

UNIVERSITY OF WINNIPEG'S WEEKLY URBAN JOURNAL

THE **UNITER**

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10
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WELL WORTH THE WAIT

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RETURN WITH *THEY TOLD ME*

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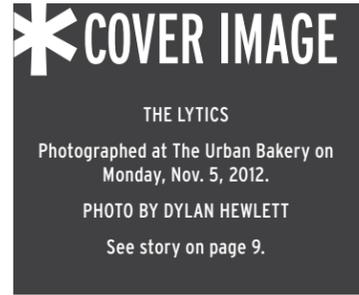
Online exclusives

Only at Uniter.ca:
Read interviews with local jazz drummer Curtis Nowosad (left) and Vancouver singer-songwriter Jordan Klassen (right).



LOOKING FOR LISTINGS?

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THE LYTICS

Photographed at The Urban Bakery on Monday, Nov. 5, 2012.

PHOTO BY DYLAN HEWLETT

See story on page 9.

PEOPLE WORTH READING ABOUT

Driven by her passion

Local entrepreneur Ida Albo receives award for work downtown and in the community

JORDAN POWER
VOLUNTEER

From the halls of the University of Winnipeg to the limestone perches of one of Winnipeg's most storied hotels.

Ida Albo has made herself a prominent member of Winnipeg's urban and philanthropic community since receiving her economics degree from the U of W in 1981 and subsequently her masters in economics from Queen's in 1982.

On Oct. 21, Albo received a Distinguished Alumni Award from the university's Alumni Association during fall convocation ceremonies.

Albo, currently the chair of the Guardian Angel Benefit Committee for the CancerCare Manitoba Foundation, co-owns the Fort Garry Hotel and Conference Centre with her husband, Rick Bel.

The couple also co-own the hotel's associated Ten Spa and the recently opened Yoga Public.

Opened in early 2012, the inspiration for Yoga Public came from Albo's fruitless search for a flexible studio that offered classes at convenient times for busy yogis.

"I started practicing yoga around the time we built the spa," Albo said. "I just fell in love with it."

"It's all about people. You can have an idea or a great vision but you need people to deliver and to understand that vision."

- IDA ALBO, UNIVERSITY OF WINNIPEG ALUMNA

Translating that love into a business was easy for the successful hotelier. As in all of her endeavours, whether philanthropic or economic, Albo's decision to open the yoga studio was guided by a devotion to what she loved.

"When you're passionate about something, you want to share it," she said.

Her passion, however, is not limited to the practice of yoga. Albo is similarly driven by her dedication to the development of Winnipeg's



DANIEL CRUMP

Ida Albo received a Distinguished Alumni Award from the University of Winnipeg Alumni Association during fall convocation Oct. 21.

downtown neighbourhoods.

"I grew up downtown," Albo said. "I've always had fond memories and a strong connection to it."

Albo's resume also includes serving as vice-chair at the Pan Am Clinic Foundation, as well as serving on the board of directors at The University of Winnipeg Foundation. Albo had been a board member for the Tourism Association of Winnipeg, the Canadian Tourism Commission, Health Sciences Centre Research Foundation, and Citizens Against Impaired Driving.

In addition to her numerous other roles as a community leader, Albo demonstrated her interest in the direct enhancement of Winnipeg's urban areas, serving as co-president of the CentreVenture development corporation: an advocate and catalyst for investment, development and economic growth in downtown Win-

nipeg.

The studio's placement on Fort Street, as well as the downtown location of the hotel and spa, reflects Albo's commitment to enhancing the wellness of Winnipeg's urban area.

"It all has to do with wellness, that's the connection," she said.

Beyond her entrepreneurial merit and evident commitment to the community, it is Albo's humility that distinguishes her as an alumna deserving of the University of Winnipeg award.

While thankful for the formal recognition of her work, Albo acknowledged those who have supported her, accrediting the success of her business ventures to her staff.

"It's all about people," she said. "You can have an idea or a great vision but you need people to deliver and to understand that vision."

STREETER

BY ALEX PATERSON

Q: HAS THE MUNICIPAL AND PROVINCIAL GOVERNMENT DONE ENOUGH TO FOSTER LOCAL SMALL BUSINESS DEVELOPMENT DOWNTOWN AND IN THE WEST END?



Bonnie Timshel, canvasser, Wilderness Committee
"I've noticed a lot of Downtown BIZ programs going on. There are lots of opportunities, but it's still not enough. I'd like to see more downtown and West End local businesses develop."



Dave Dorning, UWSA Bike Lab Coordinator
"I haven't heard much. Anything the government can do, they should. They need to get in touch with people and not be advocates just for big business. They need to foster programs and businesses which are sustainable in the long-term for the community."



Shelly Kroeker, third year student, business
"They've been doing a great job, the Downtown BIZ is doing great. Designating the SHED is really important. Developing niche businesses is great. At this point, I think they are targeting the development of businesses which can accept the tax burden. More tax breaks for local businesses run by local people is important. Making sure we maintain innovative people here is key."



Jessica Adkin, faculty assistant, U of W Faculty of Business and Economics
"They could do more. Taxes are a burden for start up. More help in the initial five years would be great because most go under in the first two years. Offering better tax refunds would work. Offering marketing assistance would be important because many small businesses have to find their own advertising means."



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News

Local 'carsharing' co-op nominated for national award

Critics debate usefulness and environmental impact of carshares

CARSON HAMMOND
BEAT REPORTER

To some, the idea of sharing four cars between 120 people might sound like a special kind of hell.

Aaron Russin, membership coordinator for local carsharing group Peg City Car Co-op - whose slogan, "Bike. Walk. Bus. And sometimes, drive," sums up its users' transportation philosophy - says otherwise.

"Just think of it like community-owned transit," said Russin.

For a \$500 refundable membership fee, co-op members can book one of four cars in the co-op fleet, spread between South Osborne and the Legislature building.

Drivers are billed monthly based on a combination of their road time and mileage.

Founded in 2007, the local carsharing program, whose members have voting rights in the organization, was recently selected as one of six finalists from Western Canada in The Co-operators' National Co-op Contest.

Russin, one of the organization's two employees, says Peg City has a lot to offer those who don't drive, but could stand to benefit from the ability to get behind the wheel every now and then.

"We're really committed to providing an economical car alternative," said Russin.

But how much sense does carsharing really make?

Stefan Dodds, an economics instructor at the University of Winnipeg, is guarded in his optimism.

"People who are thinking of joining up need to ask themselves, 'How often am I going to be able to actually use one of the cars when I want to?'" Dodds said.

"To some extent, the success of (a carshare) depends on the density of its consumer base and whether or not they have a sufficient amount of vehicles to provide convenient access."

According to Russin, the service as a whole experiences an average of about one booking



DYLAN HELWETT

Aaron Russin, membership coordinator of Peg City Co-Op, says the group is looking to expand to other areas of the city. The organization is one of six finalists from Western Canada in The Co-operators' National Co-op Contest.

per car, per day, with an average usage time of around three to four hours.

While he noted the 120-member co-op is looking to increase bookings at its existing locations in order to expand into other areas, Russin said the carshare's current usage density leaves plenty of room for new members concerned about convenience.

"I don't think our members have much trouble at all when it comes to getting the bookings they want," Russin said.

The environmental argument in favour of carsharing is sure to come up in any debate over its merits.

Alan Diduck, director of environmental and urban studies at the University of Winnipeg, says the net environmental effect of carsharing, however, remains uncertain.

"The big issue is whether the availability of a car co-op encourages more driving or less," said Diduck, who explained that some carshare users might otherwise be driving their own motorized vehicles, while others might not.

According to Diduck, this doesn't change the fact that - at least for some - carsharing can be a viable means of carbon footprint reduction.

"My own personal view is that the availability of a car co-op might be the last factor to convince me that I don't need a car (of my own), which is a good thing," said Diduck.

Since becoming a Peg City member more than six months ago, Jory Hasselmann says carsharing has been a convenient fit for his lifestyle.

Although he uses other forms of transpor-

ation for his daily commute, Hasselmann takes advantage of the program for things like getting to and from weekly beer-league hockey games, which, given the necessity to lug around heavy equipment, makes participating easier.

"There's really no commitment whatsoever," said Hasselmann, pointing to the co-op's refundable membership fee.

"Most people that don't own a car would find some use for (carsharing)."

According to Russin, Peg City plans to expand its services into other areas of the city in the near future.

Currently, the co-op is selling \$100 investment shares in hopes of increasing its capital, with a long-term goal of \$200,000.

To learn more, visit www.pegcitycarcoop.ca.

Concerns remain about the safety of energy drinks - especially with alcohol

Safety of energy drinks remains unclear as five deaths are under scrutiny by FDA

ALEX PATERSON
BEAT REPORTER

In the wake of five reported deaths associated with the beverage Monster, critics are calling for tougher regulations on energy drinks in Manitoba.

In October, the U.S. Food and Drug Administration began investigating five deaths linked to energy drinks, while Health Canada has reaffirmed its advisory to not consume caffeinated energy drinks with alcohol.

CBC News reported Health Canada ignored the advice of its own expert panel and softened regulations on energy drinks.

The panel, in its final report, considered these products a public health issue and noted cardiac arrest and other risks have been detected. The panel recommended the name of the drinks be changed to "stimulant drug containing drinks."

Dr. Jon Gerrard, a physician and leader of the Manitoba Liberal Party, stated the province needs to immediately release an advisory reaffirming the cautions expressed by Health Canada and note there are provincial impacts.

He also stated the province needs to take immediate steps to educate and begin tighter regulation of the product aimed at decreasing negative consequences.

"The province clearly has a role to play in



ADARA MOREAU

Critics are calling for tougher regulation of energy drinks in Manitoba.

this hot public issue. Ministry of Health has been missing in action on this," said Gerrard. "We need warning signs about the risk of mixing (energy drinks) with alcohol in every bar."

Gerrard was certain there are benefits to caffeine use. He noted coffee and tea are commonly accepted.

There is no need to move away from the positive effects of these stimulants, he said.

Susan Watson, a registered dietitian in Manitoba, disagrees.

She cautions against the consumption of energy drinks, preferring to encourage her clients to focus on the benefits of a healthy diet and a proper amount of sleep.

"Our schedules are crazy busy. Health is at the bottom of our schedules. People are using artificial energy. It is horrible. I can't say it professionally. It is a legalized form of taking a drug," said Watson.

Watson strongly advised against consuming more than 340 mg of caffeine in a day, noting we still don't know a safe level of

intake.

Energy drinks should be more tightly regulated for children while adults should be free to choose, she said.

Susan Harrison, a spokesperson for the Manitoba Liquor Control Commission (MLCC), stated the organization cannot currently regulate alcohol consumption mixed with energy drinks because it is not in the Liquor Control Act.

They recognize it is a problem but inspectors can't stop the serving of energy drinks with alcohol. Regulation of energy drinks is a federal responsibility, she said.

The MLCC is beginning an impact analysis of energy drinks and alcohol. The opportunity for changing legislation is opening with the merger of the MLCC with Lotteries, she said.

Josée Laperrière, spokesperson for Red Bull Canada, stated that there is no indication that Red Bull Energy Drink has any effect, negative or positive, related to alcohol consumption.

"There is no reason why Red Bull Energy Drink should not, like any other drink, be mixed with alcohol," Laperrière said.

"Red Bull is available in over 160 countries, because health authorities across the world have concluded that Red Bull is safe to consume. Last year alone, close to four billion cans and bottles were consumed around the world," Laperrière added.

International News Briefs

Compiled by Matt Preprost

GBAGBO FIT TO BE TRIED

IVORY COAST: Former Ivorian president Laurent Gbagbo is fit to be tried for war crimes, Al Jazeera reports. Judges at the International Criminal Court have ruled Gbagbo is of healthy enough mind to understand the charges laid against him, which include murder, rape and persecution. The charges stem from a civil war following his refusal to stand down after losing the country's presidential election in 2010. More than one million people were displaced and thousands killed in four months of fighting. Gbagbo's trial has been suspended since June, after he told judges the ill treatment he had received at the hands of his captors in Ivory Coast had left him unfit to stand trial. The ICC noted Gbagbo's mental health is fragile, and that close monitoring and appropriate treatment are required.

FREE PUSSY RIOT: MEDVEDEV

RUSSIA: Russian Prime Minister Dmitry Medvedev is calling for the release of punk band Pussy Riot, Al Jazeera reports. In August, the band's three members were handed two-year prison sentences after performing a "punk prayer" in a Moscow church, pleading with the Virgin Mary for deliverance from Russian President Vladimir Putin, according to the report. Though he detested the act, Medvedev said last week the women have been in prison long enough and should be released. The call, however, is likely to fall on deaf ears. Medvedev is regarded as a "liberal yet nominal government figure whose pledges and orders are seldom followed through on," according to the report.

