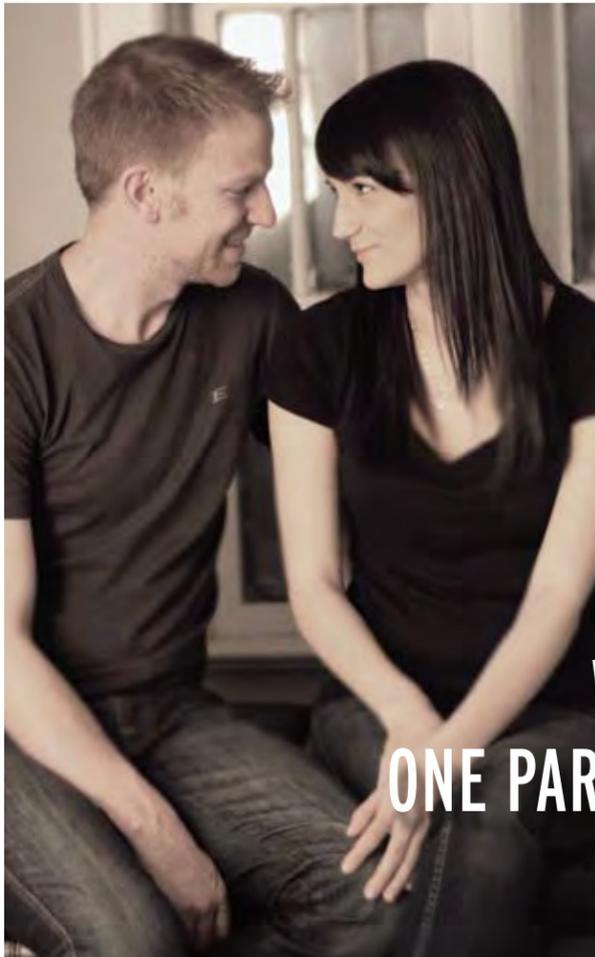


# THE UNITER

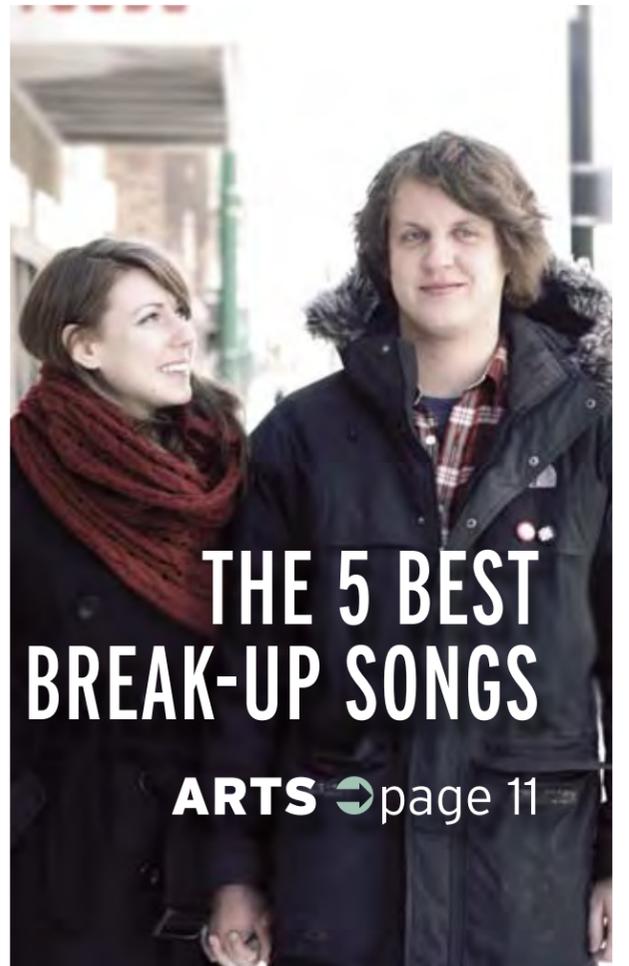
ISSUE  
17  
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## SEX & RELATIONSHIPS

SPECIAL ISSUE



2, 3, 4, 5...  
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ONE PARTNER ISN'T ENOUGH?  
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WHAT DO YOU DO WHEN  
YOUR PARTNER IS DEPRESSED?

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## Sex & Relationships Special Issue

Valentine's Day is only a few weeks away, and even if you couldn't care less about it, it's a pretty safe bet you spend some time thinking about sex and relationships. *The Uniter* had such a good time putting together a special issue on those two topics in 2009 that we decided to do it again for this issue. In the following pages, we explore polyamory and the people who practice it. We also look at the Broadway

Neighbourhood Centre's struggle to deal with the massage parlour next door.

There are also articles on what sex and married life looks like for people with disabilities, as well as comments pieces that explore different aspects of relationships and sex.

As always, your comments, questions and concerns are always welcome. Email [editor@uniter.ca](mailto:editor@uniter.ca) or leave a comment at [www.uniter.ca](http://www.uniter.ca).

## LOOKING FOR LISTINGS?

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# \*COVER IMAGE

Photos by  
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DAVID SEBURN

## News

# The future of Winnipeg gay bars

With the opening of a new gay club, some wonder about the fate of the LGBT\* club scene

KARLENE OOTO-STUBBS  
CAMPUS BEAT REPORTER



CINDY TITUS

Some people view Gio's Club and Bar as the heart of Winnipeg's LGBT\* community.

When a new gay bar opened its doors to Winnipeg's LGBT\* scene this past December, it also opened up speculation about where Winnipeg gays would go to party.

Since Fame opened at 279 Garry St., the other two designated gay bars in the city, Gio's and Club 200, have felt the impact.

"Gio's has weathered many storms over the years and, while the loss of business due to the opening of Fame is a factor, other demographics of the community are now stepping up to enhance Gio's Club and Bar with much more variety in programming," said Jay Rich, president of the Oscar Wilde Memorial Society, which operates the members-only club as a non-profit organization.

Around for almost 30 years, the bar funds Gio's Cares, a charity that strives to provide support for those living with HIV/AIDS as well as promote prevention and education of the disease.

According to Rich, the club's mandate has been key to its success over time.

"I believe that Gio's Club and Bar has survived for nearly 30 years because it is genuinely the heart of the community," said Rich. "Any profit generated at Gio's goes right back into the GLBTT community, a fact which sets it apart from other GLBTT or GLBTT friendly clubs in the city."

For Barry McLeod, co-coordinator of the University of Winnipeg's LGBT\* Centre, the charitable differences between Fame and Gio's speak volumes.

"Fame is a business and it's being run like a business," said McLeod. "I'm all for them running their business, but I think people need to

respect the fact that Gio's is an institution ... we need to realize that (Gio's) has been here for a long time and you need to give back to your community when you can."

For the owners of Fame, including Stephen Hua, who is the mind behind other Winnipeg clubs like Mystique, Rock Bar and Republic, it was a business venture they couldn't pass up.

"Fame was opened because the owners missed having a gay bar," said Fame's general manager, Melanie Mykietowich, noting that the owners previously operated Desire, which closed down in 2009. "It is a very fun and friendly environment. Running a gay bar is the most fun they have ever had."

According to Mykietowich, Fame strives to provide variety for club-goers in the city.

"I guess in a way you could say that there was something missing, and we're hoping to refresh the LGBT nightlife," she said. "The possibilities in the community are endless and we want to give a selection to choose from."

Winnipeg's other gay bar, Club 200, caters more specifically to an older, primarily male demographic than Fame and Gio's.

This split in the gay community could have a major impact on the success of the establishments according to those who frequent them.

"All three bars are going to go ahead and be by the skin of their teeth until the spring," said Tony Frost, who has been a part of Winnipeg's gay community since moving to the city in 1966. "Because you're dividing three (bars) into the

population, you have to keep coming up with new ideas to attract people."

Frost, a member of Gio's, cites the lack of allegiance among gay youth as a major financial concern.

"There is no such thing as loyalty in the youth today. They go wherever they have a good time," he said.

McLeod understands the appeal of a new gay bar, but doesn't know if it will last.

"I'm going to go where I can have a good time," he said. "I think ... the hard hit that Gio's is taking (will pass) because Fame is a new club."

## WHAT DOES THE \* MEAN IN LGBT\*?

LGBT is an acronym for lesbian, gay, bisexual and transgendered people with the asterisk meaning every other term under the sexual bracket.

This could include two-spirited, transsexual, queer, questioning, pansexual, allied, asexual and so on.

Source: Barry McLeod, University of Winnipeg's LGBT\* Centre

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## STREETER

BY SARA SHYIAK

Q: WHAT DO YOU THINK OF THE CITY OF WINNIPEG'S POLICY ON RESTRICTING THE LOCATION OF MASSAGE PARLOURS TO THE DOWNTOWN AREA?



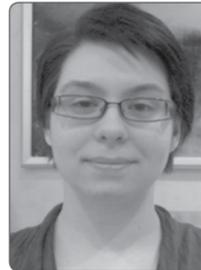
**Widny Pervil, first-year business administration student**

"I think living in the community requires tolerance, and what is good for me may not be good for others."



**Tim Chau, third-year physics student**

"It's (massage parlours) a big problem if it's near a community centre because it's going to influence kids. That's horrible."



**Brenna Sorokowski, first-year pre-med student**

"I do not approve of it. I understand it's a form of a job for some women, but when you have men propositioning young girls, it's rude."



**Andrea Whittle, sales associate, Cotton Ginny**

"I think it's completely wrong. It should be completely illegal."



**Hernan Gutierrez, accountant, Crown Utilities Ltd.**

"It's tough to say where to put them. Nobody wants those people around."



**Sean Stanley, repairman, self-employed**

"If they are somewhat discreet about it I don't see it being an issue."

# More than just a massage

Local community centre speaks out against massage parlour

ETHAN CABEL  
BEAT REPORTER

Girls as young as 12 have been drawn into doorways and propositioned for sex outside the Broadway Neighbourhood Centre (BNC), a large recreation and education facility for West Broadway youth.

"Some of our young girls, as young as 12 years old, are getting propositioned by men ... we've had to chase people away who are smoking crack or loitering outside," said Lawrence Mulhall, program manager for the BNC, adding that men have wandered into the centre looking for a local, unmarked massage parlour.

Tokyo Palace, a massage parlour located at 610 Broadway, shares a back lane with the BNC and Art City.

For weeks, these organizations, as well as Fort Rouge-East Fort Garry Councillor Jeny Gerbasi, have been clamouring for new zoning restrictions on massage parlours to put a stop to the issues surrounding Tokyo Palace.

However, it appears that the city's hands are tied.

"The city doesn't have any other tools other than finding them in violation of their license," said Molly McCracken, executive director of the West Broadway Development Corporation.

It was originally reported that massage parlours could operate in any commercial district in Winnipeg, which prompted Gerbasi to propose a motion to help ensure that Tokyo Palace could not re-open if it had its license revoked.

"But then we were told ... that they were only allowed in the downtown area," Gerba-



MARK REIMER

Young girls have been propositioned for sex outside the Broadway Neighbourhood Centre due to its proximity to a Broadway massage parlour.

si added, explaining that the original motion has been dropped.

All massage parlours and escort services are confined to the downtown and are governed by the Downtown Zoning Bylaw, said Martin Grady, zoning and permits administrator for the City of Winnipeg.

**"Some of our young girls, as young as 12 years old, are getting propositioned by men."**

- LAWRENCE MULHALL, PROGRAM MANAGER, BROADWAY NEIGHBOURHOOD CENTRE

"I haven't heard any push for changes to the restrictions," he said, adding that there are

very few schools or places for youth downtown and that there are only three licensed parlours in Winnipeg.

The only reason Tokyo Palace has been allowed to stay at its current location is that it existed before zoning restrictions came into effect, according to Grady. The only way it can currently be relocated is if its license is revoked, he noted.

This is no consolation for Mulhall, however, who continues to face problems related to the massage parlour.

"It's the one eyesore left in the neighbourhood," he said, and the city should do "whatever it takes" to have Tokyo Palace relocated.

While operating, massage parlours must abide by a number of restrictions governing appearance and sexual behaviour.

According to the city, Tokyo Palace has vi-

olated those restrictions and faces two charges of allowing people to be nude on the premises. A court date is scheduled for October.

A representative from Tokyo Palace refused to comment other than to say that the business has done nothing wrong and that they have no reason to defend themselves.

Mulhall added that the city should get tough on massage parlours to match their attitude toward pawn shops and adult video stores.

Adult video stores must be located in commercial areas and be 1,000 feet away from any residence, place of worship, park, school or other adult video store. Similar restrictions apply to pawn shops.

Meanwhile, the only restriction applicable to massage parlours and escort services is that they must be confined to the downtown area.

Coun. Gerbasi said this theoretically means that a massage parlour can open right next to a daycare centre so long as it is confined within the Downtown Zoning Bylaw.

## WHAT DOES IT TAKE TO BE A MASSAGIST?

The City of Winnipeg defines a massagist as anyone who provides a massage for a fee, excluding all forms of massage therapy.

Those applying for a license must be 18 years old and they must provide sufficient government-issued identification, proof of current address and three colour pictures of their head and shoulders.

Massagists applying for a license to operate within a business must provide additional information about the parlour manager.

A massagist license costs \$135, renewable annually, while a massage parlour license costs \$4,150.

# Breaking down barriers

People with disabilities are embracing sexuality, sex toys

ETHAN CABEL  
BEAT REPORTER

People with disabilities are fighting back against a society dominated by sexual stereotypes. In growing numbers, they are not only embracing their sexuality, but are broadening the very definition of sex itself.

"People with disabilities are often seen as being asexual, we are seen as having damaged bodies or damaged minds," said Jesse Turner, the intake and assessment coordinator for the Disability Resource Centre (DRC) at the University of Winnipeg.

Turner uses a wheelchair and often feels self-conscious about her disability. During her recent two-year relationship, she was surprised that someone else could find her desirable and sexual.

"It was shocking, to a certain extent, but in a good way," she said.

"I've always struggled with the thought of other people accepting me as a person with a disability."

**"When you seek the pleasure that is good for you, regardless if it fits into a normative definition of sex, you are finding something that is empowering."**

- AMANDA HOFFMAN, SEXUALITY RESEARCHER

Amanda Hoffman, a project coordinator at the Institute for Policy Research at North-



JORDAN JANISSE

Although she often feels self-conscious about using a wheelchair, open communication with her partner helped Jesse Turner overcome several sexual limitations during a recent two-year relationship.

western University, believes that society needs to move beyond a definition of sex that is centred around penetration and coitus.

"When you seek the pleasure that is good for you, regardless if it fits into a normative definition of sex, you are finding something that is empowering," she said.

Sex can be anything that turns you on, she said, whether it comes from touching an earlobe or simply cuddling with a partner.

Hoffman directed a film in the spring of 2009 titled *(Sex)abled: Disability Uncensored*, while pursuing her master's degree in sexuality studies at San Francisco State University.

The film exhibited open discussions among people with disabilities at the University of California, Berkeley.

The participants in the film said that sex can explode the notion of disability being synonymous with sexual deficiency.

Michelle Owen, a professor of sociology and the disability studies advisory committee chair at the University of Winnipeg, agreed with the message of the film.

"I think people with disabilities should be entitled to the sexual experiences that they want," she said, adding that people can access a number of creative resources and tools,

including sex toys, to overcome many of the sexual challenges associated with their disability.

"Anybody can or should use sex toys," she said.

### SEX TOYS AND SEXUAL ACCESSIBILITY

Discreet Boutique, an Ellice Avenue sex shop, is a well-established retail destination in downtown Winnipeg. Their open and non-judgmental philosophy has been instrumental in helping, and catering to, people with disabilities.

"A lot of times we'll recommend things that are more ergonomically correct," said Adrienne Dudek, assistant manager at Discreet Boutique and a long-time activist on behalf of people with disabilities.

Dudek explained that among the most helpful sex toys is a cockring, which can be used by paraplegic men in conjunction with prescription medication like Cialis.

Because the ring sits at the base of the penis and maintains blood flow, it can help significantly with erectile dysfunction, she said.

The Rainbow Resource Centre (RRC), an Osborne Village organization catering to the LGBT\* community, provides pamphlets from online sex supply store ComeAsYouAre.com.

The pamphlets promote a wide range of sex toys, some of which are designed for people with disabilities.

For those experiencing regular spasms, the site sells vibrators that simply attach to the finger as well as vibrators that can be strapped around the waist for clitoral stimulation.

Another highly beneficial item is any dildo, particularly Happy Valley dildos, with a suction cup on its base.

"I believe that someone with a disability... (is) in a position to create sexuality or reconstruct sex," said Reece Malone, education program coordinator at the RRC. "We ... can learn a lot from the disability community."

## Local News Briefs

Compiled by Jon Sorokowski

### FRESH CROP OF COPS ON THE WAY

Training begins next month for the newest batch of City of Winnipeg police officers, the *Winnipeg Free Press* reported. An additional 58 officers will be spread among the next four recruit classes, which normally train 48 recruits each. Mayor Sam Katz did not know how much the additional recruits would cost, but he stands by the value the service offers the city. The Winnipeg Police Service cost taxpayers \$190 million in 2010.

