JENA MORRIS-BOISSONNEAULT

VOLUNTEER

While The Catamounts are moving forward with their music career, they're doing a lot of things backwards.

"We often tell people that we started the band because we wanted to have a band where we could buy matching suits, you know, because bands used to do that," Michael Henderson-Castle says.

Graham Epp, Grant Trippel, Andy Rudolph and Michael Henderson-Castle decided a surf rock band was the way to go.

Trippel says they feel different when they put on a suit.

"The idea of kind of bringing class to live performance again. Yeah, it just kind of adds something," Trippel says.

Surf rock is not common in the Winnipeg music scene, but local support is always there for the Catamounts.

"I think there's enough people that we know in the city that are music lovers and can appreciate what we're trying to do. Especially for here, it's a pretty interesting idea to have a surf band in the middle of Winnipeg," Trippel says.

He says they find their instrumental music has a timeless quality.

"If you don't have words, you don't get tired of the words or the meanings of songs," Henderson-Castle says.

Trippel agrees. "It's always open for interpretation. We have, maybe, a general mood that comes out of the melody, but it's not like you're telling the same old story over and over again," he says. "How you feel about the song could easily change over time."

"A lot of the compliments we get is that people can just play [our music] in their car over and over again, which is cool. That's kind of what I envisioned."

The Catamounts' instrumental surf rock style of music is always evolving, Henderson-Castle says. They try to keep it interesting to challenge themselves as musicians.

"There's a lot of unusual sort of rhythms and scale sounds that we're not necessarily all used to hearing in Western music that's nice to kind of get in here to try something new, and hopefully it sounds refreshing to people," Henderson-Castle says.

The Catamounts new album will be released Oct. 8 online, on CD and on vinyl. The band will also perform that same evening at The Goodwill Social Club at 9 p.m.



SUPPLIED PHOTO

The Catamounts release their new album on Oct. 8.

They did a little rewinding for this album, even naming the album *St. Nuomatac*, which is Catamounts backwards.

"We have mirror images on the cover, some backwards recordings, and, as a band, we are constantly looking back through time for inspiration while projecting our art into the future," Henderson-Castle says.

Looking forward, Trippel says he'd like their music to be on a movie soundtrack. Henderson-Castle says jokingly he'd be happy hearing their tunes in an elevator.



The Catamounts release their latest album, *St. Nuomatac* at The Good Will Social Club on Oct. 8. Tickets are \$10 at the door, and the show starts at 9 p.m.

## ARTS AND CULTURE BRIEFS

MEG CRANE // ARTS AND CULTURE EDITOR

@MEGCRANE

### Art at the park

Assiniboine Park Conservancy (APC) is getting a bit of help showing art in the Pavilion from the Winnipeg Art Gallery (WAG). The historic building was reopened in late September after being closed for renovations since February. Going forward, the WAG will provide expertise when it comes to curating exhibitions. Artwork will come from both the APC's collection and the WAG's.

### Scholarship for children's media

A post-secondary student planning to pursue a career in children's media production will be sent to the Kidscreen Summit in Miami by Youth Media Alliance (YMA). The Andra Sheffer Scholarship includes \$1,500 in travel expenses, mentorship by YMA staff and board members, conference registration and registration to the 2017 Banff World Media Festival. Apply at [ymamj.org](http://ymamj.org) by Oct. 15.

### Three Ring Circus

Fools + Horses presents a four-part interdisciplinary concert series starting on Oct. 9. Dubbed Three Ring Circus, each event will bring three musicians to explore a theme using their existing body of work while sharing different perspectives, interpretations and messages connected with the theme. The first installation will explore Harvest. Tickets are available at [eventbrite.ca](http://eventbrite.ca) for \$15.

### Supported by urban arts

A documentary of Governor General Michaëlle Jean's appointment is screening for free at Graffiti Gallery. During a visit to the Point Douglas gallery in 2007, Jean said the theme of her Governorship would include how urban arts can support young people who are facing barriers. Her husband, Jean-Daniel Lafond, is returning on Oct. 11 to show his documentary about her.

### Feedback for the CRTC

The Canadian Radio-television and Telecommunications Commission (CRTC) is looking for feedback on its proposed new Discretionary Services Regulations. The regulations are meant to streamline programming services licensing into three broad categories, including television, on-demand and discretionary. Find the document and instructions on commenting at [crtc.gc.ca/eng/archive/2016/2016-385.htm](http://crtc.gc.ca/eng/archive/2016/2016-385.htm).

### Reel Pride

Winnipeg's LGBTQ+ film festival, Reel Pride, kicks off on Oct. 11. Between then and Oct. 16, there will be 16 events, including the 13th annual Canadian LGBTQ+ Short Films Competition and the RBC Gala, where 2016 festival award winners will be announced over a complementary drink and food. Tickets range from free to \$10, and a festival pass is \$50 at [reelpride.org](http://reelpride.org).

# SEND + RECEIVE

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V18

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CAM SCOTT (MB)

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Sept 15,

Sept 29 &amp;

Oct 7

OCTOBER 13-16



## GIVE DANCE A CHANCE

Interpreting the art of movement

MEG CRANE @MEGCRANE

ARTS AND CULTURE EDITOR

Dance is an art form some say almost anyone can appreciate, although it may take time to discover that.

"Dance is a big part of society all around the world," Jaime Vargas, Royal Winnipeg Ballet ballet master and community outreach coordinator, says.

As a child, Vargas thought dance was boring, although he'd never seen it before. A few weeks into ballet classes, he says he changed his mind.

"Sometimes they're shy, and sometimes they don't understand the specific types of dance, but you don't have to understand it to appreciate or relate to it," Vargas says.

There are many types of dance out there, and Vargas says people may need to check out a few different types of shows before finding one they enjoy.

He thinks people are becoming more interested in watching dance, because the performers are now more often viewed as athletes, and the audience has a greater appreciation for the skill it takes.

"The combination of music and motion and story, it just creates a great connection for people to get in touch with their emotions," Vargas says.

Winnipeg's Contemporary Dancers artistic director Brent Lott thinks dance is becoming more popular because, in a world of so much disconnect, people want to be engaged.

"So much of what we experience is in short little tweets, in packaged little advertisements," Lott says.

He thinks it's important for people to step away from the digital world to sit still in a theatre and watch a piece of art created by a choreographer who uses human bodies to communicate.

"When you can hear the dancers breathing, when you can hear the thud of their body as it hits the floor, when you can watch their chest moving up and down with the rigour of the movement and marvel at what the body can do, it's giving people something that we don't get when we're sitting in front of our screens," Lott says.

He says we all communicate through movement, though most often it's through our faces and hands. Dance is a form of communication that uses the whole body. The audience just needs to be open to visually listen.



Jaime Vargas and Tara Birtwhistle in a past production of *Dracula*, RWB's season opener for 2016.

He compares contemporary dance to an abstract painting in that everyone will have their own interpretation of the piece, and that's okay.

"The fact that those things would be different for different people excites artists and choreographers," Lott says.

He refers to movement as a universal language and says everyone will walk away having had their own unique experience.

"Often you never know what to expect when you enter the theatre. You might be delighted. You might be inspired. You might be challenged. But for sure you will feel something," Lott says.



Winnipeg's Contemporary Dancers' season starts with *The Moon at Midnight*, running Oct. 7 and 8. Tickets are \$15 for students and \$25 for adults and are available at [winnipegcontemporarydancers.ca](http://winnipegcontemporarydancers.ca).

Royal Winnipeg Ballet's season begins with *Dracula*, running Oct. 26 to 30. Tickets start at \$29 and can be purchased at [buy.rwb.org](http://buy.rwb.org).

