

THE

# UNITER

FREE.WEEKLY.  
VOLUME 71 // ISSUE 09 // NOV 3

FOR THE

RECORD

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**CITY ARCHIVES' FUTURE UNCERTAIN  
YEARS AFTER DISASTER STRUCK**

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THE OFFICIAL STUDENT NEWSPAPER OF THE UNIVERSITY OF WINNIPEG

**CKUW 95.9 FM AND THE UWSA PRESENT:**

# The 5th Annual Student Radio Marathon

## Thursday, November 10

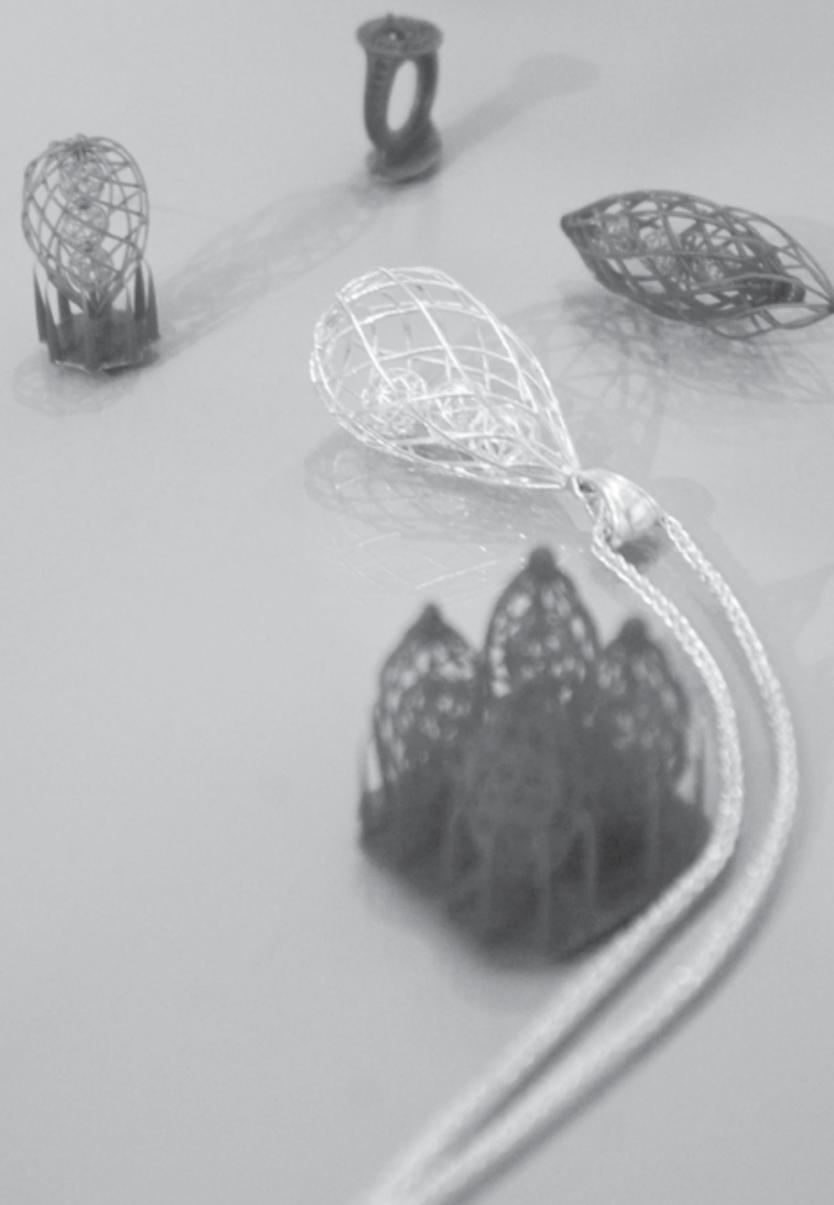
**This is your chance to take over the airwaves!**  
**Sign up at [ckuw.ca](http://ckuw.ca)**

**Tune in! The Marathon runs on-air from 6 AM – Midnight. Listen at 95.9 FM, or online at [ckuw.ca](http://ckuw.ca)**



### \* ON THE COVER

Jody Baltessen, city records manager/archivist, is keeping records in satellite locations after disaster struck the archives building.



A 3D printer helps local jewellers Sutton Smithworks create custom pieces.

PHOTO BY KEELEY BRAUNSTEIN-BLACK

## DOWNTOWN TALKS

In a couple of weeks, we'll hold our first event for this year's Uniter Speaker Series. Join us on Nov. 21 for "Growing the Urban Landscape," a panel discussion at the West End Cultural Centre with representatives from various BIZ agencies. CBC's Bartley Kives will moderate, and we also invite your input into this discussion.

There's been a lot of talk around town and in this paper about our downtown spaces and culture. We're hearing questions like, for example,

- Should development be led by business or by the community?
- Who pays for development - what about those growth development fees?
- What are some barriers to improvement?
- What about downtown parking?
- How can we counteract the so-called "donut effect?"
- What would our ideal downtown even look like, and who are we building it for?

We write about these and similar issues in many sections of *The Uniter*, but through the Speaker Series, we want to open up these conversations, to bring them off the page and into a live dialogue.

While we won't be able to answer all of these questions, we hope this event can be a starting point and a chance to bring student and community voices into the conversation. This event is free for University of Winnipeg students (and \$10 for non-students).

Our panelists, directors of BIZ organizations within downtown Winnipeg, are among those working to shape our downtown communities.

With this panel, we hope to better understand what it is they're doing, and have a conversation about how to move forward within this space that we all share.

- Anastasia Chipelski

## DOWNLOAD OF THE WEEK

VISIT [UNITER.CA](http://UNITER.CA) TO FOR A FREE DOWNLOAD OF "MINOR BIRD" BY DARLING TWIG



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THOMAS PASHKO @THOMASPASHKO

FEATURES REPORTER

For visual artist Chris Redekop, collaboration is the key to creativity.

"I don't originate a lot of my own work anymore," Redekop, who started in fine arts in the 1990s but took an extended break to work in film production and other careers, says. "I struggle a bit when I try to start my own stuff. It's like writing. Sometimes you get writer's block, but once you get started, you have something to build on."

That starting point came when Redekop began collaborating with his romantic and creative partner, Melissa Greenhill. The duo produce work under the moniker Melisstopher.

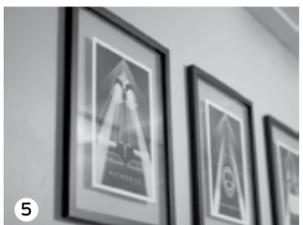
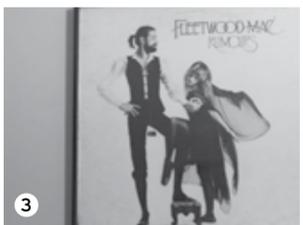
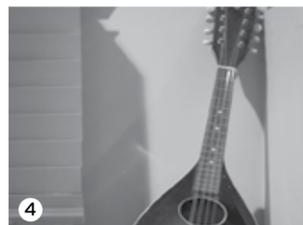
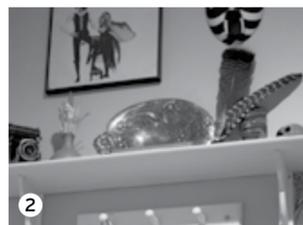
"We had to fill the Brangelina void," Redekop says.

"The way we work now is she'll start a canvas then give it to me," Redekop says.

"Then I'll work on it for a while, give it back to her and so on. Even if she paints one simple image on the canvas, that's enough for me to start expanding on."

In addition to creating original as well as fan-inspired art for local pop culture conventions, Redekop also hosts the new podcast *Red River Ransom* (a play on the cult 1989 Nintendo game *River City Ransom*) on the Garbage Hill podcast network.

"I started the show about six months ago, and that's been my main focus lately," Redekop says of the podcast, in which he and guests discuss art, music, comics, movies and other niche pop culture topics. "It's something I've always wanted to do."

**1) RECORDING/ART ROOM**

"I like an austere aesthetic, so I have one room where I record the podcast, which is very cluttered. I like all the stuff in there. I just don't want it all over the house, so I stick everything in that room."

**2) RECEIVING DISH**

"This is an heirloom from my dad's grandparents. They were aristocrats in Russia before the Bolshevik Revolution. Their house servant used to carry this dish out to the door. If a guest wanted to see my great grandfather, they would have to put their name on a card, then they'd bring it to him, and he'd decide if he would receive them or not."

**3) FLEETWOOD MAC'S RUMOURS**

"That's my favourite album of all time. It's not necessarily indicative of their whole catalogue, but that album on its own is, front to back, in my opinion the best album ever recorded. I first heard it when I was working in the film industry, preparing locations for shooting. The woman who owned one of the locations had this album. After I first heard it, I played it in repetition for three or four days straight."

**4) MANDOLIN**

"This is another family heirloom. My mom's dad was a conscientious objector in the Second World War. He was sent out to Mount Seymour to clear trees for the duration of the war, and he brought this with him."

**5) BATMOBILES**

"*Batman: The Animated Series* is one of my favourite cartoon shows ever. The movie spinoff, *Mask of the Phantasm*, is my favourite animated movie of all time."

**6) MELISSA GREENHILL PAINTINGS**

"This is some of Melissa's solo work that she painted for me. I'm really not a fan of canned art. I try as much as possible to just hang original work or stuff that has sentimental value in the house."