### BURSARY CREATED IN MEMORY OF TIM MCLEAN

The provincial government has created a bursary for aboriginal apprentices in memory of Tim McLean. The Winnipeg Foundation will manage the annual Tim McLean Memorial Bursary Fund, which will be awarded based on financial need as well as academic standing. The bursary forms part of the Apprenticeship Endowment Fund. Applicants must submit a written statement and can find information on the Apprenticeship Manitoba website. McLean aspired to be a motor vehicle mechanic before he was killed in 2008, the *Winnipeg Free Press* reported.

### PADDLEWHEEL CAPTAIN'S LAST VOYAGE

Steve Hawchuk, the captain and owner of the Paddlewheel Queen and the Paddlewheel Princess, is retiring, leaving the tour boats' futures in question. Hawchuk's decision to sell his boats was made partially in frustration. He told CBC News that the city refused building permits at the Alexander Docks and that the federal government's boating regulations forced him to spend over half a million dollars in upgrades. Hawchuk, 73, hopes someone else can carry on the paddleboat tradition. Otherwise the boats, which have hosted thousands of events, would stay docked. Hawchuk has owned the boats since 1969 and had the most business throughout the '70s and '80s.

### PROVINCE SCRAPS SCHOOL BUS CAMERA PLAN

A \$3 million plan to install cameras on all school buses has been scrapped by the provincial government. The cameras would take pictures of drivers who pass school buses with flashing lights. Nevertheless, the Interlake and Seven Oaks School Divisions installed cameras that caught 120 infractions and led to eight convictions. A bus driver near Stonewall told CTV Winnipeg catching drivers who pass by is difficult and writing down information about the vehicle comes to a "matter of seconds." Education Minister Nancy Allan told CTV more public awareness is called for. A \$650 fine exists for drivers who ignore flashing school bus stop signals.

### MANITOBA TEENS LIGHTING UP

In Manitoba, 17.9 per cent of teens 15 to 19 smoke cigarettes, roughly five per cent higher than the 13 per cent national average, the *Winnipeg Sun* reported. Manitoba's rate was the third highest in the country, behind Saskatchewan and Quebec with teen smoking rates each around 18 per cent. A spokesperson with the Canadian Cancer Society called for the provincial government to do more to curb smoking, but Healthy Living Minister Jim Rondeau said there are initiatives in place that have already seen the teen smoking rate drop from 30 per cent in 1999. Steinbach Regional Secondary School's decision to construct a shelter for staff and student smokers is something the Cancer Society considers "a step backwards."

## Multiple sex partners create freedom and challenges

### Polyamorists understand that sexual liberation is not without its costs

ARLEN KASDORF  
VOLUNTEER STAFF

Some Winnipeggers have found sexual freedom through polyamorism – consensual non-monogamy – but they understand communication and societal pressure are obstacles along the way.

Often portrayed in the media as polygamy, this is only one type of polyamorous lifestyle.

Through open communication, these relationships have taken many forms with three, four or however many people are willing to be involved with each other.

"It offers the opportunity to explore relationships to whatever level they are going to be at or what you want them to be," said Andrea Tait-Eros, who has been polyamorous for nearly all her adult life. "It's very customizable."

She and her husband have been together for nearly 10 years and have never been monogamous.

They feel strongly about the freedom to explore their sexuality through different experiences and partners, but she also recognizes that there are different expectations in these relationships that have to be made known.

"I think that there is a bigger emphasis on communication and figuring out what you want out of a relationship," said Tait-Eros.

Rhonda Chegus, director of counselling for non-profit downtown organization The Family Centre, said that there are pitfalls that many couples may not realize before they jump into these types of relationships.

"I think sometimes people are not prepared for the amount of work and investment that they are going to have to put into those types of relationships if the goal is emotional satisfaction," stated Chegus, who has worked with families for 30 years.

She believes that the lack of open communication and foresight has caused negative consequences in these types of relationships.

Some couples have come in for counselling in situations where one person has fallen in love with the extra partner and they now have to deal with repercussions.

Michael Nerman, who has lived a polyamorous lifestyle in the past, said that these relationships are outside the social norm and need to be managed differently.

"With polyamory, there are so many ways that the relationship can go, you really have to negotiate and talk about it every step of the way," said Nerman.

Reece Malone, who is completing his doctorate in Sexology from the Institute for Advanced Study of Human Sexuality, believes the negative stereotypes of these relationships need to change.

"One of the issues that I think socially we shy away from is the idea that people have the capacity to love more than one person," said

Malone. "Open relationships are a viable option for people who feel that monogamy, or a one-partner relationship, is not for them."

### DIFFERENT FORMS OF POLYAMORY

**Primary:** the person with whom one is most strongly bonded.

**Secondary:** a person with whom one is involved without the emotional, legal or economic complexities and commitments of primary bonding.

**Triads:** three people involved in some way.

**V:** three people, where the structure puts one person at the bottom, or pivot, and the arm partners are not as commonly close to each other as each is to the pivot.

**Triangle:** a relationship where three people are each involved with both of the others.

**Line Marriage:** a marriage that from time to time adds younger members.

**Polyfidelity:** more than two people who have made a commitment to keep the sexual activity within the group and do not have outside partners.

**Quads, pentacles, sextets and more:** multiple arrangements with more than three members.

Source: Polyamory.org

## Exploring the right to get married

### Members of disability community can face challenges when family building

ANDREW MCMONAGLE  
NEWS ASSIGNMENT EDITOR

Marriage is a right for everybody, but for people with disabilities the roadblocks can come from those closest to them.

Valerie Wolbert and her husband Harry have been married for almost 10 years, and they recall the opposition they faced when they decided to marry.

Both Valerie and Harry identify as people with disabilities – Harry with mental health issues when he was younger, and Valerie with an intellectual disability.

People who are concerned with the appropriateness of people with disabilities getting married cite reasons like the acceptance of responsibility and financial stability.

This can have a big impact on the couple, especially when the critics are family or friends.

"We had problems with people saying stuff to us on our wedding day," Valerie said. "People wanted to know how we would manage things with money even though we paid for the wedding ourselves."

Not to be discouraged, Valerie and Harry pursued their goal of marriage even though the first pastor they approached refused to perform the ceremony.

"(He thought) we would be in for a lot of counselling," Harry said.

They eventually approached another pastor in that same church who agreed to do the ceremony.

Harry, co-chairperson of the Manitoba League of Persons with Disabilities, was surprised at the initial reaction, as he had been attending the church since he was a teenager.

"Everybody should have the right to marry," Harry said. "Other people shouldn't be deciding for people with disabilities."

When someone is living independently, it can be easier to proceed with their plans to marry as opposed to someone who is in supported living situations, such as a group home, as sometimes a public trustee is involved with individuals in a decision-making support role.

Sean Gander, program manager for the



COURTESY H & V WOLBERT

Happily married couple Harry and Valerie Wolbert have had to not only battle disabilities but concerns from their family and friends over their commitment to one another.

supported apartment living program at New Directions, has seen many couples go through hardship when they decide to get married.

New Directions provides counselling, assistance and support in a variety of ways for people with disabilities.

### People who are concerned with the appropriateness of people with disabilities getting married cite reasons like the acceptance of responsibility and financial stability

Gander says that sometimes people, including concerned family members and friends, try to get the police involved when nothing illegal has occurred.

"That's a pretty common story," Gander said. "People call the police to compel (the couple) to make a different choice."

Gander notes that often loved ones are concerned about the level of responsibility the marriage brings or about the individual being exploited.

There are no legal restrictions on people with disabilities to marry in Manitoba.

The Manitoba Department of Justice and

Family Law provides a list of situations where people cannot legally marry, which includes people who are "certified as mentally disordered."

While this can be interpreted as meaning disabilities, Harry Wolbert maintains that it actually refers to those with mental health issues.

In an effort to prevent exploitation and unpreparedness, New Directions offers courses on sex and relationships for their clients.

Gander said that people with disabilities are often isolated, and this information can be protected from them. He goes on to say that it's important for anybody to have an understanding of sex and sexuality.

The courses include gay/lesbian/transgendered awareness and safe sex education. Their courses are tailored for the participants and offer an open space to discuss their lives and concerns.

Harry emphasizes the need to view people with disabilities as similar to those without.

"Like the rest of the population, we like to have sex too," he said.

# The toll of depression on relationships



SIERRA SAWATSKY

Fighting depression for over a decade, Marcie Fehr and her partner understand the struggles of maintaining a relationship through the ups and downs.

## When being in love with someone who is depressed takes over

LAUREN PARSONS  
BEAT REPORTER

Typically, a relationship begins with endless days of smiling, kisses and fun between two people who share the same interests and are physically attracted to each other.

When one partner in the relationship becomes depressed, these things often change – as do both partners.

“When the person you thought you knew as happy and active slowly begins acting strangely and ... unhappy, it can be very unsettling for the partner who is not depressed,” said Dave Gallson, associate national executive director of Mood Disorders Society of Canada. “The non-depressed partner (may be) feeling that he or she is in the way, unwanted or unloved.”

**“When the person you thought you knew as happy and active slowly begins acting strangely and ... unhappy, it can be very unsettling for the partner who is not depressed. The non-depressed partner (may be) feeling that he or she is in the way, unwanted, or unloved.”**

– DAVE GALLSON, ASSOCIATE NATIONAL EXECUTIVE DIRECTOR, MOOD DISORDERS SOCIETY OF CANADA

Gallson said that this sometimes happens because a depressed person lacks the energy to even realize the attention their partner is giving them, or that their partner is requiring attention in return.

“It has distanced some of my relationships because they ask me why I can’t just ‘fix’ the situation – but it’s not about fixing the situation sometimes,” said Marcie Fehr, a research assistant for the women’s and gender studies department at the University of Winnipeg who has struggled with depression for almost 13 years.

For Fehr and her long-term partner, there have been struggles, but in their relationship

there is always the commitment to find ways to support one another.

“We’ve been together a long time,” she said. “We’re still trying to figure out what we need from each other.”

BEING A SUPPORTIVE PARTNER TO SOMEONE WHO IS DEPRESSED

According to Tina Holland, director of education for the Mood Disorders Society of Manitoba, depression is something that a person needs to accept for themselves in order to get help; but sometimes encouraging conversation with a depressed partner can be just what they need.

Holland suggests “being pretty honest” and asking things such as, “Are you really living the life you want to live?” and “Do you want to talk about it?”

This is what happened for Alex Menzies, a 24-year-old stay-at-home mom, who tried to hide her depression from her partner, Bill.

“It took Bill actually calling me on it,” she said. “It wasn’t until he actually said, ‘You look like you’re going to cry at the drop of a hat’ – it wasn’t until he said that that I realized I was depressed and needed to get help.”

After being in therapy for over six months now, Menzies said she now is comfortable sharing things that she would have tried to hide six months ago.

“I go once a week to therapy and then I come home and (Bill and I) talk,” she said. “Not necessarily about what happened at therapy, but we talk about everything.”

LEARNING NOT TO TAKE THE BLAME FOR A PARTNER’S DEPRESSION

Often when a person is in a relationship with someone who is depressed, feelings of responsibility and blame will arise as they may feel it is their job to make sure their partner is happy.

“People can’t blame themselves if this person goes into a deeper depression or tries to hurt themselves, you can’t stop that,” said Chris Scully, a retired police officer and paramedic.

Scully responded to many crisis situations in which depressed people had thoughts of, or had attempted to commit, suicide.

“Usually people who hurt themselves and want help will call out for help, or they will do it in a place where people are there to call help for them,” she said.

Scully advised that all a partner can do is try to be supportive and to be aware of signs that could be a cry for help.

“It’s hard to watch, because when you love somebody you may not see the signs,” she said.

KEEPING THE PHYSICAL RELATIONSHIP INTACT

“Even if you don’t feel like sex, simply holding each other can provide comfort and reassurance and might help you both feel a little better. This can help keep the relationship going,” said Gallson.

He notes that any form of physical contact can keep the connection between couples strong, even when the depressed partner is low on energy and lacking interest in sex as a result of their depression.

“Cuddling helps,” he said. “Holding each other can bring happiness.”

Ultimately though, communication is key to understanding your partner’s depression.

“It is a learning process to understand that this once attentive and active partner now has to really concentrate on what you’re saying, or needs to really work at smiling or appreciating the good things in life,” said Gallson.

“Sometimes just talking ... helps.”

## SYMPTOMS OF DEPRESSION

Tina Holland, director of education for the Mood Disorders Society of Manitoba, said that because there is no medical test for depression, the best way for a person to communicate what they have been experiencing and to find the best treatment for their condition is by keeping a journal of feelings, mood changes and when these feelings or moods occur.

Holland explained that for a person to be diagnosed with depression they would have to have had four or more of the following symptoms of depression over a period of two weeks or longer.

### Symptoms of depression:

- Sad, overwhelming empty mood
- Low self-esteem
- Fatigue
- Loss of interest
- Restless, irritable
- Difficulty concentrating
- Can’t make decisions
- Sleep disturbances
- Uncontrollable crying
- Inability to feel anything
- Disruption in appetite
- Abuse of alcohol and/or other drugs
- Thoughts of death/suicide

Source: Mood Disorders Society of Manitoba

## International News Briefs

Compiled by Aaron Snider

### CELLULAR INSURGENCY

AFGHANISTAN: Taliban forces have ordered civilians living in parts of northern Afghanistan to limit their cellphone use to two hours each day, Reuters reported. Residents of Badghis province said they were told by Taliban leaders that cellphones were being used to betray the position of Taliban fighters to western forces. Local cellphone coverage providers said they have no choice but to comply or risk Taliban attacks on their cellphone infrastructure. Violence recently reached its highest level since the 2001 invasion of Afghanistan and Taliban control has spread even to historically peaceful regions.

### “LAUNDRY WOMEN” RETURNS TO FRANCE

UNITED STATES: A painting by renowned French artist Edgar Degas that was stolen in 1973 was returned to the French government last week, CNN reported. The 19th-century piece called “Laundry Women with Toothache” was taken from an exhibition in Normandy and recently resurfaced on an auction list at Sotheby’s in the U.S. The painting’s owner said he inherited the piece from his father and was unaware of its origins. A repatriation ceremony was held at the French ambassador’s house in Washington, D.C., but no further plans have been announced for either display or restoration.

### JORDANIANS DEMAND FOOD AND FREEDOM

JORDAN: More than 4,000 protestors took to the streets of Amman for the second week in a row to denounce political oppression and demand poverty relief, Al Jazeera reported. Official unemployment in the Middle Eastern country is at 14 per cent, but some estimates put it closer to 30 per cent. Meanwhile, about a quarter of the total population lives in poverty. The government implemented an increase to minimum wage and pension salaries for government employees, but many say the measures are not enough and have demanded that the government step down. Similar protests also occurred in Egypt, Tunisia and Algeria.

### ATLANTIS WILL FLY ONCE MORE

UNITED STATES: NASA announced last week the addition of one final mission for the Atlantis Space Shuttle this summer before it retires its fleet, the CBC reported. A total of three missions are now in preparation with Discovery blasting off in late February and Endeavour scheduled for April. However, though the U.S. Congress gave the green light to an additional final mission for Atlantis, the necessary budget for the mission has not been confirmed. Atlantis was originally scheduled to remain grounded except in an emergency rescue situation, but will now take supplies to the International Space Station and bring a faulty pump back to Earth.

### RETIRED GREEK ATHLETES FACE CHARGES

GREECE: A trial began last week for two Greek sprinters on charges of lying to officials to avoid doping tests, the BBC reported. The charges stem from a motorcycle accident that the two athletes allegedly faked prior to the Olympic Games in Athens in 2004. Olympic officials and Greek authorities investigated the incident at the time and laid charges of lying against the runners and charges of providing banned substances against their coach. Both athletes withdrew from those Olympics and have since retired from athletics. They previously won gold and silver medals in the 200m and 100m respectively at the Sydney Olympics in 2000.

## Campus News Briefs

Compiled by Justin Charette and Sarah Reilly

### UWFA LOGO CONTEST

The University of Winnipeg Faculty Association (UWFA) has announced a contest open to students at the University of Winnipeg, University of Manitoba and Red River College, as well as University of Winnipeg Collegiate students, to design a new logo that will appear on the association's letterhead and re-designed website. Submissions should be made to [uwfa@uwinnipeg.ca](mailto:uwfa@uwinnipeg.ca) and must be vector images in a common file format such as .ai or .eps. The contest will close at 4 p.m. on March 1, and the winner, chosen by the UWFA communications committee, will receive a prize of \$250. More information can be found at the UWFA website, [http://www.uwfa.ca/logo\\_contest/](http://www.uwfa.ca/logo_contest/).

### WESMEN MEN'S VOLLEYBALL SPILT ON THE ROAD, WOMEN TAKE THE LOSS

The men's and women's Wesmen volleyball teams travelled to Regina to take on the Cougars on Jan. 21 and 22. On Friday night, the women lost 3-0 (25-16, 25-18, 25-21), but the men started off the second half of season with a win - U of W defeated the Cougars in three sets (25-18, 25-21, 31-29). On Saturday night, both Wesmen teams lost to Regina. The men were defeated 3-0 (25-23, 25-21, 25-21), and the women were defeated 3-1 (25-19, 25-13, 14-25, 28-26). The Wesmen volleyball teams will be back in Winnipeg to host the University of Alberta on Jan. 28 and 29.