## MASTURBATION IS SELF-CARE

Solo sexual exploration

MELANIE DAHLING @SUGARDAHLING

ARTS AND CULTURE REPORTER

Despite its silly reputation, masturbation is an important part of sexual health.

Erika Reis, sexuality and reproductive health facilitator, says masturbation remains a taboo subject for many people she speaks with.

"I get to hear a lot of these misconceptions about masturbation and get all sorts of questions about it," she says.

Reis says a major contributing factor to the lack of understanding around masturbation is the lack of education.

Sexual education curriculums were last updated in 1998 in the Manitoba school system, and they currently don't include much information on the topic, Reis says.

Some misconceptions Reis says she speaks to people about regularly are that masturbation is morally wrong, that it damages a person's genitals, and even that it can cause acne and furry palms.

"Another big one that always shocks me is that many people still believe that only people with penises masturbate, and that's simply not true," she says. "Women in particular are shamed and sometimes

seen as nymphomaniacs or perverse if they admit to masturbating, so it may feel wrong or scary for some folks."

According to a pamphlet from Nine Circles Community Health Centre, when a person ignores the natural urge to explore themselves sexually, they may be holding themselves back from some mental health benefits.

"Masturbation may not be for everyone, but there are many real benefits to feeling yourself," Reis says. "You are making yourself feel good in a safe environment, and when you reach orgasm, so many endorphins are released, just like when you have sex with others."

Masturbation before bed can also help a person relax and be able to fall asleep easily, Reis says.

The benefits are not just about self-care on an emotional level. There has been a lot of research into what masturbation can do for your body.

"Masturbation is positively correlated with lower risk of prostate cancer and helps to flush certain bacteria and organisms, lowering the risk of cervical infections," says Dr. Reece Malone, sex therapist and sexologist.

It can also help prevent prostate cancer, heart disease and menstrual cramps, Reis says.

"And, finally, it's the safest way to have sex. No risks of STIs or pregnancy."

That being said, for those with sexual partners, masturbation can help everyone involved have a better time.

"When you've explored what you like and what you may not, you can better communicate that with your partners, and this leads to more satisfying sexual experiences," Reis says.

With sexual education in schools lacking, how do people receive information about healthy masturbation?



ILLUSTRATION BY GABRIELLE FUNK

Erika Reis works for the Sexual Education Resource Centre, which has many programs available for people from all walks of life, as well as an email form for questions.

Nine Circles provides a free confidential phone line. While their main area of expertise is STI information and prevention, the staff are knowledgeable about many sex-related topics.

Nine Circles promotes National Masturbation Month in May with attention-grabbing ads in public spaces.



If you still have questions, you aren't alone! Reach out to any of the above experts and more helpful people here:

**Sexual Education Resource Centre**  
[www.serc.mb.ca](http://www.serc.mb.ca)

**Nine Circles**  
[ninecircles.ca](http://ninecircles.ca)

**Free and confidential info line 1-800-782-2437**

**Reece Malone**  
[www.reecemalone.com](http://www.reecemalone.com)

## INTERSPECIES FAMILY

People are treating pets like children

MEG CRANE @MEGCRANE

ARTS AND CULTURE EDITOR

Services available for pets, and the rhetoric around them, have been changing in Winnipeg in recent years.

The emerging spas, retreats and daycares catering to our furry friends caught the eye of Showtime Productions Inc.'s show manager Sherri Rheubottom, who decided to start the Winnipeg Pet Show.

"I've always been passionate about animals and pets, so (I) basically came up with the idea to do the show, because people are obsessed with their pets," she says.

Last year, the company started running the Pet Show alongside its annual Wonderful Wedding Show and Winnipeg Baby & Kids Show.

"They've become such a huge, important part of the family," Rheubottom says about pets.

She's noticed that in recent years, people have begun to treat their animals more like children. It's common to see them in family photos and at weddings.

She says Showtime Productions' Bark in the Park proved that people want to bring their pets out with them when it filled Shaw Park with human and canine spectators for a Goldeyes game.

"People are spending as much, if not a touch more, on their pets than on their children," Rheubottom says.

Her hypothesis is that people are having human children later, so they start their family off with a non-human child, sort of as a trial.

Happy Tails Pet Spa co-owner Celeste Bennett thinks it has more to do with increased work hours. With people spending more time at their jobs, they need additional help caring for their animals.

She says their business has accumulated 3,000 clients since opening in June of this year.

"It helps people have more freedom when they have pets," Bennett says.

Someone doesn't have to worry about letting their dog out to pee between work and a Bomber game if he's at a doggie daycare, she says. Places like Happy Tails also make it easier for people to go on trips without their pets.

Rheubottom points out that places like this have been around for a while, just not in their current state.

"They're not just kennels anymore. We don't use that word anymore," she says.

The hotels are fancier, with couches and beds for animals to lounge on.



David Metcalfe holding two cats on Canada Day.

"You even see on social media people love dressing up their pets," Rheubottom says.

That's why they decided to host a fashion show at the Pet Show this year, much like the one at the Wonderful Wedding Show, she says.

Animals will be dressed in Halloween costumes and will then strut down the runway.

She says the whole weekend will be a one-stop petapalooza, and she expects a great turnout, much like last year.



The Winnipeg Pet Show takes place from Oct. 15 to 16 at the RBC Convention Centre. Tickets are \$12 and will be available at the door.

## EMBRACE THE STAYCATION

Stay home to get away from it all

MELANIE DAHLING @SUGARDAHLING

ARTS AND CULTURE REPORTER

You don't have to leave home to have a vacation. In fact, that's exactly what a staycation is all about.

Local actor Reba Terlson found that taking an at-home holiday had mental health benefits she says she doesn't get from a regular vacation.

"When I think about having to book places to stay, where you're going to eat, if you're going to try and cook on your vacation to save money, plus trying to plan daily activities — it can be a little overwhelming," she says.

Terlson booked time off work during the run of her Winnipeg Fringe Theatre Festival play. She says this allowed her to get the most out of the experience, as she was able to see other shows by both local and international artists.

"I describe it as like kind of a huge theatre camp. It's a camp I wish I had gone to when I was younger," Terlson says.

By staying home during her time off work, Terlson was able to focus on doing the things she loves doing at home.

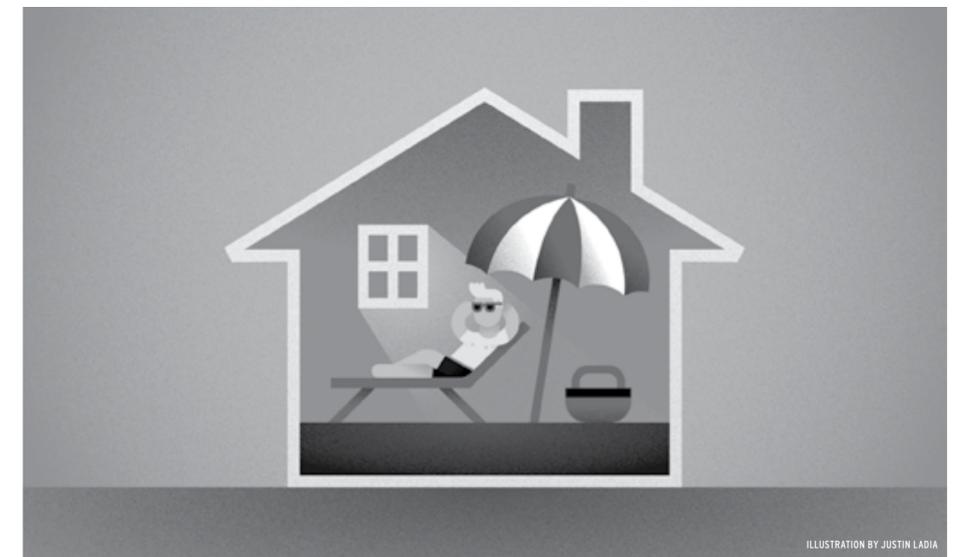


ILLUSTRATION BY JUSTIN LADIA

"I think choosing a staycation can be less stressful, and you can do things that you haven't thought of doing in your city before."

