

THE

# UNITER

FREE.WEEKLY.  
VOLUME 69 // ISSUE 06 // OCT. 9

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LAIKA

TWIN TOWNS

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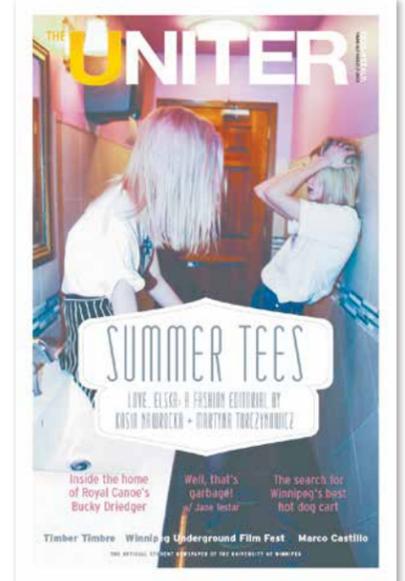
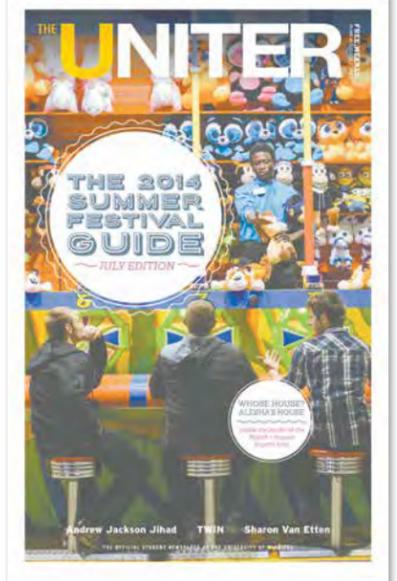
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The one and only Roadsworth is currently on campus at the University of Winnipeg (unless you're reading this on Friday, then you missed it). Working as a visual street artist for over a decade (with an arrest and 53 counts of mischief to show for it), this Montreal painter and musician is doing an artist talk in the HIVE from 7-9pm. Free admission - come on down, student or not.

Local crazy people The Civil Disobedients are dropping *Another Dead Medium* into your awaiting laps with a release show at the Park Theatre on Friday, October 10. A formal dress code is in effect (they mean business - tickets are \$10 for classy as hell and \$20 for non). But there's a method to this madness, it's the "Enchantment Under the CD" show, like *Back to the Future*. Get there early to watch your old man lay out Biff in one punch. The show kicks off early at 8pm and features openers Mad Young Darlings (a band that just doesn't play often enough) and Whiskey Talks (a band I've never heard).

-NJF

## \* ON THE COVER

Podcaster/comedian/musician  
Matt Moskal, photographed by  
Tina Jansen.

J. Williams wants you to see his band The Civil Dissobedients on October 10 at the Park Theatre.

UNITER ARCHIVES

## ONLINE EXCLUSIVES

GRAB THE FREE WEEKLY DOWNLOAD AT UNITER.CA - THIS WEEK IT COMES FROM LOCAL METAL ACT LAIKA'S LONG-AWAITED SOPHOMORE DISC, *SOMNIA*.

YOU CAN ALSO CHECK OUT A VIDEO IN WHICH PEASANT COOKERY BARTENDER MIKE FOX SHOWS YOU HOW TO MAKE A PISCO SOUR. CLASSY.



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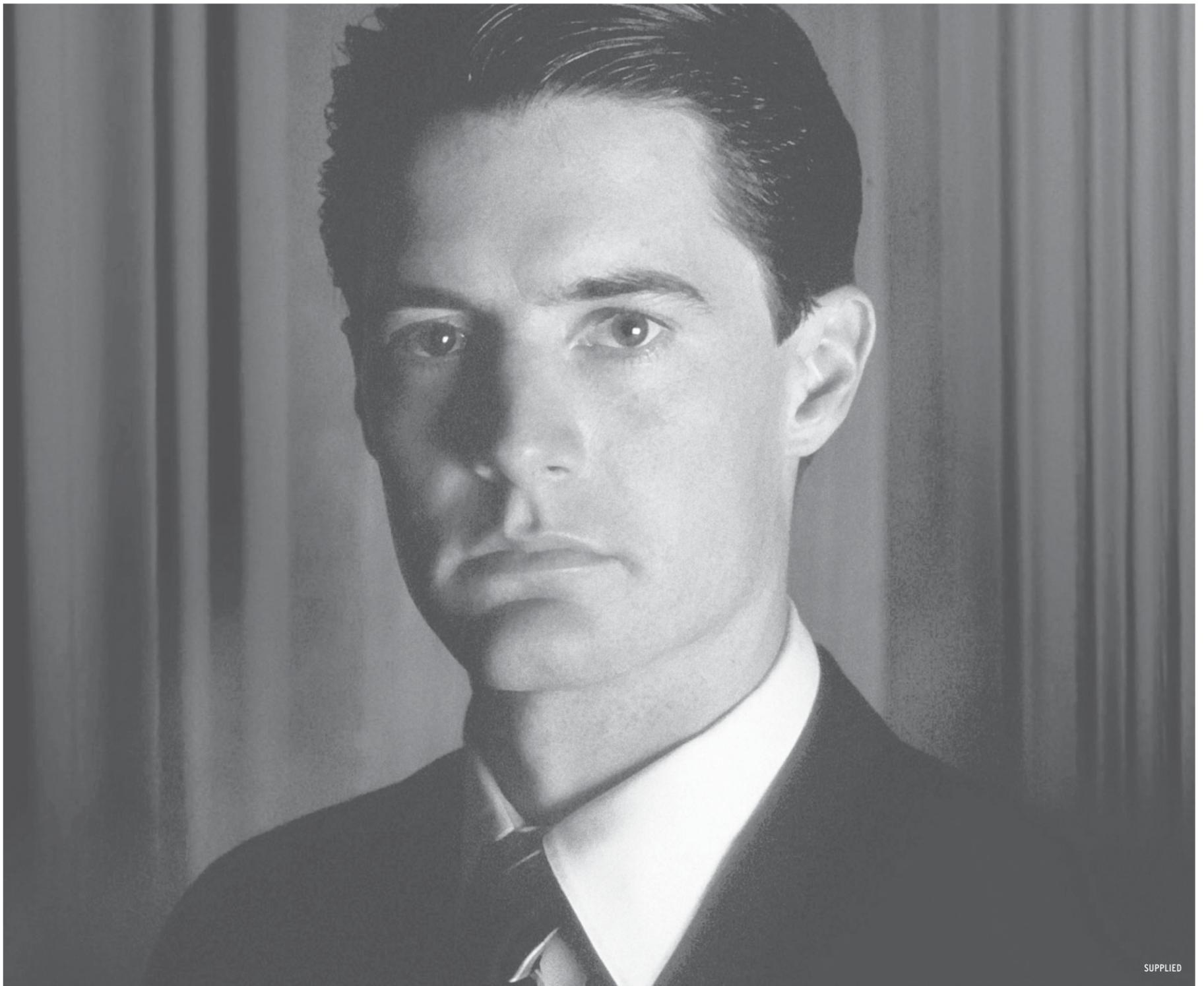
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SUPPLIED

Kyle MacLachlin is set to return as Special Agent Dale Cooper in a 2016 continuation of *Twin Peaks*.

# THAT GUM YOU LIKE IS COMING BACK IN STYLE

TV spin-offs, continuations and prequels that might work

NICHOLAS FRIESEN

 @NICHOLASTRONAUT

MANAGING EDITOR

Spin-offs, prequels and continuations of popular TV shows are hit and miss. Sometimes you get *The Jeffersons*, *Family Matters* and *Frasier*, while other times you get *The Ropers*, *90210* and *The Golden Palace*. With half a season of an unwatchable *Boy Meets World* continuation, this week's news of a *Twin Peaks* continuation, a so-bad-it's-bad Batman prequel (*Gotham*) and *Breaking Bad* spin-off *Better Call Saul* set to disappoint next year, we thought we'd throw a few ideas at the flat screen to see what sticks.

(Also - Lorde could play just about any female character's daughter on the new *Twin Peaks*. Those eyebrows! That hair! She looks just like Maddy Ferguson/Laura Palmer, Shelly the waitress, Donna AND Audrey, for reals.)

## OTHER FRIENDS

Gunther gets a job managing Alessandro's, which Janice has just taken over with money from her third divorce. Things get kooky when she hires Ursula as the head waitress. Or maybe Ben, Emma and the triplets take over. Anything to help us forget that *Joey* existed.

## FOUND

*Lost*'s Desmond and Penny star in this hilarious sitcom in which, for some reason, Des is hired to become the new bassist in Drive-shaft, penning the band's comeback single "Not Penny's Boat (RIP Charlie)." Walt is their neighbour, and every 108 minutes he has to push a button or Weezer's *Hurley* album will play.

## MR. OMAR'S NEIGHBOURHOOD

This prequel to *The Wire* focuses on Honey Nut Cheerio lovin' Omar's high school years (he's a few grades behind Bunk in school, so he's there too - maybe we'll get to see when he tries his first cigar!) It's a character study of a young man coming to terms with his sexuality, being raised by his understanding yet strict grandmother and dealing with the aftermath of receiving a disfiguring scar. Like *The Carrie Diaries*, it winds up on The CW, though, so it's a little watered down.

## GIGI

Everyone's second least favourite *Girlmore Girls* character is at Chilton, and she's one of the mean girls. Gigi has to learn to be nice when headmaster Charleston pairs her up with Martha (ignoring that the two are different ages) as a study buddy. Lane Kim's dad appears (finally) as Kirk's new boss, after

Taylor is murdered by Davey, which causes everyone to finally relax and slow down when they speak. Melissa McCarthy does not appear in the series, but directs the pilot.

## THAT '90S SHOW

Hyde works at a laserdisc (ask your parents) rental store with Eric and Donna's adopted kid (Willow Smith) and the two get into all sorts of '90s trouble (bootleg Tamagotchis?). Aerosmith guitarist Joe Perry has a recurring role as Aerosmith guitarist Joe Perry.

## MISS PORTER'S

*Mad Men*'s Sally Draper has a few good times during her teen years at this boarding school, especially when Creepy Glen (now Hot Glen) shows up as a guest star. Sarah Silverman is the firm but fair headmistress with a potty mouth, while Mike Epps shows up as the colour barrier-breaking math teacher.

## THE FRESHER PRINCE OF BEL AIR

Little Nicky is all grown up and taking classes at Bel Air Academy. Even though actor Ross Bagley is now 25, producers see no problem setting the show in a high school environment. Phil and Viv have moved away, but they don't want to uproot Nicky so they

leave him in the hands of the never before mentioned Uncle Artis (portrayed by Coolio) who teaches the young Mr. Banks the ways of the world.

## LANGDON ALGER

He's very quiet and enjoys puzzles, but when this off-screen *Simpsons* character (voiced by Adam Driver) moves to Capital City, joins a cult and becomes a Twitter sensation, he begins to pine for the simpler life. Thankfully his good friend Uter comes to town for a chocolate convention in episode four, reminding him that a noble spirit embiggens the smallest man while presenting him with the gift of a Poochie t-shirt.



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## WELL, THAT'S GARBAGE

Adult picky eaters:  
going without

WITH JANE TESTAR

@TESTARJANE

Because I am a writer, comedian, and an actor I am also (obviously) a waitress.

And lately at “my” restaurant I’ve started noticing a disturbing trend in some of the patrons; full-grown adults being very picky eaters.

What do I mean by ‘picky’?

A 55-year-old woman loudly scoffing at our soup selection the moment I said “ginger.”

A 35-year-old man who requested the veggie-packed pork sandwich and salad, without veggies or salad.