**7) LAMP**

"That lamp was in my childhood basement rec room. My mom is culling her collection of crap, because they want to move into a smaller house. I begged for that thing. My mom knocked it over and broke it when she was vacuuming. She glued it back together and spray painted it gold. I briefly had a graphic design company in the early 2000s, and that was my logo."

## MUSICAL COLLABORATION

Darling Twig releases their first album

MEG CRANE @MEGCRANE

ARTS AND CULTURE EDITOR

Emerging Winnipeg band Darling Twig shows bands don't need to be formed by musicians with equal experience or any experience at all.

"These women are storytellers: spinning imaginative lore, compelling thought and keen attention to their sense of humanness into songs marked by a sweet sincerity. The husk and earth of their voices blend and ascend into darling harmonies — an expanse of intuitive musicality," their website says.

They started playing together in 2012 but just released their first album, *Twigs*, on Oct. 29.

The trio started to form when Belinda Derksen and Kristina Blackwood met through roommates and began casually playing shows together.

At the time, Blackwood had no previous musical experience, other than it

being something she enjoyed. Derksen says she had started to major in music at university but switched career paths before graduating.

They began playing more seriously once Andrea Klymochko — who was a professional musician — got involved.

Now, they make up Darling Twig. "Strong harmony is a key feature. I'd say it's folksy," Blackwood says. "Sometimes even a little bit country."

Derksen disagrees with it having country elements, calling it strong female harmony folk. She says she posts the music on their Bandcamp and tags it with words such as singer-songwriter, indie and folk.

"I usually tell them, well, we have three women who sing, one who plays guitar and one who plays viola, so you can imagine what it's like," Blackwood says. And most people get a good idea based on that description.

Derksen says she writes most of the songs, but Blackwood and Klymochko will go off on their own and write their own parts.

The songs don't turn out how Derksen imagined them, but not in a bad way, and are partly each of theirs.

While each member has different experience levels when it comes to their music, Derksen says they collaborate well together.

Derksen says Klymochko will sometimes add in her personal experience as advice to her and Blackwood, and the other two will remember she has experience as a professional musician.



(Left to right) Andrea Klymochko, Kristina Blackwood and Belinda Derksen make up Darling Twig. SUPPLIED PHOTO

They're also open to collaborating on their music with people outside the group and state just that on their website.

"We are excited for you to join us on our musical journey. Whether it is through playing a show together, art or photography, we love meeting new people and finding a balance in what we are trying to convey through our sound," the website reads.

Derksen says they've booked a show for Nov. 3 at *The Handsome Daughter*. Tickets are \$10, and music from Darling Twig and Casati starts at 8 p.m.



Purchase the album through Darling Twig's Bandcamp and catch a preview through their website, [darlingtwig.com](http://darlingtwig.com).

## ARTS AND CULTURE BRIEFS

MEG CRANE // ARTS AND CULTURE EDITOR @MEGCRANE

### Local art sale

Urban Shaman's 13th annual 50 to 500 Members Exhibition + Sale is happening from Nov. 4 to Dec. 3. Members of the gallery — which is dedicated to promoting discourse about contemporary Indigenous art on local levels — have submitted their works of art to be on display and for sale. This exhibition is taking place as Urban Shaman celebrates its 20th anniversary.

### Country music awards

The 2016 Manitoba Country Music Awards are on Nov. 10. It's presented by the Manitoba Country Music Association (MCMA) and Dauphin's Countryfest and held at the Metropolitan Entertainment Centre. Once again, OX104's Leanne Cater will host. Doc Walker, Don Amero and Ray St. Germain will all perform during the evening, along with many other musicians. Tickets are \$25 through Ticketmaster.

### Musician swap

Manitoba Music and Minnesota Public Radio's *The Current* are partnering for a music exchange between Minneapolis and Winnipeg. This will deepen the connection between the cities' industries and media and give musicians the opportunity to network with key industry players. On Nov. 10, Micah Erenberg and Lanikai will head to Minnesota, then come back for a show at Le Garage on Nov. 12 with Sleeping Jesus and ZULUZULU.

### Canada's Got Game

For the second year, Telefilm Canada is running its social media campaign Canada's Got Game. Narcity, an online distributor, is releasing industry talent, videos, behind-the-scenes features and teasers featuring musicians playing party games aboard a bus online with the hashtag #CanadaGotGame. The goal is to encourage millennials to seek out Canadian content. The videos had 83,000 total views between 2015 and 2016.

### Winter biking in Winnipeg

In the winter of 2015, filmmaker Christopher Mitchell followed cyclists around the snowy streets of Winnipeg for 32 days with his camera. He's turned the footage into a documentary titled *Winter Bike*, which aired on MTS Stories From Home. For more info about the film and where to find it, go to [storiesfromhome.ca](http://storiesfromhome.ca).

### Records Sundaze v.4

On Nov. 6 from 1 to 5 p.m., the fourth monthly Records Sundaze will take over a corner of The Handsome Daughter. Eat Em Up, Mass Deaden and Dub Ditch Records will sell LPs and cassettes, while DJ Ack handles the A/Vs. There will also be a secret guest vendor. Discounts are available from some sellers in exchange for a drink from the bar.

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## ONCE MORE, WITH FEELING

Girls! Girls! Girls! is back for a 12th encore

MELANIE DAHLING @SUGARDAHLING

ARTS AND CULTURE REPORTER

The Girls! Girls! Girls! 12th annual fundraiser gala in support of the Gas Station Arts Centre will, as always, showcase female-identifying artists from many disciplines in varying stages of their creative development.

This year's theme, *Encore!*, gives returning favourites featured in the show a chance to reflect on past performances and also brings in a few new acts.

Ruth Baines, who co-produces *Girls!* and has performed in it for years, is presenting a character piece that started at the gala and became a full-length Fringe show about a woman who is in love with Stephen Harper.

"Most recently, I trained as a clown in the spring," she says. "I'm revisiting that character as her clown twin sister, and I'm basically going to mock that character and do some aerial as well."

For Michelle Boulet, founder of the Fu Fu Chi Chi Choir, an encore involved adding new sounds to the mix. Sarah Constible and Boulet started writing songs when they put together a piece for the gala 10 years ago as a duet.

Since then, the group has grown in size. They now have 10 vocalists, some of whom also play instruments.

Boulet and Constible went through their archives and pieced an old song back together for the 2016 gala.

"The name of the song is called 'Overheard in the Bathroom after the 7th grade Talent Show,'" she says. "It's an encore in the fact that Sarah and I did it the first time around, and here we are 10 years later, and the choir is going to sing the same song. So we're going to run that up the flagpole and see how it sounds."

Though the theme is about reflecting on the past, *Girls!* has introduced something new this year. The annual visual art sale that takes place in the lobby will feature exclusively smaller pieces, each of which will be more affordable than art in past sales, retailing at \$100 or less.

Karen Robb, artist co-curator with Cindy Garrioch, says this was an important move for her personally.

"I'm not made of money, and if I wanted to buy any of my art back, I couldn't do it," she says. "I'm actually bringing money to the show myself so I can purchase some art. For once, it's an affordable way to pick up an original piece by some really fantastic Winnipeg artists."

The atmosphere of accessibility runs through the entire program.



Ruth Baines co-produces *Girls! Girls! Girls!* and recently trained as a clown.

Baines says because *Girls!* has been around for a while, they make sure to include emerging artists and keep their finger on the pulse of what's happening in the local scene, and there should be something to entertain each audience member.

"If you don't actually like what's going on on the stage at that given moment, each piece is maximum about five minutes long," Baines says.

It won't be long until someone else is on stage to cleanse your palette, she says.



The *Girls! Girls! Girls! Encore!* is on Nov. 6 at the Gas Station Art Centre. Tickets are \$20 and available by phone (204-284-9477) or email at [girlsgirlsgirlsgala@gmail.com](mailto:girlsgirlsgirlsgala@gmail.com).

## SEARCHING FOR JUSTICE IN FILM

Documentary festival comes to the U of W

RACHEL BARBER @RACHELBAEB

VOLUNTEER

*One River, Many Relations*, directed by Dr. Stéphane McLachlan with videographer Michael Tyas, will be screened at the 14th annual Global Justice Film Festival (GJFF).

The directors' first feature film, the documentary serves as a record of the Biomonitoring Project, an investigation into the environmental and health effects of the Athabasca Oil Sands effluents on Fort Chipewyan residents.

"Every scientific study, every hypothesis, every research project starts out with a very unscientific question: 'What's going on here?'" Tyas says.

Usually, only university-educated people have the privilege to follow up on that question to find answers, but he says this study was grassroots-driven.

Narrated by community members, the film tracks the four-year study from initial findings to the presentation of conclusions to the Harper administration.

Tyas says they discovered a statistically discernible link between various cancers

and working in the oil sands, as well as in locally-caught fish.

"Everyone knows that correlation does not equal causation, but it does raise an interesting question. Through our relatively modest research, we were able to show that there is potentially something very wrong here," Tyas says.

In collaborating and supporting the community in research, Tyas says it was important to be honest about the moral ambiguity of the situation, presenting both the positives and negatives of the oil sands.

"People on the one hand can weep for the loss of their environment and weep for the loss of their loved ones, and they can also celebrate, somehow, getting \$120,000-a-year jobs right out of high school. It is a very complicated situation," Tyas says.

