

UNIVERSITY OF WINNIPEG'S WEEKLY URBAN JOURNAL

THE

UNITER

ISSUE
18
VOLUME 66
2012/02/02

SPECIAL ISSUE

THE DARK SIDE OF THE MIND

THE STRUGGLE FOR MENTAL WELLNESS

**173,496 Manitobans
have been diagnosed with mental illnesses
What do we do?**

NEWS ➔ PAGE 3

Plus, explorations of mental wellness

...at school CAMPUS NEWS ➔ PAGE 5

...on the soccer field COMMENTS ➔ PAGE 7

...on the road ARTS ➔ PAGE 9

...in the art studio ARTS ➔ PAGE 12

Cute puppets!

ARTS → page 11

Cute puppies!

CULTURE → page 13

LOOKING FOR LISTINGS?

CAMPUS & COMMUNITY LISTINGS AND VOLUNTEER OPPORTUNITIES → PAGE 4
MUSIC → PAGE 10
FILM & LIT → PAGE 11
GALLERIES & MUSEUMS → PAGES 11 & 12
THEATRE, DANCE & COMEDY → PAGE 12
AWARDS & FINANCIAL AID → PAGE 14

COVER IMAGE*"Persona"**

BY SCOTT BENESIINAABANDAN
 from the solo exhibition
unSacred
www.benesiinaabandan.com

Safe and affordable

Chiara House aims to provide dignified housing for people struggling with mental illness

KRISTY HOFFMAN
VOLUNTEER

Two Winnipeg-based organizations are banding together to renovate an apartment building in Winnipeg's West End to create affordable, dignified housing for people living with mental illness.

The apartment, located at 490 Maryland St., is called Chiara House, and it is an initiative of Little Flowers Community and Mennonite Church Manitoba.

When it opens, the building will feature three floors: one for people living with mental illness, another for Christians committed to Scripture study and shared meals, and one for anyone who needs an affordable place to live.

"One floor of Chiara House will be dedicated to the intentional community," said Jamie Arpin-Ricci, pastor of Little Flowers Community. "Members will choose to share life together more intentionally than roommates - it allows growth in our spiritual efforts."

With the help of the intentional community and other tenants, Arpin-Ricci hopes to create supportive living space for residents who have been diagnosed with mental illness.

"There needs to be a mixed dynamic so people can support each other mutually," he said.

Mary-Jo Bolton, clinical director of counseling services at Klinik, agrees.

"That approach is more effective than setting up a group home," she said. "We all benefit when our communities are diverse, where people of all abilities and circumstances feel like they belong."

Eden Health Care Services operates an acute psychiatric care centre in Winkler. The provincial government funds the core services and the organization plans to prepare staff and residents of Chiara House for the challenges presented by living with mental illness.

"We hope to bring some expertise to the program. It's an extension of their mission," said James Friesen, CEO of Eden Health Care Services. "We are supporting their work in relation to the experience we've had around mental health issues."

Friesen explained the organization will edu-



SUPPLIED/DYLAN HEWLETT

Chiara House, located at 490 Maryland St. in the West End, will be a supportive living space for those with mental illnesses. "There needs to be a mixed dynamic so people can support each other mutually," says Jamie Arpin-Ricci (inset), pastor of Little Flowers Community.

cate staff and residents, and help them become familiar with resources they can consult should a crisis arise.

"Personal safety will be highlighted as something in everyone's interest," he said. "We are focused on developing processes and procedures, being proactive rather than simply reacting to situations."

According to Arpin-Ricci, the initiative addresses mental health issues in Winnipeg's West End by providing housing that is safe and affordable.

"Poor housing conditions contribute to poor mental health," he said.

Bolton explained that while this may be the case, it is difficult to determine causality.

"Unstable housing, that's an incredible

stress on a person's ability to manage life," she explained. "On the other hand, someone who has a mental illness might not be able to keep a job and pay for housing and they lose their housing as a result."

Those who live in the house, outside of the intentional community, do not have to practice Christianity, Arpin-Ricci said.

"Our initiative is not a bait and switch technique," he said. "We would not do that to someone with mental health issues. They can be vulnerable and we would never take advantage of that."

Renovations will be complete after the spring.

For more information, visit www.chiarahouse.ca.

STREETER

BY ETHAN CABEL

Q: WHAT DO YOU THINK OF THE STATE OF MENTAL HEALTH AMONG MANITOBIANS?**Mary Houston, employee, Soma Cafe**

"It's probably about the same as anywhere else, because I believe that mental health is a physical illness like other illnesses that happen to people based on underlying conditions. It's not entirely situational."

**John Mcleod, bike lab volunteer**

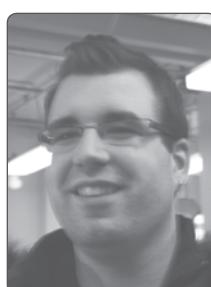
"We like to think we rise and fall with the seasons but really we're just bitchy all year round."

**Shayani Fernando, third-year student, rhetoric and communications**

"I took a course a few years back and it was a social work course and our instructor told us that the biggest disability in Canada is hidden pain. There's stigma. Lots of it."

**Alain Beaudry, business consultant**

"As far as I can tell, we seem to be making positive progress."

**Andrew Podolecki, second-year student, politics**

"When it comes to things like depression and anxiety, I would say that there are adequate resources. However, when it comes to major mental illnesses, the resources are not adequate. They have improved in recent years, but there is still a long way to go."

**Laura Sexsmith, fourth-year student, biology**

"I definitely think that mental health is very stigmatized, unjustifiably so. Just because it is a disease you can't see, it doesn't mean that it is less important than an illness you can see. We need to raise awareness to help address depression and other mental illnesses."

COVER IMAGE*"Persona"**

BY SCOTT BENESIINAABANDAN
 from the solo exhibition
unSacred
www.benesiinaabandan.com

UNITER STAFF

MANAGING EDITOR
 Aaron Epp » editor@uniter.ca

BUSINESS MANAGER
 Geoffrey Brown » geoff@uniter.ca

PRODUCTION MANAGER
 Ayame Ulrich » designer@uniter.ca

COPY AND STYLE EDITOR
 Britt Embry » style@uniter.ca

PHOTO EDITOR
 Dylan Hewlett » photo@uniter.ca

NEWS ASSIGNMENT EDITOR
 Ethan Cabel » news@uniter.ca

NEWS PRODUCTION EDITOR
 Matt Prepost » newsprod@uniter.ca

ARTS AND CULTURE EDITOR
 Nicholas Friesen » arts@uniter.ca

COMMENTS EDITOR
 Trevor Graumann » comments@uniter.ca

LISTINGS CO-ORDINATOR
 Kent Davies » listings@uniter.ca

CAMPUS BEAT REPORTER
 Amy Groening » amy@uniter.ca

BEAT REPORTER
 Justin Luschinski » justin@uniter.ca

BEAT REPORTER
 Carson Hammond » carson@uniter.ca

BEAT REPORTER
 Jenna Friesen » jenna@uniter.ca

ARTS REPORTER
 Kaeleigh Ayre » kaeleigh@uniter.ca

CULTURE REPORTER
 Aaron Snider » aaron@uniter.ca

CONTRIBUTORS:

Fatemah Al Helal, Melissa Bergen, Jessica Botelho-Urbanski, Clara Buelow, Matthew Dyck, Kristy Hoffman, Stephen Kurz, Derek Loewen, Jerrad Peters, Adam Petrush, Harrison Samphir, Peyton Veitch, Eva Wasney, J. Willamez

The Uniter is the official student newspaper of the University of Winnipeg and is published by Mouseland Press Inc. Mouseland Press Inc. is a membership based organization in which students and community members are invited to participate. For more information on how to become a member go to www.uniter.ca, or call the office at 786-9790.

SUBMISSION OF ARTICLES, LETTERS, GRAPHICS AND PHOTOS ARE WELCOME. Articles must be submitted in text (.rtf) or Microsoft Word (.doc) format to editor@uniter.ca, or the relevant section editor. Deadline for submissions is 6:00 p.m. Thursday, one week before publication. Deadline for advertisements is noon Friday, six days prior to publication. *The Uniter* reserves the right to refuse to print submitted material. *The Uniter* will not print submissions that are homophobic, misogynistic, racist, or libellous. We also reserve the right to edit for length and/or style.

CONTACT US »

General Inquiries: 204.786.9790

Advertising: 204.786.9790

Editors: 204.786.9497

Fax: 204.783.7080

E-mail: uniter@uniter.ca

Web: www.uniter.ca

**LOCATION »**

Room ORM14

University of Winnipeg

515 Portage Avenue

Winnipeg, Manitoba R3B 2E9

MOUSELAND PRESS**MOUSELAND PRESS BOARD OF DIRECTORS:**

Michael Rac (chair), Ben Wickstrom, Kelly Ross, Karmen Wells, Peter Ives, Robert Galston, Sara McGregor, Justin Leblanc, Lindsey Wiebe and Melissa Martin.

For inquiries e-mail: board@uniter.ca

News

Mental illness reaching severe levels in Manitoba

Non-profit organizations say community approach, funding necessary



A recent campaign by the Mood Disorders Association of Manitoba aims to get people talking about mental illness.

ETHAN CABEL
NEWS ASSIGNMENT EDITOR

Instances of mental illness in Manitoba have skyrocketed in recent years, according to experts, and provincial organizations are now calling for community-based approaches to addressing the problem.

According to media reports based on freedom of information requests, the number of Manitobans diagnosed with mental illnesses has increased 56 per cent in a 15-year period, up from 111,544 Manitobans in 1995 to 173,496 Manitobans in 2010.

"The bleeding happens on the inside, not on the outside, so awareness of the issue is a constant challenge," said Tara Brousseau, the executive director of the non-profit Mood Disorders Association (MDA) of Manitoba, a community-based organization helping those with mood disorders out of eight branch locations throughout the province.

Part of the awareness issue, according to Brousseau, is that Manitobans have less access to psychological help, in the form of therapy, than Canadians living in other provinces.

According to statistics from the Manitoba Psychological Society, there are 17 psychologists per 100,000 Manitobans versus 47 per 100,000 Canadians.

The MDA has sought to address this through its mandate, which focuses almost on self help exercises, but even that form of therapy is under-funded.

"On our side, which is the self-help side, our funding has been frozen for the last four years by the provincial government," said

Brousseau, adding that, while five years ago the MDA came in contact with 21,000 people, in 2011 they came in contact with 36,000 people.

Meanwhile, the association's provincial funding has been frozen at \$351,000 for four years.

That number would have to be doubled or even tripled to match the growing demand for the services that the MDA offers by hiring beyond the 16 part-time staff that keep the organization afloat, she said.

Even a recent awareness campaign that appeared on billboards and transit buses throughout the city did not receive any direct provincial funding.

The campaign, titled "We're Crazy Not to Talk About Mental Illness," was funded through a \$20,000 annual fundraising drive and provided to the MDA for the campaign.

"The bleeding happens on the inside, not on the outside, so awareness of the issue is a constant challenge."

-TARA BROUSSEAU, EXECUTIVE DIRECTOR, MOOD DISORDERS ASSOCIATION OF MANITOBA

Connie Krahnenbil, executive director for the Manitoba chapter of the Canadian Mental Health Association (CMHA), agrees that the issue of funding is paramount, particularly when it comes to community-based services provided through non-profit organizations.

"I'm a huge proponent of community-based services; they're more economically sound and they help people better," she said, adding that the province not only needs to fund psychological treatment but also needs to increase funding for non-profit and community-based organizations.

Currently, the province of Manitoba does not cover psychological services performed outside of a hospital or mental health institution through medicare.

Additionally, according to Krahnenbil, they don't adequately fund the kind of self help supports offered by organizations like the MDA or the Manitoba chapter of the CMHA.

On February 14, Krahnenbil will be meeting with the NDP caucus to discuss these issues.

"With a lot of these non-profit agencies ... they get some direct funding from Manitoba Health ... but very little funding actually comes from Manitoba Health, it gener-

ally comes from regional health authorities that decide in their regions," she said, adding that there needs to be more direct funding opportunities.

Krahnenbil estimates that the Manitoba chapter of CMHA will run a \$75,000 deficit this year and that 51 per cent of the chapter's funding comes from fundraising.

"The lack of funding for these not-for-profit agencies has turned us into hungry dogs fighting over a piece of bone with a bit of meat on it. We've become competitive with one another and we fight with one another because we've become so desperate for our survival."

In June 2011, the provincial government released a long-term strategic plan called *Rising to the Challenge*, designed to address issues of mental health in Manitoba.

The strategic plan outlines six primary goals and ways to achieve those after extensively consulting with researchers at Manitoba Health, those affected by mental illness and other mental health professionals.

Formulating policy responses to live up to the five-year strategic plan is still a work in progress.

ABORIGINAL COMMUNITIES

According to a 2007 report published by the Aboriginal Healing Foundation, an organization dedicated to education and reconciliation efforts among indigenous peoples, aboriginal youth living on reserve are five to six times more likely to die by suicide than their non-aboriginal counterparts.

Manitoba has the second largest Aboriginal population, next to Saskatchewan, among Canadian provinces, with a total population of 150,040 and 13.6 per cent of the total population as of 2001.

For Allan Cochrane, treasurer for the Aboriginal Student Council at the University of Winnipeg and a member of the Peguis First Nation, this signifies that both the province and the federal government need to step up their efforts to address mental illness on First Nations communities.

