

THE **U** NITER

FREE.WEEKLY.
VOLUME 70 // ISSUE 08 // OCT. 29

GONE HAUNTING

EXPLORING THE PARANORMAL SIDE OF WINNIPEG

GUN SMOKE AND
GENRE PLAY P5

NO VAPING ON
CAMPUS P13

MENTAL ILLNESS
ISN'T PRETTY P14

HORROR AND STORIES

Near the end of October, coffee shop chatter and other generic small talk gravitates towards predictions about whether or not we'll have snow before Halloween. It's a perennial question that echoes our basic Winnipeg conversational template: one current event + the weather.

The Uniter isn't going to take a stand either way on that debate. We'll leave the forecasting to the forecasters, and instead report on what we know to be true this week. If you're into celebrating Halloween, there's a lot going on. And if you're not into spooky stuff and/or candy, you're still in luck.

In the news this week, vaping has been ruled out at the University of Winnipeg, transgender kids are being welcomed into the Girl Guides and a group of agencies work on a census of Winnipeg's homeless population.

There's a lot going on in arts and culture too, from an exploration of Artist's Alley at Comic Con, to an invitation to a province-wide book club and a night at the movies with a mystery feature - that is, you won't know what's playing until you're in your seat.

Perhaps that's enough of a thrill for some. For those who seek more ghostly horrors, read on.

One of our braver contributors gives you a sneak peek of Fright at the Fort, an annual event held at the historical site of Lower Fort Garry. In our cover feature, we profile some seasonal haunts as well as a few local groups who play with the paranormal year round.

And while it's not directly linked to this year's Halloween, we're also reporting on an important (potential) death. A University of Winnipeg prof is ready to write the epitaph for Lake Winnipeg, a popular summer destination and one of the largest freshwater lakes in the world. It's a scary prospect, and a timely reminder that our relationship with the natural world goes a little deeper than the daily weather.

And as for the snow on Halloween? Once again, we'll wait and see how that one plays out.

-Anastasia Chipelski, Managing Editor

* ON THE COVER

Historical or sensational, deaths at the Fort Garry Hotel have inspired some of the city's most fascinating ghost stories.
.....



Kelly Smith is a paranormal investigator (Article on Page 8).

PHOTO BY DANIEL CRUMP

DOWNLOAD OF THE WEEK

"SACRED SITES" BY WELL SISTER IS UP
AT UNITER.CA
(SEE THE FULL ARTICLE ON PAGE 7)



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PHOTOS BY MIKE SUDOMA

THOMAS PASHKO

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FEATURES REPORTER

Filmmaker Fabián Velasco comprises one fourth of one of Winnipeg's most interesting filmmaking collectives. Along with collaborators Milos Mitrovic, Ian Bawa and Markus Henkel, Velasco has had a hand in creating many of the city's funniest, darkest and most absurd recent films.

The group's newest film, *The Champ*, directed by Velasco and written by Mitrovic, recently premiered at Fantastic Fest in Austin, Texas. Mitrovic stars as an ex-boxing champ on death row who fights to take his championship belt to his grave.

"We just shot another film, we're almost done editing it," Velasco told *The Uniter* in his St. Boniface home. "It's the dumbest movie we've done so far. It's 'stupid' funny. Milos plays a guy who wants to be this Justin Bieber kind of pop star. The pop star is named Austin Kelsey. He wears leather jackets and adult diapers. So Milos gets a face transplant to look like him, but the surgery goes wrong. I won't tell you how it ends."

The group's bizarre style arises from their unique collaborative process, which shifts from project to project.

"It's usually pretty democratic," Velasco says. "It usually comes to a vote. Even if I'm directing, we all have a say. If I want to make a change as a director, I have to make my case to the others."

**1) SHELF OF FILM REELS**

"Most of these are from the One Take Super 8 film fest. For \$15 you get a camera and a reel of film and you just shoot it sequentially, editing on camera. You give them the undeveloped film and you watch it for the first time in front of an audience. It's terrifying. Sometimes it's just four minutes of black."

2) PROJECTOR

"It's actually funny. I got it on sale at Winnipeg Film Group. I think it cost \$5. I got it because I thought it was a Super 8 projector, and I'd shot a bunch of Super 8. But it's an 8mm, and they're two completely different things. So I can't use it at all."

3) COLLAGE

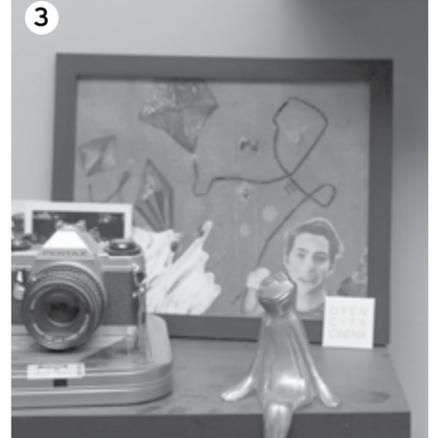
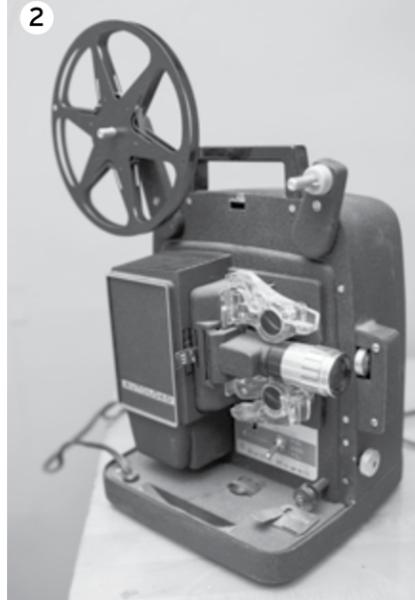
"(My girlfriend) made that collage from a picture of me that was in *The Uniter*. The mouth is actually Milos' mouth."

