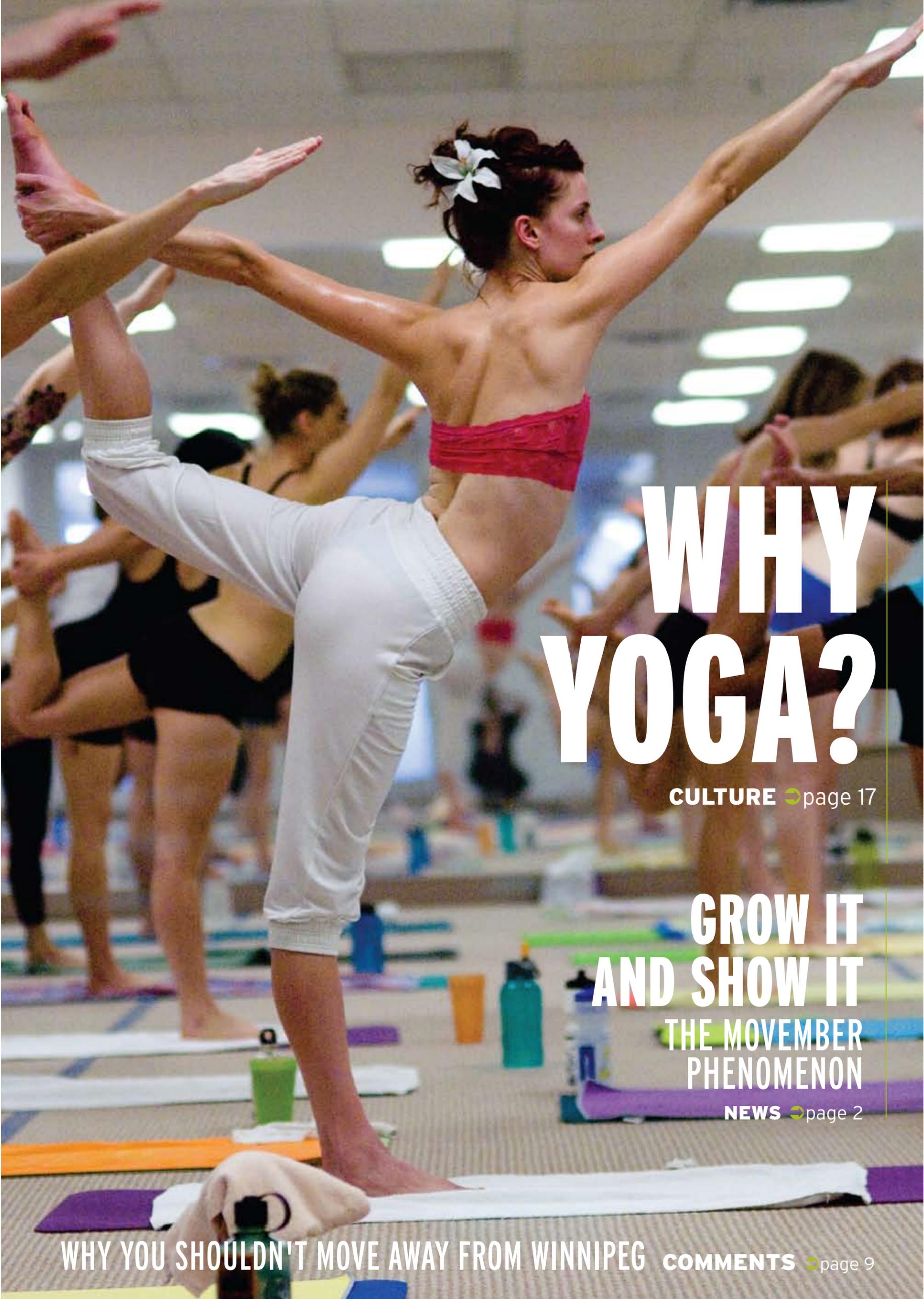


UNIVERSITY OF WINNIPEG'S WEEKLY URBAN JOURNAL

THE **UNITER**

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WHY YOGA?

CULTURE ➤ page 17

GROW IT AND SHOW IT THE MOVEMBER PHENOMENON

NEWS ➤ page 2

WHY YOU SHOULDN'T MOVE AWAY FROM WINNIPEG **COMMENTS** ➤ page 9

WIN D.RANGERS TICKETS

Local roots group The D.Rangers are playing their farewell show at the West End Cultural Centre on Thursday, Nov. 25. For your chance to win 2 tickets for the show, send an email to contests@uniter.ca by 12 noon on Wednesday, Nov. 24. Include your full name and phone number.

Good luck!



LOOKING FOR LISTINGS?

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COVER IMAGE

"Bow Pose"

BY CINDY TITUS

Photo taken Saturday, Nov. 13 at Stafford Street Hot Yoga

See more of Cindy's work at www.flickr.com/photos/cindytitus

News

Rockin' the 'stache for a good cause

Local businesses are bringing back the moustache for prostate cancer awareness, funding

ETHAN CABEL
BEAT REPORTER

It all began with a few guys, drinking a few beers in Melbourne, Australia in 2003.

Inspired by efforts to fund breast cancer research, the Aussies wanted to rock some serious moustaches to raise awareness about men's health.

The solution was Movember: a grassroots fundraiser that generated \$55,000 for Australian prostate cancer research in 2004 and has since blossomed into a worldwide campaign whereby men grow moustaches and collect donations.

"We want guys to talk about it, to realize it's nothing to be embarrassed about," said Catherine Patterson, marketing and communications manager for Prostate Cancer Canada (PCC), adding that prostate cancer is often stigmatized because it affects an organ in the male reproductive system, causing detriment to urinary and sexual functions.

The solution was Movember: a grassroots fundraiser that generated \$55,000 for Australian prostate cancer research in 2004 and has since blossomed into a worldwide campaign whereby men grow moustaches and collect donations.

"The girlfriend doesn't want to look at me ... There's some definite cringing going on."

- THOMAS STEWART, HEAD CHEF, FUDE BISTRO

One in six Canadian men will be diagnosed with prostate cancer at some point during their lifetime, she said, and over 4,300 men will die of the disease this year.

Despite solemn protests from girlfriends and wives, guys across Winnipeg are jumping on the Movember bandwagon.

"Some of the guys were reluctant to do it ... it was either get action in bed or grow a moustache," said Thomas Stewart, 27, the head chef at Fude, an Osborne Village bistro.

Stewart and his cooks opted for the lat-



Fude head chef Thomas Stewart and his staff are jumping on the Movember bandwagon by donning facial hair this month in support of prostate cancer awareness.

ter and have created a fundraising team on the Canadian Movember campaign website, which funnels funds to PCC.

"The girlfriend doesn't want to look at me," laughed Stewart. "There's some definite cringing going on."

Fude is also offering a free appetizer to any customer who makes a \$10 PCC donation during the month of November.

Not to be outdone, Luxalune, a gastropub in south Osborne, has been donating a dollar for every pint of beer sold during happy hour (4-7 p.m.) and giving away fake moustaches to every customer who purchases a pint.

"Everyone gets a kick out of the moustaches," said Katie Doerksen, promotions spokesperson for Luxalune.

At the end of the month, the bar will host a Movember wrap-up party and a dollar from every pint sold during the night will go toward prostate cancer research and awareness, Doerksen said.

Kevin Laurie, 24, a merchandiser at Future

Shop on Regent Avenue, was the first to bring Movember to work last year. From there, it exploded into a 20-member campaign team that raised nearly \$1,500 for prostate cancer research. "The other guys got really excited about it," Laurie said, adding that this year he hopes to raise even more money and awareness with nearly 30 guys well on their way to full moustaches. "Last year I went for the handle bar," he said. "This year I'm going for the sideburns and the mutton chops."

One of the important aspects of Movember is that it educates men about prostate examinations, said PCC's Patterson. "If we can alleviate concerns about testing, it would be very pleased," she said.

Prostate cancer can be virtually benign if detected early and monitored regularly.

Money generated from Movember will go in part toward isolating a cause for what is widely believed to be a preventable disease, she added.

Visit <http://ca.movember.com>.

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Federal control over reserve land keeps aboriginals in poverty, say critics

Skeptics claim full property ownership on reserves could tear apart aboriginal communities

ETHAN CABEL
BEAT REPORTER

All across Canada, First Nations residing on federal reserves are subject to abject poverty and social ailments, wrapped up in what some view as a cycle of economic dependence on the federal government. In order to break that cycle of poverty, calls for full aboriginal ownership of reserve land are being heard around the country.

According to the Assembly of First Nations (AFN), over 100 reserve communities are forced to boil their drinking water. Over 5,000 reserve homes are without basic sewage services and around 70 per cent of students on reserve land will not receive a high school diploma.

Aboriginal leaders and others are desperately searching for solutions to these widespread and systemic issues. What has emerged is a growing belief that full title or ownership of reserve land for aboriginals could be the single most powerful solution.

"The best way to address the poverty our people face is to give power to the individual," said Manny Jules, a former chief of the Kamloops Indian band and the chief commissioner of the First Nations Tax Commission.

Full ownership of reserve land currently rests in the hands of the federal government. First Nation bands cannot sell or own reserve land and individual aboriginals on that land are unable to own or build equity on a home.

Outside of some rare exceptions, an individual can occupy a house on reserve land through a certificate of possession approved by the band and the federal department of Indian and Northern Affairs Canada (INAC).

Commercial development, which also requires INAC approval, can only be done on the basis of short- and long-term leasing. "What we're doing is ... building an economy on what we don't have title to," Jules said.

He explained that developers are reluctant to invest in a lease agreement, which is among their only options on reserve land, because of bureaucratic red tape and the fact that the property will diminish in value over the lifespan of the lease.

"If you don't renew that lease you're going to end up with a slum," he said, adding that when leases expire on many reserves, the land has completely lost its resale value.

Jules proposes to economically aid First



A 20-month-old child plays under her house porch in Kitchisakik, an Algonquin Anicinape community in Quebec. The house is one of 5,000 reserve homes in Canada without basic sewage services.

Nations with what he calls the First Nations Property Ownership Act, which was the subject of a recent book, *Beyond the Indian Act*, co-authored by University of Calgary professor Tom Flanagan.

"The best way to address the poverty our people face is to give power to the individual."

- MANNY JULES, CHIEF COMMISSIONER, FIRST NATIONS TAX COMMISSION

The act would ensure absolute ownership, giving First Nations who choose to opt into the legislation the ability to sell land and reap its economic benefits.

Joseph Quesnel, policy analyst for the Frontier Centre of Public Policy, wholeheartedly agrees with Jules.

"For someone to be at the margins economically is unacceptable," he said, adding that the ability to own property is morally dignifying. "For aboriginals to succeed in all ways, private property ownership, in whatever form, would be greatly beneficial."

Allison Fenske is an instructor at the University of Winnipeg and a lawyer specializing in aboriginal law.

She is skeptical of Jules's proposal.

"I don't know if just changing to a system of private property ownership is going to be the thing that creates wealth," she said, explaining that geographic isolation is one of the main contributors to poverty.

According to Fenske, reserves most likely to benefit from full property ownership are those that already benefit from being in close proximity to urban centres like Winnipeg. Those in remote locations could possibly stagnate if Jules's legislation was implemented, she added.

Allan Cochrane is a 27-year-old University of Winnipeg politics student who grew up on the Peguis First Nation reserve in northern Manitoba for the vast majority of his life.

He agrees that geographic isolation is a major factor in determining the economic prosperity for aboriginals on reserve land.

"Right now we've become so dependent on the federal government for survival that there are some reserves that wouldn't be able to function ... without the federal government," he said. "There are some reserves up north that have no economic resources whatsoever."

Although Cochrane finds the concept of full property rights to be a good one, he is concerned that the federal government

would use it as a way of abolishing the reserve system or having aboriginal land leave the community.

Fenske shares those same concerns. "My fear would be that (through full ownership) you could be opening the door to land being lost to non-First Nations individuals - land that you then can't get back," she said.

Fenske also noted that comparatively few aboriginal bands have opted into the 1999 First Nations Land Management Act, which gives First Nations considerable autonomy over their own land management, eliminating a great deal of INAC control.

As of August 2010, only 29 First Nations bands had opted into the act by instituting their own land codes and there are 74 who have expressed interest in the legislation. According to INAC statistics, there were over 600 registered Indian bands in Canada as of September 2006.

"To date, most bands have stayed within the Indian Act provisions, as cumbersome and ... oppressive as they are," said Fenske.

The AFN have also publicly expressed concern over the merits of Jules's proposal.

After repeated attempts at an interview, representatives at the organization were unavailable for comment before press time.

STREETER

BY TARA MEDWID

Q: DO YOU MAKE AN EFFORT TO BUY LOCALLY? WHY OR WHY NOT?



Joyce Wilson, Salvation Army employee

"Yes, I do because it supports a sustainable local economy and knowing that products are local increases my level of comfort in consuming them."



Anthony Clarke, Downtown YMCA employee

"No, I don't really care to look for them when I am shopping."



Robert Benjamin, unemployed

"I might be. I buy from health food stores. I don't know if that's locally produced or not."



Habiba Jen, second-year business and economics student

"I'm not sure. I just moved here and I don't know if the brands I am buying are local or not."



Fabian Suárez-Amaya, fourth-year education student

"Yes, because it's important to reduce our daily environmental impact."



Jennifer Steiss, third-year psychology student

"Yes, because I believe in reducing my ecological footprint. I also support buying locally to keep local businesses running."



Local News Briefs

Compiled by Jon Sorokowski

MANITOBA PRISON CAPACITY GROWS

Stony Mountain Institution will expand by 96 beds, Public Safety Minister Vic Toews announced in a statement Friday, Nov. 12. The medium security institution's staff says Toews has ignored their concerns over health and safety since he took over the public safety portfolio in January. The staff was protesting outside of Stony Mountain when the announcement was made. Overcrowding, double bunking and scabies outbreaks are among the Union of Canadian Correctional Officers' chief complaints, a union spokesperson told the *Winnipeg Free Press*. A new 50-bed unit will also be built starting in 2012 at the Rockwood Institution.

REAL ESTATE AGENT BROKE RULE, DISOBEYED REQUEST

An Ottawa-based real estate agent who posted an online home listing for a Winnipeg couple is ignoring the Manitoba Securities Commission's request to take the ad down. The commission informed Joe William he is not licensed to sell real estate in the province. Initially, William took the listing down, but will now ignore the commission's demand because he's not selling the property - he's just listing it. William told the CBC that he is complying with Ontario regulations, and the website the Winnipeg home is listed on is based out of Ontario. If William doesn't stop listing Manitoba properties, the commission said they will investigate.

PLASTIC POLLUTING ECOSYSTEMS

Manitoba lakes, as well as remote islands in the North Pacific Ocean, are littered with lighters, razors, bottle caps and other junk, local scientists and environmentalists claim. University of Winnipeg biology professor Eva Pip sampled diverse Manitoba regions and found "the legacy of our plastic world" at every location, she told the CBC. Pip said plastic bags and packaging are killing wildlife, and called it "heartbreaking." Plastics are even breaking down and harming smaller life below the surface, like fish, snails and zooplankton. Ocean currents have helped carry garbage through the Pacific Ocean to land on remote islands as well, an American environmentalist said. The American Chemistry Council claims only five per cent of plastic bags get recycled.

STUDY DEFLATES ABORIGINAL HINI IMMUNE SYSTEM THEORY

It was not poor immune systems that caused aboriginal people to be more susceptible to HINI, a University of Manitoba-led research team concluded. The infection rate of Manitoba First Nations in 2009 was 20 per cent higher than the overall population, which caused government to see aboriginal people as a priority to receive the HINI vaccine. Their immune systems were believed to be less capable of defending against the virus. Scientists studied blood samples before and after vaccination to study immune system response. They concluded immune response was in fact better than in non-aboriginal Canadians. Inadequate housing and poor access to medical services form other theories about the high diagnosis rate, the CBC reports.

