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THE

UNITER

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DECISION 2010

Our *Better Voter Series* is your guide to the civic election

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"Books"

BY CINDY TITUS AND MARK REIMER
Check out our Thin Air Winnipeg International Writers Festival coverage on pages 14 and 15.

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Pedestrians ignoring traffic laws are causing problems on downtown streets, some say.

ers, he not only worries about his own potential accidents but his students' as well.

He believes that as long as either the driver or the pedestrian are paying attention, accidents can always be avoided.

"The onus is placed on each individual to act smartly, safely and courteously," he said.

With files from Chloe Rew.

News

Winnipeg pedestrians making the streets unsafe?

Jaywalkers unaware they're being unsafe, some say

LAUREN PARSONS
BEAT REPORTER

With several reports of pedestrians being struck by vehicles in Winnipeg lately, some are wondering if Winnipeg is too relaxed on pedestrian street laws.

According to Section 88 of the Manitoba Highway Traffic Act, no pedestrian can leave the curb when it is deemed unsafe. This can mean anything from leaving the curb when the red hand is flashing to crossing an intersection on a red light, which is considered jaywalking.

The problem is that these laws are not being taken seriously.

"People's lives have become so busy," said Constable Natalie Aiken of the Winnipeg Police Service. "They aren't aware that they aren't being safe."

"People's lives have become so busy. They aren't aware that they aren't being safe."

- CONSTABLE NATALIE AIKEN, WINNIPEG POLICE SERVICE.

Aiken said that people are distracted by checking their phone messages or getting to meetings and aren't paying attention to their personal safety.

Toronto police manned one busy corner and handed out \$50 tickets to anybody who was either jaywalking or leaving the curb when it was unsafe, the *Toronto Star* reported this past January.

Aiken said something like this may work for Winnipeg. She feels that any educational tac-

tic where people are made aware can help deter dangerous behaviour.

In Winnipeg, the Downtown Winnipeg BIZ patrols often act as eyes and ears for the police.

However, jaywalking is not on their radar.

"It isn't something we are responsible for," said Rick Joyal, manager of safety and development for Downtown Winnipeg BIZ and a former police officer.

Joyal said all the BIZ can do is set a good example themselves and adhere to the rules of the road.

"Maybe if it were a kid we could tell them not to do it, but tell an adult what to do and they'll turn around and tell you what to do right back," he said.

Part of the prevention that the BIZ Outreach Unit does help with is getting publicly intoxicated people off the streets, especially late at night where a driver may not see them on the road. However, for many downtown drivers the problem is not intoxicated people at night, but students and business people during the day.

Graham Avenue at Vaughan Street, a particularly problematic intersection, has recently seen a number of traffic accidents involving pedestrians.

Just last month, an elderly man was struck by a Winnipeg Transit bus at the corner that is a hub for bus routes.

Kiera Sigurdson, a third-year University of Winnipeg student, takes the bus to school and has to cross the busy intersection every day.

"I try to pay attention, look both ways and wait for the lights to change – but if there's no traffic then I'll just go," she said.

Some believe that to help create a safer community people will have to change their behaviour to set a better example.

"They have to want to do it," Harold Tabin, owner and instructor of A-Confidence Driving School, said.

Tabin has to deal with unruly pedestrians every day. As someone who is teaching new driv-

STREETER

BY COURTNEY BRECHT AND KRISTY RYDZ
Q: DO YOU FEEL THAT JAYWALKING IS A PROBLEM DOWNTOWN?



Matthew Wheeler, first-year computer science
"No, no problems at all."



Michael Long, fifth-year economics and business
"Only when people don't use common sense when jaywalking."



Lexi Von Dyck, first-year human rights
"I think it is – especially during rush hour."



Julia Sotas, first-year sociology
"I've never felt that way before."



Matthew Unger, Analyst at Investors Group
"No, because in my opinion it doesn't disrupt the flow of traffic. It's the city's planning that disrupts the flow of traffic."



John Vincent, jeweler
"Not that I've seen. It's vehicles in the intersection that really annoy me. Pedestrians only have half a minute to get across the street."

Check us out on Facebook: www.tinyurl.com/TheUniter

Possible hotel buyouts to target drunken behaviour downtown

Residents concerned they may be turfed

SONYA HOWARD
BEAT REPORTER

A recent city strategy to crack down on public intoxication in and around downtown hotels just may close the door on downtown hotel residents.

The Portage Avenue Action Strategy, drafted by the development agency CentreVenture and adopted by Winnipeg's city council in July, states that the city will work with hotels, vendors and the Manitoba Liquor Control Commission (MLCC) to limit drunken behaviour downtown.

Diana Soroka, spokeswoman for the MLCC, says that they are already working closely with the Downtown BIZ by providing funding and training for the Downtown Watch program with regards to working with intoxicated members of the public.

"People are trying to help themselves when they live in hotels like this."

- MARIA TWERSKY, RESIDENT OF THE MARLBOROUGH HOTEL

Reportedly, Mayor Sam Katz is supportive of considering buying out the liquor licences at historic downtown hotels like The Maclaren and The Woodbine in order to shut them down or convert them. The goals of these actions, according to the strategy, are to make the downtown more comfortable for the public and to attract and keep investment.

Local social service agencies, hotel residents and academics wonder what impact this will have on the people who depend on these hotels as a long-term housing option.

"We need to recognize that the people living in these hotels are people and citizens first," said Karen Hoeft, assistant ex-

ecutive director in community relations for the Salvation Army. The Salvation Army, a Christian social service agency, provides 500 beds across three shelters in Winnipeg, 70 of which are for intoxicated people.

"It is intolerable when we stereotype hotel residents by calling for fewer drunks," Hoeft said. "We tend to put a more stringent ideology on this population, who just happens to not have a voice."

Downtown hotels may be the only option for some, Hoeft notes, not because they're drunks but because they can't afford to live anywhere else due to low vacancy rates or because they cannot meet the tenancy requirements of holding a lease.

Marlborough Hotel resident Maria Twersky agrees.

"People are trying to help themselves when they live in hotels like this," Twersky said.

Even if the Portage Avenue Action Strategy includes some low-income and student housing, Twersky is concerned that there would be a lot of people left homeless.

"They don't really care if you're here or not," said Twersky. "We have humane societies for animals, but what about human beings as well?"

Jim Silver, co-director of the University of Winnipeg's Urban and Inner-City Studies program, cautions that the Portage Avenue Action Strategy needs to go beyond cleaning up a part of the city by relocating what seems to be the problem. Instead, it should try to address the problem of access to housing for low-income people.

"There is a shortage of affordable housing in Winnipeg," said Silver. "Further, these hotels are part of Winnipeg's history, and businesses as well. We can't just shut down a legally operating business."

While the MLCC is not directly involved in decisions on hotel buyouts, Soroka notes that the bars in these hotels are operating as a business and they have every right to be profitable.

Deputy Mayor Justin Swandel notes that the hotel buyout option is still at the concept stage and will be reviewed in some detail before council moves forward on it.



Downtown hotels, like The Woodbine, may be facing buyouts in an attempt to curb the prominence of intoxication in the area.

Spence Neighbourhood Association says goodbye to Kate Sjoberg

Apurba Deb welcomed as incoming executive director

SONYA HOWARD
BEAT REPORTER

While Kate Sjoberg may have stepped down as executive director of the Spence Neighbourhood Association (SNA) this summer, her influence will still be felt throughout the community.

A former University of Winnipeg Students' Association president, Sjoberg took on the role of SNA executive director in May 2007.

Responsible for everything from fundraising to communicating between the community, board, staff and volunteers, Sjoberg is glad that she had the opportunity to work

"The amount of engagement and how much people in the Spence neighbourhood are actively working on their living and public space is remarkable."

- KATE SJOBERG, FORMER EXECUTIVE DIRECTOR, SPENCE NEIGHBOURHOOD ASSOCIATION

with an organization that tackles poverty, justice and urban planning.

She's also proud she was able to be a leader in a community that is working together to find solutions to these issues.

"The amount of engagement and how much people in the Spence neighbourhood are actively working on their living and public space is remarkable," Sjoberg said.

The programs that are coming of age now, thanks in part to Sjoberg's efforts, have been on-going for the past 10 years.

Within the organization, Sjoberg has helped to update the constitution and human

resources manual and supported the creation of a sustainability committee to work on financial issues. Also, youth programming is now better supported through effective policies and staffing support.

The gardens and green spaces dotting the neighbourhood are just one example of the impact the SNA, and Sjoberg's work, has had.

Vacant lots converted into gardens are social areas where community members can throw a birthday party, grow food, learn a new skill and, essentially, noted Sjoberg, develop networks, friendships and community.

Working in community economic development is not without its challenges, however. Sjoberg notes the value of patience with the rate of change when dealing with poverty, the impact of colonialism and generational issues.

"Some of us get into this work and get impatient with ourselves because we think we aren't changing things," she said. "Working on these things is a long haul."

To help deal with these challenges, Sjoberg created an impromptu network of fellow directors across similar community organizations like the West Broadway Centre.

This allowed Sjoberg to not only understand the complexity and extent of the executive director role, but also helped her see that there are many other groups, people and organizations tackling the same issues across the city.

Erika Wiebe, a community development worker with Neighbourhoods Alive, sees that Sjoberg's impact through the SNA has been great.



After over three years, Kate Sjoberg has stepped down as executive director of the Spence Neighbourhood Association.

"Kate had no fear in her role," Wiebe said. "She was not intimidated by powerful people and she was effective at getting the community's message to them."

Each executive director brings something in particular to the SNA, Wiebe noted, and Sjoberg was no exception.

Apurba Deb, the incoming executive director who took office Tuesday, Aug. 31, brings more than a decade of experience working in the rural areas of Bangladesh with the United Nations Food and Agriculture Organization, the UK Department for International Development, the Canadian International Development Agency, Danish International Development Assistance and non-governmental organizations.

His projects have ranged from community empowerment to livelihood improvement.

"I look forward to learning from the social memories of the organization and the communities," Deb said. "Working together, we can make the SNA ready for addressing challenges that our neighbourhoods face on a day-to-day basis."

Inside the SNA

The Spence Neighbourhood Association works with the people of Spence Street to revitalize and renew their community in the areas of health, safety, community economic development, and housing and neighbourhood image.

Programs and activities include:

- Community housing
- First jobs for youth
- Literacy
- Newcomer outreach
- Skills Bank
- Skateboard club
- Basketball
- Garden and green spaces
- Tool lending library
- Magnus Eliason Recreation Centre youth drop-in

For more information, visit www.spenceneighbourhood.org.

Local News Briefs

Compiled by Justin Charette

OPEN FARM DAY COMING TO A FARM NEAR YOU

Over 35 farms in Manitoba, including agritourism businesses, are participating in the first Open Farm Day on Sunday, Sept. 19. People are invited by Stan Struthers, minister of agriculture, food and rural initiatives (MAFRI), to visit one of these farms and learn more about farming and gain a unique experience and insight into the agriculture business. Families are encouraged to take tours, attend demonstrations and take part in other recreational activities. Steinbach's Mennonite Heritage Village livery barn will also be hosting Supper from the Field, a dinner prepared from local foods as a celebration of Manitoba's farming community.

RENT CHANGES FOR MANITOBA IN THE NEW YEAR

Manitoba Family Services and Consumer Affairs has announced that the 2011 rent guideline will come into effect on Jan. 1. The guideline, which is determined annually, will be set at one-and-a-half per cent. The guideline is intended to take into account the cost of expenses such as utilities and property taxes. This guideline does not cover units over \$1,200, non-profit housing and certain new buildings. Landlords may also apply for an increase if the increase of their expenses is more than the guideline allows. Tenants must be given a written three month notice if rent is to be increased, and tenants also have the right to object to any rent increases before it takes effect.

PROVINCE CRACKS DOWN ON E-WASTE

According to the *Winnipeg Free Press*, conservation minister Bill Blaikie plans to improve the handling of Manitoba's old electronics. His proposal, which he outlined in a press release, is about ensuring that electronic waste, such as old cell phones and laptops, don't end up in landfills, but are recycled or properly disposed of to minimize waste and prevent pollution. He cites the success of the blue box program, as well as the success of tire and oil recycling at minimizing waste in landfills as an important factor in proposing a similar program for electronic waste.

NOT IN MY BACKYARD

Students from Leila North Community School in Winnipeg addressed a City Hall committee about the state of their school, the CBC reported. The students at the over-crowded school are fighting to have portable classrooms placed on the grounds. Local residents, however, petitioned against the portable classrooms, reasoning that they were unsightly and would lower property values. Last year, students were forced into makeshift classes in the school library and resource rooms. The portable classrooms should have been in place before school started, according to Brian O'Leary, Seven Oaks School Division superintendent, but the appeals have pushed it back another six weeks. There are 550 students attending the school designed for 350.

TOUGH ON CRIME, KATZ SAYS

Chris Kitching at the *Winnipeg Sun* reported that in light of the upcoming municipal election on Oct. 27, Sam Katz is promising to hire 58 new police officers and 19 new call centre operators, costing approximately \$5 million. Katz will seek more money from the federal government to fund this initiative, intended to improve the response times of police and call centre operators. Katz also plans to put more police officers to work directly combating gangs in addition to an increased number of foot patrols and patrol cars.

West side Hydro line slated at \$2.2 billion

Manitoba Hydro given no opportunity to explore alternatives, critics say

ETHAN CABEL
BEAT REPORTER

Progressive Conservatives, Liberals and other experts continue to accuse the provincial NDP of political interference with the operations of Manitoba Hydro.

"We always expected to build along the east side."

- GLENN SCHNEIDER, MANAGER OF PUBLIC AFFAIRS, MANITOBA HYDRO

The accusations come as Bipole III, a \$2.2 billion Hydro transmission line, was confirmed as a project along the west side of Lake Winnipeg, rather than along the east side or under the lake itself.

"For the last 20 years Hydro has planned to build Bipole III along the east side (of Lake Winnipeg)," said Rick Borotsick, PC critic for Manitoba Hydro and MLA for Brandon West.

"The decision to build on the west side is 100 per cent political interference by the Manitoba NDP."

Bipole III, a transmission line that will stretch from just north of Gillam and curve south all the way down to Winnipeg, is necessary for energy reliability in the province.

Bipoles I and II, which run parallel to one another, are too close together to ensure the preservation of electricity in case of extreme weather or other circumstances.

Bipole III, as a result, requires geographic separation from the other lines and could have been built along the east side of Lake Winnipeg or, as some suggest, even under the lake itself.

However, Hydro recently confirmed a 1,350-kilometre western route, chosen to avoid possible environmental damage to the boreal forest, which the NDP would like named a United Nations Educational, Scientific and Cultural Organization (UNESCO) world heritage site.

"The decision to build on the west side is 100 per cent political interference by the Manitoba NDP."

- RICK BOROTSICK, PC CRITIC FOR MANITOBA HYDRO AND MLA FOR BRANDON WEST

"There were many motivations (in choosing the west side)," said Rosann Wowchuk, Manitoba's minister responsible for Manitoba Hydro.

The west side route, which the PCs estimate will cost \$1.75 billion more than an east side route, was not Manitoba Hydro's preferred placement of the line, according to Glenn Schneider, manager of public affairs for Manitoba Hydro.

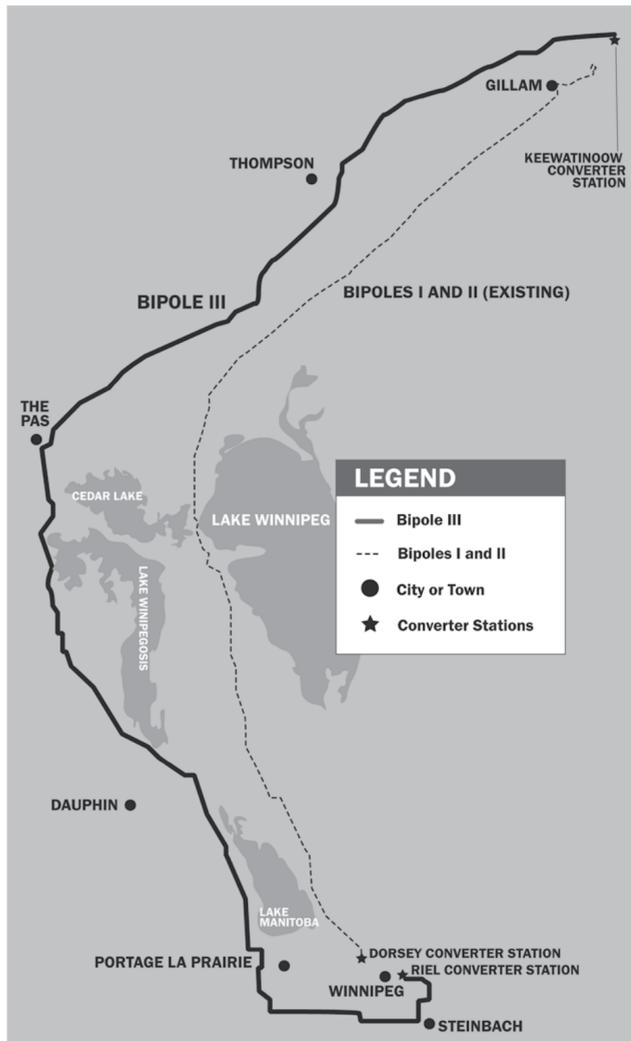
"It's (Bipole III) been in the planning stages for a number of years and we always expected to build along the east side," he said. "We haven't done a comparison of east versus west because we've been given (provincial) direction for the west side ... there would be no point in a comparison."

