

UNIVERSITY OF WINNIPEG'S WEEKLY URBAN JOURNAL

THE

# UNITER

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Local filmmaker

RYAN MCKENNA

Photographed on Portage Avenue on  
Monday, Jan. 7, 2013

PHOTO BY DYLAN HEWLETT

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### PEOPLE WORTH READING ABOUT

# Don't let the bed bugs bite

Prevention and outreach coordinator helps community residents fight bed bug infestations

AARON EPP  
MANAGING EDITOR

Don't panic. That's what James Lyons wants anyone who finds bed bugs in their home to know.

"A cool-headed approach to bed bugs is generally very successful," said Lyons, who works as the community bed bug prevention and outreach coordinator at the Daniel McIntyre/St. Matthews Community Association (DMS-MCA).

Lyons started his job in September with the objective of overseeing the West Central/West Broadway Bed Bug Community Education, Prevention and Support program.

## "A cool-headed approach to bed bugs is generally very successful."

- JAMES LYONS, COMMUNITY BED BUG PREVENTION  
AND OUTREACH COORDINATOR, DANIEL MCINTYRE/ST.  
MATTHEWS COMMUNITY ASSOCIATION

He works at the community level in the Spence, West Broadway, Daniel McIntyre and St. Matthews neighbourhoods to educate people about bedbugs, as well as work with landlords and tenants on an as-needed basis to make sure that proper and adequate steps are taken in the event of a bedbug infestation.

"It's very prevalent," Lyons said of Winnipeg's bed bug problem. "If you go and speak to a group, if somebody in the group hasn't had bed bugs, they know somebody who has. And I don't think that's just isolated in this community. I live in south Winnipeg and have friends who have dealt with (bed bugs)."

Lyons holds a Master's in Sociology from the University of Manitoba, where he participated in a research project called Don't Let the Bed Bugs Bite.

The research team interviewed 16 inner-city



AARON EPP

James Lyons researched bed bugs while earning his Master's in Sociology at the University of Manitoba. He brings that experience to his new role at the DMSMCA.

residents, three landlords, two public health inspectors and five inner-city community workers to assess the social impacts of bed bug infestation on inner-city residents.

The team also explored the policies and practices needed to respond effectively to the problem.

Lyons says that when he worked on the project in 2010, there was "still quite a stigma associated with bed bugs." Today that stigma is not as bad, although in some cases people are embarrassed when they discover bed bugs in their home.

Still, the best thing to do in case of an infestation is to come forward.

"First things first, have a discussion with your landlord," Lyons said. "In the majority of cases, especially in a multi-unit area, the landlord is responsible for having that treated. So, you don't necessarily need to worry about getting a big bill in the mail."

The landlord is responsible for getting a professional to the site to take care of the situation, he added, but tenants are responsible for cooperating with the instructions given by the landlord and exterminator.

"There's a lot of preparation, and even outside-the-box thinking, that goes along with (removal of) a bed bug infestation" for it to be successful, Lyons said. "But if both parties cooperate, your success rate is going to be quite high."

So whether you are a tenant, a landlord or a homeowner dealing with a bed bug infestation, Lyons encourages you to get in touch with him. He will provide the right resources and connect you with the right people.

"Sometimes you can get property damage," he said, "but just because you have bed bugs, it doesn't mean your couches and mattresses and everything need to hit the back lane."

Call Lyons at 204-774-7005 extension 109, or email him at [bedbug.prevention@dmsmca.ca](mailto:bedbug.prevention@dmsmca.ca).

## STREETER

BY HARRISON SAMPHIR

Q: HOW DO YOU FEEL ABOUT THE RETURN OF NHL HOCKEY?



**Zach Fleisher, vice  
president advocate,  
University of  
Winnipeg Students'  
Association**

"While the return of hockey might provide an economic boost to downtown Winnipeg, I feel there are numerous social issues not being covered because of the attention allotted to the NHL."



**Stephanie  
Martens, third  
year student,  
English Literature**

"Personally, I don't really care. But the return is going to be good for students working downtown and those in the hospitality industry. Financially it's good, but I'm not a sports person."



**Meloo Grewal,  
first year student,  
Criminal Justice**

"I'm excited. I have a chance to get my first Jets game going. Businesses will also get a boost, and I hope to see my LA Kings win another cup."



**Nia Perron,  
fourth year student,  
Forest Ecology**  
"I think it's a good thing that hockey has returned, and I'm excited to see how the team dynamic has changed after such a long break."

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## News

# Downtown residents' association takes root

Group wants to promote advocacy, community in the heart of the city

CARSON HAMMOND  
BEAT REPORTER

"I love living on Broadway," Khris Lister says from the warmth of one of the avenue's coffee shops.

"When the trees are in bloom, I have picnics on the boulevard between both directions of busy traffic, and while I haven't made a snowman yet, I'm determined to while I still have the chance."

While Lister's take on downtown Winnipeg living may sound like whimsical fun, getting the most out of a neighbourhood sometimes characterized, ironically, by its members' sense of interpersonal isolation can be difficult.

That's why Lister and a handful of other downtown dwellers decided to form the Downtown Community Residents' Association, a fledgling group intent on bringing together neighbours from the area for conversation, advocacy and a good time.

Originally the brainchild of former University of Winnipeg Students' Association president David Jacks, who has since stepped into a background role in steering the group, the association largely took root over the course of this past summer, Lister said.

"It's a lot more personal and grassroots-focused," she said. "We want to actually get to know our neighbours personally and work towards a stronger sense of everyone being part of a community."

The group's first annual general meeting is set to take place on Sunday, Jan. 27 at the Dalnavert Museum, where the association's bylaws will be passed and its first board of directors elected.

Like Lister, Jomar Monzano has been actively involved in the organization throughout its formative process.



CARSON HAMMOND

Khris Lister (left) and Jomar Monzano (right) are two of the driving forces behind the Downtown Community Residents' Association, which holds its AGM at the end of January.

While residents of other core area neighbourhoods like West Broadway and the Exchange District are represented by similar groups, up until now, the DCRA's designated area - bordered by Portage Avenue, The Forks, the Assiniboine River and Memorial Boulevard - has had no such representation established, Monzano notes.

Roughly 7,000 residents live in that area, according to the group's research using recent census data.

"An association will help people identify with the neighbourhood more by representing its unique residential needs," Monzano said.

Unique and often misunderstood, Lister added.

"There's a lot of turnover in who lives downtown - it's a transient neighbourhood," she said.

"And that's what a lot of people assume people living downtown are like - that you're young, that soon you're going to go buy a house with a white picket fence and move on, et cetera.

"But there's a lot more to (downtown) than that, and I think a lot of residential needs get overlooked under those types of assumptions."

Other specific issues that have come up in group meetings include night time safety and the scourge of urban atmosphere: surface parking lots.

"That one always seems to be a popular topic," Monzano laughed.

Once its bylaws and board of directors are in place, the group hopes to help residents bring their concerns and ideas to the powers that be, engage with the local business community, organize social events and keep neighbours up to date on goings on in the area via their website and e-newsletter.

All residents of the downtown community are invited to attend.

The DCRA will hold its AGM on Sunday, Jan. 27 from 6:30 to 7:30 p.m. at the Dalnavert Museum at 61 Carlton Street.

Visit [downtowncommunity.wordpress.com](http://downtowncommunity.wordpress.com).

## Carlton Inn finds itself on CentreVenture buyout chopping block

Critics remain concerned about lack of consideration for low-income residents

CARSON HAMMOND  
BEAT REPORTER

As CentreVenture continues to negotiate the terms of its pending purchase of the Carlton Inn, critics worry side effects of the developer's recent downtown hotel acquisitions are not being figured into its broader strategy.

On Dec. 12, less than a month after CentreVenture announced its purchase of the St. Regis Hotel on Smith Street, city councillors approved the organization a \$6.6-million loan guarantee to buy out the Carlton Inn, which also houses a restaurant and lounge.

Although there has been speculation the property will become the site of a new hotel, CentreVenture has not yet announced its official plans for redevelopment.

Phil Cyrenne, chair of the University of Winnipeg's economics department, says legislators need to reconsider the downtown developer's mandate.

"The problem is a lot of these hotels are also used as housing for people with low incomes and addictions," said Cyrenne. "If you close them down, then those people just get displaced to somewhere else."

"CentreVenture is doing what it thinks it should be doing, but the city and province need to integrate (CentreVenture's) mandate with some sort of low-income housing strategy in the downtown area."

According to CentreVenture CEO Ross

McGowan, who said both the Carlton Inn and St. Regis Hotel are commonly used for medium to long-term medical stays by visitors from Northern Manitoba, the displacement described by Cyrenne poses no major issue.

"There are sufficient spaces in the other hotels nearby to handle the (two) losses," he said.

McGowan also noted that CentreVenture has no plans to buy up and redevelop additional businesses in the immediate future.

"We're quite content at this time to settle with the Carlton and St. Regis as the two properties which most affect development in the SHED (Sports, Hospitality and Entertainment District)," he said.

CentreVenture intends to purchase the three-story, 108-room hotel primarily because of its location across from the Winnipeg Convention Centre, which is set to undergo a massive \$180-million expansion planned for completion in 2015, McGowan said.

Details regarding the final purchase price and when the property will officially change hands are still being worked out with the hotel's owners, he added.

In 2009, McGowan publicly called for the redevelopment of another licensed inn, the Woodbine Hotel, calling the well-known Main Street watering hole a "sore spot" in the Exchange District neighbourhood after a violent incident.



KAITLYN EMSLIE FARRELL

According to Woodbine owner Don Matthews, however, it seems the developer has no intentions of buying up the property in the near future.