"It can be a very depressing existence living on a First Nation, I know that for myself," he said, having lived on the Peguis First Nation for the majority of his life.

"With past problems being put on the youth, and with youth not having a lot to do in isolated communities it's very upsetting. On top of broken homes and family problems, this is going to compound into a feeling of having no way out."

Cochrane added that more community-based services, including services for Aboriginal youth transitioning from reserve communities to city centres, are necessary.

Local News Briefs

Compiled by Peyton Veitch

WINNIPEG REGISTERS FIRST HOMICIDE OF THE YEAR

A 34-year-old woman is Winnipeg's first homicide victim of 2012. Alche Fsehaye Kidane, who recently arrived in Winnipeg from Eritrea, was found Jan. 23 with severe upper body injuries in her Assiniboine Avenue apartment. After being discovered, Kidane was rushed to hospital but did not survive. Lambros Kyriakos, president of Eritrean Community in Winnipeg Inc., has opened the group's community centre to help mourning friends and family members cope with the tragedy. "We're trying to support the victim and her family," Kyriakos said.

LOCAL ARTIST RELEASED ON BAIL AFTER BIZARRE INCIDENT

Ed Ackerman has been released on bail after being taken into custody following his bizarre confrontation with a demolition crew. The artist and one-time mayoral candidate was arrested on Tuesday, Jan. 24, after attempting to stop the demolition of one of his homes on Bannatyne Avenue. Ackerman, 54, allegedly hurled blocks of glass at the workers, one of whom was hit on his hard hat. The standoff eventually ended when a ladder truck from the fire department brought Ackerman down from the roof of the house. The city said the house was unsafe and ordered its demolition. Ackerman will return to court on Feb. 14.

TOP CHIEF VOICES FRUSTRATION

The head of the Assembly of Manitoba Chiefs has expressed his frustration over what he believes was a lack of progress made at a recent federal summit on aboriginal issues. Derek Nepinak believes more concrete proposals should have emerged as a result of the gathering on Tuesday, Jan. 24. "The fact is we came here hoping for some sort of announcement, not necessarily any program dollars, but an announcement that would create something substantial going forward," Nepinak said. Prime Minister Stephen Harper announced at the meeting that incremental changes to the Indian Act will be forthcoming, although it is uncertain what specific parts of the act will change.

WATER MAIN BREAKS RAISE ENVIRONMENTAL CONCERN

Water main breaks account for a third of all sewer disruptions which dump untreated waste water into Winnipeg's rivers, the *Winnipeg Free Press* reported. Between 2004 and 2011, water main breaks caused 340,000 litres of untreated water to flow into Winnipeg waterways. University of Winnipeg biology professor Bill Watters explains that such dumping has a "far reaching" environmental impact as algae blooms and other damaging effects often emerge as a result. The city said it is recruiting consultants to draft an action plan in addition to looking at upgrading the sewer monitoring system.

CITY TO SELL RIVERSIDE PARK

Three new proposals, including a plan to sell riverfront property North Perimeter Park were approved by City Council on Tuesday, Jan. 24. Located in West St. Paul and covering 18 hectares, the initiative aroused opposition from some councillors. Among them, Coun. Jenny Gerbasi (Fort Rouge) believes the city should not use one-time land sales towards covering its budget. The plan to sell the land eventually passed by a vote of 10-5 with Couns. Ross Eadie (Mynarski), Brian Mayes (St. Vital), John Orlikow (River Heights) and Harvey Smith (Daniel McIntyre) also opposed. Council also voted in favour of expanding Kenaston Road and granting the University of Manitoba \$10,000 to relocate public art from the old Winnipeg airport.

Visit The Uniter online

Website:
www.uniter.ca

Facebook:
[www.tinyurl.com/
TheUniter](http://www.tinyurl.com/TheUniter)

Twitter:
[www.twitter.com/
TheUniter](http://www.twitter.com/TheUniter)

International News Briefs

Compiled by Eva Wasney

IRAN THREATENS OIL BLOCKADE IF SANCTIONS CONTINUE

IRAN: Iran's vice-president has warned that the country will block access to the Strait of Hormuz if the West continues to push sanctions on the country's oil exports. The warnings are directed at the United States and Europe, who have been pressuring Iran to halt nuclear weapons development by strangling the country's economy, reports Al Jazeera. The U.S. says any disruption in traffic to the Gulf will not be tolerated. Iranian ships and aircrafts have been dropping mines near the Gulf as part of apparent military exercises. More than one-third of the world's tanker borne oil passes through the Strait of Hormuz.

EGYPTIAN TRAVEL BAN STOPS SON OF U.S. TRANSPORTATION SECRETARY FROM LEAVING COUNTRY

CAIRO: Sam LaHood, son of U.S. Transportation Secretary Ray LaHood, has been barred from leaving Egypt because of his involvement with the International Republican Institute (IRI), a Washington-based group that has promoted democracy-building programs in Egypt since the uprising last year. According to the *Washington Post*, the IRI is one of hundreds of foreign NGOs that have been under investigation by the Egyptian government, who is charging the groups with failure to register their organizations and providing foreign funding. The travel ban applies to all individuals involved in NGOs being investigated and affects roughly 40 foreigners.

15,000 AIDS VICTIMS IN CONGO AT RISK OF DYING

CONGO: Up to 15,000 AIDS victims will likely die in the next three years, concludes a report by Médecins Sans Frontières on healthcare in the Democratic Republic of Congo. According to the *Mail and Guardian*, 85 per cent of AIDS-infected people in the country are not receiving lifesaving anti-retroviral medication. The report blames horrific access to healthcare and pullback from donors as the main reason for this lack of coverage. The MSF is recommending the government provide free treatment to those living with HIV or AIDS and for donors to mobilize funding so patients are not condemned to die.

LIBYAN DETAINEES DIE AFTER TORTURE

LIBYA: At least four people have died after being detained and tortured by Libyan militias, according to human rights group Amnesty International. Official Libyan military groups, as well as illegal armed militia groups, are carrying out the tortures in 60 detainment centres housing some 8,500 detainees, reports BBC News. Médecins Sans Frontières (MSF) has discontinued medical aid in the country, claiming to have been exploited as some patients were being brought for treatment between torture sessions. Detainees are being held because of loyalties to former Libyan President Hosni Mubarak as the country struggles toward democracy.

NORTH KOREA FAMINE WORSENS, U.S. WARY OF SENDING AID

SEOUL: After pulling 500,000 tons of food aid from North Korea in 2008 amid suspicion the aid was going to the military, the United States remains cautious about resuming humanitarian aid to the struggling country. According to the *Los Angeles Times*, South Korea and China have agreed to send food to help nearly a quarter of North Korea's 24 million residents requiring urgent food aid. The U.S. is also wary of North Korea's known uranium enrichment program, although the country has promised to halt nuclear development if the U.S. sends 240,000 tons of food. The plans have experienced setbacks since the death of President Kim Jong-il.

LISTINGS

COMMUNITY EVENTS

On Thursday, Feb. 2, the 14th annual MUSIC 'N' MAVENS community events series continues with a presentation by DEBORAH GAIL YOUNG. Young will present a talk entitled ACHIEVING AN EDUCATED MÉTIS AND FIRST NATION POPULATION IN WINNIPEG at the Rady Jewish Community Centre at 2 p.m. Deborah Gail Young is a member of the Opaskwayak Cree

Nation and was born and raised in Winnipeg.

Local band EX MODERN TEEN is hosting a fundraiser for Craig Street Cats. The event is on Saturday, Feb. 4 at the Urban Forest Coffeehouse and Lounge at 93 Albert St. starting at 7:30 p.m. All the money raised will go to Craig Street Cats, a non-profit organization working to improve the lives of Winnipeg's free roaming cats.

Friends, family and colleagues are coming together for a special

night to help raise some money for Jason Neufeld and Alix Sobel, who lost their home and all of their possessions to a devastating condo fire in Winnipeg. The DEDUCTIBLE PARTY! is on Saturday, Feb. 4 at 9 p.m. at the Lo Pub and will feature guests THE OTHER BROTHERS, ADRIEN SALA, MAMA CUTSWORTH, DJ HUNNICUTT, DJ EDDIE AYOUB and improv group CRUMBS.

MUSIC 'N' MAVENS continues with DR. GORDON GIESBRECHT on Tuesday, Feb. 7 at 2 p.m. with a talk entitled MY VEHICLE IS SINKING.

Otherwise known as Professor Popsicle, Dr. Gordon Giesbrecht teaches in the faculty of kinesiology at the University of Manitoba. He has done research on human responses to exercise and work in extreme environments, and is a specialist on how to escape when your vehicle is sinking in water.

CREATING VIRTUAL PLATFORMS FOR INTERNATIONAL DEVELOPMENT presents MICHAEL FURDYK, co-founder of Taking IT Global, who will share the online community's experiences in developing a global network of youth activists interested in global issues and creating positive social change. The presentation takes place on Feb. 7 at 7 p.m. at the Victoria/Albert Room, Delta Hotel, 350 St. Mary Ave.

On the eve of CKUW's Fundrive, Thursday, Feb. 9, three of Winnipeg radio's craziest personalities are putting on a variety show at Aqua Books. Join JOHNNY SIZZLE and LLOYD & SELLECK LIGHT at 8 p.m. for some laughs, music and comic book radio theatre.

ON CAMPUS

The VIRTUOSI series of concerts continues with ROLF SCHULTE on Saturday, Feb. 4 at 8 p.m. in Eckhardt-Gramatté Hall.

MATCH INTERNATIONAL presents EMPOWERING WOMEN AND GIRLS: MAKING A DIFFERENCE with speakers JOAN BUTCHER, DR. JOHN MCKENZIE, MASCILLINE HAMA and ROB SCOTT on Feb. 5 at 1 p.m. in Convocation Hall.

WORLD UNIVERSITY SERVICE OF CANADA is having a TEN THOUSAND VILLAGES SALE on Feb. 7, Feb. 8 and Feb. 9 on campus from 9:30 a.m. to 3 p.m.

THE UNIVERSITY OF WINNIPEG'S HISTORY STUDENTS' ASSOCIATION is hosting the U of W's first ever NINTENDO 64 TOURNAMENT in the Bulman Centre on Wednesday, Feb. 8 from 10:30 a.m. to 4 p.m. The final round will take place at around 1:10 p.m., after which the prize will be awarded. When the tournament has finished, everyone will be free to continue playing until 4 p.m. For more information email uw.historystudents@gmail.com.

VOLUNTEER OPPORTUNITIES

The UWSA BIKE LAB is open! Pop by between 10 a.m. and 3 p.m., Monday to Friday, to say hello or get involved. Email bikelab@theuwsa.ca for more information, or join the Facebook

group at www.facebook.com/uwsabikelab.

THE UNIVERSITY OF WINNIPEG STUDENTS' ASSOCIATION WOMYN'S CENTRE provides a space where womyn can build community with other womyn. To volunteer phone 204-786-9788 or email womynscstr@theuwsa.ca.

To volunteer for the UNIVERSITY OF WINNIPEG STUDENTS' ASSOCIATION fill out an application on their website, www.theuwsa.ca, or grab an application from their office (ORM13) or from the UWSA.

To volunteer for PEER SUPPORT, email uofpeersupport@gmail.com, or grab an application from their office (ORM13) or from the UWSA.

To volunteer for UWSA FOOD-BANK, email foodbank@theuwsa.ca, or grab an application from the UWSA.

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.

CKUW 95.9 FM is seeking volunteers for the music and news departments, and as hosts for programs. Email ckuw@uwinipeg.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 204-774-0451 or stop by 222 Furby St. to offer your skills.

THE SPENCE NEIGHBOURHOOD ASSOCIATION is looking for volunteers to help with their programming. Interested volunteers can download a volunteer application form at www.spenceneighbourhood.org or call 204-783-5000 for more information.

HABITAT FOR HUMANITY is looking to assemble an experienced team of volunteers to assist with the salvaging and safe removal of a wide variety of donated items. For more information please call Greg at 204-223-5160 or email gmallett@habitat.mb.ca.

THE SALVATION ARMY on Logan Avenue needs KITCHEN HELPERS to assist in the preparation and serving of meals at their children's program on Thursdays from 4 p.m. to 5 p.m. Please call Breanne at 204-946-9490 or email youthworker@mymvts.net.

RUPERT'S LAND CAREGIVER SERVICES RING A RIDE program needs drivers to take clients residing in Southwest Winnipeg to appointments, shopping and social outings. Compensation for gasoline and parking is provided. For more information please call 204-452-9491 or email us at rcls_vol@mts.net.

IRCOM is seeking three more committed individuals to help out with its Newcomer Literacy Initiative (NLI) program from now until the end of the school year. Volunteer EAL classroom assistants with our NLI classes work with students under the direction of the NLI Teacher in one-on-one, small group and whole class settings. Volunteers generally help one day per week for two and half hours each shift. If you are interested in volunteering or want more information contact Erin at erina@ircm.ca or 943-8765, ext 23.

The NEEDS (Newcomer Employment & Education Development Services) CENTRE is looking for VOLUNTEER MENTORS. It only takes six hours a month to make a difference in the life of refugee youth new to Winnipeg. Mentors connect newcomer youth to the community and engage them in educational and recreational activities. For more information contact Steph Minor at steph@needsinc.ca or 204-940-1275.