For those looking to indulge in some local luxury, there are many options available.

Thermæ spa, next to Crescent Drive Golf Course, offers Nordic relaxation techniques. A day at the Manitoba Museum can include history lessons, stargazing and scientific discoveries. McNally Robinson regularly hosts inexpensive events for book lovers.

Inside The Fort Garry Hotel is Ten Spa, a space with employees who pride themselves on making people feel special, spa director Elena Zinchenko says.

"Perfect Ten is what we strive to deliver to each customer and for every treatment. We call it an attitude-free zone," Zinchenko says. "Good enough for a queen." Queen Elizabeth stayed at The Fort Garry twice before, she adds.

Zinchenko says out of the thousands of guests she books each month, 90 per cent of them are locals. She says the spa offers many packages that include overnight stays to provide a "no-brainer staycation" option for Winnipeggers.

For Terlson, sleep was a top priority on her staycation.

She normally opts for inexpensive but noisy hostels while travelling, which didn't help her have restful vacations. Being able to stay home and sleep

somewhere familiar eliminated the stress of adjusting to sleep in a new bed, Terlson says.

"My daily job at that point required me to get up at 5 a.m. at least twice a week for my 6 a.m. shift, so being able to sleep in even until like 9 or 10 felt like such a relief."

Terlson says while her staycation was necessary due to the time off she needed to perform in the Fringe Festival, she looked forward to it more enthusiastically when she clicked into vacation mode.

Terlson says her staycation left her with a well-rested body, new friends and knowledge of Winnipeg neighborhoods she had previously not explored.

## CKUW TOP 20

September 26 - October 2, 2016



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

TW	LW	C	ARTIST	ALBUM	LABEL
1	1	!	Kevin Roy	Heartworn Highways	Self-Released
2	2	*	The Pack A.D.	Positive Thinking	Cadence
3	6	!	Royal Canoe	Something Got Lost Between Here And Orbit	Nevado
4	3	!	Holy Void	For Everything Else	Self-Released
5	7	*	Andino Suns	Madera	Self-Released
6	5	!	Paris To Kyiv	Fragmenti Remixes	Balanced
7	4	*	The Forbidden Dimension	Every Twisted Tree Watches As You Pass	Sounds Escaping
8	NE	!	A La Mode	Perfection Salad	Self-Released
9	12	*	Tuns	Tuns	Royal Mountain
10	16		Imarhan	Imarhan	City Slang
11	8	*	Badbadnotgood	IV	Arts & Crafts
12	21	*	Tanya Tagaq	Retribution	Six Shooter
13	17	!	Surprise Party	Sh-Shake Your Booty	Transistor 66
14	9	!	Will Bonness	Halcyon	Self-Released
15	11	!	Del Barber & The No Regretzkys	The Puck Drops Here	True North
16	10		Deerhoof	The Magic	Polyvinyl
17	14	!	Mulligrub	Soft Grudge	Self-Released
18	15	*	Brendan Canning	Home Wrecking Years	Arts & Crafts
19	25	!	The Zorogs	Chew On It	Transistor 66
20	13	*	Burning Hell	Public Library	Headless Owl

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## A DOG'S LIFE (CHIENNE DE VIE)

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

★★★★☆

Plays at Cinematheque Oct. 13  
as part of the Spare Some Change festival

The relationship between humans and dogs is historically significant. Our "best friends" have lived among us for thousands of years. We share body language and social cues, and the bond between dog and caregiver is profound.

Hélène Choquette's documentary, *A Dog's Life*, shows how homeless people and their dogs have heightened relationships, as well as how society tries to pry them apart.

The film follows a handful of individuals in Toronto and Montreal

experiencing varying degrees of homelessness. Some are addicts, recovering or otherwise. Others are living in the aftermath of mental illness, divorce or a life behind bars. Some have a bed in Bethlehem United, Toronto's only pet-friendly homeless shelter. Others live in cars or tents or beneath trees or bridges.

All the subjects credit their dogs as the reason they've survived. They narrate their own stories with sensitivity, but never at the expense of brutal honesty. The absence of an objective narrator or any kind of onscreen exposition gives the film a confessional feeling. We're hearing the stories of people who are rarely invited to share them.

That lack of narration doesn't always help the film. Its omission raises questions the film can't answer. For example, the film's subjects are overwhelmingly white, and Choquette never indicates why. Is it easier for white people on the streets to find pets than it is for people of colour? If so, it's a topic ripe for exploration. Unfortunately, the film doesn't go there.

## UNLOCKING THE CAGE

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

★★★★☆

Playing at Cinematheque Oct. 14 to 21

Documentarians and longtime collaborators D.A. Pennebaker and Chris Hegedus have turned their lenses on some larger-than-life subjects, from rock stars to political giants. Thus, it's surprising their newest film focuses on polite and unassuming animal rights lawyer Steven Wise.

But *Unlocking the Cage* is far from unassuming. The film follows Wise and his colleagues in the Nonhuman Rights Project in their quest to have animals recognized as legal persons. In this case, the particular animals are a few captive chimpanzees in New York state. Wise wants a court to declare their captivity a violation of *habeas corpus* and have the apes moved to a sanctuary.

His aims aren't as eccentric as they seem. When corporations are considered persons, it's absurd to suggest intelligent animals can't be. It's an intelligence we see firsthand when Wise visits chimps who use sign language or computers to communicate in complex sentences.

The film functions as a courtroom drama. It's fascinating to watch the preparation that goes into building a legal case to accomplish something outside the realm of settled law.

At one point, during a practice mock trial, one of his judges grills him on his position, and it's evident how heavily the odds are stacked against him. In his actual trials, it's astonishing the hoops judges jump through and the straw men his opponents construct to avoid making an unconventional ruling.

Pennebaker and Hegedus aren't reinventing the documentary wheel here. That's hardly a crime, but when you're dealing with filmmakers who actually *did* break major ground in the medium, their choices seem safe. The film begins *in media res* for no apparent reason, for instance. These problems aren't really problems, and it's hardly a complaint to say *Unlocking the Cage* is merely very, very good.



Carefully tending to the plants requires protective equipment so as not to contaminate the product, which could cause big problems for recipients who are immune-compromised.

WORDS BY ALANA TRACHENKO

PHOTOS BY DANIEL CRUMP

@ALANA\_WPG

@DANNYBOYCRUMP

Manitobans currently spend between \$300 and \$500 million on marijuana annually, and that number is growing.

Your across-the-hall neighbour or pizza guy with his baggy of shake may contribute to that total, but recreational marijuana is only a small piece of the puzzle. Medical marijuana is one of the province's and country's fastest growing industries, and in Winnipeg, it comes from a manufacturing plant that is as regulated as a pharmaceutical company that produces OxyContin.

COVER FEATURE continues // NEXT PAGE



John Arbuthnot, president and co-founder of Delta 9 Bio-Tech, sees medical marijuana as an opportunity for growth.

Since receiving their license in 2014,

Winnipeg's Delta 9 Bio-Tech has supplied patients across Canada with government-grade medical marijuana and is currently Winnipeg's only licensed producer. Vice president and co-founder John Arbuthnot has found himself in the right place at the right time.