### PATHS TO RECONCILIATION TALK RESCHEDULED

The Canadian Mennonite University (CMU) has announced that the Round Table Discussion on Reconciliation will be held in Convocation Hall at the University of Winnipeg at 7 p.m. on Feb. 10, according to a CMU media release. The discussion was originally planned during the first national event of Truth and Reconciliation Canada this past June, but was cancelled due to a tornado warning. The dialogue will take place between Chickadee (Catherine) Richard of the Anishinaabe Nation, Ketan Joshi, founder and coordinator of the Hindu Gita Study Circle, Rabbi Lawrence Pinsker from the Shaarey Zedek Synagogue and Radhika Abeysekera, a Sri Lankan Buddhist. It will be moderated by Dr. Brian Rice of the Mohawk Nation.

### NEW MASTER OF ARTS PROGRAM ANNOUNCED

The creation of a new specialization in the Master of Arts Cultural Studies program has been announced by the University of Winnipeg, according to a U of W media release. Beginning in September 2011, students will be able to specialize in Curatorial Practices which will prepare them for work as curators in museums, art historians and other work in art institutions and museums. The Plug In Institute of Contemporary Art, the Buhler Gallery and the Winnipeg Art Gallery have all agreed to partner with the U of W to offer internship positions for students in Curatorial Practices and the program will also involve practicum courses at partnered institutions.

### NEW INFORMATION TECHNOLOGY LAUNCHES IN MANITOBA

According to a University of Winnipeg media release, Cisco Canada, along with Premier Greg Selinger and Lynne Yelich, minister of state for western economic diversification, launched the TelePresence system of video-conference sites in Manitoba, linking Brandon University and University College of the North to the University of Winnipeg. The system is intended to promote energy conservation by reducing the need for travel and is also billed as a means of expanding our collaborative abilities and revolutionizing how information is shared. With two of these virtual meeting systems donated by Cisco, the U of W became the first university in Canada with this technology.

## Campus News

### LISTINGS

#### COMMUNITY EVENTS

Learn how to make cards at the MANITOBA CRAFTS MUSEUM on Sunday, Jan. 30.

Have a great idea that would encourage your community to become a better place? Submit it to Tiber River Naturals' TIBER REVOLUTION CHALLENGE and you could win - and make a difference in your community. Prizes include a Tiber Pamper Package, fitness boot camps and scrumptious product. Email [info@tiberriver.ca](mailto:info@tiberriver.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. Through music and drama, their goal is to educate others about working conditions, labour history and social justice. There are no auditions or tryouts. Meet every Wednesday at Sargent Park School from 7:30 to 9:30 p.m. in the music room. For further details contact Lynn McLean at 772-2072.

The Fort Garry Women's Resource Centre presents STRESS MANAGEMENT: A WELLNESS LIFESTYLE APPROACH on Monday, Jan. 31 at 6 p.m. at 1150A Waverley St.

From Feb. 2 to Feb. 11, tuck into the luxurious tastes of regional and global specialties from 26 of Winnipeg's finest chefs at bargain prices. Ciao! magazine presents DINE ABOUT WINNIPEG, a culinary extravaganza featuring three-course menus.

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](mailto:vtchacko@shaw.ca).

#### ON CAMPUS

IVAN COYOTE, storyteller and U of W writer-in-residence, will read from her work on Thursday, Jan. 27 at 7:30 p.m. in Convocation Hall. Free and open to the public.

Assembly of First Nations National Chief Shawn A-in-chut Atleo, along with First Nations students from across the country, will be participating in an online VIRTUAL SUMMIT to explore issues and solutions related to post-secondary education for First Nations students. Thursday, Jan. 27 at noon in the Aboriginal Student Services Centre.

SNOBALLS OF FURY II is a 3-on-3 student group basketball tournament that will take place in conjunction with the Wesmen game on Feb. 4.

THE UNIVERSITY OF WINNIPEG DOWNTOWN VOCAL JAZZ CHOIR meets every Sunday from 12:30 p.m. to 2:30 p.m. in Eckhardt-Grammatté Hall and have concerts at the end of each semester.

Volunteer Positions at the University of Winnipeg:

- PEER SUPPORT - email [uofwpeersupport@gmail.com](mailto:uofwpeersupport@gmail.com), or grab an application from their office (ORM13), or from the UWSA.

- UWSA FOODBANK - email [foodbank@theuwsa.ca](mailto:foodbank@theuwsa.ca), or grab an application from the UWSA.

- THE U OF W GLOBAL WELCOME CENTRE FOR IMMIGRANTS & REFUGEES - call 258-2946, or email [globalwelcomecentre@uwinnipeg.ca](mailto:globalwelcomecentre@uwinnipeg.ca).

- CRIMINAL JUSTICE TUTOR - email [uwjcjsa@live.ca](mailto:uwjcjsa@live.ca).

#### VOLUNTEER OPPORTUNITIES

Nominations for the 28th annual VOLUNTEER AWARDS are open. The Gala Awards Dinner is on Wednesday, April 27. Visit [www.volunteermanitoba.ca](http://www.volunteermanitoba.ca) for more details.

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

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](mailto: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 [angies@womenshealthclinic.org](mailto:angies@womenshealthclinic.org).

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](mailto: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](mailto: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 253-7993 and ask for Megan.

CKUW 95.9 FM is seeking volunteers for the music and news departments, and hosts for programs. Email [ckuw@uwinnipeg.ca](mailto:ckuw@uwinnipeg.ca).

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

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# Stress spillover



JORDAN JANISSE

According to experts, students in relationships often take the stress of university out on their significant others without even realizing it.

## Students in relationships likely to take stress out on their partners, says prof

KARLENE OOTO-STUBBS  
CAMPUS BEAT REPORTER

If you think you're the only one who fights more with your significant other during exam periods, think again.

School-related stress on relationships is common among students, especially during times of deadlines and exams.

Hayley Caldwell, a second-year history student at the University of Winnipeg with a boyfriend of a year and a half, knows the effects well.

"I take (my stress) out on my boyfriend," she said.

Professor Marian Morry, who teaches social psychology at the University of Manitoba, calls this practice "stress spillover" – when a person takes the stress from their work or school home with them and takes it out on their partner.

"When your partner does something like forgets to take the garbage out, you might overreact," said Morry.

Morry adds that this is more likely to occur during mid-

term exams rather than finals.

"If it's a low level of stress (students) may not realize they're (overreacting). It's less likely with a lot of stress at the same time because students know that they are stressed because of school," she said.

Communication is key, according to those who help students deal with relationship conflicts, like Lana Hastings, vice-president of student services for the University of Winnipeg Students' Association.

**"If it's a low level of stress (students) may not realize they're (overreacting), it's less likely with a lot of stress at the same time because students know that they are stressed because of school."**

- MARIAN MORRY, SOCIAL PSYCHOLOGY PROFESSOR, UNIVERSITY OF MANITOBA

"In relationships, it is important to be honest and open with each other's wants and needs," said Hastings, who has worked with U of W's Peer Support group over the past four years.

"When space and time is needed to complete the tasks on

your priority list, communicate that to your partner."

She knows that there are many different factors that cause stress in relationships.

"As a volunteer and co-ordinator for Peer Support ... I learned that every student experiences stress, whether it's from a heavy course load, demanding parents, a family to provide for and/or paying off student debt," she said.

Regardless of the cause, partners can be helpful during stressful periods when they know how to help you, Morry notes.

"If you're in a positive relationship, your partner can provide support to you by just giving you a break by taking you out to a movie so you can calm down," said Morry, adding that this reduces stress and can allow the relationship to continue to flourish.

Acknowledging that a stress spillover is happening is important not only to a healthy relationship, but also for personal well-being.

"Stress often leads to poor health, making it more likely to get sick," said Morry. "Having a good relationship is important here and being aware of the effects of stress on student relationships."

As for Caldwell, she deals with stress by talking to people about what's bothering her.

"I either hold it in and be angry towards people or have a conversation with a friend," she said.

## Wesmen women split with fourth-ranked Cougars, men fall to 2-14

### U of W basketball teams compete with long-time Regina rivals

SARAH REILLY  
VOLUNTEER STAFF

On Friday, Jan. 21, the University of Winnipeg Wesmen basketball teams hosted long time rivals, the Regina Cougars with home court advantage.

In the women's game, it was an offensive struggle for both teams. In the first half, the Wesmen shot only 19 per cent from the field.

Luckily for U of W, the Cougars were also struggling, which kept Winnipeg in the game. At the half, the score was 22-18 for Regina.

**"When Joanna opened over time with a bank three, it almost looked like her night. But our kids held it together and we found a way to win."**

- TANYA MCKAY, HEAD COACH, WESMEN WOMEN'S BASKETBALL

The second half began with six unanswered points from the Cougars, who extended their lead to 28-18.

Throughout the third the Wesmen battled back, but at the end of the third quarter they were down 40-35.

The Wesmen closed the gap to 47-46 in the final two minutes, but Cougar veterans Gabrielle Gheysen and Lindsay Ledingham each hit a shot to close out the game and saw the Cougars win 54-49.

At 8 p.m. the men's game tipped off in the Duckworth

Centre. The Wesmen came out cold in the first half, and by halftime were down 45-22.

However, it was a different story in the second half. The Wesmen came out strong and fearless with a huge run in the third quarter, cutting the Cougars lead to 60-50.

In the fourth, the Cougars desperately tried to hold on to their lead. Winnipeg's Kelvin Smith and Lyden Drayton-Barrow each hit for three early in the last quarter, and Regina's lead was closed to 72-70.

The Wesmen stayed with it, but were unable to take the lead in the final five minutes. After an exciting second half, the Wesmen lost 83-80.

On Saturday night, the women's game was a typical Cougars-Wesmen battle. Wesmen had the lead for most of the game, and it looked like they were going to take the win with only seconds left on the clock.

As the final buzzer rang, Regina guard Joanna Zalesiak threw up a shot from half court. It dropped, and the game was sent into overtime.

"We were shocked she hit that three on the buzzer," said Wesmen women's head coach Tanya McKay.

Overtime began and Zalesiak hit another three, to put the Cougars up 62-59.

"When Joanna opened over time with a bank three, it almost looked like her night," McKay said. "But our kids held it together and we found a way to win."

Zalesiak fouled out mid-way through overtime, and the Wesmen went on to defeat the Cougars 65-63.

In the men's game, the Wesmen were missing two starting guards, Nick Lothar and Nolin Gooding. Lothar was banned from the Duckworth Center on Saturday night for having too many technical fouls this season and Gooding is out for the season with a torn ACL.

The Wesmen were up 49-38 at the half, but lost momentum early in the third quarter. They lost 90-75.



DYLAN HEWLETT

Wesmen forward Kelvin Smith (#12) battles a Regina Cougar player for a shot at the basket during the U of W's home stand.

The Wesmen are keeping games close with strong teams in the league and are continuing to improve.

Winnipeg point guard Kenny Perry, who recently returned from his own injury, is looking at the positives from the weekend.

"Our team is playing well as a team at this point," Perry said. "As we enter the last eight games of the season we want to make a run to hopefully gain a play-off spot."

## Comments

### Worth the wait

#### Rediscovering the beauty of abstinence



**JON KORNELSEN**  
VOLUNTEER

June 27, 2009 will forever remain one of the most beautiful days of my life. The sky was gloomy and overcast, parting intermittently to unload buckets of rain upon the already waterlogged fields of southeastern Manitoba.

Gale-force winds rocked the saturated crops. A heavy rainfall warning was in effect.

But it was still one of the most beautiful days of my life. It was my wedding day.

But as I battled the wind and rain that morning to keep the white dress of my beautiful bride-to-be out of the mud, my thoughts were already racing far ahead to what was waiting for us at the end of that day.

As fantastic as the wedding day itself may be – with the ceremony, the vows, the kiss, the dinner, the dance – the crowning moment, the one that makes the whole day worth it, is the wedding night.

That's how it was for us, at least.

You see, early on in our relationship, my wife and I had made the choice not to have sex until our wedding night.

This was simply a natural extension of the choice we had each already made individually, before our relationship began, to remain abstinent until marriage.

I know – weird, eh? So often, in today's sex-saturated culture, the act of sexual intercourse is presented as simply another form of recreation.

**Couples that choose abstinence experience the personal fulfillment and powerful emotional intimacy that comes from sharing their sexuality together, exclusively, for a lifetime**

Sexual “liberation” (ie. having sex with whomever you choose, whenever you choose) is celebrated and practiced to such an extent that those who choose to remain virgins until marriage can find themselves on the receiving end of many a sideways glance.

For example, during my engagement, a co-worker politely asked me if the reason that my fiancée and I were not living together yet (and by association, sleeping together) was simply because our parents wouldn't allow it.

While many seem content to equate abstinence with religious repression and outdated social mores, they do so at the price of overlooking its incredible benefits for a relationship.

Couples that choose abstinence experience the personal fulfillment and powerful emotional intimacy that comes from sharing their sexuality together, exclusively, for a lifetime.

Furthermore, the decision to remain abstinent helps to establish a rock-solid foundation of trust on which to build a committed relationship from the outset, as both parties stick to their decision together and hold one another accountable.

Although some may fear that putting all of one's eggs in the same basket like this could be disastrous if the couple should prove “sexually incompatible,” the beauty of having a single sexual partner for life is that a couple has their whole lifetime together to perfect the art of good sex with one another.

As psychologist Kevin Leman points out,

if a husband is to become an expert in the art of lovemaking, it will take him “a lot of time and a lot of experience *with the same woman*” (emphasis in original).

Abstinence frees a couple from the insecurities that stem from the fear of being compared to a partner's previous sexual companions.

And let's not forget one of the biggest bonuses of all: no need to stress about sexually transmitted infections.

No other physical act bonds a couple together as strongly as sex. Taken this way, I like to think of sex as a gift.

The waiting is what makes the unwrapping and enjoyment of the present – your spouse's heart, soul, and body – so exquisite.

Yes, it takes discipline, and yes, it's counter-cultural. But it's worth the wait.

Take my word for it, or my wife's.

*Jon Kornelsen is a fourth-year education student at the University of Winnipeg. His amazing wife gave him permission to write this article.*

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#### CORRECTIONS:

In the story "New changes to FIPPA change nothing" in the Jan. 13 issue of *The Uniter* (page 4), Kim Riddell is identified as the compliance investigator with the Manitoba Ombudsman's Office. She is actually the director of the Information and Privacy Policy Secretariat in the Department of Culture, Heritage and Tourism for the provincial government.

Also, the story "Education as a human right" (Jan. 20, page 7) incorrectly stated that the University of Winnipeg's Global Welcome Centre (GWC) provides employment to immigrants and refugees. They do not. However, immigrants and refugees can volunteer for the GWC, after which the GWC provides a volunteer reference letter.

*The Uniter* regrets these errors.

# A cure for the common case of love sickness

## The beauty of the spark



VICTORIA KING  
VOLUNTEER

It's a brave claim, but I'll make it anyway: ladies and gentlemen, I have found the cure for Valentine's Day.

No longer shall we be obligated to buy overpriced and embarrassingly sentimental Hallmark cards, or weirdly cute and alien-like stuffed animals bearing messages of undying love.

Never again shall the men of today go through the overwhelming torture of selecting one of 50 potential pieces of jewelry for their girlfriend, only to resort to a blind stab in the dark, usually involving the piece that looks the most expensive.

Moreover, ladies, fear not – a feigned smile and nod of forced approval shall never again be required in accepting another I-can't-believe-he-thought-this-was-me gift.

And for all my fellow single ladies and fellas out there, flying solo on V-Day will no longer result in the excessive consumption of alcohol, chocolate and chick flicks.

I give you... the spark.

Also known as "butterflies in the stomach," the spark is the tingling sensation that you get all over your body from a glance at that certain stranger.

The spark is the all-consuming delight in seeing "text received" with their name light up on your phone.

As a woman, the spark overrides common

sense and makes us read salacious articles in *Cosmopolitan* that boast, "A better butt in 2 weeks" and "10 signs to know he's into you."

As for men, I'm assuming it explains the googly eyes that, even though your buddies point it out, you are unwilling to admit to.

Plainly put, the spark is a sudden intrigue in another person, whether you know them well or not. It is not necessarily mutual, nor does it have to be officially recognized.

The spark is not "love at first sight," and doesn't necessarily mean lust. The spark is just that: a spark.

Imagine a bleak Monday morning: it's 8:35 a.m., and you've just sped through the front doors of Centennial Hall at the University of Winnipeg. Class begins at 8:30 a.m. in Lockhart. Time is of the essence.

The hallways are near empty as everyone else's alarm must have been set properly this morning (of course), except for one other lone figure.

At first, this person is of no interest – until you realize who they are.

Holy hotness, how is it possible one person can look so good on a Monday morning?

Priorities have suddenly shifted. Class isn't so important, but trying to slow down time suddenly is.

Just to gaze at this beautiful stranger for at least a little while longer. As you draw nearer, you are hard-pressed to maintain composure and keep from melting to the ground into a puddle of ooze.

Your knees are now officially jelly. As they pass beside you, you are positive that they glanced your way. Damn. Thank you Monday.