STUDENTS OFFERING SUPPORT (SOS) is an international charitable organization that raises marks, money and roofs. SOS is looking for a set of exceptional university student leaders to launch a chapter on campus. If you are interested in gaining exposure to the world of social entrepreneurship please visit www.studentofferingsupport.ca.

Thinking... of a way to give back? volunteer with Wayfinders!

Tutor in a core High School subject

Share an interest or passion

Teach a student something new

The sky's the limit to develop ideas

that will enrich and inspire

students' success in high school.

For more information www.wayfindersmanitoba.com

801-7136 or kasia.james@7oaks.org

wayfinders
a bright futures program

university of manitoba Clayton H. Riddell faculty of environment, earth, and resources

NRI
Natural
Resources
Institute

Looking for an excellent
graduate program?

- Award Winning Sustainability Programs
- Innovative and influential research projects
- Resources and Environmental Management Career/Professional Focus
- Working in the community, regional, and international levels



The Natural Resources Institute offers two interdisciplinary graduate programs:

Masters degree in Natural Resources Management (MNRM)

PhD in Natural Resources and Environmental Management (NREM).

Deadline for applications:

June 1 for September admission

Students at the NRI hold undergraduate degrees from a number of disciplinary areas.

www.umanitoba.ca/institutes/natural_resources

For further information contact us at:

Address: 303 Sinnott Building, University of Manitoba, Winnipeg, Manitoba R3T 2M6
Phone: (204) 474-8373 Fax: (204) 261-0038 Email: nriinfo@umanitoba.ca

Campus

Struggling to make the grade

Some students slip through the cracks in the university's mental health support system



DYLAN HEWLETT

The academic appeals process at the U of W is accessible and supportive for students with mental health issues, says registrar Colin Russell.

AMY GROENING
CAMPUS BEAT REPORTER

When Zem Dyck began attending classes at the University of Winnipeg in the fall of 2010, she had already been diagnosed with depression and anxiety issues, but she did not realize how hard that year would be for her.

Dyck was taking introductory courses, working towards a degree in human rights and global studies.

"You have your days where you're like, 'I can do this. I'm taking medication, I'm doing all these things and, so far, it's working,'" Dyck said.

"But you have days where it's not working, where nothing makes sense, where you can't concentrate and you need a mental break but you don't get one."

In the second semester, Dyck's partner left her with an apartment she couldn't afford, and a family tragedy left her without the emotional support she was used to.

"Family falling apart, having to move, being stressed about money - all of this is difficult to begin with, never mind if you have a condition that makes you unstable," Dyck said.

Her professors were supportive and offered her extensions, but by then, Dyck had lost the energy to complete her courses, and the voluntary withdrawal (VW) date had passed.

"You're not in the state of mind to frame any sort of appeal for anything, let alone finish your schoolwork. It feels like such an immense amount of pressure," she said.

The university does not offer enough support for students dealing with mental health issues, Dyck said.

When she attempted to appeal for a retroactive withdrawal (RW), Dyck was told to come for a 10-minute drop-in session with an academic advisor.

"It was very hard for me to express the whole situation in the time limit. She basically said I didn't have much of a case," Dyck recalled.

University registrar Colin Russell said it is difficult to judge academic advisors' assessments of individual cases like Dyck's.

"I would presume that based upon the information provided they were just giving an honest opinion that the committee would not be inclined favourably towards that appeal," he said.

If students are unable to withdraw from a course before the VW date, they can apply for a RW, which would remove the courses in question from their transcripts.

"RW regulations state that we want to have demonstration that circumstances beyond a student's control compromised the student's ability to continue with the course," said Russell.

While many students appeal for RWs based on medical circumstances, there is no

way of knowing how many of these cases were related to mental health issues, said Russell.

The appeals process is accessible and supportive for students with mental health issues, he added.

"We could always do a better job of making the environment as welcoming as possible but the support and assistance is available from advisors," said Russell.

Not all students find the university lacks support systems for students dealing with a mental health issue.

Sarah Livesey, who graduated from the university with an honours degree in English literature last year, said faculty and staff at the university played a major role in helping her get through her last semester.

"You're not in the state of mind to frame any sort of appeal for anything let alone finish your schoolwork. It feels like such an immense amount of pressure."

- ZEM DYCK, STUDENT

When her mother passed away at the end of 2010, her professors offered her extensions and resources, and directed her towards the university's personal counseling services.

"(My counselor) was really helpful and was definitely a major factor in getting me through the last term," Livesey said.

Livesey stressed the importance of being open with professors.

"Everyone I know (at the university) is genuinely concerned with the success of the students and the well-being of the students," she said.

Debra Abraham Radi, executive director

of the university's office of the vice-president academic, said the number of students using counseling services at the university is growing.

Students are more aware of the services available to them and are becoming more willing to seek help, Radi said.

"I think we are doing a better job of breaking down some of those stigmas of using supports or saying that you need additional support systems," said Radi.

In spring 2011, the university launched a campus-wide mental health initiative, said Radi.

The initiative included a campaign to promote the importance of mental health, a mental health first aid course to students and faculty, and the week-long Take 5 Program, encouraging individuals to take five minutes for their mental health, said Radi.

An alternative to formal counseling is Peer Support, a counseling service funded by the University of Winnipeg Students' Association.

"It's mainly to offer that one-on-one connection between peers of the same age in case they feel it would be too much to see a full-out counselor," said Shaun Dyer, peer support coordinator.

Students come to Peer Support with a wide range of issues, but the most common ones are anxiety and eating disorders, said Dyer.

Peer Support volunteers go through a one-day training session and partner with on-campus counselors to learn how to serve students best.

As for Dyck, she is discouraged but is still meeting with advisors to resolve her situation.

"I was fully invested in my education and I still am," she said. "The fact that they're making it so difficult is a little bit mind-boggling."

Campus News Briefs

Compiled by Clara Buelow

UNIVERSITY REAFFIRMS SUSTAINABILITY COMMITMENT

The University of Winnipeg is keeping up with its environmental commitment with a new sustainability plan. The plan, approved by the board of regents on Jan. 23, consists of 10 goals for the next four years. The goals include a reduction in greenhouse gas emissions that aims to surpass Kyoto Protocol targets, a larger emphasis on composting and recycling, and cutbacks in water consumption on campus. The university's sustainability policy has already garnered U of W national attention, placing first in the *Globe and Mail's* annual report for commitment to environmental practices.

UWSA LAUNCHING CAMPUS COMMUNITY ART PROJECT

Art is alive and well at the university. The University of Winnipeg Students' Association is promoting the eclectic creativity of the student body with its project Breathing Canvas. The project consists of a collection of art installations and performances that show an array of talent in all different forms. Performers and artists will have their chance to display their work at Soma Café and other locations around campus. All are welcome to participate. "Art can be expressed through endless media including, but not limited to, photography, spoken word, dialogue, paint, graphic design, poetry, music, theatre, graffiti and more," the UWSA wrote in release. For more information, visit www.theuwsa.ca.

LIGHTS, CAMERA... SUBMISSIONS!

The university's film and theatre department is accepting submissions for its 10th annual student film festival. Student filmmakers from any post-secondary institution are allowed to enter and will have their films screened before the public, a juried panel and members of Winnipeg's own film community. Prizes will be awarded for numerous categories, including best director, best film and best screenplay. The festival starts April 25 and wraps up April 27 and will be held in Eckhardt-Gramatté Hall. For more information, visit <http://theatre.uwinnipeg.ca>.

WESMEN THROW GARAGE SALE

Students will have a chance to practice their summer bargaining skills at the Wesmen Garage Sale this winter. The sale will take place Friday, Jan. 27 and Friday, Feb. 3 in the Duckworth Centre. Like any classic garage sale, memorabilia, athletic equipment, chairs, uniforms, as well as other items will be for sale. Check out the sale during one of the Wesmen games, or stop by during the free period for some popcorn, courtesy of the Duckworth Centre Café and Eatery. All proceeds from the sale will be going towards the University of Winnipeg's Athletic Scholarship fund.

U OF W'S THEATRE DEPARTMENT INVITES YOU TO EXPLORE THE POSSIBILITIES

The University of Winnipeg's theatre season is offering a challenging play - in terms of subject matter and production - beginning Feb. 7. *The Possibilities* by Howard Barker is composed of 10 playlets set during wartime, in locations such as Russia and Nazi Germany, and features characters ranging from emperors to booksellers. Directed by faculty member Christopher Brauer, the play is performed by the third-year honours acting class with support from all sections of the film and theatre department including production, props and lighting. Admission is free but reservations are recommended. For more information, visit <http://theatre.uwinnipeg.ca>.

Interested in a Career in Social Work?

Apply to the accredited Bachelor of Social Work Program at the University of Manitoba.

Application Deadline:
March 1st, 2012

Apply Now

umanitoba.ca/faculties/social_work

For more info, please contact:

Shanda Vitt
(204) 474-9356
vitts@cc.umanitoba.ca



UNIVERSITY
OF MANITOBA

Faculty of Social Work

NDP LEADERSHIP SERIES

NDP leadership candidate Brian Topp takes on Conservative crime bill, approach to indigenous peoples

Outlines broad vision for governance

ETHAN CABEL
NEWS ASSIGNMENT EDITOR

The *Uniter* will be interviewing all eight federal NDP leadership candidates in the lead-up to the March 23 leadership convention, to be held in Toronto.

This week, news assignment editor Ethan Cabel speaks with Brian Topp.

The Uniter: One of the main issues that has come up in recent months in terms of intergovernmental relations is the Omnibus crime bill and the decision to dispose of the records kept for the gun registry. What opportunities does that grant you, or the NDP, to offer an alternative in terms of dealing with the provinces?

Brian Topp: We don't have to raise the structure of the country on every issue. The Tories are just plain wrong on their justice bills and are adopting a model that even the most vociferous proponents of lock-'em-up, fixed sentence justice in the United States have now recanted. But it is perfectly evident, from the evidence, that this approach to corrections and justice does not work and that the Conservatives are pursuing this blindly and without looking at the evidence. So a Conservative approach to justice is one of the grounds on which we will defeat them.

Similarly, with regard to the gun registry, I think they are abolishing the registry and the database in defiance of the overwhelming opinion of the people of Canada and I think that, at the end of the day, they will pay a price for it, mindful that there are many issues with the gun registry, but the approach the Conservatives are taking I think will cost them dearly.

The provinces are not only challenging the offload that's implicit in these justice bills but also their failure to take account of the clear evidence on the issue. The Supreme Court rebuked this government quite devastatingly in the *Insite* decision recently on its tendency to govern and legislate without reference to the evidence and this is another example of it.

Moving on, what do you feel is the key thing or issue in terms of eliminating, or significantly reducing, the inequality between indigenous people and non-aboriginal Canadians?

Well, we need to finish the job of Aboriginal self government so that these communities have the tools that they need to heal and to reconcile with the society around them and to move forward in a better way. We need to finish the land claims process, which is essentially stalled all across the country. We need to do a better job, as a federal government, on our core mandates.

For example, the federal government delivers health care services on reserves all across the country and does an abyssal job at it. And the federal government needs to work in partnership with provinces on the many intractable issues facing these communities, many of which are in provincial jurisdiction.

These are issues of inner city poverty, addictions and access to education and access to employment. These are important challenges here in Manitoba and across the country and we need to be doing a much, much better job at it.

And I think experience shows that top-down approaches, based on programs developed by senior officials in government departments in national capitals far away are rarely successful at changing people's lives in inner city Winnipeg or other communities.

Before acting, it is important to listen and to hear. Much of the best wisdom on how to move forward in these communities is in these communities.

So you need engage them closely and listen to them carefully and ensure that, when it comes time to invest to make things better, you are making the right investments.

Would this require a national strategy, or...

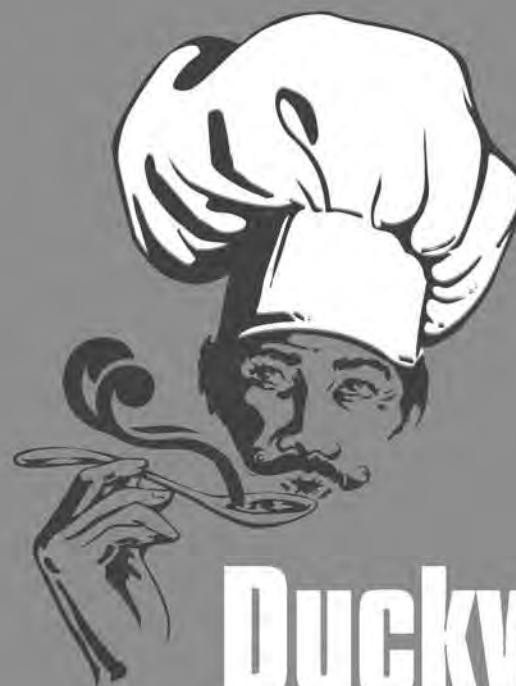
There are national issues, for sure, with Aboriginal self government, with the land claims process, that are national in scope and would benefit from a national framework and some are very local indeed. Nei-

OPEN 10:30AM - 4PM
5:30PM - 10PM

PIZZA HOTLINE



BOLD & BIG 2 TOPPING PIZZA ONLY \$5



ALSO FEATURING:

- HOT SANDWICHES
- SALADS
- CHICKEN WINGS

Duckworth
CAFE & EATERY

LOCATED ON THE 2ND FLOOR OF THE DUCKWORTH CENTRE, 400 SPENCE ST.