This is the reason for the GJFF, according to organizer and Manitoba Council for International Cooperation public relations coordinator Megan Redmond.

Redmond says dedicating a weekend to these types of films is important for generating dialogue in the wider community.

"We're just trying to break down barriers to see these films. Not everyone is working closely with these issues, so they might not be aware of them. Showcasing through film is an accessible way to get people to think about things differently, engage with a cause, be more aware and build that global citizenship, thinking about the world as a whole," Redmond says.

Part of the Travelling World Community Film Festival, the GJFF's 19-documentary line-up will feature topics focusing on human rights and environmental and sustainability issues, ranging from global to local levels.

"There is some amateur stuff, there are some short pieces, a couple animated



A still from *Driving with Selvi*, showing as part of the Global Justice Film Fest.

ones," Redmond says. "We try to be really inclusive with it. Everybody has a story to tell, and we're trying to have a space where people can share their work."

GJFF kicks off on Friday night, with *There You Go*, followed by the western Canadian premier of *Driving with Selvi* and a discussion with Toronto director Elisa Paloschi and international guest Selvi.



The Global Justice Film Festival runs from Nov. 4 to 5 at the University of Winnipeg. A Friday evening pass is \$10, and Saturday is \$20. It's \$25 for a weekend pass. Find more info at [globaljusticefilmfestival.ca](http://globaljusticefilmfestival.ca).

## CKUW TOP 20

October 24 - 30, 2016

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



TW	LW	C	ARTIST	ALBUM	LABEL
1	2	!	JD And The Sunshine Band	Soaking Up The Rays	Transistor66
2	1	*	Tanya Tagaq	Retribution	Six Shooter
3	20	!	The Catamounts	St Nuomatac	Transistor 66
4	NE	!	Duotang	New Occupation	Stomp
5	3	!	A La Mode	Perfection Salad	Self
6	9		Drive-By Truckers	American Band	ATO
7	6	!	Royal Canoe	Something Got Lost Between Here And The Orbit	Nevado
8	4	*	The Pack A.D.	Positive Thinking	Cadence
9	8	!	Holy Void	For Everything Else	Self-Released
10	5	*	Turkwaz	Nazar	Self-Released
11	7	!	Kevin Roy	Heartworn Highways	Self-Released
12	14	*	Brendan Canning	Home Wrecking Years	Arts & Crafts
13	RE		Mogwai	Atomic	Temporary Residence
14	24	!	Del Barber And The No Regrets Skys	The Puck Drops Here	True North
15	16	*	The Burning Hell	Public Library	Headless Owl
16	12	!	Surprise Party	Sh-Shake Your Booty	Transistor 66
17	NE		Sao Paulo Underground	Cantos Invisibles	Cuneiform
18	NE		Syd Arthur	Apricity	Harvest
19	30	*	C.R. Avery	All The Angels Didn't Scare Me	Self-Released
20	10	*	Andino Suns	Madera	Self-Released



### Hello Shark *Delicate*

Hello Shark's latest release *Delicate* (September 2016) is Lincoln Halloran's first album with Orindal Records, adding to his bandcamp collection of hidden gems. The album plays through with the same swoony, dismal and yet still uplifting energy from beginning to end.

Each track is soft and powerful, as Halloran tells his stories with so much detail you feel like you lived through them too. The haunting keys, deep guitar and slow drums of "Jackson Brown" will linger in the back of your mind.

*Delicate* creates a feeling like you have discovered your new favourite space, where you can reflect and be comfortably alone. The album plays seamlessly, with each song smoothly drifting into the next.

Every friend mentioned is referred to by first names, which really adds to the personal feel, and makes each line accessible. "Fishing for Bats" is a pick-me-up halfway through the album, with a faster drum machine beat, drowned out keys and synth effects.

The harmonies with Free Cake for Every Creature's singer Katie Bennet add even more passion to the stories. "Laugh It Off" is stripped down and simple but with vocals so unapologetically raw and vulnerable, the track doesn't need anything more to make it stand out. This song represents just how emotionally overwhelming Hello Shark's minimalist style can be.

"A Wife" wraps the album up on a light and hopeful note, leaving you feeling content through all the ups and downs. The closing lines "you can be so noisy, even when you don't say a thing" embodies the quiet yet overpowering spirit of the whole album.

-ZOE MCCREA



## THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT TIME

THOMAS PASHKO @THOMASPASHKO

FEATURES REPORTER

★ ★ ★ ☆ ☆

Directed by Heidi Malazdrewich  
Presented by MTC

Royal Manitoba Theatre Centre's (MTC) production of *The Curious Incident of the Dog in the Night Time* is a perfect example of a show trying (and mostly succeeding) to have its cake and eat it too.

The original novel was widely acclaimed, as were the play's London and New York runs, and this type of popular theatre rarely aims for experimentation. Likewise, the most challenging theatre can sometimes feel gratuitous in its experimentation, forgetting altogether to please its audience.

*Curious Incident* manages to feel both crowd-pleasing and experimental, because an unorthodox approach is necessary to tell its story.

That story follows Christopher Boone (Edmund Stapleton), a 15-year-old English boy attempting to solve the murder of his neighbor's dog while managing his unspecified autism spectrum disorder. The production makes use of its performers, sets, light and sound design to attempt to convey the world as Christopher experiences it.

What's most satisfying about that approach to perspective is it never feels exploitative. The play isn't especially "about" autism, either. It's about Christopher, a fascinating character who happens to live with autism. The ways in which he experiences the world are central to his story, but the production never gives in to the temptation to sensationalize those aspects.

Stapleton's performance does a lot of the legwork toward bringing the audience into Christopher's world. Anyone who's grown up with friends or family members with similar autism spectrum disorders will recognize those loved ones in Christopher and themselves in the way those around him modulate their social selves in order to build relationships with him.

The other performers leave a bit to be desired, but this is somewhat by necessity. Since Christopher socializes

differently than most people, those around him need to feel slightly distant. But the desire to connect to everyone onstage remains.

It would be interesting to watch two versions of this show back-to-back, one told from Christopher's perspective, another from his teacher's or his father's.

The real stars of *Curious Incident* are the craftspeople who create the onstage environment. The sets and lighting by T. Erin Gruber, projections by Joel Adria and the sound design by Elijah Lindenberg all work together to truly put the audience into the world as Christopher sees it.

While it's not uncommon for a show with the production value typical of MTC to use these sensory elements effectively, it's rare to see a show that actually tells the story itself through light and sound.

The showier of these technical moments, like his first trip to London, are effective. But the most moving moments are the subtle ones, which show Christopher's passions, how he feels more connected to concepts like mathematics or outer space than to people and how those concepts bring him warmth, comfort and genuine joy.

Unfortunately, there are still aspects that fall short. The people in Christopher's life, particularly his father, have such compelling arcs that, with a little finesse, could function as genuine, emotional gut-punches rather than merely accessories to Christopher's story.

There's a potent visual metaphor in which Christopher uses a toy train set. In many ways, Christopher is the engine of that train. *Curious Incident* could have taken things to the next level by treating its supporting characters as cars on the train, rather than pieces of the track.



*Curious Incident* runs at MTC's John Hirsch Mainstage until Nov. 12. A relaxed performance will be held on Nov. 10 ([royalmtc.ca/relaxed](http://royalmtc.ca/relaxed)).

## CRAFTING A BRAND

Breaking into local artisan markets

MELANIE DAHLING  @SUGARDAHLING

ARTS AND CULTURE REPORTER

Each year, hundreds of vendors apply for juried craft shows where the competition and entry fees are steep. How does a novice crafter make a name for themselves?

"There are still a lot of smaller sales with small fees that are great for a crafter starting out," visual artist Lisa Whitehouse says. "There are for sure some sales that have come to be seen as higher end, just due to the crowds they draw, the quality of the product being offered and the high number of makers that apply."

Whitehouse says the jury process can be disheartening, but it's necessary to ensure shows have a cohesive style while offering a variety of products.

Chandra Kremiski, a founder of the Third + Bird show, says the decisions are never easy.

"We always want anyone who applies to the craft sale to know that we really appreciate their vulnerability," she says. "We are artists, too, and we know it's not fun to get an email that says 'we're sorry.' We want them to know that they are talented and that they matter."

Third + Bird does have a limited number of tables at a discount rate available for newcomers.

Beginners looking for a less competitive market do have other options.

Sheila Terra, creator of Shiver Soap, is passionate about putting together the kind of craft shows she would enjoy as both a vendor and a customer.

Affordability and organization is Terra's mission statement.

"Usually, the well-organized sales end up being really expensive," she says.

As a hobby artisan, Terra found the options in her price range were not as well put together or promoted as she would have liked.

This is the second year for Terra's Half Moon Market. The original venue was Luxalune Pub, now closed, and she is happy to call King's Head Pub and Eatery the new home.

Terra likes the idea of holding the show at a pub rather than a community centre.

"It's radically different," she says. "The vision is that customers can grab a glass of wine or a beer and stroll around. There's a place at the bar where they can sit and just hang out as well."

When choosing vendors, Terra looks for variety and individuality.