TWITTER COMMENT LANDS MAN IN PRISON

BAHRAIN: An online activist in Bahrain has been sentenced to six months in prison for defaming the country's king in comments posted on Twitter, the BBC reports. The man, whose name was not released, was among four others arrested last month on similar charges. The four deny any wrongdoing. Insulting the king and other members of the Al Khalifah ruling family is considered a serious offence in the Gulf state, according to the report. In September, activist Zainab al-Khawaja was jailed for two months for ripping up a picture of King Hamad. Repeated abuse of freedom of speech and expression rights like riots and calls for the overthrow of ruling figures could no longer be accepted, government minister Sheikh Rashid bin Abdullah Al Khalifah said.

SUICIDE BOMBER KILLS POLITICIAN

PAKISTAN: A bomb attack has killed an anti-Taliban politician in north-west Pakistan, the BBC reports. Fateh Khan, along with three of his guards, was killed Nov. 3 after a suicide bomber blew himself up in front of Khan's vehicle as he was leaving a gas station in the city of Buner. Khan was an ex-leader of the secular Awami National Party who had recently joined the Quami Watan Party, and was the head of a local anti-Taliban force. ANP leaders are regular targets of the Taliban in the region, but this is the first suicide attack there in several months, according to the report. Buner was freed from the control of Taliban militants three years ago. Five other people were injured in the attack.

Local News Briefs

Compiled by Jordan Power

TEEN MOTHER AND INFANT MORTALITY RATES IN PROVINCE HIGHER THAN NATIONAL AVERAGE

Almost nine per cent of newborns in Manitoba from 2007 to 2009 were born to teen mothers, according to findings from the University of Manitoba's Centre for Health Policy, the *Winnipeg Free Press* reports. The national average for such births is five per cent. The report also stated that Manitoba's infant mortality rate was 5.2 deaths per 1,000 births. The national average is four. In the study, babies were more likely to die before their first birthday if, among other factors, their mothers were younger than 25, had inadequate prenatal care, or if the babies were not breastfed.

DOWNTOWN PARKING RATES TO DOUBLE NOV. 13

Parking rates are set to increase in high-demand areas beginning Nov. 13, the *Winnipeg*

Free Press reports. City of Winnipeg officials say parking rates will double from a loonie to a toonie at 143 pay stations downtown and in the Exchange. In July, city council voted to limit on-street parking to two hours and increase rates on high-demand streets. In April 2013, the city will begin metered parking at 8 a.m. and extend it to 8:30 p.m. in selected blocks near the MTS Centre.

ATHLETE CLARA HUGHES HONOURED

Cyclist and speed skater Clara Hughes, who has won Olympic medals in both sports, was one of eight athletes and two sports teams inducted into the Manitoba Sports Hall of Fame on Saturday, Nov. 3. Earlier that day, Mayor Sam Katz announced that a new recreation facility in Elmwood would bear Hughes's name, the CBC reported. The new complex will be built on the site of the former Kelvin Community Centre, where Hughes used to play ringette and softball.

PROVINCE ACCUSED OF ORDERING INSURANCE FUNDED ROAD WORK

Manitoba's NDP government denied accusations of ordering Manitoba Public Insurance to use insurance money to pay for road work. MPI is considering using some of its funds for road improvement projects including paved shoulders and wider intersections,

the *Winnipeg Free Press* reported. The Crown corporation has considered how British Columbia's insurance agency spent \$6.9 million contributing to government-funded road work in hopes of saving each motorist \$5.60 over two years through lower premiums. Provincial opposition argue that motorists already pay taxes for road work and that MPI should use surpluses to reduce premiums. MPI says the plan stemmed from a request for new road safety measures from the Public Utilities Board.

CITY REVIEWS TRASH PICK-UP ACROSS CANADA

On Oct. 30, city council's public works committee voted in favour of a report to review how other Canadian cities manage waste collection, the *Winnipeg Free Press* reported. The report stemmed from Couns. Harvey Smith and Ross Eadie calling for inquiry into bringing collection services back under city control. The city has already signed a five-year contract with Emterra and intends to respect the agreement. However, starting Nov. 1, the city will charge Emterra \$150 for each missed pickup. Mayor Katz has instructed city administration to review Winnipeg's legal options - including offering the service to another contractor - if Emterra continues to fail to collect waste on time.

LISTINGS

COMMUNITY EVENTS

PHASES OF HEALING is an eight-week group beginning in November at 1150A Waverley St. This is a facilitated, closed group for women who have experienced partner and/or childhood abuse and are ready to explore healing and moving forward in their lives. Please call 204-477-1123 for registration information. In-person intake with facilitator is required; space is limited. Dates and times for the group will be provided within the intake.

ART WORKSHOPS are a weekend journey of creating and are offered Nov. 9 to Nov. 11 at the Forum Art Centre, 120 Eugenie St. Both experienced and beginner artists will enjoy **DRAWING & MORE** by Winnipeg artist Dave Carty, **MURAL LANDSCAPES IN ACRYLIC** by Minnesota artist Jan Vriesen or **MIXED MEDIA** by Toronto artist Janice Taylor. For details visit www.forumart-centre.com or call 204-235-1069.

GRANNIES GONE GLOBAL is organizing an alcohol-free fundraising social to help support grandmothers in Manitoba and in Uganda who are raising their grandchildren. The social will take place on Nov. 10 from 7 p.m. to 11 p.m. at the Red River Community Centre. The evening will include performances by Jake Chenier and Ray St. Germain. Other entertainment will include face painting, balloon animals, silent auction prizes, door prizes, grandmother appreciation and dancing. Tickets for this social can be purchased by contacting Christine Penner at granniesgoneglobal@gmail.com or at the door.

SERIOUS ISSUES offers a unique one-day creative activism training program and a party for young people interested in serious issues and partying. Nov. 13 is party time at the Prairie Theatre Exchange. Doors at 9 p.m.

Nov. 14 is training day at the Bulman Students' Centre Multi-Purpose Room in Riddell Hall, University of Winnipeg from 9 a.m. to 5 p.m. For more info visit www.seriousissues.ca/post/34266068359/winnipeg.

TECHNOLOGY SAFETY: A WORKSHOP FOR COMMUNITY WOMEN is being held on Nov. 15 from 1 p.m. to 3 p.m. at 1150A Waverley St. The workshop is presented in honour of Domestic Violence Prevention Month by a representative from the Family Violence Consortium of Manitoba. Computers, cell phones, cameras and more - let's understand the current technology and learn how to protect ourselves and our children. Space is limited and pre-registration is required by calling 204-477-1123. This is a women-only event. No childcare is available.

THE HOLIDAY MARKET, a unique new holiday craft show featuring over 35 local artisans, will be held on Nov. 17 from 9 a.m. to 3 p.m. at the Unitarian Universalist Church at the corner of Wellington Crescent and Academy Road. Free admission, free parking and wheelchair access.

BEYOND BORDERS invites you to an educational symposium featuring experts on the subjects of child sexual exploitation in sport and online on Nov. 19 from 9:30 a.m. to 11:30 a.m. Speakers include SANDRA KIRBY, JONATHAN ROSENTHAL and DARREN OLEKSIUK. The symposium takes place at the Fort Garry Hotel.

You are invited to the first **DOWNTOWN COMMUNITY RESIDENTS ASSOCIATION (DCRA)** meeting at Union Centre, 272 Broadway Ave. DCRA is a new group of Winnipeg residents who reside in the downtown area. The aim of DCRA is to bring together the community and create a unified voice to represent the interests of those living in the downtown area. The meeting will be at 6 p.m. on Nov. 25. It is a free event but the organizers request that you RSVP to downtowncommunity@gmail.com so they can provide adequate seating arrangements.

Built in 1971, **THE WINNIPEG ART GALLERY** is regarded as one of the finest late-modernist buildings in the country. Join architectural historian SUSAN ALGIE from the Winnipeg Architectural Foundation for an in-depth tour and learn about the architect, the design and the history of this important structure. The tour will take place at 2 p.m. on Nov. 25. Admission is free but space is limited. Please call 204-786-6641 ext. 227 or send an email to nfletcher@wag.ca to reserve your spot.

Come one come all to the 10th annual **JUNTO LIBRARY DINNER, SPELLING BEE AND DANCE PARTY**, Saturday, Dec. 1 in Mon-dragon Restaurant. The vegan lasagna dinner with salad

and dessert begins at 5 p.m. and costs \$15, the spelling bee begins at 7 p.m. and costs \$5 to enter, the dance party begins at 9 p.m. This event is a fundraiser for the Junto Library, a radically free and open book and zine library on the 2nd floor of the A-Zone at 91 Albert.

THE EIGHTH ANNUAL FUNDERS FORUM will take place Dec. 7 from 8 a.m. to 12 p.m. at the Delta Hotel, 350 St. Mary Ave. This event is an effective and efficient way to learn about funding opportunities. The morning features funders making presentations covering the details about their funding - who they fund, what they fund, what the process is like, tips on how to go about the process and more. There will also be a trade booth area. Entry fee is \$45.

WINDOW is pleased to present our fourth installation, **MES-MERIZING**, a nomadic movie poster project by megalomaniac artist David LaRiviere. Check it out on the ground level of the Artspace Building.

ON CAMPUS

On Nov. 8, the University of Winnipeg Philosophy Students' Association presents **MECHANISM: ON A LIFE-BLIND SPOT IN NEO-DARWINISM'S METAPHYSICAL LENS** presented by JESSE HARMS. This event will be in room 3M69 and starts at 5:30 p.m.

The Oral History Centre at the University of Winnipeg is pleased to present a **BROWN BAG LECTURE AND DISCUSSION SERIES**. This lecture series will provide an opportunity for researchers to share their current practices, approaches and experiences of doing oral history from a variety of perspectives and across diverse populations. Lectures will take place in 2B22/2B23 Bryce Hall on from 12:30 p.m. to 1:30 p.m. On Nov. 19, the topic will be **DOING RESEARCH WITH INNER-CITY RESIDENTS** with JIM SILVER and SHAUNA MACKINNON of the Department of Urban and Inner City Studies.

CKUW Annual General Meeting

6PM, BULMAN CENTRE U OF W

November 14th is the AGM for the Winnipeg Campus Community Radio Society (WCCRS). The WCCRS is the non-profit corporation that manages CKUW.

Join us for:

- *Important decisions*
- *Reviewing our financial and operational year*
- *Board elections*

Have your voice heard

Be informed!

THE EMPLOYEE AND FAMILY ASSISTANCE PROGRAM is available to all regular University of Winnipeg employees. As part of this program, Shepell-figi offers a wide range of seminars on a variety of physical, emotional and general well-being topics. All seminars are lunch 'n' learn format, 60 minutes in length, with a facilitator on site. Human Resources at the U of W would like your feedback on which seminars you would be most interested in attending. Visit www.uwinnipeg.ca/index/hr-benefits-education for more details.

VOLUNTEER OPPORTUNITIES

SILOAM MISSION offers hot meals, clothing, emergency shelter, holistic health care, employment and life-skill training to the homeless. Volunteer opportunities include food services, clothing, entertainment, events, healthcare and administrative. Visit www.siloam.ca for more details about the types of volunteering opportunities they have to offer.

THE UWSA AND U OF W'S CAMPUS SUSTAINABILITY OFFICE are already planning the details of this year's sustainability festival. Will you contribute? **THE GRASS ROUTES SUSTAINABILITY FESTIVAL** is an opportunity for students to collaborate with partners beyond their departments on issues of sustainability, to think creatively about how to celebrate the talent and

creativity at U of W, and to experience a shared sense of campus community. Email sustainability@uwinnipeg.ca or call 204-789-1478 for more details on how you can help.

Do you want to meet a new friend and learn about a new culture? Do you have an hour to spare each week? If so, consider becoming a language partner as a part of the University of Winnipeg's **LANGUAGE PARTNER PROGRAM**. Contact Julie McKirdy at 204-982-1151 or visit www.uwinnipeg.ca/index/elp-partner for more information.

THE WRENCH, a non-profit organization that strives to make bikes and knowledge of bicycle repair and maintenance accessible to the public, is looking for bike mechanics and all-around bike enthusiasts. No experience required. Come out to a volunteer orientation and learn how you can get involved. Contact the WRENCH at programs@thewrench.ca or 204-296-3389.

WAYFINDERS is an in-school and after-school mentorship program that provides high school students, who come from diverse backgrounds and reside in the Maples, with the supports and encouragement needed to graduate high school, and make a successful transition to post secondary training or education. Wayfinders is looking for individuals who would like to use their educational and/or professional training to tutor high school students in social studies, history, math, physics, geography and other high school subjects. If interested, please contact Awit Marcelino at 204-801-7136 or awit.marcelino@7oaks.org.

THE PLUG IN ICA is looking for enthusiastic and reliable volunteers to help in a number of areas of our operations. Volunteers gain valuable experience and meet artists and other interesting people. Email michelle@plugin.org for more information.

THE IMMIGRANT AND REFUGEE COMMUNITY ORGANIZATION OF MANITOBA (IRCOM) is seeking committed individuals to help out with our Newcomer Literacy Initiative (NLI) program. The NLI is a program that offers English as an Additional Language (EAL) classes and childcare to newcomer families living at IRCOM and in the broader neighbourhood. Volunteers generally help us one day per week for 2.5 hours each shift. NLI Volunteers are expected to be fluent in English, open to learning about different cultures and very supportive of adult learners. Volunteers should also be patient, open-minded and flexible.