WWW.WESMEN.CA

ther the federal government or the provincial governments necessarily have all the answers, or even any of the answers. The best work in terms of healing these communities and reconciling them and allowing them to move forward comes from them. The federal and provincial governments need to think of

themselves as enablers much more than leaders in this matter.

To read the unabridged transcript of this interview, with Topp's musings on federalism and electoral reform, go to www.uniter.ca.

Letters

Re: "Day of Action: revolution or devolution?" (Jan. 26, page 5)

One of the key asks of the National Day of Action is to shift government funding from loans to upfront grants.

Thanks to student loans, college and university students in Canada owe over \$15 billion just to the federal government, never mind provincial or bank loans. By allowing so much student debt to accumulate, the government is transferring its responsibility to fund education onto the backs of students and our families.

The main reason that students take out loans is to pay steep tuition fees. The solution is easy: if governments were to make education a priority and reduce tuition fees by increasing funding, students would not be forced to take on mortgage-sized debts just to go to school.

I am often asked, 'Won't decrease tuition fees have a negative impact on our universities?'

The goal of the Day of Action is not to starve universities by cutting tuition fees, but to shift responsibility for funding from individuals via tuition fees to broader society via the progressive tax system.

It would be illogical and irresponsible to call on our governments to reduce tuition fees without coupling it with a call for increased and stable government funding for our universities and colleges. It's society as well as the individual who benefits from post-secondary education.

Ultimately, the most important thing to remember is that the National Day of Action does not begin or end on Feb. 1. The conversation will continue through the students who attended the rally, through the students who have debt, through the university community who has engaged with the campaign and through the people who want to have their voices heard on issues that affect them and their peers and those around them.

*Lauren Bosc
President, University of Winnipeg Students' Association*



Are you interested in teaching: Animation, Digital Video & Photography or Multi-Media?

Check out the new Teacher Education blog at blogs.rrc.ca/teachered

Red River College's **Business/Technology Teacher Education** program will prepare you to teach the latest technology and business related courses such as animation, digital video & photography, multimedia, marketing, retailing, accounting and a second teachable of your choice.

For more info contact RRC's Teacher Education office at 204.632.2300

A Joint Program Between Red River College and the University of Winnipeg.



THE UNIVERSITY OF
WINNIPEG

RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Send your letters to editor@uniter.ca

Comments

Passing it off

Professional sport provides environment, platform for mental illness



JERRAD PETERS
VOLUNTEER

Sport and mental wellness have always had a complicated relationship.

It's no secret that physical activity, above and beyond the obvious benefits to the body, is beneficial to the mind as well - just ask anyone addicted to endorphin stimulation.

The flipside is that the opposite can be true as well, not so much because of the actual participation in sport as the environment that comes along with it.

The culture of pressure and expectation, never mind an intimidating list of dos and don'ts, shoulds and should nots, can act as an incubator where pre-existing mental illness thrives.

There are endless examples of athletes, and I'm sure coaches and managers as well, who have seen their mental health deteriorate during careers in professional sport.

Many, tragically, have lost their lives as a result of their condition, because as we all know - or should know - mental illness, specifically depression, is a disease that can prove fatal.

Thus, it is no different than terminal cancer or serious heart disease, although the route to treatment is considerably more convoluted, even taboo.

This is especially true in the sporting world, where the macho culture still rules, despite social movement in the opposite direction.

Now, it's important to point out that professional athletes, like high-profile actors and musicians, are no more or less prone to mental illness than anyone else.

Depression is a condition that knows no bounds - treacherous and indiscriminate. But what makes the athlete's circumstances



JANESSA BRUNET/UNITER ARCHIVES

unique is the amount of stigma that accompanies the disease. It's significantly more pronounced than in the world at large, which is why victims so often choose suicide over humiliation.

I first wrote about depression in sport in 2009 when Robert Enke, a soccer goalkeeper for German side Hannover 96, took his life after a long, extremely lonely battle with the disease.

Enke, 32 at the time, had been receiving treatment for his depression since 2003 and experienced some improvement until the death of his two-year-old daughter in 2006 signalled a steep decline in his condition.

He and his wife adopted another little girl in the spring of 2009, but instead of the joy a new child should bring, Enke lived with the constant fear that the authorities would learn of his condition and nullify the adoption.

I use the Enke example because in read-

ing his story it's easy to forget he was a professional footballer.

He was a father and a husband, and his experience with depression might have looked similar to any number of cases. Where it differed was in the inevitable exposure it would receive in the press - little of it positive or even compassionate.

In 2003, the same year Enke started his treatment, Bayern Munich midfielder Sebastian Diesler went public with his own depression struggle.

Reaction from his peers was as swift as it was appalling, with a former teammate from the German national team remarking, "You could say this is a fashionable illness."

A Bundesliga club director took the despicability one step further, remarking, "Nobody was suffering from such illnesses when I was a player."

As Enke obviously knew all too well, these

are the sorts of ignorant, hurtful comments that only harden the resolve of depression sufferers to protect their secret, to keep their struggles to themselves when reaching out for help is really their only lifeline.

And the manner in which certain elements of the press so eagerly devour the wounded only serves to ensure they'll never seek the help and privacy they need, lest they be found out.

It's the fear of their battle with depression being played out in the media that forces so many athletes underground, that differentiates their experience of mental illness from that of someone in a more anonymous walk of life.

In this sense, sport serves as something of a platform for depression. It magnifies the symptoms, the sufferers, the results and the reactions.

Unfortunately, it's a platform too often used to compound the misery of both the athletes and the people following their story who also battle mental illness - to use negative language such as "suicide" and belittle tragic situations by revealing the physical cause of death (a rope, a gun, a blade) when it's the disease itself that does the killing.

But it needn't.

Like any platform this one can also be used for the public good. It can shine a light on a serious condition we can all do our part to make more comfortable for those going through it.

And we can do that by treating people well, with compassion, and creating a society where understanding and empathy are embraced, where it's as normal to ask mental health questions as it is to get a prostate exam.

Jerrad Peters is an independent sports journalist based in Winnipeg.

Breaking through barriers

International students have to be aware of mental wellness risks



FATEMAH AL HELAL
VOLUNTEER STAFF

According to the Association of Universities and Colleges of Canada, the number of visa students on Canadian campuses reached 70,000 full-time and 13,000 part-time students in 2006.

There are many reasons for an international student to choose to study in Canada.

Some of those reasons could be acquiring high quality education, as well as gaining a better international understanding.

However, starting a new academic program can be an extremely stressful experience, and this is especially true if this new experience took place in a different culture and a different country.

International students might face a variety of barriers at the beginning of their study program. Often the student manages to solve them over time, but sometimes those difficulties turn into something serious that may negatively impact their mental health.

Of course, stress and anxiety are often symptoms or indicators of the student's mental health, and they increase due to reasons such as:

Complications

For students who arrive to their new country three weeks into the school year because of a visa delay they could in no way control, any given course is tougher. This can be a major source of stress right from the get-go.

Lack of familiarity with English

The student might know some English, but sometimes his or her language is not strong enough to be on the same level with students who are native speakers, or even with students who have had regular interaction with native speakers.

This will profoundly affect the student's performance and confidence, and put him or her under heavy pressure.

Financial needs

Having one's finances in order is the most important part of studying abroad.

This requires a huge amount of planning from the student, since without enough money they won't be able to pay for the cost of living, let alone tuition and books.

Let's say that a student has borrowed the money at a high rate of interest in his home country to pay for the course - this circumstance combined with the high expectations of the family will inevitably cause the student to be stressed out, and start to think about the possibility of failing and being unable to pay that money back.

Different academic culture

In some universities, the educational system is sometimes built on the idea of delivering the best services possible to *local* students, so that when it comes to *international* students, they may feel left behind.

This feeling is aggravated by the fact that for the reasons already mentioned, international students may have difficulties as basic as how to study properly, or how to properly structure a paper in English.

The University of Winnipeg's International Student Office is a transitional tool that can help people new to this country not only to reach their academic goals, but also maintain good mental health while achieving those goals.

At the International Student Office, counselling services for students with issues such as anxiety, stress and culture shock are offered.

By utilizing this resource, international students can ease themselves into the educational experience in Canada.

Fatemah Al Helal is an international student who was awarded her first degree in food and nutritional science. She is currently majoring in sociology at the University of Winnipeg. More of Fatemah's writings can be found at <http://daughterofarabia.blogspot.com>.



MATTHEW DYCK

The many faces of addiction

Addiction is ugly, and you never know who might be struggling with it

**ANONYMOUS
VOLUNTEER**

Generally, when the word addiction comes up, it is used in reference to someone else.

However, the only person who can honestly and effectively diagnosis addiction is the person him- or herself.

More often than not, when someone says addict or alcoholic, they think of drunken old men drinking under a bridge, down-and-out drug users, immoral or ignorant people, and undisciplined criminals.

I thought that.

However, the person dealing with addiction may be the student beside you studying ethics, or the professor with three degrees.

When I was using, I always thought I could somehow manage my addiction and I never wanted to admit that I was an addict. I always thought, 'Next time it will be different.'

I knew a successful professional who shot cocaine up his arms 40 or 50 times a day; a thriving engineer with an MBA and multi-million dollar contracts who drank a mickey on the way to his office - 10 minutes up the road from his house - every day; and a dedicated mother of three with a well-maintained home - and a bottle of vodka before bed.

Addicts are not one certain type of person. They come in all shapes and sizes, and from all walks of life.

They may be the happy-go-lucky friend who needs to celebrate every little thing about the day; that tech girl who works quietly in the lab; or the annoying person who has their fingers in everybody's business.



MELISSA BERGEN

Drunks, cokeheads, pill-poppers - they all go home to their distressed lives, filling some unspeakable pain or longing, swearing it will never happen again... but it always does.

When I was using, I always thought I could somehow manage my addiction and I never wanted to admit that I was an addict or an alcoholic - words that are interchangeable, by the way.

I always thought, "Next time it will be different," or "I can manage just fine after this line and a couple of beers."

I would often say to myself, "I'll manage through the day, just need to blast through this, and I will be fine."

I had to hide the insanity that was racing through my brain. When the work day was finished, I would be right back drinking and abusing drugs.

There were times during the day when I would have to have a "pick me up" just to get through it. Alcohol became my power - it was everything.

The one thing I never could understand

was when would it get better.

I drank and drank - I would go on benders, forever trying to maintain a feeling of a chemically induced bliss. I hoped that one day the excessive drinking would eventually peter out and I could relax and enjoy a glass of wine on a patio, finishing off the day.

It never entered my brain that I had a problem with alcohol, that I was an addict or an alcoholic; I was, however, that person.

Before you assume that addiction is somehow a rock 'n' roll lifestyle, remember that when you are doing something all the time you are also doing it when you do not want to do it.

With addiction, when your brain screams, "Stop!" your body says, "Go!"

The next day, your body says, "Stop!" because your heart will quit, but your brain says, "I need it!"

Never should this type of existence be glorified, emulated or aspired to.

There are many ways of treatment and there are different avenues that a person can take to seek out help. I am so grateful I did.

Alcoholics Anonymous is a 12-step program of abstinence that has helped millions of people live full and happy lives. Psychoanalysis is another other form of treatment. There are programs available through the Addictions Foundation of Manitoba here in Winnipeg (close to the University of Winnipeg campus).

These programs have guided people like me through the disease of alcoholism and other forms of addiction that plague society today.

No matter which avenue you choose, asking for help is the very first step.

This article was written by a Uniter contributor who is a recovering alcoholic. The writer asked to remain anonymous in keeping with Alcoholic Anonymous' traditions. To learn about AA in Manitoba, visit www.aamanitoba.org.

HAPPY HOUR MON-FRI 3PM-6PM

LOCAL BEER BIO DYNAMIC WINES COOL COCKTAILS \$4 APPETIZERS



elements

THE RESTAURANT

RICHARDSON COLLEGE FOR THE ENVIRONMENT AND SCIENCE. 599 PORTAGE



spa+yoga weekend packages

\$139
FROM PER PERSON *

Check in for a one night stay at The Fort Garry Hotel, and enjoy some well deserved relaxation. **Spa+yoga WEEKEND PACKAGES** include: two **yoga public** classes, **ten** Spa's self-administered Hamam treatment, spa dinner and full hot breakfast or our famous Sunday brunch. **204.942.8251** www.fortgarryhotel.com

THE FORT GARRY
HOTEL, SPA AND CONFERENCE CENTRE

* PER PERSON, BASED ON DOUBLE OCCUPANCY. SPACE IS LIMITED.

Arts & Culture

Keeping your cool on tour

A few helpful tips from the pros about a musician's life on the road



Sights & Sounds guitarist Dave Grabowski (far right) says that while touring has its difficulties, ultimately it's worth it.

ADAM PETRASH
VOLUNTEER STAFF

Whether a band is touring for the first time or already has a few tours under its belt, a tour always undoubtedly has its challenges - one of which is distance.

"In Canada, it's lots of long drives," says keyboardist and vocalist Dan Moxon of Vancouver-based road veterans Bend Sinister.