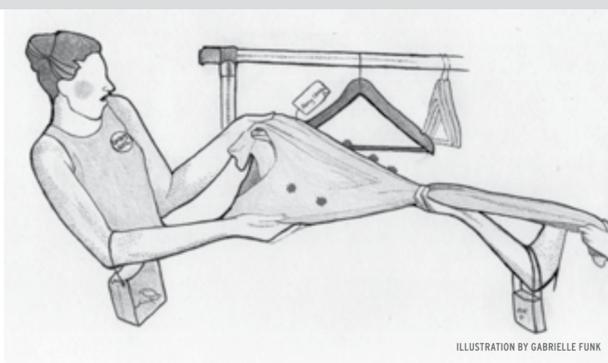


ILLUSTRATION BY GABRIELLE FUNK

For those who have less experience and want to try selling crafts as a hobby, there are shows that are carefully put together while remaining low pressure and non-exclusive.

Jennie Lee Paraiso, organizer for the Winnipeg Craft & Gift Christmas Market, says she has no preference for types of products at the event. Every event she puts together is for a different local charity, and she's been impressed with all the talent in Winnipeg.

"I love seeing how people can be so passionate and driven about their craft," Paraiso says.

Kremiski recognizes Winnipeg's impressive level on the art scene. She encourages novice crafters to build their brand by networking on social media.

Kremiski says she has seen many makers catapult their careers when they invest in

themselves and build a team of people who can work together to elevate their product.



**Third + Bird**  
Nov. 26 to 27 at the Transcona Country Club, admission \$5

**The Half Moon Market**  
Nov. 26 at the King's Head Pub, free admission

**Winnipeg Craft & Gift Christmas Market**  
Nov. 19 at the Transcona Country Club, admission \$2

## THE 21ST CENTURY JEWELER

Sutton Smithworks gets a 3D printer

JENA MORRIS-BOISSONNEAULT

VOLUNTEER

Family-owned Sutton Smithworks added a 3D printer to its shop, allowing its jewellers to create custom pieces more easily.

"A lot of people do come here for custom (jewelry)," Holly Knight, accredited jewelry professional at Sutton Smithworks, says. "We can customize every piece to your imagination. When someone comes up with a challenge for us, we want to do it."

Knight says the Suttons are trying to use their new printer as much as they can to see how far they can push its limits.

Manufacturers no longer make CNC machines, which means, in time, they may only be able to use a 3D printer to achieve the detailed work Sutton Smithworks is known for.

A CNC machine carves wax with a needle, Knight says. With a 3D printer, you start with a base, and lasers actually tell the resin what to do.

"Lasers get shot up into the resin as the piece slides over, and it tells it where to build up. So it actually builds up from the bottom instead of carving away wax. So there is a little bit less waste," Knight says.

Before getting a 3D printer, Knight says the jewelry designers and goldsmiths

at Sutton could already do more than most jewellers.

This new addition allows them to do things they were never able to do before, such as make hollow jewelry without having to solder it together, and it appears that they are one of few to introduce this technology into the world of jewelry.

Jason Banman has run BanJAGS, a 3D hub, for close to a year now. He says he hasn't received any inquiries about 3D-printed jewelry, although he's had orders for drone parts, costume parts and decorations.

"A little bit of everything but 3D-printed jewellery. I have seen jewelry items that are available for click-and-order 3D printing sites like Shapeways," Banman says.

Right now, Sutton Smithworks is working to get the word out about their 3D printer technology, which is run by Tom Sutton's son, James Sutton.

"You can't just buy a 3D printer and think, 'oh it's gonna work,'" Knight says.

Knight says the younger Sutton picked up on how to use the technology quickly. By the second day in a class where he was learning about 3D printers, he was showing the teacher how to use it.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

(Left to right) Holly Knight, Tom Sutton and Peggy Sutton take a forward-thinking approach to custom jewelry.

That didn't mean everything went smoothly as soon as the printer was brought in.

"There was a learning curve. We had to modify the machine to get it to work properly," Tom Sutton says.

Knight says the 3D printer cuts down labour and customer costs.

"It lets us do things that we were never able to do before. We can make engagement rings and ash pendants too.

It actually produces some pretty good detail," Knight says.

Knight says Sutton Smithworks is the most technologically advanced jeweller in Winnipeg.

Besides the 3D printer, she says it also has a laser welder and two CNC machines. A platinum casting machine will be set up soon.

And she expects they'll bring in more 3D printers in the future.

## FOR THE RECORD

City Archives' future uncertain years after disaster struck



City archivist Jody Baltessen shows Tim Runtz around the interim archives storage space.

WORDS BY TIM RUNTZ

PHOTOS BY DANIEL CRUMP

 @TIMRUNTZ

 @DANNYBOYCRUMP

City employees were on hand in June 2013 when water started pouring in through the roof and onto the main floor of the City of Winnipeg Archives. Rainwater soaked the walls, floors, ceilings and around 450 boxes of records.

More than three years later, those records have been recovered, but the future of the city's archives program, as well as the heritage building that once housed it, remains uncertain.

COVER FEATURE continues // NEXT PAGE





Jody Baltessen, city records manager/archivist and chair of the records committee, says they've had "several years of upheaval."

Several Winnipeggers are concerned about the status of 380 William Ave., which opened as the city's first public library in 1905 and now sits empty. Many are confused as to what the future holds for the archives program.

"It just seems to have disappeared," Jim Blanchard, local historian and author of several books about Winnipeg's past, says.

#### FORMER ARCHIVES BUILDING SITTING EMPTY

"We've had several years of upheaval, to put it lightly," Jody Baltessen, Winnipeg's city records manager/archivist and chair of its records committee, says.

At the time of the disaster, the roof of the archives building at 380 William Ave. was undergoing a major reconstruction. It was an early stage in a plan that would have turned the building into a state-of-the-art archival facility, featuring a climate-controlled vault, an upgraded shipping/receiving area and a meeting space for presentations and community groups.

But those renovations have since been put on hold by the city. A revised plan of action that was approved in principle by the Historical Buildings and Resources Committee in 2014 remains as yet unfunded by the city, with little justification for the decision on the public record.

According to Baltessen and others, the damage sustained at 380 William Ave. in 2013 has yet to be repaired. Brad Erickson, the city's manager of municipal accommodations, assures *The Uniter* that "in terms of the building's integrity ... everything to secure the asset in a 'moth-

balled' state has been performed."

While the roof has been sealed and occasional walkthroughs take place, repairs and renovations won't resume until the city decides if and when the archives – or another tenant – will return to the building.

"I think it's an outrage," Cindy Tugwell, executive director of Heritage Winnipeg, says. "They've left it under the radar and really didn't tell anybody what was going on. Everybody was sort of expecting that this work was going to be completed, and they would move back in."

In May 2015, the city sued Gardon Construction for damages related to the disaster, and in March of this year, Gardon pointed the blame toward a third party, Wolfrom Engineering. The suit is ongoing, but the city has not confirmed whether the legal matter is preventing renovations from moving forward.

#### TEMPORARY SOLUTIONS ONGOING

In the meantime, the archives has been functioning out of three separate locations: the Corporate Records Centre on Ross Avenue, storage space leased from the provincial government's record centre in St. Boniface and a former manufacturing plant on Myrtle Avenue, near Notre Dame and Wall, which now functions as a temporary headquarters.

"This was pretty much the only viable option under pretty extreme conditions," Baltessen says.

"We were looking for something fast, we thought it was a temporary solution

during the construction period for 380 [William Ave.], so this seemed to fit the bill for that type of scenario ... It's workable, but there are some issues."

That temporary solution has recently been renewed for another year, and the city hasn't provided a timeline for when the archives might move out.

"Being situated in the downtown is kind of important for the archival program but also for the basic administration of the branch," Baltessen says.

City employees now spend more time driving between the various archives locations and other city buildings, most of which sit within the city's "campus" area downtown. Cindy Tugwell is quick to point out such inefficiencies become a taxpayer's burden, while renovations remain unfunded.

According to Tugwell, Blanchard and others, the Myrtle Avenue location is difficult to find and access, with no parking available. They worry that the off-the-beaten-track location will deter visitors from using the facilities, which will in turn justify further neglect from the city.

The archives can no longer offer public programming onsite, and far fewer researchers are now using the facilities, according to the Records Committee's 2015 annual report.

"The current facilities are completely inadequate for a truly professional archival service that serves communities and government administration," Tom Nesmith, University of Manitoba history and archival studies professor, says. "I don't

send students there. It's too awkward to get to. The facilities aren't really adequate for class visits anymore."

Accessibility aside, the records themselves may also be impacted by their current location. Because of their age and condition, some paper records "tend to self-destruct" if they're exposed to spikes in temperature and humidity, Baltessen says. Yet the conditions inside the Myrtle building tend to fluctuate with the weather.

"I would argue that (the archives) are directly relevant to not just contemporary problems, but the central problems that we face as a community."

#### WHY ARCHIVES MATTER

Nesmith is adamant that these documents, lists, photos and maps in the archives are not simply ancient scraps of paper.

"Archives do fly under the radar, they're not well understood, their role is not widely appreciated," he says. "I would argue that they are directly relevant to not just contemporary problems, but the central problems that we face as a community."



380 William Ave., which used to house the archives, is now sitting empty.



Archival records can help support legal claims, inform educators and shed light on forgotten parts of our civic history.

Academics, historians, filmmakers and curators use the archives to generate the materials that help to inform the general public in libraries, classrooms, museums and galleries. Nesmith points to the Canadian Museum of Human Rights in particular.