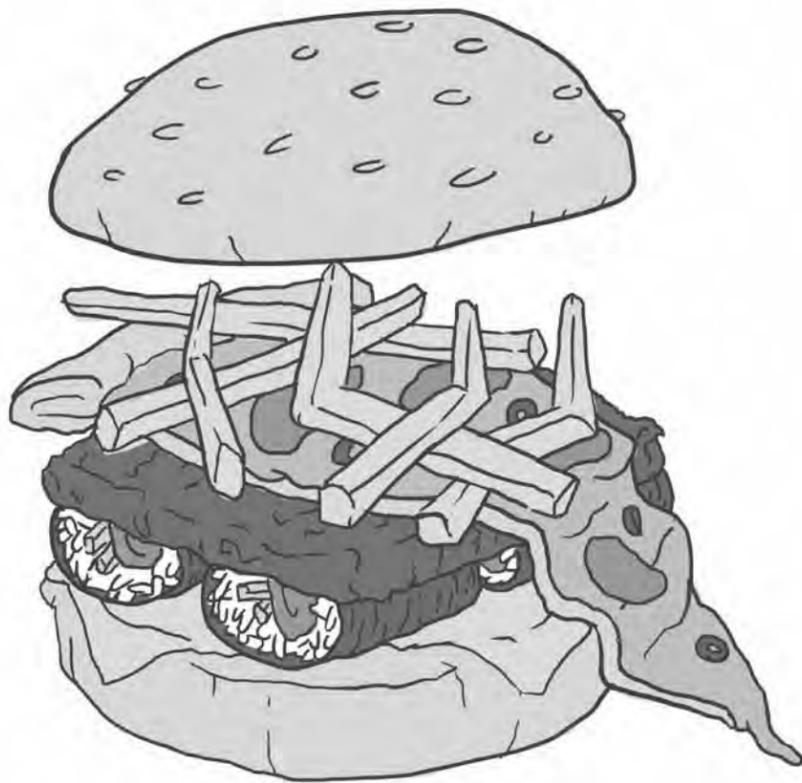
“So... just bread and pork?”

“Yeah.”

And a 45-year-old lawyer, dining with a date, who ordered one of our thoughtfully created, multi-topping pizzas with “none of that other stuff... just cheese.”

When the pizza arrived, his date furrowed her brow and said:

“What are you, *five*?”



NICHOLAS LUCHAK

This brilliantly timed sass rang so true to me.

“Exactly!” I thought. Watching someone refuse food they’ve never tried, or reverting to bland, familiar foods was like being at a play-date. Specifically, with one of those kids who forced their mothers to make them grilled cheese while the rest had salad and BBQ drumsticks.

Even *then* I remember thinking: “How juvenile!” as I happily munched on saucy chicken.

Now I’m aware that people have real aversions to certain foods.

There have been several studies that suggest some people’s strong dislike of the polarizing herb, cilantro, might actually be *genetic*. I also recently learned about the concept of “super-tasters,” individuals who have more taste buds than others, making pungent foods even more powerful.

So if olives *really* do bother you, understood.

But! To all the noodle-and-butter-eaters out there, the “what’s that thing?” demanders, the order-ers of anything “plain,” know this:

You *will* be judged by the people around you.

You will be written off as rigid, difficult, perhaps controlling, afraid, or unworldly.

Is this harsh culinary censure borne of a sense of superiority that we open-minded eaters know what a “caper” is and you don’t? Partially, yes.

But I think this disapproval comes with a side of disappointment, even pity.

We see you missing out. So many delicious discoveries, flavours, types of cheese, miracles that can be performed with garlic, new experiences to share, and mouth-gasms that only a great meal can deliver.

To the person sitting across the table from you, being a picky eater is like never leaving your hometown, wearing sweat-pants on a date, or reading only Maeve Binchy novels. You *could* do it, but good God, why would you limit yourself?

Diners, the time to be limited has passed.

You are *not* five. When you were five, your parents made all decisions for you; when you slept, woke, bathed, ate, and more importantly *what* you ate.

As an adult you have absolute freedom to stay up late, leave the house whenever you want and eat absolutely anything.

Please *use* that freedom.

Order something off the menu as-is.

Try something you’ve never tried before.

Because, young man, if you come to my restaurant and order some insipid Frankenstein version of one of our menu items again...

You won’t get dessert.

*Jane Testar is a writer and performer with the Winnipeg sketch comedy troupe, Hot Thespian Action, an improviser with local improv troupe, Outside Joke, and the host of the CBC Comedy Factory Podcast.*

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# MUSIC



TONY HINDS



BEAT REPORTER

It's been two years since Jordan Dorge, frontman of Winnipeg death metal sextet Laika, has played a live show. But on Oct. 11, he'll return to the stage with bandmates Steve Tedham (synth), Mike Mason (bass), Ian Garraway (guitar), Alex Kling (guitar) and Blair Garraway (drums) at the Windsor Hotel for the release of the band's sophomore album, *Somnia*. To mark the occasion, Dorge hopes to plan an evening that metal fans will not forget, including performances from Tyrants Demise, Mortalis, Withdrawal and Occvlt Hand.

"It's a great mixture of bands we don't play with normally," Dorge says. "Since we've been away for a while, we wanted to get a very eclectic line up. We want to entice people to come out and pack the Windsor. The first 25 people in the door get a free Laika CD."

*Somnia's* release has been long-anticipated for Dorge, as Laika's previous album *Crafting The Cataclysm* was received with little critical fanfare.

"There was a lot of negative and a lot of mid-range feedback. Like, sub-par," Dorge says of the band's debut. "We were still figuring out our sound on that record. The production was good but it wasn't as good as it could be."

Why such a lukewarm reception? Dorge feels the band's unique sound cannot be easily categorized.

"We are death metal but we're more melodic. We don't fit into the mold of melodic death metal," Dorge explains. "We're not traditional metal in any sense but we do have death metal elements. We're a weird hybrid."

*Somnia* will be released by Filth Regime Records, a company founded by Dorge earlier this year. In only a few short months, the label has released projects by such Canadian metal acts as Numenorean and Endless Chaos.

"Until now, we've put out mostly vinyl releases," Dorge adds. "But we're doing CDs for *Somnia* because we've been so dormant. I have no idea what to expect."

Despite his love for music, Dorge maintains that Laika's strongest influences come from other areas of pop culture.

"I feel like movies and books are the direct inspiration for our music," Dorge admits. "We actually have a song on our first record called 'Diving into Blindness,' which was loosely based on the movie, *The Lovely Bones*. A lot of our stuff is deep rooted in psychological thrillers and horror films like *Rosemary's Baby*, *Suspiria* and *The Omen*."

However, Dorge believes that creative changes made in the passing years have yielded positive results.

"The recording of *Somnia* was really fluid," Dorge says. "There were no hiccups or anything. Working with the band was amazing. We were just in and out. They're great musicians. They're my best friends, some of them I've known since Grade 6.

I've seen them grow from babies into this crazy pot of talent."

Dorge hopes that the Winnipeg underground music scene will welcome him back with open arms.

"We know our sound," Dorge asserts. "We're stronger musicians. We've been fine-tuning these songs for two years and now we're going to display them. This is the new Laika."



Laika's *Somnia* CD release party is Saturday, Oct. 11 at 9pm.

The Windsor Hotel is located at 187 Garry Street.

Tickets are \$10 at the door and the first 25 people in the door receive a copy of the disc.

Visit [facebook.com/LaikaOfficial](https://facebook.com/LaikaOfficial) for more information.

## OUT OF THE BASEMENT

Twin Towns heads out on first Western Canadian tour

DEBORAH REMUS



ARTS REPORTER

Twin Towns, a folk-rock quartet from Kelowna, B.C., is about to hit the road in October for the first time. The band, founded in 2011, originally consisted of vocalist/guitarist Nick Gibson and guitarist/backing vocalist Matt Price.

"Me and Nick randomly moved in together five years ago," Price explains. "We didn't know each other at all; we just had a mutual friend and we moved in. We were both musicians so we just started naturally writing together, formed a band and now we want to start taking things out of the basement."

The duo ended up recruiting Kyle Moar on drums and Matt Perry on bass to solidify the line-up and become a quartet. Price also quit playing drums for Kelowna-based pop-punk band, Count Me In.

"I left about a year ago because I was working full-time as the manager of a

restaurant, playing in two bands and everything got to be too much," he notes. "And not to diss pop-punk, but I was over-playing that type of music and wanted to put all of my heart into Twin Towns."

Gaslight Anthem, Bright Eyes, and Timber Timbre are some of the band's influences, according to Price.

"Nick usually writes really bluesy folk songs and then I bring my element in there to make it sound a little heavier and bouncier," he reports. "One of my favourite bands is Rancid. I don't try to make our songs sound like Rancid songs, but I still try to add a bit of a rock edge to them."

So far, Twin Towns only has three songs on its Bandcamp page and has mostly focused on performing live in Kelowna.

"We recorded those about a year-and-a-half ago with some students, but we didn't really like the finished product so we've only put up three songs," he says.

"We had written 12 songs, now we've whittled it down to 10 and we usually play a cover during each set as well, like 'Waitress in the Sky' by The Replacements or 'Travelin' Band' by Creedence Clearwater Revival."

On Oct. 14, the band kicks off its first Western Canadian tour with Edmonton folk-punk band Old Towns in Regina.

"I actually went on tour this past spring playing bass for Old Towns, because they needed someone to fill in for them," he says. "Then Robbie [Shirriff, vocalist/guitarist] contacted us about doing this tour with them and we agreed. It was a lot of fun, but I'm looking forward to being on the road and playing my band's songs instead of playing someone else's this time."

When the band returns home to Kelowna it will start working on its debut EP.

"Now that we've finally solidified the line-up we want to take ourselves more seriously and a big part of that is finally releasing a proper recording," he says. "We want to do a four- or six-song EP this winter and hopefully have it out by the spring."



Twin Towns play the Garrick Hotel on Wednesday, Oct. 15.

Old Towns, Art Vandelay and Weatherman will also perform.

Show starts at 8 p.m.

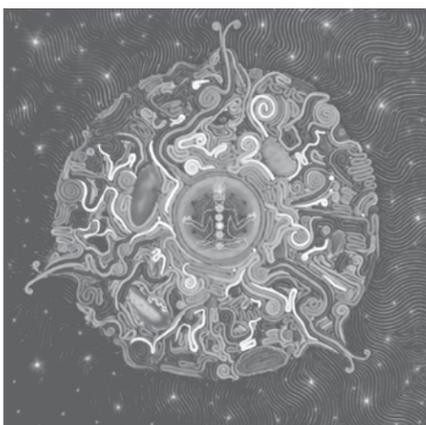
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# GOLD SOUNDS



**Ambrosia Skylab**

Planetary  
Independent

★★★★☆

Layered yet dense, danceable yet trance-like, haunting yet playful - "Earth and Sky," the nearly nine-minute opener of Winnipeg electronic musician Ken Trudeau's new EP is epic. The even more epic "Civilization" blends spoken word into its dark, moody world with mixed results. "Seasons Change" houses '90s beats and synths, while "Above and Beyond" takes you to a place beyond the atmosphere, with enough digital twangs to freak you out, Bowie-style. Closer "Overview Effect" does just that, somehow summing up the entire EP's style and substance in about three minutes. A lot of work clearly went into every beat and blip of this disc, worth a listen when coming down or getting off.

- Nicholas Friesen



**Slow Leaves**

Beauty Is So Common  
Independent

★★★★☆

After a release or two under his proper name, local singer/songwriter Grant Davidson gave himself the Slow Leaves moniker to take things up a notch. Enlisting producer/multi-instrumentalist Rusty Matyas of Imaginary Cities to help flesh out this ten-track debut LP was a great idea, as the pop sensibilities on "Life of a Better Man" and Nick Drake-y opener "Everybody Wants to Be in Love" are quite bright. "Dreamer" is waiting to be placed on that mix for your new crush, while the twangy "Neighbourhood Watch" is a gunslinger's delight. "Institution" might be the standout here, a subtle little dreamer that's catchy without being intrusive. A solid, crisp disc that will likely take Davidson to the next level.