The PCs, Manitoba Liberals and other critics believe that every angle should be explored when \$2.2 billion of taxpayer money is at stake.

"Manitoba Hydro should have been working and researching all the options on this five years ago rather than two years ago," said Jon Gerrard, leader of the Manitoba Liberal Party.

Gerrard supports the often overlooked underwater alternative, which would involve laying 350 kilometres of special cable beneath Lake Winnipeg.

The costs of a shorter underwater route would be \$200 million less than a west side route, with added savings of \$250 million in line maintenance over its lifespan, John Ryan, a retired University of Winnipeg geography professor, estimated in a series of *Winnipeg*



AYAME ULRICH

Free Press columns published in 2008.

Additionally, the Liberals' preferred route would avoid environmental damage to the eastern boreal forest, affecting 363 kilometres as compared to 885 kilometres on the east and 812 kilometres along the west. The largely underwater route would also sidestep any issues or cash settlements among First Nations groups and private land owners.

"The cost is lower than the west side line and comparable to the east, without even including settlement or land claims," Gerrard said.

Wowchuk responded to the underwater proposal by saying that the technology is currently unavailable to build under an inland, freshwater lake.

The technology has only been tested in saltwater bodies, like the North Sea between Norway and Netherlands, which adopted the method for energy transmission.

Wowchuk further finds PC claims of \$1.75 billion in savings along the east to be dubious.

She noted the majority of their estimates come from projected savings on a converter station that must be built regardless of where the line is constructed.

"The difference in cost between east and west is \$410 million," she said.

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AYAME ULRICH

Mayoral candidates on the fringe

In addition to Sam and Judy, five other candidates seek mayoral victory

ETHAN CABEL
BEAT REPORTER

As mayor Sam Katz and Judy Wasylycia-Leis continue to steal headlines all over Winnipeg, it is easy to forget that a diverse, and equally legitimate, slate of mayoral candidates are simultaneously vying for the top job.

"I think Winnipeg was once a great city," said Nancy Thomas, 47, a mayoral candidate and business consultant who lives in St. Vital. "I say it was once a great city because people simply don't feel safe anymore."

Thomas decided to enter the race in early spring after realizing that a radical change in city leadership was paramount for the success of Winnipeg.

"We need open, honest and accessible government," she said.

To make city services more accessible, Thomas proposes to review the 311 communications system, which links most city service calls to one central phone line. The line delays communication between residents and city service departments, she said.

Thomas would institute strict term limits of a maximum of two four-year terms for the mayor and all city councillors in order to avoid complacency among career politicians and their constituents.

She also wants to beef up the Winnipeg Police Service by opening community service stations and scrapping the recently approved police helicopter in favour of added foot patrols in needy neighbourhoods.

"We may need more officers," she said, addressing mayor Sam Katz's commitment to add 58 new cops to the Winnipeg Police Service. "But I don't think our current officers are being deployed strategically or effectively."

The other three "fringe" candidates have put forward even more unique approaches to the city's ailments.

Rav Gill, a 28-year-old mayoral candidate,



CINDY TITUS

Mayoral hopeful Nancy Thomas may be a fringe candidate but that's not stopping her from getting her ideas for Winnipeg out to voters.

real estate broker and Scotia Heights resident, would like to see economic revitalization in the downtown. He advocates for the

creation of a 24/7 mixed-use entertainment district around the University of Winnipeg and parts of the West End.

This week on the campaign trail... Mayoral candidate spotlight

Getting to know Rav Gill

KRISTY RYDZ

NEWS PRODUCTION EDITOR

Katz and Wasylycia-Leis face-off with crime-fighting commitments

The two top contenders in Winnipeg's civic election address crime, a key city issue, from very different perspectives. Mayor Sam Katz stated that he would put 58 more police officers on the street while Judy Wasylycia-Leis pledged \$1 million in community resource funding to deter crime, according to CBC.ca. Wasylycia-Leis's announcement was a follow-up to her August promise of expanding anonymous crime-reporting phone lines.

Federal meets civic

Conservative Member of Parliament Steven Fletcher is throwing his true blue support behind incumbent mayor Sam Katz. The junior cabinet minister and federal representative for Charleswood-St. James-Assiniboia announced in a press release and on his Twitter feed that Katz has been a supporter of justice reforms that, "the federal NDP have opposed, obstructed and watered down at every opportunity."

Katz's office downplayed the partisan endorsement noting that official support is being accepted from various levels of government, as reported in the *Winnipeg Free Press*.

A Jet at city hall?

Veteran Winnipeg Jet Thomas Steen has joined the race for city council. Steen announced his campaign on Thursday, Sept. 9 and will run against NDP-endorsed Shaneen Robinson, former school trustee Rod Giesbrecht and Nelson Sanderson for the city councillor seat in the Elmwood-East Kildonan ward. Long-time incumbent and NDP-supporter Lillian Thomas is retiring from the seat this fall.

All signs point to an election

Starting on Sunday, Sept. 5, official civic election signs began popping up on homeowner's lawns as a way to boost name recognition for candidates and allow Winnipeggers the opportunity to display their support. While there are many restrictions and bans on signage for public property, private spaces are far less governed. For a list of requirements for public spaces, check out the City of Winnipeg bylaw here: www.winnipeg.ca/clerks/docs/election_services/defaultES.stm.

Mayoral candidate spotlight

Getting to know Rav Gill

KRISTY RYDZ

NEWS PRODUCTION EDITOR

At 28-years-old, Rav Gill wants to be your mayor and turn Winnipeg into "the next great city."

"It's very, very good," Gill says about Winnipeg's current mark of greatness. "But it's not a destination city like Toronto or Montreal."

A real estate agent and owner of his own property management business, In Town Properties, Gill is confident he can transfer his approachability, ability to attract business and experience developing areas in the city into a successful stint as mayor.

After travelling around the world and visiting major metropolises across Canada as well as in Europe, Mexico, India and beyond, the home-grown West End Winnipegger is bringing what he experienced back home.

"I've seen all the different kinds of downtowns and all the different kinds of rapid

"The area would have everything people there need," he said.

On accessibility, Gill vows to do away with the communications system around the mayor's office by answering all phone calls and e-mails personally.

On public safety, he wants every police officer equipped with a camera in order to decrease "frivolous claims" against the police and increase conviction rates.

"I trust the police to turn on the camera when they should turn it on," said Gill, adding that a simple training session would be required for the implementation of the program.

Gill also advocates for a crime-free housing program, which would train landlords on how (and when) to report possible criminal activity in their rental properties.

Avery Petrowski, 23, a mayoral candidate, appliance salesman and resident of Wolseley, vows to improve accountability through the online publication of city expenses.

He also wants to reach out to youth in order to change the city's low voter turn-out, which was a minuscule 38 per cent of eligible voters in the 2006 election.

"We need open, honest and accessible government."

- NANCY THOMAS, MAYORAL CANDIDATE

"I want to set up a student council to advise the city council," he said. "We need to make students feel that their opinions are valid and will continue to be valid."

Last but not least, mayoral candidate Ed Ackerman, a filmmaker and owner of the "Alphabet House" at 89 Gertie St., has been accused of violating the city's vacant and derelict buildings bylaw by maintaining the house. Opposition to the bylaw is central to his campaign but he also wants to give residents unregulated access to the Brady Landfill in order to re-use discarded material.

If elected, Ackerman pledges to make Winnipeg Transit a free service for everyone. "I don't believe in rapid transit," he said. "I believe in free transit."

Brad Gross, a real estate agent for Royal LePage, is also running for mayor. At the time of this writing, he was not yet registered as a mayoral candidate.

transit systems," he said. "I think that we can still get the best of everything here in Winnipeg."

While he loves classic cars (particularly his '87 Camaro IROC) and basketball, Gill is also passionate about the tight-knit community feel of the city.

"(The people) are very friendly in Winnipeg," Gill said. "Every time you go out you always see someone that you know."

Talking about the best kept secrets in the prairie city, he loves the diversity of great dining experiences that the city has to offer, like his personal favourite: the Chinese restaurant Sun Fortune on Pembina Hwy.

"You can get authentic food from all around the whole world here," he said. "And even if you just want some greasy burgers and fries, we have Johnny G's."

Wanting to expand on the best parts of the city, Gill's goal as mayor would be to change the way Winnipeg sees its future.

"I'm really dedicated to the idea that Winnipeg stops doing things on the cheap and that we think of a long-term plan for the city."

Visit www.rav4mayor.com.

International News Briefs

Compiled by Aaron Snider

WITCHES DODGE A BULLET

ROMANIA: In an attempt to increase government income, two members of Romania's ruling Democratic Liberal Party put forth a draft law recently that would have seen witches and fortunetellers forced to produce taxable transaction records. The law would have also held those in magical occupations accountable for incorrect predictions. According to the CBC, Alin Popoviciu and Cristi Dugulescu accused their fellow politicians of fearing magical repercussions when their draft law failed to pass the Romanian senate last Tuesday. The eastern European nation has been suffering recently from a rapidly shrinking economy and last year was forced to accept a \$20 billion loan.

RESURRECTING THE CASTE SYSTEM 60 YEARS LATER

INDIA: For the first time since gaining its independence from the British Empire, India's government will formally count its citizens according to their castes, CNN reported last week. The survey, which will take place next year separately from India's ongoing general census, is primarily an attempt to discover how many Indians are members of the Other Backward Classes (OBCs), a general grouping for several of the lowest castes. While some say the results will help the government provide help to the disadvantaged, opponents to the survey fear the re-emphasis of castes - which date back thousands of years - will damage India's national unity.

HAPPY BIRTHDAY, DPRKI!

NORTH KOREA: Ceremonies honouring Kim Il-sung, North Korea's first leader, took place last week in Pyongyang to celebrate the 62nd anniversary of that nation's independence, the *New York Times* reports. The milestone comes amid many speculations about the political future of North Korea. A high-profile meeting of delegates from the North's ruling Worker's Party failed to begin on schedule last week, prompting analysts across the border in South Korea to wonder if current supreme leader Kim Jong-il - son of Kim Il-sung - was experiencing health difficulties. Many expect Kim Jong-il's son, Kim Jong-un, to begin taking on increased responsibility in preparation to succeed his father.

PROMISING IMPROVEMENT IN SOUTH AFRICA

SOUTH AFRICA: The BBC reports that murder rates fell by almost nine per cent in South Africa last year, according to the latest statistics. This means that the number of murders in that country was less than 17,000 for the first time since statistics were first collected in 1994. Government officials and security analysts say the drastic drop in murders was due to greater police visibility and an increased integration between the police and community forums. The data, which is hopeful in a nation widely considered to be one of the most violent in the world, includes one year ending in March, thereby excludes figures from the FIFA World Cup.

CHILEAN PROTESTERS RECEIVE SUPPORT

CHILE: Four members of Chile's left-wing opposition joined a group of indigenous Mapuche prisoners last week in a hunger strike to protest what they see as an abuse of unfair anti-terrorism laws, the BBC reports. The 34 Mapuche prisoners are being charged with various terrorist offences following disputes over their ancestral land. The terrorism charges allow the government to press harsher sentences and to try the accused in military courts. Prior to the congressmen's show of solidarity, which the government has called irresponsible, the prisoners had been refusing food for two months. Chile's government will not negotiate with the strikers, and instead have asked the Roman Catholic Church to mediate.

Building in northern directions

Road connecting Manitoba and Nunavut an important key to economic growth, according to Axworthy

LAUREN PARSONS
BEAT REPORTER



A proposed all-season highway that would connect Manitoba to Nunavut year-round might present opportunities and challenges.

Part 1 in a two-part series.

With climate change rapidly increasing and changing arctic territory boundaries, new developments are in place to build stronger ties between Manitoba and Nunavut. One major proposal is an all-seasons road, which according to Gaile Whelan-Enns, director of Manitoba Wildlands, does not seem realistic. The favoured route is a 1,200 km road that connects Gillam, Man. to Rankin Inlet, Nunavut.

Whelan-Enns and her non-profit environmental organization think the cost of the project, at an estimated \$1.2 billion, is a

"It works out to almost \$1 million dollars per kilometre. Who is going to pay for that?"

-GAILE WHELAN-ENNS, DIRECTOR OF MANITOBA WILDLANDS

problem.

"It works out to almost \$1 million per kilometre," she said. "Who is going to pay for that?" Whelan-Enns believes that part of the high cost is due to the acceleration of global warming and its effects in the north. Conditions like permafrost and melting ice play a major role in research and development that would need to be done before the road could be built. Another issue is the development of mines in the North. She explained that new mines in the Northwest Territories

Manitoba Premier Greg Selinger to present research at the Gateway Summit 2010 - Northern Directions being held at the U of W from Nov. 8 to Nov. 10. As part of the event, Axworthy hopes discussion of the road can open up and plans can be made to put it in motion. He sees the road as an important key to our economic growth as a province and country as well as a step forward in the Arctic gateway model, formed for the Port of Churchill. But the road is not just about economic developments. "You've got

to open up the North in terms of the ability of Canada to continue to protect its interests," Axworthy said. He feels that to help the North, the rest of Canada first needs to get to there. Axworthy has always had big dreams for the university, for the country, and definitely for the Arctic gateway. "As far as the road is concerned, the technology is certainly there," he said. "We built roads up to the Arctic Ocean in the times when this country had big visions." Dorothy Dobbie, former president of CentrePort Canada, an inland port named as Canada's first Foreign Trade Zone, could not agree more. Dobbie said that from a business perspective, this is one of the most exciting projects to come along in a long time. "Think of all the jobs that will be attached to such a major development," she said. She believes that people who are in industry training now will have a great advantage in the next few years to start developing their careers with the construction of the road.

Watch for Part 2 in next week's issue of *The Uniter*: Examining the ideas that will be discussed at the Arctic Gateway Summit.

UNIVERSITY OF WINNIPEG
STUDENTS' ASSOCIATION
Canadian Federation of Students Local 8

Board Meeting:
September 21st,
8:00 PM
UWSA Board Room

Hello from the UWSA!

Hey students, welcome to UW! We at the UWSA work to represent you and to make your university experience the best it can be. We do this by bringing student concerns to university committees and government, by providing services (like health coverage and a used book store), and by organizing events, such as O Week. Speaking of O Week, please take a moment to fill out our O Week survey, available on our website (www.thewwsa.ca) and at our offices in the Bulman Students' Centre. Everyone who fills out a survey will be entered in a draw to win a \$25 Some Café gift card.

There's something for everybody at the UWSA. Want to meet like-minded students? Join a student group. Need some support during a tough financial time? Apply for an emergency student loan and use the UWSA Food Bank. Want to learn practical work skills? Participate in our professional development workshop series. Want to shape the UWSA and the Bulman Students' Centre. Attend our board meetings or run in the fall by-election or the general election in the spring.

Learn more about what your student union has to offer at www.thewwsa.ca. Also, watch for regular updates like this one in the Uniter, and stop by our offices to say hi and let us know what matters to you as a student.

YOUR UWSA!
(Left To Right)
Lana Heintze
Vice President Student Services
Zora Jenco
Vice President Internal
Jason Syvickay
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*

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Campus News Merger no more

Rumours of amalgamation between the philosophy and classics departments false

KARLENE OOTO-STUBBS
CAMPUS BEAT REPORTER

When the University of Winnipeg's dean of arts announced plans to amalgamate the departments of religion, classics and philosophy last November, students, faculty and alumni were outraged by the decision.

"It was out of the blue and a terrible shock to all the departments involved," said Dr. Jane Cahill, chair of the classics department at U of W. Within five days the university realized it was a bad idea and the plan was scrapped, yet rumours kept circulating.

One of the reasons for the commotion was the fact that the philosophy department had been facing hard times. The chair had stepped down and a number of faculty members resigned.