"I know they've been kicking tires, but otherwise no, I haven't been approached with any offers from them," he said.

The recent wave of small downtown hotel buy ups doesn't have Matthews worried - yet.

"They're going to do what they're going to do," he said. "I'll just have to adapt to the environment I'm in."

As for reaping the benefits of a shrinking pool of relatively inexpensive downtown hotel bars - which will begin when the St. Regis Embassy Lounge closes its doors for good at the end of this month - Matthews says he expects a modest influx of patrons.

"I assume that as each (bar) closes there will be a trickle-down effect," he said.

"People will just go to the next place, and then the next."

Transcona Coun. Russ Wyatt was the only councillor to oppose the guarantee.



# Local News Briefs

Compiled by Ethan Cabel



## KNIVES “WEAPON OF CHOICE” IN 2012 WINNIPEG HOMICIDES

Now that 2012 has drawn to a close, Winnipeg’s disturbing homicide statistics have been released. According to a *Winnipeg Sun* report, among those statistics is the fact that 14 out of last year’s 30 city homicides happened at the end of a knife. University of Manitoba criminology professor Rick Linden said that the stabbing homicide rate should come as no surprise, given that most of these crimes happen as the result of alcohol or drug fuelled arguments in Winnipeg homes. That description fits at least two of the 14 stabbing homicides recorded, including the Jan. 25, 2012, death of Ian Folster at a Bannerman house party, and the eventual death of Anthony Sorokowski three days after he was stabbed at a Regent Avenue house party on Oct. 22, 2012.

## STAFF DEPARTURES CONTINUE TO PLAGUE CANADIAN MUSEUM OF HUMAN RIGHTS

The Canadian Museum of Human Rights (CMHR) and its fundraising arm, Friends of CMHR, have faced another round of staff departures as 2013 gets underway, leading many to speculate about systemic mismanagement. Last week saw the Friends of CMHR lose both its interim CEO and interim director of development while the museum lost its marketing coordinator. These most recent departures bring the number of people who have quit, been fired or who had their contracts expire to 36 in the 28 months the museum has been operational, according to the *Winnipeg Free Press*. However, Friends of CMHR insist that CEO turnover has not affected their success, with the fundraising arm bringing in \$8 million in 2012 - more than their set annual target.

## THUNDERBIRD RESTAURANT NOT GOING ANYWHERE

Ever since the owner of Kelekis restaurant - an ancient Main Street staple - announced its closure, John Ginakes, owner of the Thunderbird restaurant at 1970 McPhillips St., has faced speculation that his diner would be the next casualty in a long line of recent Winnipeg restaurant closures. That’s simply not true, 76-year-old Ginakes told the *Winnipeg Free Press* recently. The famous greasy spoon, opened in 1961, will remain open indefinitely, much to the relief of area residents and regulars as diverse as actress Nia Vardalos, former Jets captain Dale Hawerchuk and Winnipeg Blue Bomber great Chris Walby. “I’m not going anywhere because even after all this time, I don’t feel like I’ve worked an hour in my life, I enjoy it so much,” Ginakes told the *Free Press*.

## CITY ADMINISTRATION OBLIGATED TO DISCLOSE EMTERRA GARBAGE FINES, SAYS LAWYER

Access-to-information lawyer Brian Bowman told the *Winnipeg Free Press* he is shocked that City of Winnipeg administration have not disclosed the fines faced by Winnipeg garbage contractor Emterra for recent missed service and other contract violations. City officials maintain that Emterra’s contract stipulates fines of between \$100 and \$500 for everything from missed pickups, carts lost during collection and other violations, but that it does not allow the city to disclose penalties levied against the company. Bowman argues there is virtually no legal justification for the city’s non-disclosure and that blocking public access to information is challengeable at the level of the provincial ombudsman and the courts. City councillors have been calling on city administration to release the fines, including Counc. Dan Vandal (St. Boniface), Harvey Smith (Daniel McIntyre), Paula Havixbeck (Charleswood-Tuxedo), Russ Wyatt (Transcona) and Ross Eadie (Mynarski).

# International News Briefs

Compiled by Ethan Cabel

## HOLLYWOOD MOVIE ZERO DARK THIRTY PROMPTS SENATE INQUIRY

Three United States senators are demanding the American Central Intelligence Agency (CIA) reveal what information they provided director Kathryn Bigelow and screenwriter Mark Boal in making the new movie *Zero Dark Thirty*, which portrays the hunt for Al Qaeda leader Osama Bin Laden. The movie implies that torture - or “coercive interrogation,” as it is often called - was a primary factor in locating Bin Laden’s whereabouts in a compound in Abbottabad, Pakistan, where he was eventually killed by U.S. Navy Seals in 2011. Senators Dianne Feinstein (chair of the Senate Intelligence Committee), John McCain and Carl Levin have requested “all information and documents provided to the filmmakers by CIA officials,” the *Los Angeles Times* reported. The Senators argue that torture did not, in fact, play a large role in locating Bin Laden and that the CIA likely misled the makers of *Zero Dark Thirty*.

## AUTHORS SHED LIGHT ON SOUTH AFRICAN CYCLING CULTURE

Two authors, animator Nic Grobler and photographer Stan Engelbrecht, are attempting to shed some light on a unique, makeshift cycling culture in South Africa with a book they plan to call *Bicycle Portraits*, according to the *Los Angeles Times*. The pair cycled nearly 4,000 miles around the country and conducted 500 interviews with various South African cyclists. What they discovered was not entirely unsurprising - South Africa’s cycling culture is endowed with its fair share of eccentricity, fearlessness and it harbours some of the same apartheid scars that plague much of the country. According to the authors, a stigma exists around bicycles originating from companies giving them out to the poor during the apartheid era. But they hope to shatter this misconception while raising money to publish the book. “We both believe that bicycles could really empower people in South Africa, where so many people rely on poor public transport infrastructure,” Engelbrecht told the *Times*.

## FIRST FEMALE AFGHAN RAPPER COMES OUT OF THE WOODWORK

According to a report by the *Mail and Guardian*, a new phenomenon has emerged out of Afghanistan - the nation’s first female

rapper. Soosan Feroz, 23, has emerged as a cultural phenomenon, challenging both the conservative religious beliefs that permeate so much of Afghan society as well as United States foreign policy and the atrocities of war. Her first recorded piece of music, the song *Our Neighbours*, has garnered over 100,000 hits on YouTube. However, because Feroz challenges many of the cultural stereotypes about the inferiority of women, she has faced death threats. “I’m not deterred,” she told the *Guardian*. “I want to be the voice of women in my country.”

## FATHER OF INDIAN RAPE VICTIM SPEAKS OUT

The father of an Indian woman whose recent gang rape and torture sparked street protests throughout the country, is speaking out and calling for the release and dissemination of his daughter’s name. His daughter, a 23-year-old physiotherapy student, died on Dec. 28 in a Singapore hospital two weeks after she was gang raped on a bus in New Delhi. According the *BBC World News* as of Dec. 28, 635 rape cases had been reported in Delhi in 2012, up from 572 in 2011. “I am proud of her. Revealing her name will give courage to other women who have survived these attacks. They will find strength from my daughter,” the father told British newspaper *Sunday People*.

### LISTINGS

#### COMMUNITY EVENTS

THE HUMANISTS, ATHEISTS AND AGNOSTICS OF MANITOBA, a non-profit group based in Winnipeg, will be hosting famous atheist author Richard Carrier via Skype on Jan. 12 from 5:30 p.m. to 8 p.m. at CanadInns Polo Park. Non-members are most welcome.

Join thousands of Winnipeggers at the first big party of 2013 and beat the winter blues. It’s your chance to experience the tastes, sights and sounds of Louisiana without leaving town, and support a worthy cause at the same time. WINNIPEG MARDI GRAS takes place from Feb. 15 to Feb. 16 from 6 p.m. to 2 a.m. nightly at the Winnipeg Convention Centre. This year they have teamed up with the Juvenile Diabetes Research Foundation and a portion of the ticket sales go directly to them.

THE FORT GARRY WOMEN’S RESOURCE CENTRE will be hosting their fourth annual FAB FEM FUNDRAISER on Feb. 20 at the West End Cultural Centre. Local entertainment, great food and great company are on special for the evening supporting our local women’s resources and giving thanks to FGWR for 30 years of support.

MOOD DISORDERS ASSOCIATION OF MANITOBA is increasing public awareness of mental illness, depression and mood disorders for families and in particular youth through its SKATE AND STRIDE EVENT. MDAM will be educating the public on mood disorders and how to get help. Skate and Stride takes place Feb. 23 at the Forks from 1 p.m. to 4 p.m.

WINDOW is pleased to present its fourth installation, MESMERIZING, a nomadic movie-poster project by artist DAVID LARIVIERE. Check it out on the ground level of the Artspace Building.

#### ON CAMPUS

Donate blood on the lower level of the Bulman Centre on Jan. 16. CANADIAN BLOOD SERVICES will be there from 9 a.m. to 3 p.m.

THE MANITOBA LEGISLATIVE ASSEMBLY invites you to apply for their internship program. The application deadline is Feb. 14. Open to six Manitoba students in a degree program in any discipline at a Manitoba university and to permanent Manitoba residents studying outside the province. Gain first-hand experience in the legislative process and work with Members of the Legislative Assembly and their caucuses in policy research. Students must have graduated by September 2013.

THE EMPLOYEE AND FAMILY ASSISTANCE PROGRAM is available to all regular University of Winnipeg employees. As part of this program, Shepell-fgi 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 facil-

itator 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](http://www.uwinnipeg.ca/index/hr-benefits-education) for more details.