- Nicholas Friesen



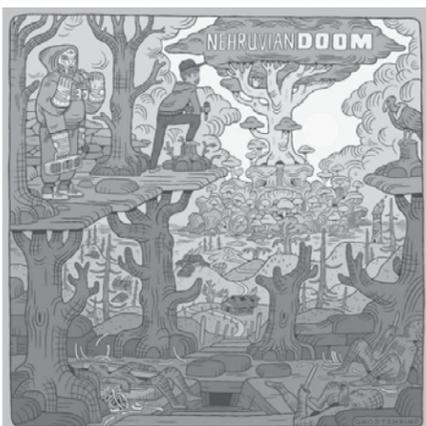
**Sloan**

The Commonwealth  
Murderecords/Yep Roc

★★★★☆

A new Sloan disc is usually met with excitement, then puzzlement, then after a few years, enjoyment. This one right off the hop is an intriguing concept - each of the four members (who always take turns at the mic) get one side of a double LP. The opening five tracks from guitarist Jay Ferguson are among the best, with "Cleopatra" hosting clever wordplay and harmonies, while bassist Chris Murphy's set is almost forgettable, save for a lyric or two. Guitarist Patrick Pentland wants to rock, with "13" leading the pack, but his voice is rarely strong enough to work alongside punk riffs. The fourth side belongs to drummer Andrew Scott and it's an epic piece in the vein of *Abbey Road's* closer. Brave, fumbling, diverse and inventive, it reminds you of the first few Sloan discs.

- Nicholas Friesen



**NehuvianDOOM**

NehruvianDOOM  
Lex Records

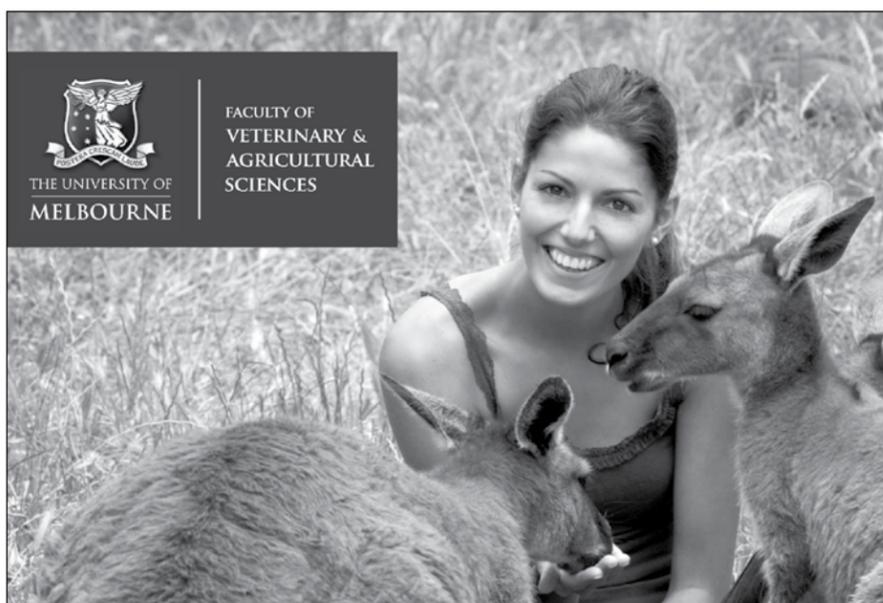
★★★★☆

Skills can make or break a hip-hop record. Think of the excellence of Method Man on *36 Chambers* to the cheesiness of Ras Baraka on *The Miseducation of Lauryn Hill*. NehruvianDOOM - a collaboration between the enigmatic legend MF Doom and up-and-coming emcee Bishop Nehru - falls into the latter category, but with less of the charm.

The album begins with a lengthy skit. Then, there's a few tracks - which, to be sure, are excellent in terms of golden-age production and Nas-idolizing rhyming - concluding with rambling exits. It's emblematic of the album. While *NehruvianDOOM* exudes quality that Joey Bada\$\$ fans will value, it feels rushed with too much filler for such a potentially epic combo.

Hooks are sung by people unqualified for such tasks. Both Nehru and DOOM can deliver layered bars for days, but much more is needed to solidify the duo's status in the age of Run the Jewels.

- James Wilt



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## A CHUCKLE A DAY

Benjamin Walker works hard to keep locals laughing



TONY HINDS

 @THETONYHINDS

BEAT REPORTER

Benjamin Walker has always made stand-up comedy look easy. But as the host of *Comedy Wednesdays* - an open mic comedy night at Osborne Village's Jekyll and Hyde's Freehouse - Walker is quick to amend that point. Making comedy look effortless takes a lot of hard work.

"I work 40 hours a week and do comedy on top of that," Walker says. "My day job is not necessarily conducive to writing comedy. But it's my choice. You don't always get a break in comedy; you have to make your own breaks."

In addition to welcoming first timers, *Comedy Wednesdays* is known for giving stage time to some of the hottest local stand up talent. Famed Canadian acts have also appeared at the open mic,



APRIL PLETT

including Steve Patterson, K. Trevor Wilson and Pat Thornton.

"Because of the comedy scene here in Winnipeg, we have a lot of established local comedians doing open mic," Walker says. "There's food and drink specials - the food's really good. This summer, the crowds have been crazy. There's been lots of returning customers."

Walker's comedy has also made a strong impression: he recently landed a spot opening for Massachusetts comedian Jen Kirkman at her recent Winnipeg gig.

"I thought the show went well," Walker admits. "It was fun. Jen was great; she's really funny. She also couldn't have been any nicer offstage. Whatever nerves I had before the show immediately went away when I talked to her. It was a fun night and I was lucky to open for her."

Walker, who has worked in stand-up since 2010, is also the brains behind *Comedy at the Hub*, an open mic at the University of Manitoba's Hub Pub that takes place every Monday.

"I wanted to branch out a little," Walker says. "I love all the venues in town. But there's a market out there. We've been doing it for a few weeks and it's going well."

Walker cites Richard Pryor, Eddie Murphy, Chris Rock and Bill Burr as influences, sheepishly admitting that he "really liked Dennis Miller for a couple months there."

If you've been to Rumor's lately, you may have seen Walker perform, as he is a regular host at the club in Tuxedo Park Shopping Centre. However, Walker still wonders if his peers are getting the proper recognition.

"I don't know if the local comedy scene gets enough credit," Walker explains. "Everybody knows the music scene is great. But sometimes with the arts, it's like, 'If you were good, you would be in Toronto'. Even someone like me, I might have thought that, if I wasn't actually involved with it. These are great quality shows we're putting on."

Walker firmly believes the comedians of Winnipeg are more than worthy of audience attention.

"The local comedy scene is good. The improv scene is good," he says. "I choose to stay in Winnipeg."



Comedy Wednesdays

Open mic stand-up comedy

Jekyll and Hyde's Freehouse

437 Stradbrook Ave.

Wednesday nights

8:30pm

Free admission

## SETTING THE STAGE

Theatre Incarnate gears up for its 18th production

DEBORAH REMUS

 @DEBORAHREMUS

ARTS REPORTER

Over the course of almost two decades, Theatre Incarnate has staged 17 productions and become a fixture in Winnipeg's independent theatre community.

"We've been doing this for a long time, but there have been some breaks in between, mostly to develop scripts with writers or devise new pieces of theatre," Brenda McLean, the troupe's co-artistic leader and production designer, explains.

Everything began when McLean met Eric Bossé and Christopher Sobczak, who now serve as technical director and general manager, respectively, in addition to co-artistic leaders. The trio met while studying theatre at the University of Manitoba.

"We decided we wanted to create our own theatre to develop new works together and that's pretty much why we founded Theatre Incarnate," McLean says.



LEIF NORMAN

McLean says there's been some stand-out productions over the years, most notably *Arcadia*, which was produced in 2007 during the annual Master Playwright Festival.

Overall, Theatre Incarnate focuses on producing experimental forms of theatre you probably wouldn't see at the Royal Manitoba Theatre Centre.

"We often experiment with physical theatre forms and we get performers to try different types of skills like clowning, bouffon and miming," she says.

"Some of our plays have no dialogue whatsoever and just focus on movement. Other plays are heavily dialogue based like *Arcadia*, but we stage it in a more intimate and independent setting."

Since 2006, Theatre Incarnate has called Studio 320 home, a building on Albert Street that serves as a practice and performance space.

"We use it a lot, but so do some other companies and it's also used during the

Winnipeg Fringe Festival and the Master Playwright Festival," she says. "We also offer workshops there and twice a month we're doing ones on contact improvisation, which is a dance technique that actors use to use their bodies to move and dance with each other."

Last September, Theatre Incarnate worked with local playwright Jeremy Scarth Bowkett to stage *Maple Route* at Prairie Theatre Exchange's Colin Jackson Studio Theatre.

"That play takes place in Winnipeg in 1993 and it follows some Winnipeg soldiers returning from Croatia after the genocidal conflict that took place there," she says. "Jeremy came to us with some ideas and we liked the storyline he had in this one. We especially liked that it was a local story and based on actual research he did with real soldiers that came back."

Currently, Theatre Incarnate is working on a new play by Ardyth Johnson

called *Whitechapel Redemption*, which McLean also acts in.

"That play is in a bouffon clown style and follows three vagrant women who have an unlikely run-in with Jack the Ripper in 1880s London," she explains.

"We're going to produce it in March and we're just working on the script and developing the design now. We've started experimenting with bouffon over the last year and we really like it. This particular script is really letting us try something new that's not being done in Winnipeg and challenge ourselves theatrically, which is something we always want to do."



Visit [theatreincarnate.ca](http://theatreincarnate.ca) or search for it on Facebook.

SPECIAL FEATURE

WORDS BY THOMAS PASHKO

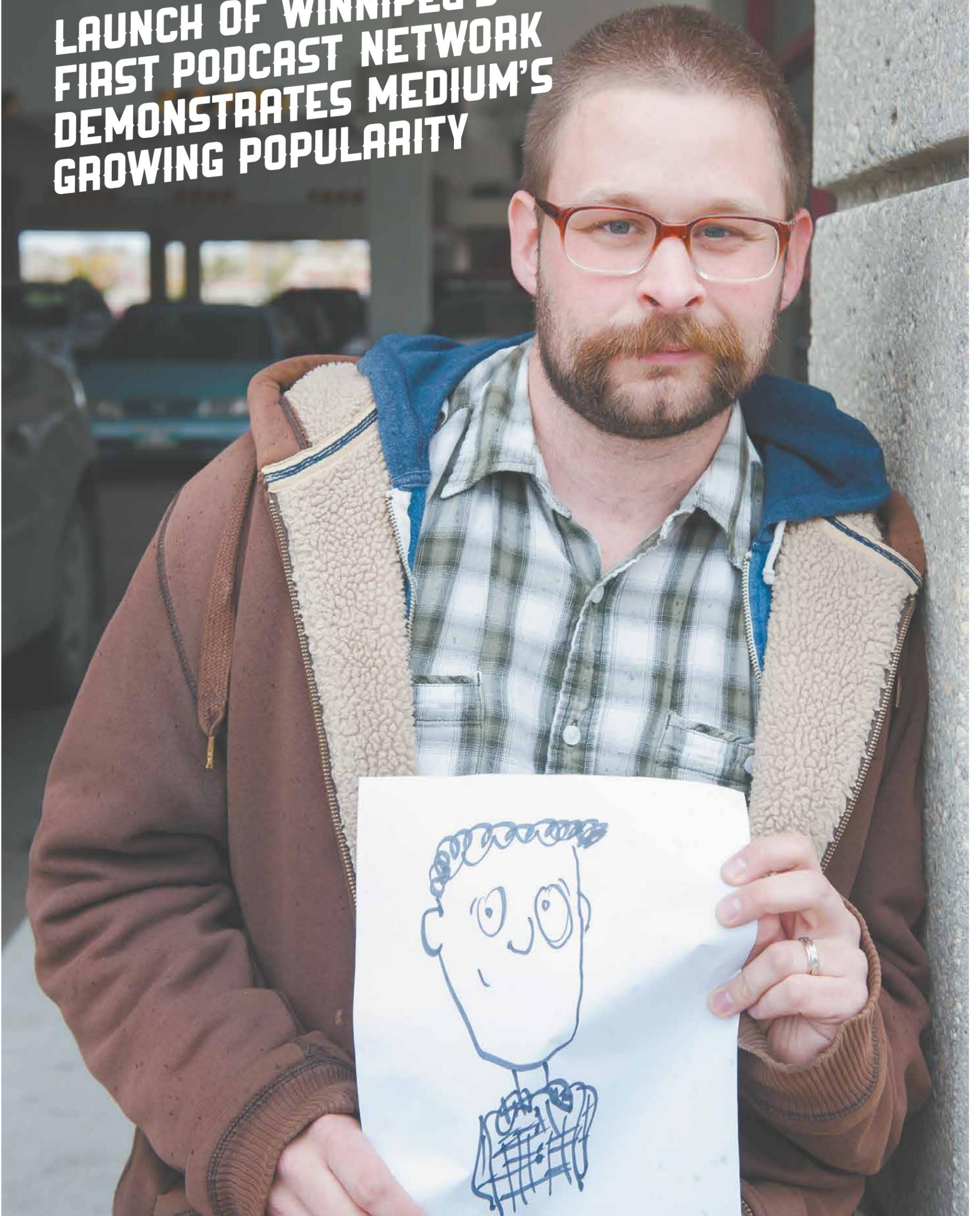
@THOMASPASHKO

PHOTOS BY TINA JANSEN

@TINAJANSENPHOTO

# COME TO MY POD

LAUNCH OF WINNIPEG'S  
FIRST PODCAST NETWORK  
DEMONSTRATES MEDIUM'S  
GROWING POPULARITY



Sam Thompson, co-host of *Witchpolice Radio*



Matt Moskal, host of *The Supporting Act*



Terrance Williams (L) and Devin Bray, hosts of *Couch Surfin'*

# “ALL YOU HAVE TO DO IS SIGN UP, BUY A MICROPHONE, AND HIT RECORD.”

- TERRANCE WILLIAMS, CO-HOST OF *COUCH SURFIN'*

Less than a decade ago, podcasts were virtually unheard of. A 2005 New York Times article, *The Podcast as a New Podium*, clumsily outlined the new medium, making it sound about as appealing and mainstream as stamp collecting or CB radio. But with a recent explosion of new shows in Winnipeg, as well as the emergence of the city's first podcast network last month, it's becoming abundantly clear that podcasting is no longer the medium of the future: it's the medium of the present.