4) MESSI THE CAT

"Film is dead!"

5) FILMS

"This film never got made. Milos wrote it. It was called *The Trouble with Sleeping Alone*. The camera was fucked and the exposure was too high, so we never finished it."



ARTS AND CULTURE BRIEFS

MEG CRANE // ARTS AND CULTURE EDITOR

@MEGCRANE

Wacken 3D

One night only, *Wacken 3D* will be playing at SilverCity Polo Park Cinemas. The documentary takes a look at Wacken Open Air, the world's biggest heavy metal festival. The film gives an up-close look at acts like Alice Cooper, Lamb of God and Anthrax. The documentary was filmed with 18 stereoscopic 3D cameras, giving the audience an interesting perspective.

Outside Joke

On Oct. 31, Outside Joke Improv is launching its fourth season at the Gas Station Arts Centre. The Winnipeg Fringe Theatre Festival's DnD Improv Show will make a special appearance on the first night, with Crumbs, Folk Lordz and Hot Thespian Action on the line-up for upcoming shows throughout the season. Find more info at gsac.ca.

Foraging guidance

So, you've got weeds. Now what do you do with them? Laura Reeves, a botanist in Manitoba, knows and she's going to share that info with you. She has published *Laura Reeves' Guide to Useful Plants - From Acorns to Zoom Sticks*, a guide to what to do with 65 wild plants and mushrooms found in Manitoba.

Tim Chaisson

Country musician Tim Chaisson takes the stage at the West End Cultural Centre on Nov. 3. All the way from Prince Edward Island, Chaisson is touring to support his newest album, *Lost in Light*. Toronto's country musician Jessica Mitchell will be coming along for the ride. Tickets are \$10 ahead of time or \$15 at the door.

Iceland

Theatre Projects Manitoba presents *Iceland* Nov. 5 to 15. Nicholas Billon's play explores how capitalism affects individuals in society through three characters, a real estate agent; a grad student and escort; and a tenant who has lost her home. The show is being performed in the Rachel Browne Theatre. Tickets are \$10-15 for students, and \$25 for adults.

FAITH IN THE FILM

Monthly secret movie night keeps attendees in the dark

KAITLYN GONCALVES

VOLUNTEER

Do you find the movies playing in theatres uninteresting and boring? Look no further!

Secret Cinema shows anything but mundane movies.

"There has been some pretty excited cheering at some of the screenings when the films were announced and I've seen most folks returning every month," Cinematheque programming director Jaimz Asmundson says.

It isn't until people actually get to Secret Cinema on the first Friday of every month that they find out which movies from the Winnipeg Film Group's collection have been chosen to screen.

"The collection includes films from 1915 to 1976 with many of the copyright holders difficult to track down. For this reason, and also just to make the event more exciting, the films are secret until the night of," Asmundson says.

Asmundson launched the event this past June. Each month, a different



curator is chosen to pick from the nearly 200 classic 16mm films in the collection.

"The collection has both short and feature films, so some screenings have been of a feature film and some have been a package of shorts," Asmundson says.

The curators also share their knowledge of cinema history. Thus far, filmmaker Guy Maddin, *Winnipeg Free*

Press columnist Alison Gillmor, and University of Manitoba radio show host/cinephile Amanda Stefaniuk have been a few of the curators. Upcoming curators will be filmmakers Irene Bindi on Nov. 6 and Deco Dawson Dec. 4.

The idea for Secret Cinema came from a donation the Winnipeg Film Group received.

The University of Manitoba film department had a collection of celluloid film prints and Maddin had an extensive collection of 16mm films, but neither had room to keep them, so everything was donated to the Winnipeg Film Group.

"Since then, we have catalogued and stored the collection in our temperature and humidity controlled vault," Asmundson says.

Thanks to the donation, Secret Cinema attendees can enjoy original pieces by Sergei Eisenstein, Michael Keaton, Luis Buñuel and Alfred Hitchcock.

Asmundson says there are experimental treasures in the collection, including film work by Stan Brakhage, Maya Deren, and early Georges Méliès work. Some of the films are not available on DVD, so this is a rare opportunity to see them.

"Personally, it was quite an amazing experience to see Deren's *Meshes of the Afternoon* screened on its original format, rather than on DVD – whoops I let one slip!"

Asmundson says planning for the 2016 season is underway and they are looking for new curators.

"This event is all about making the cinema going experience more educational, personal and informal than our regular Cinematheque screenings," Asmundson says.

All admission is by donation and there is free pizza.

This event happens the first Friday of every month and it is located at Black Lodge studio on the third floor of Artspace (100 Arthur St.).

THE BIGGEST BOOK CLUB

Manitobans brought together through literature

MEG CRANE

 @MEGCRANE

ARTS AND CULTURE EDITOR

Literature is bringing Manitobans together, or at least getting them On the Same Page.

On the Same Page, an annual event entering its eighth year, encourages people in the province to all read the same book then take part in events and discussions surrounding it.