If you are interested in volunteering, contact Wade Parke at wadep@ircom.ca or give him a call at 204-943-8765, extension 23.

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 in the Bulman Centre.

To volunteer for the **UWSA FOOD BANK** email foodbank@theuwsa.ca, or grab an application from the UWSA office in the Bulman Centre.

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@uwinnipeg.ca.

THE WEST BROADWAY YOUTH OUTREACH CENTRE is always looking for more volunteers to help with a variety of programs including sports, tutoring and other programs to benefit inner-city youth. Call 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.spence-neighbourhood.org or call 204-783-5000 for more information.

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Campus

Education student sues university, high school administration for defamation, conspiracy

Martin Green says administrators and teachers intended to prevent him from fulfilling career goals

CARSON HAMMOND
BEAT REPORTER

The former host of yesteryear's quirky local community access TV show "Math with Marty" has stepped back into the local public's eye once more - albeit this time bearing legal papers in favor of his usual chalk-drawn equations.

Martin Green, who enrolled in the University of Winnipeg's Teacher Certification Program in 2011, commenced legal action against employees of the university and Gordon Bell High School this September.

Green is suing five individuals between the two schools - among them U of W director of student teaching Debra Woloshyn and dean of education John Anchan - as well as the university itself, claiming he suffered defamation as the result of a conspiracy by various persons intent on barring him from the institution.

"They can never undo the damage done to me," said Green. "However, I'm going for total vindication."

Green, who said his fellow students likely perceived him as a "troublemaker," is convinced he was the target of a concerted effort by professors, administrators and Gordon Bell staff meant to prevent him from successfully becoming a high school teacher.

"I wouldn't be suing them for that if I didn't believe it were true," said Green.

The ongoing saga of Green's battle with the university began almost a year ago in November of 2011 when the 56-year-old post-degree student was contacted by university administration, who requested an informal meeting to discuss complaints of



CARSON HAMMOND

Martin Green is suing five people from the University of Winnipeg and Gordon Bell High School, claiming he was defamed as the result of a conspiracy by the individuals to bar him from the university.

non-academic misconduct from a number of Green's professors.

Green then repeatedly refused to discuss his allegedly inappropriate behaviour - which, according to him, included accusations of his overly-aggressive, argumentative classroom presence - until he was provided with detailed, written accounts of the actions held against him despite administration's insistence that only an informal discussion was being proposed.

"With 50 people in a classroom and a professor standing up at the front saying, 'This is how math should be taught, how can there be only one guy in the class who disagrees with what they're saying? How can that be?' asked Green.

"I think the perception (of those who filed

complaints) is that the very fact that I'm disagreeing with the professor is rude and disrespectful in and of itself."

One of Green's former classmates, who asked to remain anonymous, found Green's classroom presence disruptive.

"He was very difficult to work with," the source said. "It was always his way or the highway."

"Overall, I got the impression he felt he was far superior to everyone in the room, including the professor," the source added. "It didn't make for an effective learning environment."

According to Green's official statement of claim, during his practicum at Gordon Bell High School later in the month, staff expressed criticism of his teaching methods.

In the following days, Green's practicum bloc would be terminated by the school's principal, who claimed Green had reportedly grabbed a student by the shoulder; a claim that Green would deny as untrue.

As conflict between Green and university administration continued to escalate, Green was eventually suspended in his studies and barred from campus in light of his ongoing refusal to discuss continued complaints of his allegedly inappropriate class behaviour prior to his receiving detailed, signed accounts of the related events.

On Jan. 11, Green was escorted off campus by university security following a conversation with the registrar, which, according to Green, he had left unceremoniously.

Green, who is representing himself in his legal action, knows the odds are likely stacked against him.

"I've certainly got an uphill battle to fight," he said.

But for Green - who privately tutors high school and university students in math - such difficulties aren't enough to quash his desire to teach professionally.

"When I got into the high school for my practicum, I saw what a desperate need there is for what I'm able to bring to the table," he said. "I knew this is where I belong and what I'm meant to do."

University administration declined to comment on their conflict with Green, noting the matter is currently before the court. Accordingly, the institution has issued a statement of defence in response to Green's claims.

Green's former professors either declined to comment on the matter or could not be reached before press time.

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Comments

Lest we forget

Remembrance Day message should be 'never again,' not celebration of militarism



MICHAEL WELCH
VOLUNTEER

"I spent 33 years and four months in active military service and during that period I spent most of my time as a high class muscle man for Big Business, for Wall Street and the bankers."

- Decorated Major General Smedley Darlington Butler (1935)

The Americans call it Veterans Day.

In Canada and the Commonwealth nations it is known as Remembrance Day.

It has been referred to as Poppy Day.

But it was originally known as Armistice Day.

It commemorates the occasion when on the 11th hour of the 11th day of the 11th month of the year 1918, the Allies of the First World War and Germany signed the Armistice that formally brought an end to four years of war.

Nearly a century later, western culture at large underestimates and under-appreciates just how profound a psychological impact that war, known at the time as the Great War, had on human society.

During a book launch at the University of Winnipeg last year, celebrated anthropologist and National Geographic Explorer in Residence Wade Davis described the Great War as a threshold between a world of certainty and order, and a world of chaos.

The immensity of the horror and rivers of blood generated by that global nightmare left no one unscathed and impacts us generations later.

He put it this way: "Everything you think of in your life today as a so-called modern person, every sense of uncertainty, every

existential moment of angst, every neurotic impulse, every sense of doubt really was born in the mud and the blood of Flanders."

The First World War brought home for people the sense of the grim and gruesome reality of war.

The mentality of the time, and the impression of Remembrance Day I was raised with in the '70s and early '80s, was that war was something to be avoided at all costs.

My impression is that in the last two decades, and particularly since 9-11, this sense of regret, dread and "never again" has been overshadowed by a celebration and valorization of the soldier.

Once an occasion to mobilize against war, Remembrance Day is moving in the direction, I believe, of embracing and celebrating militarism.

Our young people are growing up with a view of the soldier as a kind of Christ-like figure, sacrificing his or herself on a foreign battlefield for our freedoms.

With all due respect to the families who have endured the loss of a loved one in a military conflict, I don't quite share that view of the soldier.

The military, as an institution is an arm of state power.

The state, as an institution, is geared toward carrying out policies that benefit the most powerful elements of our society, which in a capitalist society would be the major corporate interests.

"Freedom" and "democracy" function only as useful propaganda tools for mobilizing the tax-paying, cannon-fodder fueling public who's consent, tacit or overt, is necessary to enable the state to continue its military activities.

I believe that most of the wars we've seen in the last 200 years are driven by imperial-



MELISSA BERGEN

ism - quests to harvest resources in foreign lands for the benefit of domestic power brokers.

For example, in Afghanistan, I don't see how Canadian soldiers protecting a natural gas pipeline route has anything to do with my freedoms.

Not too long ago, our distinguished Foreign Affairs Minister John Baird announced that Canada was cutting its diplomatic ties with Iran at a time when tensions with that country are stretching to the breaking point.

Likewise, Mr. Baird's government is breaking records with spending on military arsenal and investment in our military-industrial complex.

Are these truly the actions of a govern-

ment responding to the Remembrance Day refrains about "never again" and "lest we forget"?

I will refrain this year from wearing the traditional red poppy, with all its associations with military pageantry.

I will instead wear the white peace poppy, if it should become available.

This symbol is a more accurate reflection of my sympathy for military and civilian casualties of war, and of a commitment to put an end to war, before war puts an end to us.

Michael Welch is a science student, news director at CKUW 95.9FM and host of the Global Research News Hour.

Kapyong Barracks a sign of government negligence

Governments need to respect treaty rights before moving forward with projects



ETHAN CABEL
NEWS ASSIGNMENT EDITOR

The vacant Kapyong Barracks site at the intersection of Grant Avenue and Kenaston Boulevard has been a source of civic disdain for years.

In 2004, the Canadian Forces declared the site surplus land after moving members of the Princess Patricia's Canadian Light Infantry to a military base in Shilo.

During the ensuing eight years, six First Nations have fought the federal government in court, arguing that an 1871 treaty dictates that Ottawa must first offer the land to the First Nations before it pursues other options. In other words, the Aboriginal communities believe they have the right of first refusal on surplus federal land.

As the court battle drags on, the long row houses and military structures have grown mouldy and dilapidated, languishing on a 90-hectare site that possesses all the potential in the world.

Residents of the area, and Winnipeggers all over the city, find the situation intolerable. Many even utter racial slurs and spout half-truths when referring to Kapyong.

For them, the metaphorical distinctions are clear.

Prior to 2004, the Kapyong Barracks was a proud institution housing courageous military personnel in a decidedly upper-crust neighbourhood.

After 2004, the site has taken on the visual

contours of extreme poverty - the kind of poverty seen in many First Nations communities.

Unfortunately, many Winnipeggers squarely blame the First Nations themselves for this poverty, as though it were a native character flaw rather than the result of historic prejudice and federal dependency.

For them, Kapyong stands as a visual reminder that their racial biases are correct - that Aboriginal people are somehow intrinsically lazy and morally deficient. Everything they touch, including the Kapyong Barracks, turns to shit.

These people couldn't be more wrong. But, by remaining silent, the City of Winnipeg often uses this populist rancour for political benefit while they ignore Aboriginal treaty rights and land claims.

WINNIPEG IGNORES FIRST NATIONS

In January of this year, City Hall approved a plan to widen Kenaston Boulevard to six lanes of traffic by demolishing some 50 homes along the east side and acquiring land from the Kapyong Barracks on the west side.

To help explain the necessity of the project, Winnipeg's public works director stated current road standards require six lanes when traffic exceeds 35,000 vehicles a day. Kenaston already well exceeds 50,000 vehicles.

As such, support for the decision to widen the street borders on public consensus, and the city has been moving swiftly toward demolishing the roughly 50 homes on the

east side.

But everyone knows the project won't begin until the Kapyong Barracks dispute is resolved.

No matter how sound a public policy decision expanding Kenaston may be, ignoring the Kapyong dispute shows no respect for the six First Nations currently in court. And it shows no respect for the people who are being forced from their homes well before shovels are in the ground.

Similarly, the City of Winnipeg has ignored First Nations concerns around expanding water and sewer services to neighbouring bedroom communities; a matter *The Uniter* has reported on at length.

Rather than reach a resolution with First Nations, disputes with Aboriginal communities are left largely in the hands of the courts while the city moves forward.

And, as the legal process gets bogged down with delays, many Winnipeggers point a finger at Aboriginals for the ballooning costs.

City officials, as a way of shoring up public support, can subsequently cry foul over greedy communities holding back municipal progress.

WHAT'S THE SOLUTION?

To be fair, the City of Winnipeg is not the only culprit when it comes to ignoring or shrugging off First Nations land or resource rights. After all, it was arguably the shortsightedness of the federal government that caused the Kapyong controversy to begin

with.

Whether it be natural resources development in Alberta or the expansion of a major municipal roadway in Winnipeg, Canadians need governments that are willing to sit down with Aboriginal communities in the first instance.

In 1994, University of Victoria political scientist James Tully wrote a fascinating book, titled *Strange Multiplicity*, on rethinking Canada's constitutional arrangement with First Nations and other minorities. He wrote that Canada should return to ancient constitutional principles - or conventions - inherent in the treaties; the principles of mutual recognition, consent and continuity.

Governments, he argues, should reach agreements with First Nations on the basis of mutual recognition (both people recognizing the others' right to exist), consent to sharing land and resources; and continuity of any consensual agreement until it is amended in good faith by both parties.

In Winnipeg and across the country, this kind of thinking is desperately needed.

It would go a long way toward restoring the relationship between First Nations and other levels of government. And it could potentially get roads widened and oil pipelines built faster, and in a way that can benefit everyone.

The Kapyong Barracks site stands as a massive visual reminder of the failure of governments at all levels to adequately consider and respect the rights of First Nations in Canada.

Growing income inequality: why you should care

Diminishing middle class needs to wake up



BRUCE TEFFT
VOLUNTEER

In the 30 years after the Second World War, the middle class in North America expanded and prospered to a historically unprecedented extent, as more people gained a good education, the manufacturing sector offered plentiful, high-paying jobs, and there existed an implicit social contract that employers and employees would share fairly in the fruits of their collective efforts.

Each generation assumed that they would be better educated, wealthier and live longer than their parents.

This appeared to be the inexorable march forward of modern history.

It wasn't.

Beginning in roughly 1975, a fundamental reversal began taking hold and has accelerated steadily.

The proportion of national income (on an annual basis) and wealth (cumulative) accruing to the middle-class has declined precipitously, while an increasingly small group of people (categorized alternatively as the top 10 per cent, one per cent, or even 0.1 per cent) have benefitted beyond their wildest dreams.

One per cent of the population now controls over 40 per cent of the wealth in the United States.