TORIES UNDER FIRE IN NDP ATTACK ADS

The provincial NDP is mailing out and airing televised attack ads against the opposition Conservatives, according to Global News Winnipeg. The ads criticize Conservative Leader Hugh McFayden's positions, including statements like the Conservatives would "allow E. coli and urine to pollute our rivers and lakes," *The Canadian Press* reports. Labour and Immigration Minister Jennifer Howard calls the ads, "an accurate portrayal of what the opposition has said in the house and in public and will do if elected." The provincial election is set for Oct. 4, 2011.

Faith-based college offering an alternative to U of M's BSW program

Booth University College's social work program measures up despite lack of accreditation

LAUREN PARSONS
BEAT REPORTER

Students entering a social work program in Winnipeg may be surprised to learn that the University of Manitoba's (U of M) program is not their only option.

Charlene Epp had never considered going back to school when she was let go from her position of 20 years with Manitoba Housing. But after having lunch with a friend, she decided that social work was something she wanted to try, and within a week she was registered for the program at Booth University College.

"I wouldn't have minded going to U of M - one reason that I didn't is because of the physical distance of the campus and, also, I was intrigued by Booth," said Epp, who is excited to be graduating in April 2011. "I wanted a faith-based education - it's something that is important to me."

Students in all programs at Booth are required to take 12 credit hours of religious studies, three of which are in world religion.

Aside from faith-based learning, the curriculum for Booth's Bachelor of Social Work (BSW) program is standard.

The program is not accredited. But, according to the Manitoba Association of Social Workers, graduates from both the U of M's

BSW program and Booth's BSW program are recognized and can apply to become registered social workers within the province.

"It's not a matter of the quality of the course, but the quantity of students attending the college," said Bonnie Bryant, director of the social work program at Booth, explaining that to be accredited there needs to be a minimum of 500 students enrolled - more than the college has space for.

Bryant believes that by having faith-based learning in smaller class sizes, the program is able to build a strong and supportive community for its students and focus closely on practicing clinical development.

The U of M's faculty of social work was established in 1943 and offers a bachelor of social work (BSW) program as well as pre-master's, master's and PhD programs in social work.

The only social work program available through Booth is the BSW.

"Our bachelor of social work program prepares people for entry level in any social work position, we are the only program in Manitoba accredited by the Canadian Association of Schools of Social Work," said Kim Clare, associate dean and chair of the so-

"I was intrigued by Booth. I wanted a faith-based education - it's something that is important to me."

- CHARLENE EPP, SECOND-YEAR STUDENT, BOOTH UNIVERSITY COLLEGE SOCIAL WORK PROGRAM

cial work program at the U of M.

Clare feels that being in an accredited program helps students to feel secure in the



CINDY TITUS

Booth University College offers aspiring social workers an alternative, faith-based education to the accredited program at U of M.

courses they are taking.

"It's like having a verified cheque in hand - it's perceived as a legitimate bachelor of social work across Canada and is a transferable degree to the United States," she said, noting that the program is also recognized by the Council on Post-Secondary Education in the U.S.

For students within the province, being in an accredited program does not necessarily have more pull than a non-accredited program.

For Epp, the community built within Booth's program - knowing all her fellow students and instructors on a first-name basis - supported her through the transition of beginning a new career.

"I feel really prepared going into the field from Booth," she said.

CANADIAN DIMENSION THANKING ARTISTS AND ACTIVISTS

Canadian Dimension Magazine's second annual "Red" Carpet Gala Awards Dinner and Fundraiser honouring activists and artists was held at the Fort Garry Hotel this past Saturday, Nov. 13.

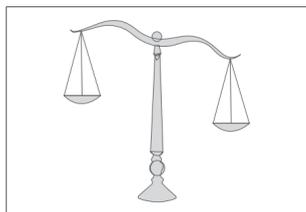
The event was emceed by Karen Naylor and Krishna Lalbiharie, entertaining a crowd of activists, artists and political thinkers, including former mayoral candidate Judy Wasylycia-Leis.

Highlights from the night include a keynote address by Paul Moist, national president of CUPE (pictured), an enthusiastic acceptance speech by U of M student Brian Latour in the category of Student/Youth Activist and the presentation of a Lifetime Achievement Award to Emily and Nick Ternette for their commitment to activism for disabled persons and political advocacy.

"To be an activist is a profession," said Nick Ternette. "We've got to be proud of who we are and our ideas."

-Lauren Parsons

CHRISTOPHER CLACO



AYAME ULRICH

An odd case of sympathy

Man who shot his wife in the face gets probation, time served

CHRIS HUNTER
VOLUNTEER STAFF

On Nov. 4, a 61-year old Winnipeg man was sentenced to three years of supervised probation and 11 months of already spent jail time for shooting his wife in the face.

The conditions of the probation are to abstain from alcohol use and to receive substance abuse counselling. His firearm has also been disposed of.

As the court has placed a publication ban on the case, *The Uniter* is unable to name the accused or the victim.

The act of violence took place two years prior to the court hearing, while the man was severely intoxicated. Miraculously, the 60-year-old victim survived to call the police. Later, she pleaded in court to keep her husband out of jail.

The victim did not sustain any life-threatening injuries and recovered completely.

"It's an interesting sentence because we have a zero-tolerance law for domestic abuse in Canada," said Ang Braun, co-chair of Manitoba Association of Women's Shelters (MAWS).

Braun explained that in abusive relationships, the abuser dismantles the self-esteem of the abused so she will be afraid to make changes. When these self-esteem patterns become ingrained, the abused might even defend her abuser.

The zero-tolerance policy exists so the accused will be convicted even if he is defended.

"Years ago - at a shelter I worked at - we had a woman who had been in an abusive relationship and insisted there was no problem," Braun said. "Most women minimize the situation. The woman in this case may not understand how these patterns of abuse are created."

However, Mark Kantor, Crown prosecutor, found no evidence of history of abuse. Kantor also declared that the zero-tolerance policy was effective.

"The confusion might be a matter of (*Winnipeg Free Press*) semantics," said Kantor. "He was indeed convicted of criminal negligence, causing bodily harm and of breaching a court order by not abstaining from consumption of alcohol."

A *Winnipeg Free Press* article about the case stated that the accused received no jail time. However, he had been in pre-trial detention for five-and-a-half months, which is now considered part of his sentence.

In the recent hearing, the accused was given double credit for his time spent in jail.

'Made in Manitoba' catchphrase applied to food ad campaigns and accessibility legislation

Experts question whether catchphrase is overused

SONYA HOWARD
BEAT REPORTER

The term "Made in Manitoba" has recently been used to describe initiatives ranging from seniors' accessibility legislation to food advertising campaigns - leaving some marketing experts wondering whether the phrase captures or muddles Manitoba's identity.

"What is brand Manitoba?" asked Dheeraj Sharma, associate professor of marketing and international business at the University of Winnipeg. "Once we have defined that, then we can have an array of products that fit well with brand Manitoba. Randomly defining brand Manitoba, however, is going to be a futile effort."

One such attempt to brand Manitoba is the province's Oct. 18 funding announcement of nearly \$750,000 to support two years of a new five-year Buy Manitoba local food advertising campaign.

"You're going to plaster the name 'Made in Manitoba' across a broad range of products and services - however, that label might end up being ignored by the consumer if there's no fit between the products and where they're made."

- DHEERAJ SHARMA, ASSOCIATE PROFESSOR OF MARKETING AND INTERNATIONAL BUSINESS, UNIVERSITY OF WINNIPEG

Designed and delivered in partnership with industry and the Manitoba Food Processors Association, the Buy Manitoba program aims to increase Manitobans' awareness of the availability of locally grown and locally processed foods, said Joëlle Saltel-Allard, press secretary for the Manitoba legislature.

She notes that the province and industry partners will turn first to talented local designers in the creation of the Buy Manitoba ad campaign.

"We ... believe Manitobans' interest in buying local goes beyond only food," Saltel-Allard said. "So as we design the campaign to promote locally grown and locally processed foods, it is certainly very important that we



AYAME ULRICH

'walk the talk' and look first to the creative resources we have right here at home."

According to Saltel-Allard, provincial funding beyond the two-year commitment could be increased in small amounts based on matching contributions from industry partners.

The success of these types of programs in increasing consumers' positive views of Manitoba goods depends on the fit between

the products and how genuine that product is to that region, cautions Sharma.

Wheat products might be one natural fit for Manitoba, Sharma notes, as they abound in Manitoba and consumers are invested in the quality of this product.

Another initiative that has been labelled "Made in Manitoba" is new legislation that aims to increase accessibility for seniors and people with disabilities. This is termed "Made in Manitoba" because it will be developed based on public feedback.

"There is no money going into creating an advertising or awareness campaign about this new legislation," said Rachel Morgan, a communications representative for Jennifer

Howard, minister of labour and immigration, one of the ministers pushing for the creation of the law.

"The phrase 'Made in Manitoba' is used across a variety of provincial initiatives to show the value of what we're introducing, be it legislation, support for the tourism industry or agricultural products," Morgan said.

Sharma wonders what impact such widespread use of the term "Made in Manitoba" will have on its value.

"You're going to plaster the name 'Made in Manitoba' across a broad range of products and services - however, that label might end up being ignored by the consumer if there's no fit between the products and where they're made," Sharma said.

WHAT IS 'MADE IN MANITOBA'?

The Government of Manitoba is using the catchphrase "Made in Manitoba" to brand a number of new initiatives including:

- Buy Manitoba local food advertising awareness campaign using the "Manitoba Made" logo
- Provincial legislation on accessibility for seniors and people with disabilities
- Breakfast Program for students delivered by Agriculture in the Classroom
- Manitoba Agri-Innovation Suite to create, develop and market new local food products

Source: Government of Manitoba

Light up the night: postal workers' union speaks out against Canada Post changes

Recent changes to Winnipeg's mail delivery causing concerns for mail carriers

LAUREN PARSONS
BEAT REPORTER

The president of the Winnipeg branch of the Canadian Union of Postal Workers (CUPW) is criticizing changes Canada Post is making to the way it operates.

Bob Tyre says the public may be unprepared for the changes, which will in some cases see mail delivered at later times in the day.

"Canada Post did nothing to tell the customers, 'You're going to be getting your mail later,'" Tyre said. "People are used to getting their mail at a certain time, and after 25 years they've gotten used to it. They know when to keep their dogs inside and when to keep the light on."

Kathi Neal, manager of media and community affairs for Canada Post in Manitoba, disagrees and describes the changes as exciting.

"We're investing in our company to ensure that Canada Post and its employees are evolving and protected through the changing market," said Neal.

Changes include automatic mail sorting at Canada Post's new facility at the Winnipeg James Armstrong Richardson International

Airport and motorized delivery to each distribution area.

The process allows one mail carrier to load up a motorized vehicle with all the mail for the area, as opposed to multiple mail carriers carrying as much as possible in their mailbags.

The new transition is causing some residents' mail to be delivered later in the day and into the evening.

Tyre said that delivering the mail in the dark only adds to safety issues the new system is already causing.

"You can't see your feet," Tyre noted. "The machines sort some mail and the mail carrier does some. You need to carry that mail on your arms and merge the two piles as you walk."

But according to Neal, none of the employees' shift times are changing.

"One shift starts at seven and ends at three and one shift starts at ten and ends at six," she said. "Canada Post has been a top employer for the past several years, and we would never ask our employees to do anything unsafe."

CUPW recently delivered announcements to residents of the Fort Rouge area about the coming changes. Attached to the announcements were light bulbs to use for the employees' protection.

Ashley Fraser, a Windsor Park resident, had not heard about the changes before reading an article about the Fort Rouge campaign in the *Winnipeg Free Press* last week.

"I'm not overly concerned with getting mail in the morning or the evening, but I agree with their (CUPW's) concerns. I wouldn't want to be out there at night," said Fraser.

Fraser believes that the public should be



DYLAN HEWLETT

Some Winnipeg residents should be expecting their letters and bills well into the evening thanks to recent sorting and delivery changes from Canada Post.

better informed.

"If no shifts are changing then why are they protesting?" she said. "Something must be up for them to cause such a stir."

Winnipeg is the first city in Canada to initiate this process but will be followed shortly by Toronto and other cities.

For Winnipeg, Canada Post's plan is to have 90 per cent of the city on the motorized mail delivery system by July 2011, excluding the downtown area due to density of businesses and parking concerns.

According to Tyre, this plan will be executed regardless of complaints from workers. "They're using Winnipeg as a test site," he said. "They intend to go ahead with their little pilot project no matter how many people get hurt."

International News Briefs

Compiled by Aaron Snider

CUBA CONDEMNS NEW VIDEOGAME

CUBA: Cuban officials believe that a new videogame recently released in the U.S. will turn American children into sociopaths, the BBC reported last week. The game, titled *Call of Duty: Black Ops*, allows players to assassinate a young Fidel Castro, former leader of the Communist nation. The Cuban state-run media condemned the game's exploitation of violence to achieve entertainment. It also accused the game of attempting to accomplish a virtual assassination of Castro because all actual attempts - more than 600 according to some sources - have failed. *Black Ops* is expected to achieve the highest sales of any game this year.

TUTANKHAMUN'S THINGS WILL BE RETURNED

UNITED STATES: The New York Metropolitan Museum of Art is set to return 19 artifacts from a famous Egyptian pharaoh to their rightful home in Egypt, the BBC reported. The artifacts date back more than 3,000 years to the reign of Tutankhamun. According to agreements made during Howard Carter's 1922 excavation of the pharaoh's tomb, all items recovered from the dig were the property of the Egyptian government. The items found at the Metropolitan Museum were illegally exported from Egypt between the 1920s and 1940s. The museum will show the artifacts at various locations around New York before they return to Egypt in June 2011.

GAZA AID MISSION ENDS IN DRAMA AND CONFUSION

GREECE: Several hostages were safely rescued after Greek soldiers boarded an aid vessel that was docked in the Greek port of Piraeus, CNN reported. The ship and crew, organized by British charity Road to Hope, were taken hostage by its captain in Libya after an argument with an Egyptian broker. The aid and volunteers, which were to be bound for Gaza, were abandoned in Libya and 17 people were taken hostage before the ship headed towards international waters. Libyan naval and air forces escorted the ship to Greece where the rescue was completed.

THE 'BULLDOZER' SENT HOME FROM HOSPITAL

ISRAEL: Former Israeli prime minister Ariel Sharon was returned home despite his comatose state after spending five years in hospital, Reuters reported. Sharon, who has been semi-conscious since he suffered a stroke in 2006, will continue to receive care at his desert ranch. Doctors hope the familiar surroundings will aid Sharon's recovery, but are predicting only modest progress. Sharon was nicknamed the "Bulldozer," and was known for both his military and political achievements in Israel. Some hope the 82-year old will recover and return to public life. Sharon's sons refused to cut off their father's life support after the stroke.

OPPOSITION LEADER LOSES APPEAL, STILL GOES FREE

MYANMAR: The leader of Myanmar's political opposition was freed on Saturday when a recent extension of her sentence expired. A Jazeera reported. Aung San Suu Kyi spent the last 20 years under house arrest after she won a national election in 1990, but was prevented from taking power by military officials. An appeal to prove the political prisoner's innocence was rejected by a Myanmar court prior to her release. Aung San Suu Kyi's house arrest was set to end in 2009 but was extended after an unauthorized visit, preventing the opposition leader from participating in a general election earlier this month.

Campus News

Cyclists to get improved facilities and support through campus bike lab this spring

In the meantime, the Ice Riders offering workshops to get cyclists through the winter

AARON SNIDER
STAFF WRITER

After more than two years of planning and collecting the necessary funds, later this month the University of Winnipeg Students' Association (UWSA) is expected to announce a spring opening date for a new campus bike lab.

The facility, financed by a \$2 levy collected from students since the fall of 2009, will be available to all students who wish to maintain or repair their bikes.

"It's going to be, for all intensive purposes, a full service bike shop," said John McLeod Arnould, arts director on the UWSA board. "We're going to have all the tools we need to do pretty much anything to a bicycle."

McLeod Arnould said repairs might be provided in exchange for volunteer hours, but noted that nothing was finalized.