AYAME ULRICH

As you reach the door to your class, it is now 8:37 a.m. The feeling remains. Being late has never been more perfect.

So this Valentine's Day, rather than resorting to swearing off love and all its complications and consumerism, take comfort in the simplicity of your spark.

In addition to the wonderfully warm feeling in the pit of your stomach when it comes about, the spark will never forget to call you back.

It will never play mind games with you, nor leave you guessing as to whether or not that illusive date will actually come into existence.

The spark exists for your own enjoyment. I won't lie to you and promise that it is a tes-

tament to some great romance that is yet to happen. That's not it at all.

In reality, the spark may exist for you and you alone and hold no truth to the other person.

This entire fabrication of unrequited love may very well be some sick ploy of your own brain. But that's okay. Whether it's on a Monday morning or across the pub on a Saturday night, the spark is a great thing.

It will never demand an expensive gift, or ask how you're feeling. It's simple, it's secret and it's free.

And that's the beauty of the spark.

*Victoria King is a first-year student at the University of Winnipeg.*

## Procreation is a bad idea

### Human reproduction will only harm us in the future, so adopt



KATERINA TEFFT  
VOLUNTEER

Human procreation is a custom so deeply ingrained in our society that rarely are its ethical implications questioned.

Yet, when studies show that climate change threatens between 15 and 37 per cent of known plant and animal species with extinction by the year 2050, it is immoral to continue to bring increasing numbers of human children into this world.

Our planet's biosphere cannot sustain the ballooning human population, and to place one's individual desire for a biological child above the well-being of every other human and non-human living species with whom we share this planet is to condemn future generations to inherit a planet that is damaged beyond livability.

A person can "flick off" their light switches and turn off the tap when brushing their teeth all they want, but these minute changes are insignificant in the fight against climate change when the world's human population

is projected to reach nine billion by the year 2050.

It is unacceptable that the recent trend toward all things "green" has convinced so many people that averting a climate disaster is as easy as switching to energy-saving light bulbs.

It isn't the popular position to advocate, but saving the environment requires far more drastic lifestyle changes, including choosing locally-sourced products, adopting a vegan diet, eliminating our dependency on oil and, most importantly, choosing not to procreate.

A 2009 study from Oregon State University concluded that in the United States, the carbon footprint of a woman will increase by 20 times upon the birth of a child, even if that woman already employs environmentally friendly practices like recycling and using energy-efficient appliances, thereby negating the benefits of these practices.

In short, the best way to reduce one's carbon footprint is simply to not have the child.

There are some who would advocate not only for a reduction in the human population, but for our complete voluntary extinction.

One such individual is Les Knight, founder of the Voluntary Human Extinction Movement (VHEMT), whose motto is, "May we live long and die out."

According to Knight, "It's either us or mil-

lions of other species going extinct ... it's not a really complicated thing to realize that Earth's biosphere is being disrupted by one species, and that one species is us."

### It is unethical to bring another child into a world where war, poverty, disease and environmental degradation call into question what kind of future that child will have to experience

While human extinction is far likelier to be caused in the distant future by some natural disaster as a result of climate change than by voluntary means, the goals of VHEMT are admirable and its message that people should stop breeding should be taken to heart.

Another reason why human procreation is unethical, aside from environmentalism, is the fact that it is estimated that there are currently between 143 million and 210 million orphans worldwide.

Every day, between 5,000 and 6,000 children become orphans. Each year, approximately 250,000 children are adopted, but 14 million orphans become adults without ever having been adopted.

This is why it is especially offensive that so many women have been beguiled into believing that it is noble to give birth to a child for whom they are unable to provide for or whom they do not want, rather than choose abortion.

When there are so many children already in existence who lack parents to care for them, the moral thing to do is to adopt.

There are many reasons why people prefer to produce their own biological offspring rather than adopt; the desire to continue their bloodline and pass on their genes, the desire for pregnancy and childbirth life experiences, the desire to see a little version of themselves, religious or spiritual reasons, etc.

These reasons focus entirely on the desires of parents and have nothing to do with the well-being of children.

If a person really loves children, they should save an existing child from the misery of being an orphan.

It is unethical to bring another child into a world where war, poverty, disease and environmental degradation call into question what kind of future that child will have to experience.

That is why sex should be for recreation, not procreation. It really is a matter of life and death.

*Katerina Tefft is a second-year politics student at the University of Winnipeg.*

# no

ME < OE na < ne a, lit.,  
not ever < IE base \*ne, nē,  
negative particle > Sans  
ná, Gr ne-, L ne-, Goth &  
OHG ni, OIr no

DATE RAPE \dāt\\_'rāp\n:  
Not understanding **no**

No means **no**. Not now means **no**.  
I'm in a relationship means **no**.  
No thanks means **no**. You're not  
my type means **no**. # \$ % & off  
means **no**. I'd rather be alone  
right now means **no**. Don't touch  
me means **no**. I really like you  
but... means **no**. Let's just go to  
sleep means **no**. I'm not sure  
means **no**. You've/ I've been  
drinking means **no**. Silence  
means **no**.                      means **no**.

# The politics of sexship

## Canada cannot remain U.S. economic plaything



**MATT AUSTMAN**  
STAFF WRITER

Sexship occurs when you are not just friends, but not quite dating.

You don't know where you're heading, but you know there is a chemical process going on in your body that makes those awkward, not-quite-relationships intrinsically worth it.

There is a risk, though. Are you friends, or are you dating?

Eventually, tough choices need to be made, and one person ends up voicing the game changer: emotions.

The other ends up thinking of ways to still sleep with them while simultaneously not having to commit to anything, yet still satisfying the other's growing need to have emotional reciprocity.

The ship is fragile, a constant struggle for the "loser" in this relationship; the one who always wants growth from the relationship, but can't find it in the distortions of seeking.

The metaphor goes beyond the micro and the personal. Application of this illustration sheds light upon the political economy in North America.

The metaphor of sexship applies well to foreign direct investment into Canada.

With the rise of neo-liberalism and the North American continental free trade agreements of the late '80s and early '90s, the ship represents the Canadian state.

The sex represents foreign investors, primarily from America, Europe, China and India. But overwhelmingly concentrated from America.

Canada's economic development has been dominated by foreign direct investment (FDI). Canada's natural resources have been targeted by foreigners, in particular American capitalists, for generations – since Confederation, in fact.

**Canada is still a sovereign state, a powerful one at that, but it has a lot more potential than its continued economic underperformance would imply**

Even the Canadian high-tech sector has been heavily targeted by American firms, placing domestic research and development in Canada among the lowest in the developed world.

Canada is still a sovereign state, a powerful one at that, but it has a lot more potential than its continued economic underperformance would imply.

Foreign direct investment has been proven time-and-again to not reproduce development in the country in which investment

takes place. Foreign businesses bring in foreign firms to develop domestic resources.

From Canada's perspective, the North American Free Trade Agreement (NAFTA) was particularly designed to exploit Canada for its natural resources in order to benefit the self-interest of the United States. Since it came into effect in 1994, that much has been borne out.

Look, for instance, into the permanency clause of the agreement, and you realize that American corporations are entitled to harvest Canadian resources forever.

Canada can do better. It does not have to develop its growth on the self-interest of America. It just takes restraint to do so.

The argument does not intrinsically have to entail economic nationalism, but rather at its basis is the advocating for what makes sense based on the premise of the capitalist system.

Engaging with other people and countries that are self-interested isn't necessarily "bad," and even if it could be proven that it is, FDI is likely to continue.

But if Canada wants to be strong, free and independent, it needs to build its own capacity before it allows foreigners to exploit its worth.

Canada will be best served by demanding its emotions be recognized, and zipping up its pants as well.

*Matt Austman studies politics at the University of Winnipeg and enjoys contemplative walks on the beach.*



For up-to-the-minute news, previews of upcoming issues and office shenanigans, check us out on [www.twitter.com/TheUniter](http://www.twitter.com/TheUniter)

The Campus Sustainability Office, The UWSA & The Uniter present:

## Grass Routes

A Sustainability Festival  
Jan. 31 – Feb. 04, 2011  
[www.theuwsa.ca/grassroutes](http://www.theuwsa.ca/grassroutes)

An annual, week-long celebration at the University of Winnipeg of the skills, creativity and community required for a more sustainable planet.



### Events Schedule

Monday January 31st	Tuesday February 1st	Wednesday February 2nd	Thursday February 3rd	Friday February 4th	Saturday February 5th
<b>Cyclist &amp; Driver Road Safety Panel Discussion</b> 12:30pm–1:30pm InfoBooth	<b>Environmental Ethics &amp; Hope Panel Discussion</b> 11:30am–12:30pm InfoBooth	<b>Stuff Swap</b> 9:30am–2:30pm Riddell Hall	<b>Stuff Swap</b> 9:30am–2:30pm Riddell Hall	<b>Climate Project Canada Presentation</b> 12:30pm–1:30pm Eckhardt-Gramatté Hall	<b>Manitoba Eco-Network's Reel Green Film Festival: Reel Films, Reel Discussions</b> 12:00pm–5:30pm Lockhart Hall
<b>Ice Rider Bicycle Maintenance Workshop</b> 1:30pm–2:30pm Riddell Hall Atrium	<b>Eco-Friendly House Tour</b> 1:00pm Meet at InfoBooth	<b>Green Piece Fashion Show</b> 12:30pm–1:30pm Riddell Hall	<b>Poisons in Our Pores Panel Discussion</b> 11:30am–12:30pm InfoBooth	<b>Yoga</b> 1:30pm–2:30pm Bulman Students' Centre MPR	<b>Ecoelectica</b> 10:00pm The Pyramid
	<b>Waterlife</b> 7:30pm Eckhardt-Gramatté Hall	<b>Stitch n' Bitch &amp; Eco-Friendly Pad Making Workshop</b> 1:30pm–2:30pm Riddell Hall Atrium	<b>Make your own Green Cleaning Products</b> 1:00pm–2:00pm UWSA Kitchen	<b>Manitoba Eco-Network's Reel Green Film Festival: Reel Celebration</b> 7:00pm–10:00pm Winnipeg Art Gallery	
			<b>The Uniter presents Adria Vasil</b> 7:00pm Eckhardt-Gramatté Hall		

## Letters

**Re: "Grassroots activists slam Youth for Christ once more" (Jan. 20, page 3)**

This article was written in poor taste and bad judgment. Ethan Cabel obviously did not have to dig very deep to find Lissie Rappaport, his "expert" on his subject.

Rappaport makes absurd claims that YFC's intentions are to strip the First Nations people of their culture, converting them to Christianity. This is an uneducated presumption to make coming from someone who knows little about the aboriginal community.

YFC's true intentions are to provide another drop-in centre for youth in downtown Winnipeg, with a strong focus on the indoor skate park they have been running successfully for years just five blocks away from the new location.

Rappaport compares the atrocities in the residential school system to YFC's centre. This is exceptionally offensive to those who were victims of the abuse that took place in the residential schools, minimizing their experiences to that of an inner-city drop-in centre trying to provide a safe place for any youth wanting to make use of its facilities.

It is also greatly offensive and disheartening to the workers/volunteers of YFC who give of their time with little to no reward.

I am frustrated with the quality of writing

that goes to print in this publication. It's time *The Uniter* holds its writers up to a standard higher than those of a tabloid.

I would rather see blank spaces in the school's paper than damaging and poorly researched articles like this.

*Tiffany Hiebert*

Aside from the considerable amount of personal offense I have taken to this article as it targets me, my faith and my family, my anger and frustration go much further as the faults found within this article are unending.

Firstly, and above all other reasons, there is the issue of the comparison of the new YFC drop-in centre with the atrocity that was residential schools within Manitoba.

To compare these two, a force-free, safe place to hang out for youth of all ages, genders and races, with schools where people were forced to leave family and culture and in many situations terribly abused or even murdered – is a crime.

This significantly devalues the extent of damage that residential schools have caused. It also implies that both Cabel and one of his sources, Lissie Rappaport, appear to have no knowledge with regard to residential schools and also lack any amount of respect for the hurt that residential schools have caused.

As mentioned above, Lissie Rappaport was interviewed for the article, someone with

seemingly no connection to YFC. Interviewing such a person significantly decreases the credibility of this article.

Furthermore, Rappaport drops the names of a number of organizations with no contextualization.

It is completely illegitimate to compare funding for organizations as funding is received for many different reasons, reasons that were not researched and therefore should not be included in printed publications.

*Vanessa Stachiw*

The article is very well-written and as "objective" as you can be. All opinions are clearly labelled as such, and Ethan Cabel, as he always does, does a great job at presenting both sides of the argument in an informative manner.

*Gregory Furmaniuk*  
Via [www.uniter.ca](http://www.uniter.ca)

**Re: "New Buhler Centre gets an F, students say" (Jan. 20, page 6)**

I was interviewed for this article shortly after we came back from winter break and I only had a couple of classes in the room where the sound barrier was installed.

Since that time, I have changed my opinion, and now feel that the sound barrier has significantly reduced the noise levels in the

room to an acceptable level.

Other problems remain, but the university appears committed to resolving them.

*Kelvin Huska*  
Via [www.uniter.ca](http://www.uniter.ca)

**Re: "Policing the police" (Jan. 20, page 9)**

I totally agree with your thoughtful article. Unfortunately, after the Ian Bush and Robert Dziekanski cases here in B.C., I have lost all confidence that the RCMP will make the appropriate changes.

The actions at the top levels of the RCMP are akin to those of the top levels of the Catholic Church in that they appear to focus on protecting the institution over and above protection of those they are supposed to be serving.

This is unlikely to change it appears, so I am hopeful the B.C. government will now take the necessary steps to once again establish a provincial police force, with specific provisions for civilian oversight.

I see no other viable alternative in the face of repeated RCMP refusal to deal with these obvious abusive situations. Sad indeed!

*Donna Campbell*  
Kelowna, B.C.  
Via [www.uniter.ca](http://www.uniter.ca)

## Arts & Culture

# Breakin' up is hard to do



Jennifer Bihun, bottom right, with her Feng Shui bandmates.

COURTESY FENG SHUI

## Local musician Jennifer Bihun prescribes a five-song playlist for getting over a breakup

SUZANNE MARYSE PRINGLE  
VOLUNTEER

Feng Shui is a smoky blues-rock band formed by a jumble of Winnipeg musicians in late 2009.

Siblings Jennifer and Erin Bihun joined friends Jesse Millar, Alex Guerin and Brian Yeo through an organic jam of “good vibes,” and began production on their album in September 2010.

Working with John Paul Peters at Private Ear Studios, they emerged four days later with the six-song EP *Under My Sweater*.

Musing that she’s perhaps never truly been in love – “except with my Les Paul” – lead singer and rhythm guitarist Jennifer Bihun has written many a breakup song.

“I seem to write a song each time a breakup occurs, even if it’s not my own,” Bihun said.

On the advent of *Under My Sweater’s* release, Bihun proffers her top five breakup songs of all time.

The songs, when played in order, are con-

ducive to fully experiencing the rollercoaster ride of breaking up.

“They are all songs I truly love because I can honestly say that I have felt that same way before.”

### 5. *Think*

Aretha Franklin

*The Blues Brothers* (1980)

“This is anxious anticipation of the fight that puts out the fire of the relationship and ends it once and for all. She’s trying to get him to think about what he’s doing, she ain’t gonna stand for no man leavin’ on the road again, and he’s leaving anyways, so it’s over.

“I love this song mostly because of Aretha’s free, honest voice, but also just because *The Blues Brothers* is the best movie of all time.”

### 4. *So Sorry*

Feist

*The Reminder* (2007)

“Once he’s gone, this song serves as a reflection on the relationship and the fight. At this particular time you may feel guilty for what you said when you were mad, or feel bad for acting the way you did, and there’s regret – lots of regret. When you are in the heat of the moment you can lose control, say things you don’t mean, but if you walk away from that situation (and) take a look at the big picture, you lose focus on why you were fighting in the first place. Then it all seems so pointless. ‘We don’t need to say goodbye, we don’t need to fight and cry.’”

## GREEN PIECE

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### CORRECTIONS:

The Romi Mayes profile in the Jan. 13 issue of *The Uniter* (page 12) included a misspelling of the name Jason Nowicki.

Also in that issue, the Les Jupes story on page 11 stated that the band formed in 2006. They actually formed in 2007.

*The Uniter* regrets these errors.

### 3. *Piece of My Heart*

Janis Joplin

*Cheap Thrills* (1968)

“Once you are over those feelings of regret and longing, the sentiments conveyed in this song start playing in your head and you wonder why you even bothered. This is when you are not sad anymore, you are just plain mad.

“It can actually feel like a part of you is gone. If you have the chance, play this song when you feel angry and hurt by someone, or sing it at karaoke. It’s a great way to release feelings of frustration, especially when Janis screams ... before the last chorus with that harsh, abused and powerful voice.”

### 2. *Stop Draggin’ My Heart Around*

Stevie Nicks and Tom Petty

*Bella Donna* (1981)

“Just when you start to forget about The Ex, he comes a callin’ once more, comin’ back for more. It’s about the frustrations of wanting to fall back into a relationship, but knowing how bad it can be, and not really wanting to take the risk. This song really helped Stevie Nicks’s solo career take off. It feels like a strength song to me. It’s a realization song – though you may relapse anyways, you accept the change and begin to move on.”