For the uninitiated: Merriam-Webster defines a podcast as “a program (as of music or talk) made available in digital format for automatic download over the Internet”. They're essentially downloadable radio shows. Unlike radio, they can be listened to at any time and remain unrestricted by episode length or on-air censorship standards. Most importantly, podcasts aren't the domain of professional broadcast journalism. Anyone with the desire to talk on-air can host a podcast.

This September saw the launch of the Garbage Hill Network by local podcaster Devin Bray. Bray, 25, cohosts *Couch Surfin'* with Terrance Williams, and is a student in social work at Herzing College. Bray says that he was inspired by more established podcast networks, such as Earwolf (Comedy Bang Bang, Topics) and Nerdist Industries (Big Pop Fun, Sex Nerd Sandra).

“I wanted to have a place that you could point to in Winnipeg and say, ‘That's the podcast community,’” Bray tells me in the living room of his apartment, where he and Williams record the show with a single coffee table microphone. “In music, you can easily point to a particular show or scene and see everything that, say, Winnipeg metal or punk has to offer. This is just a quick way for people to look and see, ‘Here's something I might like.’”

Other shows on the network include *Warped and Creased*, *Change of Address*, *Loose Ropes Wrestling* and *Witchpolice Radio*. Bray says that he's always looking for new shows to join the network.

“The idea is to eventually have a really well-rounded roster. A Jets cast, a comics show, a movie show, music stuff, wrestling stuff, anything. I'm not producing the shows, I'm just facilitating an audience. We're not making any money off it. It's a collective, a network in the purest sense.”

Bray and his cohorts aren't flogging a dead horse. The popularity and ubiquity of podcasting has grown immensely in recent years. CBC Radio makes most of its shows available as podcasts, with *Q with Jian Ghomeshi* and *The Vinyl Café* regularly topping the iTunes podcasting charts. With podcasts like *WTF with Marc Maron* and *Comedy Bang Bang* spinning off into television shows, or *This American Life* and *The Tobolowsky Files* breaking into public radio and feature films, the medium clearly has genuine cultural cachet.

Smaller traditional broadcasters, like the University of Manitoba's UMF, have made podcasting an integral part of its platform. James Borsa has hosted *Ultrasonic*

*Film* on UMF since September 1998 and has interviewed everyone from director David Cronenberg to actor Michael Biehn. Borsa says that his show's availability as a podcast has broadened his listenership and made the show more accessible.

“That's the great thing about the podcast,” Borsa says. “Through websites like Podomatic, I can track the number of people who are listening to the show, downloading it, visiting the page. I didn't have that ability prior to the Internet.”

*Loose Ropes Wrestling*, another UMF show available as a podcast, also utilizes its online status to find an audience for a show with a fairly niche subject matter.

“Wrestling is so expansive,” co-host James Korba says. “We can talk about mainstream stuff, but still focus on local and independent stuff as well. We managed to get wrestler Matt Taven as a guest, who's on the rise in the American independent scene.”

“In addition to mainstream wrestling in the US, there's also big wrestling in Mexico and specifically in Japan,” co-host Adam Giardino adds. “We have an upcoming episode where we're discussing this underground wrestling league we uncovered in Japan. With the Internet you can definitely find anything and everything about wrestling if you really look for it.”

*Warped & Creased* is another example that uses its online platform to create a niche show that couldn't exist on mainstream radio: two audiophiles discussing the ins-and-outs of record collecting.

“There might be other shows that talk about music or records,” says co-host Andrew Murenko, “but there aren't many shows that talk about the kind of music we listen to.” The show has a focus on heavy music, ambient post-rock, and other more avant-garde genres.

In addition to music itself, the hosts discuss the logistics of maintaining a record collection.

“Living in Canada, we have a lot of issues when it comes to shipping and distribution,” says co-host Tyler Morrison. “We jump a lot of hurdles, we make a lot of sacrifices for our collections, and I think it's something worth talking about.”

Morrison and Murenko's audiophilia extends to the recording of the show itself, which they ensure goes out sounding pristine. But every podcaster uses a different DIY recording setup. From *Couch Surfin'*'s lone mic to *Warped & Creased*'s professional setup, there's no right or wrong way to podcast.

“We record in [co-host] Jon Askholm's basement,” says *Witchpolice Radio* co-host Sam Thompson. “He has a jam space down there, which works well for what we're doing.” *Witchpolice* focuses on local bands of past and present (Thompson and Askholm were two-thirds of Winnipeg avant-garde noise-punkers The Mouth Boat). “We have speakers and drums set up so we can have live performances by guests. There are blankets all over the walls. People have described it as a blanket fort. I don't know if it soundproofs it at all, but it looks cool.”

The DIY, punk rock approach to recording podcasts goes beyond the recording methods. With the increased number of

shows in the city, many hosts are trying to put a focus on the community of podcasters and their listeners, both locally and across the Internet.

Matt Moskal, host of *The Supporting Act*, makes it a goal to illuminate local artists. The mission statement of the show is to “illuminate the careers of musicians, comedians, performers, and artists just a bit shy of the mainstream spotlight.”

“When I started the show, I had just moved to Winnipeg,” Moskal says. “I started in Sudbury, Ontario which is where I thought my journalism career was going to take off. Surprise, it didn't. But I realized that I live in the same city as Kevin McDonald, as Fred Penner, as John K. Samson, as Imaginary Cities, and these are all people who are important to our culture.”

Sandra D. Sanchez co-hosted *Return to Sender* from March 2010 to November 2013 before starting her own show, *Change of Address*. She says that her dedicated fanbase of listeners are essential to her show, which regularly features fan-submitted guest contributions.

“We had a few people who wanted to share their point-of-view as well,” says Sanchez, whose show provides a comedic and confessional look at her life as a mother, a lesbian, and a mail carrier. “They'd ask questions or just share parts of their life. Right now I have a woman contributing from Ontario about her international adoption story.”

Over the course of both her shows, Sanchez has outlined her own personal story, including the process of becoming a mom. “Sperm donation is a weird, gross process, and we're trying for baby number two right now,” Sanchez says. “And I feel like it's my job, on the podcast, to answer anyone's questions, no matter how stupid they are. I want to make sure that anyone wanting to know, say, how lesbians have a baby finds out. That's my small way of advocating.”

All of these people are proof that anyone, despite their personal background or lack of broadcast experience, can have success in podcasting. With the community in Winnipeg growing, podcasters are hopeful and enthusiastic that more individuals will take up the call.

“I urge anyone reading this to start a podcast,” Moskal says. “If you care about something, if you have the ambition, if you have a voice to be heard, do it.”

Bray says he's excited any time a new local show springs up, and encourages them to get in contact with Garbage Hill. “It's not super polished, it doesn't cost anything, but you're only benefitting from it. Other podcasts aren't our competition. TV and the radio are our competition. If you're listening to or creating a podcast, you're supporting the medium, and that's great.”

Co-host Williams agrees. “A guy at Bar Italia recognized me from the show. He told me he and his friends wanted to start a podcast, and I told him, ‘Instead of telling me, take that energy and do it.’ All you have to do is sign up, buy a microphone, and hit record.”

Visit [garbagehillnetwork.com](http://garbagehillnetwork.com) to check out some great local podcasts.

## MONEY TALKS BUT IT DON'T SING & DANCE

Ming Hon premieres new work for Winnipeg Contemporary Dancers' 50th season

JILLIAN GROENING

BEAT REPORTER

Nine years after graduating from the School of Contemporary Dancers in affiliation with the University of Winnipeg, performance artist Ming Hon is bringing her choreographic talents to Winnipeg's Contemporary Dancers (WCD).

After years spent strictly as a solo artist, the commission - *Forever in Blue Jeans* - is not only a major milestone in Hon's career, but also serves to kick off WCD's 50th anniversary season, making it Canada's oldest modern dance company.

"The school was a contemporary dance sanctuary for me," says Hon, giggling, while recalling her years of training. "So I've been trying not to think about the pressures and just concentrate on the work, because when I slip it's like 'holy shit!' I guess it's a pretty big deal, but I can't let myself think about it."

Hon began to create her own work while taking part in the Mentoring Art-

ists for Women's Art (MAWA) program, which is also celebrating its 30th anniversary this year. She says her mentor, renowned visual artist Sarah-Anne Johnson, is amazing and a really great friend.

"Sarah and the program really set it all off for me and I just kept working," she says.

Hon and Johnson have continued to collaborate and will be heading to North Carolina later this year to remount *Dancing with the Doctor*, a gallery work.

"I prefer to perform in gallery spaces," Hon says. "It has always been important for me to have intimacy with the audience. I love seeing them face to face, to potentially reach out and touch them. The spectators' experience is totally intertwined with the performers."

Although it will be performed in a small theatre setting, Hon's new work has the acute energy and gripping confronta-

tion of her favoured gallery shows. Featuring performers Kayla Henry, Ali Robson and Natasha Torres-Garner, *Forever in Blue Jeans* vibrates with a glistening blue-collar will-to-live.

"It all started with pleasure and joy and in order to have those you need hate and pain," Hon states. "In order to have joy we work to make money, work to make a living and make a living to work. This brought me to capitalism and I needed money in the piece."

Throughout the work, piles of pennies are jingled in pockets, tossed in the air, hoarded, gambled away and wished upon.

"Pennies are these little things which make up our entire economic system yet we just throw them away," says Hon, motioning wildly with her hands. "In fact, we don't even make them anymore." Hon had to gather many of the pennies on a recent trip to Minneapolis.



LEIF NORMAN

"I would be lying if I didn't say having a baby changed my work," Hon admits. "I'm 30, I have a child and I can't ignore the fact that I have to hustle. Having a child is the ultimate work, it's constant. Forget about labour, this is now a lifetime of work. Now is the time to get down to brass tacks."

Fuelled by Hon's personal experiences, the intricate work is a far cry from bleak.

"It's the pleasurable moments and the dream," Hon says, sighing. "That's what gets us through."

*Forever in Blue Jeans* will be presented alongside *The Exhibitionist* from Oct. 9 - 12 at the Rachel Browne Theatre. Both works will tour to Regina, Calgary and Edmonton as part of the Prairie Dance Circuit.



GABRIELLE FUNK

## ONE PERSON'S JUNK IS THIS GIRL'S GODDESS JEWELRY

Prairie Solstice designer focuses on environment and supporting friends

LARISSA PECK

@TICKLEDPECK

COPY & STYLE EDITOR

Samantha Selci's jewelry line Prairie Solstice is made for goddesses.

"I'm down with jewellery and I'm down with beautifying yourself," says 23-year-old Selci, who's also a music student at the University of Manitoba. "I think women deserve to feel like god-

desses, but it is ridiculous the amount of jewelry that's being manufactured brand new when there is so much - piles and piles of beautiful jewelry everywhere - that can be reused."