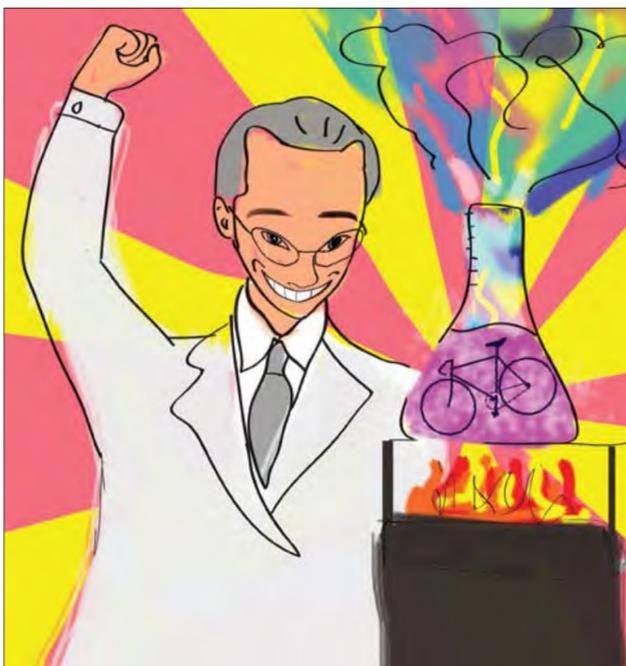
"That's something we'll figure out a bit more as the bike lab gets built and gets going," he noted.

The focus is on a sustainable project that will be largely self-sufficient after its launch.

"The operating costs are going to be very low," McLeod Arnould said. "Purchasing of initial equipment will be paid for mostly through that student levy."

Robin Bryan, the bike lab coordinator, said many of the finer details of the project – including location, budgeting, design and opening date – will be finalized and announced later this month.

Until then he is focusing on the Ice Riders, a student group he founded in March in co-



EZRA BRIDGMAN

operation with the UWSA.

The Ice Riders are working in the absence of the bike lab to help those riders who want to continue to ride their bikes throughout the winter.

A number of information and hands-on workshops have already been held, and Bryan said these will continue to happen in the coming months.

"We're still recruiting our core member

and volunteer base right now," he said. "Our numbers are somewhere between 30 and 40 for people who are interested in Ice Riders. They will be the leaders and representatives of the winter cycling movement in the University of Winnipeg."

This will be the first winter of full programming for the Ice Riders.

Caleigh Christie, an Ice Riders volunteer member, said she valued the environmental

responsibility of cycling.

"It's a very sustainable practice," she said. "There's no carbon emissions coming out of your bike, which is great and something I really strive towards."

Christie also noted the financial benefits. "It's completely free, which as a university student is an amazing opportunity to take advantage of," she said.

Bryan hopes the movement will grow. "At this point we are a fringe group, but we're making the best of it and building an awesome team and having fun with it," he said. "It's certainly not for everyone, but it can be a real confidence-building, solidarity-building thing."

"At this point we are a fringe group, but we're making the best of it and building an awesome team and having fun with it."

- ROBIN BRYAN, BIKE LAB COORDINATOR AND ICE RIDERS FOUNDING MEMBER

Christie agreed that a sense of adventure is a must.

"It's fun, actually. It's kind of exhilarating," she said. "I really get a kick out of sliding around corners and trudging through the snow."

Contact iceriders@theuwsa.ca for more information.

CORRECTION:

The story "Winnipeg's Chinese Falun Gong community speaks out against *Bodies... The Exhibition*" in the Nov. 12 issue of *The Uniter* (page 5) contained incorrect information. We stated that the Falun Gong is a religious community. Falun Gong is, in fact, a spiritual practice loosely organized without any religious forms or worship.

We regret the error.

Menno Simons College celebrates its 20th anniversary

International development and conflict resolution studies draw students to the college

KARLENE OOTO-STUBBS
CAMPUS BEAT REPORTER

In 1989, Menno Simons College (MSC) had 13 students and two professors working on international development and conflict resolution studies. Now with more than 13 professors and 1,100 students, MSC is celebrating its 20th anniversary.

Named after Menno Simons, the 16th-century Dutch church reformer whose followers were eventually known as Mennonites, the college was built to encourage faith, peace and justice learning.

MSC is technically a part of Canadian Mennonite University in affiliation with the University of Winnipeg. They operate out of 520 Portage Ave., across the street from the U of W's main campus.

"MSC was started by Mennonite business people and academics who felt that the Mennonite community had something to provide to Winnipeg in terms of conflict resolution studies and international development issues," said Ruth Taronno, associate vice-president of Menno Simons College.

Mennonites had a huge impact in settling southern Manitoba and continue to be a vital part of our province's culture.

"The biggest role (of MSC) is to provide the expertise, teaching and research of our faculty in international development studies (IDS) and conflict resolution studies (CRS), but we also want to be linked to community," Taronno said.

"We have a very strong practicum program, a lot of alumni working in the neighbourhood with IRCOM (Immigrant and Refugee Community Organization of Manitoba) and the Spence Neighbourhood Association. We want to be a place where we can connect people in Winnipeg with social justice work that's



CINDY TITUS

For the past 20 years, Menno Simons College has been the home of some of the most established conflict resolution and international development programs in Canada.

happening."

MSC has the largest conflict resolution program and one of the oldest international development programs in Canada. They're home to the Canadian academic journal *Peace Research* and just hosted a national conference with the Global College.

"MSC has an extended contribution to U of W that is far beyond the conflict resolution and international development degrees by themselves."

- RICHARD SUDERMAN, THIRD-YEAR MSC STUDENT

"MSC has developed three-year, four-year and honours majors in IDS, and three-year and four-year majors in Conflict Resolution Studies," explained Jerry Buckland, a faculty member at MSC.

"These programs are offered by an ex-

cellent group of faculty based at MSC, and through area courses, through the University of Winnipeg," he said. "We have substantial student interest in the program reflected in enrolment and number of majors. There is an extensive practicum program that sends students all around the world."

Richard Suderman is a third-year student at CMU who studies at MSC. He notices the positive effects the college has on the U of W. "I notice students choosing to take a few semesters of IDS and CRS as minors to psychology or law and other degrees because they want to add that exposure to their expertise," he said.

"In this way MSC has an extended contribution to U of W that is far beyond the conflict resolution and international development degrees by themselves."

To celebrate MSC's milestone, a party was held at the West End Cultural Centre last Friday, Nov. 12.

Visit www.mscollege.ca.

Name change for aboriginal governance program

New indigenous studies department formed

KARLENE OOTO-STUBBS
CAMPUS BEAT REPORTER

For the former aboriginal governance program, there's more to a name than meets the eye.

This month the program gained department status and changed its name to the department of indigenous studies.

Changing the name means the degrees offered by the department will have a broader reach for students.

"In terms of indigenous instead of aboriginal, we had been receiving feedback from students, faculty and other scholars as well as indigenous people in Winnipeg who don't see the term aboriginal as being internationally understood ... it's a very Canadian term," said Dr. Jennifer Pelletier, chair and associate professor in the department of indigenous studies.

"Using the term indigenous is more reflective of an international understanding of first inhabitants of a land."

The aboriginal governance program existed six years prior to being made a department, which was a big step for the program. Pelletier stated that when a program has developed enough courses and has enough students, it can apply for departmental status.

The program began with help from president and vice-chancellor of the U of W Dr. Lloyd Axworthy, former director of the aboriginal governance program Larry Chartrand, executive director of government, indigenous and community affairs Jennifer Rattray and elders in the indigenous community who advised the program.

"When they graduate they get to choose what their degree is called ... a degree in in-



ANDREW ISRAEL

Dr. Julie Pelletier is the chair and associate professor in the newly named U of W department of indigenous studies, formerly the aboriginal governance program.

digenous studies or aboriginal governance," Pelletier said.

"It's a part of our institutional commitment to provide continuity to students."

Daniel Swan is a U of W student interested in the new department.

"I think it's great that our university provides such a specialized degree that could be helpful for a lot of people," Swan said.

Pelletier hopes the new department will have a positive impact on indigenous peoples everywhere.

"The more indigenous students and non-indigenous people who know about this topic will benefit people in Winnipeg and around the world," Pelletier said.

For more information on the program, visit www.ag.uwinnipeg.ca.

UNIVERSITY of WINNIPEG STUDENTS' ASSOCIATION



BOARD MEETING:
Friday, November 19th at 5pm
UWSA Boardroom

Here's what's up at the UWSA in the next few weeks:

Grad Student Meet & Greet: Are you a grad student? A UWSA grad student meet & greet is taking place at 5pm on Thursday, November 18th in Soma Café. Learn about UWSA benefits that are relevant to you, and let us know how the UWSA can serve you better. For more information email Katie at vpa@theuwsa.ca.

Free Tea from Peer Support: Peer support wants to help you de-stress, so they will be giving away tea on November 23rd and 24th on the 2nd floor of Centennial Hall by the escalators.

Free Yoga: It's yoga month at the UWSA and the last class will take place in the Bulman Students' Centre Multi-Purpose Room on Wednesday, November 24th from 12:30-1:30pm. Bring your own mat or purchase one at cost from Petrified Sole.

Library Survey: Want to win \$500? Fill out the Library Quality Survey between now and November 26th. The results of this survey are used to guide improvements to the library, and students who complete the survey will be entered in a draw to win a \$500 cash prize. For more information and to complete the survey, visit <http://library.uwinnipeg.ca/libqual>.

YOUR UWSA!

- (Left To Right) Lana Hastings
Vice President Student Services
Ava Jerao
Vice President Internal
Jason Syvixay
President
Katie Haig-Anderson
Vice President Advocate



MISSION STATEMENT

The UWSA democratically unites the students of the University of Winnipeg in order to advance student interests. Our efforts include promoting the exchange of ideas and information among students, and within the greater University community. In aid of this, we support and encourage the development of student groups and societies on campus. As well as promoting communication within the University, the UWSA advocates on behalf of students to administrative bodies.

Campus News Briefs

Compiled by Justin Charette and Sarah Reilly

CHOPIN CONCERT CELEBRATES CONVOCACTION HALL RESTORATION

On Saturday, Nov. 27, Brandon University piano professor Dr. Alexander Tselyakov will perform all 24 of Chopin's *Études* and pay tribute to U of W's Convocation Hall. In addition to being the first time all 24 *Études* will be performed in Winnipeg, it is also the first concert to be performed with Convocation Hall's recently acquired Kawai grand piano, as stated in a U of W media release. The concert will honour the restoration of Convocation Hall, which earned the Heritage Winnipeg Reservation Award of Excellence for its efforts to be "thorough, sympathetic and sensitive." Dr. Tselyakov will also be recording a CD of the *Études* to mark the 200th anniversary of Chopin's birth. All proceeds will go to support Virtuosi Concerts Inc., based in Eckhart-Gramatté Hall.

WESMEN WOMEN KEEP PERFECT RECORD, MEN'S BASKETBALL FALL TO 1-4

The University of Winnipeg Wesmen women's basketball team is tearing up the CanWest division, destroying all those in their path. The Wesmen were led once again by co-captains Katie Gooch and Amy Ogidian, while solid contributions from fifth-year veterans Alex MacIver and Kaitlin Rempel helped the Wesmen keep their perfect record. They are now on a 5-0 winning streak. However, the men's basketball team lost on the road last weekend. Winnipeg was led offensively by captain Nick Lother, along with Lynden Drayton and Nolin Gooding. Unfortunately, UBC's offense was too much for the Wesmen, who could not find a way to stop the Thunderbirds from scoring. The men's and women's basketball teams will travel to Saskatchewan next weekend to take on the Huskies in their home gym.

LIBRARY SEEKING FEEDBACK

The University of Winnipeg Library, through the Association of Research Libraries, is conducting a survey among students, faculty and staff in order to assess the quality of library services at academic and research institutions. The data gathered will go to a LibQUAL database, according to a U of W media release, where information from each institution will be analyzed. The summary reports from each institution will be available to all participants in order to compare services and create goals for improving services. The survey is expected to take 15 minutes and will be conducted in over 730 libraries in North America, Europe and Australia. For more information, visit <http://library.uwinnipeg.ca/libqual>.

JR. WESMEN ACCEPTING CLOTHING DONATIONS

The Inner City Jr. Wesmen are requesting donations of used boys and girls basketball shoes for their new Inner City Jr. Wesmen Basketball division, according to a Wesmen Athletics media release. They are also raising awareness for the families in Winnipeg's core and inner city that are unable to provide warm winter clothing for their children during the chilly season, so any donations of gently used hats, mittens or scarves are greatly appreciated. To help out those less fortunate, bring your new or used clothing and shoes to the Duckworth Centre where staff will collect them.

DOWNTOWN VOCAL JAZZ CHOIR

The little-known University of Winnipeg Downtown Vocal Jazz Choir, directed by jazz musician and music teacher Helen White, will be performing a concert on Dec. 5 at 7 p.m. in Eckhart-Gramatté Hall. The group, which has been performing concerts at the end of every semester since 2008, is made up primarily of students and meets every Sunday from 12:30 to 2:30 p.m. in the hall. The choir performs with a big band, directed by Rob Hrabluk, that also meets on Sundays from 10:00 to 11:30 a.m. Anyone interested is encouraged to join for the relaxed, community atmosphere and dedication to good music. For more information on joining contact Helen White via her website at www.helenwhitesings.com.

Winnipeg men's volleyball drop two matches to UBC Thunderbirds

Wesmen fall to 0-4

SARAH REILLY
STAFF WRITER

The Wesmen men's volleyball team had a tough weekend, dropping two matches to the visiting University of British Columbia (UBC) Thunderbirds, who picked up their first regular season win on Friday, Nov. 12.

Winnipeg challenged the Thunderbirds and took the first set of both matches. On Friday night, the Wesmen dropped the second set, 25-18, but came back to challenge the Thunderbirds in the third set. UBC finished the set strong, and took the win 25-23. In the last set, the two teams battled back and forth, but again, UBC finished on top.

First-year player Dominique Pereira knows his team needed to step up their defense against UBC to grab the win.

"We came out strong and played well as a unit, but throughout the game UBC was better defensively and because of that they came out on top," Pereira commented.

On Saturday, Nov. 13, the Wesmen took the first set, 25-20. In the second set, they led into the first technical timeout, 8-7. Winnipeg lost the lead by the second technical timeout, and dropped the set, 17-25.

Fifth-year captain Dan Lothar was frustrated with Saturday's results.

"We wasted an opportunity," he said. "We gave ourselves a decent chance to win but didn't play consistent enough to win at this level."

Despite the losses, second-year Matt



Wesmen #10 Marc Ross goes in for the kill against the UBC Thunderbirds last weekend.

CINDY TITUS

Stubler believes that the new players are learning how to compete at the Canadian Interuniversity Sport (CIS) level, and the team has begun to come together.

"We are starting to take steps forward," he said. "If we continue to put in the work, the wins will come."

Coach Larry McKay agrees.

Wesmen women's volleyball lose in four sets

Coach Scott pleased that Wesmen are improving with every match

SARAH REILLY
STAFF WRITER

The Wesmen women's volleyball team hosted the University of British Columbia (UBC) Thunderbirds last weekend and was defeated in four sets both Friday and Saturday night (Nov. 12-13).

On Friday night, head coach Diane Scott was pleased with how her team started the match.

"We came out of the gate very strong and balanced," she said. "We played that way right up to the second technical set two."

At the first technical timeout,

the Wesmen were ahead 8-7, and were led by captain Alix Krahn's strong defence. Kills from Carleen Kruschel and Lauren Sears played well for the Wesmen and they kept the lead.

They were ahead until UBC tied the set at 23-23. Two unanswered kills from Winnipeg's Jessica von Schilling and Kristine Johnson finished off UBC for the first set. UBC came out stronger in the second and third sets. Though Winnipeg kept the scores close, the Thunderbirds led for most of both sets.

Reflecting on the turnaround, Scott recognized the attempted comeback by her team but knew it wasn't enough to earn the win.

"There didn't seem to be an urgency in regaining our game plan until late in the fourth," she said. "Once again, the momentum shifted and we were playing like a team, but too deep to get back."

On Saturday night, UBC de-

feated the Wesmen again, 3-1. However, despite the loss, Scott said that the team made important improvements over the weekend.