### 1. *Don’t Think Twice, It’s All Right*

Bob Dylan

*The Freewheelin’ Bob Dylan* (1962)

“Then, finally, even if you have relapsed, you are ready to move on, and you don’t associate that person as a part of you anymore. This is probably the best break up song of all time. Also the best part of the break up stage, when you know it’s the best thing and you are at least fine with it.

“If anyone can write a song to make you feel something, it’s Bob Dylan. While I listen to this song, I feel sad, but at peace with my present situation. Much like my love life at the moment – I like to call it ‘N/A,’ but I’m happy with it.”

⇒ Catch Feng Shui’s CD release Friday, Jan. 28 at the Le Garage Café

⇒ Wang the Merciless, Jamie Buckboro, Bod & Blaze and Alex G. will also perform

⇒ Tickets \$10 at the door

⇒ Show starts at 9 p.m.

⇒ Visit [www.tinyurl.com/FengShuiWinnipeg](http://www.tinyurl.com/FengShuiWinnipeg)

Check The Uniter out  
on Facebook:  
[www.tinyurl.com/TheUniter](http://www.tinyurl.com/TheUniter)

## MUSIC LISTINGS

## THURSDAY, JAN. 27

THE PATTYCAKES are joined by JAMES STRUTHERS at the Academy.

ROCKBOX at the Osborne Village Zoo features FOOTWERK, DJ CO-OP, and TINY O.

JASON ROSS & THE WICKED SINNERS and WILD TURKEYS play at the Times Change(d) High and Lonesome Club.

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.

Blues Jam with MIDNIGHT TRAIN at the Windsor Hotel.

There is a jam night at the Belgian Club.

Thursday is Jam Night with ROUTE 59 at the Cavern.

Big Dancing with RIC HARD & THE HOSERS, U-TERN and CYCLIST at Ozzy's.

## FRIDAY, JAN. 28

LOUDON WAINWRIGHT III will perform at the West End Cultural Centre.

LOST PRIORITY, SOULLESS ICON and BROKEN HALO play at the Osborne Village Zoo.

THE ANIMALISTICS, THE PINK SLIPS and THE MORLORDS are performing at War On Music.

ILLUSIVE MIND GYPSY CREW and ENTRE PARENTHESES are performing at the Lo Pub.

TROUBLESHOT and THE REVIVAL play at the Cavern.

RED RIVER RISING is playing at Shannon's Irish Pub.

DAMASCUS is performing at the Royal Albert Arms.

MARCEL DESILETS, THE SETTING SUNS and GRANT DAVIDSON are playing at Times Change(d) High and Lonesome Club.

THE BUSHTITS and PEPPER LAING & THE LON-

ESTAR KILLERS are performing at the Standard Tavern.

The New Music Festival presents TANGLE at the Winnipeg Art Gallery.

LINDSEY WHITE, ANDREW WARD and GREYMAN are playing at Finn McCue's.

WANG THE MERCILESS, FENG SHUI, JAMIE BUCKBORO BOD & BLAZE and ALEX G. play at Le Garage Café.

MYRIAM & ANTOINETTE are performing at the Elice Café.

THE GEORGE COLLIGAN TRIO plays at McNally Robinson.

MENNOFOLK showcases past performers in a special concert: Up From the Grave with CASSETTE and KONGRESS at Sam's Place.

THE DETONATORS play at the Windsor Hotel.

## SATURDAY, JAN. 29

GUY SMILEY is reuniting for a show at the Royal Albert Arms with ASADO and THE TERRIBLES opening.

SALINAS, AUDITOR GENERAL and WASTE ODYSSEY are performing at the Lo Pub.

DAME EVELYN GLENNIE plays percussion at the New Music Festival at the Centennial Concert Hall.

Acoustic jazz group THE LOST FINGERS play at the Park Theatre.

MAGNUM K.I., DJ CO-OP and CYCLIST are playing at the Pyramid Cabaret.

The Art of the Guitar showcase at the West End Cultural Centre features HENRY KAISER, GREG LOWE, JORDAN MCCONNELL and BUCKY DRIEDGER.

TINNITUS, SENOR DINOSAUR and THE HOOTS are performing at the Osborne Village Zoo.

The Rancid tribute band HYENA and the DEEDS play at the Cavern.

THE AFTERPARTY is throwing a party at the Standard.

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

Winkler, Man.'s LINK & THE MOUSTACHES are

releasing an album at Times Change(d) High and Lonesome Club with the TINIEST FLOWER opening.

SCOTTY MALCOLMSON is playing at McNally Robinson.

KELLY POLITZER is performing at Aqua Books.

ALPHACOUPLE's album release is at Freud's Bathhouse & Diner with guests SLATTERN, GREENHOUSE and MICRODREAMER.

THE DETONATORS play at the Windsor Hotel.

KAYLA LUCKY and ILL GATES perform at the Academy.

## SUNDAY, JAN. 30

ENJOY YOUR PUMAS release their debut album *Commonality* at the Park Theatre with guests ROYAL CANOE and ROBBED IN TUXEDO.

DEVILDRIVER, CANCER BATS and BAPTIZED IN BLOOD are performing at the Garrick Centre.

SUSS is performing at Gio's Nightclub.

MAMA CUTSWORTH is spinning at the Grain Exchange Curling Club.

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, JAN. 31

NATHAN ROGERS performs at Shannon's Irish Pub.

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

FINGER ELEVEN, ENVY and ELIAS are playing at the Burton Cummings Theatre.

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.

MICHAELANGELO plays at the King's Head.

## TUESDAY, FEB. 1

MARTIN SEXTON and CHRISTINE FELLOWS are performing at the Burton Cummings Theatre.

The New Music Festival's CIRCUS MAXIMUS at the Centennial Concert Hall begins at 7:30 p.m. It's soul-nite is at the Cavern with THE SOLUTIONS.

GARY GACH AND THE BANNED play at the Royal George.

Mardi Jazz goes down at Le Foyer in the Franco-Manitoban Cultural Centre.

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

SEAN BROWN plays at the Red Cactus.

KATIE MURPHY plays at Shannon's Irish Pub.

## WEDNESDAY, FEB. 2

The KRONOS QUARTET returns to the New Music Festival at the Centennial Concert Hall.

TOM KEENAN and FREYA OLAFSON are performing as part of the Melodies on Mercredi Series at the West End Cultural Centre.

TIM BUTLER plays weekly at the Bella Vista.

JEREMY LANGNER is performing at Sam's Place.

CHRIS CARMICHAEL plays at the Yellow Dog Tavern.

Jazz is on the menu at the Hang in the Orbit Room.

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

Guitar Wednesday at the Academy features GREG LOWE, ARIEL POSEN and TIM BUTLER.

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, FEB. 3

TWIST CONE and THE SOVIET SPACE DOGS play at the Academy.

The New Music Festival's Past, Present and Future concert is at the Centennial Concert Hall. 7:30 p.m.

It's Campfire Night at the Times Change(d) High and Lonesome Club.

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.

Blues Jam with MIDNIGHT TRAIN at the Windsor Hotel.

There is a jam night at the Belgian Club.

Thursday is Jam Night with ROUTE 59 at the Cavern.

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

## UPCOMING EVENTS

CHEECH and CHONG are at the Pantages Playhouse on Feb. 4.

TWILIGHT HOTEL releases a new album at the West End Cultural Centre on Feb. 4.

CKUW's Fundrive is holding a plethora of local shows from Feb. 11-18, including the release of IMAGINARY CITIES's debut on Feb. 11 at the Lo Pub.

THE LIPTONIANS release *Let's All March Back Into the Sea* on Feb. 13.

HEART is playing at the MTS Centre on Feb. 17.

KEYS N' KRATES perform at the Pyramid Cabaret on Feb. 20.

ELECTRIC SIX plays the Pyramid on March 16.

DIAMOND RINGS and P.S. I LOVE YOU are doing the Lo Pub on March 25.

BRUCE COCKBURN performs at the Burton Cummings Theatre on April 5.

THE PIXIES play the Centennial Concert Hall on April 27.

BRIAN WILSON performs Gershwin songs and some of his own at the Pantages Playhouse on June 22.



## MORE MUSIC THIS WEEK



## ART OF THE GUITAR

Calling all guitar heroes and six-string poets: if you want an up close look at some of Manitoba's finest guitar makers, you won't want to miss the Art Of The Guitar taking place at the West End Cultural Centre Jan. 28-29.

The two-day exhibition and concert series will showcase made-in-Manitoba instruments by local luthiers – builders of stringed instruments – some of them renowned around the world for the quality and craftsmanship of their instruments.

The event will transform the WECC's Assiniboine Hall into an art and trade showcase, where local luthiers will tell the story from start to finish of how instruments get made.

The two-day event will also feature two concerts from notable guitar-slingers.

On Jan. 28, Canadian folk legend Loudon Wainwright III – father of Rufus and Martha Wainwright – will perform.

On Jan. 29, Henry Kaiser (pictured), a frequent collaborator with Nels Cline of Wilco, will perform. Kaiser will also lead an Art of the Stompbox (electric guitar pedal) workshop on Jan. 29 with demo and discussion to follow. Tickets are \$10.

Tickets for Loudon Wainwright III are \$25 in advance or \$28 at the door. Show starts at 8 p.m.

The art and showcase will be open free to the public from 12 p.m. to 6 p.m. on Jan. 29.

Tickets for Henry Kaiser are \$17 advance or \$20 at the door. Show starts at 8 p.m.

For more info, visit [www.wecc.ca](http://www.wecc.ca).

– STAFF

## ELIAS

Named after a main character of the Vietnam War movie *Platoon* – one of the good guys who is betrayed – Elias are looking to be the good guys in Canada's music scene without getting screwed over in the end.

"It's similar to what we thought about the music business back in the day," guitarist Rob Tornroos said of their cinematic label in a recent interview with Cadence Canada.

"Sometimes, some of the great music doesn't get out because there's too much garbage clogging up the airwaves."

Fortunately for the band from Vancouver (rounded out by Brian Healy on lead vocals/piano and drummer Stefan Tavares), it looks like their career isn't going the way of their namesake.

Currently on tour with Finger Eleven, the boys are also up for Verge Music's Emerging Artist of the Year award, while their single *All We Want*, off their 2009 debut *Lasting Distractions*, continues to garner airtime on stations across Canada.

With a heavy sound and emotionally charged vocals, Tornroos is "honoured and embarrassed" by frequent comparisons to legendary alt-rockers Radiohead, whom he cites as a founding influence.

"We had a lot of Coldplay, U2 and Muse about five or six years ago," said Tornroos. "Recently, it's changing ... You start liking a brand new thing and you go, 'Oh, this is great. I want to do something like this.'"

With a few demos in the works and plans to return to writing and recording once the tour is over, look for Elias's second album with a sound all their own later this year.

Elias open for Finger Eleven on Monday, Jan. 31 at the Burton Cummings Theatre. Tickets start at \$19.50. Visit [www.eliasband.com](http://www.eliasband.com).

– ALEX KROSNY

## MARTIN SEXTON

On Tuesday, Feb. 1, the blowing snow will bring Martin Sexton to Winnipeg again.

The cold has never held his fans back from this invigorated troubadour, and it has never dampened his mighty spirit. His folk/blues/gospel inspired tunes are what made Winnipeg fall in love with him.

"I come in the winter because I know that Manitobans as well as myself are not afraid of a little snow or cold," Sexton said, via e-mail.

The beauty of a live Sexton show is his repertoire of fan favourites such as *The Diner* (popularized on the TV show *Scrubs*), *Black Sheep*, *Gypsy Woman* and *Cherie*. However, Sexton is not content to merely recreate his albums on stage. You will rarely hear a song performed the same way twice.

"I use songs like a set of monkey bars that I can play on differently every night," he said.

He usually plays Winnipeg solo. In fact, he is his own backup band. Sexton sings into a special microphone that transforms his crooning and scat into an electric guitar solo.

"The solo show which this will be does tend to have (a) bit more spontaneity, intensity and audience participation," he said.

This is a man dedicated to his fans, and an obvious fan of Winnipeg. He played four out of five years at the Winnipeg Folk Festival between 1996-2000.

In 2004 he played the West End Cultural Centre and on the way out the door, fans could buy a recording of the show they were just at.

He is touring in support of his 2010 album *Sugarcoating*, so expect a selection of new songs along with the classics when he plays at the Burton Cummings Theatre.

Visit [www.martinsexton.com](http://www.martinsexton.com).

– ANDREW MCMONAGLE



## CD REVIEWS

## LES JUPES

Modern Myths

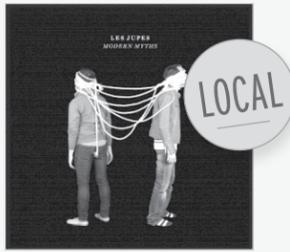
Head In The Sand

★★★★☆

On a blog he contributes to, Les Jupes singer-guitarist Michael Petkau Falk described his favourite album of 2010, Arcade Fire's *The Suburbs*, as "one of the few albums in recent memory that demands digging into lyrics, metaphors, track order ... all the things that we used to do with records." Well, the same can be said of *Modern Myths*, the brilliant debut album from Les Jupes.

Reminiscent at times of Interpol, standout tracks include the prophetic, menacing *Myth #3 (The Mountain)*, the triumphant *One Solemn Oath*, and *A Caveman Returns Home...*, which features an excellent saxophone and piano freak-out before resolving in a catchy hook. This is poppy, danceable post-rock that commands the listener's attention. From the songwriting, to the performances and production choices, to the cover art, *Modern Myths* is the work of musicians with vision who truly care about what they're doing.

- Aaron Epp



## CAT JAHNKE

The Stories are Taking Their Toll

Independent

★★★★☆

The title of this album accurately describes what's inside. Cat Jahnke explores many musical styles across the 13 songs of her second album, *The Stories Are Taking Their Toll*, but focuses on storytelling throughout. There's a strong sense of character that gives depth to songs that might otherwise be cast aside as merely cute. That isn't to say that this album needs to be redeemed, but that Jahnke's deceptively pretty voice - imagine Reese Witherspoon singing without a southern accent - carries some true lyrical weight. The band sometimes falls into the trap of being too safe, but for the most part complements the songwriting superbly. The album's strengths won't be enough for everyone, but anyone in the market for a strong local blend of folk and pop with a dash of country flare will be quite pleased.

- Aaron Snider

Stream the song *Apple* at [www.uniter.ca](http://www.uniter.ca)

## ELIAS

Lasting Distraction

Independent

★★★★☆

You'll find that what makes *Lasting Distractions* different than many other alt-rock records is simply the size of its sound. I had to check twice after opening the liner notes and seeing only three guys. While they feature some additional players throughout the album, the band's disproportionately large sound - influenced by similarly huge-sounding bands like Radiohead and U2 - is still centred around heavy melodies on piano or guitar and throbbing drums. The opening track, *Thousand Pieces*, starts off big, booming and stadium ready, and the rest of the album is exceedingly well put together for a debut effort. Brian Healy, in charge of vocals and keys, is the driving force behind most songs. He sings with his heart in his throat, and his power chords like those on the single *All We Want* structure some of the album's best tracks. As Canadians with a radio-friendly sound, look to hear more of Elias on airwaves near you. Catch Elias live Monday, Jan. 31 at the Burton Cummings Theatre.

- Alex Krosney



## THE MOHAWK LODGE

Crimes

White Whale Records

★★★★☆

Nitty, gritty rocker Ryder Havdale and 10 or so talented musicians make up The Mohawk Lodge. Their third and newest album *Crimes* is full of passion and strong composition. These boys, and girl, put together some wicked tunes. *Roll with the Punches* comes on strong with powerful drums and juiced guitar riffs. *Canadian Girl* is a solid track about a man married to music and his love for a girl already gone. *Days When You Die* is a little bland and miserable, but the band definitely deserves credit for bravely bearing despair. The Mohawk Lodge lets their listeners in on their crimes of the heart and otherwise in this 11-track album. They're honest without getting sappy and show off their talent well.