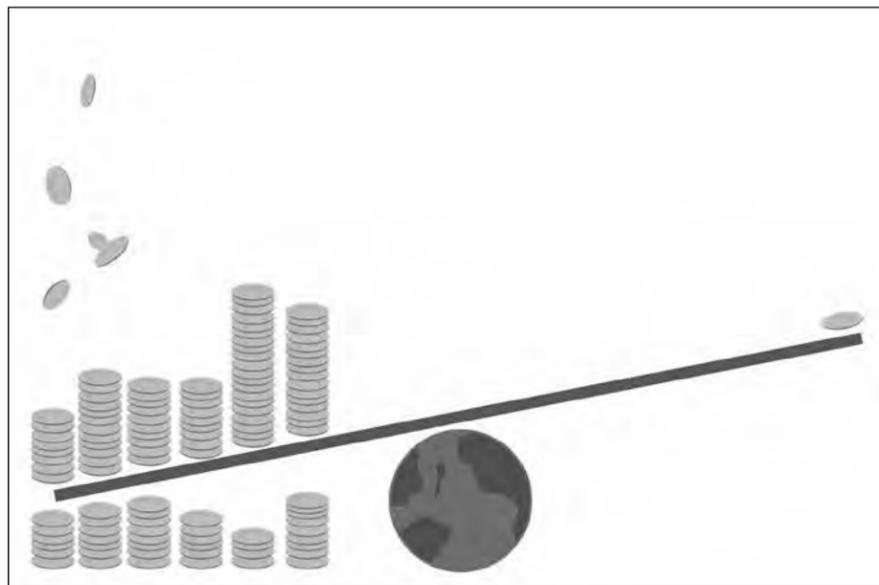
The top 10 per cent controls over 52 per cent, leaving the remaining 48 per cent for everyone else.

Middle-class incomes and standards of living have dropped, in absolute as well as relative terms.

These developments amount to a massive redistribution of income and wealth upward, toward those who were already well off.

More and more people are falling out of the middle class in a "winner takes all" economy.

This redistribution has already had a calamitous effect on tens of millions of people and will only get worse unless the middle



AYAME ULRICH

class wakes up and smells the coffee.

Many factors have contributed to skyrocketing income and wealth inequality. Although economists differ about their relative importance, all of the following factors have been instrumental:

- After decades of relentless attack, labour unions have decreased greatly in economic and political power.
- Increasingly sophisticated technology has eliminated many low-skill jobs and "dumbed-down" many others.
- Free-trade agreements, more accurately called free movement of capital agreements, have contributed to a globalized economy in which employers have enormous power and middle-class workers have little power.
- Income taxes have become less and less progressive, as top marginal rates overall have been relentlessly lowered. Moreover, the rate of taxation on the types of income received disproportionately by wealthy individuals (i.e., capital gains and dividends) has also been lowered, while the rate of taxation on the types of income received disproportionately by middle-class individ-

uals (i.e., wages and salaries) has remained the same or even increased.

- In a media-driven world, the cost of political campaigns has increased enormously, forcing politicians to raise \$100 million or more in contributions just to be competitive. In turn, this reality has made politicians far more beholden to wealthy campaign contributors.

- A radically conservative ideology, featuring absolute faith in free markets as self-correcting and totally without need of regulation by government in the public interest, has taken hold. Indeed, this ideology holds that the very notion of a public interest separate from free markets is old-fashioned and misguided. Applied to the financial industry in the U.S., it led to de-regulation and the financial collapse of 2008, which cost the middle-class roughly 40 per cent of their net worth.

How has radical redistribution of income upward affected middle-class people?

They are working longer hours at insecure jobs for less pay.

Families with two adults working full time and yet still barely above the poverty line are becoming the new norm.

Children are being neglected by exhausted, stressed-out parents.

Family violence and breakdown are epidemic.

Tens of thousands of people have lost homes they can no longer afford.

Rates of mental disorder, suicide and addiction are soaring.

As chronic stress takes its toll on health, for the first time in modern history average

life expectancy is decreasing.

Social cohesion, sense of community and hope for a better future are all falling through the floor.

The middle-class dream is fading into a soon-to-be-forgotten past.

However, the harmful effects of excessive income and wealth inequality don't stop with middle-class people and their families.

Recent economic research has shown that it also destabilizes the economy as a whole, making future crashes and recessions more probable and longer lasting.

The crash of 2008 and the past four years of misery may be only a preview of things to come.

Canada has escaped some of the worst economic excesses and their consequences by not buying into radical conservative ideology to the same extent as the United States. We have always had a stronger belief in collective action to protect the public interest in areas such as health, education and the environment.

This redistribution has already had a calamitous effect on tens of millions of people and will only get worse unless the middle-class wakes up and smells the coffee.

Nonetheless, we are not immune from the siren call of free markets and radical personal responsibility.

Income inequality and its attendant problems have increased significantly in Canada, for many of the same reasons articulated above.

Programs that serve the public interest are slowly being whittled away under the now-familiar guise of fiscal responsibility and economic competitiveness.

These developments are neither random nor inevitable. They are the predictable consequences of conscious policies that favour the wealthy over the middle class, the more powerful over the less powerful, and private interests over the public interest.

Left unopposed, they will continue to diminish your quality of life, health, hopes for a better future and even the length of life itself.

Coffee, anyone?

Bruce Tefft is an associate professor of psychology at the University of Manitoba.

Letters

Re: "Why Devon Clunis's faith matters - and why it doesn't" (Nov. 1, page 7)

As a local Christian pastor I'm compelled to write about Ethan Cabel's recent column. Coming from a self-avowed 'atheist and secularist' it was a fair, balanced and insightful discourse on the role of faith in the public eye.

Thank you for such a shining example of respectful commentary.

Especially appreciated was the insight about prayer. Speaking as a traditional Christian, prayer is not an

abdication of responsibility to act but often the start of taking responsibility. I know that our new Police Chief believes this.

Many Christian people of Winnipeg care deeply about the city as a whole and so many of our prayers are for the benefit of all. Even if one does not believe anyone is listening, at least that can be appreciated.

From one who believes Someone is listening, thank you.

*Steve Swan
Pastor, The King's Fellowship*

Send your letters to editor@uniter.ca

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Arts

Writing home

Local writer's multimedia poetry project explores the question, 'What is home?'



KARA BURMAN (1, 2), SUPPLIED (3), MICHELLE ELRICK (4).

Local writer Michelle Elrick (1, 3) constructed forts in Iceland and Manitoba (2) as part of a poetry project called *Notes from the Fort*. She constructed each fort using materials she made herself (4).AARON EPP
MANAGING EDITOR

In the past 11 years, local writer Michelle Elrick has lived in 16 different postal zones in British Columbia, Manitoba and Ontario, and she's travelled through the East Coast as well as all over Europe. Perhaps it's no surprise, then, that her latest project is an exploration of a question she says has plagued her since childhood: What is home?

Notes from the Fort is a series of performance installations where Elrick creates "intimate places in unfamiliar environments through the play act of fort building."

"Using only existing structures and a suitcase full of hand-crafted materials, each fort is constructed, inhabited, noted and dismantled in a live poetic document of sense of place and the origins of home," Elrick explains in a news release.

This past summer, Elrick worked with the project in Reykjavik, Iceland. While there, she completed six fort installations and she has since produced two additional forts in Manitoba. Although the installations were all temporary - usually one to three days in duration - Elrick documented each one through poetic "notes," photography and film.

This Friday, Nov. 9, Elrick will host the Winnipeg launch of *Notes from the Fort* at Ace Art. The event will include a reading of some of the writer's new work, a short film screening, a fort installation and music by Jenny Berkel, David Simard and Brie Neilson.

Elrick, who published a collection of poetry in 2010 called *To Speak*, and who was the 2011 recipient of the John Hirsch Award for Most Promising Manitoba Writer, began working on the project roughly a year ago.

She began by reading about home and then exploring the factors in her own life that make her feel at home, including family ancestry, travelling and the creative process.

Elrick then created blankets that each represent these different elements.

"I thought if I could make visual representations or blankets that each feed into



my sense of belonging, and then build and rebuild forts with them, I could play with the idea of home, the creation of it and sort of make a venue or a new way into writing some poetry on this topic," Elrick, 28, tells *The Uniter*.

"What I ended up realizing about mid-way through ... is that in building forts - these temporary homes that are built of images of my past or sense of belonging - what I'm doing is performing the same process that occurs when one sits down to write a poem.

"Poems are usually built as images that house an idea or sentiment (that is) contained inside. Once I realized there was such an obvious connection between the fort-building and poetry, it became more meaningful and really started to come to life for me."

While travelling through Europe to research her family's ancestry as part of the project, Elrick met a writer from Reykjavik who offered her a place to stay and work for five weeks this past summer.

Elrick liked the idea of doing the project in a new place she had never visited before, and she was also intrigued because Iceland itself is a relatively new place.

"It's one of the youngest landforms in the world - it's a small, volcanic island that's only been around for a short time, geologically speaking," she says. "The landscape is in flux, and I thought that was exciting and could add to what I was doing - what I was

trying to explore and talk about."

Once each fort was built, Elrick would sit inside and write poetry. The poetry writing wasn't an effort to describe the forts, but rather, to capture a moment in time and reflect on the theme of home.

One of the aspects of the project Elrick didn't anticipate was the way people interacted with her forts, since they were all built in public spaces. She recalls one fort she erected on the balcony of a grain elevator in Clearwater, Man. during the Harvest Moon Festival this past September.

A balcony that ordinarily could have been inhabited by anyone became "her" space through the act of building the fort.

"Around 25 people came over the course of several hours ... and it was interesting because people would ask to enter the fort before they came in," Elrick says. "I was hosting a party and the only reason I was the host is because I had built this fort, sat in it



for an hour and opened my eyes about how we perceive other people's claims to space."

Elrick has documented all of the forts at NotesFromTheFort.com and says the project is ongoing. There is a possibility she will travel to Paris, France in the spring for a weekend fort installation and exhibition.

She also hopes to collect her poetic notes from the fort and add them to a new manuscript of poetry she is working on.

"The whole purpose of this project was to come at writing poetry in a new way," Elrick says. "The focus in my mind going into this had always been to push myself to create a new document about sense of place and home, and each fort was built in order to house poetry."

The Winnipeg launch of Notes from the Fort happens Friday, Nov. 9 at Ace Art (second floor, 290 McDermot Ave.). Visit www.notesfromthefort.com and www.michelleelrick.ca.

Uniter exclusive

View Elrick's *Notes from the Fort* film at Uniter.ca

Local writer Michelle Elrick's *Notes from the Fort* project includes a film titled *expect something and nothing at once*. She created the three-and-a-half minute film with filmmaker Tyler Funk and recording engineer Matt Peters, with support from the Winnipeg Arts Council.

The film includes footage of the forts Elrick built in Iceland and Manitoba, as well as a reading of one of her poems.

For the next two weeks, you can see this film only at Uniter.ca.

To view it, visit www.uniter.ca/view/8334.

When the levees break, brothers gonna work it out

How local hip-hop act The Lytics overcame adversity to create a masterpiece

MATT PREPOST
NEWS PRODUCTION EDITOR

If the first wavering, pleading bleat of trumpet doesn't give it away, make no mistake, the next 52 minutes of The Lytics' sophomore album is in many ways an explanation and apology for having been gone too long.

From a pair of flooded studios to getting kicked out of a third, and from running out of money to losing managers, the two-and-a-half year journey toward the release of *They Told Me* has been a hell of a ride for Winnipeg's familial hip-hop unit.

"It was really hard – there were moments we felt like there was no way we could get it done," emcee and member Andrew O. Sannie says during an interview ahead of the album's release party at the Pyramid Cabaret this Friday, Nov. 9.

Since their 2009 debut unexpectedly landed them numerous tours and performances peppered across local and national festivals, The Lytics – rounded out by brothers Anthony "Ashy" Sannie and Alex "B-Flat" Sannie, along with cousin Mungala "Munga" Londe and friend DJ Lonnie Ce – were acutely aware of the pressure to deliver a follow up worth the hype.

Armed with a recording grant from FACTOR and a deal to release the album on Vancouver-based label Camobear, the group tapped Mark Penner (Moses Mayes, Cyclist) and Andrew Yankiwski (Precursor Productions) to help record the album.

In spring 2010, they returned to the Sannie family basement, where they recorded their eponymous EP, to begin pre-production.

That's when the levees broke, so to speak – the first flood claiming their parents' studio, and another claiming B-Flat's St. Norbert home where they had quickly set up a replacement. The two floods happened a week apart.

By the time the band found and leased a studio above what is now Opera Ultralounge, drying up their resources and soundproofing the space in the process, it was Christmas.

For the next six months, they split their time there with Penner's Space and Time Studios, laying down beats and shaping skeletons of more than 30 songs.

"The first record everybody worked on their own," Sannie explains. "Someone would write a chorus or a hook, you'd put your verse on it, and the next time you came back, the song was done."

"This record we worked on things together. At first, nothing was being done. We were constantly fighting and had to really learn how to write together. Once we got over the learning curve, we were chugging."