Middle-blocker Sears also reflected positively on the team's improvements last weekend. "UBC played consistently throughout both matches," she said. "But it was our unforced errors that cost us. I'm looking forward to next weekend – since our team is always improving, we'll be better even by Friday."

The Wesmen were led by Sears, Sonia Rossy and Carleen Kruschel who had 11, 15 and 13 kills, respectively. Additionally, Rossy, along with Brittany Habing and Mackenzie Jeffrey, added 11 digs, while Sears had three blocks in the night.

Next weekend, the Wesmen host the Saskatchewan Huskies at 6 p.m. on Friday, Nov. 19 and 7:30 p.m. on Saturday, Nov. 20.

LISTINGS

COMMUNITY EVENTS

THE BEYOND BORDERS MEDIA AWARDS will be held on Friday, Nov. 19, from 2 p.m. to 5 p.m. at the Fort Garry Hotel. The ceremony will honour journalists for coverage of child sexual exploitation. Hosted by Rick Campanelli and Danielle Ouimet. Keynote by filmmaker Meredith Ralston. Performances by Daniel ROA and YTV's *The Next Star* finalist Mimoso Duet.

The Manitoba Crafts Museum and Library's FESTIVE ARTISANS' MARKET is on Friday, Nov. 19 and Saturday, Nov. 20.

The 11th ANNUAL ART FROM THE HEART SHOW AND SALE is on Saturday, Nov. 20 at 430 Lakeside St.

Join the NATIONAL CONVERSATION ABOUT FOOD during the Kitchen Table Talk on Tuesday, Nov. 23 at St. Matthew's Anglican Church, 7 p.m.

FROM OUTRAGE TO ACTION: A Human Rights Workshop Series will take place at the University of Winnipeg on Tuesdays until Dec. 7. Participate in a FREE YOGA CLASS every Monday from 10 a.m. to 11 a.m. at the West End Cultural Centre until Dec. 20. No experience is necessary – all skill levels are welcome. Child minding is available. Have a great idea that would encourage your community to become a better place? Submit it to Tiber River Natural's TIBER REVOLUTION CHALLENGE and you could win – and make a difference in your community. Prizes include a Tiber Pamper Package, fitness boot camp and scrumptious product. Email info@tiber-river.ca or call 474-2333 for more details.

THE WINNIPEG LABOUR CHOIR is looking for new members to join a small core of like-minded, enthusiastic singers. Their goal is to educate others about working conditions, labour history and social justice through music and drama. There are no auditions or tryouts. Meet every Wednesday at Sargent Park School from 7:30 p.m. to 9:30 p.m. in the music room. For further details contact

Lynn McLean at 772-2072.

A FREE INTERNATIONAL STUDENTS CLASS will be held on Sundays from noon to 1:30 p.m. at Elim Chapel, 546 Portage Ave. It will be an opportunity to meet with other students and make Canadian friends while improving your English by learning the Bible. For more information contact Val and Veda Chacko at 257-1670 or vtchacko@shaw.ca.

ON CAMPUS

THE TAKE UP WITHOUT CHALLENGE continues until Nov. 19 on the U of W campus. Contact Kisti Thomas for more information at kithomas@unwinnipeg.ca or by phone at 789-1478.

The University of Winnipeg presents two solo exhibitions on campus by photographer Gerry Kopelow: WHERE THE BUDDHA WALKED (Gallery 1C03) and FORTY YEARS AGO TODAY (Hamilton Galleria & University Archives) in Gallery 1C03. The exhibition runs until Nov. 20.

There will be a BLOOD DONOR CLINIC on Monday, Nov. 22 from 11:30 a.m. to 3:30 p.m. on the 2nd floor of the Duckworth Centre.

On Tuesday, Nov. 23 at 7:30 p.m., renowned philosopher CHARLES TAYLOR will deliver a lecture titled "Solidarity and Diversity in the Secular Age" in Theatre A (room 4M31) on campus at the U of W. This event is free and open to the public.

VOLUNTEER OPPORTUNITIES

Volunteer positions at the University of Winnipeg:

– PEER SUPPORT - email uofwpeersupport@gmail.com, or grab an application form from their office (ORM3), or from the UWSA.

– UWSA FOODBANK - email foodbank@theuwsa.ca, or grab an application form from the UWSA.

– THE U OF W GLOBAL WELCOME CENTRE FOR IMMIGRANTS &

REFUGEES - call 258-2946, or email globalwelcomecentre@unwinnipeg.ca.

– CRIMINAL JUSTICE TUTOR - email ucwjsa@live.ca.

REACHING ACROSS BORDERS raises funds for women's literacy, small business development and for student scholarships in a small community in Africa. We have been working with this community for the past 8 years. If you would like more information, please contact Marilyn Joyal at mjoyal@shaw.ca or 255-4556.

THE WOMEN'S HEALTH CLINIC is looking for women interested in providing feminist, body positive presentations to youth and adults on body image and weight preoccupation. Please email anjies@womenshealthclinic.org.

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 to 30. visit www.wso.ca for more information.

THE HUMANITARIAN ISSUES PROGRAM of the Canadian Red Cross seeks youth volunteers ages 15 to 25 to work on campaigns and events around themes such as children in conflict, refugee and migrant issues and international development. For more information, email mb.volunteer@redcross.ca or call 982-6731.

THE UNITER, the weekly rag you are holding right now, is looking for contributors. See your words in print or your photos and drawings on the page. Email Aaron at editor@uniter.ca.

Volunteers are needed for the after-school HOMEWORK CLUBS held at the MILLENIUM LIBRARY. The clubs are drop-in programs where children and youth receive help with homework and play literacy-based activities and games. To get involved, please call Frontier College at 253-7999 and ask for Megan.

*Tis the season to volunteer and nothing's better than good karma right before Christmas. Get into the holiday spirit and put a smile on stranger's face this season by supporting St. Amant and joining

"We showed stretches of play where we were good," he commented. "Our improvement continues this week in practice."

Winnipeg was led by Marc Ross and Devin Schmidt, who both had 10 kills, as well as setter Dan Lothar, who had 11 digs.

Next weekend, the Wesmen will host the Saskatchewan Huskies in the Duckworth Centre. They take on the Huskies at 6 p.m. on Friday, Nov. 19 and 7:30 p.m. on Saturday, Nov. 20.

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Comments

The green grass in a (soon to be) white city

Reconsider those dreams of being elsewhere



EZRA BRIDGMAN
VOLUNTEER STAFF

As winter approaches in our cold Canadian city, we've doubtless all begun to hear the annual wistful hints by friends and colleagues who say they are considering a radical change in their lives.

Whether it's their job, town or friends, this change always comes down to trading in the old for a newer, more exciting option.

While ignoring these endless ponderings is always an option, perhaps a little reasoning will shut them up so you can enjoy your frosty winter in peace.

We've all heard the trite expression "the grass is greener on the other side of the fence," yet masses of people still spend their time considering exotic far-off lives.

The logical equivalent of cow tipping might be just what's needed to save these dazed denizens from booking the next one-way ticket to the Amazon.

Particularly relevant to Winnipeg are those who wish to be anywhere in the world except our fair town.

Although a part of everyone wants to fly off to Toronto and make cutting-edge art in a gentrified warehouse, the reality is that there are ups and downs to living anywhere.

Try getting to your trendy studio when there's smog alert, for example.

What makes this belief in a foreign paradise all the more precious is that everyone shares it.

Although a part of everyone wants to fly off to Toronto and make cutting-edge art in a gentrified warehouse, the reality is that there are ups and downs to living anywhere

The person from Manhattan grieves for their disconnect from nature, the native Costa Rican longs for snow, and the small town bumpkin dreams of living the cosmopolitan life in the big city.

Even if these desires were realized, yearnings would begin for some other reality.

Conservatives ignore the evidence when it comes to incarceration

Prison overcrowding has no positive outcome



BRITTANY THIESSEN
VOLUNTEER STAFF

The federal Conservative government's recent "tough on crime" legislation is having a pronounced impact on prisons, as crowding among prison populations is becoming a more prevalent problem.

The Correctional Service of Canada expects a 30 per cent increase in the federal prison population as a result of the Tories' law and order agenda.

The elimination of double time credit, introduction of new mandatory minimum sentences and limitations placed upon the use of conditional sentences have all resulted in more individuals being incarcerated in federal prisons for longer periods of time.

The "tough on crime" movement and prison expansion plan is happening at the same time that crime rates continue to decrease. The Conservative approach to crime is reactionary and ignorant of the research evidence.

Howard Sapers, the federal correctional investigator, recently released his annual report outlining some troubling facts and statistics regarding prison overcrowding.

Many prisons are resorting to double bunking inmates in an attempt to cope with the increasing prison population.

Double bunking means that a cell originally designed for one prisoner now houses two prisoners. Investigators found that an increase in the number of prisoners has led to a 50 per cent increase in the use of double bunking over the past five years.

Double bunking blatantly violates mini-

mum standards of the treatment of prisoners, as determined by the United Nations.

Increases in double bunking can lead to increased tensions, stress and violence in prisons. Inmates in these situations also tend to have limited access to rehabilitative programs.

On any given day in 2009, less than 25 per cent of the federal prison population was enrolled or engaged in core correctional programming. This is a disturbing fact, as participation in core programs is associated with reduced reoffending.

According to Rick Sauve of the prisoner's group LifeLine, the Conservative government has yet to discuss plans to expand mental health, education or counselling services to accommodate an estimated increase of 4,500 more prisoners over the next five years.

This means that more inmates will likely be released with little rehabilitation, putting them at a greater risk of reoffending. Idleness does not help to produce responsible and productive members of society. Adequate programs and services are essential.

Mass incarceration has had little significant effect on the reduction and prevention of crime and the perceived deterrence of tougher prison sentences remains an unsubstantiated claim in research.

For example, look at the United States prison system. The U.S. incarceration rate is increasing, but crime rates are not decreasing. If there was an academically sound relation between increased prison terms and lower crime rates, the U.S. should be one of the safest countries in the world.

Canada is blindly following and implementing failed and expensive policies that won't accomplish anything positive for society. Getting "tough on crime" has consistently failed to address the root causes of crime, a major factor in preventing crime before it occurs.

Mass incarceration also tends to dispropo-



EZRA BRIDGMAN

The logic works along a continuum of glamour that supports consumerism, non-commitment and shallow hedonism.

At the "low enjoyment" end of the glamour spectrum are the lives of those who live in one-bar towns in the "middle of nowhere." At the "high end" are those from the big city, making six-digit incomes and spending evenings socializing with the hottest names in business, fashion and film.

Too bad those supposedly at the "top" of this spectrum aren't necessarily happy, evidenced by the interlaced worlds of money, fame, drugs and depression.

Rest assured those of you who live in towns not yet viewable on Google Maps, although this spectrum of life enjoyment/success is constantly enforced by a wide range of media and subtle hints in conversation ("OMG, you're from New York? That's, like, fierce") it is indeed fictional.

There's only so much time that can be put into feeling that one's current situation is inadequate before eventually realizing that the grass on the other side is exactly the same colour.

I recently attended a workshop wherein participants were

required to adhere to open space technology (OST). OST meetings require that everyone present accept that,

1. Whoever comes are the right people.
2. Whenever it starts is the right time.
3. Whatever happens is the only thing that could have.
4. When it's over, it's over.

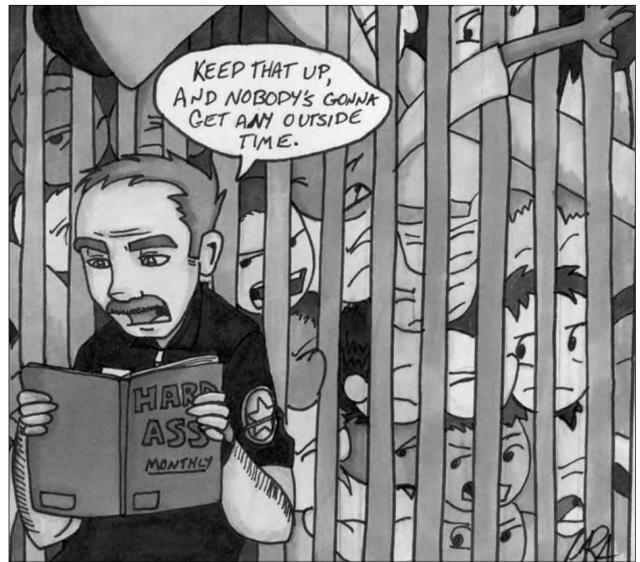
Along with these principles was the law of two feet. If a participant finds themselves in a situation where they are neither learning nor contributing, they can use their two feet to go somewhere else.

These principles can be meaningfully applied to one's life in order to counter this overwhelming propensity we have to imagine other, better realities.

As the temperature drops, cars cease to start and the people around you begin to yearn for something – anything – that is different, remind them of the law of two feet, and tell them to jump over the fence.

They'll be back again soon enough.

Ezra Bridgman wishes that this article had been published in The Village Voice.



ARANDA ADAMS

portionately affect the disadvantaged and marginalized in society. This can be clearly observed in Canada, where aboriginals are significantly over-represented within the prisoner population.

The money spent on prison expansions and the higher costs of increasing prison populations could be spent towards mental health services, education, affordable housing, prevention programs and poverty reduction strategies.

If we truly want to reduce prison overcrowding, we need to stop over-emphasizing incarceration and begin utilizing more com-

munity-based crime sanctions.

Only those offenders who legitimately pose a danger to the majority of society should be imprisoned. Copying a failed American model of imprisoning more people will not lead to a safer country.

There is no evidence supporting the assumption that it will lead to safer communities.

Brittany Thiesen is the communications officer for the University of Winnipeg Criminal Justice Students' Association.

Manufacturing consent by generalizing dissent

Criticism of Israeli government and anti-Semitism are not one and the same



MATT AUSTMAN
STAFF WRITER

The Canadian government believes the increasing international criticism of the Israeli government is related to a rise in anti-Semitism.

Speaking a couple weeks ago at the Inter-Parliamentary Coalition for Combating Anti-Semitism (IPCCA), Prime Minister Stephen Harper reiterated the Canadian government's hardline support for the state of Israel in light of the threat of "new anti-Semitism."

The IPCCA regards this "new" anti-Semitism as demonstrated in "excessive" and "unjust" criticism of Israel.

Whatever "excessive" and "unjust" means apparently does not matter to the IPCCA; these terms are in fact generalized to the point of being unrecognizable.

Seemingly, the terms refer to those individuals and groups who concern themselves too much with criticizing the unilateral interests of the Israeli government, which is often assumed to be reflective of the interests of the Jewish people at large.

The word "absurd" is appropriate to use when referring to such a fusion between the Israeli government and Jewish people worldwide.

Criticism of Israel is not anti-Semitic and arguing that growing opposition to Israel is due to the spread of anti-Semitism is blatant



JULIE KNOTT

propaganda.

Anti-Semitism implies individual or group hostility to or prejudice against Jewish people in general.

Because Jewish people don't live in Israel solely, and because many different ethnic groups live in Israel, criticism of Israel doesn't necessarily mean that such dissent is related to or aimed at Jewish people.

Moreover, because support for the Zionist policies of the Israeli government varies greatly among Jewish people, it is indefensible to say that criticism of the state of Israel equals hatred for Jewish people.

To collapse criticism of Israel's policies into criticism of an ethnic/religious group is an ad hominem argument that implies Israel is a legitimate authority over all Jewish people, and

the state's actions are thereby reflective of the general interests of Jewish people.

I am unaware of any referendum or evidence of undisputed consent given to the Israeli government by all Jewish people.

Instead, Israeli state elites have appointed themselves that voice, which in turn brings up fundamental questions regarding the legitimacy of Israel as an unambiguously "Jewish state" in the first place.

Israel may have been created for the protection of the Jewish people, but that never gave the state the power to violate other groups' human rights in the name of the interests of Jewish people.

By understanding this, conclusions about "new anti-Semitism" can be drawn.

The premise of the term is a canny pro-

paganda strategy employed by the Israeli government, which utilizes charges of anti-Semitism in order to pacify opposition regarding its policies toward Palestine. Dissent and contention become "anti-Semitic."