#### VOLUNTEER OPPORTUNITIES

The N.E.E.D.S. Center (Newcomers Employment & Education Development Services) is currently looking for volunteer mentors. Mentors connect newcomer youth to the community and engage them in educational and recreational activities. Hours are flexible and a commitment of six hours per month for one year is necessary. For more information contact mentorship facilitator Steph Minor at [steph@needsinc.ca](mailto:steph@needsinc.ca) or 204-940-1268.

THE 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, health care and administrative. Visit [www.siloam.ca](http://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 planning the details of this year’s sustainability festival. Will you contribute? THE GRASS ROUTES SUSTAINABILITY FESTIVAL is an opportunity for us to collaborate with partners beyond our 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](mailto: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](http://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. Contact the WRENCH at [programs@thewrench.ca](mailto: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](mailto: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](mailto: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](mailto: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](http://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](mailto: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](mailto:editor@uniter.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 [spenceneighbourhood.org](http://spenceneighbourhood.org) or call 204-783-5000 for more information.

RUPERT’S LAND CAREGIVER SERVICES RING-A-RIDE PROGRAM needs drivers to take clients residing in South West Winnipeg to appointments, shopping and social outings. Compensation for gasoline and parking is provided. For more information please call 204-452-9491 or email [rlcs\\_vol@mts.net](mailto:rlcs_vol@mts.net).

# Wesmen Briefs

Compiled by Ethan Cabel

## WESMEN FALL SHORT IN EFFORT TO CLINCH WESMEN CLASSIC BASKETBALL CHAMPIONSHIP

The Wesmen men’s and women’s basketball teams played host to an annual, weekend long invitational tournament from Dec. 28 to 30 - the Coca Cola Wesmen Classic - but ultimately came up short in their effort to secure the championship. Both the men and women’s Wesmen teams opened the weekend with decisive wins - the Wesmen women schooled the Dickinson State University Bluehaws 78-60, while the men dismantled the Keyano College Huskies 88-41. However, the women ultimately came up short in the tournament’s second day, where

the Dickinson State Bluehaws managed to squeak past the Wesmen with a 64-60 win. The men, in a semi-final match against the Mount Royal University Cougars, destroyed the visiting team 96-79, before going on to lose the championship final against the Lakehead University Thunderwolves 67-84.

## WESMEN WRESTLERS DISAPPOINT IN ALBERTA GOLDEN BEARS INVITATIONAL TOURNAMENT

The Wesmen men’s and women’s wrestling teams made the trek out to Edmonton, Alta. for their first meet of the season, taking part in the Alberta Golden Bears invitational tournament on Saturday, Jan. 5. Both teams came home with disappointing results, placing last in team standings. However, there were some individual stand-out performances among the wrestlers with five Wesmen placing in the top five of their respective weight classes. The Wesmen will be taking part in the University of Regina Cougars invitational tournament this weekend, Jan. 11-12, in Regina.



# United Way Winnipeg launches poverty simulation program

Three-hour simulation gives glimpse into the life of a low-income family

DANI FINCH  
BEAT REPORTER

The United Way Winnipeg has launched a new program encouraging Winnipeggers to experience poverty through a simulation.

Last fall, the organization launched Living on the Edge, a program giving 40 to 80 participants a glimpse into what it might be like to live in a low-income family.

"It gives people a sense of the stress that's involved, and helps us to understand what it's like for people living in poverty," said Heather Block, director of strategic initiatives at the United Way.

Participants in the three-hour simulation are assigned family units, each with a story that describes their financial situation.

In addition to participants who are assigned to live in poverty, the United Way brings in volunteers to act in various community service roles these families might encounter.

The three-hour experience simulates a month, and each 10 to 15 minutes represents one week.

The participants are given day-to-day tasks they need to accomplish within the month, which vary from finding a job, paying rent, buying groceries or cashing their cheques at the bank.

Participants are also faced with unexpected expenses - they might be given a piece of paper telling them their furnace broke down, or their television has been stolen, Block said.

Participants spend time debriefing their experience after the exercise, a time where they can really draw a connection to people living in poverty in Winnipeg, and the real life equivalent of the simulation, said Block.

"It's really so powerful," she said.



DYLAN HEWLETT

Jodene Baccus, a policy analyst at the U of W and a United Way board member, says participating in the United Way's Living on the Edge simulation was more powerful than she expected it to be.

"People talk about what they didn't know (about living in poverty) ... and how their eyes were opened to different things.

"They recognize how difficult it might be to get from place to place when you don't have money, or get a job when you don't have a phone."

Still, Block recognizes the fact the simulation falls far short of what those in poverty really experience.

"It certainly isn't even walking a mile in their shoes," she said.

Jodene Baccus, a policy analyst at the University of Winnipeg, has taken part in the

simulation as both a participant and volunteer.

"It was way more powerful than I expected it to be," said Baccus, who is also a United Way board member.

"What was shocking was how quickly I went from feeling (optimistic) to feeling frustrated. I got to the point where I was feeling pretty hopeless."

Baccus said it's hard to say if it's an adequate simulation of what it's like to live in poverty on a daily basis, but that the experience was eye-opening.

"I definitely got a perspective of what it

would be like to have more limited resources, and felt it in a way I hadn't before, even though I was imagining what it would be like," she said.

The United Way has facilitated seven simulations since the program began, mostly for employers, and the response has been mainly positive, Block said.

"We're seeing people who are in leadership positions looking at their policies and processes where they work ... and making changes to them that will make life easier for people living in poverty," she said.

## Campus News Briefs

Compiled by Staff

### FRANK SHEBAGEGET COMES TO GALLERY 1C03

The University of Winnipeg's Gallery 1C03 is slated to present a self-titled solo exhibition by Ottawa-based Anishinabe artist Frank Shebageget. According to a university press release, Shebageget uses "modernist forms and repetition to critically investigate symbols of cross-cultural contact that have personal historical resonance." The exhibit is a tweaked version of one of Shebageget's previous works, *Cell*, originally produced in 2010 for the Carleton University Art Gallery. *Castor's Castoreum*, another of Shebageget's works, is a series of cast glass perfume bottles rendered in the shape of beaver castors. It can be viewed at the University of Winnipeg Anthropology Museum.

### UNIVERSITY SETS UP FUND FOR KINEW

The University of Winnipeg has established a new fund to honour one of its long-time elders. Last week, the university announced the Dr. Tobasonakwut Kinew Fund for the promotion of Indigenous Culture, History and Language. Kinew, who served as elder and instructor in the Master of Arts in Indigenous Governance, died Dec. 23. The \$10,000 fund was created by two \$5,000 personal donations - one from university president Lloyd Axworthy, and the second by Tobasonakwut's son, Wab Kinew. Axworthy said the fund will be spent on aboriginal programming, from the Ojibwe class at the university's Wii Chiiwaaknak Learning Centre, along with specialized seminars and research projects. Kinew was a residential school survivor and a founding member of the National In-

dian Brotherhood and the Assembly of First Nations.

### FIRST A HALL, NOW A LIBRARY

There's a new library on campus. On Dec. 10, the university unveiled the Eckhardt-Gramatté Library, a collection of more than 8,000 art history books, journals and catalogues from around the world, in 1BM21 in Bryce Hall. According to the university, a significant portion of the collection is in German, with books ranging from European history, classical music and religious studies. The collection also includes books in English, French, Italian, Swedish, Norwegian, Romanian and Dutch. The Eckhardt Gramatté Foundation donated the collection, taken from the professional and personal libraries of the former Winnipeg Art Gallery director Dr. Ferdinand Eckhart, composer Sophie Carmen Eckhardt-Gramatté, and German Expressionist painter Walter Gramatté. The collection is valued at \$185,000. The collection is being catalogued and will be available for use by appointment library, the university said. For more, call 204-786-9124 or email l.delong@uwinnipeg.ca.

### DONATION BENEFITS BUSINESS STUDENTS

A recent donation will give UW business and economics students better access to market-based research and data, the university said in a release. In December, former UW student Austin Abas and his company KPMG LLP made a \$25,000 donation to the university, which will pay for a subscription to the Bloomberg terminal, located in the Buhler Centre. The terminal provides data on asset prices, company information, market-based data and forecasts. Prior to the terminal, students and faculty members had to use external sources for data that was not always readily available and accessible. Sylvie Albert, dean of the business and economics faculty, said the terminal will improve research and better prepare students for the workforce. Abas studied math and science at UW for two years in the mid-1980s.

## Speak & Beak

Have your say on:

The U-Pass  
Safety concerns on campus  
The budget process

Riddell  
Cafeteria

Wednesday  
January 16  
@ 12:30pm

Refreshments will be provided,  
hope to see you all there!





## 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](http://SimplyRecycle.ca)

## Comments

# Psychological care needed more than ever

Mental health must be given attention, not only in the wake of tragedy



TERESA SZTABA  
VOLUNTEER

Yet another horrific shooting, leading to the deaths of so many children in Connecticut, has highlighted the need for gun control.

It has also highlighted the disastrous consequences of manhood gone awry in a violence-laden society - an issue often ignored, but equally critical.

Another issue raised by such tragedies concerns the need for early intervention and accessible psychological interventions for those struggling with mental health difficulties, and for the families and public affected by trauma.

It is a misconception that psychological difficulties occur only in the "sick."

In truth, only a small minority of those with mental illness are violent, and many who commit acts of violence have had no psychiatric diagnosis.

Nonetheless, the shooting in Connecticut must lead us to consider the global issue of mental health and the fact that we too often only pay lip service to the need for effective interventions for dealing with psychological difficulties.