SUPPLIED

Just like Noah, it takes more than a flood to stop them: From left to right, The Lytics are DJ Lonnie Ce, Anthony "Ashy" Sannie, Mungala "Munga" Londe, Alex "B-Flat" Sannie and Andrew O. Sannie.

But the group soon found themselves studio-less once more.

On a tour out west with hip-hop artist and Camobear founder Josh Martinez, the group got a call they were being kicked out of their studio above Opera. Soon after, they were saying goodbye to Penner who was leaving Winnipeg for Vancouver.

"It felt like a curse. We just couldn't get a break," Sannie says. "It's like playing a sport; as soon as you get comfortable with everything, your coach pulls you out. That's how it felt."

With FACTOR and eager fans still breathing expectation and anticipation down their necks, the band slumped into B-Flat's apartment in Osborne Village in fall 2011, whittling down the 30 tracks to 13 until this past March.

"For two years we were telling people we were working on stuff. It got to the point where people were like, 'Right, you haven't done anything, have you?'" Sannie says.

"It was really tough to continue on. There were times we thought we'd just tell (FACTOR) we'd give them back the money. Then we'd sit down and listen to the pieces we had

and say 'Wow, this could be a really good record.' It was hard to give up on it."

The result is an introspective and expansive album rife with reflections on perseverance, confidence and humility in the face of adversity.

From the dreamy jazz-noir bliss of opener *Dear World*, to the sugary sweet pop march of lead single *Stay Calm*, to the relentless '70s swagger of *Charles Bronson*, *They Told Me* is a cross-section of genres laced with a lyricism that demands your attention.

With falsetto hooks, vibraphone runs, funk-rock keyboards and indie-rock distortion spread in between, The Lytics' varied brand of youthful, enthusiastic hip-hop has every reason to land on iPod playlists across the country.

"There aren't many people that only listen to rock these days or only listen to hip-hop," Sannie says. "We're influenced by everything so it's going to come out in our music. I don't think we can make music any other way. I don't really know how to."

Still, the politics and machinations of the music industry have left the group in a contemplative mood about the future, Sannie

says, though he hints more videos, shows, and songs are still on the way.

"Everybody's growing, things are changing. The last two years of my life have been defined by this record," he says.

"Where we're at right now, who knows how much longer we'll be doing it? Everyone needs to evaluate where they're at in life. If we are going to continue on, it's largely going to depend on how we feel in the next couple of months."

"It doesn't matter how good your music is, you need the right people hearing it, the right people talking about it and the people vouching for you," he continues.

"Will that happen? No one really knows. You just have to do the best you can until you can't do it anymore."

"We're here for now, and that's good enough."

⇒ See The Lytics perform at the Pyramid Cabaret (176 Fort St.) this Friday, Nov. 9

⇒ Doors open at 9:30 p.m.

⇒ Tickets are \$10 at the door and in advance at Urban Bakery or Kustom Kulture

⇒ Visit www.thelytics.ca

CD REVIEW

Local five-piece hip-hop group's sophomore effort a bold achievement

HARRISON SAMPHIR
ONLINE EDITOR



The Lytics
They Told Me
Camobear Records

★★★★☆

It's incredible how after only three years and just *one* studio album Winnipeg's hip-hop ambassadors The Lytics have matured so strikingly with their sophomore release *They Told Me*.

Long since the success of the group's eponymous 2009 debut, which featured such hits as *Stay Humble* and *Big City Sound-girl*, the five-piece crew's latest disc is a more lavishly produced and sonically fluid product, reinforced by tight lyricism and a consistent, overarching theme.

They Told Me is a collection of 13 tracks,

from the introspective to anthemic, that sees the group maintain their youthful idealism while grappling with topics and ideas developed over years of touring and making ends meet in the rap game.

Like a younger incarnation of Philadelphia's Roots Crew or Oakland's Hieroglyphics, The Lytics combine the evolving talents of three emcees (Andrew.O, Munga and Ashy) with the smooth jazz-hop and often synthed-out stylings of DJ Lonnie Ce and producer B-Flat.

The result is a record that exudes a brand of positivism and social consciousness reminiscent of early '90s hip hop, invigorated by modern subject matter and a commitment to three core elements of the genre: beats, rhymes and life.

From the inspiring words of *Toot Your Own Horn* (which encourages listeners to "bust through the stereo (and) run up on the radio (to) scream 'till the speakers blow") to the poppy and hook-laden single *Stay Calm*, there is something for every appetite on *They Told Me*.

And while it may take a third album to solidify The Lytics' reputation *outside* of Canada, fans can rest assured knowing the group's maturity and ambition will continually lead it to success.

In the meantime, *They Told Me* is a fresh alternative to the presently commercialized radio rap, and is among the finest hip-hop records to ever come out of Winnipeg.

Heads will roll

Minnesota punk trio Off With Their Heads take over the Windsor as part of North American tour

DEBORAH REMUS
VOLUNTEER

The road is where you'll find Off With Their Heads this fall.

When we reach vocalist/guitarist Ryan Young, he is in Gainesville, Florida getting ready for the Fest, one of the biggest punk festivals in North America.

The band is known for having a revolving lineup and he says it's currently touring as a trio with Robbie Swartwood on bass and Ryan Fisher on drums.

The plan is to accompany Winnipeg's Propagandhi for a series of shows in the U.S. before headlining a tour across Western Canada.

"I'm just excited to come up there finally," he says. "Being from Minneapolis I'm kind of shocked I've only been to Winnipeg one time in my life."

"There are a couple of songs that are slower and a little less gruff. I actually tried to sing, so we'll see how that goes."

- RYAN YOUNG, OFF WITH THEIR HEADS



SUPPLIED

Three out of five ain't bad: A pared-down version of Off With Their Heads will play The Windsor on Saturday, November 10.

Off With Their Heads formed in 2002, eventually becoming known in punk circles for Young's extra gravelly vocals and self-deprecating lyrics.

The band's still touring in support of 2010's *In Desolation*, but the guys have also finished recording a brand new record for Epitaph.

According to Young it should be available sometime in March 2013.

"It's going to be called *Home*," he says. "I've been out on the road for the last five years without really having anywhere to live, so it's basically the different meanings of what we think home is."

The original plan was to record with Epitaph owner Brett Gurewitz in Los Angeles,

but he dropped out because he was busy working on a new Bad Religion record.

In the end, the guys recorded at the Blast-in' Room in Colorado, guided by Bill Stevenson who has worked with everyone from Comeback Kid to NOFX.

"We didn't really get along with Bill at first, but the end result made it all worthwhile and I'd do it again so I guess that says something," Young says. "He'd just say things like 'You're the worst singer I've ever heard in my life,' but he does that to everybody and I think he was kind of joking, even if it didn't seem like it sometimes."

The band spent 25 days recording this past

summer and ended up with around 13 tracks in total.

"Especially since all of us live in different cities, it was really cool to sit down and write together this time around, instead of me just writing a song and showing it to them," Young says.

"I tried to write a few different things some people might make fun of me for, but that's all right. There are a couple of songs that are slower and a little less gruff. I actually tried to sing, so we'll see how that goes."

Right now the songs have mostly been kept under wraps, but there's a chance the band will bust one out at the Windsor Hotel

on Saturday.

"We'd probably just play *Start Walking*, which is the opening track on the record and the shortest song. We don't want to do too many new ones because the release is still so far off."

- ⇒ See Off With Their Heads at the Windsor Hotel on Saturday, Nov. 10
- ⇒ Isotopes and Brilliant Bastards will also perform
- ⇒ Show starts at 9:30 p.m.
- ⇒ Tickets are \$12 plus fees and are available through Into the Music, Music Trader and online at Ticket Workshop
- ⇒ Visit www.facebook.com/owth42069

MUSIC LISTINGS



Winnipeg's THE CROOKED BROTHERS are playing the West End Cultural Centre on Saturday, Nov. 10. The three multi-instrumentalists have gathered a group of talented musician friends, a grand piano, a horn section and more to fill out their folk sound. After the show, the trio embarks on a tour organized by Home Routes. The northernmost concerts will see the band in Old Crow, an isolated fly-in only community above the Arctic Circle, near the Beaufort Sea. Tickets for the WECC show are \$15 in advance or \$20 at the door. Show starts at 8 p.m. and features opening act Doctor Strange (Nereo II). Visit www.crookedbrothers.com.

THURSDAY, NOV. 8

THIBAULT CAUVIN, a young guitar prodigy of international eminence, plays the Manitoba Museum Planetarium.

Head down to the Park Theatre and join CURTIS NOWOSAD as he releases his debut album *The Sceptic and the Cynic*.

Whiskey fuelled and ready to go - OWLS BY NATURE will be playing at the Pyramid to promote their latest album *Everything is Hunted*.

JAM NIGHT at the Cavern with ROUTE 59.

ROCK AND ROLL DRAFT NIGHT at the Windsor Hotel every Thursday brings beer and rock 'n' roll together in a carnal way.

FRIDAY, NOV. 9

BUNCHOF**KINGOFS play Ozzy's with THE PINK SLIPS and WHORE MOANS.

ELECTRIC SOUL needs your help to finish their new album. So head down to Ozzy's for their album fundraiser and enjoy the sweet melo-

dies of GREG ARCADE AND THE ELECTRICS, JUPITER STORM and KONGRESS.

JAMES KEELAGHAN plays the West End Cultural Centre.

THE MID-CENTURY MODERNAIRES and DRIVING WHEEL play the Times Change(d) High and Lonesome Club.

SATURDAY, NOV. 10

HOLLERIN' PINES release their latest at the Times Change(d) High and Lonesome Club.

MONIKA LOEWEN WALL TRIO brings their vintage chamber pop and cabaret sounds to you at Gurevich Fine Art.

The Genius of Verdi with special guest speaker, the Metropolitan Opera's WILLIAM BERGER, will be presented by Manitoba Opera beginning at 1:30 p.m. at the Manitoba Museum Auditorium.

THE CROOKED BROTHERS play the West End Cultural Centre.

THE CIVIL DISOBEDIENTS play the Zoo with NEW RENAISSANCE, MALEVOLENT HAND and SENOR DINOSAUR.

BIG SUGAR will be heading to the Burton Cummings Theatre as a part of the band's *Eliminate Ya!* tour.

MAYWORKS presents the musical version of Democracy Now, DAVID ROVICS. The peace poet and troubadour of our time will be playing the Winnipeg Irish Club. Amy Goodman likes him, so why wouldn't you?

SUNDAY, NOV. 11

BIG DAVE MCLEAN does what he does best at jam night at Times Change(d) High and Lonesome Club.

MONDAY, NOV. 12

KARAOKE at the Rose 'n' Bee.

TUESDAY, NOV. 13

CARLY DOW plays the Times Change(d) High and Lonesome Club.

Head to the Park Theatre for ZOPPA with guests SEBASTIAN OWL, THE ADAM HANNEY BAND, GREG ARCADE and SOMEBODY LANGUAGE.

DANNY MICHEL and JENNY BERKEL play the West End Cultural Centre.

Karaoke is happening at the Rose 'n' Bee.

WEDNESDAY, NOV. 14

ROB WADDELL, JOHNNY BROADWAY, KEITH DYCK

and RORY VERBUGGE play 555 Osborne.

UPCOMING EVENTS

It's that time again! NEILFEST at the Times Change(d) High and Lonesome Club Nov. 16 and Nov. 17.

NEIL YOUNG and CRAZY HORSE play the MTS Centre on Nov. 16 with LOS LOBOS, EVEREST and THE SADIES.

MARK SULTAN (a.k.a. BBQ), ROCK LAKE and THE ELECTRICS destroy the Windsor Hotel Nov. 22.

THE WOODEN SKY plays the West End Cultural Centre with WILDLIFE and FEED THE BIRDS on Nov. 27.

ROMI MAYES plays the Times Change(d) High and Lonesome Club on Nov. 29.

THE BARENAKED LADIES become one with the WSO for *Hits and Holiday Songs* at the Centennial Concert Hall Dec. 7 and Dec. 9.

WANT TO SEE YOUR EVENT LISTED IN THE UNITER?

Submit your listing to the Listings Coordinator eight days before you want it to appear in the paper. Listings must not be more than 100 words. They will be edited for length. Listings are free but not guaranteed. Please email Ken at listings@uniter.ca.

THEATRE

Retro New York play *RED* hits MTC's Warehouse

Royal Manitoba Theatre Centre's Warehouse season opens with tale of master and apprentice

KAELEIGH AYRE
ARTS REPORTER

The well-known tale of master and apprentice is given a splash of colour with the Royal Manitoba Theatre Centre's Warehouse season opener, *RED*.

Written by John Logan, best known for writing *Gladiator*, *Hugo* and the latest James Bond film, *Skyfall*, *RED* tells the story of Mark Rothko, the renowned abstract painter.

"We have a lot of fun up there too, though it may not look like it, because we're always yelling at each other."

- JAMESON MATTHEW PARKER, ACTOR

Mad Men fans may be familiar with Rothko thanks to Bert Cooper, who caused confusion and curiosity in the show's second season when he had one of Rothko's colour field paintings hanging in his office.