Selci started Prairie Solstice with her former roommate Avery Artemowich a few years ago as a way to make a little extra cash on the side.

"It started out as a hobby," Selci says. "It still is a hobby. It's an art form that both of us take a lot of pride in."

Before moving to B.C. in April 2014, Artemowich worked at Para Mix on Osborne St., which gave Prairie Solstice a space to sell a few items - Selci estimates they've sold 30 or 40 flower headpieces there so far. Prairie Solstice jewelry pieces are made out of all pre-existing parts.

"Recycled parts are awesome and you can make beautiful things out of things that already exist," says Selci, who is also the lead singer of local band Sapphire Empire. "When it started getting more complex - like big body chain pieces - there's only so much you can use recycled. So we started sourcing from Shakti on Osborne."

"I also try to use a lot of stuff from nature. I don't order any of my feathers, the only feathers I use are ones that I've found or ones that have been given to me."

Selci's lifestyle - Prairie Solstice included - is heavily influenced by her passion for supporting the environment and local systems. She gingerly points out that every piece of jewelry she's wearing, including a delicate earring made from string and a robin's claw, were made for her by friends.

"I rarely buy new clothes," she says, inspecting the pieces of her outfit, and pointing out silk-screened patches on her green zip-up hoodie. "Friends make them. All my tattoos - friends did them."

She pulls up her left pant leg to show off a stick-and-poke in progress, taking up her entire calf. Her friend Carlen has been working on it for two years.

"I decided to trade her a pretty upper body piece for a tattoo," Selci says. "Basically I just kept finding things that

were so characteristic of her and I slowly pieced it together and it totally matches who she is and the moment she saw it, she was like, 'Oh my god!'"

That's part of why Selci finds creating custom pieces most rewarding.

"That piece couldn't be for anyone else."

"A lot of times people just say do your thing and that's really fun for me because it gives me the chance to read the person and what their essence is and translate that into whatever I'm making for them," she says.

"My main thing in all of my creative outlets is trying to integrate art with human connection with environmental awareness in an enjoyable way," Selci says, also noting that was the premise behind her Nuit Blanche installment, the Infinity Project.

"Even if it's something as small as using recycled parts, it's not like I'm pushing environmental activism on people through my jewelry. It's just my own ethics."



You can find Prairie Solstice headpieces at Para Mix - 108-100 Osborne St. and at Radiance Gifts & Treasures - 875 Corydon Ave.

Check out Prairie Solstice on Facebook for beautiful photos and info on custom pieces.



## OL' GREY EYES

Frank Christopher Busch's debut novel tells of a magical era in pre-colonized Manitoba

JAMES WILT

@UNITER\_CULTURE

ARTS AND CULTURE EDITOR

Public speaking certainly isn't a challenge for Frank Christopher Busch; over the years, he's delivered many talks at conferences on the topic of Aboriginal business and finance. But the speaking tour that's accompanying the release of his debut novel, *Grey Eyes*, is a whole different story. Now, it's extremely personal. Nerves hit every time he presents.

"I'm kind of careful with my diet," says Busch, speaking from his office in Westbank, B.C. "I'm avoiding red meat and anything too heavy. I avoid eating a couple of hours before the reading. I find that makes it worse: the butterflies turn to nausea if you're not watching what you eat. Sometimes I'm kind of starving at my readings because I haven't eaten."

That's not to say that he hasn't enjoyed the experience. After all, Busch spent two years constructing and refining the tale of *Grey Eyes*, which tells of the birth and coming-of-age of an exceptional child in a pre-colonial Indigenous community. Specifically, the story takes place in the area of what today belongs to the Nisichawayasihk Cree Nation in Northern Manitoba, where Busch grew up.

"I was trying to put together pieces of legends that I remember hearing growing up about people born with grey eyes and having special magical abilities," he says. "I only had the intention of sharing it with my son, who was born with grey eyes. But when I found out that there were a lot of gaps, I began to will them in an interesting way to tell stories to my son."

The process of creating *Grey Eyes* began and continues to be a hobby. Given his full-time profession at the First Nations Finance Authority, it's no surprise that Busch calculated the rough wage from the book: he laughs as he mentions that it'd clock out to about \$1.20 an hour if it made bestseller lists. But that's not to say it's not being noticed. Joseph Boyden, the author of Canada Read's victor *The Orenda*, has already endorsed it.

"When he sent the endorsement, I actually thought it was a hoax at first," Busch reminisces. "I thought it was one of my friends who knew I was writing a book set up an account and emailed me. And then my publisher frantically phoned me and said, 'We just got a review from Boyden's publisher saying this about your book.' I was seriously stunned for five minutes: out of nowhere, this guy would review an unknown author's work."

The accolades aren't going to Busch's head. A major priority on his horizon is to get 1,000 copies of *Grey Eyes* in the historically underfunded reserve schools across the continent. He's waiving all author royalties for the project to make it happen - a bit over a quarter of the funds necessary to make the endeavour a reality have been donated. Busch is already working on the next novel in the series, this time about missing and murdered Aboriginal women.

He's not wasting any time.

*Frank Christopher Busch is presenting readings on Oct. 9 at the Millennium Public Library and Oct. 10 at McNally Robinson. Visit [fernwood-publishing.ca](http://fernwood-publishing.ca) for more information.*

## FILM



## LEFT BEHIND

★☆☆☆☆

*Opens on Oct. 3*

Who knows what the fuck Nicolas Cage was thinking when he took this gig on. For those not raised in evangelical Christian circles - and please consider yourself lucky - a brief history is in order: *Left Behind* was originally a series of 16 novels that told of the time when Jesus would suck all the people who believe in him up to heaven and release literal hell upon the infidels. The grand event was called the Rapture. People still believe this.

Three *Left Behind* films were released in the early 2000s. They went straight to DVD. I own the first two, but let's not talk about that. The debut flick allegedly drew over \$4 million in limited box office release, so maybe that's why Cage and Co. decided to partake in a \$16 million campaign to resurrect the series. But goddamn, this movie is just awful. Where to begin?

The acting's beyond disgraceful; Cage is by far the most convincing of the bunch. There's no surprise that a confirmation bias is present,

considering the evangelical purpose of *Left Behind*, but the excessively black-and-white nature of it all is sickening. At one point, Cage's daughter proclaims that her mother (who was raptured) knew all along that this specific event would happen. That certainly ain't in the Bible.

But *Left Behind* (which already has confirmed two sequels) isn't about or for a group that's interested in what the original text says. The youth groups and church groups that attend theatres across the continent - let's be serious, across Texas - want to watch a movie that justifies their hyper-consumptive existences, a lifestyle that has no real-world consequences. Cage is just the icing on a very fucked-up cake.

On the bright side, *Left Behind* can serve as the inspiration for an excellent drinking game. Keep track of the number of Bible verses quoted or referenced. Note the anguished faces that Cage makes. Just make sure that your liquor cabinet's well stocked.

JAMES WILT



## SNOWPIERCER

★★☆☆☆

*Now playing at Cinematheque*

*Snowpiercer's* a real conundrum of a film. The description features all the components of a film I'm near-guaranteed to dig: the story goes that all life on earth is killed off due to the unforeseen results of attempting to curb global warming with geoengineering, save for a small percentage who are trapped on a train circling the planet. Mass inequality on the train is rife. Eventually, the oppressed rebel. Violence ensues.

It's too bad that it's a mostly awful film. Many glowing reviews speak to different assets. There's undoubtedly a killer set design, owing much to *Bioshock*. But beyond that, I disagree with every credit bestowed. The premise is bizarre to the point of distracting, the acting overdone on every count and the script comically poor. It's a dystopia that relies on spoonfeeding.

The most irksome part is that *Snowpiercer* is widely regarded as an intellectual's film. Take the *Toronto Star's* review of it, which

proclaimed that it's "so laden with metaphor and symbol it could keep a semiotics class busy for an entire semester." That's a disturbingly false claim in both specifics and implication. *Snowpiercer* is far from delivering a nuanced critique of our collective complicity in the issues it explores.

At the very least, I'm glad that the critical issues of ecological devastation and class warfare are represented in a critically celebrated film. But a significant message can't outweigh aesthetic merit, the latter of which *Snowpiercer* possesses little of. The enthused cast can't save this train wreck of an endeavour; plot holes abound, with shitty dialogue filling any remaining gaps.

I'll just keep dreaming that the rumoured HBO adaptation of Margaret Atwood's *Oryx and Crake* from director Darren Aronofsky will come to fruition and remind us what an artistic morality tale that actually respects its audience looks like. Bring on the pigeons.

JAMES WILT



## REST YOUR TIRED PAWS AT MAW'S

Laid-back hangout with colourful menu latest addition to the Exchange's food scene

DINE-O-MITE

ALANA TRACHENKO @ALANATRACH

VOLUNTEER STAFF

MAW'S Eatery and Beer Hall can be easy to miss if you're walking through the Exchange District, although the white awning over the door certainly stands apart from a sea of grey. It's more than worth taking the time to track down.

The large front window gives you a glimpse into the compact front room, which manages to fit in a bar, stage area, pool table and assortment of seating. With clothes trunks as tables and a large shelf full of knickknacks and lamps it could be mistaken for your aunt's basement, until you notice the brick walls and wood pallet lights.



COURTESY OF FACEBOOK

Although the vibe is somewhere between casual and nostalgic, there are signs that the restaurant is still in its infancy; the kitchen was out of hamburgers which meant I couldn't try the very intriguing Charlie Sheen Burger.

Our server was new as well, but that didn't stop her from being personable. She knew the menu and made useful recommendations. The staff seems to have a lot of freedom in what it wears, and is refreshingly approachable, something that sadly tends to disappear in some nicer restaurants.

While we waited with our drinks, we listened to recent hits, Kanye and yodeling, in no particular order. The wide range of age in patrons proved that there was something for everyone; the rough-hewn bar also has a TV for those looking to watch a game.

Beer is reasonably priced, and food as well at an average of \$12 a plate, which includes a side. Our table got a couple of chicken sandys and shared a plate of sexy fries - essentially pizza baked onto fries. Both of the dishes could have been

sloppy, but weren't. The chicken sandwich used basic and flavourful ingredients including mushroom gravy, and the tomato soup was smooth and improved by croutons and fresh green onion.

The menu is brief and disappointingly low on vegetarian options. It also lacks dishes which can be made vegetarian by ordering them without the meat.

Just as our plates were cleared, Grant Davidson of Winnipeg's Slow Leaves took the stage with his guitar and harmonica, adding rather than commanding the ambiance.

The restaurant's stage area wouldn't allow more than a few musicians to play at once, but the next room over is the Beer Hall, which boasts a full stage and generous seating. It's a pleasant surprise that it does resemble a beer hall rather than an open floor concept for dancing, though there is room for that as well.

MAW'S is the kind of place you can spend a couple of hours in without feeling rushed, even upon finishing your food. It's got enough character to bring a date or catch up with an old friend. If you sit close to the music, however, you may need to speak up. Also, the cozy lounge chairs are great for drinks but less so for food; you may want to request a table for meals.



MAW's Eatery & Bar is located at 111 Princess St. and is open for lunch and dinner, Monday - Saturday.

The Beer Hall is open 9 p.m. - 2 a.m. at 291 Bannatyne Ave.

## IN THE MOOD FOR CHANGE

Depression and bipolar disorder afflicting students in high rates

BROOSE TULLOCH @BADBROOSE

VOLUNTEER STAFF

"I didn't know what was wrong with me," Rachel Westman recalls. "I stayed in all the time and didn't want to go out with my friends, I was easily upset and cried almost every day. It felt like no matter how hard I tried it wasn't good enough, studying all night and still only managing to get a C+. Nothing was good enough. It began to feel more permanent."

Westman, a graduate from the University of Winnipeg and events director at the Mood Disorders Association of Manitoba (MDAM), was certainly not alone in experiencing a crippling mood disorder; the most recent Peg Indicator Report released by the United Way suggested nearly one in four Manitobans suffer from a mood or anxiety disorder.

"A mood disorder can be viewed as an uncontrollable change, which can lead to either of the two extremes of someone's mood," explains Taylor Demetrioff, the



SERGE GUMENYUK

youth outreach program coordinator at MDAM. Clinical depression (including seasonal affective disorder and postpartum depression) and bipolar disorder are such conditions.