The Israeli government recognizes that there is increasing international opposition to its militaristic policies that are in direct violation of international law and the basic human rights of millions of Palestinians.

Therefore, anti-Semitism has become a political tool aimed at distorting the reality of its policies.

By branding dissent as anti-Semitic, the government of Israel is able to justify its actions as "defense" against anti-Semitism. It's also connected with a greater strategy of controlling free speech.

The argument has worked so well on Harper and his government that it has actually convinced him to change the policies of the Canadian state to the point where it only supports the interests of Israel, regardless of that government's human rights violations and disrespect for international law.

This is evidenced in the Canadian government's rhetoric, trade policies and in the large cuts in funding for Canadian International Development Agency programs and government-funded NGOs that operate in Palestine.

Anti-Semitism exists, as do many other types of racism, and of course the Canadian government should oppose it. There are ignorant criticisms of Israel too, but it's a perturbing standard to set by classifying growing disagreement with Israel's government as anti-Semitism. There is no quantifiable way to prove that these two issues are paired together.

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

Arts & Culture

Making success look easy

ELLIE EINARSON
VOLUNTEER STAFF

Chic Gamine is definitely not your grandma's a cappella group. In fact, the band, composed of vocalists Alexa Dirks, Andrina Turenne, Annick Bremaut, Ariane Jean and drummer Sacha Daoud, isn't sure how to classify themselves.

"Classification is so weird," said Dirks. "We don't want to call ourselves 'eclectic' or say that we're what you want us to be, because it just sounds like we don't know what we are."

Let's just say Chic Gamine is like a powerful spice blend. There's a large dose of soul and *chanson*, a bit of roots and pop, and a dash of R&B. Classification aside, the evocative and raw voices of the women of Chic Gamine are sure to tear at your heartstrings.

Chic Gamine performed at the West End Cultural Centre on Saturday, Nov. 13, debuting their newest album to the vocalists' hometown. Their enthusiasm to be back in Winnipeg was infectious.

"We've been longing for that good old, sweet Winnipeg loving," said Daoud, in his charming French accent.

Daoud hails from Montreal, where half of the band now lives. The title of their second album, *City City*, illustrates the split between the two cities.

Though this split seems like it would pose a challenge to the band, they don't see it as such.

"The distance doesn't matter," said Dirks. "We are working on the level that we just want to play together and keep growing as a band. We're all in it for the long haul, what-

ever that means."

Chic Gamine has already grown immensely since their Juno award-winning self-titled debut. The album was the product of a spontaneous recording in a little barn studio in Quebec.

"We were all flying by the seats of our pants," said Dirks. "But it was what it needed to be for that time."

City City is more diverse than its predecessor, taking liberty with the use of percussion and vocal range. But neither albums do the band justice when seen live. Not only are their voices more powerful and lively, the band dynamic adds to the experience.

The band's intimate bond and each of their strong personalities shine through.

The audience was charmed by Daoud's French humour – he joked about wanting a bigger vocal role before the band played *Automatic Pilot*, the one song in which he takes lead vocals.

"I thought that since I sang one song on the first album that this would grow for the second album," said Daoud. "I made the girls sign a contract that says I get to sing my one song at every show."

As the group crooned *I Don't Lie*, the women clasped their hands and batted their eyes, winning over the audience with every syllable.

But don't fret – if you missed the charm of Chic Gamine this time, they'll be back in December to play the Winter Survival Series at the Pyramid with Moses Mayes.

If their voices don't help you keep warm throughout the winter, nothing will.

Visit www.chicgamine.com.



Not talkin' 'bout Montreal: The members of Chic Gamine chill out on a Winnipeg rooftop.

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The battle over Bipole III

Political move could prove visionary in time



ANDREW PODOLECKI
VOLUNTEER

Nothing seems to anger Manitobans more than the east versus west power line debate. Specifically, Manitoba Hydro's plan to build the Bipole III transmission line down the west side of the province.

It has been made clear in the past that fiddling with Crown corporations and their affairs is a dangerous political manoeuvre.

Howard Pawley and his government's Autopac fee-increase scandal saw his NDP party collapse in 1988. Gary Filmon and his Progressive Conservative's privatization of MTS made him very unpopular and gave a boost to Gary Doer's NDP in 1999.

Presently we have the Bipole III decision. This issue has sparked immense anger among farmers and groups like the Canadian Taxpayers Federation.

Those who are angry about the fact that the

transmission line will not run down the much cheaper east-side route have joined together to stop the Bipole III proposal as it stands now.

This anger has captured the mind of PC leader Hugh McFadyen, who said that if his party is elected in the 2011 provincial election he would scrap the project at all costs and save taxpayers over \$400 million.

It has been made clear in the past that fiddling with Crown corporations and their affairs is a dangerous political manoeuvre

Apparently McFadyen's PCs are not looking at things closely enough. Firstly, the \$2.2 billion it will cost to put the transmission line down the west side will not be paid by the taxpayer, but by Manitoba Hydro rate-payers.

I cannot find a price tag of \$2.2 billion anywhere in Manitoba's 2010 provincial budget. However, it is in Manitoba Hydro's budget.

If we are so enraged about a transmission line that is to cost \$2.2 billion, why not

also express anger at a \$665 million floodway expansion?

What about Hydro proposing to spend over \$5 billion on the Conawapa Hydro electric dam project, or the \$1.3 billion Hydro spent on the Wuskwatim project?

Maybe it is because most of these projects were paid for by Hydro and not the taxpayer.

However, the taxpayers will not be paying for the Bipole III project either. Manitobans will pay for it as rate-payers.

Yet, Hydro rate-payers have not seen their hydro bills skyrocket by 20 or 30 per cent over the past year to pay for these costs.

In fact, Manitobans pay some of the lowest hydro rates in Canada.

On average, if you use 750 kilowatts in Winnipeg in a monthly period, it will cost you \$54.70. In Regina, hydro users pay \$94 for the same energy usage, and in Calgary it is around \$83. In Toronto, you would be looking at over \$100.

Also at stake is the fact that UNESCO wants to establish a world heritage site along the eastern boreal forest region of Manitoba, exactly where an east-side transmission line would run. This area features one of the last undisturbed boreal forests in the world.

Currently, less than eight per cent of

Canada's boreal forest is protected from industrial development and Manitoba's boreal region is one of the few carbon sinks left on this planet.

A UNESCO designation will further the protection of marshes that clean millions of gallons of water every day, as well as the protection of endangered caribou species.

Putting the hydro line down the east side would throw a UNESCO designation into jeopardy. In so doing, it would cost Manitoba millions in eco-tourism.

We can also look to Manitoba political history as a reason to take the more initially expensive project in order to secure long-term gain.

Former premier Duff Roblin was heavily criticized for proposing and instituting the construction of the Red River Floodway, a project that wasn't used until 1969 – two years after he left the premier's office.

Now it is seen as a great political decision and Roblin has achieved political demigod status.

In time, a west-side Bipole III may be considered such a blessing in disguise.

Andrew Podolecki is a politics student at the University of Winnipeg.

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FASHION STREETER

The Uniter Fashion Streeter is an ongoing documentation of creative fashion in Winnipeg inspired by the Helsinki fashion blog www.hel-ski-looks.com. Each issue will feature a new look from our city's streets and bars in an attempt to encourage individual expression and celebrate that you are really, really good looking.

Laura
"A sophisticated mess."

DEAR

Got something to say?

Send your letters to
editor@uniter.ca

MUSIC LISTINGS

THURSDAY, NOV. 18

TELEPHONED, DJs CO-OP and HUNNICUTT play at the Pyramid Cabaret.

KIM HASSELRIS plays a mean harmonic at the Millennium Library Skywalk Series.

THE MOSQUITOS and SILVERKATCH are playing at the Zoo.

SMALL SINS and IMAGINARY CITIES play at the Royal Albert Arms.

PATTY LOVELESS is singin' at Club Regent.

THE PINK SOCKS perform at Le Garage Café.

SLOW MOTION WALTER is at the Royal George Hotel.

The FAST FLYING VIRGINIAN JAM NIGHT at the Standard.

THE QUINCY DAVIS QUARTET performs at Aqua Books.

The RETRO RHYTHM REVIEW and ROB VILAR entertain at the Pyramid Cabaret.

Blues Jam with MIDNIGHT TRAIN at the Windsor Hotel.

There is a JAM NIGHT at the Belgian Club.

MAXIMUM 60 plays on KHLI at Aqua Books.

DELTA MOON shines over the crowd at the King's Head Pub.

Thursday is Jam Night with ROUTE 59 at the Cavern.

Big Dancing with RIC HARD & THE HOSERS every Thursday night at Ozzy's.

FRIDAY, NOV. 19

DAN MANGAN and THE BURNING HELL

are playing at the Park Theatre.

TOTAL CHAOS and THE PINK SLIPS are playing at the Royal Albert Arms.

WOOL ON WOLVES, DEL BARBER and OH MY DARLING are at Le Garage Café.

THE CANADIAN FOLK MUSIC AWARDS NOMINEE SHOWCASE is at the West End Cultural Centre.

T.J. BLAIR is hosting the open mic at the Folk Exchange.

RED RIVER RISING is flooding Shannon's Irish Pub.

GIV'R, HIGH CLASS LOWLIFE, CAULK, and STONE THROW SECOND are at the Zoo.

J.D. EDWARDS, THE SWEET ALIBI and THE ONCE play at Times Change(d) High and Lonesome Club.

GRADY and THE MOTORLEAGUE are playing at the Pyramid Cabaret.

BREMAULT PARENT are entertaining at the Elice Theatre.

ANNETTE BROWN is performing at Aqua Books.

INWARD EYE, THE BOKONONISTS, CASH GRAB and ALVERSTONE are performing at the Cavern.

SLOW MOTION WALTER is performing at the Royal George Hotel.

The BEN MAHONEY TRIO is at the Standard Tavern.

MAXIMUM 60 play on Kelly Hughes Live at Aqua Books.

THE BRAINS are entertaining at the Pyramid Cabaret.

THE CANADIAN FOLK MUSIC AWARDS GALA is at 8 p.m. in Pantages

Playhouse with a performance at Cinematheque at 1 p.m. and a workshop at the Folk Exchange at 3:15 p.m.

There will be a shindig down at the Times Change(d) following the Gala.

TIM ROTH and THE EMPTY STANDARDS

are playing at the Cavern.

BASS INVADERS rumbles the Osborne Village Zoo.

THE SETTING SONS are over at the Standard.

The Winnipeg classical Guitar Society presents IRINA KULIKOVA at the Manitoba Museum. 8 p.m.

The ART OF STORYTELLING is at the Lo Pub.

WINTERSLEEP performs at the Garrick Theatre.

MOSES MAYES and DRUM CAFE are having a party at The Pyramid.

BOTH LEGS BROKEN, THE ANIMALISTICS and THE TERRIBLES at the Royal Albert Hotel.

CURTIS NOWOSAD and KERI LATIMER perform at Aqua Books.

DR. RAGE & THE UPPERCUTS are playing at Shannon's Irish Pub.

VESLEY COUTURE, CANTOR DUST and PHILIA are performing at the Graffiti Gallery.

THE MANITOBA OPERA performs Toca at the Centennial Concert Hall.

SUNDAY, NOV. 21

INTERNATIONAL GUITAR NIGHT at the Pyramid features BRIAN GORE, CLIVE CARROLL, ALEXANDRE GISMONTI and PINO FORASTIERE.

THE BRAINS are entertaining at the Pyramid Cabaret.

THE 3 COHENS play at the Rady Jewish Cultural Centre.

THE MAGNIFICENT 7S help celebrate the launch of Geez Magazine's 20th issue in the Exchange Community Church at 4:30 p.m.

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.

BAD COUNTRY entertains at the Standard.

MONDAY, NOV. 22

DELHI 2 DUBLIN play the West End Cultural Centre.

BRENT PARKIN releases his latest album at the Park Theatre.

PAUL REVERE & THE RAIDERS invade the Club Regent Casino.

NATHAN ROGERS plays at Shannon's Irish Pub.

The MACLEAN BROTHERS do their weekly gig at the Royal George Hotel.

The Blues Jam with TIM BUTLER is at the Academy.

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.

THE MAGICIAN plays at the King's Head.

TUESDAY, NOV. 23

JEREMY FISHER and MISS EMILY BROWN play at the West End Cultural Centre.

The SEND + RECEIVE festival opens at Ace Art with two short films: *Amplified Gesture* and *Transients*. 7:30 p.m.

It's soul-nite at the Cavern with THE SOLUTIONS.

GARY GACH and THE BANNED play at the Royal George.

DEFLATED EGOS is playing at Shannon's Irish Pub.

MARDI JAZZ goes down at Le Foyer in the Franco-Manitoban Cultural Centre.

Blues Jam with the DEBRA LYN BAND at Le Garage Café.

THE MANITOBA OPERA performs Toca at the Centennial Concert Hall.

KATIE MURPHY plays at Shannon's Irish Pub.

WEDNESDAY, NOV. 24

ALEXANDER MCCOWAN plays at the Park Theatre.

THE JOHN BUTLER TRIO performs at the Burton Cummings Theatre.

KATIE MURPHY plays at Shannon's Irish Pub.

SASSY JACK plays at the Royal George.

TIM BUTLER plays weekly at the Bella Vista.

CHRIS CARMICHAEL plays at the Yellow Dog Tavern.

Jazz is on the menu at THE HANG at the Orbit Room.

ANDREW NEVILLE & THE POOR CHOICES play weekly at the Standard.

BIG DANCING at the Zoo and Ozzy's.

SEAN BROWN plays at Shannon's Irish Pub.

DAN FRECHETTE and JEREMY RUSU are playing at the Times Change(d) High and Lonesome Club.

THE MAGICIAN plays at the King's Head.

THURSDAY, NOV. 25

THE D. RANGERS FAREWELL CONCERT will be bittersweet at the West End Cultural Centre.

BEDOUIN SOUNDCLASH, CHARLIE WINSTON and MICHAEL RAULT are playing at the Pyramid Cabaret.

V.I2 of the SEND + RECEIVE FESTIVAL has sound manipulators MICHEL GERMAIN, OREN AMBARCHI and POWER

at the Winnipeg Art Gallery.

KING COBRA, HEAT RAG MAGNETS, COCKTAIL HOSTAGES, KILL STAR, MILDESTONE, SENOR DINOSAUR, SEVON SECONDS OF FAME and UNDO all play down at the Osborne Village Zoo.

CHRIS FROOME performs at Shannon's Irish Pub.

SLOW MOTION WALTER is at the Royal George Hotel.

The FAST FLYING VIRGINIAN JAM NIGHT at the Standard.

THE QUINCY DAVIS QUARTET performs at Aqua Books.

THE RETRO RHYTHM REVIEW and ROB VILAR entertain at the Pyramid Cabaret.

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Big Dancing with RIC HARD & THE HOSERS every Thursday night at Ozzy's.

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CD REVIEWS

GARY GACH AND THE BANNED

Four On The Floor
Independent

★☆☆☆☆

"I don't wanna get a job and go to school," Gary Gach's lyrics ring through. Well, Gary, you probably should. Gary Gach and The Banned's album *Four On The Floor* should be left on the floor. Gach's voice is throaty and out of key. The lyrics are cliché and uninteresting, while the musical quality is nonexistent. When they call themselves multi-genre, they are a little bit off; I'm not sure they have a genre. *Walls*, a soft rock tune, was almost mediocre until the misplaced screaming in the middle turned the song awkward. *Alright, Alright, Okay*, *Okay* extended a bit beyond second rate with a thumpin' drum beat and a decent guitar solo, but who wants second rate? It's a shame because yes, there are slivers of talent shining through. But, unfortunately not enough to complete a song. Let alone an album.
- Sara Shyjak



MARK BERUBE AND THE PATRIOTIC FEW

Tailored to Fit

Aquarius

★★★★☆

Berube, who is Manitoba born but based out of Montreal, released the four-track *Tailored to Fit* EP as a preview to his new album, *June in Siberia*, which is due out in 2011. What runs through all four tracks is Berube's incredibly powerful voice and forceful piano playing. The track that really struck me was an incredible cover of Leonard Cohen's *First We Take Manhattan*. Not only does Berube treat listeners to his first cover song ever, but he also treats them with two live tracks: *Yesterday's Halo* and *Yobo Mama*, recorded live in Victoriaville, Que., in June 2010. If *Tailored to Fit* is any indication, you should look forward to *June in Siberia*.