"This is an opportunity for a growth industry the likes of which Canada has not seen since the dot-com era," Arbuthnot says. "You really haven't seen an opportunity for this many new companies, this influx of investment capital and ultimately the investment return on an industry that is being sprung from nothing."

Delta 9 currently produces \$1.5 million of product per year, an amount that will go up to \$3.2 million by the end of 2016 and \$150 million by 2020, Arbuthnot says. Not only are they seeing more patients, but he says they are also preparing to supply a soon-to-be legalized recreational market.

"We would look at both," he says. "The production elements would be very similar."

Delta 9's production is carefully monitored by Health Canada to ensure safety and quality up to the same standards as other medicines and narcotics. Unlike pills, however, plants pose a unique set of challenges when it comes to standardization.

"We're looking to emphasize the production of the medicinally active cannabinoids. To achieve that, we're looking to maximize the amount of resin production," Arbuthnot said.

While marijuana has been used throughout history for pain relief and to treat a variety of ailments, it was only approximately 30 years ago that medical marijuana received some backing from science. Our bodies have cannabinoid receptors – CB1 and CB2 – which are part of the endocannabinoid system and are present in the nervous system, connective tissues, glands, organs and immune system.

What do they do? Our endocannabinoid system keeps everything balanced, despite external changes, through a process known as homeostasis. Depending on the patient, cannabis will go to work in different ways, and it's prescribed for a variety of different reasons.



Plant production is closely monitored by Health Canada.



Arbuthnot predicts that marijuana production will eventually move towards emulating more traditionally medical products, such as pills and creams.

## RX connection

This summer, MCRCI (Medicinal Cannabis Resource Centre Inc.) opened its first centre in Winnipeg. The national company is based in Vancouver and has opened locations throughout Canada to connect marijuana patients to knowledgeable doctors. President and CEO Terry Roycroft says the number of patients is growing exponentially.

"For the last year, every quarter they would see about a 50 per cent increase in the amount of patients signing up," Roycroft said of the country overall. "In the last quarter, it jumped to 120 per cent, meaning over 8,000 patients signed up in the last month."

MCRCI patients can come into the clinic and connect with doctors from throughout Canada via a telehealth conference. After receiving a prescription, they will work with a patient care specialist, who walks them through the different consumption options and purchasing from a licensed producer, like Delta 9.

According to Roycroft, many patients are using marijuana for the first time. Older adults are directed to the clinic by their kids, who see an alternative to the endless parade of pill bottles for a variety of health issues.

Yet some stigma still exists around using pot to help with issues like arthritis. If people have only heard about marijuana grouped together with drugs like cocaine, heroin and ketamine, they may see more harm than good.

But for those who don't want to get high or smoke a joint to get their medicine, there are plenty of options.

"We see the future of medical marijuana becoming more medical," Arbuthnot says. "Long term, I don't see it as the dried flower. I think medical marijuana will naturally move toward pills and creams and oils and sublingual sprays and a patch ... all those things that pharmacists and doctors are more used to seeing in their clinical practice."

All of these products deliver a very specific mix of THC (tetrahydrocannabinol) and CBD (cannabidiol), which can lower or totally remove the "high" feeling from marijuana while keeping the positive effects.

What are patients coming in for? Roycroft says the number one concern is chronic pain. Following that, it's sleep issues and stress.

"They're all interrelated," Roycroft says. "If you have pain, you can't sleep, and if you can't sleep, you'll feel the effects of stress."

The list goes on to include patients with muscle spasms, PTSD, anxiety, depression, glaucoma, cancer and autoimmune deficiency diseases. Patients in palliative care are sometimes prescribed marijuana to increase a sense of well-being and peace.

"People tell us, 'This is fantastic. It saved my life,'" Roycroft says. He adds that legalization is imminent, but for those looking to use it for medical purposes, going through a doctor is still the better, and cheaper, route.

## Myths and taxes

When it comes to cost of medication, Arbuthnot is hoping to see marijuana treated in the same way other prescriptions are.

"Currently only about six to seven per cent of our patients have their medicine covered under insurance – an incredibly small number," he says.

"That being said, a lot of insurers are starting to come on board with medicinal marijuana, because they're realizing that, in many instances, when a patient starts taking medical marijuana, they will stop taking some other drugs, usually more expensive narcotic drugs, so there can be a lot of replacement that's to the benefit of the insurance company."

Buying from a licensed producer will cost patients between \$4 and \$9 per gram, but as of Aug. 24, patients also have the option to grow marijuana at home. For those who require high doses or are low-income, growing at home represents a much more affordable option at \$1 to \$2 per gram. It depends on what you need, Arbuthnot says.

"There's the cost savings, plus there's the effects of, 'I'm tending to my own garden and growing my own medicine,'" Arbuthnot says. "Here, we can guarantee with product testing what we're selling ... we sterilize our product to make sure there is no mould or mildew, and for patients who are immunocompromised, that becomes the most important factor."

He compares it to making your own wine. It can take many rounds before you get a quality product and up to six months before the first batch is ready for use.

"Anyone can grow marijuana," Roycroft says. "It takes special skill to grow good marijuana."

He, however, sees the new legislation as a positive step forward for the medical marijuana industry, like many of the changes that have taken place recently. It's easier than ever for patients to get access to what they need.

One of the decisions patients may have to make is whether to purchase indica or sativa, which may be generally talked about as having varying effects: Sativa provides an energetic head high, while indica will find you stuck on the couch with a deep body high. However, Arbuthnot says there's little evidence to support those claims.

"The difference is where the plant dates back to," he says. "Sativa is the more spindly thin-leaf variety that would grow more naturally in the rainforest ... where the indica variety, the shorter, squat plants with the fat leaves, are more predisposed to mountainous regions."

"So now does that extend to the medicinal value?... Really, there's very little evidence to corroborate any of that. We see high and low potency in both ... the jury is still out on whether there is a difference."

"Anyone can grow marijuana... it takes special skill to grow good marijuana."

- Terry Ruychiff



## DRY WIT

WITH ANASTASIA CHIPELSKI

@ANACHIPS

### STOP FIGHTING YOURSELF

When I first decided to make a change, I didn't know that sobriety was more than just not drinking. There's a vast gulf between the absence of booze and the presence of sobriety.

Drinking is one of the oh-so creative tactics we humans have found to escape, to numb out, to access another space for a little while. So without drinking, what happens? We're not the kind to leave a void unfilled, so the numbing tactics just shift.

Sometimes binge-watching series on Netflix steps in as the new chief route to not-being-here, or pursuing relationships, or working too hard, or compulsive snacking. Maybe a new hobby takes over. Most of these activities are perfectly normal until we become dependent on them. Then they're not really fun. They're simply there to fill the void of avoidance.

Not drinking is the first step, but sobriety is a path, with the end goal being the ability to hang out with yourself, with whatever's happening, and not run away. And that's no small feat.

This was all a huge surprise to me when I quit drinking.

I wrangled with the gut-wrenching reality of suddenly having to live with myself 24/7. The act of numbing out, even sporadically, had previously offered a reprieve from this. I had never had to sit in my own company so constantly, and I never noticed just how much of a jerk I was being to myself.

Jerk is an understatement, really. My mind was spinning around relentlessly, and the narrative that I'd spent so much time escaping was now undeniable, and it was unbelievably cruel.

There's a lot of talk about self-acceptance and self-care, but in the beginning, that can be a lofty goal.

The first step was to learn how to not be a total bully to myself. Then to tolerate myself. Then, slowly, to consider being a friend to myself. Then maybe extend some kindness, some care, and maybe even some love towards myself.