"(Philosophy students) were upset about the state of their department," Cahill said. "The chair had resigned and there were in-

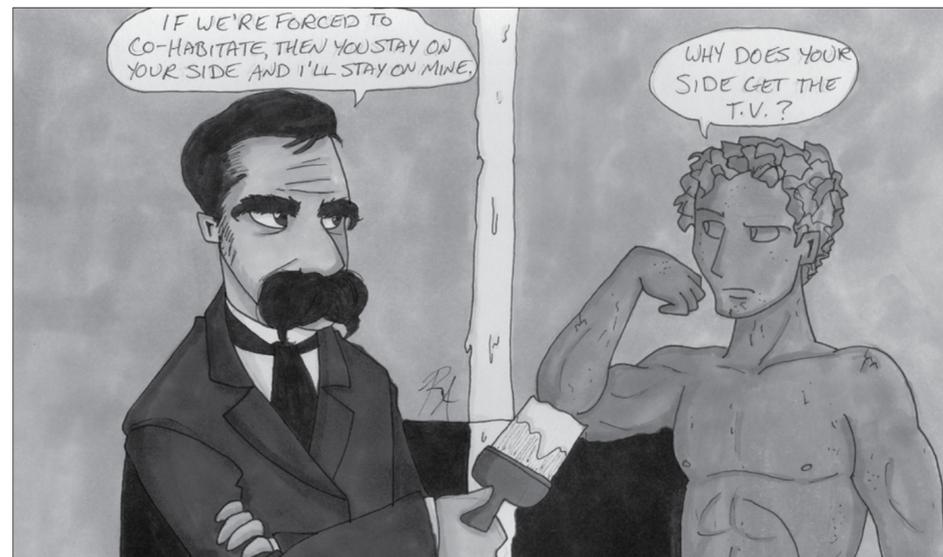
"Universities are moving to a business model and decisions based on money are not for the academic good."

- DR. JANE CAHILL, CHAIR OF THE CLASSICS DEPARTMENT, U OF W

ternal conflicts, so students kept up the noise to raise attention for the philosophy department's issues."

Dr. Jack Zupko was recently appointed to the position of chair of the philosophy department. When he heard about the possible merger before he arrived from Emory University in Atlanta, Georgia, he was skeptical about it.

"I was hired to be chair of philosophy, not philosophy, religion and classics ... philosophy and classics share a secretary but that's



ARANDA ADAMS

all that we have in common," he said.

Combining two unrelated departments is a big concern for Keith Collins, a faculty member in the classics department. As a contract employee, he was unsure about the future of his job.

"With a merger of departments comes layoffs and less opportunities for new hires," Collins said. "I hope we're not undermined like that."

As for rumours about the women and gender studies department joining with classics, Cahill assures those are false as well.

"Classics departments suffer when they are amalgamated," she said. "What happens is that the smaller, important aspects of the discipline die. A chair that isn't a classicist doesn't understand why we would want to

teach fourth-year Greek to four students. And we still wish to provide aspects of classics like that."

Cahill did her doctorate studies at the University of British Columbia when they had a prestigious classics department. The department has since merged, being renamed the department of classical, near eastern and religious studies. She notes that it is no longer a world-renowned program.

"I see amalgamations happening in schools due to budgetary concerns, which should not be the main concern of academics," Cahill said. "Universities are moving to a business model and decisions based on

money are not for the academic good."

Graeme Gagnon, a third-year classics student, was upset about the proposed joining. "When the merger was announced I was contemplating switching to a degree in history," he said.

"But classes are full and waitlisted. If anything, the university needs to expand the classics department. I'm thankful (the merger's) not happening."

Check out the classics and philosophy departments student association at <http://uuclassics.blogspot.com> and <http://uuphsa.blogspot.com>.

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TEAS www.ouac.on.ca/teas/

Teacher Education Application Service
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March 1, 2011: Application deadline for French programs

ORPAS www.ouac.on.ca/orpas/

Ontario Rehabilitation Sciences Programs Application Service (Audiology, Occupational Therapy, Physical Therapy/Physiotherapy, Speech-Language Pathology)
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FREE ADMISSION!!

Don't miss Wild Style Director Charlie Ahearn, direct from NYC, for an artist talk and program of collected short film and video works, Saturday, October 2nd, 8 pm at the Graffiti Gallery.

Campus News Briefs

Compiled by Chris Hunter

WESMEN SKILLS BASKETBALL CAMP

From Sept. 24 to 26, the University of Winnipeg will hold Manitoba's first ever basketball skills camp. Students attending the camp will develop their off hands, improve passing and learn professional secrets to prepare them for the coming season. Guest coaches for the camp include Grand Richter (previous coach of NBA star Darryl Dawkins) and ex-professional players Norm Froemel and Srđjan Komlonevic. The camp is open to all high school and junior high students, both male and female. People can register online at the U of W website.

U OF W GROWS GREENER

University of Winnipeg students will be using greener, more sustainable, campus infrastructure this coming semester. Over the summer, a number of changes have been made to the way the campus operates including a new electric and natural gas hybrid heating system, an expanded recycling program and low-flow toilets and sinks. The new, greener, infrastructure is expected to cut down on greenhouse gas emissions by 35 per cent and save 4,536,634 litres of water everyday. In 2005, the U of W pledged to become a Kyoto compliant school.

GRANTS FUND ANOTHER YEAR OF PROMISING U OF W RESEARCH

The University of Manitoba has received an affluence of research grants to help fund a variety of subjects. A long list of faculties will receive grants to help fund research. Some planned projects include studying native gangs, examining increasing product recall and return rates and the role of belief systems in achievement and well-being. On top of the research funds, 43 students have also received graduate and doctorate scholarships. The bulk of these funds, \$2,452,446, will be committed from the Social Sciences and Humanities Research Council of Canada.

MENNONITES, MELANCHOLY AND MENTAL HEALTH

From Oct. 14 to 16, the U of W chair of Mennonite studies will host a conference geared towards exploring all things related to Mennonites and mental health. Both scholars and students are invited to attend the free conference, titled "Mennonites, Melancholy and Mental Health." Subjects such as the long history of Mennonites dealing with mental illness through creative means like painting and writing will be discussed. The conference will take place in Convocation Hall and requires no registration. For more information, including a detailed list of conference lectures, please visit <http://mennonitestudies.uwinnipeg.ca>.

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Wesmen women's basketball team prepares for upcoming season

New team looking for success with blend of veterans, rookies

SARAH REILLY
STAFF WRITER

The University of Winnipeg Wesmen women's basketball team held tryouts last week and will kick off the season with a significantly different roster.

While eight players are returning to the team, five from last year are not back. With four new rookies, head coach Tanya McKay views the team in two categories.

"I see the team in two parts: fourth – and fifth-years, and first and second," she said. "We're very veteran but we're also very young."

Assistant coach Tami Pennell agrees that the squad contains a mixture of skills and hopes to foster confidence in those returning from last year.

"We lost quite a few veterans last year ... and our goal this year is to try to develop some leadership (in the new veterans)," Pennell said.

The three fifth-years (Catie Gooch, Alex MacIver and Kaitlin Rempel) and two fourth-years (Mackenzie Prasek and Amy Ogidan) are learning to be more vocal as they step into the role of leading the team.

"We feel that as every practice goes on, it'll get a little better, and we're looking forward to that," Pennell said.

Prasek said that the Wesmen are looking forward to coming together as a team over the month of September and learning to play as one unit in pre-season next month.

"I feel that the pre-season games in October will be a great way to bring our team together," the fourth-year player said.



The Wesmen women's basketball team for 2010/2011 is shaping up to be a solid mix of veteran and rookie players.

"The game experiences will give us a chance to close the gap between the veterans and rookies."

"We lost quite a few veterans last year ... and our goal this year is to try to develop some leadership."

- TAMI PENNELL, ASSISTANT COACH, WESMEN WOMEN'S BASKETBALL

The Wesmen will be in two pre-season tournaments, starting with their own BOB FM tournament on Thanksgiving weekend, and followed by a tournament at Lakehead University Oct. 15 to Oct. 17.

There is a general feeling of excitement

among the players and coaches now that the team has been finalized. Gooch, who is co-captain with Ogidan, is thrilled to have new blood pumping through the team.

"I'm really excited for this year and I think we have a lot of potential with the new recruits coming in," she said.

McKay is also keyed up about the team this year, and believes that they have great potential for a successful season.

"If the veteran players bring what they should bring, and the rookies play with no fear, then I think we're OK," she explained.

When asked about their chances to make the national competition this year, McKay said that she's not worried about looking that far down the court, yet.

"I want to keep us right here," she said. "We're going to focus on the season and what's in front of us. Number one is making playoffs."

English soccer player joins Wesmen

Bromley excited about the new, fresh program

SARAH REILLY
STAFF WRITER

With the introduction of the new soccer program, the Wesmen family welcomes 21-year-old Adam Bromley from St. Austell, Cornwall, England.

"There is absolutely no doubt that I have been working with some of the most technically gifted players I have ever played with in my 16 years in soccer, here at the University of Winnipeg."

- ADAM BROMLEY, WESMEN SOCCER PLAYER

Bromley is one of two British players to join the Wesmen this year. He was recruited by Mick Gale, the new Wesmen soccer coach, last December but did not commit to the program until midway through the summer.

COMMUNITY EVENTS

THE INDIGENOUS KNOWLEDGE SEMINAR SERIES is a series of seminars on the traditions that are central to the world-views of the Dakota, Ojibway, Cree, Dene and Métis Peoples of Manitoba. Dr. Emma LaRoque will give a talk on Friday, Sept. 17 at the Aboriginal Education Centre in the Promenade. 1:30 p.m.

There is a COMMUNITY FARMERS' MARKET every Thursday from 2 p.m. until 8 p.m. on the patio of the Gas Station Theatre in Osborne Village. Performances by local musicians start at 6 p.m.

Winnipeg Folk Festival presents SCOTT SENIOR PERCUSSION PASSPORT at The Folk Exchange on Saturdays between Sept. 18 and Nov. 13.

THE RIVER HEIGHTS FARMERS' MARKET at the River Heights Community Centre runs from 2 p.m. to 7 p.m. on Fridays until the end of September.

FREE INTERNATIONAL STUDENTS' CLASS. A free class for international students will be held on Sundays from noon to 1:30

p.m. at Elim Chapel, 546 Portage Ave. (enter from rear parking lot). It will be an opportunity to meet with other students and Canadian friends while learning English and the Bible. For more information contact Val and Veda Chacko at 257-1670 or vhacko@shaw.ca.

"For the Love of Lucille" – 10TH ANNUAL CANCERCARE BENEFIT SOCIAL featuring The Fighting Hellfish and Special Guests on Saturday, Sept. 25th at the Pyramid Cabaret.

ON CAMPUS

A free public lecture entitled "THE ROLE OF THE ARTIST AS INTELLECTUAL," presented by the University of Winnipeg Global College and the Umunna (Iqbo) Cultural Association of Manitoba Inc., is in the Eckhardt-Grammatt Hall Friday, Sept. 17 at 7 p.m.

THE CRISIS IN OKA, MANITOBA is a radio drama taping at the Canwest Centre for Theatre and Film on Friday, Sept. 17 at 2 p.m. and 7 p.m.

Check out the THIN AIR WINNIPEG INTERNATIONAL WRITERS FESTIVAL Campus Program featuring SINA QUEYRAS and



Import Adam Bromley is a happy addition to the Wesmen soccer squad.

sporting achievements in volleyball and basketball, hopefully we can add soccer to the list," he said.

GEORGE MURRAY on Saturday, Sept. 25 in the University of Winnipeg's Convocation Hall. 2:30 p.m.

On Shine Day, Thursday, Sept. 16, volunteers from the University of Winnipeg will be SHINING SHOES in the downtown area to raise funds for Cystic Fibrosis research.

The Winnipeg Symphony Orchestra (WSO) is introducing a new and improved SOUNDCHECK program, an easy and affordable way to take in WSO concerts throughout the season for students and those aged 15-30. Visit www.wso.ca for more information.

VOLUNTEER OPPORTUNITIES

Shine shoes for Cystic Fibrosis research by volunteering for SHINERAMA on Sept. 16 Visit www.cysticfibrosis.ca for more information.

THE WEST BROADWAY YOUTH OUTREACH CENTRE is always looking for more volunteers to help with a variety of programs including sports, tutoring and other programs to benefit inner city youth. Call 774-0451 or stop by 222 Furby St. to offer your skills.

Comments

Reflections of a fringe candidate

Why it's worth it to run beyond the mainstream



NICK TERNETTE
VOLUNTEER STAFF

After participating in five Winnipeg mayoral campaigns, I have often been asked whether or not it was worth running.

I must admit that when I ran in my first election in 1974, I actually thought I could win and secure a seat on Winnipeg's city council. I ran a very "professional" campaign with a campaign office, campaign manager and a staff.

Lo and behold, I finished third. Still, I realized that because I had run as a socialist candidate, I would never be elected to city council and nor would anyone else who did (except, perhaps, in the North End, where communists were getting elected until 1990).

Many people who go into politics seem to see it as a win or lose game. If you lose, you go back to your former life.

I ran as a socialist (I was radicalized in the late '60s during the anti-war movement) and I realized that if I didn't continue to run as a socialist candidate – especially if there was no one else running with a socialist perspective – then citizens would not have an alternative, non-capitalist option to vote for.

But the question remains: is victory enough incentive to decide to run for mayor? The answer is no.

In my many years of running for civic office, it was important to me that my views

were afforded the opportunity to be heard; in my case, I regularly made presentations at City Hall from 1971 until earlier this year. I knew the ins and outs of City Hall better than some of the mainstream candidates and, as such, was able to clearly articulate my views on civic politics. In some cases, a few mainstream candidates even altered their own platforms after being inspired by ideas I had proposed.

Even though I have always been called a "fringe candidate," I never objected to that term because to me it meant standing outside of the mainstream of politics, which is what I considered myself to be doing.

However, running as a fringe candidate did have its drawbacks. My fringe status meant I was not allowed into some debates, such as those before the Winnipeg Chamber of Commerce. I would show up before the meeting anyway and distribute my literature until the security guards escorted me out, which created just as big a news story for me as if I had been allowed to debate.

Being a fringe candidate and having little money and few people working for you forces you to be very creative and to do things differently. A favourite tactic of mine was to use guerrilla theatre.

Throughout my years of running for civic office, many mainstream politicians began to respect me for some of my views. Surprisingly, former mayor Susan Thompson recently suggested that a statue be built in my honour for

Pale green, dull and boring

Manitoba not likely to see real change for a high-tech green economy



ADAM JOHNSTON
VOLUNTEER

In the next provincial election, scheduled for October 2011, both the economy and the environment will play heavily on voters' minds in what may be the most contested race since 1999.

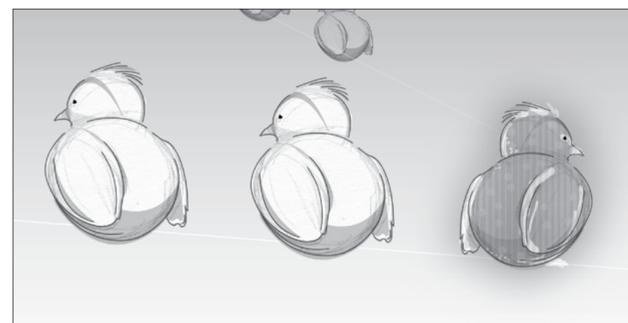
Whichever political party in 2011 can clearly articulate a strong message of both environmental stewardship and economic growth will win. However, given the cautious and at times polarizing context of some issues, such as the proposed Bi-Pole III line down the west side of Lake Winnipeg, Manitobans are likely to be met with a steady-as-she-goes approach.

To its credit, the Manitoba NDP has done some good in bringing environmental issues forward since 1999. Such positives include passing the Water Protection Act, increasing protection of wilderness parks, touting Manitoba Hydro's clean energy advantage and supporting a UNESCO World Heritage site for the part of the Boreal forest that covers predominantly the east side of the province.

However, despite winning numerous awards from *Business Week* and the David Suzuki Foundation, Manitoba still flounders environmentally. It ranks as one of the worst provinces for recycling in Canada; it fared poorly in a 2010 report on provincial environmental policies by *Corporate Knights* magazine, who graded it an F; and it has only maintained stable greenhouse gas emissions since 2000.

What's worse is that the province's green technology innovation sorely lags behind other provinces, including British Columbia and Ontario. Manitoba Hydro's complete dominance of all alternative energy in Manitoba has actually hampered the innovation in terms of fostering competitive markets to make green technology more affordable.

Meanwhile, the Progressive Conservative



AYAME ULRICH

I've always argued that every person ought to run for political office at least once in his or her lifetime in order to understand how the political process in Canada works

my contribution to civic politics.