"It's a community building event," project coordinator Danielle Pilon says. "The idea is just to encourage everyone in the province to try reading the same book."

Each round begins when several titles are announced for the public to choose from. Voting starts in June and ends in September. The most popular book becomes the focus of the next round.

The program is a partnership between The Winnipeg Foundation and the Winnipeg Public Library, and was launched in 2008.

"It's very interesting because every year can be completely different," Pilon says. There are different themes, authors and publishers to work with, which leads to a variety of events.

In 2011, *Juliana and the Medicine Fish* led to a fishing program at FortWhyte Alive.

North End Love Songs had the On the



Author of *The Evolution of Alice*, David Robertson.

Same Page team organizing a bus tour around the North End earlier this year with the book's author, Katherena Vermette.

Each year Pilon says different communities get involved, depending on who the book attracts.

This year's pick, *The Evolution of Alice* by David Robertson, was just chosen, so programming has not yet been announced.

Robertson says he imagines that he will be asked to go on a reading tour around Manitoba and he's excited to share his book.

"There's some good teaching about indigenous culture," Robertson says.

The Evolution of Alice tells the story of a single mother raising her three daughters on a reserve.

To him, the characters feel real and he's looking forward to more Manitobans meeting them.

"They're kind of making new friends," Robertson says. He's looking forward to seeing readers connect to the characters who he cares so much about.

Robertson didn't expect his book to be chosen. He says he doesn't like to say he was up against other authors, although he was.

Books by Miriam Toews, Maurice Mierau and Tomson Highway were also

in the running for the 2016 edition of On the Same Page.

"It was just nice to be in their company," Robertson says. He's a fan of all of them as authors and was both surprised and honoured that the public chose his title.

The library is working on ordering copies of the book to distribute for free and planning a programming guide, which will be released in early 2016. Events will be held between February and April.

In the meantime, anyone interested in participating can pick up the book at the library or local booksellers.

CKUW TOP 20

October 19 - 25, 2015

! = Local content

* = Canadian Content



#TW	LW	LC/CC	ARTIST	ALBUM	LABEL
1	5	!	Rastamils	It's A Dream	Self-Released
2	1	!	Cannon Bros	Dream City	Disintegration
3	3	*	Lindi Ortega	Faded Gloryville	Last Gang
4	2	!	Hearing Trees	Dear Sahara	Self-Released
5	6	*	Jerusalem In My Heart	If He Dies, If If If If If	Constellation
6	8	*	Ought	Sun Coming Down	Constellation
7	7	!	The Unbelievable Bargains	Exuberance Abounds	Transistor 66
8	9	*	D.O.A.	Hard Rain Falling	Sudden Death
9	13	!	Human Music	Sup	Sundowning Sound
10	27	*	Dilly Dally	Sore	Partisan / Buzz
11	26	!	Bunk Mustangs	Bunk Mustangs	Eat 'Em Up
12	10	!	Holy Void	Holy Void	Self-Released
13	20	!	Richard Inman	30 Days	Self-Released
14	4	!	M&M Meats	Runners Love	Transistor 66
15	16	*	Hag Face	R.I.P.	Psychic Handshake
16	21	*	Corb Lund	Things That Can't Be Undone	New West
17	17		Low	Ones and Sixes	Sub Pop
18	22		Yo La Tengo	Stuff Like That There	Matador
19	12	!	Heartbeat City	Thunder Amongst Us	Self-Released
20	19	*	The Souljazz Orchestra	Resistance	Do Right!