Being stuck in your mind when you are your own worst enemy can be draining, hence the urge to find some reprieve from staying present. In the early days, I wasn't drinking, but I was still reaching for whatever other only slightly less harmful tools I could use to numb out. And that's not that unusual, or even such a bad thing. It was just part of the process.

I started out on this road alone, but my saving grace in early sobriety was finding a group of like-minded people. These folks were sober for a whole range of different reasons, but many of them had been through the same battles and had



ILLUSTRATION BY GABRIELLE FUNK

discovered different tactics and support systems to work their way closer to, if not inner peace, at least an inner cease-fire.

The ways these new friends cared for and were kind to each other gave me models for caring for and being kind to myself. Maybe I would have figured that out on my own eventually, but it would have taken a very long time.

There's a reason many recovery programs are group-based models – we need others to help us along when we're

re-learning how to be ourselves in this new way. Because not drinking is one thing, but sobriety involves taking a good hard look at yourself, and, in many instances, making some serious changes. It's so much more than not drinking, and that's the very best part.

Anastasia Chipelski is the Managing Editor at The Uniter. She used to be a real jerk to herself but has since signed a truce.

## NEWS BRIEFS

ANASTASIA CHIPELSKI // MANAGING EDITOR

@ANACHIPS

### Mental Illness Awareness Week

The theme of this year's Mental Illness Awareness Week is Spreading Awareness, Reducing Stigma. From Oct. 2 to 8 especially, the local branches of the Canadian Mental Health Association (CMHA) encourage Canadians to share stories of how stigma around mental illness has affected their lives, and CMHA also offers resources through [mbwpg.cmha.ca](http://mbwpg.cmha.ca).

### Dr. Amie Wolf for Weweni

On Oct. 12 from 12:30 to 1:30 p.m., visiting scholar Dr. Amie Wolf will offer a free lecture on the economic importance of Indigenous education as part of the Weweni Indigenous Scholars Series. Wolf's lecture, titled Exploring the Imperative for Indigenous Required Courses at Post-Secondary Business Schools in Canada, is free for all to attend in Eckhardt-Gramatté Hall.

### Steps towards safety

A new initiative called Winnipeg Safe City, helmed by Manitoba Status of Women and the City of Winnipeg, was recently launched. They plan to work with communities, police and government to "generate innovative approaches to preventing and reducing harassment and sexual violence against women and girls in public spaces." More info can be found at [winnipeg.ca/UNWpgSafeCity](http://winnipeg.ca/UNWpgSafeCity).

### Bikes and beans

The UWSA Bike Lab is holding a Tune-Up & A Coffee event on Oct. 13 from 10 a.m. to 1 p.m. at The Good Will Social Club. They are offering a basic bike tune-up along with a coffee for \$10, with funds raised going to support the Bike Lab's programs. The event will also be a meet-up for those keen to learn about the Bike Lab as it prepares to re-open after relocating down Spence Street.

### No minimum wage bump

Manitoba will not join Alberta, Ontario, Prince Edward Island and Saskatchewan in raising the minimum wage on Oct. 1, a move met with mixed reviews. The Canadian Federation of Independent Business support the freeze and ask the government to pursue tax relief instead. Manitoba Federation of Labour President Kevin Rebeck issued a plea to Premier Brian Pallister to "give low-income Manitobans a raise."

### State of the University

Catch Dr. Annette Trimbee over lunch on Oct. 17 for her annual State of the University Address. This event is open to all faculty and students and will be held in Eckhardt-Gramatté Hall from 12:30 to 1:30 p.m. In her first Address last year, Trimbee highlighted the university's priority in developing leaders and outlined more general highlights from her first year in the position.

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# PROPER PRACTICE

20x20 vision on sustainability

TALULA SCHLEGEL

NEWS REPORTER

@TALULACORA

October is sustainability month, and one way to celebrate is with the second annual 20x20 Sustainability Night event. This event is hosted by the Manitoba Education for Sustainable Development Working Group (MESDWG) and gives Winnipeggers an opportunity to get some education, brush up on sustainability practices and have a cocktail, too.

"As a group, we were looking for a way to engage members of the general public," Ellen Cobb-Friesen, event organizer with MESDWG, says. "We wanted the focus of the evening to be on made-in-Manitoba ideas for a sustainable world."

Cobb-Friesen says attendees can hear a range of speakers, but the focus is on Manitoba-inspired and diverse participants. They wanted to ensure different presentation styles, communities and backgrounds were captured for the event while still focussing on sustainability.

"We will have a series of seven speakers presenting who will have 20 slides to present to and only 20 seconds to speak to each slide, so there's no 'death by powerpoint,'" Cobb-Friesen says.

CBC reporter Trevor Dineen will host the event. Speakers include locals from BeeProject Apiaries, FortWhyte Farms, the Immigrant and Refugee Community Organization and more.

"We want to make sure we cover the three main pillars of sustainability (economy, environment and society) in addition to the four main themes of Sustainability Month (food, water, waste, energy)," Cobb-Friesen says. "It's fun, because we'll get people attending for one speaker but become very interested in what other speakers have to say about a different passion area."

The purpose of the evening, Cobb-Friesen explains, is to engage with the issues by assembling a community who will take action such as lifestyle changes, volunteering or even speaking about the issues.

"We hope that ... everyone will participate in other events throughout Sustainability Month and the rest of the year. Everyone is buzzing with excitement from hearing about such interesting topics," Cobb-Friesen says. "I really feel like we have a community of people who are invested in living in a sustainable world."

Danielle Mondor, farm manager at FortWhyte Alive, will present on how the farm partners with high schools and youth serving agencies who host after-



Speakers at the 20x20 Sustainability night will consider topics like agriculture and nutrition.

school programs. The curriculum includes education on nutrition, agriculture, workplace safety, financial literacy and community-building, with the hope of improving youth employment.

"Youth have a deep craving to care for one another, and FortWhyte Farms is a place to develop stewardship and put it into practice," Mondor says. Their goals for similar programs include creating sustainable communities, following organic standards, conserving resources, increasing biodiversity and shaping the ways we interact with food and nature.

Mondor believes that the youth they engage with through their program have

valuable insight and knowledge when it comes to sustainability.

"We need young people engaged in issues like healthy food, good jobs, urban green spaces, safe recreation, sustainable urban infrastructure and how it all connects to the natural world," Mondor says.

"I'm excited to share snippets from the farm and learn about what everyone else is speaking about," Mondor says. "I'm honoured to represent FortWhyte Farms alongside other Winnipeg changemakers speaking next Monday."

# THE IMPACT OF CANADA GEESE

Their habits are changing, thanks to us

MEG CRANE

@MEGRANE

ARTS AND CULTURE EDITOR

The migration habits of Canada Geese within Manitoba are changing, and whether that's a good or bad thing depends on who you ask.

Jacques Bourgeois of Oak Hammock Marsh Interpretive Centre says they've seen fewer geese this year because of the increased number of ponds in small developments around Winnipeg.

Despite that, the marsh is still experiencing its usual busy season as it hosts various events revolving around the geese's preparation to migrate south.

"For some people, it's their annual pilgrimage to the marsh to see the birds," Bourgeois says.

He says moving from the marsh to urban ponds has no negative impact on the birds themselves, except that people living nearby don't particularly appreciate their presence.

"A lot of people find them a nuisance, geese, because of their excrements and noise," Bourgeois says.

He, however, sees introducing wildlife into neighbourhoods as a good thing. These ponds attract small mammals, birds and insects and butterflies to create a small ecosystem, Bourgeois says.

"Canada geese are becoming urbanized," University of Winnipeg biology professor Scott Forbes says.