However, there are different levels of fringe candidates that run at the civic level. They range from those who run on a specific ideology to "nuisance candidates" (those that are simply running to get their names in the paper or because they are running on a weird platform, such as opposing a particular city bylaw).

However, no matter what type of candidate they are, they have the right and duty

to participate in the political process. I've always argued that every person ought to run for political office (be it civic, provincial or federal) at least once in his or her lifetime in order to understand how the political process in Canada works.

Nick Ternette is a community and political activist, freelance writer and broadcaster who lives with his wife in McFeeters Hall Residence at the University of Winnipeg.

What is needed is a serious talk about a real green economy.

How about incentives for small scale competition through consumer co-operatives and community-owned businesses to offer green technologies like wind and solar energy? How about building the infrastructure from north to south for a smart grid that will accelerate energy technology?

Why not provide a framework for increased entrepreneurship in the inner cities that would allow people to make money off green products? Why not a green job training program that would train people for emerging technology industries?

While it may be interesting to note that the PCs would consider depoliticizing Hydro, the idea is very vague and may have people thinking they would consider selling off the Crown corporation, thus turning the election into a referendum on Hydro.

Also, the idea of the PCs wanting to build the Hydro line along the east side of Lake Winnipeg, the same side as the aforementioned UNESCO World Heritage Site, leads one to wonder if they do take the environment into serious consideration as a key platform component.

Perhaps the Liberals have the most interesting environmental solutions, including a PST rebate on purchasing fuel efficient vehicles and incentives to convert vehicles to bio-diesel.

However, despite some unique policy ideas, the Liberals, like the other two major parties here in the province, suffer from a failure to consider that citizens have a participatory stake in the green economy.

All three main political parties say they care – however, one party uses Hydro as the only way to promote alternative energy in the province, one has no consideration for some of the most pristine wilderness in all of Canada and the third is likely to do little more than paint by numbers next election.

Let's empower people, not force them to be little more than spectators after election day.

Manitobans deserve better. Unfortunately, with the leadership exhibited by all three parties, Manitoba will still see a very pale green environmental action plan after October 2011.

Adam Johnston is an economics and rhetoric & communications student at the University of Winnipeg who focuses on environmental, economic and technology policy on his blog at <http://moderneconomicstechnologyenvironment.wordpress.com>.

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EDITORIAL

If you don't vote, kick yourself in the face

If you're reading this, you're probably somewhere between the ages of 18 and 30 - not a demographic typically known for heading to the polls in droves come election time.

Indeed, there are a lot of reasons not to vote in the upcoming civic election. But, there is also a host of compelling reasons why you *should* fill out a ballot on Wednesday, Oct. 27.

You don't need to be a political scientist to gauge the dissatisfaction many feel about the six years Sam Katz has spent as mayor of this city. The 59-year-old has made decisions that will impact Winnipeggers for 30 years to come.

One need look no further than city council's decision this past May to approve a deal to hire Veolia, a French multinational, to design and build \$661 million in upgrades to two sewage-treatment plants.

The deal binds the city for 30 years, which is how long Veolia will help manage the plants.

That means when Katz is dead, or spending the last of his days in Scottsdale, Arizona, a decision he helped make will be impacting you while you're still in your prime.

Or take, for example, Katz's insistence on developing Waverley West. With the vacancy rate hovering at around one per cent, it's impossible to find a good apartment downtown if you're a student. And the mayor wants to build more houses in the suburbs?

Clearly something is wrong here. And clearly it affects our everyday lives. If you feel powerless to change things, one way you can make your voice heard is by voting. It's cliché, but it's true.

Municipal officials often ignore young people because we don't vote. It's not that Katz or any other politician wants to ignore young people, they just have no reason to pay attention to us. Seniors get a deluge of benefits from all levels of government, not because they're old and frail, but because they consistently vote.

If politicians knew young people could potentially swing an election, their policies would invariably cater to young people. We never vote, so they never have to worry about the vacancy rate or about a backlash at the polls over Veolia.

With voter turnout as low as it is, Katz's policies are made for his supporters, not his constituents. Young people can change that by becoming voters and actively engaging in their government.

This issue of *The Uniter* marks the beginning of our "Better Voter Series." Every week until the election, we'll explore a different topic related to the election. This week, it's fringe candidates (pages 5 and 9). Next week, it's accountability.

Our coverage isn't comprehensive, of course. Anyone serious about voting in the upcoming election will want to check out www.winnipegelection.ca, a website that features the latest news, information about previous civic elections and info on how you can determine what your ward is if you don't already know.

Get out there and vote. If you don't, kick yourself in the face.



Adding it up

Minor changes can often result in higher fees, frustration



MATTHEW RYGIEL
VOLUNTEER STAFF

A lot has changed at the University of Winnipeg in the five years I have attended - especially the minor details. Minor details, however, quickly add up.

The first and smallest change was the printing system. Your student ID card used to act as a credit card for printing paper on campus. One page cost exactly 10 cents to print, never more. If you had to print one page or 50 pages, the cost would always be in 10-cent increments.

With the new Equitrac system, not only is the process slower and more time consuming, but one page now costs \$0.105. While this thousandth decimal place addition to the cost of my printing can be easily fixed by adding another quarter into my account, it seems like the university is taking advantage of the convenience store policy of "take-a-penny-leave-a-penny."

Another minor change has been the addition of online registration. Before WebAdvisor, every student had to register in person and wait in line for hours, on top of the hours spent reading through the course calendar to choose the right courses.

WebAdvisor has indeed made it easier to choose courses and register. You can even pay your tuition through the system, but not without a hefty \$50 fee.

I had no idea it was so expensive to press a few buttons. I have been furious at Ticketmaster for years for charging a mini-



RYAN JANZ

Evidently, Ticketmaster's online service is less greedy than the University of Winnipeg's

um \$10 convenience fee when I buy concert tickets online. Evidently, Ticketmaster's online service is less greedy than the University of Winnipeg's.

The tuition due date has also changed within the last few years. Tuition used to be due mid-September - now it is due the first day of lectures.

Among the many things a student worries about on the first day of classes (such as textbooks, room locations and class itself), tuition is now another task on that "to-do" list. It was nice to know that in the past, the university gave students time to settle before having to pay.

The refund policy has also changed along with the tuition due date. Now you have 100 per cent refund until Sept. 22 and zero refund

after that. It used to be incremental with 100 per cent, 80 per cent, and 50 per cent dates of refund. Now, if you do poorly on a test or paper and find out on Sept. 23, you are forced to pay for an entire course if you decide to drop it.

I must say that I truly love it here at the U of W, but it is only the professors and fellow students who make my education worth the money.

The sum of all the minor changes would make me reconsider the university's new slogan: "You of W: Where You (and your money) Matter Most."

Matthew Rygiel is an English and communications student at the University of Winnipeg.

Exploring the aid gap in Pakistan

Western donors seem to care little about the natural disaster of the decade



MATT AUSTMAN
STAFF WRITER

Pakistan has fallen victim to the worst natural disaster of the decade. The United Nations has classified it as worse than the 2004 Asian tsunami, the 2005 Pakistan earthquake, and the 2010 Haitian earthquake combined.

Seventeen million acres of farmland have been flooded, destroying \$1 billion of agricultural output. Disease is running rampant among victims of the flooding, thousands of lives have been lost and tens of thousands of people are now internally displaced.

The Pakistani government's response to this crisis has been widely criticized in the media as both inadequate and marred with corruption. A large focus of coverage about the disaster has questioned Pakistan's ability to handle the crisis, as though it was primarily a logistics problem that caused the unprecedented destruction and is hindering its recovery.

What Western media has hardly covered is the issue of how weak the international community's response has been, as well as addressing the question of why this is so.

Let's start with nations that have interests in Pakistan's well-being, due to its military importance with regards to the war in Afghanistan.

The United States is the wealthiest and

most involved foreign nation in Pakistan. So far, they have pledged \$76 million in aid so far, a pittance compared to the \$1 billion they spent on the 2004 Asian tsunami and the \$100 billion they spend on the Afghan war each year.

Canada announced a pathetic \$2 million in July, just an eleventh of the amount pledged by the Taliban alone if Pakistan agreed to refuse aid from Christians and Jews. Due in part by shaming from international NGOs, Canada has increased its aid pledge to \$33 million.

The European Union seems to be concerned as it has donated €70 million. This is likely due in part to Europe's growing distaste of refugees, especially among its rising Muslim population. The EU probably wants potential refugees to remain in Pakistan.

The lack of concern is replicated at the non-state level. In the countries mentioned, individual donations for aid relief in Pakistan have been less than remarkable. While a U.S. Red Cross mobile campaign generated \$31 million for Haiti, only \$10,000 has been raised for Pakistan.

The amount of funding donated per person affected by the 2004 tsunami was \$1249.80, while for Pakistan it is \$16.36. That is a 76-fold difference - a very disturbing discrepancy.

Westerners seem to care about humanitarian crises once they become extreme, but that has not been the case with Pakistan. A 2008

Gallup poll found that among Americans, only Afghanistan, the Palestinian Authority, Iran and North Korea were less liked than Pakistan.

Haiti received a large international response after the earthquake there last winter. Aid was enormous even though a lot of it was, and continues to be, funneled away due to corruption. Though it was known that Haiti, both with and without government, was a haven for corruption, donors seemed not to care. Yet, in Pakistan corruption is a focus.

It would be wrong to say that this is all because "the West doesn't like Muslims" or some other singular argument. Sure, widespread suspicion of Islamic countries plays a part, but in no way can it explain such an enormous gap in aid.

The answer probably lies in the enigmatic way mainstream media portrays Pakistan: as a nation that can afford nuclear weapons, but needs international aid; as a strong American ally that also harbours terrorists; and as a democracy that is marred with corruption.

Whatever the answer is, the solution lies in our realizing that people in dire situations deserve aid irrespective of the government to which they are subordinated. Pakistanis are no different.

Matt Austman is a politics student at the University of Winnipeg.

Arts & Culture

The Flatliners: wanted by the Lebanese mafia



COURTESY UNDERGROUND OPERATIONS

Toronto band returns to Winnipeg despite negative experiences

MATT PREPOST
ARTS & CULTURE EDITOR

By all accounts, The Flatliners have every reason to avoid Winnipeg when they hit the western leg of a Canadian tour.

They've had their van windows smashed, they've seen roving gangs of drunks beat up random strangers downtown, and have had a number of scheduled shows moved or cancelled by shady promoters the day they roll into town.

"We've run into old high school friends who are surprised to see that we're still playing music. They're not condescending, but shocked. And we're like, 'Yeah, really. What the hell else are we going to do?'"

- CHRIS CRESSWELL, THE FLATLINERS

Oh, they also insist they're wanted by the city's Lebanese mafia, following a run-in nearly six years ago during their first trip to the city.

"That was a crazy time," laughed Chris Cresswell, vocalist and guitarist for the Toronto-based punk band, over the phone outside a show in Quebec City last week.

"We were heading to a friend's house, and (guitarist) Scott (Brigham) was skateboarding and he hit a pretty gnarly crack in the concrete. His deck just flew into this grocery store, through a full pane window. And of course, we're 17 at the time, and we just run, because it's what we're used to doing."

Cresswell, now turning 23, struggles to remember the street and area of the city where it all took place, but still remembers vividly what happened.

"All of a sudden these big guys chase after us, and surround (Scott), shoving him around. Slowly but surely, we started to realize this place was a mafia joint."

What followed was a tense two hours for the band - rounded out by bassist Jon Darby

and drummer Paul Ramirez - as Brigham and the band's manager at the time were held in the store.

"It felt like we were in *Goodfellas*. John and Paul and I were all locked outside and we had no idea what was happening," Cresswell said. "We were so freaked after that happened. We were supposed to have a show the next day but we took off and just skipped town."

The band hasn't skipped a Winnipeg date since, and don't plan to miss their Thursday, Sept. 16 date at the Garrick.

"To be honest, the shows themselves have been awesome," Cresswell said. "In the past, we were kind of nervous and apprehensive, but things have improved. We have friends in town, so it's been a fun time."

"When you're doing a western tour, you play Winnipeg. It would just be stupid not to and turn a really long drive into an even longer drive with no fun in between."

Since forming in 2002, The Flatliners have amassed a handful of quirky facts that have come to define the band's history: they are the youngest band to sign to punk label Fat Wreck Chords; they wrote most of their first album when they were 14; their first show was a Beatles cover show; and they went on their first tour before they were legal to drive.

"We're lucky to have started as young as we did and see how things have come along," Cresswell said. "We've been given the chance to go on tour with a lot of bands we grew up listening to, and have befriended them, which to us, is the best part."

"None of us wanted to go to school when we were in school, and when we were done school we didn't want to go back to school," he continued. "All of us wanted to play music and that's why we've stuck together."

"We've run into old high school friends who are surprised to see that we're still playing music. They're not condescending, but shocked. And we're like, 'Yeah, really. What the hell else are we going to do?'"



If you've hit your spending limit, it's time to fold.

Like other forms of entertainment, gambling costs money. Enjoy yourself, but only play with what you can afford to lose.



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We're always looking for more people to contribute to The Uniter.

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E-mail editor@uniter.ca to get involved.

⇒ See The Flatliners perform at the Garrick on Thursday, Sept. 16
⇒ Against Mel and Young Livers will also perform
⇒ Tickets are \$35 at Ticketmaster and Music Trader
⇒ Visit www.myspace.com/theflatlinertoronto

MUSIC LISTINGS



HARVEST MOON FESTIVAL in Clearwater, Manitoba

The ninth annual Harvest Moon Festival in Clearwater, Man, is a celebration of organic farming, workshops and good tunes.

Camp near the old barn, stroll through fields down to the beautiful creek, participate in a multitude of workshops or check out the mainstage featuring EMPTY STANDARDS, ROMI MAYES, SMOKI TYGER, CHRISTIAN AND SARAH DUGAS, JESSE HILL, MAGNIFICENT 7s, WOODEN SKY, SWEET ALIBI, DEMETRA PENNER, JD EDWARDS BAND, JENNY BERKEL, THE SHAKE, MICHELLE SCHRAM & TONY STOZEK, NOVA, CROOKED BROTHERS, PEGGARS BANQUET, RED MOON ROAD, MASON WESELOWSKI and DJs CO-OP & HUNNICUTT.

D. Rangers take a hot pickin' hiatus

Rowdy bluegrass band the D. RANGERS have been ripping up strings in town for at least a decade and are about to take a short hiatus to pursue other projects. Head on down to the Times Change(d) High and Lonesome Club to catch a glimpse of their patented muckbucket bass, mandolin grimace and even a lil' musical saw. They're sure to break out all the classics Friday, Sept. 17 and Saturday, Sept. 18.

THURSDAY, SEPT. 16

D.O.A. is ripping eardrums at the Zoo. AGAINST ME!, THE FLATLINERS and YOUNG LIVERS play at the Garrick Theatre. Members of Johnny Cash's original band THE TENNESSEE THREE play at Cowboy's. The FAST FLYING VIRGINIAN JAM NIGHT at the Standard. There's a BACK TO SCHOOL BASH at the Pyramid features DJs RPG and B-MAC. ABBAMANIA is infecting the Club Regent Casino. Shake your rump to UNKNOWN PLEASURES, the revamped Thursday night at the Lo Pub.

SLOW MOTION WALTER is at the Royal George Hotel. The DEBRA LYN BAND is bringing blues back to the Windsor Hotel. There is a JAM NIGHT at the Belgian Club. Thursday is Jam Night with ROUTE 59 at the Cavern. The Gas Station Theatre's Patio Series continues with MAS HEADSPACE at 6 p.m.

FRIDAY, SEPT. 17

The Harvest Moon Festival in Clearwater, Manitoba features performances by the CROOKED BROTHERS, PEGGARS BANQUET, RED MOON ROAD, MASON WESELOWSKI and DJs CO-OP & HUNNICUTT. The D. RANGERS are doing a couple of gigs at the Times Change(d) High & Lonesome Club before taking a hiatus. BORN BAD, SELF INTEREST and CROSS RANGE play at the Royal Albert Arms. INWARD EYE plays at the West End Cultural Centre with CASH GRAB and the BOKONONISTS.

HILLBILLY BURLESQUE performs at J. Fox's. DASH AND THE DOTS play at the Pyramid Cabaret. The UPSIDES and the FANTASTICS take the stage at the Cavern. HAYES CARLL and BONNIE WHITMORE play at the Park Theatre on Friday, Sept. 17, 7 p.m. KATHY KENNEDY plays at the Royal George Hotel. RUDE DALE is at Shannon's Irish Pub. The DEBRA LYN BAND is bringing blues back to the Windsor Hotel. DLO and DIGGS spin at the Republic Nightclub. DOW JONES is at the Hi-Fi Club.