"Understanding that your mental health comes first is super important," Demetrioff stresses. "If you ever feel like things are getting too difficult, asking for help isn't a sign of weakness, it's a sign of strength."

The rates for some conditions are even higher for students and young people, as well: according to the Mood Disorders Society of Canada, young people under the age of 20 have the highest rate of depression symptoms, and the 20-to-29 age group incurring the highest rate of anxiety symptoms.

"Being a student is anxiety-provoking," confirms Jan DeFehr, a counsellor at the

University of Winnipeg's student services. She notes that there are a multitude of contributing factors, including continual evaluation, strained finances, uncertainty regarding career, lack of time and constant pressure to achieve.

U of W students have a number of resources available to them on campus, such as the Student Mentor Program, Clinic on Campus, Accessibility Services and Elders at Residence at the Aboriginal Student Services Centre. Off campus, the MDAM offers a full range of support groups and cognitive behavioural courses.

"One general way to cultivate a sense of hope and contentment is to try to live well," DeFehr advises. "Sleep enough, eat regularly and nutritiously, get physically active, live outdoors - not only inside, cultivate friendships and stay connected with

positive, supportive, caring people, be wise about substance use and relate compassionately to ourselves and others."

For Westman, it was a treatment plan of antidepressant medication and sessions with a cognitive behavioural psychologist that allowed her to begin recovering from her depression. She also notes that the use of a Day-Light (a form of light therapy used to temper the effects of seasonal affective disorder) and exercise helped her feel more like herself.

"Every day is a battle," Westman concludes. "But that's how I look at things, just one day at a time. I'm preparing for life the best I can by exercising and recognizing negative thoughts, seeing them as just thoughts and nothing else."

Visit [mooddisordersmanitoba.ca](http://mooddisordersmanitoba.ca) for more info.

## BEWARE OF UPGRADES UNKNOWN

That iPhone 6 upgrade is bad medicine for ol' iPhone 4

SARAH LYNN VAAGE

VOLUNTEER STAFF

It's that time of year again! The release of the new iPhone 6 has people clamoring to own the newest thing in technology. But with new technology comes new problems and pressure on people who want to keep their old devices.

One of the latest problems is the software that has been released for the iPhone: iOS 8. It may appear great, until you download it onto your older device. This high tech software is designed to run on the two latest versions of iPhones (5 and 6) but the poor iPhone 4 and 4S don't have the power to run this new software properly.



LUIS CARDONA

Consequently, this software will likely make your once state-of-the-art iPhone run slower and drain the battery faster. Whether it's intentional or not, by encouraging people to download iOS8 onto their old phones, Apple pressures - or even forces - people to upgrade to newer iPhones.

System problems are not the only things you need to worry about with the release of new technology. New apps and games are designed primarily for the new devices and software. I can't even use my CIBC mobile banking app unless I upgrade to the new software. But I don't

want to do that because if I do, I know I may permanently ruin my phone.

Of course this technological dilemma is not isolated only to cell phones. The same thing happens when new video game consoles come out. Companies create games only for the new console forcing people who want to continue playing the new games to go out and put down hundreds of dollars on a new console, even though their old one still runs fine.

But as well all know, the money-making companies aren't the only ones pushing the need to upgrade. The Source's slogan says it all: "I want that." We have become a society where need succumbs to want - because our friends, co-workers and everyone else has the latest and greatest device.

Don't get me wrong, progress is great and getting new tech toys is fun. But if you are the kind of person who is happy with your old devices, make sure you know exactly what your phone, console, or whatever device you have is capable of. Never download any software without knowing how it works and what it requires to run. Don't forget to see through all the fancy talk companies use to sugar-coat their new products with and ask yourself: "Is this really better than the device I have now? Do I really need this?"

But the most important thing to remember is to choose what is best for *you* and your lifestyle. Not what the media or your friend says is best. Whether iPhone 4 or 6, or not an iPhone at all, we should all be able to enjoy our tech toys to their utmost potential.

## WINNIPEG - A DELIGHT TO DISCOVER

A visiting student soaks our city in

RACHEL DYCK

VOLUNTEER STAFF

One time in my second year of undergraduate English Studies at the University of Waterloo in Ontario, I met a fellow student who had recently completed two terms as a visiting student at Concordia University in Montreal. What an interesting idea, I thought - a visiting student. Kind of like an exchange student, but the in-Canada version.

Now, about two years later, I find myself here at the University of Winnipeg as exactly that - a visiting student. Of course there are paperwork-related headaches (aren't there always?) and new things to get used to, but so far I am really glad to be here - let me tell you about my Winnipeg experience so far.

First of all, I should explain how I ended up here. You've probably noticed that it is not every University of Waterloo student that wrestles with Canadian university systems - which are really quite



LUIS CARDONA

accommodating, just sometimes slow - in order to come to Winnipeg (nor is it every University of Winnipeg student who goes to Waterloo).

A significant reason for my being here is that Winnipeg is where my mom was born and raised. For my whole life, I have visited Winnipeg several times. But really, a week of family reunions (which I really do enjoy) does not give one an adequate impression of a city, so I'm hoping a term will do. I am also interested in learning about some of the cultural groups represented here in Winnipeg, and going to a smaller, more arts-focused school is really interesting.

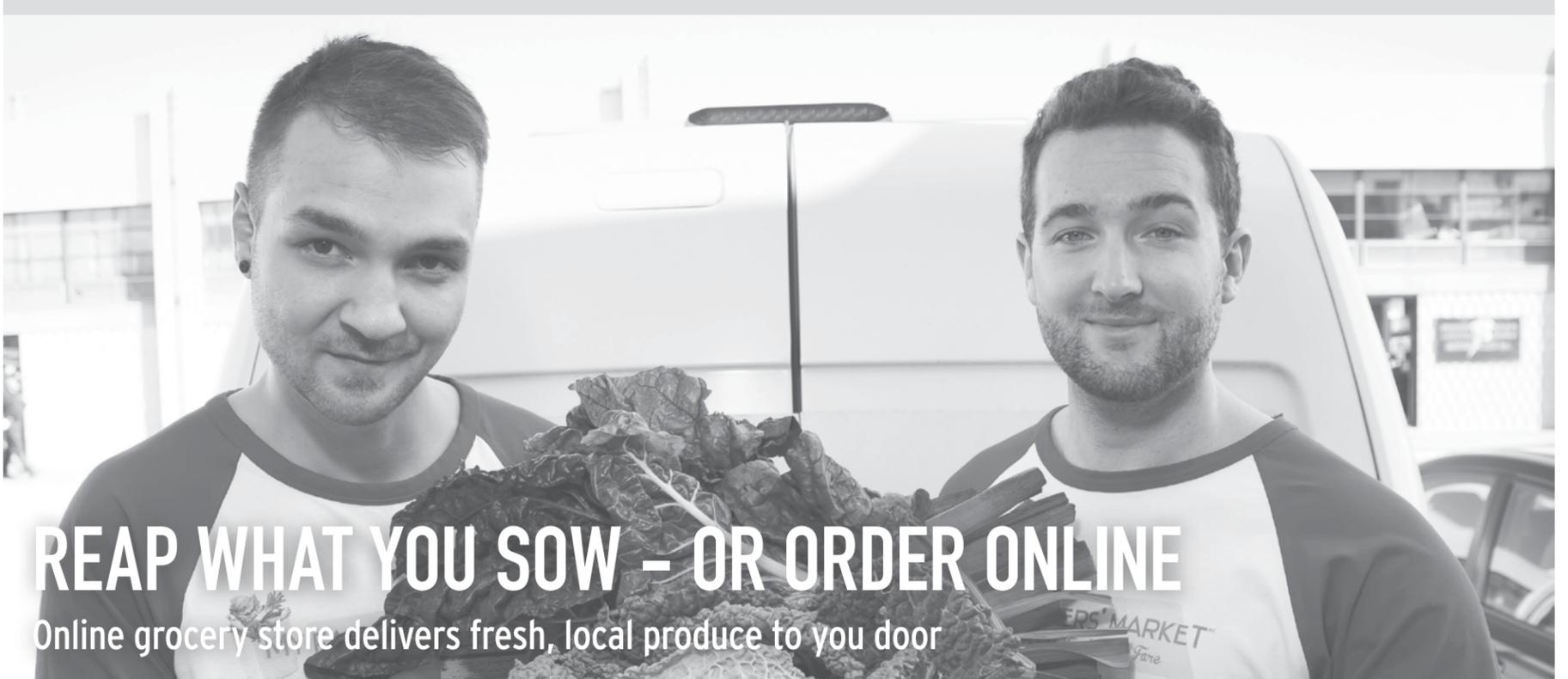
My grandparents (Winnipeggers) are very active people, and my family has always been amazed at the number of events in which they manage to participate. Being here for even just a month, though, I am noticing that many Winnipeggers seem to share a love of community events, festivals, gatherings, etc. - I am almost overwhelmed by all that seems to be taking place on a regular basis, on and off campus, e.g., all hours of the day and night during Nuit Blanche.

I have appreciated warm welcomes from several on-campus groups, including the Improv Club and Intervarsity Christian Fellowship, and also from indi-

vidual people in classes and even in line at Student Central (for a couple of hours) during the first week.

From volunteering at Siloam Mission to taking a conversational French course at Universite de St. Boniface, I am getting to see some different sides of the city, and I look forward to discovering more about this place that I think is one of Canada's jewels.

*Rachel Dyck is a visiting student at the University of Winnipeg from the University of Waterloo in Ontario. She is taking an English major and a French minor and is enjoying Winnipeg so far!*



## REAP WHAT YOU SOW – OR ORDER ONLINE

Online grocery store delivers fresh, local produce to your door

LUIS CARDONA

RACHEL DYCK

VOLUNTEER STAFF

From electronics to clothing to airplane tickets, online shopping makes it possible for people to purchase goods without having to look past their computer screens. And now, Winnipeggers can add groceries to their lists of online purchasing options as well.

Selling fresh, organic and largely locally-sourced food, My Farmers' Market ([myfarmersmarket.com](http://myfarmersmarket.com)) is an enterprise that operates by taking online grocery orders and delivering them to your doorstep - for free - every day of the week.

"Our mission is to help Winnipeggers make conscious and healthy diet decisions, support local and save Winnipeggers time in their day," operations manager Colby

Charles, a University of Winnipeg Business and Administration alumnus, says.

My Farmers' Market, which is in its first year of business, operates year-round and offers customers products including fruits and vegetables, baked goods, meats, dairy, beverages, health products and pet food.

Manitoba-made products are labelled on the website with product descriptions so customers can be mindful of who they are supporting as they shop.

"We are so busy with our lives, getting pulled in all kinds of directions, that eating and shopping healthy [is] just one more thing on our plate," Charles says. "With My Farmers' Market we are looking to take that extra stress away."

Charles also notes online grocery shopping is already a "booming industry" in parts of North America and Europe.

"We blow most of the other traditional stores that provide organic food out of the

water when it comes to prices," he says.

Winnipegger Kristi Degenhardt and her family have been supporting local agriculture for several years, buying much of their meat, poultry and produce from three different farmers around Winnipeg.

"I think the farmers' market niche is growing, probably in the demographic of people who would [go] online," the 36-year-old says, adding that St. Norbert Farmers' Market offers an online delivery option as well.

Degenhardt says that with the service being just a click away, there are reasons to think about it critically.

"It seems incongruous to have an online farmers' market," she says, suggesting markets are usually about "slowing down and taking the time to wander and pick your own food."

However, she acknowledges that people go to farmers' markets for different reasons.

"This is an option that will appeal to some and not to all, and that's totally fine," she says.

Degenhardt says she does not see My Farmers' Market taking away from traditional farmers' markets and community supported agriculture. Rather, the online shopping option will cater to customers in the city, who may not have the opportunities to make it to the outskirts to pick up produce.

"Everyone that hears and tries our service absolutely loves it," Charles says. "Most people who try it become repeat customers. It is relevant to Winnipeggers because it saves them time, provides access to good food all year round, and supports local farmers and families."

For more information or to place an order, visit [www.myfarmersmarket.com](http://www.myfarmersmarket.com).