"What are they actually showing you when you go to the museum? They are not showing you that many traditional museum artifacts," Nesmith says. "They're showing you copies of archival materials or loaned archival materials or archival materials that they are creating by interviewing people."

University of Winnipeg (U of W) associate professor of criminal justice, co-editor of *Access to Information and Social Justice*, and citizen member of the Records Committee Kevin Walby says the issue impacts students directly.

"The amount of [archival] material that professors from the U of W use in the classroom is immense, and when professors can't have ready access to those materials... if they have to drive way out to the industrial area of town and go through records that aren't organized as the archivist wishes they could be, or should be, because of the haphazard arrangement out there, it means that students aren't getting the type of enriched presentations they could be," he says.

#### UNDERSTANDING WINNIPEG

Archives are used by city administrators, lawyers, developers and others who use information from the past to inform decision making today.

For example, the environmental impact of a potential construction project can be assessed in part by looking at old fire insurance maps. If developers are able to learn what used to be at a particular address (like a gas station or manufacturing plant), they will have a better idea of what might be buried underground.

Proponents also say archives can help us understand who we are as a community.

Blanchard recalls the "10-year shem-ozzle" surrounding the development of Memorial Boulevard in the 1920s.

"It's kind of a picture of this city. This is a very unruly city, and there's a lot of different groups who all have to have their say. It's very democratic. It shows you that Winnipeggers have been feisty for a long time. They do a lot of complaining," he says.

Among other things, the city archives contains vast records pertaining to the origins of the Shoal Lake aquifer, which was completed in 1919 to prevent contamination of the city's water supply and the subsequent "Red River fever" that ravaged its citizens.

Only in the last few years has it become common knowledge to Winnipeggers that the project devastated the residents of Shoal Lake 40 and continues to do so today.

While official records are prone to overlook the stories and perspectives of the disenfranchised, they can also corroborate legal and moral claims made by marginalized peoples.

"We are able to piece together the story of one of the most important events in the history of Winnipeg that is in some ways a great achievement, making it possible for our city to have healthy water, but also a story that's a dark chapter in our history," Nesmith says.

"We have dispossessed Indigenous people and ignored the problems that we have created for many decades."

According to Walby, tribunals, inquiries, lawsuits and other quests for justice can start and move forward based on archival records. "There's a kind of connection between accountability and the archives that matters in a real material way," he says.

#### FUTURE UNCERTAIN

It remains to be seen what the future holds for the City of Winnipeg Archives.

Several sources point to the city clerk's department, which is apparently working on a report pertaining to the issue. The department declined to comment but confirmed they hope to present something to the appropriate committees by the end of the year.

"We had a plan, and it's up to the city now to make a decision about that plan," Baltessen says.

"What I'd really like to see is for them to respond in a meaningful way to the archivist's well-costed budget and well-planned proposal for refurbishment," Walby says.

"It's all there – how to bring the archives back, how to bring people back to the archives, how to make the 380 William site a place for public culture again. It's all there in her elaborate proposal, and it's a shame that the mayor and the council continue to ignore it, so I'd like to see them turn some attention to it," he says.



## DRY WIT

WITH ANASTASIA CHIPELSKI

@ANACHIPS

### THE PERPS' JAY NOWICKI ON SOBER ROCK 'N' ROLL

In the world of rock 'n' roll, booze is often seen as central and necessary. Knowing that some musical heroes are sober while creating and performing their work can be hugely inspirational for fans and other musicians.

Jay Nowicki of local blues/rock 'n' roll outfit The Perpetrators has been sober for three years now. When he first started playing with The Perps, Nowicki was a long-time guitar player but new to singing, so he'd limit himself to one or two beers before a show. But soon the booze started flowing more freely.

"We were pretty much a party band," Nowicki says. "We started getting notorious for that. We ended up getting a bit of patronage from Jim Beam ... lots of free bottles of whiskey, cases of whiskey on the road."

That reputation came with a built-in expectation from fans.

"Everywhere we went, we were expected to party, 'cause those people had been waiting six or eight months to party with

us, but we did the same thing with the town last night, and the night before, and the night before. So it quickly raged out of control."

After getting sober, some people have a tough time in bars and music venues, where booze is king. Nowicki found it much easier to be there once his decision was made.

"And as soon as I admitted that I was weaker than the need for alcohol, then I was cool with everything, cool with the bar, cool with doing gigs in bars," he says. "It was when I was trying to prove that I was stronger than that, and I could just take it easy or take a break and then drink again, that's when it was hard to be in a bar."

He credits John Scoles, president/janitor of the Times Change(d) for stocking a wide selection of non-alcoholic beers in his venue, including a rare Chinese brand that, despite the novelty, was "just awful."

In terms of his sober heroes, Nowicki is quick to name Ryan Menard, bass player for The Perps and his best buddy since Grade 1, who had six or seven years of sobriety at the time Nowicki joined him. He also looks up to Billy Joe Green, who has about 30 years under his belt, Nowicki guesses.

"When he found out about (my sobriety), he said, 'welcome to the good life.'"

He doesn't go out of his way to declare his sobriety, but it's also no secret.

"It could only be a good thing for (younger fans at a show) to know that there's no booze involved in that, or drugs or anything. It's just total sober music.



ILLUSTRATION BY GABRIELLE FUNK

I mean, the reason why I started playing in the first place is what that made me feel, not that in combination with four shots and 12 beers and [a] big fat line of blow, right? It was the music – that makes you high."

Three years into sobriety, Nowicki is still just as committed to music and having a good time.

"I feel way cooler than ever. I feel more powerful standing up there and doing that thing. And I'm just as goofy as ever. (Andrew) Neville calls me the drunkest

sober guy in town, and that's because I'm a total goof," Nowicki says.

"It's badass to get up onstage and rock as hard or harder than someone who's fuelled up with a bunch of liquid courage, right? Get up there and giv'r."

Anastasia Chipelski is the Managing Editor of The Uniter. She's mostly retired from rock 'n' roll but will play for an audience of cats.

Jay Nowicki is father to a new human and front-man for The Perpetrators, who play The Park Theatre on Nov. 5.

## CHEERS TO NEW BREWS

City has microbreweries in mind for potential new zoning laws

TALULA SCHLEGEL

@TALULACORA

NEWS REPORTER

Winnipeg has recently opened its arms to new endeavours and is offering beer-lovers in the city more options on the brewpub front. The introduction of new brewpubs and microbreweries means people have more places and original microbrews to try, and the city is looking to eliminate barriers to where these places can be built.

"I love and believe in both craft beer and entrepreneurship," Nicole Barry, founder and president of PEG Beer Co., says, "and I love Winnipeg and felt we deserved a brewpub."

The city conducted a review of the zoning bylaw that could change how land in commercial districts is used to accommodate wineries, microbreweries and body-modification parlours, bringing

these businesses beyond their current perimeter of manufacturing zoning. The final public hearing and council approval will be held over the winter.

"We required a minor rezoning otherwise," Barry says, addressing the potential zoning law shuffle. "But like any business, we completed due diligence to ensure we were opening within the city's permit and zoning limits."

PEG Beer Co. opened on 125 Pacific Ave. in April of this year and launched its first six in-house brews on Oct. 11. PEG Beer Co. is one of a small handful of new brewing companies in the city. Barry says there is a limit to how much she takes in from the macro-brewing world, emphasizing that craft breweries are where it's at when it comes to new beer on the horizon.

"Change is upon us, and it's about time. Ten years has seen many changes and we will continue to catch up over the next few years," she says.

Despite the current restrictions, Winnipeg has prevailed against all zoning odds and has begun offering unique in-house brews with the promise of more beer and brew spots to come. With this in mind, Jordan Janisse, hobbyist and home brewer, says local brewing inspires him to concoct his own tasty batch.

"I have been brewing for six years," Janisse says. "When I was a little tyke, I used to hang out with my dad as he made wine in our basement, so having the equipment already and being a student, I decided to give it a go."



PEG Beer Co. was able to get zoning permits in order to open a brewpub in April this year.

Janisse says other than grain brewing, which is pricey to start, home brewing cuts costs and is exciting to experiment with. He says with time and practice, someone can make 20 litres of beer for \$20.

"The benefits of brewing at home are many. It's cheap, you can bottle in anything and flavour combinations are endless," he says. "I made a honey habanero beer last fall, which was fun and tasty. Mead is a new passion of mine."

New and coming-soon microbreweries you can check out also include Barn Hammer Brewing (595 Wall St.), Torque Brewing Co. (330-830 King Edward St.) and the soon-to-open One Great City Brewing Co. (1596 Ness Ave.).



For more details on the City of Winnipeg's zoning by-laws review, check out their website. [winnipeg.ca/PPD/PublicEngagement/ZoningReview/default.stm](http://winnipeg.ca/PPD/PublicEngagement/ZoningReview/default.stm)

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## NEWS BRIEFS

ALANA TRACHENKO // CITY EDITOR

@ALANA\_WPG

### WE Day

WE Day is back in town on Friday, Nov. 18 at the MTS Centre (345 Graham Ave.) with speakers and performers from around the world. Students from across Manitoba earn their way to the event by doing community service and other volunteer work. To volunteer at the event, visit [we.org](http://we.org).

### Riverbank stabilization

The City of Winnipeg has committed \$3.5 million on construction and \$2.7 million towards riverbank stabilization of the Lyndale Drive Retaining Wall Rehabilitation Project, located in the Osborne area. The riverbank is part of the city's primary diking system against floods from the Red River.