"Canada has roughly the same population as all of California, or for that matter Mexico City alone. But what makes it successful is playing to rooms that actually have people in them all across the country. If a band plays a string of shows to empty rooms then that definitely puts stress on the tour."

It's not just the long distances and unpredictable attendance that can stress a band out.

"It's easy to get stuck in the stress of waiting around," says vocalist Marti Sarbit of local indie-pop darlings Imaginary Cities. "Touring is a lot of waiting, then 45 minutes of adrenaline, then back to waiting. It can get pretty lonely and trying sometimes."

"It's always nice to sit and connect with people other than the four assholes you see and smell everyday."

- DAVE GRABOWSKI, SIGHTS & SOUNDS

Even with your closest friends by your side.

"You learn a lot about people when you're spending 24 hours a day together and sometimes you can grow apart," says Sights & Sounds guitarist Dave Grabowski via email

from Glasgow. "Out on the road is really where you'll find out if the band is compatible and can last the test of time."

Sarbit agrees.

"You spend so much time with the same people that they become your family and we all know that it's easiest to take out anger on the ones you love the most," she says. "But touring can teach you a lot about patience and working at keeping strong relationships."

So how does a band cope while out on the road?

"Going rogue from the group every now and then," Grabowski says. "It's always good to give yourself some space to stay sane - and hanging with the locals gives you a bit more of the full experience of the city you're in."

Thanks to social media sites such as Facebook and Twitter, connection to home is far more easily accessible.

"I don't know how people toured without those social mediums before," Sarbit says. "If I ever need to talk to someone who isn't in the band and I feel like I need to get away I can Skype my parents or a friend. Getting that little piece of home is crucial. It's the closest thing to home when you're not."

Grabowski feels the same way.

"It's always nice to sit and connect with people other than the four assholes you see and smell everyday," he says.

When it comes to keeping your cool, Sarbit and Grabowski have some sound advice for any newcomers.

"Things are bound to go wrong with all the travelling and pressures," Sarbit says. "But it's never the end of the world - life and touring goes on."

"Laugh it off," Grabowski adds. "You're out there doing something most people would kill to be doing."

Small fundraiser for a big issue

New Albert Street coffee shop to host a furry fundraiser with Craig Street Cats

DEREK LOEWEN
VOLUNTEER STAFF

Lynne Scott is no ordinary Wolseley resident.

Her organization, Craig Street Cats, is a non-profit organization that has the best interest of local cats in mind.

Though not obvious to most, the feral cat problem in Winnipeg is a staggering one.

In a recent *Winnipeg Free Press* article, Tim Dack, chief operator of the city's Animal Services Special Operating Agency, revealed that there are anywhere between 100,000 and 200,000 stray cats in Winnipeg.

Many of the homeless cats live in communities by the river, such as Riverview and Wolseley. This is why Scott's neighbourhood has such an influx of felines.

Scott believes that the problem has numerous causes.

"Wolseley is a neighbourhood of feeders," she says. "There are a lot of compassionate people here who will feed stray cats. This means that more kittens will survive to adulthood."

CSC mainly helps cats in the Wolseley area, but many other parts of the city experience the same problem.

Scott created CSC because of a problem that was very close to home.

"There were kittens being born under my next door neighbour's front porch every year," she says. "I got tired of pulling them out and decided I better start doing something about it."

CSC now has 25 regularly involved volunteers. One of their main goals is to raise awareness of the issue, while another is to physically keep a healthy number of cats in the community - this is done by spaying and neutering cats, then caring for them by providing food and shelter.

The organization has had many fundraisers in the past, including rummage sales, walk-a-thons and craft shows.

"We have a spay-ghetti dinner every March where we serve spay-ghetti and no balls," Scott chuckles. "It is one of our major events."

CSC will be a third party to a new type of fundraising event coming up at the Urban Forest Coffeehouse and Lounge (formerly The Fyxx) on Albert.

On Saturday, Feb. 4, Ex Modern Teen and visual artists will congregate for an art auction. The local band's front man Charles Granger conceived the event.

"My band was offered to play a (free) gig on Feb. 4 in a coffee shop a little while back," wrote the filmmaker, musician, educator and avid cat lover in a statement on the event's Indiegogo.com campaign page. "I agreed, but I'd play for free only for cats."

Ex Modern Teen will be recording a live acoustic set for an album that will be released later this year, while the aforementioned art auction will feature over 20 works.

While most artists are Winnipeg based, the auction's most intriguing piece is a donation from celebrated musician and artist Jad Fair of Michigan art rock legends Half Japanese.

Granger simply sent out an email to Fair about the cause, despite having never met the musician before.

"It felt great knowing he is a human with a heart of gold," Granger states. "Jad totally stepped up. For that I'm grateful."

See Ex Modern Teen at Urban Forest Coffeehouse and Lounge at 93 Albert St. on Saturday, Feb. 4. The art auction will feature local and non-local talent. Tickets are \$5 at the door. For more information visit www.indiegogo.com.



Cierra

"I just throw it on, but instead of sweats I choose something a little dressier."

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. 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.

MUSIC LISTINGS



THE OTHER BROTHERS (above), Adrien Sala, Mama Cutsworth, DJ Hunnicutt, DJ Eddie Ayoud and improv group Crumbs are holding a fundraiser entitled THE DEDUCTIBLE PARTY at the Lo Pub on Saturday, Feb. 4 for Jason Neufeld and Alix Sobler, who lost their home and belongings to a devastating condo fire. Show starts at 9 p.m. Advance tickets are \$10 at Music Trader.

THURSDAY, FEB. 2

PIP SKID returned from Europe with a new album; the much anticipated *People Are the Worst* release party is happening on Feb. 2 at the Lo Pub with GREG MACPHERSON and DJ CO-OP fronting Pip's backup band. Special guests NESTOR WYNRUSH and THE HAPPY UNFORTUNATE will also perform.

The BLUEBIRD NORTH concert series returns with DOC WALKER'S MURRAY PULVER, RIDLEY BENT, MACKENZIE PORTER and MARC-ALAN BARNETTE at the Park Theatre.

THE EMPTY STANDARDS are emptying Standards at the Times Change(d) High and Lonesome Club.

SCOOTS MCTAVISH performs at Shannon's Irish Pub.

THE JAZZ MACHINE continues its awesome cover series at Aqua Books with the KARL KOHUT ELECTRIC QUARTET taking on Radiohead's *Kid A*.

The CHOOSE YOUR CHARITY concert series continues with Katie Murphy performing for Beyond Borders ECPAT Canada at the Winnipeg Free Press News Café, 237 McDermot Ave.

TIM BUTLER plays the blues at the Windsor Hotel.

FRIDAY, FEB. 3

It's rock meets soul when buzz band THE NOBLE THIEFS perform with THE PERMS at the Park Theatre.

It's indie night in Canada - THE LIPTONIANS, TOM KEENAN and THE HOOTS all play the Lo Pub.

CHEERING FOR THE BAD GUY performs at ANAF Club 60 in Osborne. You can get rowdy, but show some respect and take your damn hat off!

Three fantastic bands for three bucks! What a bargain with THE UNBELIEVABLE BARGAINS, THE THRASHERS and KRIS REDINA at Pop Soda's Coffeehouse & Gallery.

OH SO POPULAR plays the ever-popular Cavern.

Line 'em up! PROPHET, KIDS & HEROES and LEGION OF LIQUOR play the Zoo.

THE EMPTY STANDARDS are back at the Times Change(d) High and Lonesome Club.

It's GIRLS NIGHT OUT with BLUE NOISE and AMY BISHOP at Juss Jazz, 240 Portage.

TIM ELIAS and TOO MUCH INFORMATION play Aqua Books.

THE HEAVYWEIGHTS OF HIP HOP hit Ozzy's with BATTLE-BRAVE, BLACKOUT MUSIC, BLUNT FORCE, CG HOOK, DAILY, JP VILLAINY and KRIS.

THE WIZARDS OF WOLSELEY get out of the neighbourhood to play the Royal George Hotel.

Mmmmm...what? HANSON plays the McPhillips Station Casino.

CITY AND COLOUR and LOW ANTHEM play the Burton Cummings Theatre.

SATURDAY, FEB. 4

Local band EX MODERN TEEN is hosting a fundraising art auction for Craig Street Cats at the Urban Forest Coffeehouse and Lounge at 93 Albert St. (formerly The Fyxx on Albert).

THE OTHER BROTHERS, ADRIEN SALA, MAMA CUTSWORTH, DJ HUNNICKUTT, DJ EDDIE AYOUB and improv group CRUMBS are holding a fundraiser entitled THE DEDUCTIBLE PARTY at the Lo Pub for Jason Neufeld and Alix Sobler who lost their home and belongings to a devastating condo fire.

THE BUDDY HOLLY TRIBUTE SHOW goes down at The Park Theatre with perennial hosts THE SCARLET UNION and guests THE ELECTRICS.

Indie rock act ULTRA MEGA are sending off their buddy Ben at the Times Change(d) High and Lonesome Club.

Another great MANITOBA MUSIC SHOWCASE features J.P. HOE, ROMI MAYES, SCOTT NOLAN and BOBBY DESJARLAIS at the Folk Exchange.

The always-fun GRILLBILLIES play Shannon's.

Attention fans of Jonnies Sticky Buns! Be sure to attend JONNIES BUN-AVER-SARY PARTY at the Yellow Dog.

LINDSEY WHITE plays the Cavern.

DUSTIN HARDER AND THE DUSTY ROADS BAND play Juss Jazz.

THE HOLY ROLLERS are at the Zoo in Osborne.

SUNDAY, FEB. 5

BIG DAVE MCLEAN performs his weekly jam gig at the Times Change(d) High and Lonesome Club.

TRIO BEMBE play Juss Jazz.

MONDAY, FEB. 6

THE MACLEAN BROTHERS play the Royal George on Regent.

MARK DAVID STALLARD plays Shannon's Irish Pub.

TUESDAY, FEB. 7

THE KEITH PRICE TRIO play top-notch jazz at the Centre Culturel Franco-Manitobain.

Tuesdays are OZZY'S METAL NIGHT! This week check out headliners KING SLEEZE.

WEDNESDAY, FEB. 8

BEAUTIFUL LIES, an evening with BEAN, EAGLE LAKE OWLS and KATE FERRIS, is on at Aqua Books.

UPCOMING EVENTS

ICED EARTH is coming back to Winnipeg with SYMPHONY X at the Garrick Centre on Thursday, Feb. 9.

A label showcase for I'M TRYING RECORDS kicks off CKUW's Fundrive 2012 week-long event series. The night will feature LITTLE HOUSE, THE HOOTS and LYDIE BURT at the Lo Pub on Friday, Feb. 10.

The MANITOBA ROCKS kick-off is at the Lo Pub with local indie pop/rock outfit HAUNTER, A WASTE ODYSSEY and MODERN ROMANICS on Saturday, Feb. 11.

CLAIRE BESTLAND and BILL BOURNE play the 'Peg on Sunday, Feb. 12 at the West End Cultural Centre.

MAGIC SLIM & THE TEARDROPS play the Pyramid Cabaret on Saturday, Feb. 25.

HOPE FOR HAITI BENEFIT DANCE PARTY is at Mondragon on Friday, March 2.

Two punk rock legends for the price of one! HUGH CORNWELL of the STRANGLERS and GLEN MATLOCK of the SEX PISTOLS play the Pyramid on March 3.

ELECTRIC SIX return on Tuesday, March 13 at the Pyramid. You have been warned.

Ex-Can front man DAMO SUZUKI is playing the West End Cultural Centre on Thursday, March 22.

Folk fest favourite THE CAT EMPIRE plays the Garrick Centre on Wednesday, April 4.

JOEL PLASKETT and FRANK TURNER play the Garrick Centre on Saturday, April 21.

SOCIAL DISTORTION plays the Burt on Monday, April 23.

THE GREAT LAKE SWIMMERS are back at the WECC on Friday, May 4.

Lalala Human Steps bring some fancy footwork to the New Music Festival



KAELEIGH AYRE
ARTS REPORTER

The Winnipeg Symphony Orchestra New Music Festival is not just a place for new music to be premiered or discovered. At this year's festival, Winnipeggers also have the opportunity to witness a new work, aptly titled *New Work*, from the groundbreaking, genre-bending dance company Lalala Human Steps.

Based out of Montreal, Lalala was formed in 1980 by director and choreographer Édouard Locke. Based on balletic technique and structures, Lalala has moved far beyond the ballet we are familiar with.

Lalala is known for breaking dance boundaries, having put men en pointe and pushing time signatures.

"*New Work* is en pointe, it's classical ballet," Locke says from his office in Montreal.

"The way it's put together, the dynamics of it and the speed of it are perhaps a little more unusual, but it's not something that's out of the norm for a ballet."

Comparing the Royal Winnipeg Ballet to Lalala to get a sense of what is to be expected from their performance, Locke likens it to comparing apples and oranges.

"The big difference is in the use of the technique."

"Classical ballet has been defined over the years to mean a specific thing so that you tend to probably look at the performance of the dancers and assume that the story line

was something that is known," Locke says. "I think in this case (of *New Work*), the dancers are relatively unknown, so there's an element that's probably newer in terms of potential and flexibility of interpretation of the audience."

Locke's *New Work* combines the tragic love stories of fated couples Dido and Aeneas and Orpheus and Eurydice.