SATURDAY, SEPT. 18

30 SECONDS TO MARS is at the Burton Cummings Theatre. HOPE ATLANTIC releases its *Mercy Street Choir EP* at the West End Cultural Centre with FAME, THE AFTERBEAT and KIDS ON FIRE. THE OFF COLOUR, BOG RIVER, SONIA EIDSE and AMANDA SHYMKO play at Christ Church (815 Inlster Blvd.), 7 p.m. The Harvest Moon Festival in Clearwater, Manitoba features performances by the EMPTY STANDARDS, ROMI MAYES, SMOKI TYGER, CHRISTIAN AND SARAH DUGAS, JESSE HILL, MAGNIFICENT 7s, WOODEN SKY,

SWEET ALIBI, DEMETRA PENNER, JD EDWARDS BAND, JENNY BERKEL, THE SHAKE, MICHELLE SCHRAM & TONY STOZEK and NOVA. KAZZOSHAY, QUERKUS and THE ILLUSIVE MIND GYPSY CREW play the Royal Albert Arms. The D. RANGERS are doing a couple of gigs at the Times Change(d) High & Lonesome Club before taking a hiatus. With guests RONNIE HAYWARD AND LITTLE BIRDIE. The C.C.R. tribute band FRANKIE & THE POORBOYS play at the Cavern. DR. HOTBOTTOM AND THE SOUL PRESCRIPTIONS play at Le Garage. KATHY KENNEDY plays at the Royal George Hotel. Indie Vs. 80s with DJ BRIAN ST. CLAIR at the O.C. FLOOR THIRTEEN performs at Shannon's Irish Pub. The DEBRA LYN BAND is bringing blues back to the Windsor Hotel.

SUNDAY, SEPT. 19

The fifth annual FARMFEST in Lowe Farm, MB features performances by CARA LUFT, TRIO BEMBE, MARCEL DESILETS, THE OTHER BROTHERS and MR. MARK. Visit www.farmfestmb.ca for more information. It's Student Night with KID CASSETTE at the Academy. The annual Blues Cruise for Harvest returns to the Red and Assiniboine aboard the River Rouge with BIG DAVE MCLEAN, DB BLUES, CHRIS CARMICHAEL and the PERPETRATORS. ALL THE KING'S MEN play weekly at The King's Head. Blues Jam with BIG DAVE MCLEAN at the Times Change(d) High and Lonesome Club. The SCOTT NOLAN BAND plays at the Standard.

MONDAY, SEPT. 20

The MACLEAN BROTHERS do their weekly gig at the Royal George Hotel. The Blues Jam with TIM BUTLER is at the Academy. FARGO ARIZONA plays at Dylan O'Connors. Sift through record crates filled with K-Tel gold at the Vinyl Drip at the Cavern. Join the open mic at Le Garage Café hosted by MELISSA PLETT. Jazz is on the menu at the Cool Monday Night Hang

at the Orbit Room. *Uniter* columnist J. WILLIAMEZ is playing one of his last gigs at Shannon's Irish Pub. The MAGICIAN plays at the King's Head. **TUESDAY, SEPT. 21** Art rock heroes THE FLAMING LIPS bring their freaky show to the Burton Cummings Theatre. ARIEL PINK'S HAUNTED GRAFFITI opens. Soul-nite at the Cavern features DR. HOTBOTTOM AND THE SOUL PRESCRIPTIONS. The Winnipeg Folk Festival is pleased to welcome soulful singer JUSTIN NOZUKA to the Garrick Centre with guest SWEET THING. GARY GACH AND THE BANNED play at the Royal George. MARDI JAZZ goes down at Le Foyer in the Franco-Manitoba Cultural Centre. JULIE plays at Shannon's Irish Pub. Blues Jam with the DEBRA LYN BAND at Le Garage Café.

WEDNESDAY, SEPT. 22

Montreal's CINÉMA L'AMOUR is returning to Ragpickers for a show with VAMPIRES and POP CRIMES. TIM BUTLER is playing at the Bella Vista. DAN FRECHETTE and JEREMY RUSU play at the Times Change(d) High and Lonesome Club. ANDREW NEVILLE AND THE POOR CHOICES play at the Standard. The LIPTONIANS will play a set of Wilco songs preceding the opening night screening of *Ashes of American Flags*, the Wilco tour documentary. 9:30 p.m. at Cinematheque. Fake Wing and Karaoke night at the Lo Pub featuring vegan chicken wings. SASSY JACK plays at the Royal George. Local rock band JACK STRAIGHT plays at the Park Theatre with TWIST CONE. CHRIS CARMICHAEL plays at the Yellow Dog Tavern. SEAN BROWN plays at Shannon's Irish Pub. The MAGICIAN plays at the King's Head.

THURSDAY, SEPT. 23

ARCADE FIRE bring their stadium show to the MTS

Centre with CALEXICO opening. The FAST FLYING VIRGINIAN JAM NIGHT at the Standard. Kenny Shields returns with his classic rock band STREETHEART at the Club Regent Casino. ZACHARY LUCKY and BRAVEST GHOST play at Ragpicker's Annex. Shake your rump to UNKNOWN PLEASURES, the revamped Thursday night at the Lo Pub. SLOW MOTION WALTER is at the Royal George Hotel. Blues Jam with BLUE NOISE at the Windsor Hotel. There is a JAM NIGHT at the Belgian Club. The MODELOS, ROB WADDELL and PEPPER LAING & THE LONE STAR KILLERS play at the Times Change(d) High and Lonesome Club. Thursday is Jam Night with ROUTE 59 at the Cavern. The Gas Station Theatre's Patio Series continues with B.J.M.P. at 6 p.m.

UPCOMING EVENTS

WOMEN at the Royal Albert Arms. Saturday, Sept. 25. CARIBOU at The West End Cultural Centre. Tuesday, Sept. 28. K'NAAN at the Burton Cummings Theatre. Wednesday, Sept. 29. PRIMUS at the Burton Cummings Theatre. Thursday, Sept. 30. BAY CITY ROLLERS at the McPhillips Station Casino. Thursday, Sept. 30. HOT HOT HEAT, HEY ROSETTA! and RICH AUCCON at the Pyramid Cabaret. Saturday, Oct. 2. HOLY FLICK at the Pyramid Cabaret. Tuesday, Oct. 5. BROKEN SOCIAL SCENE and THE SEA AND CAKE at the Burton Cummings Theatre. Wednesday, Oct. 6. ANBERLIN, CRASH KINGS and CIVIL TWILIGHT at the Garrick Centre. Thursday, Oct. 12. COHEED AND CAMBRIA with FANG ISLAND at the Garrick Centre. Sunday, Oct. 24. STARS and YOUNG GALAXY at the Burton Cummings Theatre. Friday, Oct. 29. WINTERSLEEP and RA RA RIOT at the Garrick Centre. Saturday, Nov. 20. ALEXISAFIRE and NORMA JEAN at the Burton Cummings Theatre. Saturday, Dec. 4.

Playing their hearts out



COURTESY MANITOBA MUSIC

Praying for hope in fall: Les Jupes will be one of four acts playing for industry reps as part of Manitoba Music's showcase at the Lo Pub on Sept. 21.

Les Jupes one of four local bands getting the chance to perform for industry reps from across North America

ROBIN DUDGEON
CULTURE REPORTER

"We started putting on showcases locally for guest speakers from our MusicWorks professional development workshop series in 2008," said Rachel Stone, Manitoba Music's communications manager. "We saw an opportunity to further connect our local scene with industry people – both to showcase specific artists, but also to add to Manitoba's reputation as a place bursting with a world-class music industry." Any Manitoba Music member can get in on the showcases by watching for calls for submissions on the Manitoba Music website.

"The criteria, which is listed in the calls for submissions, is tailored to each event and to the guest speakers in attendance," Stone said. "We work with the industry guests to make sure they're seeing bands they may want to work with."

"Some bands have started working with publicists we've brought in, some have placed songs in TV shows, some have started co-writing, some have found an agent," she said.

When not playing with Les Jupes, Petkau runs Head In The Sand Records and is the artistic director of the West End Cultural Centre. Showcases are essential to the local music scene for artists and industry alike, he said.

"Winnipeg doesn't have much actual music 'industry' here," he said. "There aren't many notable managers or labels that have real clout in Canada or abroad. So it's good for Winnipeg musicians to be exposed to what's going on in the broader industry and get some enhanced perspective."

"There's a lot for us artists to learn and lots of hard work ahead of all of us as we start to look beyond our borders, which is essential to building a lasting career."

Showcases should continue throughout the fall winter season. Visit www.manitobamusic.com to find out more.

⇒ See Les Jupes perform at the Lo Pub on Tuesday, Sept. 21
⇒ The All Night, Enjoy Your Pumas and Heather Longstaffe will also perform
⇒ Tickets are \$5
⇒ Visit www.manitobamusic.com

CD REVIEWS

HOPE ATLANTIC

Mercy Street Choir
Independent

★★★★☆

Made up of four friends from Selkirk, Man. and featuring members from Sick City and Port Amoral, Hope Atlantic has been playing around Winnipeg for more than two years. They've had recordings posted on their MySpace page since the beginning, but *Mercy Street Choir* is the band's first release. It was worth the wait. The five-track EP is a varied collection that's strong throughout. *Cheap Summer* and *Purple City* are catchy, upbeat pop songs; *Bad Crash* and *Lost at Sea* are U2- and Coldplay-inspired rockers; and *Oklahoma* is an acoustic guitar-based track about a long distance relationship gone awry. These are great songs, recorded with just the right amount of production - poppy and catchy without being cheesy. Hope Atlantic releases *Mercy Street Choir* with a show this Saturday, Sept. 18 at the West End Cultural Centre. Read an interview with the band at www.uniter.ca/view/4225.



- Aaron Epp

ULTRA MEGA

The Dart EP
Independent

★★★★☆

Vocalist and guitarist JD Ormond's voice is thin and reedy, even pitchy at times (which makes me think of Pavement), and the lyrics leave something to be desired, but pause and listen to just the music and it will take you away. Despite the above, these are some well-crafted rock songs. The meandering beginning of *The Rise And The Fall* is weak, but the song really heats up when it kicks into high gear one minute in, and then fades out into feedback. *Call Her* features funky up backing vocals. *Patience* is aggravating at best until it rocks out two minutes in, and *No Hesitations* is a dream-like ballad. I guess working with Luke Doucet has its perks.



- Robin Dudgeon

WINTERSLEEP

New Inheritors
Labwork Music

★★★★☆

Wintersleep's fourth release, *New Inheritors*, is melodramatic in a good way. The brooding and frustration heard on this album sound entirely honest and not the least bit hyperbolized. *New Inheritors* is one of those albums that grows on you more and more after each listen because of the intricate instrumentation and intriguing lyrics. The album is meant to be listened to as a complete album so don't expect any *Weighty Ghost*-esque singles. A string and horn section blend brilliantly with the captivating guitars and poetic lyrics on the opener *Experience the Jewel*, while the cryptic closing track, *Baltic*, leaves the listener in a pensive mood. *New Inheritors* continues to establish Wintersleep's well-earned place in the Canadian rock scene and sounds especially awesome while driving around in the rain at night. Catch Wintersleep at the Garrick on Nov. 20.



- Catherine van Reenen

THE NARRATIVE

The Narrative
Independent

★★★★☆

New York trio The Narrative gives us arguably the best male and female dual vocalist performance in recent memory with this ambitious 13-track, 53-minute opus of a debut album. Keyboardist Suzie Zeldin and guitarist Jesse Gabriel split the duties, but it's Zeldin's voice that's impossible not to fall in love with. While she starts off saccharine on album opener *Fade*, Zeldin will send shivers down your spine on tracks like the absolutely beautiful piano ballad *Don't Want To Fall* and *End All*. Still, Gabriel proves he can hold his own on the devious *Winter's Coming*, singing, "I am a sinner with a crooked smile and you took to the rhythm of a no-good liar." Clocking in at nearly an hour, it's refreshing to see such a young band produce music that they've clearly spent a lot of time perfecting. The Narrative are simply piano-driven pop-rock at its finest.



- Matt Preprost

OLD MAN LUEDECKE

The Rear Guard
Black Hen Music

★★★★☆

The Rear Guard is an excellent track from Nova Scotia folkie Old Man Luedecke latest album, *My Hands Are On Fire* and *Other Love Songs*. Over a quick banjo riff backed by a driving drum rhythm, Luedecke sings of "Bringing up the rear guard / Coming in dead last / Trying to find the smiles that don't fade so fast." Anyone who has seen Luedecke at the Winnipeg Folk Fest, or heard his incendiary 2008 album *Proof of Love*, knows his wry, almost self-deprecating sense of humour, shown here with the line, "I'm so far behind that I think I'm first." Luedecke has said that his goal with *My Hands Are On Fire* and *Other Love Songs* was to write songs that were catchy, but not at the expense of being true. With *The Rear Guard*, he's done that. Download it for free at www.tinyurl.com/oml-rearguard.



- Aaron Epp



INWARD EYE

Brothers Dave, Kyle and Anders Erickson make up Inward Eye, one of Winnipeg's most successful current local bands. Formed in 1999, they were performing covers of bands like The Who at small talent shows at the West End Cultural Centre by 2001.

Fast-forward to 2010, Inward Eye has been a little busier with gigs including the East Pacific Music Forum in Hong Kong, playing with other Canadian talent, including delhi 2 dublin and July Black and, more notably, a widely broadcast set at the prestigious closing ceremonies at the 2010 Vancouver Olympics.

Their most recent album, *Throwing Bricks Instead of Kisses*, which includes songs such as *Shame*, *Heroin Heart* and *Newer Mind The Hipsters*, was actually recorded five years ago, but released in 2009 due to snags in the release process.

The band has been touring with these songs, but to them, they're old news.

"It didn't really feel fresh to us," said David Erickson, the band's bassist and lead vocalist, in regards to touring on an album that was written and recorded so long ago.

But with a brand new five-song EP recorded with a new producer, Inward Eye has more recordings to share. The producer has been encouraging them to be more experimental in their recording, Erickson said.

"We've got a whole bunch of new stuff, and it's not really in our classic, punk kind of vein," he said.

Reminiscent of his humble beginnings, Inward Eye will play the West End Cultural Centre on Friday, Sept. 17, but this time, they'll be headlining. Impressive, considering the talent in the accompanying acts: The Bokononists, Sons of York and Cashgrab.

Visit www.inwardeye.com.

-SAMUEL WANSON



HAYES CARLL

Consider this: the average temperature back in Hayes Carll's hometown of Austin, Texas, is still a steamy 32 C. The forecasted temperature for his show in Winnipeg on Sept. 17 is 17 C.

Still, Carll seems to be handling the cool temperatures as he makes his way north for a slew of shows across western Canada.

"It's too damn hot (in Texas)," Carll said in a recent interview with *BeatRoute*, an Alberta music magazine. "I'm looking forward to (getting) up there."

Carll learned how to play the guitar at 14. However, his career burned slow as he found success in writing songs for other people rather than for himself.

Trouble in Mind, his label debut, quickly changed that. The combination of folk, country and rock with brainy, quirky lyrics earned him considerable praise, and the #1 spot on Amazon's country charts in 2008.

His satirical song *She Left Me For Jesus* earned him the song of the year title at the 7th Annual Americana Music Association Honors & Awards, and Don Imus – before being fired from his radio gig for using a racial slur – called it the "greatest country song ever."

Before writing his first song when he was 18, Carll wrote poetry and short stories.

"That opened a door as I always loved music and singing and realized that I could put all these feelings down quicker in three minutes than a 300-page novel," he said. "So, I combined the two and it took off."

Watch Carll perform at the Park Theatre on Friday, Sept. 17. Visit www.hayescarll.com.

-MATT PREPROST



THE FLAMING LIPS

Since 1983, these Oklahoma City natives have released 13 albums, and have been called one of "50 Bands to See Before You Die" by *Q Magazine*, the U.K.'s biggest music magazine.

The Lips's infamous live show has made them a staple of the U.S. and international festival circuit over the years, where their show has grown to include costumes, balloons, puppets, video projections, complicated light shows and front man Wayne Coyne's famous man-sized plastic bubble.

But despite their longevity and circus-like live performances, the Flaming Lips have only had one U.S. hit single, *She Don't Use Jelly* and two very successful albums, *The Soft Bulletin* and *Yoshimi Battles the Pink Robots*.

The band has won two Grammy awards for Best Rock Instrumental Performance: in 2002 for *Approaching Pavonis Mons by Balloon (Utopia Planitia)*, and again in 2006 for *The Wizard Turns On...The Giant Silver Flashlight and Pats on His Werewolf Moccasins*.