### Film night

Learn about what it means to lose someone you love at the *This River* film screening on Thursday, Nov. 24 at 7 p.m. at the Ukrainian Labour Temple (591 Pritchard Ave.). *This River* follows Kyle Kematch and Katherena Vermette, both of whom have had family members disappear. A Q & A with filmmaker Erika MacPherson will follow. The screening is free, but donations are accepted.

### Basic income symposium

All are invited to a free symposium on basic income on Thursday, Nov. 24 from 9:30 a.m. to 4 p.m. at Winnipeg Harvest (1085 Winnipeg Ave.). Speakers from the University of Manitoba, the Aboriginal Council of Winnipeg and Queen's University of Technology will present on building political support for basic income. Space is limited, and registration is required. Visit [umanitoba.ca/social\\_work](http://umanitoba.ca/social_work) for details.

### Smashing pumpkins (not that kind)

On Friday, Nov. 4, you can smash mental health stigma. Head to the front lawn at the U of W from 11 a.m. to 1:30 p.m. and smash a pumpkin with a mental health stigma on it for \$5. Balloons for popping are also available. Coffee and tea are available.

### Learn about organ harvesting in China

On Tuesday, Nov. 8, Global College is hosting a panel discussion on organ harvesting in China in Eckhardt Gramatté Hall from 7 to 9 p.m. Panelists include Winnipeg-based expert David Matas, Professor Maria Cheung from the University of Manitoba and Ogai Sherzoi, chair of Citizens Against Forced Organ Harvesting.

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Moderated by CBC's Bartley Kives  
Monday, November 21, 2016  
West End Cultural Centre, 586 Elllice Avenue  
Doors 7:15pm // Panel 8:00pm  
\$10 // FREE for all U of W Students



Alex Georgeson believes that an overdose kit containing naloxone (pictured top right) saved his life after he overdosed on a drug laced with fentanyl.

## RUSSIAN ROULETTE IN WINNIPEG'S DRUG SCENE

Steps you can take to avoid fentanyl

JUSTIN SARIDES

VOLUNTEER @JUSTINSARIDES

Winnipeggers who use drugs or know anyone who does have cause for concern.

Fentanyl is a relatively new drug in Winnipeg and is already one of the most dangerous drugs on the street. The opioid has been found by police and paramedics throughout Winnipeg in powder and pill form and on LSD-like paper blotter tabs.

This means opioid users aren't the only ones in danger — those illegally purchasing acid, MDMA, ecstasy, meth and cocaine are also at risk.

Put into perspective, morphine is 10 times more potent than heroin. Fentanyl is 100 times stronger than morphine. Likewise, carfentanil, a form of fentanyl meant for sedating large animals like

elephants, is 100 times stronger than fentanyl and has also been found on Winnipeg's streets.

When someone consumes an opioid, such as fentanyl, the drug binds to opioid receptor sites in the brain. These receptor sites are also responsible for triggering respiration. When a person's carbon dioxide and oxygen levels are unbalanced, these receptors tell the brain to breathe.

When too many opioids bind to these sites, the brain can't communicate that it needs oxygen, which is why opioid overdoses are so dangerous. They can easily lead to brain damage or death.

Alex Georgeson knows all too well the dangers of fentanyl. In 2015, Georgeson accidentally overdosed on fentanyl when the drug dealer who sold it to him lied about what it was.

"I woke up on life support. It was one of the worst experiences of my life," Georgeson says.

Georgeson warns of fentanyl 'hotspots.' About two grains of pure fentanyl can cause an overdose. Dealers who are aware of its potency will often cut it with another substance.

Unfortunately, dealers don't always cut the drug evenly, so sometimes a hotspot can occur where fentanyl is more highly concentrated in one specific area.

"It's like Russian roulette," Georgeson says. "Even if you test it out before and are smart about it, (you can still overdose). That's the scary part about it."

Between Jan. 1, 2015 and Nov. 15, 2015, the Winnipeg Fire Paramedic Service and Winnipeg Police Service (WPS) responded to 96 cases involving fentanyl.

Shelley Marshall, a clinical nurse specialist at the Winnipeg Regional Health Authority (WRHA), believes the pervasiveness of fentanyl in Winnipeg is much higher than these 2015 numbers would suggest, based on the anecdotal evidence of people she encounters every day.

"We don't even know how big it is, but I think it's way bigger than we're hearing," Marshall says. "People come in here and say 'aww man, so many of my friends...' I think a lot of stuff is not hitting the news ... it's just that nobody has actually calculated the scope."

Marshall helps run Street Connections, a harm-reduction program that provides free naloxone kits to those who are most likely to use and need them. Naloxone is a drug that reverses opioid overdoses. It works because it has a higher affinity for the same receptor sites as opioids and so it replaces the opioids, allowing breathing to resume.

Since Jan. 1, 2016, Street Connections has provided 133 kits, and 11 of them have been reported to reverse an overdose. Nearly half of these overdoses involved fentanyl (four fentanyl, one carfentanil). Of these 11 reversed overdoses, three affected people were between the ages of 19 and 31, and one was between the ages of 12 and 18.

Marshall says early warning signs of an opioid overdose could include pinpoint pupils, blue lips and fingernail beds, paleness, drowsiness, depressed breathing and unconsciousness.

In Georgeson's case he took all the necessary precautions someone should take to use drugs safely, and yet that still wasn't enough. Before taking the drug, Georgeson did a tester shot, where he smoked half of a hit. He also shared it with his friends, who seemed to be fine. After he saw that they were okay, he put about 0.03 of a gram into a needle and injected it.

In his daze, Georgeson wandered away from his friends. In nothing but a T-shirt, Georgeson passed out in an alleyway on a cold November night. Paramedics found him three hours later.

"At that point, I had developed hypothermia, and the fentanyl had shut down most [of] my organs ... including my liver, lungs and heart," Georgeson says. He believes it was most likely naloxone that saved his life.

Although Georgeson suffered permanent brain damage, he considers himself incredibly lucky. Since the overdose, Georgeson feels he has been scared straight and says he has been sober for a year. He plans to become a welder but is first working toward getting his GED.

Free naloxone kits can be picked up from Street Connections at 496 Hargrave St. between 8:30 a.m. and 4:30 p.m. Streetconnections.ca also has an interactive map that shows which pharmacies supply naloxone kits for purchase.



Shelley Marshall, a clinical nurse specialist at the Winnipeg Regional Health Authority (WRHA) suggests these tips for being safe when taking drugs:

- Most importantly, know your source;
- Get a free naloxone kit from Street Connections;
- If you're with other people, don't all use at the same time (have a spotter);
- Do not use alone;
- Do a tester shot (a smaller dose of the drug) first;
- If you're at a festival, know where your first responders are.

## AN APP TO HELP SAVE LIVES

PulsePoint app alerts medically trained individuals of emergencies

TALULA SCHLEGEL @TALULACORA

NEWS REPORTER

A new pulse is coursing through Winnipeg for emergencies, and it's making it's way to us through an app called PulsePoint.

This app lets people alert the closest cardiopulmonary resuscitation (CPR) trained individuals of a sudden cardiac arrest (SCA) situation and connects them to the nearest automated external defibrillator (AED). Its creators hope to engage bystanders during an SCA incident.

"The new app is a brilliant idea and will better the outcome of a patient in cardiac arrest," Cale Mogg, Winnipeg firefighter/primary care paramedic, says. "The quicker a person in cardiac arrest has good CPR and defibrillation, the better the odds are ... and the only thing closer than a fire medic would be a bystander with an AED that's already on scene."

He says Winnipeg Firefighter/Primary Care Paramedics, or "fire medics" are

ideally at the sight of the emergency within minutes of an SCA.

"(Though) there's a bit more to a (SCA) call from a healthcare provider level, during an SCA, the same three principles have been and always will remain the same: chest compressions, ventilation and defibrillation — which is what is taught to the public during a CPR course," Mogg says.

"(But) defibrillation is the turning point to properly resuscitate a patient that is in arrest. From my experience on the job, when reversing a cardiac arrest, the patient will return a pulse following defibrillation and not just from chest compressions and ventilation."

This app would connect medically trained individuals with their jobs as easily as they connect to Facebook or Twitter. Mogg says whether he's at work or not, he feels a responsibility to help and



ILLUSTRATION BY JUSTIN LADIA

hopes other health care providers will use the app when "off the clock."

"As (fire medics) ... a large portion of our calls are medical emergencies," he says. "We're hired to help the public during times of need, so the mentality I carry comes home with me."

Mogg says Manitobans in rural areas will benefit the most from this app, since it could connect more individuals who are further from emergency healthcare to resources in an area where medical care is sparse.

"My hopes for this app is that it takes off as well as it's projected," Mogg says.

"Every year, about 40,000 cardiac arrests happen in Canada — that's one every

13 minutes," Lisa Bagan, resuscitation program manager (Prairies) from the Heart and Stroke Foundation of Canada, says. "If delivered in the first few minutes of a cardiac arrest, defibrillation and CPR can double survival rates. But with each passing minute, the probability of survival decreases by seven to 10 per cent."

Bagan says when AEDs are installed, the local distributor conducts a training session for facility staff. In a cardiac arrest situation, she advises people to follow three steps: call 911, push hard and fast in the centre of the chest and use an AED if available.