- Robin Dudgeon

KT TUNSTALL

Tiger Suit

Virgin

★★★★☆

After her 2004 debut, *Eye To The Telescope*, produced three hit singles all with the same storytelling, strummy acoustic vibe, *Tiger Suit* gets colourful with a whole new palette of sounds. Bold and energetic, the third full-length offering from the Scottish-born singer-songwriter plays with synthesizers, vocal echoes, looped whistling and xylophones - among other flourishes - but it feels like there's too much going on for everything to come together as a coherent whole. Even after multiple listens, the individual tracks tend to get muddled without anything really vibrant standing out. While you've got to give Tunstall props for embarking on "a new musical adventure," the stronger tracks are still those with the guitar in the forefront. While everyone loves a rainbow (she pulls it off on the upbeat *Glamour Puss*) sometimes less is more.



- Alex Krosney

HOT PANDA

How Come I'm Dead

Mint Records

★★★★☆

A reviewer's ears can only take so much. I really, really want to like Hot Panda. Musically, I think they are really strong, but I just can't stand their singer, Chris Connelly - he has some serious pitch problems. I have to commend *Evil Nature*, *Shoot Your Horse* and *F-k Shit Up/Hell Hey Hex* for their good groove and/or nice backup vocals, but the rest of the album is pretty brutal; to see what I mean listen to *Pools* and the sickening *Poor Little Ambulance*. Also, I'm not crazy about Heath Parsons's keyboards. All in all, if they got a new singer and ditched the keyboards, *How Come I'm Dead* could be a pretty killer album.



- Robin Dudgeon

AWAKE! AWAKE!

We've Been Strangers

Independent

★★★★☆

This 2007 release from Nashville band Awake! Awake! stretches the gap between stadium rock anthem and basement new wave, and makes it look easy. The synthesis between styles is not completely smooth, which leaves an abruptness to the whole production. It's almost as if Michael Jackson's shrill energy teamed up with Dan Bejar's (Destroyer, The New Pornographers) rough edges to sing songs written by Death Cab for Cutie. But even then, you'd need the person who produced Coldplay's *Rush of Blood to the Head* to get the balance right. And consider all that a compliment, please. There's a lot going on, to be sure, and while it sometimes struggles to coalesce, it's great fun the whole way through. The unifying theme of moving light is reflected in songs like *The Dawn*, *Daylight* and *The Coming Night* and fits nicely with the changing tempo and mood on the record. Download the album for free at <http://tinyurl.com/Uniter-Awake>.
- Aaron Snider



Six-string poetry



Every guitarist has tried it at least once, and "guitar poet" Brian Gore is no different - problem is, he unknowingly tried playing a song he wrote for a woman in front of her boyfriend.

International Guitar Night takes over the West End

CATHERINE VAN REENEN

STAFF WRITER

last week.

Gore is the founder of International Guitar Night, a premier touring guitar festival that features some of the finest, most innovative composers and players from around the world.

Gore will be joined by fellow guitarists Clive Carroll, Alexandre Gismonti and Pino Forastiere as the tour makes its way to the West End Cultural Centre on Sunday, Nov. 21.

And while the four of them are all happily married, guitarists aren't necessarily pick-up savvy, Gore observed.

"The guys who always get the girls in the end are the managers, in my experience, because the actual guitarists are too busy," he said.

He thinks it's a fairly convoluted way of scoring with the ladies because guitar playing is hard work - and just like a relationship, it's not for the "commitment-phobic" either.

"Finding a gal willing to settle down with a musician is not an easy thing to do, so we are lucky," he said.

"I wrote a song for a woman once, went to her office to play it for her with a dozen roses. Her boss, who turned out to be her boyfriend, asked me to leave."

- BRIAN GORE, FOUNDER, INTERNATIONAL GUITAR NIGHT

IGN, which started 15 years ago as an underground operation at a bar in the San Francisco Bay area, is an interactive public concert touring Canada, the United States and the United Kingdom.

IGN has gained immense popularity from audiences who can enjoy the intimacy of the event, while participants can enjoy the non-competitive opportunity to blend different styles of guitar together.

Gore endearingly describes the feeling he gets while playing guitar as "coming home."
"For me, music has been a way to make certain emotional senses I've experienced more palpable, to put them in perspective, make sense out of them and get some meaning out of them," he said. "It's been a very intuitive process for me and a bit therapeutic at that."

"Music is really at the heart of how we experience and perceive things, so it's a way of getting closer to one's feelings and beliefs as the song can capture those."

⇒ The 11th annual International Guitar Night happens Sunday, Nov. 21 at the West End Cultural Centre
⇒ Brian Gore, Clive Carroll, Pino Forastiere, and Alexandre Gismonti will perform
⇒ Tickets \$20 advance, \$24 door.
⇒ Doors at 7:15 p.m., show at 8 p.m.
⇒ Visit www.internationalguitarnight.squarespace.com



RA RA RIOT

After receiving critical acclaim for their debut album, *The Rhumb Line*, Ra Ra Riot are looking to impress again with their sophomore offering *The Orchard*.

Formed in 2006 on the Syracuse University campus, this band jumped from playing house parties to playing CMJ's Music Marathon in less than six months. SPIN.com called them "one of the best young bands we've heard in a long time," and soon the industry people came knocking.

Though they were quick to break into the music scene, cellist Alexandra Lawn attributes their success to hard work and paying their musical dues on the road, winning fans over along the way with their unique blend of orchestral indie pop and energetic live shows.

"It's really been gradual since the day we started," Lawn said in a recent interview with *Pique* magazine. "Everything was kind of a pleasant surprise in terms of any measure of success. Our strong suit is that we truly do love playing with each other and that's what it's always been about."

Ra Ra Riot are on their first Canadian tour in support of their new album, which takes its name from a peach orchard in upstate New York where the band convened to work on their latest.

"When we went to the peach orchard last summer to write *The Orchard*, that was an environment that was so conducive to our creativity," explained Lawn.

You can see Ra Ra Riot opening for Wintersleep at the Garrick Centre on Saturday, Nov. 20. Tickets are \$25. Visit www.rarariot.com.

-ALEX KROSNEY



DELHI 2 DUBLIN

Describing Delhi 2 Dublin can be a complicated task.

The five-piece band from Vancouver have been defying genres since March 2006, thanks to a one-off collaboration that went extremely well.

"It's a mashup of Celtic, Punjabi, electronic and then all sorts of other stuff," says Tarun Nayyar, who handles tabla (Indian drums) and electronics for the band.

The band, which also includes Kytami LeBlanc (fiddle), Sanjay Seran (vox), Andrew Kim (electric sitar, guitar) and Ravi Binning (dhol - a double-sided barrel drum), released their first self-titled album in December 2007, followed by a remix of the album one year later.

Nayyar says not a lot has changed in the band between their debut and the release of their latest album, *Planet Electric*, that was released in May of this year.

"In terms of the actual releases, I think what the second (album) did was capture what we do live a little bit better," he said. "(We) put a lot more energy into trying to capture that feeling, and I think we've gotten a bit closer."

D2D promise to bring jumping, sweating, stage diving and yelling to the sold out West End Cultural Centre on Monday, Nov. 22. When their tour ends next month, D2D will be exporting their music to such exotic locations as Las Vegas, Dubai and India. Visit www.delhi2dublin.com.

-ROBIN DUDGEON



JOHN BUTLER TRIO

Little more than 10 years ago, John Butler was just another busker on the streets of Freemantle, Australia.

That was before he gradually became one of the biggest acts to come out of Australia in years.

"It's all part of the journey, and I try not to wish I was anywhere other than where I am right now ... but yeah, those were simpler times," Butler told the *Daily Times*, a Tennessee newspaper, in a recent interview. "My biggest goal then was to get a new trolley to carry my guitar and my amps on as I walked through the streets, so I could backpack through Australia and busk at the same time. Things have changed a little since then."

A little: two platinum albums, U.S. tours with John Mayer, the Dave Matthews Band and stops at the Bonnaroo and South by Southwest music festivals.

And while he lends his namesake to the band, Butler's trio has by no means been stable as his fame continues to rise.

"I can't really explain it," he said. "There comes a time within the trio's lifespan where we either continue as we are, or I think it needs to move on. ... The main thing for me to do is to find the right players to suit the music at the time."

Catch the John Butler Trio on Wednesday, Nov. 24 at the Burton Cummings Theatre. Tickets are \$27.50 in advance at Into the Music, Music Trader and Ticketmaster. Visit www.myspace.com/johnbutlertrio.

-MATT PREPOST

FILM



◉ Tamra Davis's portrait of JEAN MICHEL BASQUIAT: THE RADIANT CHILD plays at Cinematheque on Thursday, Nov. 18 at 9:15 p.m.

The award-winning documentary SWEETGRASS plays at Cinematheque on Thursday, Nov. 18 at 7 p.m.

YOO HOO MRS. GOLDBERG plays on Thursday, Nov. 18 at 7:30 p.m. as part of the Tarbut Festival of Jewish Culture at the Rady Jewish Community Centre.

IMMACULATE CONCEPTION OF LITTLE DIZZLE is playing on Friday, Nov. 19, Saturday, Nov. 20 and Sunday, Nov. 21 at Cinematheque.

The SEND + RECEIVE festival opens on Tuesday, Nov. 23 at Ace Art with two short films: Amplified Gesture and Transients. 7:30 p.m.

The WINNIPEG ABORIGINAL FILM FESTIVAL runs from Wednesday, Nov. 24 until Sunday, Nov. 28 at various venues. Visit www.aboriginafilmfest.org.

LITERATURE

The Friday, Nov. 19 edition of Kelly Hughes Live! at Aqua Books will feature Canadian Museum for Human Rights COO PATRICK O'REILLY, artist DEREK BRUECKNER and South African storyteller ERIK DE WAAL, with music by MAXIMUM 60. 7 p.m.

CV2 magazine is celebrating 35 years with the launch of two special editions and readings by nine local contributing poets at Aqua Books on Saturday, Nov. 20 at 7 p.m. Readers include: DAVID ARNASON, ALISON CALDER, DENNIS COOLEY, MIERA COOK, ROSANNA DEERCHILD, GEORGE AMABLE, SARAH KLASSEN, MAURICE MIERAU and CHARLES LEBLANC.

GEEZ Magazine is launching its 20th issue and celebrating five years at the Exchange Community Church on Sunday, Nov. 21 at 4:30 p.m. The Magnificent 7s perform.



◉ David Sedaris will be at McNally Robinson on Monday, Nov. 22 at 7:30 pm to launch his new book *Squirrel Seeks Chipmunk: A Modest Bestiary*.

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. Visit www.prairiefire.ca for details.

Entries are now being accepted for the MANITOBA BOOK AWARDS. The deadline for submissions is Tuesday, Dec. 7. Go to www.manitobabookawards.com for more details.

JUICE, the University of Winnipeg's Creative Writing Journal, is looking for student and alumni submissions of poetry, prose, short story, screenplays and experimental creative works for its 11th issue in September 2011. For updated submission guidelines, please visit <http://juice.uwinnipeg.ca> or email juice.journal@gmail.com. Submissions are due Jan. 15, 2011.

GALLERIES & MUSEUMS

A public artwork will open Thursday, Nov. 18 at the United Way's new headquarters at 580 Main St. YOU YOU + YOU by artists, Jacqueline Metz and Nancy Chew is an interactive work that integrates light, sound and sculptural elements and reflects upon community participation.

The CreBery is holding an exhibition of works by ALLISON MOORE and CATHERINE TEICHRÖEW from Thursday, Nov. 18 until Tuesday, Nov. 30.

The 11th ANNUAL ART FROM THE HEART SHOW AND SALE is on Saturday, Nov. 20 at 430 Langside St.

The University of Winnipeg presents two solo exhibitions on campus by photographer Gerry Kopelow: WHERE THE BUDDHA WALKED (Gallery 1C03) and FORTY YEARS AGO TODAY (Hamilton Galleria & University Archives) in Gallery 1C03. The exhibition runs until Nov. 20.

Artwork by MELISSA JEAN, BRANDY LYNN and PETER WYSE will be up at the Woodlands Gallery until Saturday, Nov. 20.

A shared interest in DJ culture brings together the distinct art practices of JACKSON ZBEARS and BEAR WITNESS in REMIX THEORY, at the Urban Shaman Gallery until Saturday, Nov. 20.

THEATRE REVIEW

Music shines while acting flickers out

Musical theatre tale of Lucille Starr will make you tap your toes, but wish for a better script

ALEX KROSNEY
VOLUNTEER STAFF

Back to You: The Life and Music of Lucille Starr

Directed by Barbara Tomasic
Presented by Prairie Theatre Exchange
93 Minutes

Playing at the Prairie Theatre Exchange (third floor, Portage Place) until Nov. 28

★★★★☆

Back To You is a little like *Walk The Line*, had Johnny Cash been Canadian, female and – unfortunately – more boring.

St. Boniface-born musician Lucille Starr's real life had its fair share of hurtin' and heartbreak.

However, Barbara Tomasic's musical rendition doesn't give us a chance to look much deeper than a collection of arguments and a handful of songs into the life of the girl who would eventually become the first female inductee of the Canadian Country Music Association's "Hall Of Honour."

Lucille Starr started off as one half of the country duo Bob & Lucille with her future husband, then eventually signed to A&M Records and became The Canadian Sweethearts.

Her real success came from the solo release *The French Song*, which became a multi-national hit and made her the first Canadian artist to have a record sell over a million copies.



BRUCE MONK

A Starr is born: Beverly Elliott as St. Boniface-born Lucille Starr, who was the first female Canadian to sell a million records, in *Back to You: The Life and Music of Lucille Starr*.

Back To You opens with an older version of Starr, played by Beverly Elliott, back in the spotlight for a comeback performance and taking the opportunity to reflect back on her life for the audience.

Elliott narrates the whole play in flashbacks, but her narration is uninspired. While she has a solid singing voice, she delivers her lines like she's reading off of a script and skims over much

The three-piece backing band, who are onstage throughout, execute every song with genuine zest

of the emotional turmoil.

Alison MacDonald plays young Starr. While she does act and sing quite pleasantly through an emotional range, she never really delves into

that real country angst.

The script by Tracey Power doesn't give her much room to explore the darker times of her life, waiting until almost the end of the first act before we see any sign of real conflict.

Jeff Gladstone puts on the most convincing performance as Bob Regan, mining some emotional lows as Starr's abusive husband, whom we see go from charming youth to bitter, resentful husband – jealous that his wife created "that one song" without him.

The musical aspect is the strongest point of *Back To You*. The three-piece backing band, who are onstage throughout, execute every song with genuine zest.

They even ended with a number that had the audience on their feet, clapping along. While the three actors seemed to come alive most when singing, the consequent standing ovations belonged to the band.

Scrambling to stay alive



COURTESY RAY DIRKS

Left: "Untitled", acrylic on canvas, by Jairo Alfonso Castellanos, Cuba. Right: "La Busqueda", linocut, by Alejandro Aranda, Mexico.

Artists from around the world focus on availability of food

ARLEN KASDORF
VOLUNTEER STAFF

A small gallery in the suburbs of Winnipeg has gathered artists, both local and from around the world, to bring awareness to the issue that every human being has the right to food.

Just Food: The Right to Food from a Faith Perspective was initiated by the Mennonite Committee on Human Rights and focuses on the issue that food distribution around the world is often unbalanced. Held at the Mennonite Heritage Centre (MHC) Gallery, the exhibit brings together commissioned artwork from places such as Iraq, Ethiopia and the Philippines.

Each artist was given a passage on the subject of food and allowed to interpret it in his or her own way. Some were religious texts while others were quotations from famous people or spiritual sayings.