The Lips have been crossing the globe in 2010 in support of their 2009 releases: *Embryonic* and *The Flaming Lips and Stardeath and White Dwarfs with Henry Rollins and Peaches Doing The Dark Side of the Moon*.

Coyne describes their 2010 tour – which included headlining the Bonnaroo Music Festival in June – as "more impossibly Orange (like the sunshine) than ever," according to a recent press release.

You can see the Flaming Lips at the Burton Cummings Theatre on Tuesday, Sept. 21. Visit www.flaminglips.com.

-ROBIN DUDGEON



FILM



LADIES & GENTLEMEN. THE ROLLING STONES' live concert film of the Rolling Stones' 1972 tour in support of *Exile On Main Street* will screen at SilverCity Polo Park on Thursday, Sept. 16 at 7 p.m.

MOVIE-OKE is like karaoke, but with movies. You provide your own soundtrack to films. Saturday, Sept. 18 at the Rudolph Rocker. Contact Video Pool for more information.

Director Jean Francois Caissy's documentary focusing on a group of seniors in a Quebec retirement home LA BELLE VISITE plays at Cinematheque Friday, Sept. 17 to Thursday, Sept. 23 at 7:30 p.m. No screenings on Monday or Tuesday.

The Liptonians will play a set of Wilco songs preceding the opening night screening of ASHES OF AMERICAN FLAGS, the Wilco tour documentary. At the Cinematheque Wednesday, Sept. 22 at 9:30 p.m. The film plays Thursday, Sept. 22 at 9:30 p.m. and Friday, Sept. 23 at 7:30 and 9:30 p.m.

Canadian filmmaker Matt Bissonette's critically acclaimed 2009 movie PASSENGER SIDE will be playing at Cinematheque Thursday, Sept. 16 at 9:30 p.m.

Guy Maddin's take on the Royal Winnipeg Ballet's version of the classic vampire tale DRACULA: PAGES FROM A VIRGIN'S DIARY is playing at Cinematheque Thursday, Sept. 16 at 9:30 p.m.

HUBBLE 3D, narrated by Leonardo DiCaprio, is onscreen at IMAX Portage Place.

LITERATURE

THIN AIR Winnipeg International Writers Festival begins on Sunday, Sept. 19 and runs until Sunday, Sept. 26.

The Afternoon Book Chat featuring KEVIN MCPHERSON ECKHOFF and ARIEL GORDON on Friday, Sept. 24 at McNally Robinson Booksellers. 2:30 p.m.

THE THIN AIR edition of Kelly Hughes Live! features Writers Festival performers Ismailia Alfa, Ignatius Mabasa and Dominique Rey, with music by Naomi Guilbert and Hiroshi Koshiyama of Fubuki Daiko.

THE FINDING YOUR VOICE PROGRAM is a creative writing program for new Canadians designed to build self-confidence, improve communication and writing skills, and learn about writing, publishing, networking and community resources. This fall individuals have the option of enrolling in the Tuesday evening sessions, from 7 p.m. to 9 p.m. (beginning Sept. 7) or the Saturday morning sessions, from 10 am to noon (beginning Sept. 11). To register call 986-6779.

Aqua Books brings back the human tradition of storytelling with the STONE SOUP STORYTELLERS SERIES, Fridays at 7:30 p.m.

CALL/RESPONSE is a book about live music and youth culture in Winnipeg. It's being produced to benefit the Kids Help Phone. Submissions for the book are due Thursday, Sept. 30. For guidelines and more information visit www.callreponse-book.com.

Prairie Fire Press in conjunction with McNally Robinson Booksellers is hosting its annual POETRY, FICTION AND CREATIVE NON-FICTION CONTESTS with a deadline of Nov. 30, 2010.

GALLERIES & MUSEUMS

The Graffiti Gallery and Bike To The Future present PUSH, PEDAL, STRIDE: An Art Show Inspired By Active Transportation. The artwork will be on display at the Graffiti Gallery until Thursday, Nov. 4.

Gallery I003 in the University of Winnipeg hosts PILGRIMS by DOMINIQUE REY until Saturday, Oct. 9

A collection of CHARLIE MCDUGALL'S photographs depicting the MYSTERY AND MAGIC OF THE MANITOBA LEGISLATURE runs until Thursday, Sept. 16 at the CreBery.

PLATFORM centre for photographic + digital arts is very pleased to present Divya Mehra in her debut solo exhibition, TURF WAR, until Saturday, Oct. 16.

BODIES...THE EXHIBITION is the first display at the MTS Centre Exhibition Hall. Opens Friday, Sept. 17.

HIGHER ASPIRATION a collection of paintings and mixed-media by visual artist PETER DUMANS will be on display at the Wayne Arthur Gallery until Wednesday, Sept. 29.

FILM REVIEWS

Comfortable and confident at last

Riveting performances anchor Wilco's latest live film

MIKE DUERKSEN
VOLUNTEER STAFF

Wilco Live: Ashes of American Flags
Directed by Brendan Canty and Christoph Green, 2009

87 Minutes
Plays at Cinematheque Sept. 22 - 23 at 9:30 p.m. and Sept. 24 at 7:30 p.m. and 9:30 p.m.

★★★★★

The last time we saw Wilco on film was in Sam Jones' now-legendary 2002 *I Am Trying To Break Your Heart*, an intimate rock doc chronicling the band's departure from alt-country to more experimental territories with the controversial recording of their fourth album, *Yankee Hotel Foxtrot*.

And though the highly acclaimed record would turn out to be the Chicago-based band's bestselling release – and become one of the most influential American rock albums of the decade – the band seemed at the threshold of breaking down.

They were uncomfortable with each other, the recording process felt laboured and artistic differences ensued in the mixing process.

A lot has happened since – including a turn-around in lineup – and this time around, on *Wilco Live: Ashes of American Flags*, everything is different.

"I wouldn't want anything to change in this band," says frontman Jeff Tweedy halfway through the live performance doc directed by Brendan Canty and Cristoph Green.

It's a rare statement from a band that's never been averse to change, and it aptly reflects the group's dynamism in the film.

Wilco, at last, feels comfortable. And confident.

Shot in the early days of 2008 on the road between Washington, Nashville, New Orleans



Riveting, raw and on the road: Wilco performs in their latest documentary and live film, *Ashes of American Flags*.

and Tulsa, the live performance film documents a highly cohesive touring band at the top of its game.

Interspersed with short interviews, backstage vignettes and beautiful road shots of America's highways and byways as seen from the tour bus, *AOAF* plays like a hybrid between Wilco's greatest hits performed live and a road movie.

Having toured the country many times over, the band displays an affinity for small-town America – a sentiment made clear in the personal interviews that lament the "Wal-Martization" of America – and the old historic venues that helped them launch their career.

They stop in old ghost towns and rural communities along the way, eat in small diners that have fallen by the wayside and visit roadside landmarks.

But at the centre of the movie lies the music. Playing both old and new favourites, Wilco puts on a riveting show.

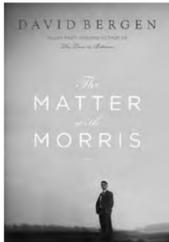
Besides Tweedy's cryptic songwriting and semi-awkward, semi-charismatic stage presence, the highlight of the performances here is guitarist Nels Kline's jolting guitar riffs.

And though the band seems effortless on stage, we are given a rare glimpse of the physical demands the road and prolonged performances create.

In a post-show scene, Kline lies near-paralyzed on a bench backstage as drummer Glenn Kotche nurses a bleeding hand and Tweedy gets his vocal cords checked out.

But undoubtedly, the band wouldn't have it any other way.

BOOK REVIEW



KATHLEEN CERRER
VOLUNTEER STAFF

The Matter with Morris
David Bergen
256 pages
HarperCollins Canada, 2010

The Matter with Morris by local author David Bergen takes on a journey of

life, love, loss and questions why certain things happen the way they do.

Bergen's main character, newspaper columnist Morris Schutt, is going through a life crisis. He's lost his son to the war in Afghanistan and feels his marriage slowly deteriorating. Through all of this, he finds comfort through corresponding with Ursula, a woman from Minnesota who reads his column.

Morris goes on a journey of self-discovery and makes discoveries about his children, his wife and a few other people he meets along the way.

Set in Winnipeg, Bergen's references easily follow Winnipeggers to keep pace with the familiarity of the novel ("Up Osborne to the foot of the bridge and then right, down a path to the edge of the river.").

A real page-turner, the book continuously leaves the reader on edge, anticipating what Morris's next move will be.

Bergen's wit and choice of words engage the reader from the start and evoke empathy with the characters. Included in the book are letters from Ursula, the lady he comes in contact with through the magic of the written word.

Letters from his son's killer also allow readers an uncomfortable, first-hand glance at what such an experience would be like.

An easy read – the smaller font allows the reader to easily differentiate Morris' thoughts and the other characters – most people will relate to the book. Although you may not be in this exact situation, we can all relate to the ups and downs Morris deals with both physically and emotionally.

Ultimately, his story urges the reader to examine their own lives and learn from our and others' wrongdoings. Overall, the subject of forgiveness and love stood out the most as the moral of the story. The way the story unfolds keeps you curious and interested.

David Bergen will appear at the Thin Air Winnipeg International Writers Festival. The Matter with Morris is in stores now.

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BOOK REVIEW



BRITT EMBRY
COPY AND STYLE EDITOR

Waiting for Joe
Sandra Birdsell
273 pages
Random House Canada, 2010

Sandra Birdsell could have very well been describing her own writing in her latest book when she writes: "Being with

her was like being in a warm current of water while swimming in a cold northern lake."

Waiting for Joe is Birdsell's seventh novel (she's also the author of three short story collections). Her latest work is an intelligent, beautiful and profound story written in understated prose.

Joe, the novel's protagonist, puts his father in a nursing home, sells all of his belongings and leaves Winnipeg with his wife in a stolen RV. He plans to drive to Fort McMurray, make some money and return to Winnipeg.

However, Joe ends up leaving his wife in a Wal-Mart parking lot in Regina to hitchhike to Fort McMurray alone. From there, each of the three main characters (Joe, his wife and Joe's father) delves into their past while they undergo their solitary experiences of waiting.

Birdsell's novel draws a distinct line between past and present in terms of relationships and events.

While Winnipeg's past features strong relationships set against a backdrop of arching elms on Arlington Street, the present day consists of struggles with the consumer lifestyle amid concrete.

However, the novel does not glorify nostalgia, but rather comments on our changing landscape and values.

Joe's struggle with religion receives the same treatment. As a child, Joe was converted to Christianity by the local pastor and his wife. Joe's hitchhiking journey takes him to their mansion in B.C. where he realizes the fallacy of their lifestyle.

The pastor's wife tells Joe: "Since we've left Winnipeg we've learned that God doesn't want his children to be poor. We're first-class citizens, not second-class. What kind of advertisement would we be for God if we lived in a shack and went around in rags?"

Whether the book is advocating against religion as an institution or our culture's consumerism, Birdsell deftly reveals our worst traits through a fascinating storyline.

Waiting for Joe's characters are the novel's one downfall. Ultimately, Joe's wife remains a rather undeveloped stereotype of a semi-wealthy woman and Joe himself is as enigmatic as the title might lead the reader to believe he'll be.

However, Birdsell's novel is a wonderful union of simple, evocative prose and an intricate story.

Sandra Birdsell will appear at the Thin Air Winnipeg International Writers Festival. Waiting for Joe is in stores now.

BRITISH COUNCIL 75 YEARS OF CULTURAL RELATIONS

HELPING PEOPLE REALISE THEIR POTENTIAL

ESMA MNEINA
VOLUNTEER

From Zimbabwe to Manitoba, and multiple stops in between, comes Ignatius Mabasa, the newest storyteller-in-residence at the University of Manitoba.

Starting from his humble beginnings listening to his grandmother's stories, Mabasa shares his work rooted from his natural and cultural community in Zimbabwe.

"My people would share values, and anything that was to be communicated through dance, poetry, art and stories. For me, storytelling was a better friend," he said.

Storytelling, he says, may have started as a way for societies "to correct something that was happening or shouldn't be happening."

Not stiff, or stuffy, but very vibrant



Amy Jo Ehman, author of the blog *Prairie Feast: A Writer's Journey Home for Dinner*, will appear at the 2010 Thin Air Winnipeg International Writers Festival.

Winnipeg's Thin Air Writing Festival to explore modern times - and men

SAMUEL SWANSON
VOLUNTEER STAFF

Winnipeg's international writers festival, Thin Air, is returning and will be sprawling out across Winnipeg bookstores, libraries and campuses once again.

One of the themes of this year's festival – which starts Sunday, Sept. 19 and ends Sunday, Sept. 26 – is a tragic cross between Mel Gibson's filmography and home-life: *What Men Want*.

"One thing about the festival this year is that there are a lot of stories about men," said Charlene Diehl, executive director of Thin Air. Some of the featured writers that will be taking part in the festival include Lawrence Scanlan, a journalist for nearly 40 years, Winnipeg's Margaret Buffie, and the highly respected David Bergen.

"We, at the University of Winnipeg are especially excited about David Bergen, who was our writer-in-residence last year," said Catherine Hunter, chair of the University of Winnipeg's English department.

Making an appearance at the U of W as part of the festival's Campus Program will be former soldier, freelance photographer and writer AJ Somerset.

Somerset won the Metcalf-Rooke Award for his novel, *Combat Camera*, which is about being a warzone photojournalist suffering from post-traumatic stress disorder.

According to Diehl, the festival is important because it explores our contemporary issues, questions today's problems and makes us think about what's around us.

"One of the (important) things is how our artists tell us collectively what we're thinking about," Diehl said.

"What I've gathered from my travels over the years is that people are intimidated by (writing festivals), or they think it will be bookish. Most of us really haven't been read to since we were little kids, but even people who come with suspicion leave with delight because it's not stuffy, it's not stiff. It's very vibrant."

Thin Air is an opportunity to get acquainted with the writing world and the writers themselves.

"It's your chance to be the first to see the new work that's being written, and hear the product of the several years that it takes to write a novel," said Hunter.

"At this point, I'm just excited," Diehl said of this year's lineup of writers.

"I really want to meet the people that we have coming this year ... it's interesting to read someone, then meet them (because) you kind of intuit certain things about people (from their writing)."

Aside from telling us what men want, Thin Air this year will also explore more local and contemporary issues, such as Amy Jo Ehman, who writes the blog *Prairie Feast: A Writer's Journey Home for Dinner*.

For one year, Ehman ate locally. She will share her experience at the Millennium Library.

Another contemporary issue new to the festival will be a panel of "literary bloggers with a high level of online presence," according to Diehl, discussing the use of new media as part of a Friday afternoon panel discussion.

"It's not a place to test your wings," said Diehl. "It's a festival for established, high-level writers."

The structure of the festival hasn't changed. The Thin Air guide is available for pick-up at McNally Robinson Booksellers, Winnipeg libraries and college campuses across Winnipeg.

The main stage will be at The Forks' Manitoba Theatre for Young People (MTYP), with a variety of other venues across Winnipeg.

Visit www.thinairwinnipeg.ca.



Hailing from Zimbabwe, Ignatius T. Mabasa will read at the Thin Air Festival's Mainstage poetry bash Sept. 24.

"(It was) a way of policing the community, but in a very friendly manner," he said.

"Everything then became very dramatized. The characters, you would notice, represented

real people and events. It was always told in a 'land far, far away.' So, suddenly the context is removed and because there was magic, reality is suspended and you find then that people would accept and reflect on the message."

This is what Mabasa strives for in his writing. His most recent book, *The Man, Shaggy Leopard and Jackal and Other Stories*, reflects a culture and time that communicated through stories.

"These are stories that are coming from way, way back, but what we notice is that although we are moving, the human experience doesn't necessarily change," he said.

"We are too busy, too overloaded with things to do. We've become too modern, we're bombarded with too many philosophical things. We need time to humanize our world again."

See Ignatius T. Mabasa at the *Mainstage Poetry Bash at the CanWest Global Performing Arts Centre at The Forks on Friday, Sept. 24. Tickets are \$10 for students at the door. Visit www.pam-abasa.com and www.thinairwinnipeg.ca.*

GALLERIES & MUSEUMS

The Winnipeg Folk Festival presents the photo exhibition GRAFFITI GALLERY PHOTOGRAPHY: THE WINNIPEG FOLK FESTIVAL 2010, which features the works of five young photographers from the Graffiti Gallery's program. The photographs are from the 2010 Winnipeg Folk Festival and are on display at the Folk Exchange until Oct. 21.

Works in the exhibition NATURAL DISASTERS, PETS AND OTHER STORIES by ELISABETH BELLIVEAU and JESSICA MACCORMACK are on display at Ace Art until Friday, Oct. 1. Read more here: www.uniter.ca/view/4524.