"So it's smudgy squares, huh? That's interesting," shrugs Don Draper's secretary, Jane.

"Maybe he has a brochure in here, something that explains it," Harry Crane says.

RED is set in 1958 New York, and Rothko, played by Oliver Becker (*The Seafarer*, *God of Carnage*), is commissioned for his largest project yet: large-scale murals for the Four Seasons Restaurant in the new Seagram Building.

The play allows for a closer look into the creative process and frustration that this great artist went through throughout the duration of this commission.

B.C.-born actor Jameson Matthew Parker plays Ken, Rothko's young, albeit fictional,

apprentice. While Rothko did have an apprentice during the Seagram Commission, Logan has chosen to keep Ken fictional, Parker says.

"Ken is a young aspiring artist," says Parker, 23. "So like any actor who would be playing Ken, he is at the beginning of his career, and just kind of trying to find his way in the world."

Over the course of the two years that the play covers, Ken's skills as an artist grow, while his understanding of art and the relationship he has with his master shift and change.

Being a young working professional himself, the recent University of British Columbia grad found many similarities between himself and Ken, making it easy to personalize the role.

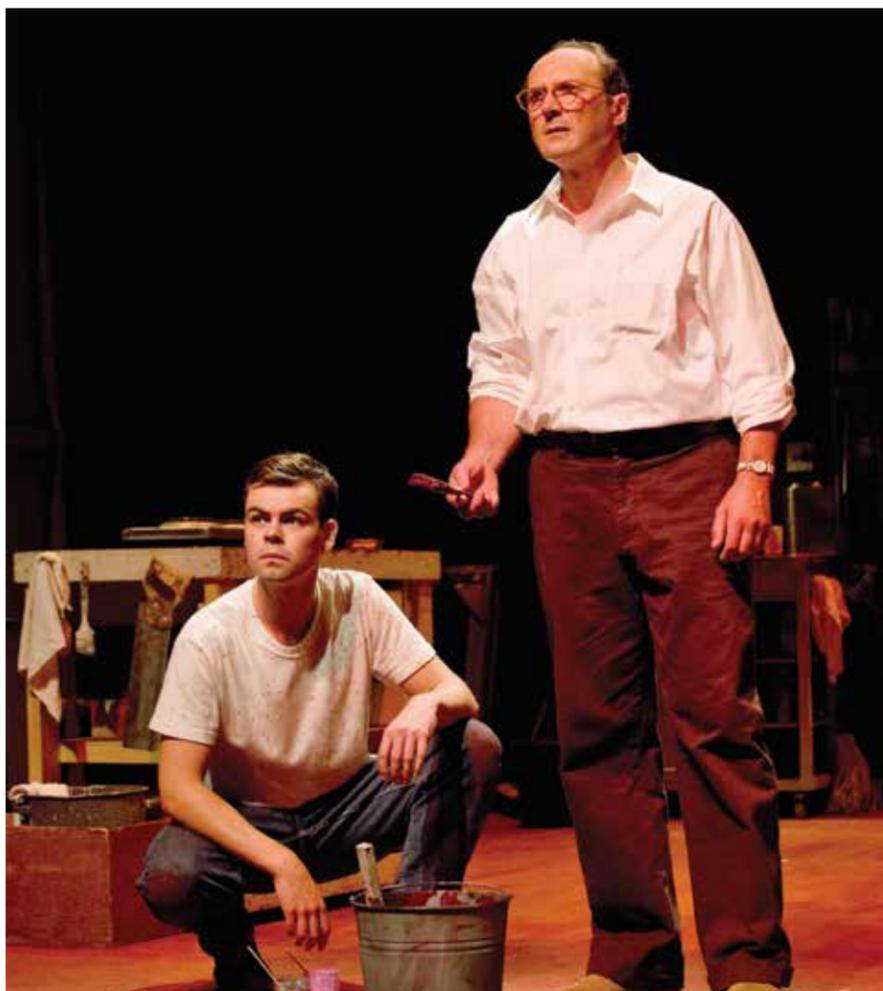
"I actually worked for a year during school for a big film producer. I was his executive assistant," Parker says. "He was very much like Rothko. Very hard, very demanding, very uncompromising, and he had a very odd temperament, much like Mark Rothko. So it was nice to be able to draw off of that."

Parker could also draw from the nerves he felt upon first meeting his partner in painting, Becker.

Being a co-production with the Belfry Theatre in Victoria, the two would be spending a lot of time with each other, in two different provinces.

"I was like, 'What if we don't like each other? We have to spend the next three months together,'" Parker laughs.

He says the process has been interesting, having been only Becker, director Michael Shamata and himself in the room together. Their relationship has been sort of a parallel of Rothko and Ken's, with Parker learning so much from Becker.



DAVID COOPER

The red strokes: *RED* tells the story of Mark Rothko, the renowned abstract painter.

"I've learned so much about working at a professional level - it's such a big role," Parker says. "We have a lot of fun up there too, though it may not look like it, because we're always yelling at each other."

RED runs at the Tom Hendry Warehouse

now until Saturday, Nov. 17. Tickets for *RED* start at \$20 plus GST. For showtimes and ticket info visit www.mtc.mb.ca. Under 30? A limited number of \$19 rush tickets are available beginning at noon on the day of performances. For more information, visit www.mtc.mb.ca/rush.

OPERA

Put away the pearls

Opera isn't just for the wealthy and elite

KAELEIGH AYRE
ARTS REPORTER

The Manitoba Opera is celebrating its 40th anniversary by marking another important milestone in the opera world: the bicentennial of the birth of composer Giuseppe Verdi.

The opera company is presenting two of Verdi's most famous works, which also happen to be two of the best-known operas ever, as their 2012-2013 season.

Rigoletto, the tragic story of the hunchbacked jester and his beautiful daughter, starts things off Nov. 24, Nov. 27 and Nov. 30, while *Aida* runs in April of next year.

Opera is one of the lesser-explored art forms, and certainly one that has many stigmas and stereotypes attached to it.

However, Darlene Ronald, director of marketing for Manitoba Opera, says that if there were a time to get into opera, it's now.

The company is trying to break down the stereotypes, one breastplate at a time.

So who is a typical opera-goer?

Ronald says that while on any given night the audience is made up of a diverse range of ages, it is typically skewed towards the 40- to 50-year-old bracket, which is not unique of Winnipeg, but is experienced by opera companies elsewhere.

"We certainly do have university students who attend," Ronald says, attributing student nights and student-only ticket deals to drawing in the younger crowd.

By planting the seeds when people are

younger, Ronald says they then tend to return to the art form as adults.

"The students who actually come to the opera always find it so different from the technology that we are bombarded with in our lives," she says.

People often don't realize that the singers are not using microphones.

Ronald says opera is the hardest art form to sell.

"Before you even say the name of a show you want to promote, people start to back away from you."

In most cases, people have never attended a production, but have formed their opinions on opera based upon what they have seen or heard portrayed by other mediums.

"There are a lot of misconceptions out there," she says, one being that people will not be able to understand it.

While most opera is sung in a language other than English, most contemporary operas provide surtitles, which function like movie subtitles and are projected above the stage.

She also recommends that opera-goers read up on the story line or check out the free events prior to the show to have a more fulfilling experience at the opera. The company is bringing in opera expert William Berger from the Metropolitan Opera to present on the genius of Verdi on Nov. 10.

Ronald says not to fret about a dress code. "We've had people come in shorts, we've had people come in long dresses and tuxes,



SUPPLIED

Who doesn't love a Jester? Manitoba Opera presents *Rigoletto* at the Centennial Concert Hall.

and everything in between."

And the fat lady is done singing.

"What people find when they come to opera nowadays is that the singers are quite fit, because they need to be fit to maintain the lives they have."

Manitoba Opera presents *Rigoletto* Saturday, Nov. 24 at 8 p.m., Tuesday, Nov. 27 at 7 p.m. and Friday, Nov. 30 at 8 p.m. Tickets are available by calling 204-957-7842, online at www.manitobaopera.mb.ca and at the box office, lower level of the Centennial Concert Hall.

Culture

SPORTS

Get in the ring

Canadian boxer Mary Spencer talks about competing in the Olympics and giving back to her community

CRYSTAL BROWN
VOLUNTEER

After several rounds of sparring, Mary Spencer steps out of the ring at Winnipeg Elite Boxing MMA Academy and it's immediately apparent she's quick to make friends with her approachable personality and infectious laugh.

"I was 17 when I began boxing," she explains. "I saw something that would be a lot of fun and I was immediately passionate about it, so I stuck with it."

Fast forward 10 years and Spencer is now an Olympian. This past 2012 Summer Olympics in London saw the introduction of women's boxing, making Spencer the first Canadian woman to box in the Olympics.

While Spencer ultimately fell to Chinese boxer Li Jinzi in a quarter-final fight, she says it was an unforgettable opportunity.

"It was a crazy experience," says Spencer, who turns 28 next month. "There's no way of preparing for it because it's the first, and it's not just the first for me, it's the first for all women boxers. So it's not even like I can ask a teammate that's been in that position (before). I couldn't talk to anybody else because it was the first for everybody, so it was really neat. We had no idea what to expect."

Despite a tough loss, Spencer plans to continue training with goals for competing in the 2016 Games in Brazil.

Talk of the Olympics quickly turns to friends and family, whom she feels she neglected while preparing for the Games.



Kent Brown of Winnipeg Elite Boxing MMA Academy stands with Olympic boxer Mary Spencer. Spencer was in Winnipeg in October to lead boxing clinics.

LISA WILLIAMS

"I try to spend a lot more time with my family, and I spend a lot of time with friends," she says. "It's been a couple months of playing catch up."

An Ojibway from Cape Croker First Nation in Ontario, Spencer also stays connected with the youth in her community and other First Nations communities across Canada. She helps out with boys' and girls' clubs, as well as an after school program where youth come to get help with their homework.

Spencer hopes to open a boxing club in Cape Croker First Nation some time in the future. She describes her interest in helping

the community as paying it forward.

"I can't sit here and tell you that I got to where I am because of the work that I put in alone," she says. "I got here because there have been people in my life who have encouraged me, helped me, who have taught me, and there's no way I can pay those people back. All you can do is pay it forward and be that person for somebody else."

With her training schedule scaled back for the time being, Spencer is able to reconnect with friends and family, and get down to what she really enjoys other than boxing: drinking tea.

"I drink tea with my friends, and I know

this sounds crazy, but we drink tea for six hours straight," she says with a laugh.

Boxing goals aside, Spencer has set her sights on expanding her musical talents.

"I like to play music. I mean, I'm not really good at playing music, but I like to get together with friends and play songs," she explains.

"I play the keyboard and guitar, and my mom's going to teach me the accordion, whenever I can get the time to learn."

Visit www.maryspencer.ca.

FIRST PERSON

Pretty ponies and pistols prove that dreams can come true

Live out your frontier dreams with the Manitoba Mounted Shooting Association

ALISA BIRNIE
VOLUNTEER

My jaw dropped. Saucer-eyed, I sat frozen in a ridicule gawk. *This can't be real... Oh my crow, this is real.*

At first I couldn't believe it, but as reality set in an unfamiliar excitement crept through my heels, past my knees and up my spine. It was some unaltered joy; the kind that gets left in a relatives' attic or basement closet with your threadbare teddy bear and kindergarten crayon sketches.

But this is not some sun bleached childhood dream - this is happening here in our backyard.

The Manitoba Mounted Shooting Association hit the ground running this spring. Darrell May started mulling over the idea of starting a club in January, and by February had the ball at a good roll. No one had ever done anything like this around here before, so some red tape needed cutting and safety procedures needed laying.

After working up the courage to see if the reality lives up to fantasy, I was welcomed out the moment I asked about observing some practice.

On a Sunday afternoon I stepped in the arena off guard and jumped as the crack of igniting powder reverberated hard against the walls, jolting my eardrums. I snapped around to see a gentleman, six-shooter drawn, barreling a fine horse fast my way.

Blast after blast rang out, as he unloaded five more rounds, exploding each balloon target he passed. In a flash of dust they



ALISA BIRNIE

turned on a dime, the man drawing a second pistol to take out the last half of the course.

Clearly, I was in the right place.

Every person I spoke with broke down and explained in great detail all of the regulations surrounding firearm use and the safety measures you take before shooting.

"We love our horses," Robin Lagmodier explains. "No one here would do anything to put their horse in danger."

The .45 caliber single action revolvers use blank ammunition, so no hard projectiles leave the gun when it's fired. Burning gunpowder pops the balloon targets.

"Unless you get hit with the stuff on bare skin at point blank range, like in the face or something, it's not going to do you damage," Sarah Bedford says.

Safety gear is encouraged for all, and mandatory for minors. Special earplugs for the

horses are always on hand, and riders take extra care in working their mounts up to the task gradually.

The energy in the place is something else. It's a clean high, a welcoming warmth we don't often come across in these times. Even for those members who work with horses daily, mounted shooting offers up something very special.

"It's the ultimate. You ARE a cowboy, you ARE a cowgirl," May says, shaking his head.