Although mass shootings dramatically shine a spotlight on the tragedy of untreated mental illness, the truth is that there commonly are smaller, daily dramas in the lives of many men and women due to psychological issues.

There are many who battle depression and anxiety, whose personal and work lives, too, become embattled.

One in five Canadians is diagnosed with a mental disorder and the World Health Organization predicts that by 2020, depression will be the second leading cause of disability among all people across the world.

Over 70 per cent of mental health problems start in childhood or early adolescence, and suicide accounts for 24 per cent of all deaths among 15- to 24-year-olds.

The tragedy here is that there are proven effective interventions that can greatly increase both quality of life and productivity



AYAME ULRICH

in our society, but are largely unavailable to the majority of Manitobans.

Although Manitoba Health funds treatment by psychiatrists, the wait times to see these specialists are long.

**Although mass shootings dramatically shine a spotlight on the tragedy of untreated mental illness, the truth is that there commonly are smaller, daily dramas in the lives of many men and women due to psychological issues.**

Moreover, treatment is generally pharmacological - effective for some forms of mental disorders, but certainly not the only available treatment.

The province also funds some counselors through the new Access Centres, but these individuals typically have minimal training

in effective treatment.

Even more difficult to access are registered psychologists, doctoral-level mental health experts with at least 10 years of training in assessment, diagnosis and evidence-based psychotherapy.

The wait for hospital-based psychological services can be one year. There would be an uproar over such wait times for treating physical conditions.

Effective psychotherapy has been shown to develop insight, teach coping skills and change behaviour, resulting in long-term, meaningful life changes and reduction in symptoms in a wide variety of mental disorders.

The benefits of such treatment far outlast the discontinuation of any medication that might have been prescribed.

Family physicians are only somewhat more accessible, but they tend to be overburdened by the mental health needs of their patients.

Physicians would be delighted to be able to refer to psychologists.

So why is it that the public has so little

access to psychologists through our health care system?

In Manitoba, there are 20 psychologists for every 100,000 citizens. This number is far lower than the Canadian average, which is 47 per 100,000 - which in itself is still low.

Unfortunately, this situation reflects a sentiment that our society's mental health should take a back seat until disasters, such as the Connecticut massacre, result in a brief flurry of comments about mental illness but little, if any, action.

Part of the reason why our government does not focus on mental health care is that the public doesn't agitate for increased services.

There is still stigma involved in speaking up about the challenge of dealing with mental health issues and the need for care.

So much heartache happens behind closed doors and in silence.

According to Statistics Canada, only one-third of those who need mental health services in Canada actually receive them, and while mental illnesses comprise over 15 per cent of the burden of disease here, they receive only 5.5 per cent of health care dollars.

Yet, mental illness is the second leading cause of disability and premature death.

As emphasized by the Mental Health Commission of Canada, we need to attend to mental health to help people cope with life stressors, fulfill their potential and contribute to society - and we need to do so by funding programs and professionals, such as psychologists.

The World Health Organization says, "There is no health without mental health."

In a so-called first world country, access to effective psychological treatment should be a right, not a privilege.

*Dr. Teresa Sztaba is a University of Winnipeg alumna, a clinical psychologist in private practice and the executive director of the Manitoba Psychological Society. Visit [www.mymb.ca](http://www.mymb.ca) for more information about the campaign to increase the number of psychologists in Manitoba.*

## Increasing transit fares bad public policy

Fare hikes unnecessary and hurt ridership



NICK TERNETTE  
VOLUNTEER STAFF

Here we go again.

In 2012 there is an additional increase in transit fares of \$0.05.

Why?

We have been nicked and dined to death over the last decade with yearly transit fare increases, despite the fact that there has been a significant increase in ridership in the past eight years.

Also, it is simply not true that Winnipeg Transit fares are the second-lowest in the country.

Transit bus riders pay about 48 per cent of operational funding for transit - staff, administration and maintenance - and revenue such as advertising pays another 12 per cent.

The city pays 20 per cent and the rest comes from provincial transfers.

Winnipeg is currently putting 28.4 per cent of its infrastructure budget toward transit, including rapid transit and local and community transit.

At the same time, 72 per cent of the budget goes towards city roads, according to the City

of Winnipeg Transportation Master Plan.

Why didn't the city consider other sources of revenue such as a motor vehicle tax, special gas tax, toll bridges or other levies?

Meanwhile, in Calgary, 47 per cent of the infrastructure budget goes towards roads and 53 per cent towards transit.

Unfortunately, what is missing in these transit debates is that roads and bridges are viewed as essential public services to be paid completely out of property taxes, as are services such as ambulance and police, while public transportation is not.

The city and province share a mere 40 per cent of the cost of transit service while transit users pay 60 per cent.

Why?

It is interesting to note that Chris Lorenc of the Manitoba Heavy Construction Association has suggested that in order to deal with the significant infrastructure deficit the city faces, toll bridges should be established on highways to pay for part of it.

This suggests, for the first time, that if transit users have to pay for using transit, then car owners should have to pay for some costs of the upkeep of roads and bridges.

Increases are supposed to be based on the rate of inflation.

Why, then, is the City's CEO continually increasing bus fares by a nickel or more each year, when we don't even know what Winnipeg's rate of inflation really is?

Transit fare increases for 2012 should be set aside.

**We have been nicked and dined to death over the last decade with yearly transit fare increases, despite the fact that there has been a significant increase in ridership in the past eight years.**

There is no full user-pay public transit system in North America, with Toronto paying 70 per cent and Winnipeg paying 53 per cent of operating costs, compared to a national average of 40 per cent.

Although small increases in fares do not appear to have significant effects on some ridership groups, the effects of cumulative

increases in fares over the past decade seem to have resulted in reduced ridership levels by certain groups, especially young people and those on limited income.

Winnipeg Transit determined that fares for regular transit should be based on a revenue-cost formula where riders pay no more than 66 per cent of the operating costs.

However, in 2010 and 2011, riders were paying 71 per cent of the operating costs of regular transit.

Approximately 14 per cent of all Winnipeggers use transit as their main mode of transportation.

Young people ages 15 to 24 are most likely to use public transit, women (except those 15 to 19) are more likely than men to use it.

From any point of view, increasing bus fares is not good public policy for Winnipeg.

While it may generate revenue for the city, it increases cost and inconvenience for residents.

*Nick Ternette is a resident at the University of Winnipeg's McFeetor's Hall and is a community and political activist, freelance writer and broadcaster.*



# Conflict of interest case: Mayor Sam Katz should have known better



**THOMAS GUENTHER**  
VOLUNTEER

Mayor Sam Katz is accused of violating the Municipal Council Conflict of Interest Act (MCCIA) in 2010 when he threw a Christmas party at Hu's Asian Bistro, a restaurant he owned at the time.

Joe Chan, manager of Cathay House on Regent Avenue, filed a complaint against Katz claiming the party at Hu's two years ago was a conflict of interest and according to the MCCIA, Katz should be removed from office.

Katz is undaunted; he is even confident he can have the case thrown out.

"I would be more than hopeful the judge will see this as the nonsense that it is," Robert Tapper, Katz's lawyer, told the *Winnipeg Free Press*. "Based on Chan's logic, the mayor would violate the rules any time he takes a councillor to lunch at his restaurant to discuss city business."

The party cost a little over \$2,900, but the money is not Chan's chief concern.

"First of all, clearly you can't send business to your own restaurant," Chan told the *Winnipeg Sun*. "He's guilty like hell."

Strong words from a rival restaurant owner.

Chan said he doesn't want to see the city's money spent on a private party at the mayor's private business.

David Matas, Chan's lawyer, believes Chan has a case.

"It was his restaurant and he held a party the city paid for. It should have been held at a place where he had no financial connection," Matas told the *Sun*.

I also believe Chan has a case - a public servant cannot use public funds to benefit their



AYAME ULRICH

own private interests, whether it is a business or a charity.

A charity is what got Rob Ford in trouble.

Ford was the mayor of Toronto until he was ordered out of office by a judge in

November last year for speaking to and voting on a council decision regarding his own actions.

The issue arose from a complaint that Ford was using his status as mayor to gain dona-

tions for his football charity.

These are two mayors accused of mixing business and their public office with their private interests.

Despite what Katz and Tapper say, the situations are very comparable.

There are a lot of common-sense arguments to be made that what Katz did in 2010 was, in fact, a conflict of interest.

The information and warnings were easily available; I found them on Google.

Picking his own restaurant as a venue for the party should have been an obvious no-no.

Yet Katz waves this accusation off, calling it "frivolous."

It's clear to me that Katz, by having a party at his privately owned restaurant with taxpayer dollars, had a direct financial interest in the business; he used his status as mayor to benefit his own business with a party for which Winnipeggers paid.

This is unmistakably a conflict of interest.

The penalty, though, is perhaps a bit harsh.

He didn't even spend \$3,000 on the party. Does his crime fit the punishment?

If found guilty, he could be fired.

People have been fired for less, although his position does require a higher standard of accountability than most.

Integrity, an obvious requirement for any public servant, lives in small spaces - those routine choices we make without thinking that determine who we really are.

I'm not sure Katz should be fired, but if he really is guilty of a conflict of interest, then he knew, or should have known, the consequences and he will have to face the music.

*Thomas Guenther is a freelance writer who lives and works in Winnipeg.*



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## Arts

# Zrada 2.0: Expect rye bread and vodka shots

Ukrainian-punk act rings in the New Year at the King's Head

JESSICA BOTELHO-URBANSKI  
ARTS REPORTER

You've survived the Mayan apocalypse, but can you handle a live Zrada show?