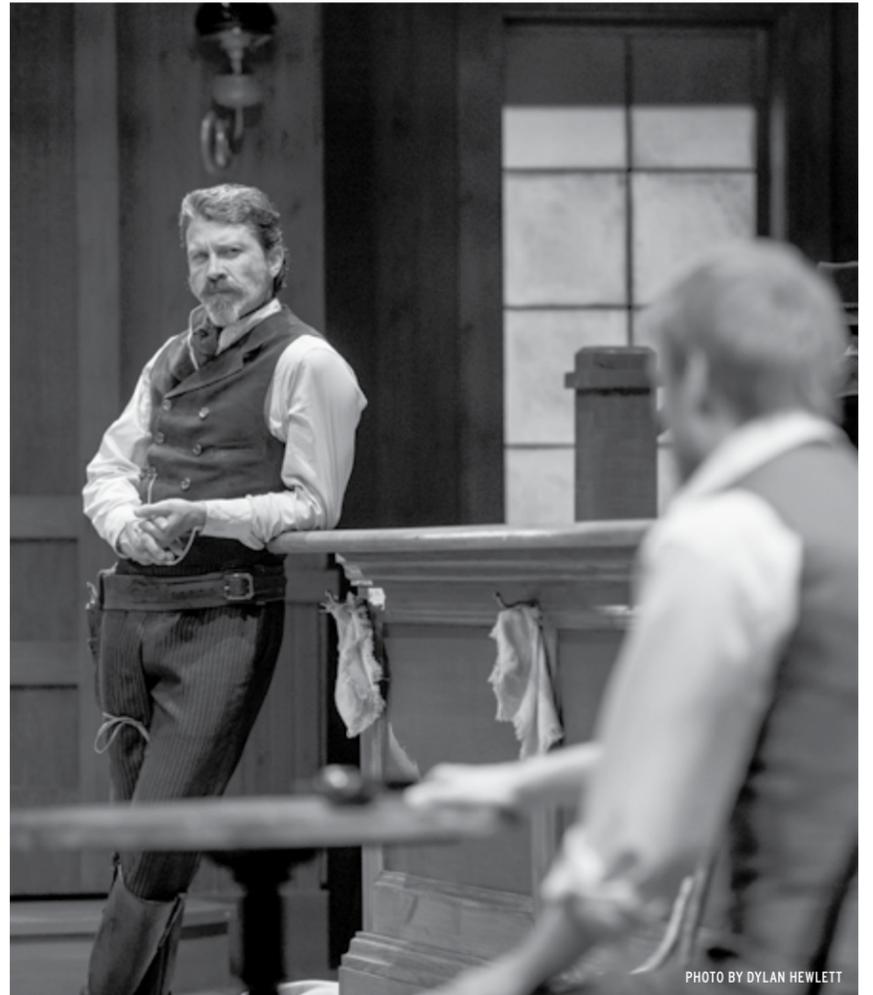


PHOTO BY DYLAN HEWLETT

Actors recreate an old West town in *The Man Who Shot Liberty Valance*.

OLD WEST, STAGE LEFT

The short-story is effectively turned into a play

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

The Man Who Shot Liberty Valance
Directed by Robb Paterson
Presented by Royal Manitoba
Theatre Centre
Plays at John Hirsch Mainstage
until Nov. 7

★★★★☆

Readapting *The Man Who Shot Liberty Valance* is a risky move. Dorothy M. Johnson's short story was turned into one of the most iconic westerns of the '60s by director John Ford. It starred Hollywood icons such as James Stewart, John Wayne and Lee Marvin. It introduced iconic quotes like, "When the legend becomes fact, print the legend." See how many times the word "iconic" came up in this one paragraph?

The story itself concerns an old West town terrorized by violent gang leader Liberty Valance. The town's ineffectual marshall does little to solve the problem, and only gunfighter Bert Barricune poses a threat to Valance. Suddenly, an East Coast law student named Ransome Foster arrives in town and shakes up the social order.

English playwright Jethro Compton wisely steers away from the 1962 movie, turning his gaze instead to Johnson's original story, as well as to other works of classic westerns of the screen. His script respects the genre, never trying to be too clever or winking at the audience about familiar western tropes.

For a genre mostly associated with

sweeping prairies and vast landscapes, the play never feels stagebound. Johnson's story is particularly well suited for this.

That's due, in no small part, to the work of set and costume designer Brian Perchaluk. The set for the Prairie Belle Saloon is intricately detailed and feels so lived-in, the audience is transported before any actors take the stage. It's enough to make one forget the harsh, unforgiving reality of the old West and wish to hang out there.

The use of actual firearms in the play, supervised by expert Dave Brown, supports that lived-in feeling. This method could easily feel like overkill and it might be a bit much for some viewers. But the visceral response the sparingly used gunplay evokes is worth the risk. There's something arresting about the smell of gun smoke or pipe tobacco filling the theatre, and it all adds to the tactile quality of the production.

The performances, like Compton's script, do well in avoiding comparison to their familiar filmic counterparts. Trish Lindström is the real standout as Hallie Jackson, the cynical barmaid who acts as the dividing wedge between protagonists Ransome Foster (David Coomber) and Bert Barricune (David W. Keeley).

Paul Essiembre's *Liberty Valance* is also a highlight. A far cry from Lee Marvin's animalistic wild man, Essiembre's Valance is cool, well-spoken and graceful.

While lead actor Coomber isn't quite up to par with his more subtle co-stars, he and Keeley still manage to explore Johnson and Compton's thematically rich story. Foster the scholar and Barricune the gunslinger represent two possible futures for the old West town of Twotrees. *Liberty Valance* is the problem they face.

Essiembre's take on *Valance* adds a level of eeriness to this western fable: that evil is a choice and a calculation, not just an impulse. It makes Foster and Barricune's choice, and the play itself, that much more meaningful.



Snake River

Songs From The Adjacent Room
Prairie Shag Records



Snake River describe themselves as a psychedelic rock band. Far from being a lumbering acid-damaged band from the 60s, Snake River play a woozy, reverb-drenched brand of pop music having more in common with the Sadies and Eric's Trip (with an emphasis on having more in common with the Sadies.)

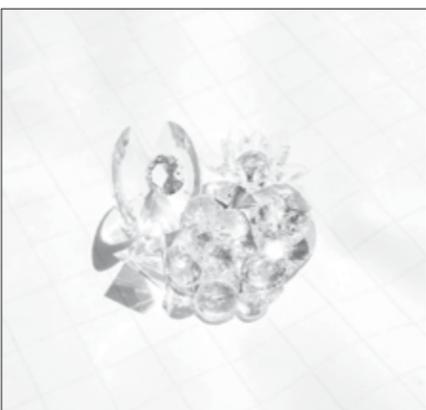
The country/folk influences run strong throughout this album. Their bassist is named Whistlin' Jeff M and they're clearly big fans of using "high n' lonesome" harmonies.

Snake River come at psychedelic music from an entirely different angle from either the dad-rock sounds that one usually expects from psychedelia or the bleeps and bleeps of MGMT or Black Moth Super Rainbow. They may be slightly derivative of other bands, but those bands don't sound like many people themselves. All in all, a good album.

- Tophér Duguay

AudioOpera

The Runaway Prince
Noise Collector



a cool birthday party, Graeme is at home producing music every waking hour of his day.