Ray Dirks, curator of the MHC Gallery, decided to look to other parts of the world for artists' perspectives because food security is a global concern: someone who has struggled for food would have a different interpretation than someone in the Western world.

"Living hand to mouth and scrambling to stay alive ... (he was) not just theorizing about food issues, he's somebody who was hungry," Dirks said of Jossias Siteo, one of the artists from Mozambique.

Each artist was given a passage on the subject of food and allowed to interpret it in his or her own way. Some were religious texts while others were quotations from famous people or spiritual sayings.

Bob Haverluck, a political cartoonist and former artist-in-residence in the University of Winnipeg's theology faculty, was given the UN Charter on Food to work with.

man living in the car quickly spiral out of control.

Only mere pages into the novel, Sosa is terrifying the city of San Salvador with a deadly posse of venomous serpents. "The ladies," as Sosa refers to his snakes, kill dozens of innocent people and together they become the target of a nationwide manhunt.

The narration then moves to the deputy police commissioner, Lito Handal, who is in charge of stopping Sosa and his snakes.

Bitter towards his superiors and insecure about his performance, the deputy commissioner's version of events serves to haul the reader out of the darkness of Sosa's insane carnage, returning them to a relatively sober position.

Rita, a newspaper reporter and the third narrator, tries to tell the whole story only to discover that the story is not and may never be complete.

freelance photographer – had with a friend. "What if (a war photographer) woke up one morning, looked back, and thought, well, that was a complete waste of time and energy?" he wondered.

Zane is an acclaimed 40-something photographer who, hitting his breaking point after decades of recording the worst things people do to one another, is now left in his crappy Toronto apartment keeping afloat as a cheap pornographic photographer in an attempt to escape from the memories of all those years.

On the set he meets Melissa, a young woman as eager to escape her past as he is. After some incorrigible differences at work, the two embark on a journey to Vancouver, trying to reclaim their lives from the violence that seems to surround them.

The novel is written in such a way that we can understand Zane's

In fact, her character highlights that the innumerable casualties and bizarre reptilian interactions do not accomplish any purpose within the bounds of the story.

Instead it is the reaction of the police and the media to the meaningless bloodbath that is really being examined.

Furthermore, the reader's own response to the novel holds importance; Sosa's character has been so cleverly constructed that despite numerous heinous crimes, he elicits a strange support from the reader while the deputy commissioner becomes the bad guy.

Moya illustrates society's inability to process madness. Both the deputy commissioner and the news reporter are unable to do their jobs properly when confronted with Sosa's crimes.

Similarly, readers cannot believe what they are reading until they are eventually drawn into the strange

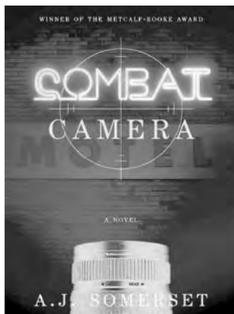


world where snakes can dance and fall in love.

From beginning to end, *Dance With Snakes* shocks and disgusts.

The raw yet aloof descriptions of brutality throughout the novel keep the reader fully engaged. The bizarre exploration of themes like sexuality, violence and belonging make it difficult to process despite being an easy read and under 200 pages.

Highly recommended.



ever-present camera.

Combat Camera leaves us without answering any of the questions it poses about our reactions to the violence represented.

It may, however, leave you wondering if you should feel a bit dirty the next time you flip through National Geographic.

ENJOY A MOVIE NIGHT OF A SLIGHTLY DIFFERENT KIND.

TOM PERLMUTTER, HEAD OF THE NATIONAL FILM BOARD OF CANADA, IS COMING TO WINNIPEG.

"What really impressed me today, was seeing the leader of a national cultural organization come out and engage with the public."

– Tim, Tatamagouche, NB

"Outstanding event!"

– Sarah, Windsor, ON

WINNIPEG
THURSDAY, NOVEMBER 25, 2010
5:30 p.m.

McNally Robinson Bookstore
1120 Grant Avenue

INFORMATION:
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NFB.CA/TOUR



GALLERIES & MUSEUMS

The Winnipeg Art Gallery is holding an exhibition of Canadian painter WANDA KOOP until Sunday, Nov. 21.

RAND HEIDINGER's exhibition INDUSTRIAL MODERN is at the Twist Gallery until Friday, Nov. 26.

JIM CORBETT presents LET'S MAKE SOMETHING OF IT at the Forum Art Centre from Thursday, Nov. 25 until Sunday, Nov. 28.

Outworks gallery proudly presents DOPPLEGANGER, an art exhibition featuring Outworks members and friends. Runs until Nov. 29.

The Wayne Arthur Gallery presents CONNECTEDNESS, new works by Kathleen HAMANN-BUCKOSKI and JUDITH PANSON until Wednesday, Dec. 1.

The PLUG IN GALLERY's first exhibition in its new location is ADRIAN STIMSON and LORI BLONDEAU's Putting the Wild Back in the West: Buffalo Boy and Belle Sauvage. The exhibition will run until Sunday, Dec. 19.

IN THE GLOW: THE SCIENCE BEHIND THE ART OF NEON lights up Alloway Hall in the Manitoba Museum until Jan. 3, 2011.

The Winnipeg Arts Council Public Art Program invites applications from Winnipeg artists of all disciplines and Winnipeg community groups for the community-based WITH ART program. Deadline for receipt of applications is Jan. 12, 2011. Visit www.winnipegarts.ca for details.

The Manitoba Crafts Museum will have the WORKED IN WOOD display up until early January 2011.



◉ BODIES... THE EXHIBITION is on display at the MTS Centre Exhibition Hall.

Plug In Institute of Contemporary Art (ICA) is seeking up to six energetic, organized and professional Gallery / Shop Attendants. Plug In ICA has recently made the move to new facilities at 460 Portage Ave. A job description is available to download at www.plugin.org.

THEATRE, DANCE & COMEDY

The University of Winnipeg's department of theatre and film opens its 2010/2011 season on Tuesday, Nov. 23 with a refreshing, musical take on Shakespeare's classic comedy AS YOU LIKE IT. Performances are at the Gas Station Theatre 8 p.m. nightly until Saturday, Nov. 27.

The Prairie Theatre Exchange is putting on a production about the life of St. Boniface's '60s country singing sensation Lucille Starr entitled BACK TO YOU until Sunday, Nov. 28.

Sunday night open mic comedy at the Cavern featuring JOHN B. DUFF.

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

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

Comedy night with SCOOT'S MCTAVISH every Thursday at Shannon's Irish Pub.

Concert? Art show? Community event? Volunteer opportunity?

Want to see your event in The Uniter?

E-mail your listing to listings@uniter.ca. The deadline for all listings is Tuesday. The Uniter is published every Thursday, so send your listings 9 days prior to the issue you want your listing to appear in. It's free. It's easy.

Not your grandma's jewelry

Local designer brings new life to old jewelry

KATHLEEN CERRER
VOLUNTEER STAFF

Dayle Goertzen's love of vintage began as a child, collecting tossed away treasures at yard sales.

The owner and designer of Vintage Bling began creating jewelry as a hobby, and as people began to notice her work, she designed more pieces.

"I was fascinated with it, but I didn't want to make what everybody else was making," she said. "I looked at old necklaces I had and recreated them by first making stretchy bracelets.

"The thing I love about anything vintage is the stories it can tell. It reminds (the wearer) of someone they love - it's just that warm spot that's tickled with these reminders that we wear with pride to keep those people and their memories alive."

- DAYLE GOERTZEN



Vintage Bling: A old stopwatch serves as the focal point of this necklace created by Dayle Goertzen.

and catch the eye. Well-lit shelves are covered in her sparkling designs, which exude red carpet glamour.

From flirty, drop earrings to jewelry sets with oversized rings filled with dazzling gems, there is no shortage of striking pieces.

Goertzen, a full-time education assistant, finds her jewelry at yard sales, online and through an antique dealer.

It can be a challenge to find standout pieces - some come from as far away as Australia - but they all have their own story to tell.

"A lot of my inspiration comes from the actual piece of jewelry itself," said Goertzen. "The thing I love about anything vintage is the stories it can tell. It reminds (the wearer) of someone they love - it's just that warm

spot that's tickled with these reminders that we wear with pride to keep those people and their memories alive."

Goertzen's work has received recognition from fashion magazines across Canada, and made an appearance at the 2010 Golden Globe awards.

This summer, musician Chantal Kreviazuk wore the Royal Swarovski Pearl Necklace during the Queen's visit to Canada; later, it was auctioned off at the Canadian Cancer Society Manitoba Chapter.

"I'm always looking for the humanitarian side and looking at giving back to the community," she said.

Making a piece of jewelry can take Goertzen anywhere from a few days to several months. She is working on jewelry for her spring/summer 2011 collection, but will be adding pieces specifically for this Christmas season.

"I'm constantly working on pieces and putting them out - it's my happy place and brings me so much joy ... and to have someone love the piece is so rewarding."

Goertzen's jewelry is available online, or you can make an appointment to shop in her studio. Visit www.vintagebling.ca.

BUY ~ SELL ~ TRADE ~ RENT



MOVIE WINE THOUSANDS OF DVDs UNDER \$10

Something for everyone



Diane Froese instructs free yoga classes each Monday at the WECC. Below: Students participate in free yoga classes at the U of W.

Organizations in downtown Winnipeg offer free yoga classes to promote health and community

SARA SHYIAK
VOLUNTEER STAFF

Throw your firm, sculpted ass in the air and say "Namaste" if you love yoga - free yoga.

GOT 200 HOURS TO SPARE?

There's no crash course to becoming a yoga teacher

After holding a few downward dogs and warrior poses, you may feel like you're fit to teach yoga.

But the world of yoga says otherwise.

"I became a yoga teacher to help my clients learn they are capable of accomplishing things with intention," Noah Krol, a massage therapist and yoga instructor at Peg City Yoga, said when asked why he became a teacher.

Naturally, it starts with being a student. You can't teach something that you don't know. Krol recommends you take lots of different yoga classes.

"There are many different yoga practices," he says.

After he started practicing yoga, Noah went through a vigorous certification process - a 200-hour course that can take place over just a few weeks or a few months.

Many instructors venture off to get their certification; places like Hawaii, Mexico and India have reputable schools. (Talk about a relaxing get-away: yoga and hot sun.)

Closer to home, Alberta and Vancouver also offer yoga instruction programs.

The course involves an overload of information many would have no idea their yoga instructor knew. Along with practices of postures, the classes cover anatomy, meditation, teaching techniques and more.

Once you have received your 200-hour certification, there is an advanced 500-hour course to become an even better teacher.

It's intense, but it's worth it. A decent yoga studio won't hire an instructor without their papers.

What started as a sacred Hindu religious practice is now catching on for athletes, hippies and hot suburban housewives the world over.

Yoga is a la mode, which comes at a steep price. For a single class, a student may pay anywhere from \$15 to \$20 and up. For the rest of us that can't actually afford to buy the Lululemon groove pants and eagle tank just to sweat in, it's a touch out of our range.

But free yoga has been sweeping across the city in recent months.

The West Central Women's Resource Centre (WCWRC), the West End Cultural Centre (WECC) and the Ellice Café have partnered to offer the community free yoga every Monday throughout the rest of the year.

"We want to provide recreation that's accessible to all levels of physical ability," said Jess Klassen, community support coordinator at the WCWRC. "We want to show people that there is something positive happening in the inner city."

Diane Froese, the woman instructing free yoga at the WECC, says the classes are in high demand and only getting bigger since they began in September.

"There is a regular group that keeps returning and a few new people each week," she said. "We get a huge age range - it's a diverse group. We get a lot of young moms, there are some women all the way up to their 50s and even a few men come out."

There is child-minding available at the WECC's free yoga so women with children have the same opportunity to join.

Klassen says many of the women, and men, see the yoga session as a chance to socialize, and hang around after class to chat.

"It is a good way to connect with your

"It's something everyone can do no matter what their skill level is. So whether you've got rippling abs or a Pooh Bear belly, you can do the poses."

- JESS KLASSEN, COMMUNITY SUPPORT COORDINATOR, WEST CENTRAL WOMEN'S RESOURCE CENTRE

community," she said.

The turnout for most free yoga events has been phenomenal. Folk Fest, Yoga in the Park and now the University of Winnipeg Free Yoga sessions have had participants end to end in their poses.

Even the University of Winnipeg Students' Association (UWSA) is offering free yoga for students as exams approach.

"We put it on around exams to remind students to take care of themselves," said Lana Hastings, vice-president of student services for the UWSA. "We wanted to make it easy for students; there is no pressure. They can come without a mat, in their bare feet and go for it. It's free and on campus."

Yoga is a physical challenge, but it also helps to ease stress. It forces you to pull your head out of the clouds and enjoy some fitness

and human interaction.

"The allure of yoga is that it's not just an exercise, one instructor says.

"There are obvious physical benefits of yoga - strengthening your body, breathing, flexibility," said Noah Krol, owner of Peg City Yoga. "A good yoga student can create an idea of yoga in everything. It can enhance every aspect of life.

It is a good platform for a personal approach to life, to sickness and to relationships, he noted.

"Yoga helps people feel empowered in their own skin."

"It is exercise of the body and of the mind," adds Klassen. "It is one hour in the day they can just think about themselves."

Of course, nothing in the world is technically free, and the free yoga events are no different.

The Daniel McIntyre/St. Matthews Community Association (DMSMCA) has helped the resource centre foot the bill for Froese's services.

Whether or not the program will continue on after December to meet its popularity remains to be seen.

"We only received a small grant, so after December we'll have to search for more funds," Klassen said.

Krol loves the idea and says that his studio is planning to get in on it.

"Free yoga is definitely a good thing. We want to give everyone the opportunity to be involved in it, even if they don't necessarily have a lot of money," he said.

The best part about free yoga is that everyone is welcome.

"It's something everyone can do no matter what their skill level is," says Klassen. "So whether you've got rippling abs or a Pooh Bear belly, you can do the poses."

Krol believes that too. "We get people who are there for an intense workout and those that just want to relax."

"Yoga promotes mental and physical wellness," Hastings stressed. "It puts that wellness in the hands of everyone."

Drop by free yoga at the West End Cultural Centre, 10 a.m. to 11 a.m. on Mondays, or in the Bulman Student Centre at the U of W, Wednesdays 12:30 p.m. to 1:20 p.m., and breathe easy.



WEST END CULTURAL CENTRE
586 ELLICE AVE. PHONE 783-6918 WWW.WECC.CA

TUESDAY NOVEMBER 23
JEREMY FISHER
with special guest **EMILY BROWN**

WEDNESDAY NOVEMBER 24
the correction line ensemble
PERFORMERS: Christine Fellows | Robert Honstein | John K. Samson | Ed Reifel | Cristina Zacharias | Leanne Zacharias
FEATURING REPERTOIRE BY Fellows, Honstein AND Samson
ALONGSIDE WORKS BY Bach, Bartok AND Britten
SPECIAL GUEST PERFORMANCES BY Theatre Ambassador Debbie Patterson
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THURSDAY NOVEMBER 25
D. Renoires
in **THE LAST MUCK PLUCK**
with special guests
David Essig
Shuyler Jansen
Keri Latimer
Matt Masters
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SATURDAY DECEMBER 4
FRED PENNER
8:00 PM Grown-Ups Show
PUB-STYLE Sing-A-Long!

Tickets at **ticketmaster**, Folk Festival Music Store, Music Trader & the W.E.C.C. Call **780-3333** All shows 8:00PM Doors 7:15

THE UNITER

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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.

AWARDS & FINANCIAL AID

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.

WORK STUDY PROGRAM

Project descriptions and applications for the 2010-11 Work Study Program are available in Student Services (1st Floor, Graham Hall) or at Student Central (1st Floor, Centennial Hall). You can also obtain project descriptions and application forms from the Awards & Financial Aid website: <http://www.uwinnipeg.ca/index/services-awards-work-study-program>.