He agrees that Canada geese populations within city limits are increasing due to the number of reservoir ponds.

Forbes says they can be extremely aggressive and dangerous, so people need to be cautious.

He says giant Canada geese can take on coyotes and fox, and will if they feel threatened. Especially if they perceive their young to be in danger.

"They're actually extremely intelligent birds as well," Forbes says.

In the field, he's had to walk close to nests and has found he was able to communicate with them that he would not harm them just by not looking their way.

"If I just kept walking and didn't look at them, they'd leave me be," Forbes says.

This high population of Canada geese can actually have a negative environmental impact on the city though, Forbes says.

"When you have 120,000 geese defecating on the lawns and it getting into the waterways, it's actually a significant pollution source," Forbes says.

While the impact of global warming on the birds is apparent, Forbes says it's not necessarily a problem for them.

"Birds are sort of the first symptoms of climate change," Forbes says. Because of increasing temperatures, they arrive for summer earlier and leave later in the fall.

With some species of birds, this can cause major issues as their reproductive patterns get out of sync with when their prey is available, Forbes says.



ILLUSTRATION BY ANGELA GODDY

"The geese wouldn't be quite as vulnerable, because the parents live off of stored fat reserves," he says.

While the weekly waterfowl count shows numbers of geese are lower than usual at Oak Hammock Marsh, Bourgeois says they're still a spectacular sight.

With 27,000 geese counted on Sept. 28 compared to about 50,000 this time in 2010, Bourgeois says seeing them congregated together is still a spectacular sight.

He describes a flock of Canada geese lifting off to fly together as a fireworks of feathers, which creates quite a noisy scene.



Michael Champagne (left) joined by Gracie Lou, Henry, Jenna "Licious" Wirch, Justin and Lenard Monkman in front of Thunderbird House.

# SAY HEYO TO AYO!

Indigenous youth take action in the North End

TALULA SCHLEGEL

NEWS REPORTER

@TALULACORA

The youth-led initiative Aboriginal Youth Opportunities (AYO!) focuses on community economic development, exploring Indigenous youth identity and building family in the neighbourhood of Winnipeg's North End, or what AYO! calls "The Village."

The initiative sparked from a standalone event hosted at The Circle of Life Thunderbird House in March of 2010. It was decided then that it needed to be more than just an event.

"Thanks to the elders council that had offered the space for free" so that the youth could gather, Christopher Clacio, community helper/learner with AYO!, says. "During that meeting, 28 young people from the North End and inner city had gathered together to network and find ways of giving Indigenous youth public

spaces and opportunities to use their gifts and talents."

Clacio's involvement with AYO! began in 2014. He is now a community helper during weekly events like the Meet Me @ the Bell Tower (MM@BT), Water Wednesday, the Brainstorms and Youth Pipe Ceremonies.

Clacio says three important steps were taken during this meeting. One: the name, two: the AYO! Code and three: autonomy.

"(One of) the very important steps that made AYO! become real (was) the development of the AYO! code, which was breaking stereotypes, reversing hypocrisy, finding institutional solutions and, lastly, respecting traditional knowledge," Clacio says.

"The focus of this group would always emphasize and function on the notion of volunteering and being a helper (without) the need for funding or money."

Clacio says the community events, activities and actions AYO! initiates focus on inclusivity, acceptance and education.

A program called Youth Pipe Ceremony opens a physical space which introduces Indigenous and non-Indigenous participants to traditional Indigenous values and knowledge while also correcting misappropriation and breaking down barriers to communication.

"I have been deeply affected by AYO! in so many ways, but (mainly) it would go to this notion of relationship permanence," Clacio says. "For me, relationship

permanence means (learning to) create permanent relationships with total strangers that have become more like your own family or 'your family of choice.'"

Clacio says his thoughts are in long-term solutions which aim to provide hope for future generations and instill pride in who they are and where they are going — just as AYO! has done for him.

"These folk are a rowdy bunch, and just being around them makes you feel that things are changing in a good way," Clacio says.

"Learning about my identity, I (now) feel very grounded in who I am and who I want to be, and I feel like AYO! has been a big part of that," Michael Champagne, community organizer, says.

"(AYO!) has allowed me to encourage other young people to look at their Indigenous heritage as a strength. Where young people find their culture, they also find their gifts, and they have a responsibility to hone and sharpen their gifts but also share them with the community around them."

Champagne says that, in part, AYO! was founded for Indigenous youth to reclaim their voice. He explains they are misrepresented in the media, and they wanted to be the ambassadors of their own image. Champagne says AYO! organizes itself to work cooperatively with businesses, organization and boards in the North End.

"We have a team of like-minded helpers who are interested in leading by example to make our community a better place," Champagne says. "As street educators, our accountability lies directly with our neighbours and our peers in the inner city, and so it's important for us to explain to anyone who cares to know about the systemic work that we've been trying to accomplish for aboriginal youth and everyone overall."

Champagne says AYO! is also working to address the Indigenous suicide crisis

in Canada. He says initiatives such as Red Rising Magazine, which amplify Indigenous voices, have the potential to spark change.

"We have to remember that our attention gives power, so if we focus more on solutions and productive things and what's working well, we can recreate more of those things," Champagne says.

Champagne says some people have an increased capacity to help and, in that, it's important for them to recognize their ability and responsibility to achieve their potential and use those gifts to benefit the community, make change and follow through with tangible action.

"The question we get asked sometimes is 'what do your Bell Tower rallies do anyways?' I think the answer is it doesn't do a lot for people who don't show up," Champagne says, "but it does do wonders for people who do show up."

Currently, AYO! is going through a generational turnover, and with that change comes the passing of leadership roles to a capable, younger generation.

"AYO! is looking at engaging a younger generation of urban Indigenous youth leaders who want to get involved. (We want to) create space where they can step into leadership roles and share their gifts, and then we will be there as mentors and helpers to support their idea," Champagne says. "So I can't tell you what it is we are going to be doing, because it's up to them."



Michael Champagne (left) and friends on air at CKUW.



Meet Me @ the Bell Tower happens every Friday at 6 p.m. at Selkirk Avenue and Powers Street. Find more about AYO! at [ayovement.com](http://ayovement.com) or find them on Facebook.



## BONDING OVER ENGLISH

English Language Program students are set up with volunteer friends

MEG CRANE @MEGCRANE

ARTS AND CULTURE EDITOR

Fluent English-speaking volunteers help international students at the University of Winnipeg integrate into their new environments simply by becoming their friends.

The English Language Program pairs students who are learning English with people who can help them build on their language skills and learn the nuances of the culture here.

"It's something amazing, because if the students have any kind of questions about the culture or need tips about the city, they can come to us, but they can also go to the language partner," Student Life coordinator of the English Language Program Carolina Gonçalves says.

The pairs can choose any activities – whether that's going for a walk, to the

movies or for coffee – but need to spend a minimum of 12 hours together over the course of a semester.

"Usually, the reaction is quite positive. They become friends. That's the most common thing that happens. After the 12 hours, they meet again to go for coffee, even after the program has finished," Gonçalves says.

After having a Canadian volunteer help her, Eri Tetsuha has come back to the program as a volunteer.

Although she's excited to be back, she's worried that whoever she's paired with will be disappointed they got a Japanese volunteer instead of a Canadian partner. "I knew that ELP wants more volunteers," Tetsuha says.

She feels lucky to have had one last year, as not everyone who requested a partner got one. Last year, Tetsuha's partner taught her about Canadian culture and slang.

"She was more of a friend," Tetsuha says. "It's kind of difficult for me to get Canadian friends."