## PROFILE - GEORGE FULFORD

ASSOCIATE PROFESSOR IN ANTHROPOLOGY, COORDINATOR OF LINGUISTICS PROGRAM

ALANA TRACHENKO

CITY EDITOR @ALANA\_WPG



PHOTO BY ALANA TRACHENKO

No, George Fulford doesn't dig stuff up or look for fossils. Fulford teaches in the anthropology department, and his focus is on language.

"My species of anthropologist is rare," Fulford says. "I study linguistic anthropology, so I come at anthropology through the prism of language."

He says language can shape and limit our beliefs and understanding of our culture and society. Among other things, Fulford has had the chance to study morphology—how you make words—in Cree.

"Cree words are really different from English," he says. "They're made out of around 500 word-like pieces that you put together to make really, really long and descriptive words. Some people who speak German say it's a little bit like that."

But, it's not really like anything else. Fulford has examined ways to teach Cree to primarily English-speaking students. He has also been working on a film project that looks at another kind of liminality—a documentary that follows a young woman who lives with chronic pain. He hopes to have the project complete within a year.

**NUMBER OF PEER-REVIEWED ARTICLES PUBLISHED:** 15, and a book: *Sharing Our Success...* I was the principal contributor and primary editor.

**LOWEST GRADE IN UNIVERSITY:** A C+, which seemed really embarrassing at the time. I think what dragged me down was the statistics part.

**WHAT'S YOUR SUPERPOWER:** Empathy. Social science is built on empathy. If you can't understand another person, if you can't have a conversation ... then you really shouldn't be a social scientist.

**WHO'S YOUR ROLE MODEL:** Richard Feynman, a legendary physicist. He prided himself on being a good teacher and says love is much more important than physics.

**WHAT'S THE BEST THING ABOUT YOUR WORK:** Teaching.

**WHAT'S THE LATEST BOOK YOU READ:** Harry Frankfurt's *On Bullshit*. I like it because he's old and hasn't stopped working, and he's wise.

**Cindy Gilroy**  
City Councillor  
Daniel McIntyre Ward

cgilroy@winnipeg.ca  
www.cindygilroy.com

510 Main Street  
204-986-5951

LET'S WORK TOGETHER

## THE UNITER YEAR END READERS POLL 2016

It's back! The Uniter readers' poll aims to put the spotlight on your favourite local people, places and things of 2016 - and we do stress LOCAL. Anything non-local (or non-2016) will not be counted. We want to make this list as inclusive as possible, just like the rest of the paper, so we ask that you please write an answer for each of the 30 categories. Don't have an answer? N/A will work for us. Ballots will be considered spoiled if they are not filled out to completion, or if they contain any derogatory, homophobic, misogynistic, racist or libellous content. Let's keep it positive! Remember, you're voting for your favourites.

The deadline for voting is Thursday, Nov. 10 at noon, with winners being announced in the Dec. 1 issue of The Uniter. Visit [uniter.ca/vote](http://uniter.ca/vote) to cast your vote online.

## 1. Favourite local writer

## 2. Favourite local athlete

## 3. Favourite local comedian

## 4. Favourite local filmmaker

## 5. Favourite local activist

## 6. Favourite local visual artist (includes painter, photographer, graphic designer)

## 7. Favourite local dancer

## 8. Favourite local politician

## 9. Favourite U of W prof

## 10. Favourite local young achiever under 30

## 11. Favourite local person behind the counter (barista, server, bartender)

## 12. Favourite local bakery

## 13. Favourite local coffee spot

## 14. Favourite local brewery

## 15. Favourite local place to eat

## 16. Favourite local place to see live music

## 17. Favourite local boutique

## 18. Favourite local charity / non-profit

## 19. Favourite new independent business (opened in 2016)

## 20. Favourite local album of 2016

## 21. Favourite local radio show or podcast

## 22. Favourite local theatrical production

## 23. Favourite local blog

## 24. Favourite theme night at a bar

## 25. Favourite recreation league or casual sport

## 26. Favourite activity to do on a date

## 27. Favourite Winnipeg winter activity

## 28. Favourite Winnipeg neighbourhood

## 29. Favourite political moment

30. Favourite local independent publication (that's not *The Uniter*)

FILL OUT THIS FORM AND DROP IT OFF IN THE UNITER MAILBOX, ROOM ORM14, AT THE UNIVERSITY OF WINNIPEG, OR CHECK OUT [UNITER.CA/VOTE](http://uniter.ca/vote) TO VOTE ONLINE.



## LESS HOPPING

Annual LGBT\* event struggles to sell tickets

JUSTIN LUSCHINSKI

CAMPUS REPORTER @SCHOLARJ

The LGBT\* Centre is hosting its 23rd annual Homo Hop party. But this year, students aren't buying tickets.

Jezy Morales, the LGBT\* Centre coordinator, is organizing the party, and although past events have been successful, this year it's been a challenge to get people to pay before the event.

"Whenever you plan an event, you're going to be anxious about attendance, but I am anxious about it," Morales says. "So far, we've had a lot of interest in it. It's just that getting people to have their tickets paid for [is hard]."

One thing the centre wants to purchase with the profits from Homo Hop is a flag celebrating Indigenous people who identify as two-spirited. This year, Morales wants to "focus on the intersection of race and queerness," but a flag turned out to be much more expensive than expected - around \$200.

Even though the space is partially funded by the University of Winnipeg Students' Association (UWSA), the centre is still a non-profit organization, which means if the members want something, they usually have to fundraise.

Claire Thompson, an LGBT\* Centre member helping out with the event, says a common misconception is that the event is only for people who identify as part of the LGBT\* community.

"We find that former centre members often come back, professors show up," Thompson says. "We really do find it's difficult to entice allies and LGBT\* people who may not be out or may be concerned about being seen in an LGBT\*-positive environment."

This year's Homo Hop theme is "Video Gaymes," with the festivities centering around video games and gaming culture. Some recent games feature LGBT\* characters who are important to the story, and some games even let you play as a queer character. Games such as *Dragon Age* and *Mass Effect* feature diverse supporting characters and even let the player romance whomever they want, regardless of gender.

Organizers picked the video game theme to help the event stand out and hopefully bring in more attendees. Even though they're still nervous, Morales is hopeful the community will support them.

"A lot of people don't buy tickets [ahead of time], and they just show up and we're like, 'okay I guess we have more people!...' As long as people show up to the event, I'm not too worried."



Claire Thompson (left) is helping out with HomoHop, an event organized by LGBT\* Centre coordinator Jezy Morales (right).



Homo Hop is on Thursday, Nov. 10 at Garbonzo's. Tickets are \$12.

## MEDITATION COULD CALM YOUR BRAIN

U of W offers mindfulness meditation sessions for students

JUSTIN LUSCHINSKI

CAMPUS REPORTER @SCHOLARJ

If you go into the the University of Winnipeg (U of W) Bryce Hall Chapel at 12:30 p.m. on Monday, you will find 10 people sitting in silence in a circle around three LED candle lights. They aren't praying. They're meditating. And they might help you feel better about an upcoming test.

Barb Read has run a mindfulness meditation session every Monday for years now. Students, teachers and community members can come to campus and take a little time out of their days to relax.

"I was inspired in the summer of 2013. I went to Brock University. They had a mindfulness for educators (class)," Read says. "From that, I thought, one of the things we were asked was 'how are you going to bring it forward? What are you going to do with this?' And I said I was going to bring it to the university."

Mindfulness meditation is a technique that originates from Buddhism, though now it is more secular in nature. Most of its practices originated from a stress relief

program created in the '70s, and since then, many psychologists have adopted it as a way to combat mental health issues such as depression and anxiety.

Read thinks there are plenty of benefits for students, as stressing out over an upcoming assignment can often work against you.

"If you're so scared or so upset or stressed out about [a] test, your brain is not going to work well anyway. So if you could actually be in the moment for whatever it takes, watch your breath for five seconds even, then you can relax, and ... your thoughts flow better," Read says.

Increased stress can activate your body's fight-or-flight response, where your body think it's in danger and puts all of its energy into either removing or escaping from that danger. Constant stress might lead to long-lasting changes in your brain, which could lead to mental health issues like PTSD or anxiety.

Michael McIntyre, a U of W psychology professor, says while your brain is at risk when you're stressed,



ILLUSTRATION BY GABRIELLE FUNK

you can also learn how to strengthen it through mindfulness meditation.

"There are things we can do to the organ through which we experience our entire lives. We can change our brain in ways that make us healthier," McIntyre says. "You take two groups, a mindfulness group and a control group

... mindfulness has been empirically shown to contribute to physical health."

The mindfulness meditation sessions take place on Mondays at 12:30 p.m. in the Bryce Hall Chapel. The sessions are free and available to anyone who wants to come.

## THE UNNATURAL NATURAL

Mental health care is more complicated than just getting out into nature

SONYA BALLANTYNE @HONEY\_CHILD

VOLUNTEER

People often sigh dreamily when they find out about the life my grandmother lived on a reserve. Without running water or electricity, she chopped wood, hauled water and sustained herself through fishing and hunting.

What these people don't like hearing is that my grandma used to watch TV for days straight when she stayed in a hotel in the city, and she was pleased when she found out she wouldn't have to wash disposable diapers. This was because her life of sustaining herself was hard, and anything that eased the difficulty of her day to day chores was welcome.