## I WANT TO RIDE MY BICYCLE!

City's first parking-protected lane paves way for future paths

JILLIAN GROENING

@JILL\_GROENING

BEAT REPORTER

Slowly but surely, the City of Winnipeg is catching up to the spinning spokes of its cyclists.

Having been officially announced last April, the new bike lane on Sherbrook St. marks the first of its kind for Winnipeg, where cyclists are separated from traffic by a lane of parked cars.

"It's pretty exciting," Greg MacPherson, executive director of the West Broadway Community Organization, says. "It took a lot of courage for the City to do something different."

The lane runs from the Maryland Bridge north to Cumberland Ave. Only



MIKE SUDOMA

one section is parking-protected and is being viewed as a trial for future bike lanes. So far, it seems to be working out.

MacPherson says he was excited to see parents with children out on the path. Before, families would have been re-routed to the quieter Furby St.

"Forty per cent of residents [in the West Broadway area] don't own a car and it's one of the most densely populated areas in the city," MacPherson says. "So having safe, accessible riding access is really important."

Matt Magura, a bike courier and cycling advocate, believes an increase in ridership

is responsible for the development of the path.

"Advocacy from Bike Winnipeg, the community bike shops and many others is crucial in gaining support from the government," he says, adding the attention to cycling infrastructure in the downtown area is nice to see.

"That being said, I prefer to be a part of traffic and to ride safely in it," Magura says.

Mark Cohoe the executive director of Bike Winnipeg, a citizen-driven group advocating for improved cycling infrastructure, says the bike lane is turning people on to active transportation.

"We've had a lot of people cycling to work for the first time because of the lane," Cohoe says. "And a lot of [car] commuters have been responding well, too. I think it will definitely increase ridership."

Considering Sherbrook St. and Maryland Ave. are two of the busiest bike corridors in the city, Cohoe hopes to see the new bike lane as a model for similar lanes downtown. He also views the lane as a benefit for business owners.

"The fact that people in the neighbourhood have more options for how they get to work and their mobility, I believe as a result they'll see more money invested back into the local economy," Cohoe says.

"New York has done research on the economic benefit [of bike lanes] and the studies show that after a protected bike lane went in, local businesses saw a 49 per cent increase in sales."

A spokeswoman for the City of Winnipeg says Winnipeg Transit has had zero operating issues so far. However, issues of bike parking and snow removal will have to be addressed down the road. Still it seems one can't argue with the benefits of the new lane.

According to MacPherson, "It's a sign of things to come."

Sign up for 'I bike I vote' at [bikewinnipeg.ca](http://bikewinnipeg.ca) to read what mayoral candidates have planned for the future of cycling in Winnipeg.

# MEET YOUR MAYORAL CANDIDATES

Judy Wasylycia-Leis: the muse of some local performers

BROOSE TULLOCH

 @BADBROOSE

VOLUNTEER STAFF

Judy Wasylycia-Leis is well-known in many of Winnipeg's social circles. It's no surprise - the former Member of Parliament for Winnipeg North, NDP MLA, and Minister of Culture, Heritage and Recreation has spent close to three decades working in public office.

In that time she's made a wealth of connections and even caught the eye of some of Manitoba's artists. Mention the name "Rik Leaf" to Wasylycia-Leis and she lights up.

"He's been a real inspiration to me!" she exclaims and describes how she first met the local musician while walking her dog on Atlantic Ave. during the 2006 federal election campaign.

"Along comes this guy with an envelope and he wants to talk," she recalls. "He starts talking about the path of music



SUPPLIED

as a tool of empowering communities and the need to integrate to political decision making and policy development," Wasylycia-Leis says.

Out of that chance meeting, the North End Arts Collective was born. It's a loose, non-structure community group that gathers to socialize with and be entertained by their neighbours.

Leaf was the first to perform at the series of house concert meetings in the Wasylycia-Leis home.

"I suddenly found myself in a room with the very people I dreamed about meeting but didn't know where or how to find," Leaf says. "And they were all there because she knew we all needed each other."

Leaf was inspired to write and record a poetry slam in support of Wasylycia-Leis's 2010 mayoral campaign, titled "Vote for a Vision."

*"Buried deep in the heart of it all, Her story is a history,*

*Of bringing the many together, So that all the streams can flow with the force of a river."*

"Those lines sum up Judy's role in the North End Artist Collective," Leaf says. "She really connected all the different threads: writers, painters, poets, musicians; also the different communities, walks of life, and cultures."

Since that first meeting, Leaf relocated to the West Coast, but he is looking forward to a homecoming.

"I'm flying to Winnipeg for the celebration when she wins!" he says from Yellowknife where he is leading slam poetry workshops for students and teachers.

Wasylycia-Leis says Leaf inspires her in kind to use arts in her approach to politics.

"That's so Rik - finding some new opportunity that doesn't give fame and fortune, but builds community," Wasylycia-Leis says. "It really shows the power of music and integration of our rich heritage, especially our Indigenous art forms."

Wasylycia-Leis says arts and culture is the "fourth pillar" in her plan for Winnipeg along with economic, social, and environmental dimensions.

She plans to support infrastructure projects including bus rapid transit pending a post-election analysis that includes cultural considerations.

"Too often arts and culture are an afterthought when we make decisions around building bridges, planning spaces and neighbourhood development," she says, "when they should be an integral part. It creates a sense of identity which builds communities and healthy, safe neighbourhoods."

Wasylycia-Leis would also like to extend this way of thinking beyond transit.

"We need a cultural impact lens on all of our policies," she says.

*The civic election is Oct. 22, 2014. You can learn more about Judy Wasylycia-Leis at [judyformayor.ca](http://judyformayor.ca).*

# HELPING AUTISM LIVE IN WINNIPEG

Rhetoric grad helping autistic children through new business

ALANA TRACHENKO

 @ALANATRACH

VOLUNTEER STAFF

Kristian Hooker knows first-hand how difficult it can be for people with autism to negotiate social situations. The University of Winnipeg (U of W) alumnus is on the autism spectrum himself.

In 2013, Hooker began Help Autism Live Everywhere (HALE) - a business providing skill-building sessions to children on the autism spectrum and addresses issues such as social interaction and team building. HALE was started in Selkirk, Hooker's home town, and expanded into Winnipeg last month.

"So far, we're getting a lot of interested people," Hooker says.

Because Hooker has autism, he says he is able to relate to and understand the children he works with, and then design sessions accordingly.



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Kristian Hooker

"We deal with a lot of issues that someone on the autism spectrum may not comprehend as easily as others, like conversation cues, personal space awareness, dealing with bullying and confidence-building," Hooker says.

"I started the actual running of social skills groups in the middle of my university ... and then two years after that we decided to make a business out of what we do because we were expanding."

Hooker also says his background at the UW has been a major component of the work he's done at HALE.

"I was a major in Rhetoric and Communications, and that was a course all about how society and community makes meaning out of symbols and everyday

communication," Hooker says, "and I think that really helps me.

"If a young child is bombarded by so many messages at once, they might get flustered ... rhetoric has helped me make meaning of all the messages out there, which has helped me relate to the kids," Hooker says.

Besides social skills groups, HALE also offers Lego sessions, which provide an interactive way for children to practice team work, turn-taking and communication indirectly. And of course, it's also fun.

"It builds bonds and friendships with these kids," Hooker says.

Children who attend sessions range in age from 5 to 16, and Hooker, along with his mother Lynn, hope to begin sessions for adults on the spectrum in the near future.

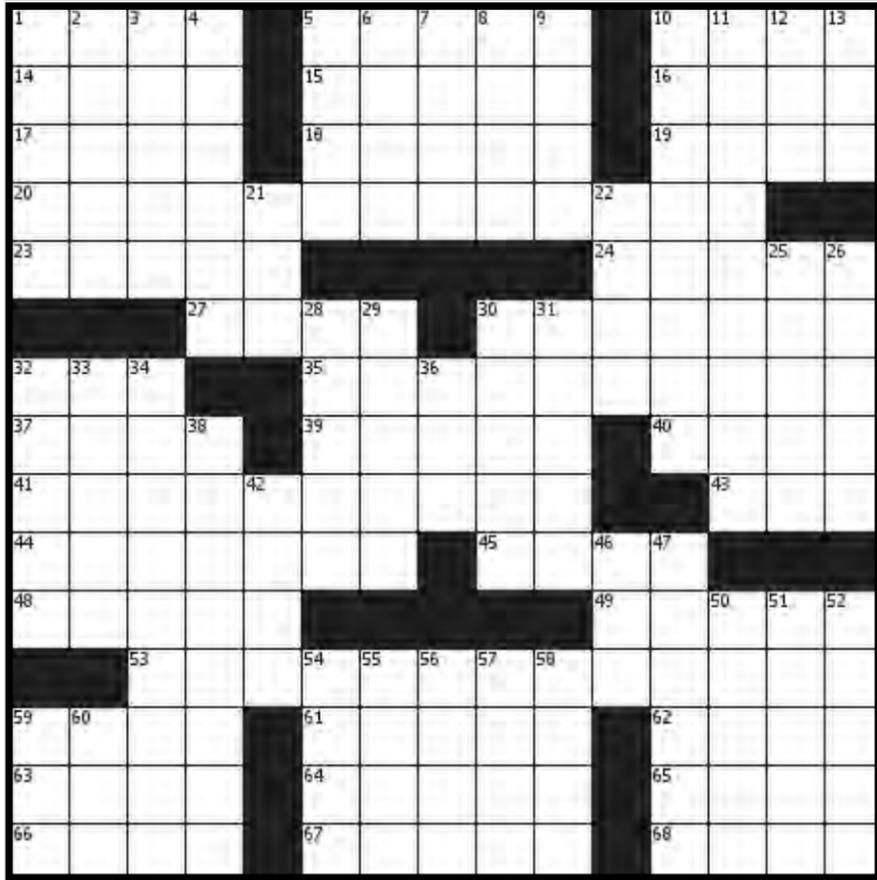
Lynn Hooker says adult sessions will be aimed at learning "unwritten social rules" that can be hard to decipher for those on the spectrum.

"The needs are going to be different [for adults] - however young people have hobbies, so this would be a way to interact with the individuals. It may not just be Lego, we've talked about technology ... stop motion movies, something that's more sophisticated," she says.

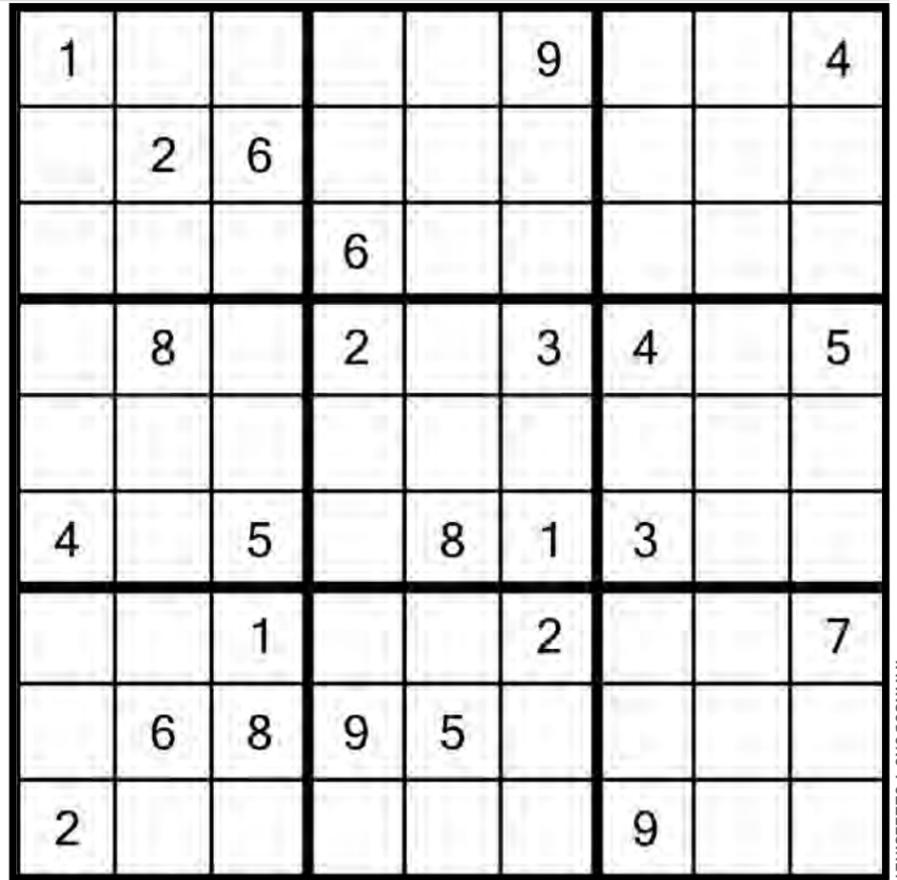
Mother and son agree the biggest challenge for them has been networking and establishing a name in Winnipeg. They encourage those who know children on the spectrum to bring them to a session.