Not only has the club reignited childhood awe and wonder, they have managed to cultivate a truly exceptional community to boot.

Jenna VanWalleghem, who started training her pony Nico at the young age of six, comes out to club meets with her dad, Michael.

"I can't shoot until I'm 18," she says as we watch Bedford take Nico through the course.

Everybody is happy to help each other out. Safety is priority one for the club and experienced members are eager to ensure newcomers feel comfortable and confident from handling to horsemanship.

The sport itself is something out of hyperbolic western romance and childhood fantasy. If you've ever stared off across the plains lost in those stories, you're in luck.

Here and now, where once mass herds of bison meandered, the Manitoba Mounted Shooting Association can help you bring those dreams back to life.

Visit www.manitobamountedshooting.ca.

CULTURE TODAY

Stripping and tugging the hair away

A brave writer experiences a male brazilian for the first time



CHRIS HUNTER
VOLUNTEER STAFF

A couple weeks ago, over drinks with *The Uniter's* culture editor, Dunja Kovacevic, I sarcastically suggested it would be great to have hair torn from my pubic region with sticky, warm gel so I could write about it.

Well, I am an impulsively sarcastic person, but this is the first time I've gotten into serious trouble because of it.

Kovacevic thought it was a great idea, and I was soon off to Aesthetics for Men, a salon in Winnipeg specializing in hair removal treatments for men.

I had earlier been told that the pain felt by first timers is mostly due to tense nerves and muscles.

So, prior my appointment, I did a short yoga session and took a warm shower.

Yet, stepping up to the front door, I was overcome with the same fear I'm certain first-time war correspondents must feel.

Aesthetics for Men is owned by Nikki Shorten, a woman who made me feel significantly better about saying goodbye to my fuzzy-wuzzy-buddies; she is personal, friendly and reassuring.

Shorten even offers customers her cell number in case they have questions or concerns about the procedure.

"I tell people they can text me because sometimes it's easier to ask questions about these sorts of things in writing, rather than over the phone," she told me.

She explained to me that Brazilians for men - also known as manzilians - involve the removal of all hair from the male pubic region and buttocks area.

There are two ways to go about doing this: waxing and sugaring.

Waxing involves spreading a warm wax over the skin then removing it with a cloth strip.

Sugaring involves applying a warm gel made of sugar, lemon and water, and removing it in a similar fashion.

"In the aesthetics world, there is a war going on - the estheticians versus the sugaring technicians," Shorten explained. "I do both, and I see the benefits of both."

For manzilians, though, Shorten recommends sugaring, which she insists is gentler on the skin.

MY MANZILIAN

After a brief waiting period, I entered the room where the procedure takes place with

Dylan Hewlett, *The Uniter's* photo editor.

Hewlett and I earlier agreed he should photograph the event in detail.

However, to my disappointment, *The Uniter* is only using the waist-up photos.

But I digress.

I took my pants off, sat bare-ass down on a blanketed table, then had a goddamn awkward conversation with Hewlett about pubic hair length while we waited for Shorten.

Speaking of length, when Shorten arrived, she explained my hair was a tad too long, and my roots were notably tenacious. At first I thought this made me some sort of superhuman, but it just meant the hair would be harder to remove.

"The hair should be at least between a quarter of an inch to two quarters of an inch long," explained Shorten. "I recommend not going beyond three quarters of an inch. The shorter the hair, sometimes the more you have to work at it."

We began with the pelvis region, which is surprisingly more sensitive than the shaft, scrotum and anal area. A few of the strips that were pulled off made me cringe and tense up, but the bulk of it was very manageable.

And then it got easier.

The area below the scrotum proved only periodically distressful. But the shaft was no worse than removing an old band-aid, and my buttocks hardly noticed they were beset with warm jelly.

LIFE AFTER FUZZ

I went home that evening feeling naked, clean, smooth, proud and somewhat afraid to look at myself naked in the mirror.

However, Shorten earlier assured me the brief unpleasantness was well worth it.

"It certainly addresses any perspiration or chafing issues, it helps with odours, is generally more sanitary and it looks better," she said.

She also claimed your significant other will love you for it.

"It increases your sensitivity and feels much nicer against the skin," she said. "Once your girlfriend experiences it, she will never let you go back."

And so, in an interview that proved to be the greatest note-taking challenge of my life, my partner voiced agreement with most of Shorten's statements.

She explained that bare skin on bare skin, previously fuzzy, produced an entirely new kind of pleasure.



DYLAN HEWLETT

Writer Chris Hunter says goodbye to his 'fuzzy-wuzzy-buddies'.

However, for her, my manzilian was not so life changing that she would commit me to monthly procedures; if I wanted to grow it back, that was fine.

The manzilian also requires maintenance, including exfoliation two to three days a week - otherwise you'll be dealing with ingrown hairs. This should be done while you're dry, not in the shower.

I admit - it took a couple days to get used to.

Initially, I felt naked and boyish, but soon I enjoyed feeling clean and smooth. And, without going into much detail, I should say Shorten was not kidding about the increased sensitivity.

So, would I do it again?

So far as I can see, there's no reason not to.

In fact, I'm a bit confused about the widespread fear of male hair removal. Shorten thinks it may have something to do with how it was depicted in a hit film from 2005.

"After that stupid movie - *40 Year Old Virgin* - we saw a definite decline in business," she explained. "They don't even use correct procedure in it."

"Most people say real-life manzilians are much less painful than tattoos."

Aesthetics for Men is located at 873 Notre Dame Ave.

Visit <http://www.aestheticsformen.com>.

Crossword Puzzle & Sudoku 10

Solutions to this week's puzzles in next week's issue.

1	2	3		4	5	6	7	8	9		10	11	12	13
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BESTCROSSWORDS.COM

Across

- 1- Russert of "Meet the Press";
- 4- Slander;
- 10- Remaining;
- 14- Highest mountain in Crete;
- 15- Sexy;
- 16- Banned apple spray;
- 17- Excavate;
- 18- Government by the military;
- 20- ___ vivant;
- 21- Ship stabilizer;
- 22- Trousers;
- 23- Units;
- 25- Echolocation;
- 28- Boy king;
- 29- Bandleader Puente;
- 30- Greek fabulist;
- 31- Nest eggs, briefly;
- 32- Pertaining to a congress;

- 35- 1950 film noir classic;
- 36- Small batteries;
- 37- Consisting of four parts;
- 44- Insignificant;
- 45- Friendship;
- 46- Fender bender;
- 48- Fall behind;
- 49- In any way;
- 50- Camp sights;
- 51- Belch;
- 53- Behind schedule;
- 55- 100 square meters;
- 56- Collapse of the lungs;
- 59- After taxes;
- 60- Trigonometric function;
- 61- Governor;
- 62- Univ. aides;
- 63- Prefix with plasm;
- 64- Black Sea port;

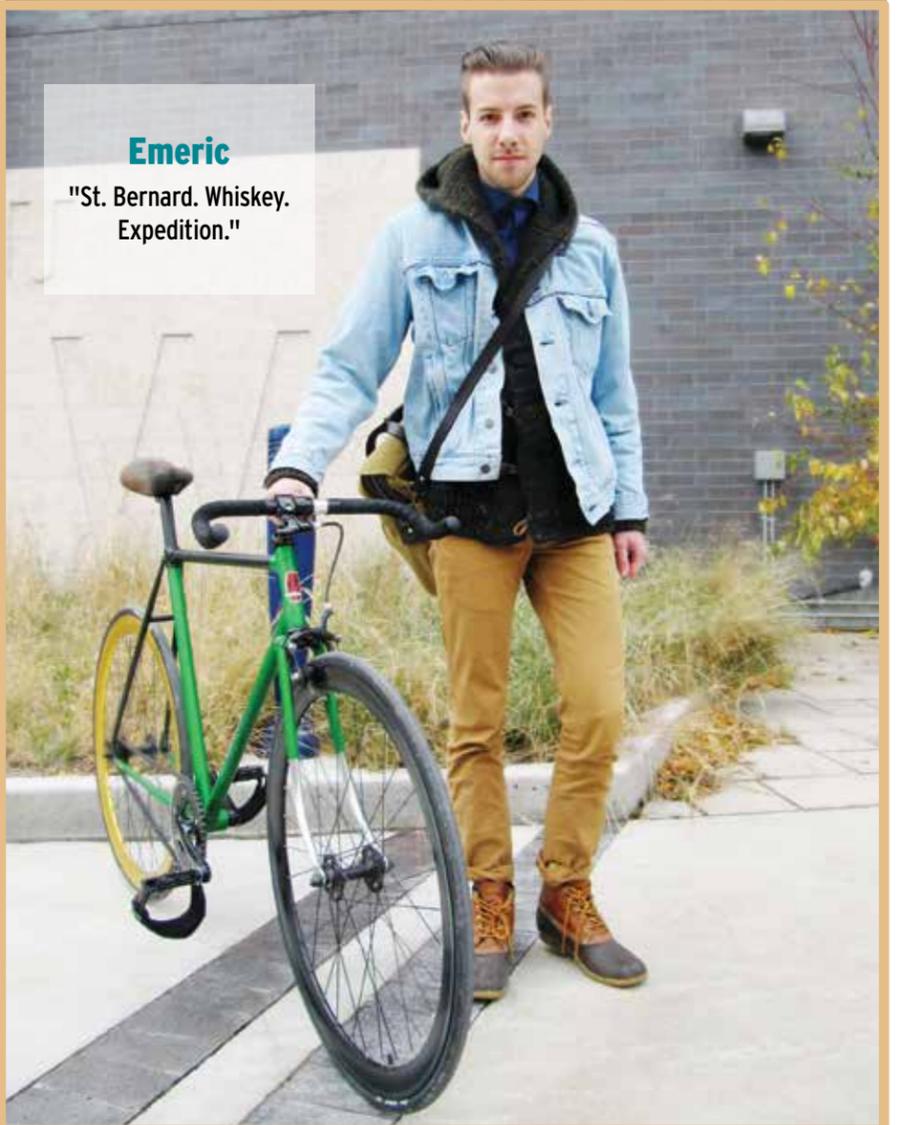
- 65- Sault ___ Marie;
- Down**
- 1- Delicate morsel of food;
 - 2- Stupid;
 - 3- Electric generator;
 - 4- Student tables;
 - 5- Romain de Tirtoff, familiarly;
 - 6- Prophecy;
 - 7- Puzzled;
 - 8- Cambridge sch.;
 - 9- Green prefix;
 - 10- Zhivago's love;
 - 11- Hyundai model;
 - 12- Sure-enough;
 - 13- Assignations;
 - 19- EMT's skill;
 - 24- Second day of the week;
 - 26- Rejections;
 - 27- Place for beehives;

- 30- Turkey's highest peak;
- 31- Within;
- 33- Deity;
- 34- Cereal grass;
- 37- Pertaining to the fourth degree;
- 38- Ointment;
- 39- ___ little teapot...;
- 40- Plunder;
- 41- Books of maps;
- 42- Lease holders;
- 43- Beg;
- 44- Gladden;
- 47- African fly;
- 49- Chowd down;
- 50- Seed covering;
- 52- 1963 role for Liz;
- 54- Sardine containers;
- 57- ___-Magnon man;
- 58- A Kennedy;

SUDOKU SKILL LEVEL: **DIFFICULT**

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

WWW.PDFPAD.COM/SUDOKU

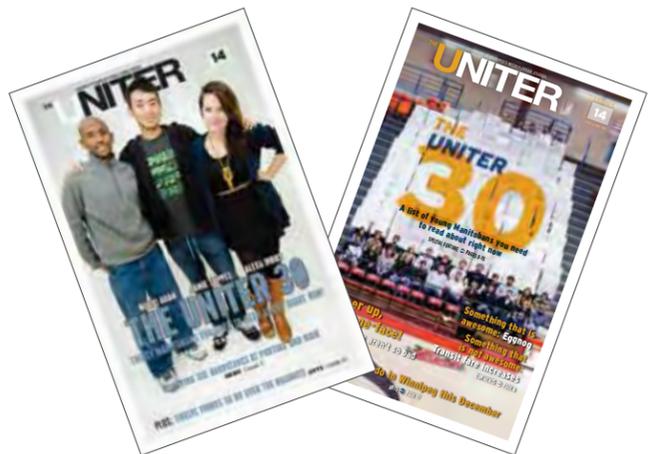


FASHION STREETER

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.

DORICE LEE

HELP THE UNITER CHOOSE THE 2012 UNITER 30



For the past two years, our last issue of the calendar year has featured The Uniter 30 - a list of 30 young Manitobans aged 30 or younger who are making a difference in their community.

WE ARE CURRENTLY PLANNING THE 2012 EDITION AND WE WANT YOUR INPUT.

Do you know someone who is outstanding in their field or making a meaningful contribution to their community?

Activists, entrepreneurs, humanitarians, visual artists, musicians, filmmakers, politicians, bloggers, actors, athletes, scientists - no suggestion is a bad one.

Email your suggestions to TheUniter30@uniter.ca by Saturday, Nov. 10 at 12 noon.