To be eligible for the Work Study Program, you must:

- D Be registered in a degree program at The University of Winnipeg in the 2010-11 academic year on a full-time basis as defined by the Manitoba Student Assistance Program (18 credit hour minimum)
- D Have successfully completed 30 credit hours (GPA of 2.0 or higher)

D Be on regular status at the University of Winnipeg

D Receive a government student loan of at least \$1000 for 2010-11 as a result of the financial need assessment done by the Manitoba Student Financial Assistance Program or another province's student aid office or obtain a student line-of-credit or student bank loan for 2010-11 of at least \$1000.

Applications are still being accepted for unfilled positions. Visit the Work Study Program webpage for the list of available positions.

Note: You can apply for a maximum of four positions, but cannot be hired for more than one.

AWARDS OFFERED BY EXTERNAL AGENCIES AND ORGANIZATIONS:

THE UKRAINIAN RESOURCE AND DEVELOPMENT CENTRE AWARDS

The Ukrainian Resource and Development Centre (URDC) is offering five award opportunities to students this year briefly described below. Application forms and guidelines are available from URDC.

1. The Alberta Council for the Ukrainian Arts (ACUA) Award (\$500)

is offered annually for a project that fosters a greater awareness of Ukrainian art in Alberta. This project may be in the form of an exhibit, festival, educational program or special project.

2. The **Roger Charest Sr. Award for Broadcast & Media Arts** (\$500) is offered annually to applicants (individual or group) for an initiative to create a special program or series which may be suitable for broadcast and may further the cause of multiculturalism in Canada.

3. The **Roman Soltykewych Music Scholarship** (\$500) is offered annually to applicants (individual or group) determined to pursue further studies in the field of Ukrainian choral or vocal music.

4. The **Anna Pidruchney Award for New Writers** (\$1,000) is available annually to a novice writer for a work on a Ukrainian-Canadian theme. Submissions for this year's award must be in Ukrainian. Previous award recipients of this award are not eligible.

5. The **Wm. & Mary Kostash Award for Film & Video Arts** (\$1,000) is available to a novice writer for a work promoting

Ukrainian-Canadian identity through the medium of film, video or new media.

For application forms and guidelines, contact the URDC: haydukl@macewan.ca.

Deadline: Nov. 30, 2010

HOLSTEIN CANADA AWARDS

Six bursaries of \$750 will be awarded as such: Western Canada (1), Ontario (2), Quebec (2) and Atlantic Canada (1). Consideration will be given to each category as follows:

1. 20 points, farm involvement
2. 30 points, youth program involvement
3. 30 points, career choice
4. 20 points, points scholastic record

Other accomplishments may influence the selection committee in the event of a close decision. Winners will be notified immediately upon the committee's decision in December. A general announcement will be made through the *Info Holstein* publication at a later date.

To be eligible to apply you must:

1) be a regular or junior member of Holstein Canada, or a son/daughter of a member,

2) have completed at least one year of university/college (or Cégep in Québec),

3) submit an official, original transcript (faxed and photocopied submissions will not be accepted) and a copy of your resumé,

4) be returning to school within the calendar year.

Submissions may be typed or made via Holstein Canada's website: www.holstein.ca. For more information, contact: sgregson@holstein.ca.

Deadline: Nov. 30, 2010

FRANK KNOX MEMORIAL FELLOWSHIP

Up to three Frank Knox Memorial Fellowships will be awarded to students from Canada for graduate study at Harvard University in the academic year 2011-12. The Frank Knox Memorial Fellowship program was established by Annie Reid Knox who sought to honour her late husband and his lifelong commitment to America. Mrs. Knox expressed the hope that the holders of the fellowships return to their homes and become leaders in their chosen field once they had gained knowledge and experience from their study away from Canada.

Eligibility:

1. Open to Canadian citizens or permanent residents of Canada who are normally residing in Canada.

2. Have graduated no earlier than 2009 or will graduate before September 2011 from an institution in Canada, which is a member or affiliated to a member of the Association of Universities and Colleges of Canada (AUCC).

3. Applicants to the Harvard Law School should have completed their resident university education and hold a basic degree in Law before applying for an advanced degree program such as the Master of Laws (LLM).

4. Candidates are responsible for gaining admission to Harvard University by the deadline set by the various faculties.

5. Applications from students presently studying in the United States will not be considered.

Value: A Knox Fellowship pays full Harvard tuition and mandatory health insurance fees and provides a stipend sufficient to cover the living expenses of a single Fellow for a 10-month academic year. Knox Fellows who plan to bring spouses, partners or other family members with them to Harvard must secure additional sources of funding to support their families. Knox Fellowship funding is guaranteed for up to two years of study at Harvard for students in degree programs requiring more than one year of study. The Committee on General Scholarships will consider Knox Fellowship renewals after the second year on a case-by-case basis. **Please note:** All applications and supporting documents must be submitted in English only.

For more information and the application form, please visit Harvard University's website: www.frankknox.harvard.edu/welcome.html or contact awards@ucc.ca.

Deadline: Nov. 30, 2010

CANADIAN AERONAUTICS AND SPACE INSTITUTE (CASI) SCHOLARSHIPS

The Elvie L. Smith Scholarship is awarded in recognition and honour of the outstanding and unique contributions made by Elvie L. Smith to the Canadian Aeronautics and Space Institute (CASI) and more generally to Canada's aerospace industry. To be eligible for the Elvie L. Smith Scholarship, the nominee must be entering the last year of undergraduate studies in the year he or she receives the scholarship, be a Canadian citizen and be a student member in good standing of CASI.

The Charles Luttmann Scholarship is awarded annually to a student who is following a post-secondary degree or diploma course recognized by the Institute as a qualifying step towards member status in CASI. The course shall be related in a clear way to the "flight" aspects of aerospace studies. The student shall have demonstrated outstanding qualities of leadership and involvement in any area of student affairs, and excellence in communication and organizational skills.

For more information and application forms, please visit <http://www.casi.ca/awards/scholarships.aspx>.

Deadline: Dec. 1, 2010

THE FEDERATION OF PORTUGUESE CANADIAN BUSINESS AND PROFESSIONALS SCHOLARSHIPS

The Federation of Portuguese Canadian Business and Professionals is pleased to once again recognize the outstanding achievement of our Lusio-Canadian Youth with scholarships from \$1,000 to \$2,500, courtesy of our many generous scholarship sponsors. Awards will be presented at the FPCCBP Excellence Awards Gala to be held on Feb. 12, 2011. To be eligible, students must be enrolled in one of the following four program categories: high school, college, university undergraduate program or university graduate program. An applicant is not eligible for an award in a given program category if the applicant has been a past winner of a FPCCBP scholarship in the same program category. In the case of the university graduate program, the applicant is eligible for an award if a past award was made while the applicant was enrolled in a different degree program (i.e. MA, PhD, LL.B, M.D.).

Please visit <http://www.fpccbp.com/scholarship/recipients> for more information or application forms.

Deadline: Dec. 10, 2010

BRIDGET WALSH SCHOLARSHIP

The Bridget Walsh Scholarship was created from the royalties of Sheelagh Conway's book *The Faraway Hills Are Green: Voices of Irish Women in Canada*. In recognition of the Canadian women whose stories are told in the book, Ms. Conway donates half the royalties to low-income, single-parent, Irish women in Canada wishing to pursue a university or college education.

Contact:

Chairperson, Bridget Walsh Scholarship
205 Mountainview Road North
Georgetown, ON L7G 4T8
Tel. (905) 873-0873

Deadline: Dec. 15, 2010

WOMEN'S OPPORTUNITY AWARDS

If you are a female head of a household with one or more dependents, are attending an undergraduate degree program or vocational training program as a mature student and need financial assistance to complete your education, you are eligible for a Women's Opportunity Award offered by Soroptomist International of Winnipeg. For more information contact Heather Menzies at 475-2526 or email hgm16@mts.net.

Deadline: Dec. 15, 2010

MANITOBA STUDENT AID PROGRAM (MSAP):

The deadline to apply for Manitoba Student Aid for the 2010 Fall Term was Oct. 31. Applications for 2010-11 Fall/Winter or 2011 Winter Session are open until Feb. 21, 2011. Students can apply online at www.manitobastudentaid.ca.

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

1. Canada Student Grant for Students from Low-income Families
2. Canada Student Grant for Students from Middle-income Families
3. Canada Student Grant for Students with Dependents
4. 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 began, the Manitoba Student Aid Program (MSAP) started printing official assistance documents for students whose MSAP documentation and University course registration are in order. MSAP mailed the documents to students at the addresses they provided on their MSAP applications. The document you received will have been electronically approved by the Awards & Financial Aid Office. It indicates the fees you owe to the University of Winnipeg. These fees will be deducted from your student aid.

1. 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.

2. 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 per cent of the maximum course load required for your study period:

1. Fall or Winter Term only - 9 credit hours minimum
2. 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.

SEE 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 will to reduce the amount of fees deducted from the student aid document.

SEE 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.

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

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 p.m. to 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 www.studentawards.com and www.scholarshipscanada.com.

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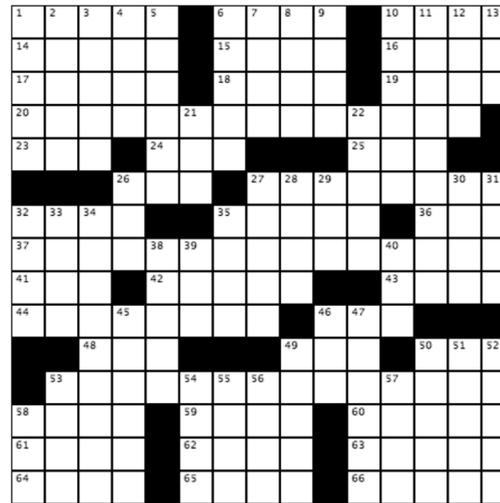
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Crossword Puzzle 12

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



BESTCROSSWORDS.COM

Across

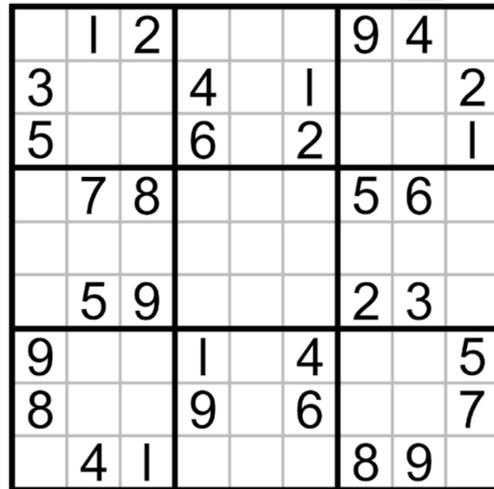
- 1 - Anklebone;
- 6 - Paint unskillfully;
- 10 - Ammo;
- 14 - Disconcert;
- 15 - Designer Schiaparelli;
- 16 - Driving aids;
- 17 - Private Pyle;
- 18 - Lecherous look;
- 19 - Mayberry moppet;
- 20 - Amateurish;
- 23 - Paris possessive;
- 24 - Scale notes;
- 25 - Domestic animal;
- 26 - P.m.;
- 27 - Accursed;
- 29 - Henry VIII's sixth;
- 35 - Golden Horde member;
- 36 - Song syllable;
- 37 - Typical instance;

- 41 - "Slippery" tree;
- 42 - Lawful;
- 43 - Cairo cobras;
- 44 - State in the central United States;
- 46 - Afore;
- 48 - Cartoon Chihuahua;
- 49 - Barcelona bear;
- 50 - Loss leader?;
- 53 - Halt in the growth of small organisms;
- 58 - Queue;
- 59 - Division of a school year;
- 60 - Attempts;
- 61 - Cushions;
- 62 - Take ___ from me;
- 63 - Delight;
- 64 - Grounded fleet;
- 65 - New Age musician John;
- 66 - Taboos;

Down

- 1 - Spanish river;

su do cu crossword Octagon

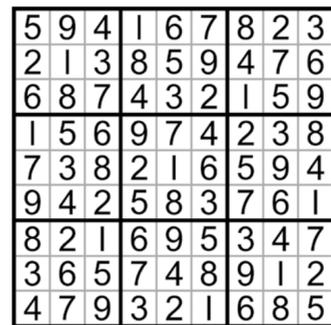


will.octagon.gibson@gmail.com

- 2 - Have ___ to pick;
- 3 - Lanterns; 4 - Consumer;
- 5 - Moneychanger;
- 6 - Strikes out;
- 7 - Some are pale;
- 8 - Employs;
- 9 - Adriatic port;
- 10 - High;
- 11 - Inflammation of the liver;
- 12 - Trompe l'___;
- 13 - Half a fly;
- 21 - Blubber;
- 22 - Musical drama;
- 26 - Chair part;
- 27 - Secret organization;
- 28 - Arguing;
- 29 - Resinous deposit;
- 30 - Field yield;
- 31 - Makes brown;
- 32 - Hammer end;

- 33 - Car bar;
- 34 - Dutch painter;
- 35 - Bloodsucking parasitic arachnid;
- 38 - Factory;
- 39 - Fleur-de-___;
- 40 - ___ kwon do;
- 45 - Break;
- 46 - Pothook shape;
- 47 - Putrid;
- 49 - Pizazz;
- 50 - Continental identity of a Chinese person;
- 51 - Connect with;
- 52 - Donkeys;
- 53 - Prejudice;
- 54 - Coup d'___;
- 55 - Network of nerves;
- 56 - Coloured part of the eye;
- 57 - He sang about Alice;
- 58 - CD forerunners;

Solutions to puzzles from November 12.



CLASSIFIEDS

You've always wanted an English Bulldog. Here's your chance. Two AKC registered English Bulldogs are available for adoption. Email nellie2512@hotmail.com.

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An inarticulate discussion of the arts

Something has really been pissing me off lately and, since I'm not one to pussyfoot, I'm just going to come right out and say it: I'm sick and tired of our goddamn government funding the goddamn arts!

Every year, the Canadian government spends (insert amount that I'm far too lazy to look up) on the arts.

Everyone knows that the arts are fucking useless and have never done any good for anyone. No one ever thinks to themselves, "OK, I have \$150 to feed my family for the next month. I think I'll buy... some art."

The only reason the arts ever needed funding in the first place is because artists are so poor due to the fact that they don't produce anything useful. Who the hell would want a painting of a naked old woman when they could have an Xbox 360 or a riding lawnmower?

As a society, we should band together and demand that our elected officials redirect all funding for the arts to areas of society that are actually useful, like towards butchers and bakers and those people who make candles.

These people are the ones who actually make our society work, not the goddamn whiny artists who can't afford to feed themselves because all they do all day is sit around in their underwear and paint with their goddamn fingers!

I think the best argument against funding for the arts comes from my own life. If, in the face of reason and logic you still believe in funding for the arts, you certainly won't after you read this: I receive a government grant to write this article.

That's right, your hard-earned tax dollars are funding assholes like me who have nothing to do but write shitty articles complaining about arts funding.

So, in a sense, even if you agree with government funding of the arts, you should actually disagree with it because the government is essentially paying me right now to complain about how they are paying me right now.

Does your brain hurt yet? Mine does.

It might be the contradiction that I just presented. Also, it might be the fact that I completely forgot to write my column this week, and only realized my mistake after getting sloppy drunk.

On a somewhat related topic, it mimes really are caught in invisible boxes that no one else can see, why the hell aren't they screaming for their goddamn lives?

If I was caught in a box, I'd be screaming bloody murder. That's why I don't trust mimes.

Furthermore, mimes are considered artists (for lack of a better term), and are therefore funded by our government.

I don't want to live in a country that funds mimes. Do you?

J. Williams reads the Winnipeg Sun for tips on the art of argumentation.

send + receive v.12

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november 23-28, 2010

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ANJU SINGH (ca)
ERIN SEXTON (ca)
BRIAN JOSEPH DAVIS + STEVEN KADO (ca/us)
CLINT ENNS (ca)

screening:
AMPLIFIED GESTURE (film)
TRANSIENTS (SONS OF GOD: leif elgren + kent tankred - film)

video program featuring:
HEIKO DAXL (de) | BRIAN O'REILY + WOODY VASULKA (us) |
ANDREW MILNE + CAMERON JOHNSON (ca) | MICOL FAVINI (ch/de)
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for venues + event info: sendandreceive.org

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CHARLES TAYLOR

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