"We played this beer tent in Toronto (for the Toronto Ukrainian Festival), which was the craziest show - people throwing rye bread and pouring vodka down their throats," Zrada drummer Nick Luchak, recalls.

"There were live wires and pools of beer everywhere."

"Not to mention, (the venue) was collapsing and could probably only hold 50 people, but there were 300 (people) in there," adds guitarist/vocalist Dobryan Tracz. "It was fantastic!"

After releasing its second full-length disc, *Ethnomachina*, in 2011, Zrada (pronounced ZRAH-da), took a year off "to invest in Alaska Airlines, save democracy and dabble in shipbuilding," as cheekily stated in the group's online bio.

Having undergone a few incarnations since the band's original debut in 2006, Luchak and Tracz are joined by new bassist Alex Derlago, and returning members Andrijko Semaniuk (accordion, vocals), Andriy Michalchyshyn (vocals, trumpet, guitar) and Mikhas Chabluk (violin, vocals), and are ready to take 2013 by storm.

Zrada is kicking things off on Thursday, Jan. 10 at the King's Head Pub with a comeback concert in honour of Ukrainian New Year.

For the lucky folks that snatched up tickets to the show before they inevitably sold out, a high-energy performance is in store - but don't expect any typical Ukrainian polka fare from these guys.

"The word 'zrada' has got negative connotations. It means betrayal or treason," Tracz

says.

"It was a deliberate choice because we're doing a different kind of music than what's acceptable in the Ukrainian community. ... We do a lot of traditional songs, we just make them our own. The traditional Slavic-Ukrainian melodies are beautiful melodies, we just energize and distort them."

Culling from such other diverse musical influences as ska, metal and classic rock, Zrada's cornered a niche market of dedicated fans.

They'd love to play to larger audiences, and are keeping their fingers crossed that the performer's application they sent to the Winnipeg Folk Festival is accepted in 2013.

"The biggest issue we've had is trying to break ... and get more out there, despite the fact that it's all Ukrainians," Luchak says.

"Yeah, we were talking today about how originally it was just our friends and family coming out of obligation," Tracz says. "Now people are coming because they actually like it."

Though the band's lyrics are sung entirely in Ukrainian, the message is clear: Zrada is wholeheartedly committed to delivering a great performance.

"There are a lot of good shows we've played ... (like) the one that we played in Toronto where you had H1N1. I thought that was a great show," Tracz says to Luchak.

"I don't remember," Luchak replies. "I was dying."

⇒ Zrada's Malanka: Ukrainian New Years 2013 is at the King's Head Pub Thursday, Jan. 10  
⇒ The Dirty Catfish Brass Band and Tenth Avenue Freeze-out will also perform  
⇒ Tickets are sold out, but maybe you could scalp some off Kijiji? Good luck  
⇒ Visit [www.zradamusic.com](http://www.zradamusic.com)



SUPPLIED

Local band Zrada will ring in the Ukrainian New Year at the King's Head.

## Taking things up a notch

Local pop project Tin Can Bandits releases a fleshed out EP

NICHOLAS FRIESEN  
ARTS EDITOR

There are plenty of solo projects with band names that morph into full bands, but few, with the exception of maybe Bright Eyes, rock a pluralised moniker.

Winnipeg's Ian Gilhuly goes by Tin Can Bandits and he likes it just fine.

"I've had a few people come and go, and I kept the name because I kinda like it," says Gilhuly, 28.

Though performances have been sparse, this bandit has been writing songs for about four years and is looking to take the Winnipeg music scene by storm with a new EP captured at legendary local studio Private Ear with noted producer John Paul Peters (Comeback Kid, Sons of York).

"My cousin's cousin is also doing the music thing and he's in a band (The Treble) and he kind of recommended (Peters) to me," Gilhuly says.

"I started the process in April of trying to get grant money to record and then that didn't really happen so I had to spend my own money. You kind of need some professional recording to really get anything done."

Recorded sporadically over October and November of last year, the five-song disc took about two weeks to assemble.

As Gilhuly was working without a backing band, Peters stepped in, along with Matt Peters (Royal Canoe) and Ryan Voth (Imaginary Cities).



SUPPLIED

Ian Gilhuly puts the plural in one-man-band with Tin Can Bandits.

"The timing and all this other stuff was kind of foreign to me so it was a bit of a learning process from there," he says. "Peters was really good and I think I came a long way with these guys by the end of it."

Though there is a fleshed-out sound on the disc, Gilhuly is still going to take the stage solo for the time being, at least for his upcoming CD release show at the Park Theatre, which he plans to record - and not just

for posterity.

"I'm going to record it and use it to get festival gigs," he says. "If it's going to be just me I don't want to misrepresent who I am at this point with my music."

Being represented properly is key for Gilhuly, who is deeply personal and serious about his music.

With these five songs, Tin Can Bandits follows up the home-recorded debut EP, and the sounds jump out of the speakers and into your guts.

With pure pop perfection ranging from punk to retro rock, the influences are clear but not blatant.

"I definitely think that everything I listen to has influence on me," he says. "This one especially was the Beatles and Paul McCartney. A bit of Bob Dylan."

With influences so successful, Tin Can Bandits has only the highest of ambitions in turning this once part-time project into something more tangible.

"Hopefully it's a full-time project," Gilhuly says. "I did spend a decent amount of money on this."

⇒ See Tin Can Bandits' EP release show at the Park Theatre on Wednesday, Jan. 16  
⇒ Eva Klassen, Mikayla Zacharias and Beth Hamilton will also perform  
⇒ Tickets are \$10 in advance at the Park Theatre and at the door  
⇒ Show is at 8 p.m.  
⇒ Visit [www.soundcloud.com/tincanbandits](http://www.soundcloud.com/tincanbandits)



MUSIC LISTINGS



GOJIRA (the Japanese pronunciation of Godzilla) plays the Garrick.

**WEDNESDAY, JAN. 16**

BLUE RODEO plays the MTS CENTRE.

THE TIN CAN BANDITS release their latest at the Park Theatre.

THE HIGHWAYMEN pay tribute to Waylon, Willie, Johnny and Kris at the McPhillips Street Station Casino.

**UPCOMING EVENTS**

LES SEXY release their album *Polychrome* at the West End Cultural Centre on Jan. 18.

MOSES MAYES has the cure for winter at the Pyramid Cabaret on Jan. 19.

BIG FUN is back from Jan. 24 to Jan. 27! Visit [www.bigfunfestival.com](http://www.bigfunfestival.com) for show information.

TRIO BEMBE and RAMBLIN DAN FRECHETTE play the Park Theatre on Jan. 25 as part of the Nu Sounds Series.

JENNY BERKEL, KAYLA LUKY and JD EDWARDS play together at the Millennium Library on Jan. 26.

THE TRAGICALLY HIP play the MTS CENTRE on Jan. 26.

HANNAH GEORGAS plays the Park Theatre on Jan. 26.

OH MY DARLING invite you to join them for the release of their latest album, *Venez Danser*, with FIRE & SMOKE at the West End Cultural Centre on Jan. 26.

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](mailto:listings@uniter.ca).

**THURSDAY, JAN. 10**

Draft Night at the Windsor will get you out of the house with RANK LAKE.

Head down to the Zoo for GREG REKUS.

**FRIDAY, JAN. 11**

The Centennial Concert Hall presents a Symphonic Night In Havana with TIEMPO LIBRE and symphony orchestra.

SEABREEZING, BEEF DONUT and KATO DESTROY will all be at the Windsor.

BIG TROUBLE IN LITTLE CHINA, QUAGMIRE and EVERYONE’S FIRED want what you got at the West End Cultural Centre.

NINE LIVES, HARDEN and TONE CONTROL play to your tone deaf ears at Ozzy’s.

THE CIVIL DISOBEDIENTS, MAD YOUNG DARLINGS, NEW RENAISSANCE and WARPLANE will fill the zoo that is the Zoo.

THE JD EDWARDS BAND plays Shannon’s Pub.

**SATURDAY, JAN. 12**

The Centennial Concert Hall presents a Symphonic Night In Havana with TIEMPO LIBRE and symphony orchestra.

KOBALT will release its EP at the Park Theatre.

AMERICAN FLAMEWHIP, ANDREW NEVILLE & THE POOR CHOICES and HANG 3 play the Windsor.

STEVE KEYS is playing at Shannon’s Pub.

BASS INVADERS are at the Zoo.

Head down to The Cavern to support THE UNBELIEVABLE BARGAINS new album with SMOKY TIGER.

**SUNDAY, JAN. 13**

The Centennial Concert Hall presents a Symphonic Night In Havana at 2 p.m. with TIEMPO LIBRE and symphony orchestra.

Soul On Ice is happening at the Forks! DJ CO-OP and HUNNICUTT spin your favourite tunes at the Canopy Skating Rink.

**MONDAY, JAN. 14**

Karaoke at Club 200.

**TUESDAY, JAN. 15**

# THE UNITER IS HIRING

The following position is based on an eight-week term running Monday, Feb. 4 to Friday, March 29, 2013. Staff members are expected to attend weekly staff meetings and actively engage in the development of their position throughout the course of their employment.

## COMMENTS EDITOR

The comments editor coordinates a weekly two- to three-page section full of well-written and compelling arguments and opinions on a variety of current events and issues. The comments editor must be familiar with a wide variety of campus, local, national and international issues of relevance to *Uniter* readers. They ensure all commentary is fair and balanced, and edit all content. They work with the managing editor to develop a healthy dialogue between *The Uniter* and its readers.

For further information, call 204-786-9790

or email [editor@uniter.ca](mailto: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 your application package to: [editor@uniter.ca](mailto: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, Jan. 25 at 12 noon.