I know this because his bedroom is right next to mine. Sometimes it's the same song for 8 days straight, sometimes a new life-form emerges, and sometimes I think he just keeps it on to annoy me. Either way, the constant work that is occurring 3 feet to my right is an indication of the perfection that goes into an AudioOpera song.

The Runaway Prince sounds like the soundtrack to a futuristic version of *Toy Story*, where the toys take LSD and unlock the secret of advancing Earth into a Type II civilization on the Kardashev scale.

With no songs lasting over 3 minutes, AudioOpera isn't wasting anyone's time. The unusual syncopation in "Poor Handwriting" generates a forlorn narrative, one in which the protagonist struggles to reach their full potential due to a crushing external force, and ends with a heartbreaking decrescendo symbolizing their inability to "get the girl/the boy."

"Lick the Spoon" on the other hand, is a contemptuous lullaby with sections of melodic fulfillment that could have been the background for the sadder cutscenes in *Final Fantasy VII*. "And the Angels Sang" is an apt closing track, with dampened synth textures underlining our hero's last words - only to be cut off by the gates of heaven closing abruptly in his face.

The Runaway Prince is not for the club.

- Mischa Decter

The Runaway Prince is the latest offering from local producer AudioOpera, which was released through New York based label Noise Collector earlier this month.

AudioOpera, known to friends, enemies, relatives and ancestors as Graeme Barrett, is a mild mannered employee of the popular novelty chain-store Party Stuff. He enjoys a quiet Friday evening out at Boston Pizza, Sisqo, and sweat pants.

When he isn't enjoying cactus cuts or selling life-size 'Minions' balloons to single suburban dads trying to give their only a son

CREATIVE CONNECTIONS

Comic Con is more than you might think

CHRISTOPHER BRYSON

 @CHRISBRYGUY

VOLUNTEER STAFF

Local artists are gearing up for Central Canada Comic Con like they're welcoming the arrival of a long-missed friend.

The convention, taking place Oct. 30 to Nov. 1, has garnered a large following in Winnipeg. The 2014 Con saw an attendance of 37,000 for the event.

"It's actually been a way that I've been able to get more involved with other artists as well as be inspired by them," artist Jennifer Paterson says.

Paterson has only been to Comic Con as an attendee. This year, she will be a first time vendor and has been preparing prints and materials in anticipation.

The convention is clearly good for those on both sides of the display table. Artists and attendees alike get to experience an event quite unlike anything else. To those involved, it's an irreplaceable experience that keeps them coming back.

Some artists, like William O'Donnell, have transitioned through artistic phases



Artists are a bigger part of Comic Con than many might think.

and continue to grow through their experiences with Comic Con.

O'Donnell, who will have a table down Artist's Alley and will be debuting a pope based card game, has continued to find benefits from what the convention has to offer.

"From an artist's standpoint, it brings us all together. We've become friends because of it. You get to experience a lot of things you normally wouldn't have," O'Donnell says.

"Also, from a practical side, there's going to be a guaranteed audience,"

O'Donnell says. "Like it's a store that's always packed."

"A lot of people are nervous about checking something out," artist Nyco Rudolph, who has been vending at Comic Con for six years, says. "They're like 'Well, I'm not a part of that, how into this do I have to be to enjoy it?'"

For Comic Con, the answer is in the people.

"There's so many different influences that exist in the world and so you see all of these influences in all of the other artists who rent tables and show up to sell their stuff and connect with and follow art lovers and artists," Rudolph says.

Yet, at the end of the day, it's the unknown that spurs the most resonant feelings that newcomers bring to the event. Rudolph finds this to be one of the biggest rewards for being there. And curiosity seems like reason enough to get down to Comic Con this year and see what these artists have been cooking up.

"The sheer volume of artwork and different styles and stuff that you see, there's things you didn't even know you were a fan of until you see it for the first time."



Comic Con takes place at the RBC Convention Centre Winnipeg from Oct. 30 to Nov. 1. Day passes are \$17 to \$20, depending on the day. A weekend pass is \$45. All passes are available at TicketMaster. For more info, go to c4winnipeg.com.

NORTHERN EXPOSURE

Changing Winnipeg's artistic relationship through Inuit Art

CAROL LINDSEY

 @CAROLLOUISELIND

VOLUNTEER

The Winnipeg Art Gallery (WAG) will soon have an Inuit Art Centre (IAC).

With more than 13,000 pieces in its possession already, the WAG holds the world's largest public collection of Inuit art.

In part thanks to a gift of \$950,000 from the Winnipeg Foundation, that collection will grow and give the WAG an opportunity to better share the art.

"It's a phenomenal opportunity for people to learn and make people more aware of our rich culture with the North and the rich culture that is connected with the North," Tammy Sawatzky, the WAG/IAC public relations coordinator, says.

The WAG hopes to act as a cultural advocate and to create a new programming hub.

The Inuit Art Centre will also support art making, exhibition, education and research while celebrating Inuit art and culture. The WAG hopes the centre will inspire youth, celebrate Inuit culture, serve as an iconic gathering place and enhance the quality of life for Manitobans.

It has already formed partnerships with artists, organizations and governments to ensure that the new building acts as an accurate representation, celebration and



PHOTOS BY MIKE SUDOMA

(Clockwise from left) Mockup of the expansion of the Winnipeg Art Gallery (WAG) in the downtown centre; Richard Frost discusses the Inuit Art expansion; Gallery visitors take in various Inuit art works at the WAG.

repository of Inuit culture.