*Check out HALE on its Facebook page - [facebook.com/groups/hale.autism/](https://www.facebook.com/groups/hale.autism/) - for more info. Costs vary per class.*

# DIVERSIONS



WWW.ONLINECROSSWORDS.NET



WWW.SUDOKU-PUZZLES.NET

## ACROSS

1. Char on the grill
5. Indian princes (Var.)
10. Neatnik's nightmare
14. Dance at the luau
15. Skip the big wedding
16. Prefix with dynamic
17. Take \_\_\_ (acknowledge applause)
18. Humble
19. Environmentalist's concern
20. Techie's lament, Part I
23. "Unhand me!"
24. Like composition paper
27. End to be attained
30. Skyline feature, perhaps
32. Warbucks cohort
35. More of the lament, Part II
37. Oft-told tales
39. It has arms and waves
40. Part of TVA
41. Part III of the lament

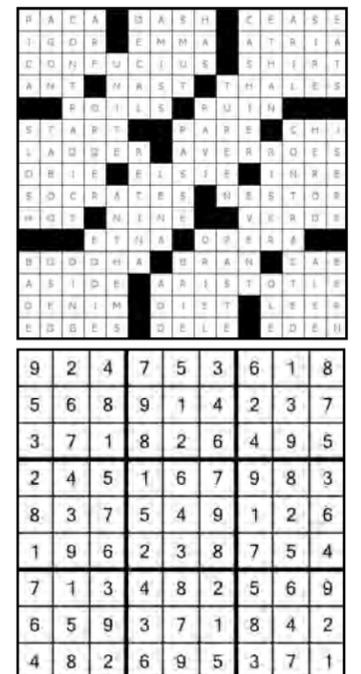
43. Cheer start
44. Gives up, as an office
45. Make an impression?
48. Blow up
49. Oktoberfest dance
53. End of the lament
59. Red giant now broken up
61. Kitchen draw
62. Grayish yellow
63. Chase off
64. Send money
65. Famous twins' birthplace
66. Rightfully deserve
67. Some are deciduous
68. Makes lacework, in a way

## DOWN

1. "We \_\_\_ Overcome"
2. James Hubert Blake's nickname
3. Drifting above
4. Nog ingredient
5. Move, in realtor's lingo
6. Moises of baseball
7. Nixon facial feature
8. Impersonated
9. Kosovo native
10. Cheeky, to the max
11. Some baked goodies
12. Oaxaca gold
13. Quagmire
21. Wine and dine
22. Zeno's home
25. Kate Nelligan film
26. Bruce and Laura
28. Love, Italian style
29. Van Pelt and Ricardo
30. Classic 1953 Western

31. Palindromist's dogma
32. Full of life?
33. To date
34. Forerunner
36. Executive letters
38. Former first lady, somewhere
42. Miss Kett
46. Bean counter, for short
47. Lincolnesque adjective
50. Saint \_\_\_ (isle S of Martinique)
51. Gold standard
52. Reunion folks
54. Sewer's tuck
55. Llano rarity
56. Visitor's opponent
57. Give off
58. Calculating subject
59. Employ
60. "\_\_\_ Na Na" ('70s musical series)

## SOLUTIONS TO LAST WEEK'S PUZZLES.





# Student Services

## You of W



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

### ACADEMIC ADVISING

Want feedback on your courses? Need help with course adds or drops? Visit an Academic Advisor for quick questions during drop-in sessions -daily from 9-10:30 and 2-3:30 (check 1C16 for extended hours). Questions can also be sent to [advising@uwinnipeg.ca](mailto:advising@uwinnipeg.ca) and full-length appointments can be made in 1C16 or by calling 204-786-9257.

### STUDY SMART

Get advice and tips on essential study skills at FREE Study Skills Workshops! Mondays & Wednesdays, 12:30 to 1:20 P.M. Room 4C60, 4th Floor, Centennial Hall, UW [www.uwinnipeg.ca/index/services-adv-study-skills-workshops](http://www.uwinnipeg.ca/index/services-adv-study-skills-workshops)

### ACCESSIBILITY SERVICES

Accessibility Services (AS) provides a number of accommodations and supports to students with documented disabilities and medical condition. If you think you may have a disability, we can also provide you with information and support.

### STUDENT LIFE

Your U of W Health & Wellness Peer Educators are taking on the challenge to raise money and awareness during the Nation Mental Illness Awareness Week October 5-11, 2014. Our team will be actively participating in the Manitoba Schizophrenia Society's 23rd annual Journey of Hope Walk. The walk will take place on Sunday, October 5th, 2014 at The Forks. The group is accepting pledges on-line and in person at the Student Wellness office located at 1A02. For more information, to make a pledge or if you would like to join the team, please contact Jill Hodgson at [j.hodgson@uwinnipeg.ca](mailto:j.hodgson@uwinnipeg.ca)

### STUDENT CENTRAL

#### RENT A LOCKER TODAY!

It's getting cool outside! Need a place to store your jacket? Lockers are available on the lower level of Manitoba Hall and on the 3rd floor the Richardson College. Lockers are \$40 per person for Fall and Winter. Rent your locker by sending an email with your preferred location to [studentcentral@uwinnipeg.ca](mailto:studentcentral@uwinnipeg.ca) from your UWinnipeg email account, or visit Student Central in person.

#### PAYMENT PLANS

Still haven't paid your tuition fees? Are you unable to pay your entire tuition at once? If you can pay at least 25% of the amount due immediately, you can set up a payment plan at Student Central. A \$77.00 late fee is applicable. Payment plans are available for set up during the 2nd and 3rd weeks of September.

### AWARDS & FINANCIAL AID

#### CAMPUS JOBS!

The Awards and Financial Aid Office is now accepting applications for the Fall/Winter 2014-15 Work-Study Program.

### WORK ABOUT 5-10 HOURS A WEEK.

Get valuable research experience. Work flexible hours. Build your résumé. For more information, deadlines and applications, visit the Awards & Financial Aid website: [www.uwinnipeg.ca](http://www.uwinnipeg.ca)

APPLY NOW!

**ASK! You of W**      PHONE: 204.779.UWIN (8946) | EMAIL: [studentcentral@uwinnipeg.ca](mailto:studentcentral@uwinnipeg.ca)

Lower Fort Garry  
National Historic Site

# fright at the fort

Fear comes to Lower Fort Garry. Visit a Victorian wake, pose with the dead and finish the evening off with a beverage in the Thirsty Beaver Tavern.

\$15.10/adult

Tickets available online

For more information:  
parksCanada.gc.ca/garry  
204-785-6050

Thirsty Beaver Tavern offered by Friends of Lower Fort Garry

Canada

## FASHION STREETER

Anita Daher

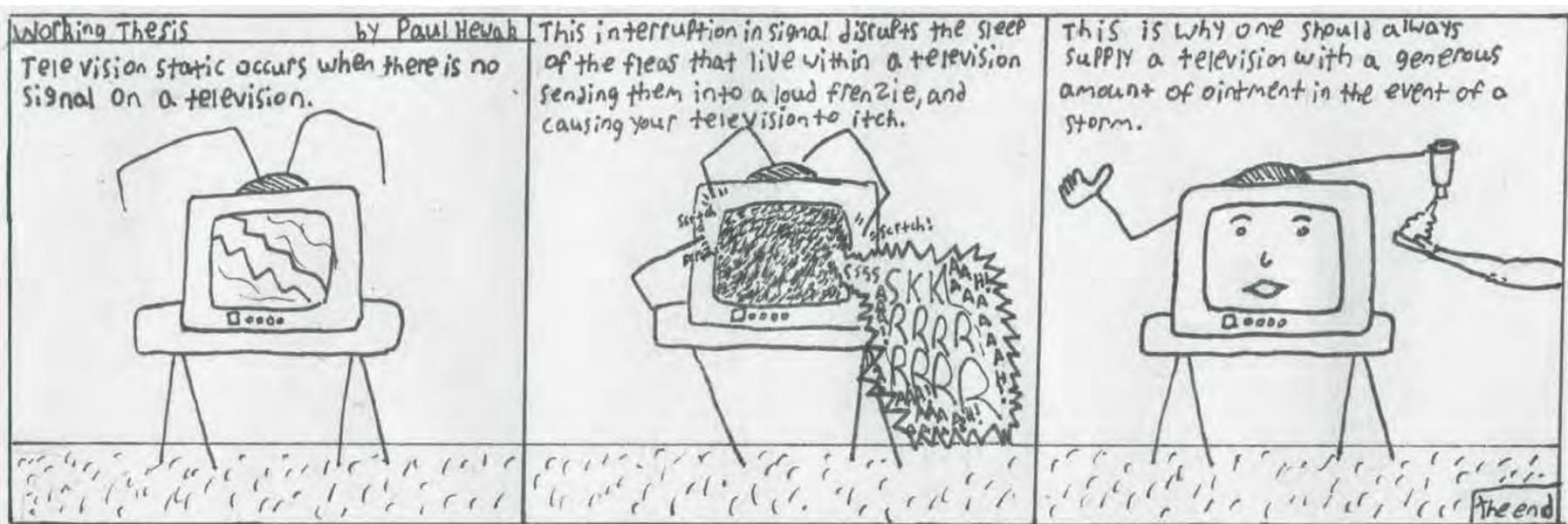
"Today I was going for 'business with an edge'"

SCOTT CARNEGIE

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.

## The CREEPS

BY JEAN FLOCH  
[www.gocomics.com/the-creeps](http://www.gocomics.com/the-creeps)



# YOUR FEEDBACK. YOUR **UNITER.**

The Uniter wants to know your reading habits, what you think works or doesn't, and what you'd like to see more of. We also want to make sure that you're getting the paper and/or finding us online.

You can also fill out the survey at **uniter.ca**. Physical surveys can be dropped off at:  
The Uniter office - room ORM14 University of Winnipeg  
515 Portage Avenue Winnipeg, Manitoba R3B 2E9

1. Are you a post-secondary student?

- Yes
- No

2. How often do you read *The Uniter*?

- Every issue
- Most issues
- Occasionally
- Never

3. How do you read *The Uniter*?

- The physical paper
- Online
- A combination
- I don't read *The Uniter*

4. How do you follow *The Uniter* on social media? (check all that apply)

- Facebook
- Twitter
- Instagram
- Vimeo
- I don't follow *The Uniter* on social media

5. Are you aware of where *The Uniter* is distributed regularly?

- Yes
- No

6. Is *The Uniter* distributed at convenient locations for you?

- Yes
- No
- If no, where would you like to see it distributed? \_\_\_\_\_

7. What best describes how thoroughly you read *The Uniter*?

- Cover to cover
- Cover feature only
- Skim entire paper and headlines
- Read one or two stories
- Not at all

8. How often do you read these sections?

**Arts**

- Every issue
- Occasionally
- Most issues
- Never

**Culture**

- Every issue
- Occasionally
- Most issues
- Never

**Comments/The Column**

- Every issue
- Occasionally
- Most issues
- Never

**City/Campus**

- Every issue
- Occasionally
- Most issues
- Never

**Diversions (comic, sudoku, fashion streeter, crossword)**

- Every issue
- Occasionally
- Most issues
- Never

9. How would you rate the overall quality of *The Uniter*?

- Excellent
- Good
- Fair
- Poor

10. *The Uniter* is the official student newspaper of the University of Winnipeg but is autonomous from the university's students' association. It works to balance a downtown focus with campus content.

- I would like to see more campus content
- I don't read campus content
- I like a good balance

11. Any suggestions for future articles or improvement of content or coverage?

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12. Are you an aspiring writer/photographer/cartoonist/videographer that would like to get involved in contributing to *The Uniter*?

Email: \_\_\_\_\_