THE UNITER



**Mary**

“I like to watch classic movies and the classic style. The clothes look elegant. A bit of color is always good.”

## FASHION STREETER

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



FILM

# One brutal city!

Local filmmaker Ryan McKenna makes his feature-length debut with *The First Winter*



COURTESY RYAN MCKENNA



Rob Vilar portrays a Portuguese DJ who travels to Winnipeg in *The First Winter*.

DAVID NOWACKI  
VOLUNTEER STAFF

Although he now splits his time between Winnipeg and Montreal, filmmaker Ryan McKenna's heart is in Winnipeg.

Born, raised and educated here, his films all have a markedly local bend to them, and tell a uniquely local story.

His first feature-length film, *The First Winter*, portrays the journey of a Portuguese DJ named Rob (played by local Portuguese DJ/actor Rob Vilar) who travels to Winnipeg after receiving a phone call from a Canadian tourist he has allegedly impregnated.

His arrival finds him facing a chilly reception, from both the land itself and his prospective baby mama.

It is a brutally deadpan homage to the trials and tribulations of life, love and the blizzards all Winnipeggers know so well.

*The Uniter* sat down with McKenna to discuss films and our weird, brutal and beloved hometown.

***The Uniter:* For this movie, you wrote what I took to be a satirical manifesto on Winnipeg Brutalism, a term used to describe your film's genre. ("Stark and austere, it is like a Québec cinema, but with jokes," McKenna writes on the film's website, [www.thefirstwinter.com](http://www.thefirstwinter.com)). What was the thought behind that?**

*Ryan McKenna:* It's born of a real place, but there is that satirical edge to it - in the sense that I had lived in the North End in winter and kind of felt the weight of winter.

I'll give you a background of where the idea comes from: I was feeling kind of down, it was a long cold winter, I had a bit of winter depression, and I thought it would be inter-

esting to make a film that contrasts it - the isolation and the alienation and the coldness of winter with someplace really warm and hot and vibrant.

And when I was editing the film, my editor and friend, Matthew Rankin, kept saying to me, "Oh, this film is so brutal, it's so awful," so I thought we should write a Brutalist Manifesto, a how-to guide on how to make your film really brutal.

**Do you think our city has a motif that is particularly attractive to artists? That it lends itself to stories?**

Yeah. It's easy to mythologize, because it is so strange and unique.

I think it's becoming less strange and less unique all the time, I feel like there's an effort to make it more mainstream, and I think to a degree, they're succeeding.

I think, a lot of these really interesting restaurants and venues are closing, so maybe the films that come out of Winnipeg will be totally different in the next 10 years. But the Winnipeg that I know and fell in love with is really strange and weird and unique.

It's also very cinematic.

There's a lot of poverty and desolation in my film, and while you do get that in big American cities, and it'll look almost exactly the same, you don't have it with that Arctic feel, and it really is something that is unique to Canada - particularly Winnipeg - because it is a big industrial town. And I just think it's very interesting, photographically.

*The First Winter plays Friday, Jan. 11 to Sunday, Jan. 13, as well as Wednesday, Jan. 16 at 7 p.m. at Cinematheque. Visit [www.thefirstwinter.com](http://www.thefirstwinter.com).*

AND TRANSFORMATION  
**CREATION**

DEFINING MOMENTS  
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Abraham Anghik Ruben, *Kittigazuit* (detail), 1999–2000. Whale bone, Brazilian soapstone, African wonderstone. Collection of the Winnipeg Art Gallery.

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# Cheap dates for cheapskates

## Five events to attend this winter for next to nothing



Left: A scene from Guy Maddin's *Cowards Bend the Knee*. Above: Sons of York.

JESSICA BOTELHO-URBANSKI  
ARTS REPORTER

Did you blow way too much money during the holidays?

Or buy one (or six) too many rounds of tequila shots on New Year's Eve?

Maybe you just paid tuition and can't fathom taking a look at your bank account right now.

We're all penny-pinching this time of year, but there's no need to stay at home mourning our financial losses until spring.

Here are five cheap (and in most cases, free) ways to enjoy Winnipeg's abundant arts scene this winter.

Why not dig between your couch cushions for some spare change, then go out and live a little?

### 1. PLUG IN INSTITUTE OF CONTEMPORARY ART 460 PORTAGE AVE.

The Plug In has been showcasing amazing artwork for years and with its new location in the Buhler Centre, lucky University of Winnipeg students can witness world-class art on campus.

On display from now until Sunday, Jan. 20 is the third installment of the *My Winnipeg* series, *Winter Kept Us Warm*, spotlighting Jeff Funnel's intriguing *Notes from the Inquest: Essay and Drawings* and screenings of Guy Maddin's film, *Cowards Bend the Knee*, among works by other Winnipeg artists.

**Cost:** Free, though donations are welcomed (and will bring you good karma).

### 2. SOAP SCUM PRESENTS: ESTATE OF AFFAIRS PARK THEATRE, 698 OSBORNE ST.

Hilarity ensues as the new season of Soap Scum, a weekly improvised soap-opera, kicks off at the Park Theatre beginning running Monday nights at 8 p.m. starting on Jan. 14.

Featuring a troupe of improv pros and appearances from special guests, Season 7 will definitely be an affair to remember. Catch the first two shows for free, then get hooked into coming back every week.

For more information, visit [www.soapscum.ca](http://www.soapscum.ca)  
**Cost:** Free on Jan. 14 and Jan. 21. The following Mondays will cost \$8 per show. Season passes are available for \$40.

### 3. WYLD STALLYNS '90S COVER NIGHT 555 OSBORNE ST.

Throw on some plaid, denim and maybe a pair of Doc Martens if you've still got them, and hit up this '90s cover night at 555 Osborne on Friday, Jan. 18. The venue is an intimate joint that's quickly becoming a literal underground staple for local musicians (it's located in the basement of Sawatdee Thai).

River Heights rockers Sons of York pull double-duty, performing as themselves and as their '90s alter egos, WYLD STALLYNS, and playing your favorite throwback tracks from the Foo Fighters, Radiohead, Green Day and more.

**Cost:** \$5 and the show is 18+.

### 4. BIG FUN FESTIVAL 2013 VARIOUS VENUES

BIG FUN is back for a second year of bringing together music, art and hipsters alike at venues across the city.

The festival ups the ante for 2013 with more venues, more performances, and (luckily for us) more free shows from Thursday, Jan. 24 to Sunday, Jan. 27. On Thursday, Jan. 24 catch Gourmet Scum and Kindest Cuts at the Windsor playing some sweet covers and synth-pop, respectively. Into the Music presents the musical stylings of Figure, Glass Random, and A Waste Odyssey on Saturday, Jan. 26.

For more information, visit [www.bigfunfestival.com](http://www.bigfunfestival.com).

**Cost:** Free for certain shows and \$40 for an all-access festival pass.

### 5. FIRST FRIDAYS IN THE EXCHANGE VARIOUS VENUES

Beginning in February, the first Friday of every month sees galleries, restaurants, shops and cafés in the historical Exchange District open their doors to the public for a peek at the burgeoning arts scene in one of the city's most creative neighbourhoods.

Events and times vary by month, so it's best to check the First Fridays guide at [www.firstfridayswinnipeg.org](http://www.firstfridayswinnipeg.org) before planning a big night out.

**Cost:** Free.

### Have you ever thought of becoming a RADIATION THERAPIST?

**PROGRAM OVERVIEW:** The University of Winnipeg and CancerCare Manitoba, invite qualified individuals to apply for entry into the diploma/degree program in Radiation Therapy beginning in August, 2013. In affiliation with the University of Winnipeg, the diploma components of the program are delivered at the School of Radiation Therapy, CancerCare Manitoba. Graduates are eligible to write the certification examinations set by the Canadian Association of Medical Radiation Technologists. Successful candidates are designated as Registered Radiation Therapists.

**THE FIELD OF RADIATION THERAPY:** Radiation Therapy involves treatment of cancer patients by use of radiation. Typically, Radiation Therapists work in cancer centers in planning and delivery of treatment. The Radiation Therapist is an important member of a skilled team whose goal is to provide the best possible care to people with cancer. In addition to strong scientific and technical skills, Radiation Therapists must demonstrate skills in interacting with people. This includes compassion, sensitivity, understanding, and problem solving skills. Radiation Therapy services in Manitoba are provided at CancerCare Manitoba in Winnipeg, and the Western Manitoba Cancer Centre in Brandon.

**APPLICATION PROCESS:** Minimum prerequisites are 24 credits of post secondary education including: 6 credits of Anatomy and Physiology, 6 credits of Sociology or Psychology, 6 credits of Physics, 3 credits each of English/Communications and Statistics. Preference will be given to applicants with high academic achievements and/or additional study at post-secondary level. The Selection Committee will interview short-listed candidates.



**Deadline for application to the University of Winnipeg is March 1, 2013** More information can be found at

[http://www.cancercare.mb.ca/home/health\\_care\\_professionals/school\\_radiation\\_therapy/](http://www.cancercare.mb.ca/home/health_care_professionals/school_radiation_therapy/).

Application information will be available after January 15, 2013 at <http://www.uwinnipeg.ca/index/future-admis-application> or through Student Central

This is the **only** program in Manitoba offered for Radiation Therapy. Representatives will be at the University of Winnipeg Career Fair January 17<sup>th</sup>, the University of Winnipeg Open House on February 20<sup>th</sup> and at the Rotary Career Symposium April 9-10<sup>th</sup>



WRITE FOR THE  
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EMAIL [ARTS@UNITER.CA](mailto:ARTS@UNITER.CA) TO GET INVOLVED



## Culture

## Get up out of your chair

Bestselling author A.J. Jacobs discusses his pursuit of bodily perfection

AARON EPP  
MANAGING EDITOR

If you want to make 2013 your healthiest year ever, A.J. Jacobs has some advice for you: Stop sitting.