"I just don't think that people are aware of the scale and the artists that exist and that come from the north," Sawatzky says. "We currently have the Cape Dorset collection. Cape Dorset claims to be the most artistic place in the world."

This will all take place in a new architectural addition to the WAG. The Inuit gallery, which will be the largest of its kind in North America, will be housed in an 8,000 square-foot, 34 foot high space.

The addition will complement the



existing architecture of the WAG, which could add to the visual appeal of the building. It will have a visible vault for viewing Inuit artifacts, shaped like a cylinder and made of glass.

There will also be studios and classrooms for visitors, educators and scholars of all ages, as well as artist and curator-in-residence programs.

A two level interactive theatre will host the media, presentations, performances and art installations.

WAG director and CEO Stephen Borys

and Winnipeg Foundation CEO Rick Frost agree that construction on this new endeavour is an excellent fit for Winnipeg and for the WAG.

"This is a signature project for our city. This isn't just a bold, but also a meaningful project," Frost says.

According to Sawatzky, the new facility is a big step forward for the WAG, the city and for the country as it will develop the relationship between Canada's North, Winnipeggers and the WAG itself.

EXPERIENCE AND EXCHANGE

Solo/band hybrid Well Sister releases its first EP

MEG CRANE



ARTS AND CULTURE EDITOR

Jaymie Friesen set out on a solo project but, in a beautiful way, her plans didn't really work out.

"Music is the language of my soul. So, to not make music is kind of to not be who I'm meant to be," Friesen says. "It's how I share and how I make meaning of my experiences."

After her former band, From Giants, dissolved, she knew she had to do something else musically. That is how Well Sister was born.

On Nov. 5, she'll release Well Sister's first recordings. Each of the four songs on the EP is a story from her life.

She wrote *Hands* while on a pilgrimage in Spain last spring.

"It's cool because I didn't know how it would turn out," Friesen says. "I brought it back home with me and shared it with my musicians and it became one of the songs we decided to record."



Jaymie Friesen (right) and Davis Plett (left) will play at The Handsome Daughter as Well Sister Nov. 5.

Audrey is based on a woman who Friesen sang for at a care home where she does music therapy.

"It's dark, dark folk music that tells stories," Friesen says about Well Sister's music. "It's a spiritual autobiography."

Despite being about her own life experiences, it's not really a solo project anymore.

"I pulled other people in. So it kind of feels like it's a solo project but a band at

the same time," Friesen says.

She says Natalie Bohrn, Julie Kettle and Davis Plett are all dedicated and contribute to Well Sister.

"We're often in conversations where we're like, 'What is this?' It's a hard relationship to define," Friesen says.

These are the only musicians who she approached and she was surprised that each was on board, despite having no relationship with Bohrn or Plett before.

She met Plett at a holiday concert two years ago. She saw him playing and approached him after to ask if he'd be interested in collaborating on Well Sister. That was the first time they met, but after listening to From Giants, he decided to get involved.

"I don't know why they want to be playing with me," Friesen says. "It's not like they're getting paid large sums of money. It's a huge time commitment. Music pays shit."

Despite not knowing why these musicians are so dedicated to working on her music, Friesen is honoured that they're making the time commitment to Well Sister. She also feels lucky that they are all good musicians and good people.

"It's really important that I actually like the person. For me, you could give me one of the best musicians in the world and I probably wouldn't want to work with them unless I felt like I could be myself around them, like be connected. If I can't laugh with someone, I can't make music with them," Friesen says.

That has not been a problem for Well Sister, as Friesen will prove on Nov. 5 at The Handsome Daughter.



Well Sister will release its EP on Nov. 5 at The Handsome Daughter. Doors open at 7 p.m. Tickets are \$10 and available at Music Trader, The Good Will and Ticketfly.com.

THE COLUMN



SMALL TALK

WITH DUNJA KOVACEVIC

@BILDUNGSROMANC3

POLITICAL CORRECTNESS: THE WHITE MAN'S BURDEN

Earlier this year, Jerry Seinfeld was quoted saying that he would no longer perform at colleges, which he believes have become "too politically correct." This is the sort of comment that effectively cements his burgeoning out-of-touch white guy status. But Seinfeld is just one in a growing sea of voices questioning whether we, as a society, are becoming too "sensitive."

To that I say: if you count yourself among the group of people who have never felt marginalized by gender-based or racial slurs, well, congratulations, you're likely a straight, white, cisgender person. It's essential to understand that it is a privilege to be counted among this group, and that not all – or even, most – people share in this privilege.

Those who complain about political correctness and its many "inconveniences" often belong to the aforementioned privileged group, and, by and large don't seem to understand that language is inextricable from larger systems of power.

Giving up the use of certain words and the ability to make jokes about marginalized people is not oppressive. Giving others access to the same rights (to safety, to freedom of expression) that you've always held is not oppressive.



ILLUSTRATION BY SAMANTHA SECTER

Jacques Derrida, the French father of Deconstruction, writes that all words contain traces – traces of other words, either similar or different, and the symbols associated with those words. Each word also contains within it a history: a timeline consisting of how this word has been wielded, by whom, and in what context.

This is why it matters when Benedict Cumberbatch accidentally uses the term "coloured" when referencing Black people. That word in particular invokes a history of colonial oppression, racial hierarchy and the long shadow of slavery. Our actions do not exist in a vacuum. We are not exempt from, and can't remove ourselves from, larger systems of power and oppression.