This came to mind when I recently saw a Facebook meme presenting a picture of nature as the ultimate antidepressant, alongside a picture of pills that were presented as garbage.

Like a lot of on-reserve Indigenous kids and teenagers, I had a mental illness exacerbated by puberty. All the

nature surrounding me didn't soothe my depression and anger. From ages of 11 to 14, I used to burn myself, hit my head against cement walls hard enough to leave nasty bruises and walk on the highway near my house, hoping a semi wouldn't see me and I'd get hit.

My parents, especially my mother, tried to help me, but with the nearest counsellor a two-hour drive away, there was only so much they could do. At one point, I told another adult in town what was happening to me, and I got mocked on the reserve once the news about my problems got out.

A doctor would visit our reserve once a month, and he noticed what was wrong with me when he saw burns I had inflicted on myself. I remember him fondly, because he was a big fan of U2, my favourite band. We talked about a concert he went to where Bono pulled a person up on stage and they played guitar with the band.



ILLUSTRATION BY KATHLEEN BERGEN

He asked me why I liked them, and I said because their songs had this realistic hope: bad things happen, but there's still beauty around.

He put me on antidepressants after suspecting my depression might be related to a chemical imbalance in my brain.

I don't know where I'd be if he hadn't given me that medication. The pills weren't instant happiness, but they helped dissipate the cloud in my brain. I was able to articulate to my family what was wrong, I began to trust the counsellor who my mom would drive me two hours each way to see, and the doctor would come in and see fewer burns on my legs every month.

Like my grandma with her TV and washing machines, antidepressants eased a difficulty in my life.

Meditation and time in nature can help, but why guilt people who require medication? That guilt contributes to people blaming themselves for their illnesses. In a world where mental illness is stigmatized, a positive way of overcoming it is needed.

*Sonya Ballantyne is a local Indigenous filmmaker originally from northern Manitoba. Her favourite U2 song is "All I Want is You."*





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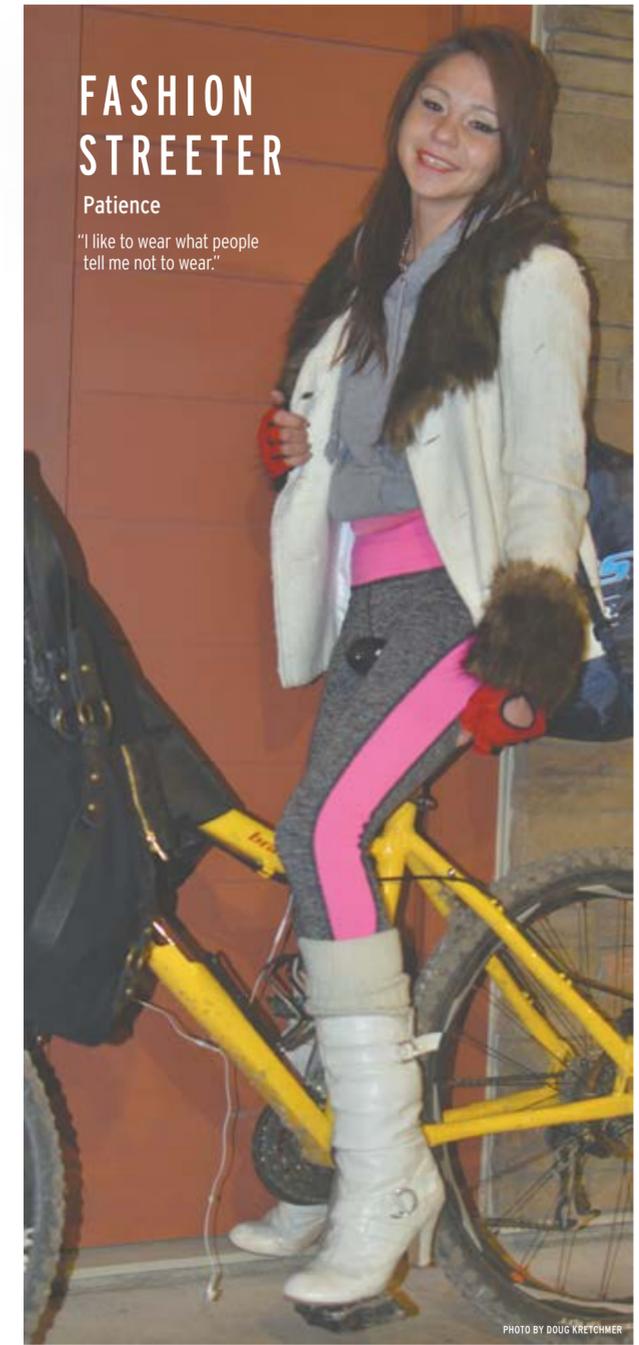


PHOTO BY DOUG KRECHMER



**THE UNIVERSITY OF WINNIPEG**

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.

**AWARDS AND FINANCIAL AID**

The Financial Consumer Agency of Canada in partnership with the Canadian Association of Student Financial Aid Administrators is testing out a new financial toolkit and needs your feedback!

If you are interested in learning how to prepare a budget or manage your finances better, attend the Income, Expenses and Budgeting session on Monday November 7 from 6-9 pm in Room 2M70.

**CAREER SERVICES**

TD Commercial Banking Information Session  
Date: Monday, November 7, 2016  
Time: 4:15pm-6:00pm  
Location: 4BC57

Festival du Voyageur Information Booth  
Date: Tuesday, November 8, 2016  
Time: 9:00am-2:00pm  
Location: Riddell Atrium

**EXCHANGE PROGRAMS**

Looking for an exciting international experience? Do you want to explore the world? Participate in a UWinnipeg Exchange Opportunity!

Information sessions for studying abroad on UW Exchange will be held on:  
Friday November 4th & Friday February 3rd, 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)

**INTERNATIONAL STUDENT SERVICES**

International Cultural Day: Event of the Year!

Thursday, November 10th, 2016 in the Bulman Centre at 5:00pm to 8:30pm

Come and join us as we celebrate the international community and diversity at the University of Winnipeg! There will be plenty of cultural performances as well as dancing, singing, and skits! Cultural food will also be served!

**STUDENT CENTRAL**

**February Graduation**

Finishing your courses in December? Interested in graduating in absentia in February? (You can still attend the convocation ceremony in June.) The deadline to apply for Winter Term graduation is Tuesday, November 15. Go to the "Student Planning/Registration" link on WebAdvisor. Click on the "Graduation" tab and apply to graduate.

**Rent a locker**

Need somewhere to store your coat and scarf? Rent a locker today!

Locker Locations & Types Available:

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

Go in-person to Student Central, OR fill out the form online at [www.uwinnipeg.ca/lockers](http://www.uwinnipeg.ca/lockers)

**Winter Term Tuition Fees**

Pay tuition the easy way and you will be entered to win prizes!

Every student will be entered into a draw that pays for Winter Term (U2016W) courses by January 4, 2016 either

- 1) as a bill payment through their financial institution (online, telephone, in-person at a branch)
- 2) via Flywire, or
- 3) through WebAdvisor with a credit card.

Prize packages include gift cards, UWinnipeg bags, water bottles, and more!

**Letter of Permission**

Are you planning to take a course or courses at another accredited institution? If so, please complete a Letter of Permission Application Form on or before Tuesday, November 15th.

NOTE: If the course(s) is used towards your major, please see the Dept. Chairperson for their signature/ approval. Please also provide a course syllabus if the host institution is outside Manitoba. Letter of Permission Application Forms can be picked up at Student Central.

For eligibility requirements and more information, please visit: [uwinnipeg.ca/student-records/letter-of-permission.html](http://uwinnipeg.ca/student-records/letter-of-permission.html)



Looking for a job on campus?

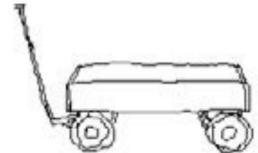
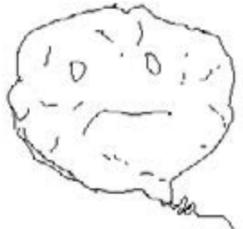
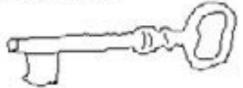
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<p><b>How to Survive - by Paul Hewak</b></p> <p><b>#4: Change -Wagon</b></p> <p>Keep a wagon on hand in case the change is too much and you have to escape it. Cars are too noisy and conspicuous, wagons are quieter than cars and can carry a lot of stuff in them if you get a big one.</p> 	<p><b>-Balloon</b></p> <p>When something about a person changes, whether it's their body, employment, or mood, it can sometimes be a positive change. Balloons being present in a room with this person could indicate that a change is being celebrated.</p> 	<p><b>-Doll</b></p> <p>When change is overwhelming but you don't want to escape it physically then dolls can be the solution to escape mentally. The comfort of the past or present can be found in one's dolls, their reassuring and nurtured faces carry soothing intent.</p> 	<p><b>-Key</b></p> <p>Keys can pop balloons when they're done being used, they can also be used as toys for one's baby doll when they are on cry setting. On top of it all your wagon can't start without them! Be sure to keep your keys in your hands at all times so that they stay warmed up for when you need to drive your house.</p>  <p style="font-size: 0.8em;">Bonus Question: Why am I ending this comic? Answer: I didn't change the comic sorry</p> <p style="font-size: 0.7em; transform: rotate(180deg);">mom &amp; dad said they'd ground me if I</p>
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