Her partner was also a university student, but was working full-time. Tetsuha says this showed her a different kind of student lifestyle. Without this volunteer, Tetsuha says her first year in university would have been boring.

"I would recommend anyone who speaks English to volunteer," Tetsuha says.

Regulations are loose. Anyone can apply to volunteer. They just need to be prepared to commit the time, submit two references and have a criminal record check.

"Basically, we match them up according to their interests, and that's to make sure



Eri Tetsuha is a volunteer with the English Language Program.

that they will generate conversation," Gonçalves says.

Pairs are introduced to one another at a meet and greet, then left to make their own schedule.

Gonçalves says everyone involved gets something out of the program. International students have someone to help guide them through their new environment, and volunteers are introduced to things they haven't experienced before, such as food and music.

"Being part of this program is an amazing experience, not just because you're learning about another culture, but you'll meet other international people who are having a good experience here in Winnipeg," Gonçalves says.

She says they are always looking for more volunteers to pair with students.

Applications to volunteer for the program are at [uwinnipeg.ca/elp](http://uwinnipeg.ca/elp) and in the Student Life office at 1C1B.

## WE NEED TO TALK

Sexual Assault Isn't An American Problem

MEGAN LINTON

VOLUNTEER

It's easy to avoid conversations about sexual assault, and Canadian institutions have been fairly successful in doing just that. Sexual assault is a rampant issue across post-secondary institutions in North America. It doesn't just happen at large American colleges, despite Canadian post-secondary institutional rhetoric.

Canada is not a liberal utopia where sexual assaults do not occur, and campuses are not safe havens from sexual assaults. Some Canadian institutions can be just as schemy, secretive and propaganda-ridden as their American counterparts.

Consistently, institutions are reporting zero sexual assaults occurring per year, a number that is statistically impossible. The three major post-secondary institutions in Winnipeg reported seven sexual assaults over the course of four years.

In order for the Canadian campus consent culture movement to continue, media needs to hear and respond to the stories of people affected by sexual assault, students need to demand answers from universities and governments need to demand honesty from these institutions.

After the Stand-Alone Policy initiative that students from the University of Winnipeg and the University of Manitoba created, and the Consent Culture forum from the Canadian Federation of Students, there has been silence from the large majority of Canadian students.

This year, aside from pointed posters around campuses decrying poor sexual assault policies at American colleges, Canadian schools have largely been devoid of conversations about consent and sexual assault. A transition to a consent culture cannot come with conversations among a select few. Conversations must extend to all social groups, all faculties, all schools and all genders.

Folks who pride themselves on being part of the conversation need to extend beyond posting stories of Brock Turner on Facebook with an accompanying angry emoji and "how is this still happening? I hate America!" status.

The Facebook posts and shares are not enough. There needs to be space created where victims can feel safe enough to share their stories and a space to critique the policy and reporting standards of Canadian institutions.

Although it would be fun and easy to pretend that zero sexual assaults happen at universities, this is not the reality in



the slightest, and to pretend is to silence and ignore victims. To be an ally is not to post articles or links, to be an ally is not to rant about Brock Turner and, most importantly, to be an ally is not to be silent.

Silence is conducive to furthering the cycle of shame, stigma and victim-blaming. Silence is conducive to furthering misconceptions about consent that themselves can result in sexual assault.

Students at Canadian universities need to hold the institutions accountable for supplying accurate sexual assault statistics, for updating policy in order to educate on sexual assault and consent culture and for creating spaces for victims to feel safe, supported and able to tell their stories.

We need to continue with the momentum from last year. We need to push forward with policy change with the new government, and the Progressive Conservatives need to understand the importance and timeliness of this issue.

This is not just for women's rights activists or radical lefties or women. Rather, as a collective, students need to begin this conversation for the sake of victims who have been silenced for decades. So we should probably talk about it. We should probably talk about the silence of the universities, the silence of the government and the resultant silencing of victims, happening here, 3,000 km north of Brock Turner.



## THE PROFILE - DR. LLOYD KORNELSEN

GRADUATE PROGRAM CHAIR, PEACE AND CONFLICT STUDIES

ANASTASIA CHIPELSKI

MANAGING EDITOR @ANACHIPS

Dr. Lloyd Kornelsen's first career was carpentry, which he practiced for a decade after high school. This year, he returned to that practice, built a sauna at the lake and found some interesting parallels between physical and intellectual labour.

"How I construct a sauna and the challenges in building something like that are not that different from constructing a paper," Kornelsen says.

Kornelsen has been a scholar for 25 years, but he just completed his PhD three years ago.

"I have a short attention span, to be honest. I've done a whole lot of things in my life," he says.

"I was always interested in (the area of conflict resolution) because regardless of what I did in life, or what I chose to do for work, there happened to be situations around human conflict. And I sort of gravitated to that area."

Kornelsen recently completed writing a book, *Stories of Transformation: Memories of a Global Citizenship Practicum*, that reflected on a course that took place in Costa Rica 11 years ago.

"I think most everything that we learn, we learn through living life and in reflecting on it. And I think some of the greatest challenges we face in terms of understanding the way we relate to the world – and some people call that global citizenship – happen when we travel and we live with people from what we think is really far away."

Kornelsen was recently appointed as graduate program chair for Peace and Conflict studies, and his advice to those considering graduate studies reflects the meandering and interconnected path he also took in his career.

"The cynic in me says 'make sure you get good grades in your undergrad degree,'" Kornelsen says. "The person who at age 57 doesn't really quite know what he wants to do with his life says, 'embrace life and go where you want to go and think many thoughts,' because I think the opportunity to do grad studies will open up to you if you live your life with joy and goodness and thoughtfulness."

**AREA OF RESEARCH:** Peace Education.

**NUMBER OF PEER-REVIEWED ARTICLES PUBLISHED:** 17.

**LOWEST GRADE IN UNIVERSITY:** B+ in History of Education in Canada.

**WHAT'S YOUR SUPERPOWER:** Walking slowly.

**WHAT'S THE BEST THING ABOUT YOUR WORK:** Teaching - being together with others, talking about things that matter to us all.

**WHAT'S THE LATEST BOOK YOU READ:** Finnish Lessons (How classroom teachers shape education policy in Finland)

**WHAT'S YOUR FAVOURITE SNACK TO GRAB ON CAMPUS:** An apple when I'm happy. A puffed wheat square when I'm sad.

## TO ERR IS TO BE HUMAN

Technology should be an aid, never a crutch

JESSE BLACKMAN

VOLUNTEER @JSSBLCKMN

The City of Winnipeg will take proactive steps to prepare for self-driving vehicles, but there are many reasons to question how great this technology really is.

Having logged over 1.5 million miles with its prototypes, Google promotes self-driving vehicles as providing greater independence to drivers, as these cars often permit road access to people who would otherwise be unable to drive. They also say the cars will provide greater safety on the road, claiming that between 1.3 and 1.5 million people are killed each year in collisions, 94 per cent of which were the result of human error.

Yet the main concern with self-driving cars may be identical to the reason for promoting them: human error.

Without a doubt, good driving takes practice. It's a skill that will always be shaped by the technology of the day. The shift from manual to automatic transmissions saw a clear division in drivers' abilities: Those who could drive stick and those who could not.



Driving is a fine balance of human skill and human error.

In the same way, computer-based perception technologies allow drivers to let their skills atrophy. Back-up cameras, lane departure warnings and blind spot monitors are helpful in making driving easier, but that's precisely the problem.

Using perception technologies, there is less of a challenge parking in tight spaces, texting and driving is safer if your car will warn you when you start to drift and monitoring your blind spot is probably less dangerous than taking your eyes off the road. Of course, that is, until something doesn't work.