- Sara Shyjak



## HEARTBREAK CLUB

Our Horse Is Dead

Independent

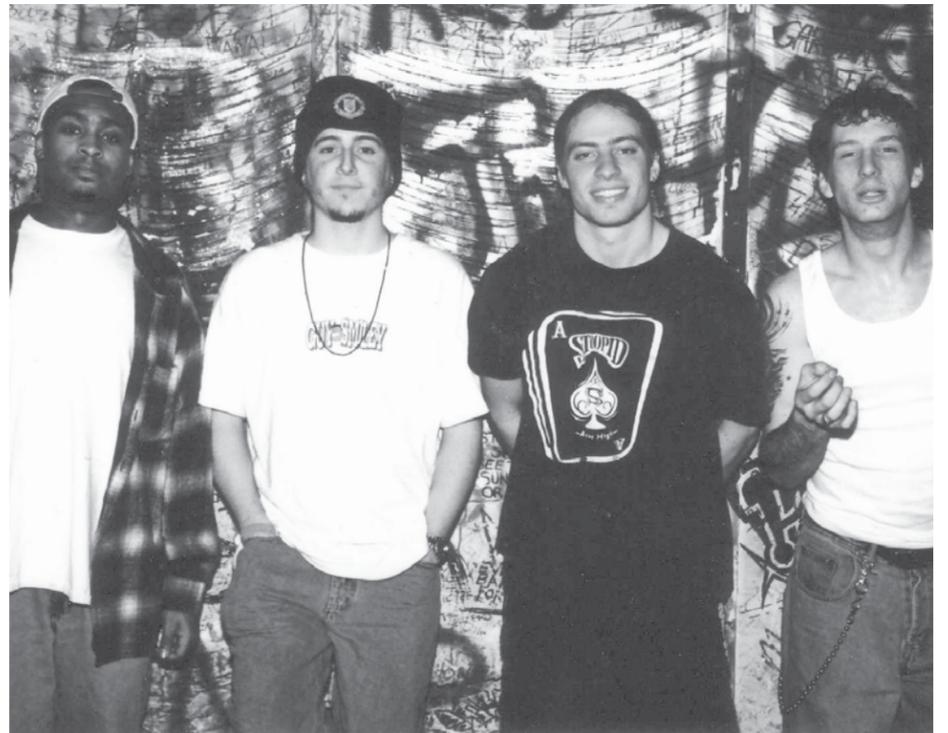
★★★★☆

Layered thick with obvious influences from Weezer and The Get Up Kids and late '90s California pop-punk bands, Australia's Heartbreak Club are producing incredibly infectious songs impressive for a debut album. *Viva la mala Fortuna* opens the 11-track album with a relentless drum beat and chugging guitars, while the key change into the chorus of *Our Horse Is Dead* keeps it memorable. The real strength of the album lies in the various instrumentation peppered throughout these pop gems - digital synth, strings, piano, cello, and violin, best displayed on the acoustic ballad *Jeepers*. While it all may sound overproduced, it isn't. Sure, the band spent time making sure the ingredients in each song were just right, making for a polished debut album most bands would dream of putting out to the masses. Download the album for free at [www.heartbreakclub.bandcamp.com](http://www.heartbreakclub.bandcamp.com).

- Matt Preprost



## The time has come



ROB DUCHIN

Winnipeg hardcore band Guy Smiley backstage at Lee's Palace in Toronto in the 1990s.

## Classic Winnipeg hardcore act Guy Smiley to play reunion show

AARON EPP

MANAGING EDITOR

When they disbanded in 2000, Winnipeg hardcore heavyweights Guy Smiley were at the top of their game.

A year earlier, the four-piece had released *Alkaline*, its third and most successful album up to that point, on Smallman Records, Epitaph Europe and Devil Doll USA.

"The way the band ended was kind of rough and we never got to play a final show because we were at odds with each other," says Kun, 38. "As the years progressed, we matured and we felt it was time."

This Saturday, Jan. 29, the band - vocalist Derk Kun, guitarist Paul Stewart, bassist Jamie Fyles and drummer Ryan Francis - will reunite for a show at the Royal Albert.

Formed in 1992, Guy Smiley made a name for itself as one of Canada's premiere hardcore bands.

Known for their intense live show, the band toured across the country coast to coast 30 times, in addition to numerous tours of the United States and Europe.

"We were always really busy on the road,"

Kun says when asked what his favourite part of being in the band was.

"Those were always the real highlights - touring with the bands we respect and love, like Misfits, Pennywise, Face to Face, NOFX, Ignite, H2O, Good Riddance and AFI."

The band has been practicing two to three times a week since July to ensure that Saturday's show is tight and energetic.

Fans can expect to hear classics like *The Canadian Way*, *Alkaline* and *Lead Strong*, as well as two songs the band recorded for Epitaph but never released - *Red Ten* and *Memories of Today*.

**"When we decided to do this show, I thought, 'I don't know if anyone's going to remember us.' But people seem excited for it. We definitely appreciate the support we get from Winnipeg."**

- DEREK KUN

"More than anything, it's been therapeutic to get back into a room with those guys," says Kun. "We've grown together as friends and it's nice to chat about the old times again, and all the things we went through."

Meanwhile, Kun's current band, punk four-piece Burnthe8track, has recorded six songs for its third full-length, *The Coming Storm*.

The band is in the midst of writing the final songs for the album, which they hope to release later this year.

Kun also works full-time as a high school art teacher.

"In the summer of 2008, Burnthe8track came off a 26-country tour. I'd been on the road the greater part of 15 years at that point, so I decided to finish my education degree," he explains. "I really love it. I like the fact that I can (teach) and then come home and do music."

Kun is looking forward to Saturday's show, and he's pleasantly surprised by the interest the reunion gig is receiving.

"When we decided to do this show, I thought, 'I don't know if anyone's going to remember us,'" he says. "But people seem excited for it. We definitely appreciate the support we get from Winnipeg."

⇒ See Guy Smiley at the Royal Albert Saturday, Jan. 29

⇒ Asado and The Terribles will also perform

⇒ Tickets are \$10 in advance at Into the Music, Music Trader and [www.ticketworkshop.com](http://www.ticketworkshop.com)⇒ A portion of the proceeds will be donated to help cover the production costs of *Call Response*, a new book celebrating Winnipeg's music scene whose sales will benefit Kids Help Phone⇒ Visit [www.myspace.com/guysmileycanada](http://www.myspace.com/guysmileycanada)

Derek Kun and Jamie Fyles in 1997.

## FILM



OF MICE & MEN will be on screen at Cinematheque on Wednesday, Jan. 26 and Thursday, Jan. 27.

BIRDEMIC: SHOCK AND TERROR is a film in which terrible looking CGI birds dive-bomb humans. So bad it's good? Playing at Cinematheque Friday, Jan. 28 and Saturday, Jan. 29.

A documentary on the American education system WAITING FOR SUPERMAN runs at Cinematheque from Friday, Jan. 28 until Thursday, Feb. 10.

Cinematheque's Cabin Fever series which features free screenings of family films plays CHICKEN RUN at 2 p.m. on Sunday, Jan. 30.

FINDING OUR WAY is on screen at Cinematheque on Wednesday, Feb. 2 at 9 p.m.

The Manitoba Eco-Network will be presenting the second annual REEL GREEN FILM FESTIVAL on Friday, Feb. 4 and Saturday, Feb. 5. Visit their website for more information.

The Gimli Film Festival is accepting submissions until April 1. Submissions may be fiction, documentary, animation or experimental. A short film must be less than 60 minutes long. Films must have been completed after Jan. 1, 2009.

## LITERATURE



IVAN COYOTE, storyteller and U of W writer-in-residence, will read from her work on Thursday, Jan. 27 at 7:30 p.m. in Convocation Hall. Free and open to the public.

PAULINE GREENHILL and SIDNEY EVE MATRIX launch their book, *Fairy Tale Films: Visions of Ambiguity* at McNally Robinson at 7:30 p.m.

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](mailto:juice.journal@gmail.com). Submissions are due Jan. 31, 2011.

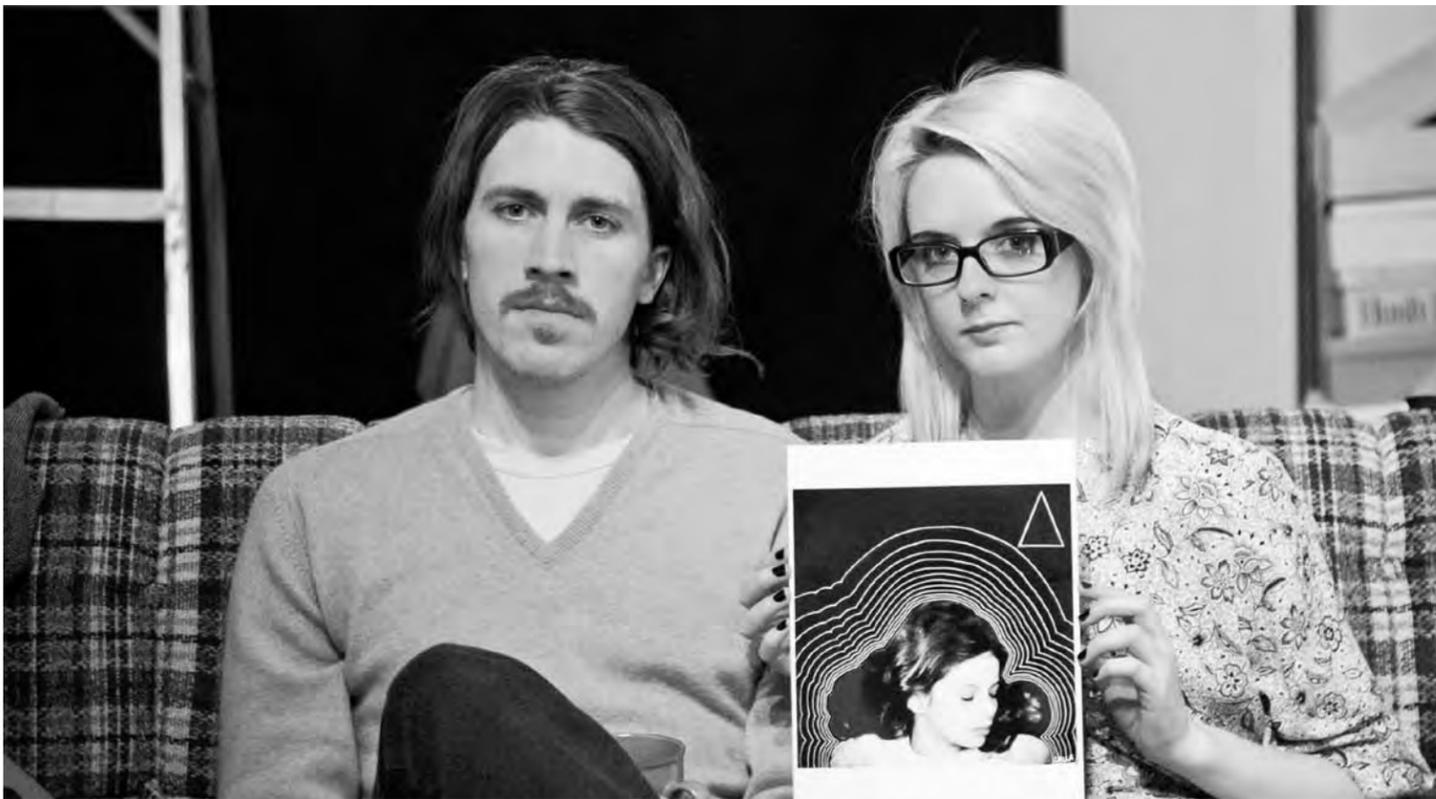
The Writers' Union of Canada is pleased to announce that submissions are being accepted until Feb. 14 for the 2011 POSTCARD STORY COMPETITION. The winning entry will be the best Canadian work of 250 words or less in the English language, fiction or non-fiction. Visit [www.writersunion.ca](http://www.writersunion.ca) for more information.

## GALLERIES &amp; MUSEUMS

Keesic Douglas's collection exploring Canada's fur trade industry entitled TRADE ME opens at the Urban Shaman Gallery on Friday, Jan. 28 and runs until Saturday, March 19.

Artbeat Studio presents INFINITE CONNECTIONS until Saturday, Jan. 29.

## Freud's Bathhouse and Diner set to close



SIERRA SAWATSKY

Mark Wohlgemuth and Kristel Jax say they decided a few months ago to close Freud's, an art gallery and live music venue in the Exchange District.

## Owners keen to focus on music, planning eastern Canada tour

MATT PREPOST  
ARTS & CULTURE EDITOR

Less than a year after opening, an Exchange District art space that left an indelible mark on Winnipeg's art scene as a place for outsider and alternative art is closing.

The lights at Freud's Bathhouse and Diner will officially shut off for good on Feb. 12, following a performance by Andrew Milne.

The final shows mark 10 months of hard work and love for owners Kristel Jax and Mark Wohlgemuth, who say they're moving on to pursue new adventures.

"When we started Freud's, we didn't really plan it and didn't know what it was going to be like – it was just something that happened," said Jax in a phone interview.

"We thought it would be more of a casual thing. For Mark and I, and both of our personalities, we have to work really hard at things and devote ourselves to what's going on in our lives. We did that for almost a year with Freud's, but we'd like to focus on other things we'd like to do now."

For the couple, that means primarily focusing on their music project, Alpha Couple. The two plan to embark on an eastern Canada tour on Feb. 19.

Jax and Wohlgemuth, who were profiled in *The Uniter's* top 30 Manitobans under 30 feature in December, said in a previous interview they planned to keep Freud's going for two years.

But the closure was a long time in the works,

as running the space sidetracked them from their other passions in life.

"We had to give six months notice for the lease, so we actually decided quite a while back," Jax said. "I don't like to make a plan and not fulfill it, but when we sat down and looked at things, it wasn't turning out to be what we wanted to be doing."

"For the amount of energy we were putting into it, it was taking more emotional investment than we ever could imagine getting back from it."

**"For the amount of energy we were putting into it, it was taking more emotional investment than we ever could imagine getting back from it."**

- KRISTEL JAX

That's not to say the pair is unappreciative of the artists who hung art on Freud's walls or musicians who filled the space with sound.

"Each show had its own atmosphere and I really appreciated certain nights that went on here," said Wohlgemuth. "We got to meet a lot of other artists, and were able to take stuff from them to grow as artists ourselves."

"I think it's definitely something that will shape me as a person in the future," Jax added. "It's definitely been a year of growing and I know it's only been a year, but it's hard to remember a year ago because so much has happened."

Jax said she plans to resume work on visual arts and writing projects left waiting on the shelf. Wohlgemuth plans to focus on Alpha Couple and his solo project, Kram Ran.

But whether or not Jax and Wohlgemuth plan to take another shot at running a gallery in

the future is up in the air.

Whether or not they even return to Winnipeg after their tour remains a mystery.

"The philosophy of Winnipeg is that everything leads you back here," Wohlgemuth said. "But, we'll see if that happens."

## FINAL SHOWS AT FREUD'S

## Calla Donofrio: Selected Collages

Final Art Exhibition

Saturday, Jan. 29, 9 p.m.

Donofrio, a 20-year-old Los Angeles-based artist, uses occult themes and inspiration drawn from Witch House music, high fashion and '60s/'70s psychedelic art to create minimalist collage about religious purity, ritual ecstasy and the search for spiritual truth.

## Alpha Couple

Stalingrad CD Release

Saturday, Jan. 29, 9 p.m.

Tickets \$7 or \$15 with a copy of *Stalingrad*

With performances by Alpha Couple, Slattern, Greenhouse and Microdreamer.

## Andrew Milne

Performance with EEG Machine

Saturday, Feb. 12, 8 p.m.

Admission TBA

Kram Ran's *The Idiot Prince* preview and music video debut. DJ Aubrey Beardsley and DJ Travis Cole to follow.

Freud's Bathhouse and Diner is located at 42 Albert St. For more info, visit [www.imtrying.net/freuds](http://www.imtrying.net/freuds).

Fancy Bred Theatre presents

**PARIAH**

by August Strindberg

directed by Rod Beilfuss & Suzie Martin

featuring Chris Sabel & Glen Thompson

an intellectual tragicomedy about two unsaintly moralists

January 20, 21, 22, 23(matinee), 24, 28, 29

February 4, 5, 6(matinee)

evenings @ 7:00pm, matinees @ 1:30pm

Ragpickers Theatre - 216 McDermot Ave. (2nd floor)

reservations / info 477-6407

 STRINDBERGFEST2011

## Utterly dark and absolutely hilarious

Independent theatre company presents short but exuberant Strindberg play about conflicting moral beliefs

CATHERINE VAN REENEN  
CULTURE REPORTER

The word "pariah" defines an outcast, someone who is rejected by society, often for failing to adhere to the common morality.

The play *Pariah*, written by Swedish playwright August Strindberg, takes this definition and flips it around, rapidly and unapologetically.

Perhaps there is another definition of a pariah: one who ostracizes himself by creating his own separate morality.

The folks at Fancy Bred Theatre seem to think so.

Rod Beilfuss and Suzie Martin, both University of Winnipeg theatre grads, are the co-directors of *Pariah*, a production by Fancy Bred Theatre that is part of Strindberg Fest 2011, this year's Master Playwright Festival held by MTC.

***Pariah*, like many of Strindberg's plays, takes place in the twilight of uncertainty, in between realism and a psychological dream world**

The pair, originally actors, have developed a taste for directing over the past few years and used their thespian talents as an effective directing tool for this project when they began working on it in July.

*Pariah* is a short but exuberant play about conflicting moral beliefs.



COURTESY ROD BEILFUSS

Morality at odds in the middle of Africa: Mr. X (left, played by Chris Sabel), gets confrontational with Mr. Y (Glen Thompson) in a scene from Arthur Strindberg's *Pariah*.

Mr. X, an anthropologist played by Chris Sabel, begins questioning Mr. Y, a traveler from America played by Glen Thompson, about his personal beliefs. In turn, Mr. Y begins the exact same passionate questioning about his own morals.

The result is something nervously funny, vaguely Nietzschean and satirically familiar. Without their beliefs, people become excruciatingly uncomfortable, regardless of the validity or basis of those beliefs.

*Pariah*, like many of Strindberg's plays, takes place in the twilight of uncertainty, in between realism and a psychological dream world.