The best-selling author spent two years trying to become the healthiest person alive, a journey he writes about in his book, *Drop Dead Healthy: One Man's Humble Quest for Bodily Perfection*.

Jacobs found that while things like meditation, petting dogs and taking naps are healthy, sitting is definitely not. He even built a treadmill desk in the home office of the New York apartment he shares with his wife, Julie, and three sons, so that he could walk (albeit slowly) while working on the book.

During an interview with *The Uniter* this past May, Jacobs said that research that

details the effects of sitting is alarming.

"One doctor told me that sitting is the new smoking, which is a bit of an overstatement, but not that much of one - it's really terrible for your heart, and that scares the bejesus out of me," Jacobs said by phone while strolling on his treadmill desk.

"And by the way, I am a very lazy person. If I can do this, than anyone can. Strolling really slowly is more relaxing than standing, and for me, it's better than sitting, because when I sit, I just fall asleep."

Jacobs' previous books include *The New York Times* bestsellers *The Know-It-All*, in which he chronicles his experience reading the entire *Encyclopedia Britannica*, and *The Year of Living Biblically*, in which he tried to follow every rule in the Bible for one year.

Jacobs has also published a number of articles based on his experiments for *Esquire* magazine, where he is an editor at large. In one infamous and hilarious piece, Jacobs tried Radical Honesty - committing not only to telling the truth, but to telling people exactly what was on his mind.

While researching *Drop Dead Healthy*, Jacobs consulted a variety of experts, tried a number of different exercise regimens and experimented with numerous nutrition plans.

Like his previous books, *Drop Dead Healthy* is about more than just Jacobs' experiment. It also explores his relationships with his family members, particularly his 96-year-old grand-

father and his eccentric aunt, Marti.

"I basically try to write books that I would find interesting to read," he said. "And so for me a good balance when I'm (writing) is you want ... one-part facts, one-part adventure ... and then one-part is my relationship with (my) family and friends, and how it affects my life."

He added that he gravitates naturally toward writing in a humorous voice.

"I just write the way I see the world, and to me there's a lot of serious stuff in the world, but also a lot of bizarre and humorous and ridiculous and uplifting stuff. That's what I focus my writing on, because that's what I enjoy."

Jacobs' work has inspired readers to try their own experiments, whether it's not gossiping for a week or reading the entire *Encyclopedia Britannica*.

Other readers have been impacted more thoroughly by his books. During one book tour, a woman approached him saying that after reading *The Year of Living Biblically*, she converted from Catholicism to Judaism. Shortly thereafter, a man told Jacobs that after reading the book, he converted to Evangelical Christianity.

"I thought it was nice that I got both sides - I got one for the Jews and one for the Christians," Jacobs said with a laugh. "But that was certainly not my intention when writing the book."

According to Jacobs, trying different life experiments is a great way to live.

"It's a great way to push boundaries or test new things and keep life interesting."

While he doesn't reveal the topic of his next book, he does say that his sons are pushing him to try a year of eating nothing except candy, so that they can partake in the experiment as well.

"Or ice cream," Jacobs said, chuckling. "They would settle for ice cream. They're very flexible."

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

MORE HEALTH ADVICE FROM  
A.J. JACOBS

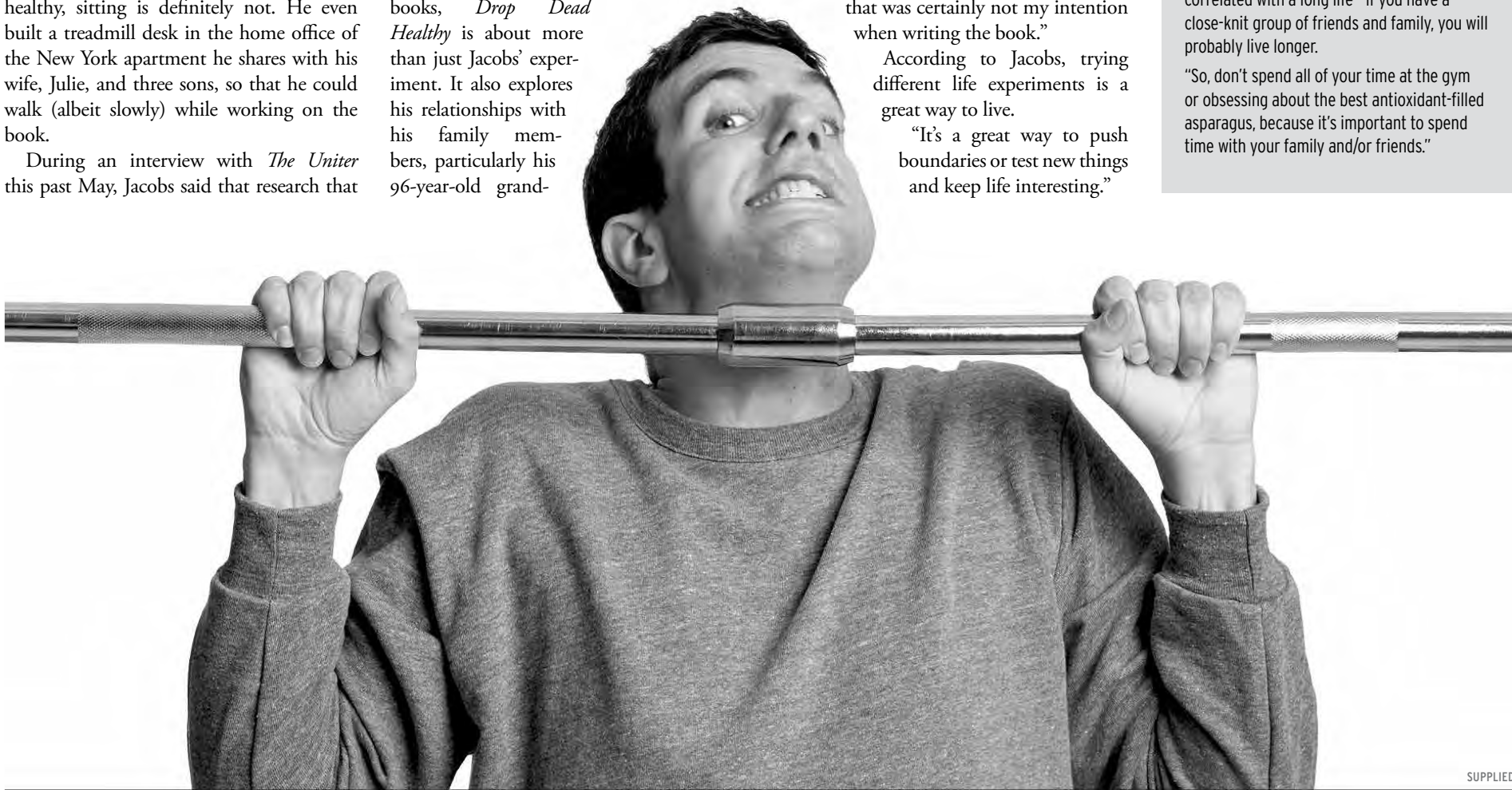
A.J. Jacobs says there is no big secret to healthy living.

"There are the occasional shortcuts and tricks, but mostly, it's eating whole foods, moving around (and) trying not to stress out," he said.

In addition to learning about the negative impact sitting has on the human body (see main article), Jacobs says one of the biggest things he learned while researching and writing *Drop Dead Healthy: One Man's Humble Quest for Bodily Perfection* is that it's important to keep the pursuit of physical health in perspective.

"There is such a thing as being unhealthily obsessed with being healthy," he said. "Part of health is going out with friends and having a strong social network. That is hugely correlated with a long life - if you have a close-knit group of friends and family, you will probably live longer."

"So, don't spend all of your time at the gym or obsessing about the best antioxidant-filled asparagus, because it's important to spend time with your family and/or friends."



SUPPLIED

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THE UNITER

*The Uniter's* editors, reporters and volunteer contributors are students, alumni and community members— just like you. Anyone is welcome to get involved with *The Uniter*. You won't find fame and fortune, but you'll likely end up with some great work experience, a kick-ass portfolio and some pretty awesome (if not slightly eccentric) friends.

*The Uniter* publishes news, comments, arts, culture, sports, features— pretty much anything you can think of.

If you know which section you'd like to write for, here's who you should contact:

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Don't like to write? We're also looking for artists to create illustrations and graphics for the paper. Email Ayame Ulrich at [designer@uniter.ca](mailto:designer@uniter.ca) for details.

We're also looking for photographers, so email our photo editor, Dylan Hewlett, if you're interested: [photo@uniter.ca](mailto:photo@uniter.ca)



FILM

➡Widely regarded as one of Paul Thomas Anderson’s finest films, THE MASTER is the story of a troubled soldier who falls under the spell of a charismatic leader. The film plays at Cinematheque Jan. 10 at 7 p.m.

Premiering at Montreal’s prestigious Festival du Nouveau Cinéma, director Ryan McKenna has created a dryly funny gem about unrequited love with THE FIRST WINTER, which plays at Cinematheque from Jan. 11 to Jan. 13 and Jan. 16 at 7 p.m.

Canada’s entry to the 2013 Academy Awards, REBELLE, is an extraordinary portrait of a child soldier in the Democratic Republic of Congo. The film screens at Cinematheque Jan. 11 at 9:15 p.m. and Jan. 12 and Jan. 17 at 9 p.m.