Ceramic artist MONICA DE JONG's exhibition entitled SMALL ALIENS is on display at Semai Gallery until Saturday, Sept. 25.

A collection of Caroline Westendorf's acrylic and watercolour paintings entitled PRANA opens on Thursday, Sept. 16 at the CreBery. Her works will be on display until Tuesday, Sept. 25.

FIRST FRIDAYS in the Exchange has the galleries, cafés and small businesses open their doors to visitors the first Friday of every month from 5 p.m. until 9 p.m.

SHOWING UP, SPEAKING UP is a gathering of artists and community members displaying art in public spaces. The project runs until Oct. 5. Ace Art will serve as a staging ground for ideas and discussions. Visit www.showingupspeakingout.ca for details.

THEATRE, DANCE & COMEDY

THE RITE, inspired by Stavinsky's *The Rite of Spring*, is presented at the Gas Station Theatre by director/choreographer Tom Stroud from Wednesday, Sept. 15 until Saturday Sept. 18 at 8 p.m. Matinee Saturday at 3 p.m.

TOM JONES AND THE TEMPLE OF DOOM merges two studs into one performance at Celebrations Dinner Theatre. Runs until Oct. 9.

The fringe hit ONE GOOD MARRIAGE will be performed Wednesday, Sept. 22 at Aqua Books. 7:30 p.m.

The open mic comedy night at the Standard is hosted by JON DORE every Thursday at 8 p.m.

Comedy night with SCOTT'S MCTAVISH every Thursday at Shannon's Irish Pub. Sunday night open mic comedy at the Garden, featuring JOHN B. DUFF.

Every Tuesday night head down to the King's Head Pub for a free comedy performance.

Your article, photo or illustration could be here.

*

The Uniter is always looking for more people to contribute

to the paper. Students and

community members are

welcome to get involved.

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TheUniter

A rock band that Vonnegut would be proud of

The Bokononists turn a fictional religion into their brand of dirty rock 'n' roll

SAMUEL SWANSON
VOLUNTEER STAFF

Bokononism is the fictional religion in Kurt Vonnegut's *Cat's Cradle* that regards all religions (including Bokononism) as a set of untruths, but advises to follow the set of untruths that make you happy.

"I think we're all writing in our sleep. I swear, sometimes we dream these songs."

- RENE CAMPBELL, THE BOKONONISTS

"The name has nothing to do with our music," said lead guitarist Bobby Desjarlais. "It's just a name."

In March, The Bokononists (rounded out by vocalist and guitarist Rene Campbell, bassist Johnny Calderon and drummer Jed Desilets) had the most illegitimate CD release party ever.

Held after-hours at an Asian food restaurant on Pembina Highway, attendees paid \$5 cover and received a burnt CD with the names of eight tracks scribbled on it in Sharpie marker.

"We just wanted to get that stuff out there," Desjarlais said of the CD release.

The self-recorded album wasn't visually pleasing, but it proved that The Bokononists can make an album sound good despite poor recording conditions. Standout tracks included *Cold, Calm, Blind, Dumb, Fascists*

and *The Symptoms*.

"Thinking back on those tracks, we recorded them in a cheap little space with really cheap gear, we did it not knowing what we were doing, so it kind of sounds like that," said Campbell.

Since then, the band has been working with Matt Peters of The Waking Eyes and Royal Canoe fame, re-recording five songs from the CD for an upcoming album with six new songs.

Technical instrumentals and a filthy, Stooges sound define The Bokononists' grungy throwback-style rock 'n' roll.

"We were focusing on energy, we were focusing on the right feel, as opposed to correct speed or time, and Johnny coined the term (for our sound) years ago, he called it skuzz," Campbell said.

"It's still got the skuzz, but it's with actual equipment that'll pick up the subtlety of the skuzz," Calderon added.

There is no central songwriter, rhyme or reason to the songwriting process, according to The Bokononists.

"Someone starts something and everyone just adds on," Calderon said.

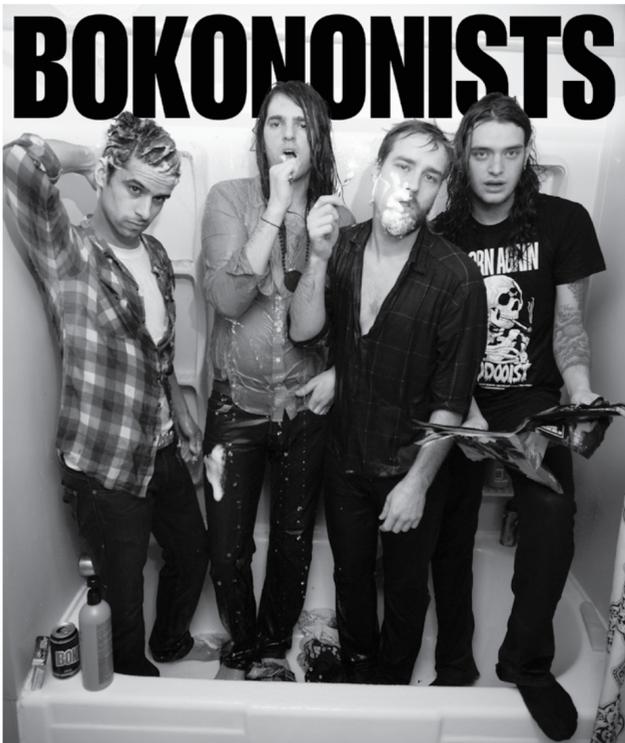
"One practice back at our old place, I said to Jed and Johnny: create a song, and when you make us dance we'll put something over top of it," Campbell said.

"I like matching up my kick drum with Johnny and my snare drum with Bobby," Desilets said.

"I'll catch myself humming at night and think who the hell is that? Oh shit, it's us!" Calderon said.

"Yeah, me too, I think we're all writing in our sleep," added Campbell. "I swear, sometimes we dream these songs."

⇒ See The Bokononists perform at the West End Cultural Centre on Friday, Sept. 17
⇒ Inward Eye and Sons of York will also perform
⇒ Tickets are \$15 at the door
⇒ Visit www.myspace.com/thebokononists



Splish, splash, they were takin' a bath: Winnipeg skuzz-rockers The Bokononists.

COURTESY BOKONONISTS

Modern day pioneers in Manitoba

Voluntary simplicity is becoming more common as people begin to seek refuge from the fast pace of the 21st century

ROBIN DUDGEON
CULTURE REPORTER

Imagine moving from a bustling neighbourhood in a big city to a small cabin with no electricity, plumbing or running water.

Would it be heaven or would it be hell? Graham and Julie Schulz hope it will be the former; the couple can hardly wait to leave the city and live in their new home just outside of Vita, Man.

"For years we've been planning it," explained Julie, 23.

"We went to Italy and saw people living off the land and they just looked so happy having absolutely no money. They were just working in the fields and enjoying just being able to live life and not have to pay anything to anybody. It was cool to see people actually living like that."

- JULIE SCHULZ

"We went to Italy to do WWOOFing (World Wide Opportunities on Organic Farms) and there we saw people living off the land and they just looked so happy having absolutely no money. They were just working in the fields and enjoying just being able to live life and not have to pay anything to anybody. It was cool to see people actually living like that."

PIONEERS ON TV

Imagine you are presented with 40 acres of land in the middle of nowhere and are told to carve out a life for yourself - in front of cameras.

Pioneer Quest: A Year in the Real West followed two couples, Tim and Deanna Treadway and Frank and Alana Logie, while they lived on the Manitoba prairie for a year.

"I was sure I was going to have a nervous breakdown," says Deanna Treadway. "Who wants to go and spend a year in the bush with no electricity, or running water, not to mention no phone or computer or family? Tim was ecstatic and I thought I would die!"

Treadway explains they were given a prospector's tent with no floor, mattresses made of straw, a cow for milking, 13 chickens, a pregnant sow, and a plow. "Our new home was a tent from June 'til September and then we had to build homes and barns out of logs."

Still, living off the land from June until the following May was an incredibly rewarding experience, she says. Although the summer was busy, winter gave the couple time they never had in living in the city.

"We had time. Time to spend reading, doing handwork, playing cards, and getting out Tim's guitar and singing. It was marvelous," she says.

"All of sudden things changed and we began to enjoy the solitude, closeness with nature and God, and with each other. We became each other's closest friend because we needed each other. We realized what was really important in life and that was God, our family, each other."



Their new home, Cornerstone Farm, will be nothing but a trailer in a farmer's field with a hand-pump well, a wood stove and no electricity or running water. The Schulzs love the idea so much, they plan to never return.

"For me I'm just counting down the days until I can leave the city," Julie said. "Once I'm out there, I can't imagine moving back to the city. We're not like that."

But why would someone give up all the advances and technology that modern day society offers?

Mark Burch, who teaches a class on voluntary simplicity at Menno Simons College, says the desire to live simply has been around for nearly 3,000 years. Burch's popular class teaches both the history and current application of living simply and in a way that can bypass consumer values and culture.

"There seems to be considerable interest among students who have heard enough bad news and want some positive direction for their lives," explains Burch, who has authored four books on the subject. "Simple living is all about hope, and about creating the kind of future we want and going beyond consumer culture, which is currently suicidal and self-destructive."

"In many ways it's less stressful because we have less debt, more free time, and more energy and attention for things that matter more, more energy to build community, and also a smaller ecological footprint."

It's an adventure that isn't being sought out solely by suburban-sick Winnipeggers, either.

Kurt Armstrong, 34, his wife Erika, 36, and their two children, Mollie and Jackson, went from a home in a bustling East Vancouver neighbourhood to a 196 square foot cabin near Kola, Man. "The Kola Experiment" lasted just over a year, from July 2007 until

"Simple living is all about hope, and about creating the kind of future we want and going beyond consumer culture, which is currently suicidal and self-destructive. In many ways it's less stressful because we have less debt, more free time, and more energy and attention for things that matter more."

- MARK BURCH, INSTRUCTOR, MENNO SIMONS COLLEGE

September 2008.

"It was an idea that my wife had for a long time. The cabin is actually on her parents' property," said Kurt Armstrong.

"For about four years she told me, 'Wouldn't it be fun to go back there and live in a cabin?' And I didn't think it would be at



Top: The cabin Kurt and Erika Armstrong lived in with their family near Kola, Man. Bottom: Erika Armstrong writes a letter by candlelight.

all. But we started thinking about food and waste, and where our food comes from and where our waste goes."

To survive, the Armstrongs picked wild berries, hunted for deer and grew their own produce. To keep track of their waste they took all of their garbage to the dump and used an outhouse.

work ahead of them, but it's worth it.

"You've got to be really dedicated, you've got to really prepare to struggle to get out there. We thought we were going to get our trailer out there months ago," said Graham.

"If people want to do it, and are just thinking about doing it, I'd go and stay at a farm that's doing it," added Julie. "Go in the middle of the summer when the mosquitoes are really bad, or in the middle of the winter when it's really cold, to see."

"It's an awesome way to live but you have to be prepared for some super unpleasant situations."

Although both couples lived in single-family units, there are a number of co-operative farms in Manitoba wherein entire communities live simply. Northern Sun Farm Co-op (near Steinbach, Man.) and Prairie's Edge Eco-Village (near Whiteshell Provincial Park) have been living simply for 10 years.

"It's inspiring to see that you can't do it only for one year or two years, you can do it for a long time," said Julie.

The Schulzs agree they have a lot of hard

NOTICE of NOMINATIONS

BY-ELECTIONS 2010

INFORMATIONAL MEETING 12:30 P.M.
September 17th in the Bulman Students' Centre Boardroom (OR06)
Voting Tuesday Oct 12th - Friday Oct 15th
Contact cec@theuwsa.ca for more information

THE FOLLOWING POSITIONS ARE OPEN FOR ELECTION:
Education Director | Part-Time/Mature Students Director
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visit uniter.ca/listings

"Now it seems that all the best ones have been driven underground. If there is a leak in the boiler room, it is the music of Jesse DeNatale, a unique and original American voice."
- Tom Waits

Jesse DeNatale

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The Awards and Financial Aid staff of the University of Winnipeg provides the student body with current information on award opportunities. This information is updated weekly.

THE UNIVERSITY OF WINNIPEG AWARDS:

<http://www.uwinnipeg.ca/index/services-awards>

OPPORTUNITY FUND BURSARIES

These bursaries are for the 2010-11 academic year and will be awarded to students who show academic promise and financial need, and who come from a population currently under-represented at the University of Winnipeg. Individually applications and nominations from high school counselors, school officials, or other community and adult learning center counselors or staff are welcome. Applicants or nominees must meet the following criteria:

1. They must:
 - Be of Aboriginal (First Nations, Métis, or Inuit) heritage; or
 - Come from another population currently under-represented at the University of Winnipeg (e.g., immigrant and refugee communities); or
 - Be the first member of their family to enroll in post-secondary education.
2. They must show academic promise and potential for success in university studies. For sequential students, this can be determined by possessing a high school diploma or equivalency certificate or by an assessment and recommendation from their high school counselor. For adult learners, this can be determined through a PLAR/prior learning assessment. Continuing students must have an overall "C" average (GPA 2.00) from previous post-secondary studies.
3. They must demonstrate financial need, which will be assessed by the University of Winnipeg's Financial Aid & Awards staff.
4. They must be admitted to the University of Winnipeg on either full-time or part-time status.

The value of the bursaries will be determined by need - up to a maximum value of \$5,000. Funds earmarked for tuition fees will be applied to the recipient's 2010-11 tuition accounts in accordance with the University's normal disbursement policy for awards. Priority will be given to first- and second-year students. Application forms are available at Student Services (1st Floor, Graham Hall) or Student Central (1st Floor, Centennial Hall) as well as online through the University of Winnipeg Bursaries website.

Deadline: September 15, 2010. NOTE: Assessments will be done on an on-going basis. As there are limited funds, early applicants have a greater chance of receiving a bursary.

SPECIAL AWARDS FOR HIGH-NEED STUDENTS APPLICATION

The awards on this application are directed to students who have high levels of financial need. Financial need is determined by the assessments of Manitoba Student Aid Program (MSAP) and recipients will be students who have MSAP financial need assessments of at least \$8,000 or can demonstrate high financial need through the Financial Need Information section of the application for the Fall/Winter academic year. The application is available from Student Services (1st Floor, Graham Hall) or Student Central (1st Floor, Centennial Hall) as well as online: www.uwinnipeg.ca/index/services-awd-bursaries.

Deadline: October 1st, 2010

WAWANESA MUTUAL INSURANCE COMPANY BURSARY IN FINANCE

This bursary, provided by Wawanesa Insurance, will be awarded annually to two full-time students with financial need who have completed at least 30 credit hours and have a declared major in the 4-year B.A. or B.B.A. in Economics & Finance. Value: \$2,500. Application forms are available in Student Services (1st Floor, Graham Hall) as well as online through the University of Winnipeg Bursaries website.

Deadline: October 1st, 2010

AWARDS OFFERED BY EXTERNAL AGENCIES AND ORGANIZATIONS:

CAL CALLAHAN MEMORIAL BURSARY

A bursary (or bursaries), not exceeding \$10,000 in total, is awarded in the fall of each year by the Pipe Line Contractors Association of Canada to a son, daughter, or legal ward of persons who derive their principal income from pipeline construction. To qualify, the parent or guardian of the applicant must be employed by, or have a history of employment with, a firm who is a member of the Pipe Line Contractors Association of Canada. The applicant must be enrolled in first-year studies at any recognized Canadian university or college in a program leading to a degree or certificate in any field. The application must be supported by transcripts of high school record, evidence of university or college enrollment, and proof of payment. Application forms are available from the Awards & Financial Aid office (Room OGM05, Mezzanine of Graham Hall) or on their website: www.pipeline.ca.

Deadline: September 30, 2010

BILL MASON MEMORIAL SCHOLARSHIP

The Bill Mason Memorial Scholarship Fund is a tribute to the late Bill Mason, a Canadian recognized both nationally and internationally as an avid canoeist, environmentalist, filmmaker, photographer, artist and public speaker. Paddle Canada is proud to award this annual scholarship of \$1,000 to assist with the education of tomorrow's environmental stewards - to those people who help make a difference in the kind of world we live in today and pass on to future generations. To be eligible, you must be a Canadian citizen enrolled full-time in your second, third or fourth year of your undergraduate studies in an Outdoor Recreation, Environmental Studies or other related program, and have a GPA of at least 3.5. Application information is available from the Awards & Financial Aid office (Room OGM05, Mezzanine of Graham Hall) or on their website: www.paddlingcanada.com/masonapplication.asp.