When software technology begins to reach the end of its lifecycle, it may run slower or have difficulty processing inputs. This is probably fine if the driver knows how to drive, but if their skills have dulled with lack of use, trusting the car may be just about the most dangerous thing someone could do.

Opinion polling has recently found that, while many Americans see self-driving vehicles as the future, 80 per cent believe that the option to drive manually should still be available.

Yet having more technology drivers can trust, and eventually vehicles that passengers can trust, erodes drivers' skillsets and builds reliance on technology.

Self-driving vehicles also represent a paradigm shift for legislation such as the Manitoba Highway Traffic Act, which governs vehicles, drivers, licensing, equipment, accidents, insurance policies and the rules of the road.

If a car can drive itself, is there any reason for a legal driving age, limits to blood alcohol content or prohibitions against using a cellphone?

Is Tesla Motors criminally responsible for the death of Joshua Brown, who

was killed when his self-driving car misinterpreted light reflecting off a semi-trailer as sunlight and proceeded under the 18-wheeler? This accident would not have happened with a human driver.

Beyond this, human error exists in anything created by humans. Without even considering the potential for hacking and cyber-terrorism, self-driving cars cannot be perfect.

A world where driver training exists because drivers need basic skills is a world where human error is part of safety. Building the skillset to be a competent driver makes everyone around you safer, and deferring to technology is a risky game.

*Jesse Blackman thinks he's good behind the wheel, but don't ask about his Driver Safety Rating.*

# U WE'RE HIRING!

## The Uniter is seeking a Volunteer Coordinator

The Uniter is seeking an outgoing and organized individual to intake, mentor and train volunteer contributors. This individual will also be responsible for organizing and coordinating classroom presentations and leading writing workshops and seminars.

Successful candidates should have a working knowledge of The Uniter and Mouseland Press and at least one year of writing experience and an understanding of CP style. They should be available during from 12:30 - 1:30 on Wednesdays as well as select evenings throughout each month during the regular academic year (late-August to early December/January to April). This position is expected to take 5-6 hours/week and pays \$60/week. The volunteer coordinator will begin their term on Oct 27.

Please see the full job description - including skill requirements and more detailed job duties - at [uniter.ca/jobs](http://uniter.ca/jobs).

Interested parties should submit a resume including references, cover letter and two (2) writing samples by Oct 17 at 5:00 p.m. Application packages should be sent to Managing Editor, Anastasia Chipelski at [jobs@uniter.ca](mailto:jobs@uniter.ca) or deliver resumes in person to: The Uniter | ORM14 Bulman Centre | 515 Portage Avenue | Winnipeg, MB R3B 2E9

We thank all applicants, however only those shortlisted for an interview will be contacted.

\*Mouseland Press strives to be an equitable employer and will prioritize qualified applicants who belong to marginalized groups.  
\*Qualified applicants who study at or are alumni of The University of Winnipeg will also be given priority.

# DIVERSIONS

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

<http://1sudoku.com> n° 120627 - Level Easy

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

<http://1sudoku.com> n° 13289 - Level Easy



PHOTO BY BRYCE CREAMY



onlinecrosswordpuzzles.net



## Student Services

### 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.

### 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](http://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](http://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](http://www.uwinnipeg.ca/index/intl-student-exchange)

If you have any questions, contact [je.michaluk@uwinnipeg.ca](mailto:je.michaluk@uwinnipeg.ca)

### STUDENT CENTRAL

#### Rent a locker today!

Brrrr! It's cool outside! Need a place to store your scarf and gloves? Rent a locker!

#### To rent a locker:

- 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](http://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

### Locker Regulations

- All locker assignments are FINAL and NON-REFUNDABLE. No switching permitted. Choose your preferred locker area(s) or number(s) before you request a locker.
- All full-sized lockers can be rented by up to two people. If you have a locker partner, they MUST pay the \$20.00 per student per term fee and register as your partner with Student Central. They will need to be able to tell us the locker number and location, as we cannot pair people up only by name.
- Lockers are to be provided by students. We advise that you invest in a good-quality lock.
- Unauthorized use of a locker will result in the lock and contents being removed.
- Check your locker and contents as often as is practical.
- Lockers must be emptied at the end of each rental period.

Unauthorized use of a locker will result in the lock and contents being removed.

### Fall Reading Week

The University of Winnipeg's first annual Fall Term Reading Week will take place from October 9-15. No classes except for Education students taking 4000-level certification courses are required to attend class and practicum during this period. Please consult your course outline for more information.

### Dropping Courses

The last day to drop a U2016F class is November 1, 2016. No refund is applicable.

The final day to withdraw from a U2016FW class for 50% refund of the base tuition, UWSA and UWSA Building Fund fees is December 5, 2016. No refund is applicable from December 6, 2016-January 19, 2017.

Courses are dropped through WebAdvisor using the "Student Planning/Registration" link.

### Changes to Student Central's Hours

Monday, October 10  
University will be closed for Thanksgiving

Tuesday, October 11 - Friday, October 14  
Regular hours during Reading Week

Friday, October 21 - SC will be open 9:00 am-4:15 pm  
SC's regular hours are 8:30-5:30 Monday-Thursday and 8:30-4:15 on Fridays.

### Waitlist Information

Check your UW email account daily for important Waitlist notifications. If a seat becomes available in a waitlisted class an email notification will be sent to your UW "webmail" account. Your reserved seat will expire after 72 hours. For more information please click on Wait Lists in the Registration link found on the UW home page ([www.uwinnipeg.ca](http://www.uwinnipeg.ca)).

Note: all registration emails, waitlist email notifications, new section & new lab section information, course change (a change to either the day, time, or both), and cancelled course email notifications will be sent to your university email "...@webmail.Uwinnipeg.ca" account.

### How to Survive - by Paul Hewak

#### #3: Love

**-Conditioner**  
Put conditioner in your hair to make yourself noticed by the person you love, as your hair will shine brighter than those who use only shampoo, making you distinct.



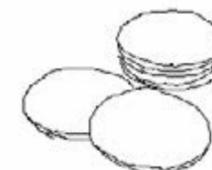
#### -Apple

This fruit is an ideal fruit to pick from orchards, if you give this or many other types of fruit to somebody who loves you, they may say "Thanks for the reminder of such a romantic setting". If you do not know if someone loves you, then do not try this, as they may not want to be near fruit or you.



#### -Coasters

All of your surfaces that you put coasters over will be safe, except for the surface of your heart, which becomes arguably more vulnerable when experiencing feelings of love. Do not put a coaster over your heart, as the inside of your body is mostly liquid.



#### -Clock

It is very important to keep track of exactly how long you've been in love so that others will know if they ever ask you.



Bonus question: How many people love? Answer: 147



# Across the street from the University of Winnipeg



Downtown Commons is a brand new 14 storey building offering open concept living in our 1, 2 & 3 bedroom suites available for occupancy in August 2016. Conveniently located across the street from the U of W at 320 Colony Street. New concrete construction with modern amenities including dishwasher, full size fridge with bottom drawer freezer and smooth glass cook top stove, pre-wired for high-speed internet access.

**On-site management  
and maintenance staff**

**12 month lease includes heat, water,  
hydro, central air & window coverings**

**A variety of 1, 2 & 3 bedroom layouts available between  
517 sq. ft. - 1098 sq. ft. with rents ranging from \$920-\$1570**



Call to book your appointment to visit our display suite today! **204.988.7678**



[tenantliving@uwinnipeg.ca](mailto:tenantliving@uwinnipeg.ca)  
[www.downtowncommons.ca](http://www.downtowncommons.ca)