"Musically they have been deconstructed by Gavin Bryars, keeping references, keeping indications for those people who know the operas, but they've been combined into one musical construction," Locke says. "In terms of the choreography, obviously it's a personal treatment of these themes."

"I'm not sure that the audiences are all going to walk away with exactly the same story. I think that for those that are familiar with the actual works being addressed there's a weaving line that sort of goes through these that I think they'll be able to identify, but I think it'd be safe to say that the point is not so much to leave with one story for everybody but more to get as involved as possible with both the choreography, the music and the general stage."

Lalala Human Steps performs New Work Thursday, Feb. 2 at the Centennial Concert Hall. Doors at 6:30 p.m. with a pre-show discussion at 6:40 p.m. and pre-show performance at 7 p.m. Curtains at 7:30 p.m. For more information or tickets check out www.newmusicfestival.ca, ticketmaster.ca or www.lalahumansteps.com.



CHECK OUT THE UNITER ON FACEBOOK
WWW.TINYURL.COM/THEUNITER

SUPPLIED

Montreal dance phenomenon Lalala Human Steps add some fancy footwork to the WSO New Music Festival

FILM REVIEWS

He's Elmo and he knows it

Documentary gives viewers a look into the life of Muppet puppeteer Kevin Clash

NICHOLAS FRIESEN
ARTS AND CULTURE EDITOR

Being Elmo: A Puppeteer's Journey

Directed by Constance Marks and Philip Shane, 2011
80 minutes
Plays at Cinematheque, Feb. 3 to Feb. 5, Feb. 8 and Feb. 9 at 7 p.m., Feb. 10 and Feb. 11 at 9:30 p.m.

★★★★★

It's a funny story, how a puppeteer goes from creating fuzzy Muppet knock-offs in his Baltimore home to working side by side with all-time greats Jim Henson and Frank Oz. Funny, sweet and even heartbreaking.

Being Elmo: A Puppeteer's Journey gives you the full story of Kevin Clash, the man behind *Dinosaurs'* Baby Sinclair, *Teenage Mutant Ninja Turtles'* Splinter, and of course, *Sesame Street's* Elmo.

The beloved, innocent little red ball of affection is definitely Clash's whole world - but he's also a big part of millions of little kids' worlds across the globe.

This doc, from directors Constance Marks and Philip Shane, gives the viewer a taste of Henson's earliest Muppetry, and shows Clash discovering *The Muppet Show* and *Sesame Street* in the 1960s.

Clash was just a kid when he cut up his dad's raincoat to make his first puppet, and by high school he was creating and performing with a large repertoire of colourful characters.

A chance phone call placed by Clash's mother to Muppet architect Kermit Love got the aspiring puppeteer an invite to the Muppet factory, which was actually documented and is seen here, among a whack of other great footage.

From there, Clash and Love struck up a great relationship, and Clash was eventually introduced to Henson himself.

Before getting to work with his hero, Clash had gigs on the local cable station, worked his way up to *Captain Kangaroo* and finally operated Cookie Monster at the Thanksgiving Day Parade.

But Clash's career truly takes off when he is handed Elmo (who at the time was a caveman-like simpleton with a grouchy voice) by another



SUPPLIED

Puppeteer Kevin Clash and his greatest creation, Elmo, are the stars of the fantastic documentary *Being Elmo*.

puppeteer and asked to find a way to make him work.

Narrated by Whoopi Goldberg and featuring a slew of interviews from family, puppeteers and Clash himself, *Being Elmo* is beautifully paced, highly entertaining and informative.

The amount of archive footage and photos of young Clash also serve to flesh out the details nicely.

There are details of Clash's private life that are touched on but largely glossed over, such as his divorce and relationship with his daughter, but Elmo's "dad" is so darn sincere and sweet that you simply shrug it off.

It's an inspiring tale, and though we've heard before that if you have a dream, you shouldn't give up on it, it's still a great story and well worth the watch.

Privatized philanthropy and the tyranny of cheerfulness

Léa Pool's most recent film dispels the benevolence of 'cause marketing'

HARRISON SAMPHIR
VOLUNTEER STAFF

Pink Ribbons, Inc.

Directed by Léa Pool, 2012
98 minutes
Plays at Globe Cinema, opens Feb. 3

★★★★★

Breast cancer is a horrific disease that claims the lives of close to 60,000 people in North America each year, and a condition that affects practically one in eight women.

Why then, asks Swiss-Canadian director Léa Pool, has big business intervened to "pinkify" the issue as one of survivorship and optimism, while pushing corporate sales pitches meant to increase profits without any concern for the prevention of the disease?

This dilemma is central to *Pink Ribbons, Inc.*, a National Film Board documentary by Pool, and based largely upon a book of the same name by Samantha King.

The film's objective is to expose and dispel the benevolence of "cause marketing" in the context of the pink ribbon campaign against breast cancer, and to illuminate how the deterioration of militant grassroots activism created the political opening for multinational corporations and pharmaceutical enterprises to exploit what is actually a growing crisis in Western society.

Indeed, since the choosing of the pink ribbon - not salmon-coloured as its creator Charlotte Haley would have desired - as the official symbol of National Breast Cancer Awareness Month in the United States, the "fight" against the disease has increasingly become an exercise



A scene from *Pink Ribbons, Inc.*

in privatized philanthropy.

From pink-tinted buckets of deep fried KFC chicken, to ribbon-adorned, yet toxic, Revlon lipstick, Pool shows how profiteering has detracted from the human urgency to find a cure, resulting in mismanaged funds and a frustrating medical standstill.

Of course, the film is not an attack upon the millions of participants in charitable activities, such as those hosted by the prolific Susan G. Koman for the Cure, but instead an inquest that seeks to show the true face of breast cancer, and who is really benefiting.

The tyranny of cheerfulness is that breast

cancer is *not* a delightful, pink or hopeful experience. It is a deadly affliction that the likes of Estée Lauder and AstraZeneca are disinterested with ending, for corporate profits speak louder than the cries of thousands of women for change.

The passion and strength of solidarity, however, is a potent force that *Pink Ribbons, Inc.* never fails to emphasize.

In the end, confirms a wise activist, the re-politicization and unity of women against the same forces that claim to be helping is a simple solution to a far greater and more threatening problem.

FILM



Winner of the Sundance World Documentary Award, *SENNA* is showing at Cinematheque until Thursday, Feb. 2 at 8:30 p.m. This doc tells the story of Brazil's Ayrton Senna, winner of three world Formula One championships before dying in a crash in 1994 at age 34.

A MATTER OF TASTE: SERVING UP PAUL LIEBRANDT shows at Cinematheque Friday, Feb. 3 until Thursday, Feb. 9 at 9 p.m. The film follows 24-year-old gourmet chef Paul Liebrandt as he concocts incredible mouth-watering dishes to build his reputation in the cut-throat world of haute cuisine in New York City. Come to a special screening on Thursday, Feb. 2 at 6 p.m. and enjoy a food-inspired night with dinner at Peasant Cookery followed by a screening of *A Master of Taste*. For more information contact Kristy at 925-3456, ext. 106.

PINK RIBBONS, INC. looks at the pervasive impact of breast cancer fundraising. Where does all the money go? And what is actually achieved? The documentary shows at the Globe Cinema from Friday, Feb. 3 until Monday, Feb. 6.

Manitoba Eco-Network's 3rd Annual REEL GREEN FILM FESTIVAL kicks off on Friday, Feb. 3 at 7 p.m. at the West End Cultural Centre. Opening night features *ON THE LINE* by Canadian filmmaker Frank Wolf, who documents a human-powered odyssey along the proposed pipeline's route from the Alberta tar sands to the rugged coastal waters off Kitimat, B.C.



REEL GREEN continues on Saturday, Feb. 4 starting at noon at the University of Winnipeg's Lockhart Hall with a terrific lineup of thought-provoking environmental documentaries from near and far, including the Oscar-nominated *WASTELAND* from Brazil, *A SIMPLE QUESTION* from the United States and Canada's *CHEMICAL*, a down-to-earth look at the solutions to our toxic home environments.

LITERATURE

There will be a book signing for RON STEVEN'S *MUCH ADO ABOUT SQUAT: SQUATTERS AND HOMESTEADERS RAVAGE RIDING MOUNTAIN FOREST* on Feb. 4 at 2 p.m. at McNally Robinson.

There will be a book launch for PEOPLE'S CITIZENSHIP GUIDE: A RESPONSE TO CONSERVATIVE CANADA with authors ESYLLT JONES and ADELE PERRY on Monday Feb. 13 at 7 p.m. at McNally Robinson.

GALLERIES & MUSEUMS

Semai Gallery presents *INTROSPECTIVE*, works by TOM LOVATT from Feb. 3 until Feb. 25. The opening reception is on Friday, Feb. 3 at 6 p.m. at 264 McDermot Ave.

Wayne Arthur Gallery presents *THE COLOUR OF OUR SEEING: TWO VIEWS OF THE PRAIRIE AND THE CANADIAN SHIELD*, paintings by LUBA OLESKY and RUTH KAMENEV, from Feb. 5 until Feb. 29 at 186 Provencher Blvd.

Gallery 1C03 and Osredok Ukrainian Cultural and Educational Centre present *I LIKE TO BELIEVE I AM TELLING THE TRUTH* by CHRIS REID from Feb. 9 until April 14. Chris Reid will be giving a talk at an opening reception at Gallery 1C03 on Thursday, Feb. 9 at 7 p.m.

Cre8ery gallery hosts MICHAEL JOYAL'S *365 DAYS BEFORE I SLEEP* from Feb. 9 until Feb. 21.

Negative Space presents *DEAD BEATS* by SHAWNA CONNER, a collection of paintings that interrogate the liminal architectural-like spaces between the domesticated and wild. Showing until Feb. 21.

Platform Gallery presents ANDREW HARWOOD'S latest exhibition, *SÉANCÉ*, until Saturday, Feb. 25. Infamous in Toronto's Queen West scene as an artist and performer (under the stage name Madame Zsa Zsa), Harwood is crafting a new body of work confusing the internationally renowned history of Winnipeg séance photography circa 1900, and the contemporary queer bar dance circuit. Harwood will give a talk about his work on Saturday, Feb. 18 at 3 p.m.

GALLERIES & MUSEUMS

The Winnipeg Art Gallery shows SCULPTURAL INSTALLATION FROM THE PERMANENT COLLECTION until Feb. 26.

Urban Shaman Main Gallery presents ELK DREAMER'S DREAM by LINUS WOODS. The exhibition goes until Saturday, March 10.

PLUG IN ICA presents A MOON OR A BUTTON, LIKE-MINDED and AND ALL WATCHED OVER BY MACHINES OF LOVING GRACE. All three exhibitions show until March 25.

The Manitoba Museum presents CIRCUS! SCIENCE UNDER THE BIG TOP. The exhibition demystifies the daring and death-defying feats of the greatest show on earth, and puts you in the centre of the action. The exhibition runs until April 9.

The WAG is also showing AMERICAN CHRONICLES: THE ART OF NORMAN ROCKWELL from March 2 until May 20.

THEATRE, DANCE & COMEDY

The Tony Award-winning musical AVENUE Q is showing at the Gas Station Arts Centre, 445 River Ave., from Thursday, Feb. 2 to Sunday, Feb. 5 at 8 p.m. Come check out this cuddly, lovable, heart-felt and a little bit offensive musical.



The WSO NEW MUSIC FESTIVAL continues with SVEINSSON & JÓHANNSSON on Feb. 3 at 8 p.m. at the Centennial Concert Hall.

Merlyn Productions Theatre Company presents AUGUSTUS DOES HIS BIT until Feb. 4 at the Ellice Theatre.

MRS. WARREN'S PROFESSION is showing at the Tom Hendry Warehouse until Feb. 4.

Disney's BEAUTY AND THE BEAST, the smash hit Broadway musical, shows at Centennial Concert Hall on Feb. 4 at 2:30 p.m. and 8 p.m. and Feb. 5 at 1:30 p.m. and 7 p.m.

SHAWFEST 2012 (Master Playwright Festival) goes until Feb. 5 at various venues throughout Winnipeg. The 2012 Master Playwright Festival celebrates the life and work of playwright and essayist George Bernard Shaw with performances of his plays by a variety of local theatre companies, readings, a film screening and a free lecture series.

The Prairie Theatre Exchange presents LOST: A MEMOIR until Feb. 5. Showing nightly at 8 p.m.

Manitoba Opera and the Manitoba Chamber Orchestra presents DIDO AND AENEAS in concert, Feb. 7 and Feb. 8 at Westminster United Church.

MTC John Hirsch Theatre shows THE FIGHTING DAYS from Thursday, Feb. 9 to Saturday, March 3.

The WSO presents FOR MICHAEL: THE MUSIC OF MICHAEL JACKSON on Feb. 10 and Feb. 11 at 8 p.m. at the Centennial Concert Hall.

COMEDY OPEN MIC NIGHTS in the 'Peg are Sundays at the Cavern with JOHN B. DUFF, Tuesdays at the King's Head Pub and Mondragon, and Thursdays at the Standard Tavern.

Shaw TV's WEEK THUS FAR tapes in front of a live studio audience at Finn's Pub at the Forks every Monday at 7:30 p.m.

Want to see your event in *The Uniter*?