Some people on the margins of society have started movements to transform

these storied words into empowering ones – notably the use of "queer" by the LGBTQIA* community, who like it for the ambiguous freedom it suggests and for the excess it can't contain.

Queer, like the n-word, is powerful precisely because of the provocation and visibility it demands for that community. However, it can still be problematic when co-opted by those outside the movement who have belonged, or whose ancestors belonged, to the history of that community's oppression.

Now, this sort of nuanced dialogue generally produces a sneering, "so then, what *can* we say," response from the Seinfeld camp. The short answer to a very complicated answer is that I don't know. It isn't up to me, or to you, to come up with a

language of oppression cheat sheet.

What we can do is listen and pay attention to the context surrounding the words we use. We can ask questions. There is no shame in asking someone what pronouns they prefer or how they would like to be identified.

We can educate ourselves through our peers, community resources, and the big wide web, while doing well to remember that it is not the responsibility of minority groups to educate us about their oppression.

It all boils down to whether we value the feelings of others more than the small inconvenience of modifying our vocabularies. It does, in the end, require of us to be empowered in our sensitivity.

Dunja is a writer and student at the University of Winnipeg who works in community health. She co-publishes *Dear Journal*, which features the work of (cis/trans) women and non-binary individuals.



LGBTQIA: What do all these letters mean? There are many variations of this acronym used by different groups – GLBT, LGBTQ, etc. LGBTQIA includes Gay, Lesbian, Bisexual, Transgender, Two-Spirit, Queer, Intersex and Asexual.

Some acronyms include another Q for Questioning, or a P for Pansexual. There's no final agreed-upon or correct acronym that includes every possible identity. It's up to each group or organization to use the variation they've decided upon.

GONE HAUNTING

DARE YOU LOOK BEYOND THE TOMBSTONE?

WORDS BY SAMANTHA SARTY

@SARTYSARTY

PHOTOS BY DANIEL CRUMP

@DANNYBOYCRUMP



Winnipeg's Burton Cummings Theatre is reportedly haunted by ghosts of dead actors.



Move over, Fort Garry - The Marlborough Hotel in downtown Winnipeg also supposedly holds haunted suites.



Kelly Smith and Ashley Barnes are paranormal investigators with the Winnipeg Paranormal Group.

Our city hosts a whole history of haunts, and some Winnipeggers want to explore the strange energy first hand.

People peer into the paranormal to investigate the unknown, explore the untouchable and glimpse all the ghostly figures this city has to offer.

But paranormal believers say spirits don't rest in peace, and they're around more often than Halloween. Paranormal groups and walking tours of haunted locations exist all year round. It's just the October air that brings more *haunters* out of the *wooodworks* looking for ghosts.

But how do you hunt for the haunt? There have been so many reports of hauntings in the city, from the variety of old standing buildings, graveyards, theatres, houses and museums.

The Fort Garry Hotel is a good place to start. Its walls have absorbed much of Winnipeg's paranormal history while they stood watching over a century of time pass by.

Matthew Komus, author of *Haunted Winnipeg* and founder of seven-year-old Winnipeg Ghost Walk, says people died there before the hotel's doors were even open.

During construction in 1912, a



(Top) Paranormal investigators use gear such as this M.E.L. meter to detect paranormal activity. (Bottom) Investigating the St Boniface cemetery.

Paranormal investigators Ashley Barnes and Kelly Smith silhouetted in front of the St Boniface cathedral.

bricklayer's assistant by the name of John Leighton died traumatically by falling down an unfinished elevator shaft. The legend says that he lingered for three days before finally dying.

Kumos dug into the history of the place and found that the stories surrounding the hotel check out.

"I tie in the stories with actual historic events," Kumos says. "Hauntings usually come from accidents, maybe murder or something like that, mostly always trauma-like scenes."

As for Room 202 in the hotel, an unfortunate event happened there back in the 1920s. Now there are a few permanent guests.

Honeymooners were spending a night in the room when the bride got sick. The groom left to get her medicine and never returned as he was killed in a car accident. Unable to bear the grief, the newly widowed bride hung herself in the hotel room closet.

To this day, the room has a reputation for having a self-opening closet, a reappearing bloodstain on the carpet and reports of something or someone getting into bed with them in the middle of the night.

If you're looking to explore Room 202, Kristen Verin-Treusch, owner and operator of Winnipeg based tour company Muddy Water Tours for 13 years, can help. She's conducted many tours in the room and says the ghosts will eerily react to certain people.

"When I begin telling the story of the bride in the room 202 my K2 meters will begin to light up indicating she is present in the room with us," Verin-Treusch says. "She will generally stop in if there is someone in my crowd who is either engaged, in their late 20s or recently married in the same age group."

Muddy Water Tours offers ghost walks around Broadway and The Exchange District while also hosting other multiple tours in October. Their "Talking to the Dead" bus tour is especially popular as the group visits three locations (Manitoba Legislature, St. Boniface Museum, Elmwood Cemetery) to experience and explore the supernatural with legitimate investigation equipment and guidance from not just the living.

"I don't see myself as a researcher per se but rather an interviewer of sorts," Verin-Treusch says. "I present to the group that

we are students and spirits are the teachers and we are attending the tour to learn from them."