Deadline: September 30, 2010

R.W.F. HUNT SCHOLARSHIP

The Thompson Chamber of Commerce established the R.W.F. Hunt Scholarship in 2002 in memory of Mr. Hunt who was the first president. There is one \$1,000 bursary available each year, one per student. The bursary is open to first and second year university/college students who are studying in a business-related field. High school graduates, mature students and those making career changes are eligible to apply. You must be a resident of Thompson's trading area communities: Thompson, South Indian Lake, Leaf Rapids, Lynn Lake, Nelson House, Split Lake, Gillam, Wabowban, Iford, Pikitowne, Thicket Portage, Cross Lake, or Norway House. Application information is available from the Awards & Financial Aid office (Room OGM05, Mezzanine of Graham Hall) or on their website: www.thompsonchamber.ca/hunt.htm.

Deadline: September 30, 2010

MARYMOUND BURSARY PROGRAM

If you are registered in a full- or part-time post-secondary education or training program, you may be eligible for a Marymound bursary. The Marymound Bursary Program provides educational and support funding to eligible young people who received services from Marymound or who resided in a Marymound placement for a minimum of six months. Funds are provided to help cover costs such as tuition, books, living expenses and more while you are attending school. Individual bursary awards may range from between \$500 to \$2,000, with a maximum of \$4,000 in total awarded in a calendar year. Bursaries are awarded dependent on available funds. Application forms are available from the Awards & Financial Aid office (Room OGM05, Mezzanine of Graham Hall) or on their website: www.marymound.com/wp/donations-sponsorship/bursary-fund.

Deadline: October 1, 2010

MANITOBA HYDRO BURSARIES & SCHOLARSHIPS

The MB Hydro Educational Funding Program supports the continued education of Manitoba's students by offering awards, bursaries and scholarships to those in high school, college or university and enrolled in programs that support our operational requirements. Listed below are the various scholarships and bursaries available for application with eligibility criteria.

1. *Employment Equity Bursary* - must be a member of Employment Equity designated group entering first year of studies at University of Manitoba, Winnipeg or Brandon in the following: Engineering, Computer Science, or Commerce.

2. *Generating Futures Scholarships* - must be of Aboriginal ancestry, registered as a full-time student in one of the programs listed below to qualify: Business (Majoring in Accounting, Finance, Human Resources or Marketing); Engineering (Majoring in Civil, Electrical or Mechanical); or Computer Science.

3. *First Year Management Bursaries* - aboriginal student accepted into first year of studies at a Manitoba university enrolled in: Commerce at the Asper School of Business majoring in Accounting, Finance, Human Resources, or Marketing; or a 4-year Business Administration degree program majoring in Accounting or Finance. Awarding based on academic performance, financial need and community involvement.

4. *Second to Final Year Management Bursaries* - aboriginal students in their second year or higher of studies at a Manitoba University enrolled in: Commerce at the Asper School of Business majoring in Accounting, Finance, Human Resources, or Marketing; or a 4-year Business Administration degree program majoring in Accounting or Finance. Awarding based on academic performance, financial need and community involvement.

5. *First Year Information Technology Bursaries* - aboriginal student accepted into first year of studies University of Manitoba, Winnipeg or Brandon in Computer Sciences or University One Computer Science curriculum.

6. *Second to Final Year Information Technology Bursaries* - aboriginal student enrolled in 2nd year to final year of

studies of studies University of Manitoba, Winnipeg or Brandon in Computer Sciences.

For more information or application forms, please visit their website: www.hydro.mb.ca. Application forms are also available from the Awards & Financial Aid office (Room OGM05, Mezzanine of Graham Hall).

Deadline: October 1, 2010

MANITOBA LOTTERIES EMPLOYMENT EQUITY EDUCATION AWARDS

Manitoba Lotteries is pleased to continue its Employment Equity Education Awards program to promote our commitment to Employment Equity and assist us in meeting future employment needs. These awards are available to students who are members in the following Employment Equity groups: Aboriginal Peoples, Persons with Disabilities, Visible Minorities, or Women in or aspiring to be in male-dominated occupations. Awards are available to students in Culinary Arts, Information Technology, Management or Trades programs. For more information or to apply, please visit their website: www.mlc.mb.ca.

Deadline: October 1, 2010

FOUNDATION FOR THE ADVANCEMENT OF ABORIGINAL YOUTH (FAAY) AWARDS

Canadian residents of First Nation (Status or Non-Status), Métis or Inuit heritage and attending either high school or a post-secondary institute full-time and within Canada are eligible to apply for financial support. Mature students and adult education programs are included. The FAAY Selection Committee looks for: demonstrated financial need; academic and career commitment; contributions to family and community; and leadership and role model qualities. Application forms are available from the Awards & Financial Aid office (Room OGM05, Mezzanine of Graham Hall) or on their website: http://www.cccb.ca/faay_application.html.

Deadline: October 15, 2010

RHODES SCHOLARSHIP

For more than a century, the Rhodes Trust has funded scholarships for exceptional Canadian students for two and possibly three years of study at the University of Oxford. A Rhodes Scholarship includes tuition, college fees, and a stipend covering living expenses. The Rhodes Scholarships have come to be recognized as one of the highest honours available to any student, but they represent much more than an academic award. The Rhodes Scholarship requires that the candidate be a well-rounded individual, having shown not only academic excellence, but also active engagement in their community and evidence of a strong commitment to leadership in improving the state of the world. The scholarship also requires evidence of physical vitality, whether in sports, theatre, music or other pursuits. It is this multifaceted approach, combined with the opportunity to meet similarly exceptional students at Oxford, which has defined the scholarship as the beginning of a life-long commitment to community service, and a demonstration of willingness to make use of academic credentials to improve the state of our society.

For information on how to apply, visit their website: www.canadianrhodes.org.

Deadline for submission of applications and required documents to the Provincial Rhodes Committee: October 15, 2010

MANITOBA STUDENT AID PROGRAM (MSAP):

Application to Manitoba Student Aid for the 2010 Fall Term or 2010-11 Fall/Winter Session is now open. Students can apply online at www.manitobastudentaid.ca.

*New to the Student Aid program this year are a series of grants and bursaries:

- * Canada Student Grant for Students from Low-income Families
- * Canada Student Grant for Students from Middle-income Families
- * Canada Student Grant for Students with Dependents
- * Rural/Northern Bursary

These grants are the first money students will receive in their financial aid packages, before any loans are awarded. Many students may, in fact, receive the majority of their financial assistance in the form of grants.

Be sure to apply early and to submit all requested documentation as soon as possible to ensure that you receive all the grant funds for which you are eligible.

PROCEDURES

Confirmation of Enrolment & Release of Government Student Aid Documents

Approximately 3 weeks before classes begin, the Manitoba Student Aid Program (MSAP) will begin printing official assistance documents for students whose MSAP documentation and University course registration are in order. MSAP

will mail the documents to students at the addresses they have provided on their MSAP applications. The document you receive will have already been electronically approved by the Awards & Financial Aid Office. It will indicate the fees you owe to The University of Winnipeg. These fees will be deducted from your student aid.

* If the document is a Canada Student Financial Assistance document, you should take it to an approved Canada Post outlet for forwarding to the National Student Loan Centre.

* If the document is a Manitoba Student Aid document, you should forward it to the MSAP Loan Administration Department.

The National Student Loan Centre of the MSAP Loan Administration Department will process the document, transferring the fee payment portion directly to the University and depositing any additional balance to your account. Instructions on these processes will be included in your student aid document package.

Course Load

The *minimum* course load for which you must register to be eligible for any form of government student assistance is 60% of the maximum course load required for your study period:

- * Fall or Winter Term only - 9 credit hours minimum
- * Fall/Winter Session - 18 credit hours minimum

You *must* maintain the appropriate minimum course load for your study period in order to retain your student assistance eligibility.

Registration at Another Post-Secondary Institution

If, in addition to University of Winnipeg courses, you are registered and taking courses elsewhere during the academic year for credit towards your University of Winnipeg degree, you must present proof of registration to the Awards & Financial Aid Office before your student assistance document can be authorized and released to you.

Fee Payment

Your fees will be deducted from the student assistance document when it is electronically approved by the University. Government Student Aid is used first to meet educational costs. All overdue fees and emergency loans as well as fees for the current study period will be deducted from the student aid document. If your student assistance does not cover your required fee payment, you will have to make payment on your own by the fee payment deadline. Credits for scholarships you may be receiving will be to reduce the amount of fees deducted from the student aid document.

Fee Deferral

The Awards & Financial Aid Office can defer your fees if you have applied for Government Student Aid but have not received your confirmed assistance document by the fee payment deadline. Student Central and the Awards Office will begin maintaining the Fee Deferral List for Fall term on August 30, 2010.

- Fee deferral means that your registration will not be cancelled because of your failure to pay by the deadline.

- However, you will be charged the late payment fee unless you have submitted your Student Aid application in sufficient time for it to be processed by the payment deadline (by August 16, 2010).

If your name is on the Awards & Financial Office fee deferral list but you withdraw from University courses, you will be responsible for the fees you owe until your actual date of withdrawal.

DID YOU KNOW... That Manitoba Student Aid staff can be on campus on Fridays from 1 - 4 p.m. To meet with them, you need to set up an appointment time. Come to student services and book an appointment, or phone 786-9458 or 789-1420.

DID YOU KNOW... You can check the status of your student aid application, find out what documentation is still outstanding, update your address information and much more online? Go to www.manitobastudentaid.ca and then to MySAO to log into your existing account.

DID YOU KNOW... If you are a student who has had past Government Student Loans and are currently a full-time student but do not have a student loan this year, please fill out a Schedule 2 document to remain in non-payment status. Please come to Student Services in Graham Hall, where front counter staff can help you with this form.

OTHER AWARD WEBSITES:

Canada Student Loan program & other important information on finances and budgeting: www.canlearn.ca

Surfing for dollars? Try these two websites:

www.studentwards.com

www.scholarshipscanada.com

Crossword Puzzle 3

Solutions to this week's crossword and sudoku in next week's issue.

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

BESTCROSSWORDS.COM

Across

- 1 - Pier;
- 5 - "Seinfeld" uncle;
- 8 - Thick slice;
- 12 - Dies ___;
- 13 - Norwegian name of Norway;
- 15 - Exchange for money;
- 16 - Clairvoyant;
- 17 - In the least;
- 18 - This, in Tijuana;
- 19 - Expert critic;
- 22 - Blubber;
- 23 - Be human;
- 24 - Cupola;
- 26 - Bird of prey;
- 29 - Measuring instruments;
- 31 - Back talk;
- 32 - Become less intense, die off;
- 34 - Convocation of witches;
- 36 - Came down to earth;
- 38 - Norwegian dramatist;

Down

- 4 - Golfer Ballesteros;
- 4 - Rot;
- 43 - Made a choice;
- 45 - "You've got mail" co.;
- 46 - Majestic;
- 48 - Move in haste;
- 50 - Composer Schiffrin;
- 51 - ___ kwon do;
- 52 - Acquire;
- 54 - Literature, philosophy, and history, e.g.;
- 61 - ___ monde;
- 63 - Truman's birthplace;
- 64 - Gummy;
- 65 - Area of 4840 square yards;
- 66 - Delicious;
- 67 - Very, in Versailles;
- 68 - At that time;
- 69 - Chart;
- 70 - Cravings;

su do cu Octagon

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

will.octagon.gibson@gmail.com

Down

- 1 - It may be compact;
- 2 - Hydrox rival;
- 3 - Capital of Calvados, in NW France;
- 4 - Core;
- 5 - A great deal;
- 6 - Ages; 7 - Eyeball;
- 8 - Compass dir.;
- 9 - Ursa Minor;
- 10 - Choir member;
- 11 - Amoeba-like alien: The ___;
- 13 - Capital of Kenya;
- 14 - Dodge;
- 20 - Killer whale;
- 21 - Routine;
- 25 - Imbrogio;
- 26 - Rasping instruments;
- 27 - Beekeeping;
- 28 - Influential person;
- 29 - Confronts;
- 30 - Place for "stompin";

- 31 - Boy;
- 33 - Sugar amt.;
- 35 - ___ Aviv;
- 37 - Spanish snack;
- 39 - Bee's target on a flower;
- 42 - Shout;
- 44 - Double;
- 47 - Turbulent;
- 49 - Land;
- 52 - Steps down to an Indian river;
- 53 - "From ___ according to his abilities...";
- 55 - Oz creator;
- 56 - Anarchist Goldman;
- 57 - Freeway access;
- 58 - Describes a gently cooked steak;
- 59 - Revenuers, for short;
- 60 - Cong. meeting;
- 62 - 1980's movie starring Bo Derek and Dudley Moore;

Absorbing nutrients for dummies



There are many foods that have plenty of nutrients that our bodies need. Some of these foods are well-known for containing high amounts of a nutrient.

Take spinach, for example – it's prized as being an excellent source of iron.

Although spinach is healthy and has many nutrients that our bodies can use, the iron in it is not easily accessible – our bodies simply can't absorb it properly.

That means that we don't actually retain much of the nutrient at all.

It's important that we combine food properly to make sure that we get the most of the nutrients that we need.

Here are some of the best ways to ensure that your body can use the most of the nutrients found in the food you eat:

- Vitamin C helps your body absorb iron. Pair whole grains with fruit such as strawberries and oranges, or with vegetables such as tomatoes and red pepper. Cook whole wheat pasta or whole grain rice with sautéed vegetables for dinner. Try whole grain rolled oats with berries or whole grain bread with a

glass of orange juice for breakfast.

- Cooking vegetables causes a chemical reaction that releases some of their nutrients, such as calcium and iron. Cooking is one of the best ways to access the nutrients from spinach and broccoli – steaming vegetables or adding them to a stir-fry are easy ways to get those nutrients.
- Wait a couple hours between drinking coffee or tea and eating a meal; coffee and tea block nutrients' absorption into the bloodstream.
- Vitamin D enhances the absorption of magnesium and phosphorus in the body. Good sources of vitamin D include egg yolk and salmon – eat them with foods rich in magnesium (whole grains, almonds and tofu) and phosphorus (lentils, sunflower seeds and poultry).
- Consume different kinds of nutrients throughout the day. Drinking three glasses of milk in quick succession will not allow your body to absorb as much calcium because it will trick your body into thinking that you already have high amounts of calcium. Drinking one glass with breakfast, one with lunch and one with dinner will give yourself time to absorb the calcium so that your body will be ready for more the next time that you drink milk.

Understanding which foods are best for absorbing nutrients will help the body be healthier and more efficient.

Remember that you don't always need to combine foods and eat them in this way – there are some nutrients that are better absorbed by the body when they are raw rather than when they are cooked, for example – but try to eat food with these kinds of combinations more frequently.

Your body will thank you for it.

Sagan Morrow is a freelance writer and editor. Check out her health blog at www.livingintherealworld.net/healthy.



Winnipeg sucks, which is why we love it

Like most Winnipeggers, I love our fair city with all my heart.

Also, like most Winnipeggers, I would normally never in a million years tell anyone that I actually like living here.

If I did, I'd miss out on one of my favourite charms that Winnipeg has to offer: a never-ending wealth of things to complain about, and an equally never-ending flood of complaints from the people who live here.

We Winnipeggers *love* to complain, which is a good thing, because it's the endless flow of complaints we spew about our city on a daily basis that makes our city so great. It's really what defines us as a people, if you think about it.

Even as far back as the famous Winnipeg General Strike of 1919 (after all, what is a strike really other than a demonstration of synchronized complaining), Winnipeggers have been skillfully finding horrendous faults in everything around us, and then going on and on about how absolutely horrible everything is.

Before the Jets moved away, Winnipeggers complained about them nonstop – and rightfully so; they sucked ass! Then, after they were torn from our ever-loving embraces in 1996, we were forced to adapt, lest we be left with nothing to complain about.

And adapt we did. The second the Jets touched down in Arizona, we immediately shifted gears and began talking like we had always loved our precious Jets and how it was terrible that they were moved to Phoenix. We had successfully found something new to complain about.

In and of itself, this is no great task. But you can begin to see the skill and artistry involved when you consider that the new subject of our complaint was the exact opposite of what we had just spent the last 20 years complaining about (namely that the Jets *were</*



Faculty of Business & Economics
THE UNIVERSITY OF WINNIPEG

B R E A K F A S T S P E A K E R S E R I E S

Childhood Health and its Effects on Adult Lives

Janet Currie

Sami Mnaymneh Professor of Economics
Columbia University

Friday, September 24
7:30–9:00 a.m.

The University of Winnipeg
Convocation Hall
2nd floor, Wesley Hall
515 Portage Avenue

Reserve your seat by
contacting Dallas Hull
Phone 786.9990 or email
d.hull@uwinnipeg.ca
businessseconomics.uwinnipeg.ca

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