THE BATTLE OF GENESIS AND LADY JAY plays at Cinematheque Jan. 17 at 7 p.m. and Jan. 18 and Jan. 19 at 9 p.m.

LITERATURE

DR. ALI ZENTNER will be in Winnipeg on Jan. 13 at 3 p.m. at McNally Robinson in support of THE WEIGHT-LOSS PRESCRIPTION: A DOCTOR’S PLAN FOR PERMANENT WEIGHT REDUCTION AND BETTER HEALTH FOR LIFE.

IN DIALOGUE, the Manitoba Writers’ Guild reading series, presents the second annual French language reading on Jan. 14 featuring poet CHARLES LEBLANC and playwright MARC PRESCOTT at the Winnipeg Free Press Café.

The Millennium Library presents WRITE YOUR LIFE STORY at the Osborne Library on Jan. 28. Get tips and exercises on how to begin writing and how to stay motivated. No experience needed, just a pen and paper and a desire to share your stories. Registration required as space is limited.

GALLERIES & MUSEUMS

TAKASHI IWASAKI invites you to his solo show at Fleet Galleries. The opening reception is on Jan. 10 from 7 p.m. to 9 p.m. and the artist will be in attendance. The show runs until Jan. 17.

RE-CONFIGURING ABSTRACTION: DEREK DUNLOP, DIL HILDEBRAND, KRISJANIS KAKTINS-GORSLINE AND HOLGER KALBERG is the second exhibition in the series of projects that the School of Art Gallery at the University of Manitoba is mounting featuring the work of prominent artists who are, or have been, associated with the School of Art. The exhibition runs until Jan. 11 at the School of Art Gallery at the U of M.

Gallery 1C03 at the University of Winnipeg is pleased to present its first program of 2013, a self-titled solo exhibition by Anishinaabe artist FRANK SHEBAGEGET. An artist’s talk and opening reception will take place on Jan. 17.



Gurevich Fine Arts presents SMALL WORKS SHOW featuring 20 artists including CYRUS SMITH, JEN ADAMS, KEITH WOOD and KAE SASAKI. The show runs until Jan. 25.

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.

THEATRE, DANCE & COMEDY

From Jan. 16 to Feb. 3, the MASTER PLAYWRIGHT FESTIVAL will celebrate the artistic impact of lyricist and composer Stephen Sondheim. Passes are now on sale at the MTC Box Office. For just \$80 festival-goers will have a chance to see 11 Sondheimfest productions by the Actors Fund of Canada. Visit [www.masterplaywrightfest.com](http://www.masterplaywrightfest.com) for full details.

THE MISERICORDIA HEALTH CENTRE FOUNDATION and THE CHARLES M. BURNS FAMILY EDUCATION FUND present the play MINDING DAD from Jan. 20 to Jan. 23. In *Minding Dad*,

Jon Paterson plays a son trying to make his father’s life as rich as he can, while watching him gradually fade into the mist of Alzheimer’s Disease. Proceeds will be directed to life enhancing needs within the long-term care units at Misericordia. Tickets are \$15 and are available at the Misericordia Health Centre Foundation office or by calling 204-788-8458.

Join the Royal Manitoba Theatre Centre, Corrientes Argentine Pizzeria, Hermanos Restaurant & Wine Bar and the soon-to-be-open Carnaval Brazilian BBQ for DINNER AND A SHOW, an evening of theatre and a three course meal in the South American flavoured dining rooms. Visit [www.dinnerandashow.ca](http://www.dinnerandashow.ca) for full details and prices.

Head down to the Times Change(d) High and Lonesome Club for COMEDY ON THE CORNER every Saturday.

Check out the King’s Head Pub for your weekly dose of comedy every Tuesday at 9 p.m.

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](mailto:listings@uniter.ca).

STUDENT SERVICES

The Student Services staff of the University of Winnipeg provides the student body with current information and opportunities. This information is updated weekly.

STUDENT CENTRAL:

Rent a locker today! Need a place to store your winter coat and boots? Lockers are available in the basement of Manitoba Hall, at the Richardson College, and a few on the 4th floor of Centennial Hall. Lockers are \$20 per term, per person. Rent your locker by sending an email with your preferred location to [studentcentral@uwinnipeg.ca](mailto:studentcentral@uwinnipeg.ca) from your U of W email account, or visit Student Central in person.

AWARDS & FINANCIAL AID:

The following applications are 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.

GENERAL BURSARY

These bursaries are meant to provide additional support to those who have unmet financial need after they have accessed all financial resources available to them.

Both application forms are available online at [www.uwinnipeg.ca/index/services-awds-current-continuing](http://www.uwinnipeg.ca/index/services-awds-current-continuing).

FINANCIAL BASICS WORKSHOPS

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 Wednesday, Jan. 23 at 5 p.m. to 9 p.m.

Only a few spots remain so RSVP online here at [www.uwinnipeg.ca/index/awards-financial-basics-reg](http://www.uwinnipeg.ca/index/awards-financial-basics-reg).

CAREER SERVICES:

The Career and Summer Job Fair will be held on Jan. 17 from 10 a.m. to 3 p.m. in the Duckworth Centre. Come find out about careers, part-time and summer positions as well as internship and volunteer opportunities

Be prepared - bring copies of your most recent resume and research companies and prepare questions.

For more information email [careers@uwinnipeg.ca](mailto:careers@uwinnipeg.ca) or visit [ccs.uwinnipeg.ca/careerfair](http://ccs.uwinnipeg.ca/careerfair).

Solutions from last month’s issue.

1	2	3	4	5	6	7	8	9	10	11	12	13	
M	I	T	T		A	R	R	O	W		S	S	
14	A	F	O	R	15	L	E	O	N	A	16	A	
17	S	A	F	E		L	A	B	O	R	18	A	
19	S	T	U	M	20	P		D	E	R	21	R	
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41	L	O	R	D		42	T	O	T	E	M	43	K
44	E	N	O		45	E	L	K	S		E	L	
46	M	A	R	I	47	N	E	S		48	U	S	
49					50	C	O	R		51	O	M	
52	E	A	S	E	L		T	S	P	53	O	H	
54	P	R	I	M	A		F	A	C	I	E	55	A
56	P	A	C	A		57	A	P	A	R	T	58	R
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100												101	A

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

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

December 31-January 6, 2013

!= Local content      \* = Canadian Content

TW	Artist	Recording	Label
1	!Mise En Scene	Desire's Despair	Fontana
2	*Mother Mother	The Sticks	Last Gang
3	!Nova	Midnight Midnight	Disintegration
4	!Boats	Marblemouth	Self-Released
5	!DJ Beekeeni	Crash	Cold Season
6	!Propagandhi	Failed States	Epitaph
7	!Drums And Wires	Waiting On The Moon	Self-Released
8	Bat For Lashes	The Haunted Man	Parlophone/EMI
9	*David Gogo	Christmas With The Blues	Cordova Bay
10	!Phelgm Fatale	Glam Crust Or Bust	Transistor 66



Crossword Puzzle & Sudoku 15

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

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20							21		22					
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			33						34					
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41				42	43		44		45	46				
47						48						49	50	51
52				53				54			55			
			56				57		58					
59	60	61				62		63						
64						65					66			
67						68					69			

BESTCROSSWORDS.COM

Across

- 1- Sail support;  
5- At a distance;  
9- Bridget Fonda, to Jane;  
14- Peter Fonda title role;  
15- London district;  
16- One who uses an abacus;  
17- Arrogant person;  
19- Implements;  
20- Young salmon;  
21- Capital of South Korea;  
23- Billboards, some say;  
25- ATM maker;  
26- Finish first;  
29- Acid;  
30- Moth repellant;  
33- Gangster Lansky;  
34- Heavy hammer;  
35- Monster;  
38- Aurora's counter-part;

- 40- I'd hate to break up \_\_\_\_;  
41- Potential mate;  
44- Personnel;  
47- Assume by hypothesis;  
49- Balderdash;  
52- Enzyme ending;  
53- \_\_\_\_ Lingus;  
54- Mediterranean resort area;  
56- Mild cigar;  
58- Pertaining to the mind;  
59- Whiplash;  
62- Upbraid;  
64- Jewish scholar;  
65- Underground part of a plant;  
66- Falsehoods;  
67- Writer Jong;  
68- Adam's third son;  
69- Ultimatum word;

Down

- 1- Bivalve mollusk;  
2- Continuously;

- 3- Appeared;  
4- Informs;  
5- Smokers receptacle;  
6- Enemy;  
7- Cries of discovery;  
8- Gnawing animal;  
9- Chemical-free;  
10- Worshiped one;  
11- Tokyo, formerly;  
12- Animation unit;  
13- Hesitant sounds;  
18- Sierra \_\_\_\_;  
22- Phil of folk;  
24- Blunted blade;  
26- Marries;  
27- "Splendor in the Grass" screenwriter;  
28- Nair rival;  
31- \_\_\_\_ Perot;  
32- Fall faller;  
33- Take \_\_\_\_ your leader;  
35- Dept. of Labor division;  
36- Fellas;  
37- Mature;  
39- Agitate;  
42- Earache;  
43- Perlman of "Cheers";  
45- Surveying angle;  
46- Abnormal body temperature;  
48- Mistakes;  
49- Sell directly to the consumer;  
50- Speaks publicly;  
51- "Honor Thy Father" author;  
55- Hearth;  
56- "Power Lunch" network;  
57- It's blown among the reeds;  
59- Uno + due;  
60- Laugh syllable;  
61- \_\_\_\_-Wan Kenobi was a character in "Star Wars";  
63- Scribble (down);

SUDOKU SKILL LEVEL: CHALLENGING

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