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

VISUAL ART

Esthetically and emotionally appealing

Artbeat Studio, Cancer Care Manitoba focus on the healing aspects of art

JESSICA BOTELHO-URBANSKI
VOLUNTEER STAFF

Be it music, drawing, drama, photography or another creative discipline, art's power lies in its ability to intuitively reveal the truth.

"When we use this creative part (of the mind), we're tapping into our subconscious. It creates real opportunities for talking, in a non-cognitive way," says Jill Taylor-Brown, director of patient and family services at Cancer Care Manitoba.

Taylor-Brown oversees the art therapy program, offered since 2001 for patients diagnosed with any type of cancer.

Tanis Dick, who holds a master's degree in art therapy, instructs the group of eight to 10 members over the course of eight weeks.

"All creative processes are therapeutic, but not all of them are art therapy," explains Taylor-Brown. "We're all creative - it's part of being human. We're not always given creative opportunities that aren't through talk ... but we need to express that (creativity)."

While art therapy comes in many varieties, its basis is in recognizing the psychotherapeutic effects of creating art, be it with or without the help of a certified art therapist.

Dick's focus in class is on quieting the inner critic.

"It's more about the process than the product," says Taylor-Brown. "We're not an art class, but a peer support group."

During a two and a half hour session, group members create their artwork and discuss what it means to them.

Many paintings by art therapy students are hung around the Cancer Care building, with plaques underneath them on which the artist describes his or her creative process.

Next to a vividly coloured painting of a cartoon dog, a description reads, "Like a dog with a bone, I can't let go of my fear of dying. My fear eases as I put my feelings on paper. - S."

"Many patients feel connected to the artwork hanging around Cancer Care," says Taylor-Brown. "They can see themselves in the art. The staff and families of cancer patients seeing the artwork get a window into the cancer expe-



Ryan Dyck, one of the eight resident artists at Art Beat, stands alongside his collection of artwork.

rience."

It is a raw glimpse into an emotional journey; this artwork helps an outsider comprehend cancer through the discerning lens of an affected eye.

At Artbeat Studio on Albert Street, studio founder and facilitator Nigel Bart hopes to offer a similar understanding on issues of mental health.

"Art has a way of decreasing the stigma of mental health," Bart says. "People approach us and are interested in what we're doing."

Bart officially founded Artbeat in 2005, though the idea of creating a studio and programming based only for consumers of mental health services occurred years before.

"I was volunteering with those with mental health issues and noticed how creative a lot of them were," says Bart.

When the timing was right, prime real estate among other galleries in the Exchange District meant the perfect starting point for Artbeat. The spacious fourth floor studio is a safe environment for the eight resident artists who work in a variety of mediums, such as painting, graphic design, pottery and sculpture.

Creating the art itself is only one step of the process. The group goes gallery hopping, critiques their own work, builds portfolios and submits pieces to local art shows.

Sue Wonnek, a participant of the program,

emphasizes the camaraderie at Artbeat.

"We are all a family," says Wonnek. "It's amazing how close we've become."

Wonnek published a book of poetry, *Linear*, during her six-month stay at Artbeat and plans to continue writing. After six months, participants are welcome to continue working at the alumni group studio on Kennedy Street, or venture out on their own creative pursuits.

Bart finds that artists are much more open to issues of mental health.

"We just had a symposium at the Winnipeg Art Gallery, and I was asked a question: is it more prominent for artists to have mental illness?" says Bart.

"It seems more prominent when there are famous artists like Van Gogh and Beethoven," Bart continues. "It's just as prominent in doctors or lawyers, but they're not allowed to show it. It's more socially acceptable for artists."

Whether the final product is a stick-figure drawing or an elaborate masterpiece, there is a unique depth to any piece made by an art therapy student. This means a revealing and rewarding visual experience for the viewer and creator alike.

For more information about the art therapy program at Cancer Care Manitoba, call 204-787-4119. To learn more about Artbeat Studio, visit www.artbeatstudio.ca.

FILM PREVIEW

Reel Green, real change

Annual film fest aims to highlight local and Canadian issues to inspire change

KAELEIGH AYRE
ARTS REPORTER

The documentary is alive and well, as demonstrated by the many film festivals that have graced our cultural capital.

Two weekends ago saw several selections from the Banff Film Fest pass through town, and late last year the Toronto documentary festival Hot Docs held a weekend full of screenings at Cinematheque.

This weekend (Feb. 3-4) sees yet another doc fest that has become an annual event.

The Manitoba Eco-Network's Reel Green Film Fest has become Winnipeg's environmental film forum.

In its third year, this annual event has steadily grown from the inaugural fest.

"It does seem to be becoming more and more popular as the years go by," Manitoba Eco-Network executive director Kristine Koster says. "Last year we had over 400 people who attended. In the first year we had around 300 people, and it's hard to say how many people we'll have attending this year."

The festival kicks off on Friday, Feb. 4 at the West End Cultural Centre with a fundraising screening of the film *On the Line*.

This 2011 film follows Canadian filmmaker Frank Wolf on a 2,400 kilometre self-propelled journey by foot, bike, raft and kayak as they trace the path of the proposed Enbridge pipeline and seek to uncover the truth of it.

The night continues with the awarding of the Anne Lindsay Protecting Our Earth awards to be followed by a reception with food and

drink.

On the Saturday, the festival changes locations to the University of Winnipeg's Lockhart Hall, where attendees have the opportunity to watch seven films over the course of the afternoon, and engage in discussion.

Films being screened include *The Edge of Eden*, *Bag It* and *Caribou: Ghost of the North*.

While some docs can be downright discouraging, Koster promises the fest is not all "doom and gloom."

"We certainly want to inspire our audience,

so the festival aims to provide environmental education. We want people to go away feeling informed and inspired by the films," Koster says. "We as the Manitoba Eco-Network want to provide positive environmental action. People can't take action to improve if they don't know what the issues are."

For tickets or more information on the festival and films check out www.mbeconetwork.org/reel-green-film-festival or call 204-947-6511.

WINNIPEG JAZZ ORCHESTRA

FEBRUARY 12/12

L'Amour, Toujours, L'Amour

with saxophonist CHRISTINE JENSEN, vocalist LIANNE FOURNIER

MARCH 18/12

Late Night at the Village Vanguard

with Village Vanguard Orchestra members JOHN RILEY and DICK OATTS

MAY 13/12

Pictures at an Exhibition

with pianist BRENT FISCHER

All performances at the Winnipeg Art Gallery 2 pm & 7:30 pm

Tickets available online at www.winnipegjazzorchestra.com

WJO Box Office 632-5299 and McNally Robinson Booksellers

ADULT \$29.50 / STUDENT \$15 (plus GST)

STUDENT TICKETS ONLY \$15 EACH! CALL OR VISIT US ONLINE TODAY.

Follow @WpgJazz0

wjo 15 YEARS

Treat your Valentine to some great jazz...

QR code

CULTURE TODAY

Friends with benefits

Sneezing pandas are hilarious, but real pets can improve your mental and physical health

AARON SNIDER
CULTURE REPORTER

More than 128 million people have watched "The Sneezing Baby Panda" on YouTube since it was uploaded five years ago, and that's not counting the millions of additional views for spin-offs and remixes.

While the numbers point to a great interest in cuddly creatures on the screen, 16 seconds of virtual panda might not be able to replace the real thing.

"I think it's sad that we think it's OK for a TV or some inanimate object to take the place of a pet," says Aileen White, communications director for the Winnipeg Humane Society (WHS).

"I'm not saying it doesn't have its entertainment value, but would you say that watching videos or movies of children would take the place of a child if you really wanted one? It's not the same."

White needs to look no further for evidence of this fact than to the many examples of people who are forced to part with their pets.

"When there are people that have to move into residences that do not allow pets, or what particularly breaks my heart is when there are people moving into assisted living facilities," White says. "They're not allowed to bring their pet but they need a new place to live."

"That pet is their closest companion, more so than a family member, and what it does to them is horrible," she says.

The opposite is true as well. The connections and adoptions made through the WHS can be a great boost to the adopter's well-being.

"They may not be saying that they are in a depression or that they are feeling lonely,"



DYLAN HEWLETT

There are numerous physical and mental benefits to pet ownership that range from improved cardiovascular strength to increased self-esteem.

says White. "They may not use those phrases because that's fairly intimate, but definitely there's a reason why they're called companion animals."

"We know that some people come in and they want a companion," she says.

White's experience seems to agree with the dominant opinion among psychologists.

A paper published last year in the *Journal of Personality and Social Psychology* points to numerous physical as well as mental benefits to pet ownership that range from improved cardiovascular strength to increased self-

esteem.

Unfortunately, the medical facts do not always translate into greater understanding.

"I think it's a shame that some landlords make these decisions that pets are not allowed without looking at the impact from a well-being point of view," White says. "For some who live on their own, or spend a great deal of time on their own, that is the closest living being to them."

White also believes the relationship is mutual.

"If you've ever owned an animal you'd

definitely understand how they're on a complete schedule," White says. "And then all of a sudden they're in a shelter environment. It's very upsetting (for the animal)."

White says that working or volunteering at the WHS is very rewarding, but not always easy.

"Some of our dogs have really difficult behaviour, and you wonder if they're ever going to be rehabilitated enough to make it into adoptions. There are very big highs and very big lows to this world and this shelter life."

Nostalgia for sale

Flea market offers products - and a way to buy them - that come from an older time

AARON SNIDER
CULTURE REPORTER

It's a busy Sunday afternoon at Mulvey Market. Dozens of people walk slowly through the aisles between the wood stalls that fill the old warehouse, pausing occasionally to pick up a trinket that catches their eye.

The large room is filled with the sound of chatter between vendors and potential customers. John Fogerty comes through the speakers lazily.

Diane Puttee runs a small book stand right in the middle of the warehouse called Doc Books, which she operates in memory of her late mother, a doctor.

She says that if customers can't find what they are looking for among her 2,000 to 3,000 book inventory, she will find it.

"What I see is what I've got," Puttee says. "If I don't have it, I'll get it."

"I also buy books for people who need large print. That's what Doc Books is about - I think books are important."

This willingness to meet individual requests and needs isn't always good for the bottom line. Puttee will sometimes acquire special books for customers who never return.

"Some days you make money and other days you don't," says Puttee, who nonetheless thrives in the face-to-face, negotiable world of the flea market.

"It's a place where people are regulars. You know them by name and it's a small world," she continues. "My customers love me so much they give me hugs."

The number of those customers has been increasing.

Dave Dixon, who runs the entire market, says that the average number of people coming through on a given day has more than doubled, to between 500 and 750 people, since he started Mulvey Market 10 years ago.



STEPHEN KURZ

Rock n' Roll Barry Timbury runs a music and toys store at the Mulvey Market. Open on Saturdays and Sundays, the market attracts between 500 and 750 people per day.

its listed price would fetch around \$50,000.

He estimates that 70 per cent of his sales are to return customers, which means that like Puttee, he is always updating his merchandise. He has to.

"Kids are smart. They know what's good and what isn't," he says.

Dixon says different vendors have different motivations.

"Some people do it as a way to make some extra cash, some people do it for social reasons, some people are retired and they still want to work a day or two. They don't necessarily need money, but they like to be productive."

No matter the reason, however, it takes a

strong work ethic and a love of people to be successful.

"Mostly what makes a successful vendor is, like most things, the people who work there," Dixon says. "The people who arrive early and leave late and change their stock around."

For Timbury, who works five days a week at another job, selling vinyl records to teenagers is a hobby.

"I do it for fun. I do it for the kids. I do it because I like it," Timbury says. "As long as it still is fun, I'll keep doing it."

Visit Manitoba's largest flea market at 421 Mulvey Ave. East, every Saturday and Sunday from 10 a.m. to 5 p.m.

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>

SCHOLARSHIPS, AWARDS AND BURSARIES

The Academic Proficiency Scholarships from the 2010-11 academic year are now awarded. Recipients will receive notification through the mail.

The Louis Riel Bursaries have also been awarded. Recipients will receive notification through the mail.

The General Bursary Program for students with financial need is now closed. The deadline was Jan. 30, 2012. Those that applied will receive notification of the results at the end of February through their webmail account.

The Graduate & Professional Studies Expenses Bursary is now available for application for students in their final year of an Honours or B.Ed. program who are applying to pursue post-undergraduate studies. These awards are given out on a first-come, first-serve basis and will be available for application until the funds are exhausted. Application forms are available on our website: <http://www.uwinnipeg.ca/index/services-awd-bursaries>.

MANITOBA STUDENT AID PROGRAM (MSAP):

Applications to Manitoba Student Aid for the Fall/Winter 2011-12 or Winter term only sessions are being accepted until Feb. 20, 2012. Students can apply online at: www.manitobastudentaid.ca.

TUITION FEE DEFERRAL

Government Student Aid recipients that applied before Dec. 16, 2011 had been given Tuition Fee Deferral until Feb. 4 to pay their outstanding fees.

WHAT DOES TUITION FEE DEFERRAL MEAN?

You have been given a one month grace period so that:
a. Your registration is not cancelled, and
b. You are not charged late payment fees.

NOTE: If your tuition payment is not received by Feb. 4, you will have to make financial arrangements in person at Student Central to ensure your registration is not cancelled. Bring your government student aid documents with you to show proof of pending payment(s). Late fees may apply.