This grey area that Strindberg so frequently explores is embraced by the collaboration of Beilfuss and Martin's direction.

Martin found the play utterly dark upon first reading it, while Beilfuss initially found *Pariah* absolutely hilarious.

"The fact that the play is hilarious would have never occurred to me without Rod," Martin admitted.

Strindberg excels at making audiences feel uncomfortable and isolated, something that the

directors ensured by staging their play in the cozy venue of Ragpickers (not to mention by effectively capitalizing on awkward silences).

One of the major changes that the directors made to Strindberg's original text was to set the play in Africa instead of Sweden in order to emphasize the isolation of the characters.

Martin and Beilfuss also made religion play a more central part in the conflict between Mr. X and Mr. Y, using Christianity as a tool to connect the characters.

"When desperation settles in, they have to cling on to something else to survive," said Beilfuss.

*Pariah* kicked off Strindberg Fest with a delightfully dark debate over morality and encourages audiences to embrace the weird, enjoy the uncomfortable and find humour in the absurd.

*Pariah* plays at Ragpickers Theatre (2nd floor, 216 McDermot Ave.) Jan. 28-29 and Feb. 4-5 at 7 p.m., and Feb. 6 at 1:30 p.m. Phone 477-6407 for reservations and more info.

### GALLERIES & MUSEUMS

Freud's Bathhouse & Diner's latest exhibition will feature artwork by CALLA DONOFRIO. The opening night, Saturday, Jan. 29, will also have ALPHACOUPLE's album release and performances by SLATTERN, GREENHOUSE and MICRODREAMER.

RAW Gallery will be hosting local artist Galen Johnson's new drawing show, entitled EX-TINCTION, until Feb. 9.

There were 13 Manitobans on the RMS Titanic. Nine of these passengers - all men - died. Four of them - all women - survived. The Manitoba Museum is proud to host TITANIC: THE MANITOBA CONNECTION exhibition, which will run from Feb. 12 until Sept. 5.



Gallery 1003 proudly presents UNSACRED by Winnipeg-based Anishinabe artist Scott Benesiinaabandan (Steps). Runs until Feb. 19.

PLUG IN ICA will be hosting the exhibition CLOSE ENCOUNTERS: THE NEXT 500 YEARS until May 8.

The Manitoba Crafts Museum will have on display CASTING ON: KNITTING IN MANITOBA until early June.

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

### THEATRE, DANCE & COMEDY

The MTC is performing BRIEF ENCOUNTER until Saturday, Jan. 29.

THE FROZEN STRINGS PUPPET SLAM promises plenty of puppet mayhem for adults on Monday, Jan. 31 at the Gas Station Theatre.

STRINDBERG FEST 2011 runs until Feb. 6 and includes plays, readings and free events at various venues across the city.

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.

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**EDMONTON**  
MAY 6-8, 2011



**Sierra**  
"I'm all about the pockets."

## FASHION STREETER

The Uniter Fashion Streeter is an ongoing documentation of creative fashion in Winnipeg inspired by the Helsinki fashion blog [www.hel-looks.com](http://www.hel-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.

LISA YARGA



# NEW WEBMAIL for UWINNIPEG STUDENTS

The University of Winnipeg is launching a new student e-mail system that will allow you to:  
**instant message, share photos, book meetings with friends and more!**

You can begin using Webmail today by forwarding your messages from your IAM account. By February 4, you **MUST** sign up for the new service as all university communications will go to your new Webmail account.

Visit [studentemail.uwinnipeg.ca](http://studentemail.uwinnipeg.ca) today to make the switch to Webmail.



# 'We don't have to go all the way, we'll just lie here and hold each other'

The five-stage cycle of a sexual relationship

CATHERINE VAN REENEN  
CULTURE REPORTER

Every couple goes through a series of unavoidable stages, some of those emotional, the more interesting and hilarious ones, physical. Which sexual stage is your relationship in?

## 1. The Awkward Stage

Working out the mechanics



When your relationship is bright, shiny and new, and the sun shines out of your partner's every orifice, excitement accompanied with a recent sexual repertoire of drunken one night stands give most beginning sexual encounters with a new partner a tinge of awkwardness.

Insert Part B into Slot F sounds straightforward enough. But at this point in the sexual relationship, neither partner is usually comfortable enough to explain that they

would prefer Part G to be inserted at an angle of 90 degrees into Slot C, instead.

In this stage of the relationship, it barely matters if the sex is good. All that matters is that you're having sex and that its occurrence is frequent.

But those neuroses, anxieties and thoughts along the lines of "Do they seriously think this feels good?" will eventually need to be talked about and corrected if you expect to further pursue this receiver of your loins.

## 2. The Honeymoon

Sex bomb, sex bomb, you're my sex bomb



Once the mechanics are worked out and you and your partner are falling madly in lust, you can really get down to business.

Fornication is priority number one and you will stop at nothing to get it on and get off.

You will be deceived into believing that your partner always wears sexy underwear and always smells delicious. This is when the sex is good, and starts becoming better with every fuck.

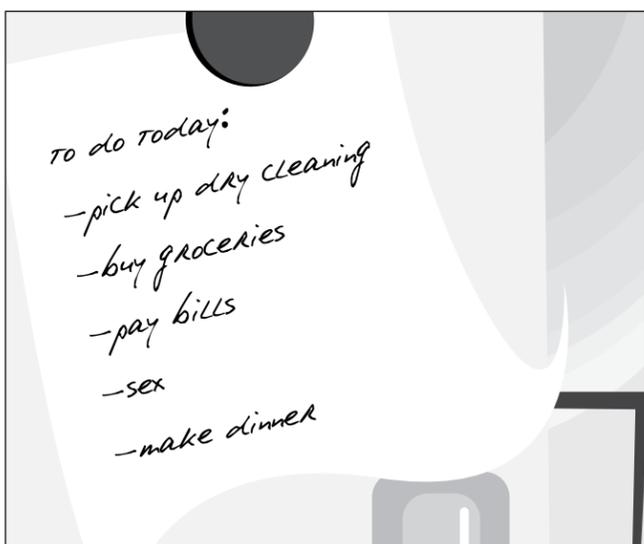
Good, great, grand wonderful intercourse

is happening and you never want to get out of bed – unless the kitchen counter, the stairs, the mall bathroom, the backseat, the shower, the sidewalk, or a sturdy tree, is available.

It's hard to control yourself at this point, but when you end up kicking someone in the face while making out heavily on a bus, it's time to reconsider public transportation.

## 3. Real Life

Routines and ruts



Eventually the honeymoon ends and the hormones, excitement and uncontrollable urges simmer down and you remember that you used to have responsibilities and obligations and, holy crap, they still exist.

Now sex must be integrated with those routine obligations, which often means that you need to schedule time for the once existence-consuming dirty deed.

Sex becomes just as routine as brushing your teeth, and often feels like you're both

just going through the motions: foreplay is minimal, positions are predetermined and you can get 'er done within 15 minutes and go to bed.

The lacy underwear miraculously disappears and neither person is overly concerned about hygiene anymore.

## 4. The Reinvigorating Stage

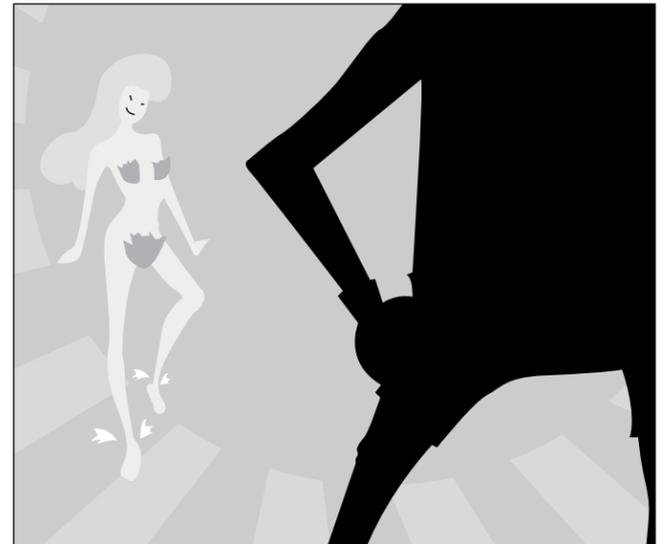
Spice up your life

Once you have realized that your sex life has moved beyond monotonous to downright boring, it's time to spice it up, and what better way to do that than with some dirty talk, flavoured lube, handcuffs, a vibrating device and a sexed up pilot's uniform (preferably crotchless)?

This is when you buy the Kama Sutra and attempt to master all of the positions, but eventually realize that no one can possibly be that flexible, thus you resort to vigorously and enthusiastically recreating the good ol' fashioned fucking that you fell in love with in the first place.

It's even more fun to use the toys as an adjunct to adventurous role-playing scenarios, but none of those stereotypical school-girl/professor, criminal/cop scenarios. Get really adventurous and creative, like Professional Cage-Fighting Zombie meets Innocent Anti-Fur Activist with the Ability to Fly.

Important note for this stage: pearl necklaces are not real gifts.



## 5. Beyond Cock Rings and Erogenous Zones

Solo activity

Eventually the adventure ends and your goody drawer develops a thick layer of dust. The dirty talk becomes robotic and your sex life reverts back to a state of monotony.

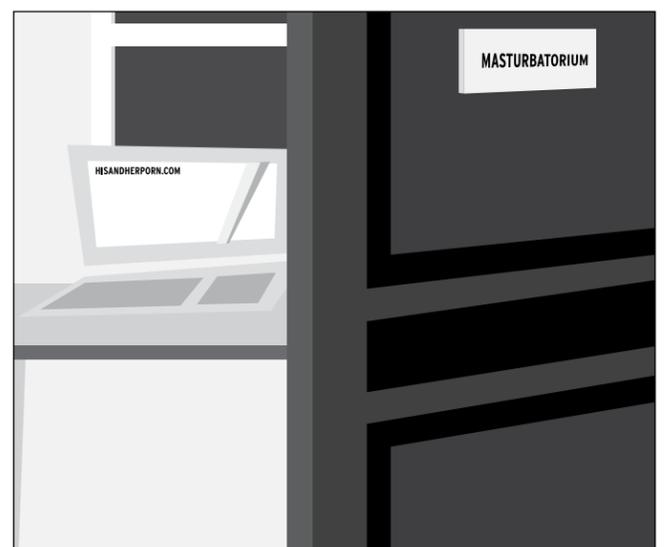
Although you still have sex occasionally, you now call it "making love." The focal point of the relationship becomes simply, and begrudgingly, the other person's presence in your life.

When all that stands between you and a deep slumber is a pesky sexual urge,

you no longer muster up the energy to copulate; instead you take matters into your own hands, literally, and beat the beaver or choke the sheriff and wait for the posse to come.

Perhaps, due to your comfort and trust in each other at this point, you can share a subscription to a good porn website to assist both of you in these solo activities.

Remember to keep your partner's needs in mind though: if your vibrator sounds like a lawn mower, or your involuntary arousal noises sound like a pained walrus, designate a Masturbatorium.



ILLUSTRATIONS BY AYAME ULRICH

# 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.

## THE UNIVERSITY OF WINNIPEG AWARDS:

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

### GENERAL BURSARY PROGRAM

Bursaries are supplementary financial assistance awards, normally \$300-\$750 in value. In order to be considered, you must prove financial need and you must be making satisfactory academic progress (ie. maintaining a "C" average). Because funds are limited, not everyone who qualifies will receive a bursary. Application forms are available on our website and Student Services (first floor, Graham Hall) or Student Central (first floor, Centennial Hall).

**Deadline:** Jan. 31, 2011

### GRADUATE & PROFESSIONAL STUDIES APPLICATION EXPENSES BURSARY

The purpose of this bursary fund is to provide some assistance to students with respect to the high costs associated with applying to graduate and professional schools. Application forms are available from the Awards & Financial Aid Office in Student Services, Mezzanine-Graham Hall or on our website. Students may apply any time during the Fall/Winter academic year, provided that funding is available for this bursary.

Applications will be evaluated on a first-come, first-served basis.

### AWARDS OFFERED BY EXTERNAL AGENCIES AND ORGANIZATIONS:

#### LAL BAHADUR SHASTRI STUDENT PRIZE

The Shastri Indo-Canadian Institute is seeking applications for the best student papers on India in Canada. Entries are invited on any topic with specific relevance to India including economics, environment, history, law, literature, politics, philosophy, social studies, humanities, science or women's studies. Submissions from graduate and undergraduate students are welcome. This year we will be conducting a separate competition for French submissions. We will be awarding three prizes of \$500:

- \* Best Undergraduate Paper
- \* Best Graduate Paper
- \* Best French Paper

For more information on eligibility or to apply, please visit their website: [www.sici.org/programmes/details/lal-bahadur-shastri-student-prize/](http://www.sici.org/programmes/details/lal-bahadur-shastri-student-prize/).

**Deadline:** Jan. 30, 2011

#### MARITIME DAIRY INDUSTRY SCHOLARSHIPS

Two scholarships of \$2,000 each are available to students who have completed at least 2 years of post-secondary education and are currently enrolled in a program that has application to the dairy industry. Application forms are available from the Awards & Financial Aid office (OGM05) their website [www.dairynutrition.ca](http://www.dairynutrition.ca) or by contacting Dairy Farmers of Canada - Maritimes: phone (506) 855-8804, fax (506) 855-8500, email: [nathalie.roy@dfc-plc.ca](mailto:nathalie.roy@dfc-plc.ca).

**Deadline:** Jan. 31, 2011

#### SOROPTOMIST FOUNDATION OF CANADA WOMEN AWARDS

The Soroptimist Foundation is offering Grants for Women Awards for women enrolled in a graduate program of studies at Canadian universities. The aim is to assist women in financial need to complete their studies for careers in a field that will improve the quality of women's lives. Grants of \$7,500 are available to Canadian graduate women students attending Canadian universities and planning careers that will improve the quality of women's lives. Please visit <http://www.soroptimistfoundation.ca> for more information or application forms.

**Deadline:** Jan. 31, 2011

#### THE C.D. HOWE MEMORIAL FOUNDATION FELLOWSHIPS IN CREATIVE WRITING & ORAL CULTURE

Through donations from the C. D. Howe Foundation and the Manitoba Scholarship and Bursary Initiative, the Faculty of Arts will award two one-year Fellowships in Creative Writing and Oral Culture for the 2011-2012 academic year. The Fellowships, valued at approximately \$10,000 each, will be offered to two graduate students who are enrolled full-time in the Faculty of Graduate Studies, in a master's or doctoral degree program; have achieved a minimum degree grade point average of 3.5 (or equivalent) based on the last 60 credit hours of study; and are conducting thesis research in creative writing (producing an original work of literature) or on the critical study of oral cultures. Students with lived experience of indigenous and other oral cultures are particularly encouraged to apply.

Candidates are required to submit an application consisting of a description of their proposed or ongoing research (maximum 500 words), current academic transcript(s) and two academic letters of reference from professors at a post-secondary institution. Candidates will be assessed as follows: record of academic achievement (30%), plan of research (40%) and letters of reference (30%). The Fellowships are not automatically renewable but previous recipients may reapply. As well, recipients may hold the C. D. Howe Memorial Foundation Fellowships in Creative Writing and Oral Culture concurrently with other awards, consistent with the policies of the Faculty of Graduate Studies.

Application is made to the Centre for Creative Writing & Oral Culture, 391 University College, marked Attention: Dr. Warren Cariou.

Jessica Woolford  
Assistant to the Director  
Centre for Creative Writing and Oral Culture  
391 University College  
220 Dysart Road  
University of Manitoba  
Winnipeg, Manitoba  
R3T2M8

**Deadline:** Jan. 31, 2011

#### MACKENZIE KING SCHOLARSHIPS

The Open Scholarship is available to graduates of Canadian universities who pursue graduate study in any discipline, in Canada or elsewhere. One Open Scholarship is awarded each year. The value has recently been about \$10,000, but it is subject to change. The Traveling Scholarship is available to graduates of Canadian universities who pursue graduate study in the United States or the United Kingdom in the areas of international relations or industrial relations. Recently, four scholarships of \$11,000 each have been awarded annually, but the number and the amount are subject to change. Applications are available online at [www.mkingsscholarships.ca](http://www.mkingsscholarships.ca). Application forms must be submitted to the Awards & Financial Aid office.

**Deadline:** Feb. 1, 2011

#### RBC SCHOLARSHIPS

Students who are in their graduating year of high school or CEGEP students who will be enrolled full-time in a publicly funded Canadian university or college in the fall 2011 academic term, undergraduate students enrolled full-time in a publicly funded Canadian university or college in the 2010/2011 academic year and students with a disability who attend or are planning to attend post-secondary school on a part-time basis are also eligible. You must have a minimum cumulative GPA equivalent to a 70 per cent average and be a Canadian citizen or permanent resident. There are six awards of \$10,000 each to available to undergraduates that fit the criteria above.

There are also 12 awards worth \$3,500 each for new Canadians - Canadian citizens or permanent residents who have immigrated to Canada on or after Jan. 1, 2000, and who are willing to share their viewpoints and personal experience about immigration in Canada. To be eligible you must also be in your graduating year of Canadian high school or CEGEP, and intend to enroll or enter a publicly funded

Canadian college or university as a full-time student in fall 2011. Students must also have achieved at least a 70 per cent average in their previous year of study. Visit their website for application forms or more information: <http://scholarships.rbc.com/Overview.aspx>.