Include the name of the person you're nominating, their age and a short paragraph describing who the person is and why you think they should be on the list. Please also include your full name and phone number.

Please note that if a person gets numerous nominations, it does not increase their likelihood of making the list. *The Uniter's* editorial board makes the final decision on who makes the list.

Look for the 2012 edition of *The Uniter 30* on newsstands Thursday, Dec. 6.

ARTS LISTINGS

FILM

WE ARE LEGION: THE STORY OF THE HACKTIVISTS is a riveting documentary about the roots of Anonymous and the most transformative civil disobedience in decades. Playing at Cinematheque Nov. 8 at 9:30 p.m.

On Nov. 8, learn everything you need to know to become an independent filmmaker at the **DIY PRODUCING FOR INDEPENDENT FILMMAKERS** at the Winnipeg Film Group Production Centre. For more details visit www.winnipegfilmgroup.com.

Together as part of the international documentary screening network Cinema Politica, Gallery 1C03 and the University of Winnipeg Students' Association present the film **TO THE TAR SANDS** in Eckhardt-Gramatté Hall on Nov. 8 at 6:30 p.m.

Presented by the Manitoba Craft Council and Cinematheque, **THE TAPESTRIES OF FILM** is a documentary that looks at the crossover between craft and filmmaking. Showing at Cinematheque Nov. 8 at 7 p.m.

WHO CARES is a powerful new film about Edmonton's sex trade workers, which is showing at Cinematheque Nov. 9 to Nov. 11. Visit www.winnipegfilmgroup.com for showtimes.

Stacy Peralta, the director of the skateboarding classic has created a riveting look at six misfits (including legend Tony Hawk) who would forever change the face of skateboarding. **BONES BRIGADE: AN AUTOBIOGRAPHY** screens at Cinematheque Nov. 9 to Nov. 15. Visit www.winnipegfilmgroup.com for showtimes.

Miranda July's follow up to her acclaimed *Me and You and Everyone We Know* is about a couple who decide to adopt a stray cat and their perspective on life changes radically. **THE FUTURE** screens at Cinematheque on Wednesday, Nov. 14 at 7 p.m.

The Planetarium will be showing **ANCIENT SKIES, ANCIENT MYSTERIES** on Saturdays and Sundays at 1 p.m. and 4 p.m. *Ancient Skies* looks behind the Mayan prophecy that says the world will end on Dec. 21, 2012. The Planetarium is planning to run the show until Jan. 6, 2013, hedging its bet that the world won't end on the date the Mayans predicted.

LITERATURE

Join artists **SHAWNA DEMPSEY, LORRI MILLAN, KC ADAMS** and **DOMINIQUE REY** for a lively panel discussion at the Winnipeg Art Gallery at 7 p.m. on Nov. 16. All artists featured in the WAG exhibition *Winnipeg Now* will be in conversation with exhibition co-curator and art critic Robert Enright. *Border Crossings* editor Meeka Walsh, co-curator of the exhibition, will introduce the panel.

Globe and Mail national affairs columnist **JEFFREY SIMPSON** will be at McNally Robinson Booksellers at 8 p.m. on Nov. 8 where he will be speaking, taking questions and signing copies of his book *Chronic Condition: Why Canada's Health Care System Needs to Be Dragged into the 21st Century*. This event takes place in Prairie Ink Restaurant. Seating is limited. Reservations can be made by calling 204-975-2659.

Join local author **MICHELLE ELRICK** and musicians **JENNY BERKEL, DAVID SIMMARD** and **BRIE NELSON** at the Winnipeg launch of *Notes from the Fort: a poetic of inhabited space*. **NFTF**, created by Michelle Elrick, is a series of performance installations that incorporate the play-act of fort building with poetic documentation of temporary spaces. The event will feature an installation of the fort, a short film screening, new poetry, plus music. Hosted by Aceartinc. on Nov. 9.

Prairie Fire Press and McNally Robinson Booksellers present the 2012 **WRITING CONTEST**. The deadline is Nov. 30. For full contest rules check out www.prairiefire.ca.

GALLERIES & MUSEUMS

Gallery 1C03 at the University of Winnipeg is proud to present **PLANT (I)POD INSTALLATION**, an interactive sculptural sound piece created by artist **JANE TINGLEY**, which runs until Nov. 17.

Head down to the CreBery for a solo exhibition by **CINDY DAVIDSON** titled *Raw Elegance* and gain insight into the artist's spiritual healing capabilities through colour, texture and shape. Show runs until Nov. 13.

Urban Shaman presents **TXT4WPG** by **DANA CLAXTON** until Nov. 17. This new body of text-based work was inspired by Claxton's stay in Winnipeg for six weeks in 2007. Incorporating her roots as a poet, Claxton has made two video installations based on her original writings she did while in Winnipeg.

The Edge Urban Artist Village presents **WEAR IS WINNIPEG** on Nov. 23. The evening will start off with a fashion show from **NEVER AGAIN CREATIONS**, a local design house that has been in operation since mid-2009 and will be making its official debut on this night. The evening will then continue with live music from local musicians and refreshments. If you can't make it out that evening don't worry

the fashion market will be open until Dec. 6.

CHRISTIAN WORTHINGTON'S PAINTING IS HISTORY is taking place at Gurevich Fine Arts until Nov. 24. Expect portraiture and abstract in lush, emotional oil on canvas.

Wayne Arthur Gallery invites you to **NORTH AMERICAN MEMORIES**, a mixed-media presentation by **KATHLEEN HAMANN-BUCKOSKI** and **JUDITH PANSON**, which runs until Nov. 28.

Martha Street Studio is pleased to announce a solo exhibition by **LEO SIMOENS**. *Fields* is a collection of work spanning approximately 30 years of production. This print-based retrospective features work that highlights the artist's particular relationship to landscape, meditation and contemplation. Show runs until Dec. 8.

THE STAFFORD COLLECTION OF INUIT SCULPTURE consists of 121 sculptures mainly from the 1980s to the 2000s. The exhibition is being held at the WAG until Jan. 25, 2013.

THEATRE, DANCE & COMEDY

A FEW GOOD MEN, the story of a young American lawyer who defends two Marines accused of murder in a Guantanamo Bay hazing incident gone wrong, is playing at the

John Hirsch Theatre at the MTC Mainstage until Nov. 10. Get your tickets at www.mtc.mb.ca.

Head down to the Rachel Browne Theatre until Nov. 11 to see **JOHN AND BEATRICE** by **CAROL FRECHETTE** for an urban fairytale about the difficulties of connection and the meaning of love.

MTC presents **RED** by **JOHN LOGAN**, the story of an aging artist's struggle to keep his place in the art world. Playing at the Tom Hendry Warehouse until Nov. 17. Visit www.mtc.mb.ca for more details.

MIRACLE ON SOUTH DIVISION STREET is playing at the John Hirsch Theatre at the MTC Mainstage from Nov. 22 to Dec. 15. Visit www.mtc.mb.ca for more information.

THE PRAIRIE DANCE CIRCUIT at the Rachel Browne Theatre, hosted by Winnipeg Contemporary Dancers, presents **TANIA ALVARADO** on Dec. 7 and Dec. 8. Visit www.winnipegcontemporarydancers.ca for more information.

Get ready for the five-time Tony Award nominee **ROCK OF AGES** from Dec. 11 to Dec. 13. The '80s rock hits musical dances through Winnipeg stopping briefly at the Centennial Concert Hall just to remind you how much you miss all your hair.

THE NUTCRACKER is at the Centennial Concert Hall from Dec. 20 to Dec. 30.

Comedy at the Kings Head Pub every Tuesday at 9 p.m.

Solution from last week's issue.



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

THE UNITER IS HIRING

ARTS REPORTER

The arts reporter works closely with the arts editor to write two assigned stories per week and arrange for corresponding visual content. They must also regularly write blog entries on *The Uniter's* website.

The chosen candidate will demonstrate a critical eye for arts content, possess superior writing and interviewing skills, work well under the pressure of deadlines and be familiar with Winnipeg's arts scene(s). The reporter must be able to work in collaboration with others as well as independently.

This position is based on a term running Nov. 26 to Dec. 7, 2012 and Jan. 1 to March 29, 2013. Pay is \$70 per week.

Staff members are expected to attend weekly staff meetings and actively engage in the development of their position throughout the course of their

employment.

For further information, call 786-9790 or email editor@uniter.ca. References and at least three writing samples must be attached to resumes.

Mail, or deliver resumes in person, to The Uniter, ORM14 Bulman Centre, 515 Portage Avenue, Winnipeg, MB R3B 2E9, or email you application package to editor@uniter.ca.

Only those applicants selected for interviews will be contacted. Applications are encouraged from all interested parties.

Application deadline for this position is Friday, Nov. 16 at 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>

The following application is available to download online. Once you complete it, submit it in the red drop box located on the first floor of Centennial Hall (Student Central):

GRADUATE AND PROFESSIONAL STUDIES EXPENSES BURSARY

For students in the final year of their undergraduate program who are applying for entry into a Graduate or Professional Studies Program with financial need. Download the application at: <http://www.uwinnipeg.ca/index/services-awds-current-continuing>.

WORK STUDY PROGRAM

The Work-Study Program provides on-campus part-time job opportunities for eligible full-time University of Winnipeg undergraduate students. These jobs are available during the Fall/Winter (September to March). Various faculty and administrative departments participate in this program so there is a broad range of jobs from which to choose.

The application to apply for Fall/Winter 2012-13 positions is available online at

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

Deadline Nov. 12, 2012

FINANCIAL BASICS WORKSHOPS

Did you know that November is financial literacy month? Do you want to get a better handle on your finances? Do you want to learn some tips on budgeting and how to save money? Well, we have the session for you!

In collaboration with the Financial Consumer Agency of Canada (FCAC), The University of Winnipeg will be holding a series of free Financial Basics Workshops. Topics will include budgeting, credit and debt management, saving and investing, financial planning and protecting yourself from financial scams.

Students are eligible to receive a free water bottle and \$30 in financial compensation after the completion of two surveys. All current University of Winnipeg students are welcome to attend one of the two days. Space is limited, so we are asking that you please RSVP. Light refreshments will be served.

The session is being offered two days (you choose one):

Saturday November 10, 2012 - at 10:00am-2:00pm

Wednesday January 23, 2013 - at 5:00pm-9:00pm

Please RSVP online here: <https://www.uwinnipeg.ca/index/awards-financial-basics-reg>

AWARDS OFFERED BY EXTERNAL AGENCIES AND ORGANIZATIONS:

There are many external award opportunities to apply for. Please check out our external awards page at <http://www.uwinnipeg.ca/index/services-awd-external>.

MANITOBA STUDENT AID PROGRAM (MSAP):

Application to Manitoba Student Aid for the 2012 Fall Term or 2012-13 Fall/Winter Session is still open. Students can apply online at www.manitobastudentaid.ca.

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

CONFIRMATION OF ENROLMENT & RELEASE OF GOVERNMENT STUDENT AID DOCUMENTS

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

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

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

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

COURSE LOAD

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

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

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

REGISTRATION AT ANOTHER POST-SECONDARY INSTITUTION

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

FREE PAYMENT

Your fees will be deducted from the student assistance document when it is electronically approved by the university. Government Student Aid is used first to meet educational costs. All overdue fees and emergency loans as well as fees for the current study period will be deducted from the student aid document. If your student assistance does not

cover your required fee payment, you will have to make payment on your own by the fee payment deadline. Credits for scholarships you may be receiving will be to reduce the amount of fees deducted from the student aid document.

TUITION FEE DEFERRAL

Tuition fees for registered courses are due by the start date of every term. If you are relying on your Government Student Aid to pay your tuition fees, please read the important information below.

Those who have been assessed and approved for Manitoba Student Aid by Aug. 22, 2012 will automatically have their tuition fees deferred for one month. You will receive web-mail notification stating this. No action is needed.

If you do not apply for Manitoba Student Aid at least 3 weeks before the start of classes, you will not be on the fee deferral list and must make a payment arrangement with Student Central to avoid registration cancellation. You will be subject to late fees.

If you are a recipient of out-of-province student aid, most will require Awards office staff to sign your forms before they can be submitted. We will collect your name as we sign your documents for the Tuition Fee Deferral list. If your documents do not need our signature, please email your name, student ID and the province you receive aid from to awards@uwinnipeg.ca. This will ensure you are added to our list of deferrals. We will try our best to make sure you are captured, however, it is not guaranteed.

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

DID YOU KNOW... If you are a student who has had past Government Student Loans and are currently a student but do not have a student loan this year, please fill out a "Schedule 2" document to remain in non-payment and/or interest-free status. Please come to the Awards Office to obtain and complete a form.

Beauty

The Beast



We all need to manage the waste we create. If you're like 90% of Manitobans, you already recycle. But one third of us admit we still throw into the trash some items that could be re-used or recycled into useful materials. Let's manage to do better!

More than half of all household garbage can be recycled.
Are you recycling all you can?

CLEAN UP YOUR ACT SimplyRecycle.ca


MMSM
Multi-Material
Stewardship Manitoba

Industry funding recycling