EXTERNAL AWARDS:

The university is often notified by companies and organizations about awards they have for students in post-secondary education. Here are a few awards that are available right now:

UNITED WAY YOUTH LEADERS IN ACTION SCHOLARSHIP

Deadline: Feb. 10, 2012

Designed to recognize the contributions of young community leaders and encourage them to keep up the great work. In 2012, four scholarships of \$500 each will be awarded to young people under the age of 25 who have made a difference in the community.

Visit: www.edc.ca/scholarships

THE MANITOBA LEGISLATIVE INTERNSHIP PROGRAM

Deadline: Feb. 14, 2012

Gain first-hand experience in the legislative process and work with Members of the Legislative Assembly and their caucuses in policy research. The Manitoba Legislative Assembly Internship Program is open to six Manitoba students in a degree program in any discipline at a Manitoba university and to permanent Manitoba residents studying outside the province. Students must have graduated by September 2012.

Visit: <http://www.gov.mb.ca/legislature/info/internship.html>

WOMEN OF DISTINCTION AWARDS

Deadline: Feb. 27, 2012

This award recognizes a woman's outstanding achievements in the expression, performance, development,



95.9 FM CKUW CAMPUS/COMMUNITY RADIO

TOP 10 CD - ALBUMS

January 23-29, 2012

! = Local content * = Canadian Content

TW	Artist	Recording	Label
1	!The Noble Thiefs	Beyond The 11th Deck	Pipe & Hat
2	!The Lonely Vulcans	Vulcan Cesspool	Transistor 66
3	!The Magnificent 7's	All Kinds Of Mean	Transistor 66
4	!John K. Samson	Provincial	Anti-
5	!Cannon Bros.	Firecracker/Cloudglow	Disintegrator
6	!Mariachi Ghost	Machete EP	Self-Released
7	*Mieshs and the Spanks/The Sphinxs	Split EP	Self-Released
8	Bjork	Biophilia	Nonesuch
9	Wilco	The Whole Love	dBpm
10	Nobunny	Raw Romance	Burger

When:
Wednesdays
February 8th-April 11th
(Excluding February 22th)

What Time:
During the free period
from 12:30-1:20

Where:
Feb 8 & 15: 3M60
All others sessions in Bulman
Students' Centre MPR

Please bring yoga mat



Winnipeg Yoga Shala

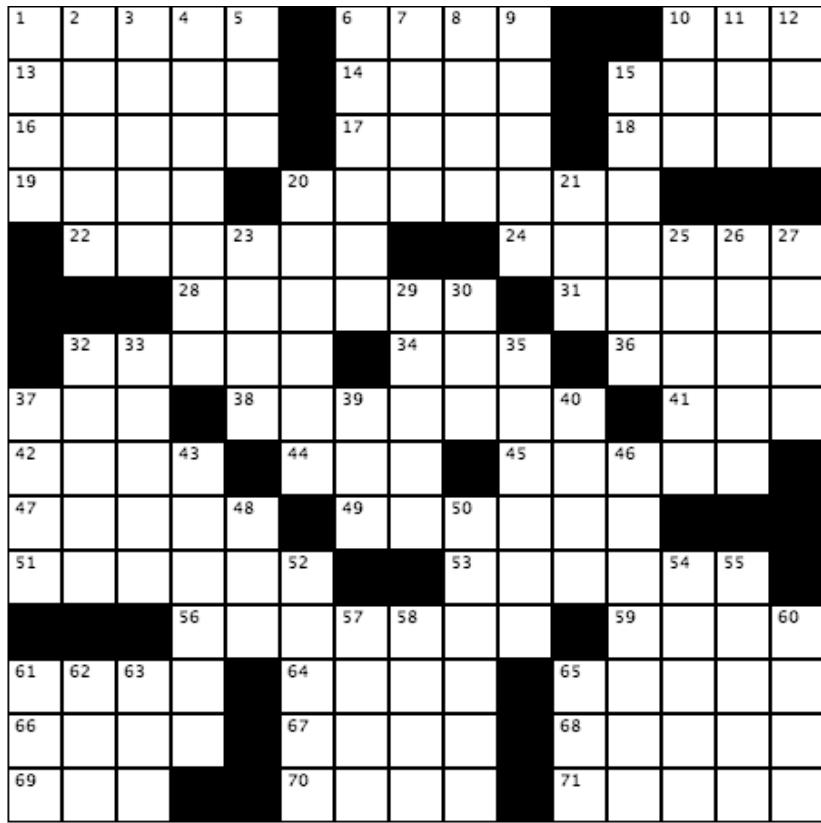
FOR MORE INFO, VISIT: THEUWSACA



THE UNIVERSITY OF WINNIPEG STUDENTS' ASSOCIATION

Crossword Puzzle & Sudoku 18

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

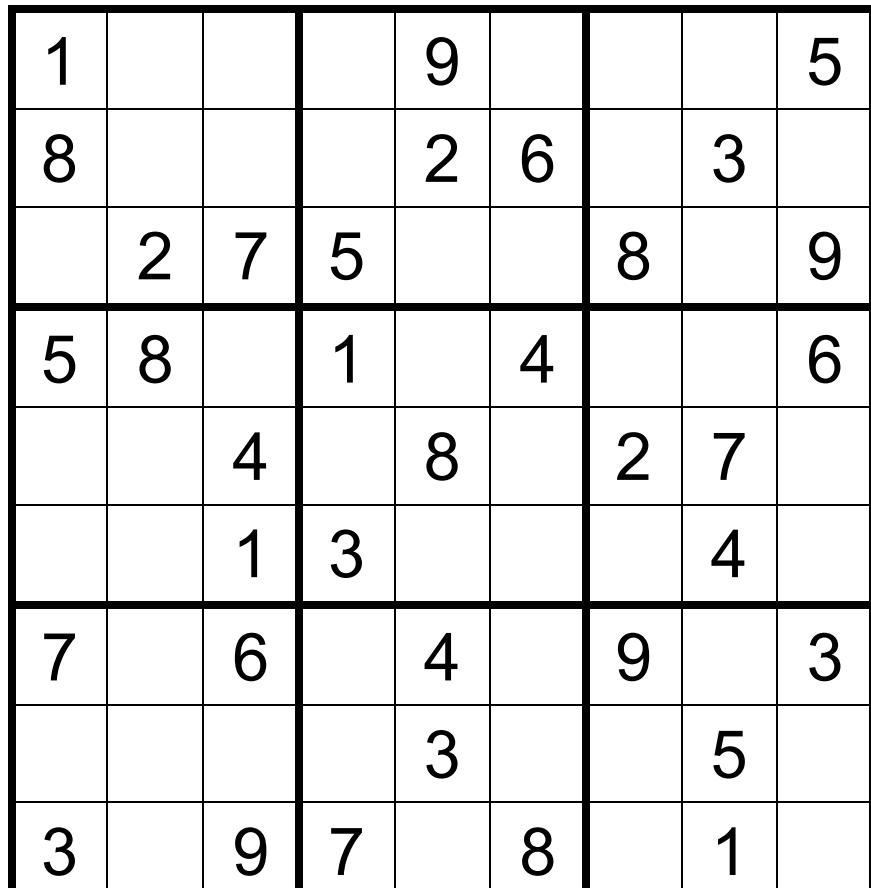


BESTCROSSWORDS.COM

Across

- 1- Sauce
- 6- Feathered creature
- 10- Brian of Roxy Music
- 13- Causing goose bumps
- 14- Actor Morales
- 15- Draw with acid
- 16- Actress Verdugo
- 17- Hostelries
- 18- Chamber
- 19- Carry on
- 20- Item
- 22- Place of contentment
- 24- Concealed
- 28- Thrills
- 31- Pad user
- 32- Mine prop
- 34- Resinous deposit
- 36- Room in a casa
- 37- Conger
- 38- Bondage
- 41- Boy
- 42- Med school subj.
- 44- Biol., e.g.

SUDOKU SKILL LEVEL: EASY



WWW.PDFPAD.COM/SUDOKU

GET READY FOR EMPLOYMENT.

ADD PRACTICAL, HANDS-ON COLLEGE SKILLS TO YOUR DEGREE.

add a Diploma in:

**SOFTWARE & DATABASE DEVELOPER
ACCOUNTING & PAYROLL ADMINISTRATOR
PHARMACY TECHNICIAN**

to get the skills employers want!



Be Career Ready In Under A Year with Robertson College

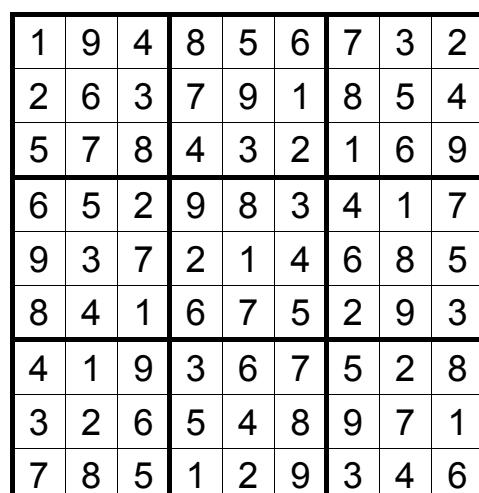
→ 204.800.7931

www.robertsoncollege.com

**ROBERTSON
COLLEGE**

- 45- Finnish name of Finland
- 47- Medicine
- 49- Killik
- 51- Playground retort
- 53- Mildness
- 56- Filth
- 59- Mardi __
- 61- Apex, pinnacle
- 64- Boyfriend
- 65- Monument
- 66- Author Silverstein
- 67- Bone-dry
- 68- Muscat native
- 69- Religious sch.
- 70- Full of streaks
- 71- Middle
- Down
- 1- Will of "The Waltons"
- 2- Make less tense
- 3- Boxing venue
- 4- Person who makes wine
- 5- Affirmative reply
- 6- Capital of Lebanon
- 7- "__ She Lovely?"
- 8- Hindu princess
- 9- Flat circular plates
- 10- DDE's command
- 11- Cpl., for one
- 12- Resistance unit
- 15- Builds
- 20- Saws
- 21- Bandleader Brown
- 23- Exclamation to express sorrow
- 25- Kingdom
- 26- China's Zhou __
- 27- Tailless amphibian
- 29- Diminutive
- 30- Blue
- 32- Spanish Mister
- 33- Flat surface
- 35- Pamper
- 37- I could __ horse!
- 39- Nipper's co.
- 40- Unstable lepton
- 43- Showy pretense
- 46- Japanese art of folding paper
- 48- __ au vin
- 50- Indistinct
- 52- Like ziti
- 54- Threesome
- 55- Tall tales
- 57- Ethereal: Prefix
- 58- Reclined
- 60- Agitated state
- 61- Balaam's mount
- 62- Friend of Fidel
- 63- 13th letter of the Hebrew alphabet
- 65- Dot follower

Solutions to puzzles from the January 26, 2012 issue.



VISIT THE UNITER ONLINE

WWW.UNITER.CA

OR LIKE US ON FACEBOOK

WWW.TINYURL.COM/
THEUNITER



Unintelligent design for dummies

I am so sick of hearing about the "debate" between evolution and "intelligent design," as if those are the only two possible options to explain how we as humans ended up the way we are.

It saddens me that people have become so closed-minded as to completely ignore a third and completely viable explanation: Unintelligent design.

Think about it. If our design is so intelligent, then why do we have such glaring inadequacies in the way we are made?

Right about now, you might be thinking to yourself: "What the shit is this guy talking about? We humans are perfect and there are no possible improvements that could ever be made on the way we are made!"

I guess, for you, the first improvement that *should* spring to mind is to have a better imagination!

Here are some other improvements that I think could (and should!) be made on us, before we can correctly call our design *intelligent*.

Eyes on our hands

Anyone who has ever been in a gun fight knows what a drag it can be to have to look around corners (exposing your very vulnerable head, which contains your big mushy brain) in order to see if the coast is clear to pursue your rival. Having auxiliary eyes on our hands would alleviate this problem completely.

The ability to smell information

Imagine being able to smell information out of books instead of having to read them. Wouldn't that be cool?

Skin pockets

Think about how much it sucks having to leave your wallet and your keys in your shoe when you go swimming at the beach. Now imagine how awesome it would be to have waterproof pockets built right into your skin!

Are you starting to get the picture? How can we be dumb enough to call anything "intelligent design" when it's made such glaring omissions as to leave out edible poo, built-in Brita filters, tiger-invincibility, bad breath that smells delicious, iPhone chargers and universal Disco dancing abilities?

All of the above minor improvements would obviously make us better, but those are just a few ideas off the top of my head!

Any deity with even half a head on Her shoulders could come up with countless improvements on the human form that would make us infinitely better, and therefore would make our design infinitely more intelligent.

I think the most important characteristic which is not currently possessed by many humans, and which proves that our current design is anything even close to resembling "intelligent," is the ability to admit it when a book we really like is wrong about something.

So maybe let's start there.

J. Willamez can't wait for skin pockets.

You are invited
to the
Grand Opening of
UWinnipeg's
AnX

- The University of Winnipeg Bookstore •
 - Garbonzo's Pizza Pub •
 - Starbucks •

Light refreshments will be served

Friday, February 10th, 10:30am
The University of Winnipeg AnX
471 Portage Avenue
(Enter from Winnipeg Transit Station on Balmoral)

For a campus map and parking suggestions,
please visit www.uwinnipeg.ca and click on maps.



THE UNIVERSITY OF WINNIPEG

uwinnipeg.ca