**Deadline:** Feb. 1, 2011

#### TERRY FOX HUMANITARIAN AWARD PROGRAM

This program was established in 1982 through a grant by the Government of Canada to commemorate Terry's courage and tenacity in his efforts to find a cure for cancer. The Terry Fox Humanitarian Award recognizes the benevolence of young Canadians and encourages them to continue their humanitarian work while attending college or university in Canada. There is no set discipline students must study in order to receive the award, but they must continuously demonstrate a strong performance in academics, athletics and volunteerism. The program is open to graduating secondary school students and those currently studying towards their first university degree or diploma. For more information or to download an application form, please visit their website: [www.terryfoxawards.ca](http://www.terryfoxawards.ca).

**Deadline:** Feb. 1, 2011

#### UNITED WAY YOUTH LEADERS IN ACTION SCHOLARSHIP

Five awards of \$500 each will be granted to students under the age of 25 who are connected with United Way-funded organizations as participants, volunteers or staff members. Students must be accepted to or attending a post-secondary institution in Winnipeg and be able to demonstrate a commitment to their education. The United Way Youth Relations Council (YRC) will look for situations in which students have challenged themselves in order to influence others and address local community issues that are important to them. Recipients will be able to demonstrate genuine commitment and connection at a neighbourhood level. The YRC will make it their priority to select recipients who have demonstrated a need for financial support.

Complete applications must include the three-page application form, a completed reference form and an official copy of your latest transcript. Application and reference forms are available from their website: [www.unitedwayyouth.mb.ca/scholarship](http://www.unitedwayyouth.mb.ca/scholarship) and the Awards & Financial Aid office (OGM05).

**Deadline:** Feb. 7, 2011

#### LEGISLATIVE ASSEMBLY OF MANITOBA INTERNSHIP PROGRAM

The Manitoba Legislative Assembly Internship Program is open to six Manitoba students in any discipline at a Manitoba university and to permanent Manitoba residents studying outside the province. Students must be graduated by September 2011. The program includes a 10-month internship from September through June with a bi-weekly salary of \$1,133.90 (before deductions); an expenses paid study tour to Ottawa and St. Paul, Minnesota; seminars with Manitoba business, political and cultural leaders; and an opportunity to produce a public academic paper or obtain a graduate level course credit. For more information, visit the Awards & Financial Aid office (OGM05). Application forms are available on the Legislative Assembly website: [www.manitoba.ca/legislature/info/internship](http://www.manitoba.ca/legislature/info/internship).

**Deadline:** Feb. 11, 2011

#### MANITOBA CITIZENS' BURSARY FUND FOR ABORIGINAL PEOPLES

Open to students currently enrolled at the University of Winnipeg, Manitoba, or Brandon. The bursaries range from \$200 to \$500 each.

Criteria:

- \* Student must be of aboriginal (First Nations, Metis and Inuit) ancestry and demonstrate financial need.

\* Students must maintain satisfactory grades to retain their eligibility.

\* Points will be given to students participating in extracurricular activities.

At present, the bursary fund is not designed to help applicants meet the financial cost of entering university. On the contrary, it is designed, subject to the above criteria, to help meet financial problems that arise subsequently.

Applications are available on the Awards website ([www.uwinnipeg.ca/index/services-awd-external](http://www.uwinnipeg.ca/index/services-awd-external)) or from Student Services and Aboriginal Student Services.

**Deadline:** Feb. 28, 2011

#### RBC ABORIGINAL STUDENT AWARDS PROGRAM

The RBC Aboriginal Student Awards Program was launched in 1992 to assist aboriginal students to complete post-secondary education, and provide an opportunity for RBC to strengthen its relationship with the aboriginal community. Selected students are awarded up to \$4,000 each academic year for two to four years to use towards tuition, textbooks, supplies and living expenses.

RBC awards 10 scholarships in two categories:

- \* For students majoring in disciplines related to the financial services industry
- \* For students majoring in disciplines unrelated to the financial services industry

We also consider scholarship recipients who are interested in careers in financial services for summer and post-graduate employment. You are eligible to apply to the RBC Aboriginal Student Awards Program if you are a Status Indian, a Non-status Indian, Inuit or Métis and meet these criteria:

- \* You are a permanent resident or citizen of Canada
- \* You have been accepted to or are currently attending an accredited post-secondary institution in Canada
- \* You maintain a full course load that leads to a recognized degree, certificate or diploma
- \* You have two to four years remaining in your current academic program
- \* You require financial assistance to pursue your education

Please note as part of your application you must provide a letter of recommendation and a school transcript. Please do not submit more than one application per year. Go to [www.rbc.com/careers/](http://www.rbc.com/careers/) for applications and more information.

**Deadline:** Feb. 28, 2011

#### MANITOBA STUDENT AID PROGRAM (MSAP):

Applications are still being accepted for 2010-11 Fall/Winter or 2011 Winter Session. Students can apply online at [www.manitobastudentaid.ca](http://www.manitobastudentaid.ca).

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

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

These grants are the first money students will receive in their financial aid packages, before any loans are awarded. Many students may, in fact, receive the majority of their financial assistance in the form of grants. Be sure to apply early and to submit all requested documentation as soon as possible to ensure that you receive all the grant funds for which you are eligible.

#### PROCEDURES

##### Confirmation of Enrolment & Release of Government Student Aid Documents

Approximately 3 weeks before classes began, the Manitoba Student Aid Program (MSAP) began printing official assistance documents for students whose MSAP documentation and university course registration are in order. MSAP will mail the documents to students at the addresses they have provided on their MSAP applications. The document you receive will have already been electronically approved by the Awards & Financial Aid Office. It will indicate the fees you owe to the University of Winnipeg. These fees will be deducted from your student aid.

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

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

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

#### COURSE LOAD

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

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

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

#### REGISTRATION AT ANOTHER POST-SECONDARY INSTITUTION

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

#### FEE PAYMENT

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

#### FEE DEFERRAL

The Awards & Financial Aid Office can defer your fees if you have applied for Government Student Aid but have not received your confirmed assistance document by the fee payment deadline.

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

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

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

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

**DID YOU KNOW...** You can check the status of your student aid application, find out what documentation is still outstanding, update your address information and much more online? Go to [www.manitobastudentaid.ca](http://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](http://www.canlearn.ca)

Surfing for dollars? Try [www.studentawards.com](http://www.studentawards.com) and [www.scholarshipscanada.com](http://www.scholarshipscanada.com).

## 95.9 FM CKUW CAMPUS/COMMUNITY RADIO TOP 10 CD - ALBUMS

January 17-23, 2011

! = Local content \* = Canadian Content



TW	Artist	Recording	Label
1!	Imaginary Cities	Temporary Resident	Hidden Pony
2!	Les Jupes	Modern Myths	Head In The Sand
3!	Querkus	Spaces Between The Leaves Make Way For The Stars	Independent
4*	Delhi 2 Dublin	Planet Electric	Independent
5	Charles Bradley	No Time For Dreaming	Daptone
6!	The Afterbeat	The Aftebeat	Independent
7	The Walkmen	Lisbon	Fat Possum Records
8*	Burning Hell	Mixtape	Independent
9!	Smoky Tigr	Symfonic Holiday	Independent
10*	Small Sins	Pot Calls Kettle Black	Thomas D'Arcy Music

## Teach English Abroad



### TESOL/TESL Teacher Training Certification Courses

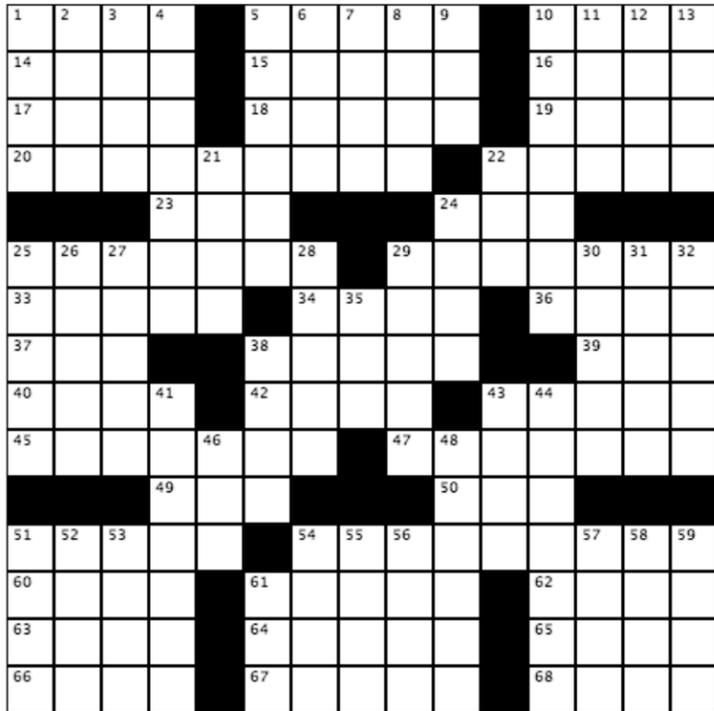
- Intensive 60-Hour Program
- Classroom Management Techniques
- Detailed Lesson Planning
- ESL Skills Development
- Comprehensive Teaching Materials
- Interactive Teaching Practicum
- Internationally Recognized Certificate
- Teacher Placement Service
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### OXFORD SEMINARS

1-800-269-6719/604-683-3430  
[www.oxfordseminars.ca](http://www.oxfordseminars.ca)

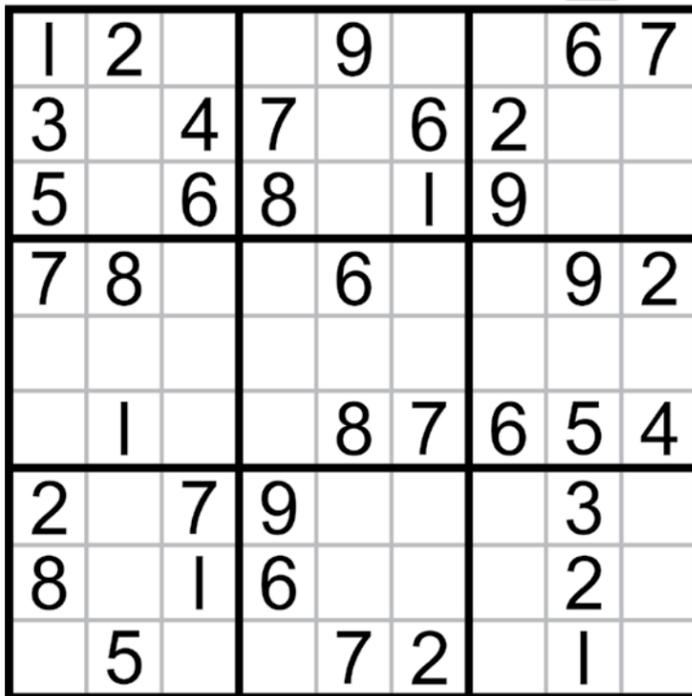
### Crossword Puzzle 17

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



BESTCROSSWORDS.COM

### Sudoku Octagon



will.octagon.gibson@gmail.com



### No coke or chicks make rock stars dull as dirt

The other day, I met a girl who knew who I was.

I should qualify that. There are lots of girls who know who I am. In and of itself, this is not interesting. My mom knows who I am, as does my girlfriend.

This particular girl, however, both knew who I was and was unknown to me. That's why I mentioned that she knew who I was.

Now that I've cleared up that crucial ambiguity, I can get back to my story...

This girl who knew who I was asked me if I was me.

She didn't say, "Hey, are you *you*?" but rather, "Hey, are you J. Williams?"

When I did the obligatory dismissive gesture and coy smile before saying that I was, indeed, the mythical beast that is J. Williams, she proceeded to tell me how much she loved my album and how glad she was that she had burned a copy of it off of her friend's copy of my actual album.

I couldn't believe the nerve of this girl. There she was, looking me right in the eye, telling me that she had illegally burned a copy of my album.

It was like she didn't even realize that stealing music on the Internet is morally wrong, objectively. It was all I could do to not completely lose my shit.

What she obviously didn't understand is that when you download music illegally on the Internet, you are essentially holding an artist or a band down in the woods and beating them mercilessly.

That might sound harsh, so let me explain.

Recording artists are expected to maintain and project a certain type and level of lifestyle.

When you are a rock star, you are expected to write songs about fucking a lot of chicks, and doing a lot of coke off the asses of said chicks.

In recent years, since the inception of illegal downloading, it has become increasingly difficult for many rock stars to afford just coke *or* chicks, never mind both.

This has led to an entire generation of rock stars writing songs about things people can relate to like pain or struggle.

We can't have our musicians writing songs about things like that.

That's why I am hereby starting an initiative to completely ban illegal downloading from the Internet.

I think if I go door to door for about three weeks, I can gain enough support to make it happen.

And why stop there? While I'm busy pissing in the winds of obvious and inevitable change, I may as well mount a campaign against the Internet itself.

I think we need to shut the whole thing down so we can concentrate on getting rock stars from point b to point coke and chicks.

It may seem like a drastic step, but how else are we to ensure the creation of meaningful art in our troubled times?

Please do not reprint or quote this article without first sending J. Williams coke or chicks.

**Across**

- 1 - Pace;
- 5 - 71% is under water;
- 10 - A little lower?;
- 14 - Ship's small boat;
- 15 - Accumulate;
- 16 - A shivering fit - often a precursor to malaria;
- 17 - Final Four org.;
- 18 - Attack;
- 19 - Lounge;
- 20 - Receptacle;
- 22 - Influential person;
- 23 - Convert into leather;
- 24 - Evergreen tree;
- 25 - Cleanse;
- 29 - Outer ear;
- 33 - Accustom;

- 34 - It may be compact;
- 36 - "\_\_\_ Brockovich";
- 37 - Freight weight;
- 38 - Traditional portion of Muslim law;
- 39 - P.M.;
- 40 - A good one gets you there in a hurry;
- 42 - Skin disorder;
- 43 - Blender brand;
- 45 - Hatching;
- 47 - Rascality;
- 49 - Besides;
- 50 - Yank's foe;
- 51 - Butler's love;
- 54 - Least tough;
- 60 - Verdi heroine;
- 61 - Trio;

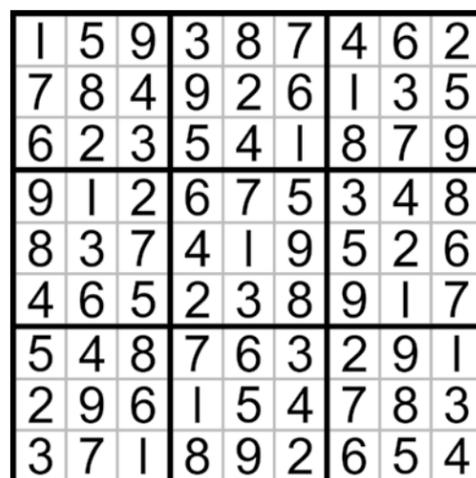
**Down**

- 1 - Match up;
- 2 - Snack in a shell;
- 3 - Actor McGregor;
- 4 - Phonograph record;
- 5 - Relaxing;
- 6 - "So be it!";
- 7 - Appraise, charge per unit;
- 8 - Boris Godunov, for one;

- 9 - DDE's predecessor;
- 10 - An amount of heat;
- 11 - Awestruck;
- 12 - Corker;
- 13 - Cut down;
- 21 - River in central Switzerland;
- 22 - Russian space station;
- 24 - Juan de \_\_\_; explorer;
- 25 - Fosse;
- 26 - \_\_\_ Gay;
- 27 - Part of a military uniform;
- 28 - Bring out;
- 29 - "Lou Grant" star;
- 30 - Jalopy;
- 31 - One in prison for good;
- 32 - Diary bit;
- 35 - B & B;

- 38 - Reddish-brown gem;
- 41 - Ancient Egyptian king;
- 43 - Arch type;
- 44 - Secretly;
- 46 - Actress Merkel;
- 48 - Commands;
- 51 - Swear words;
- 52 - Bring on board;
- 53 - Mine entrance;
- 54 - How you used to be?;
- 55 - Della's creator;
- 56 - Depilatory brand;
- 57 - Goddess and sister of Ares in Greek mythology;
- 58 - Dispatched;
- 59 - Author Morrison;
- 61 - Pro \_\_\_;

Solutions to puzzles from January 20.



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# ADRIA VASIL

THURSDAY, FEBRUARY 3, 2011 | 7:00 PM  
ECKHARDT-GRAMATTÉ HALL | THE UNIVERSITY OF WINNIPEG  
515 PORTAGE AVE. | FREE ADMISSION

## BEING GREEN IN 2011

Adria Vasil has written the practical and humour-filled *Ecoholic* advice column for Toronto's *NOW* Magazine since the spring of 2004 and has covered environmental and social justice issues for *NOW*'s news section for nearly a decade. Vasil has a degree in political science and cultural anthropology from the University of Toronto and a degree in magazine journalism from Ryerson. An advocate for the earth, women's issues and human rights since her teens, Vasil is the author of the book *Ecoholic* - a practical guide to doing your part for the earth.

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