Learning is great (from either the living or dead) but visiting a ghost with a group for a quick lesson is much different than having to live with one full time.

Kelly Smith and Ashley Barnes from the Winnipeg Paranormal Group understand all too well how the power of the paranormal can affect people in day-to-day life. They offer services to those who are afraid, not during a haunted tour, but in their own homes.

"The majority of what we do is private residences," Smith says. "People contact us, telling us they are scared or their children are scared and they have seen and heard things they can't explain. I think people's biggest fear is that they are crazy."

"We have all of the equipment and gadgets to record audio and video. If we record anything that is beyond explaining we'll show that to the clients," Smith says. "We are here first and foremost to ease the client's mind and help them to feel safe in their homes again."

Whether it's commercial or private, working in the paranormal almost

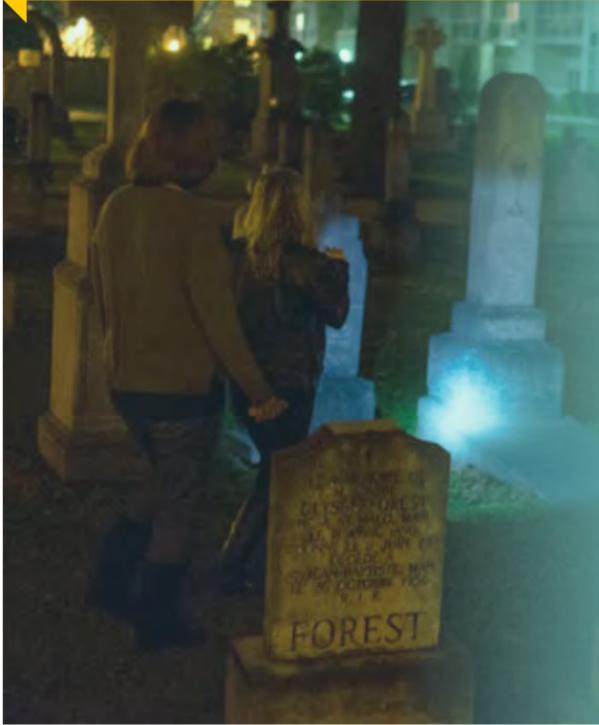
guarantees facing skepticism in one form or another.

"I think one of the biggest challenges that we face in this field is the stigma that comes from people not knowing or believing," Barnes says. "A lot of people still look at us as if we're weird for doing this. But seeing the relief on a client's face is the best benefit."

Jeff Richards is a member of the team behind *The Other Side*, a show on APTN that investigates paranormal activity with a First Nations twist. He reminds us that although ghosts are hard to explain, having the right mindset matters with spirits.

"I encourage skepticism. It's vitally important to the work that I do," Richards says. "But there is a big difference between an individual who is a skeptic, and someone who is closed minded. I invite people to have an open mind, explore the experiences I've had, and the evidence I've captured."

Recorded evidence of the paranormal activity is what makes stories about ghosts feel more believable, and it's what people are out for when they hunt haunts. They crave phantom proof to make everything more palpable, including the past.



Winnipeg Paranormal Group's aim is to help people answer the lingering questions of what happens when we move on.

"Where does our energy or soul go when we die? I think we all ask ourselves that question at least once during our lifetime," Smith says. "Whether it's our own contemplation with mortality or maybe the death of a loved one or something more spiritual related."

Kumos says his research for *Haunted Winnipeg* shows people have been trying to make connections with those who passed on for sometime.

"Around the First World War people were really trying to reach their deceased loved ones,"

Kumos says. "They wanted to see if there was that other world so they could make connections."

Ghosts are not just always about creepy hauntings and kitschy Halloween decorations. Richards stresses that spirit can also be a powerful tool for the living.

"The reason why I do what I do, is to bring new light, understanding, and respect to the paranormal world," Richards says. "All too often spirit is portrayed in culture as 'evil.' Not every ghost wants to possess, or scare people into leaving their home. Sometimes all they want is contact. The paranormal is not always a scary thing."



Muddy Waters Tours offers ghost walks and other tours. Find out more at muddywatertours.ca. Investigate the Winnipeg Paranormal Group at winnipegparanormal.com.

Watch investigators in action as APTN broadcasts a live investigation of the Senator Hotel in Saskatoon online at aptn.ca on Oct 29. The second season of *The Other Side* premieres on APTN with back-to-back episodes on Oct 31, and you can study up at theothersidetv.ca.

NEWS BRIEFS

JESSICA BOTELHO-URBANSKI // NEWS EDITOR



Mayor marks one year in office

Mayor Brian Bowman celebrated his first year at city hall on Oct. 22 by meeting with small business owners. In a news release, Bowman said "council is off to a strong start (and) has done a remarkable job getting City Hall back on the right track in only our first year." His first-year highlights included renewing Winnipeg streets and delivering "unprecedented access to information" to the public.

Allies visit Shoal Lake 40

Friends of Shoal Lake 40 - a group of city councillors and other local leaders - will visit Shoal Lake 40 First Nation on Oct. 30 to try and hash out funding plans for Freedom Road. Building an all-weather road would help the community members come and go as they please during all seasons, rather than have to rely on a ferry or walking over frozen water to leave the island. Shoal Lake 40 is the source of Winnipeg's drinking water, but has been under a boil water advisory itself for more than 17 years.

Body positivity gets #BARE

A new website is hoping to help women feel beautiful without wearing makeup. Sheisbare.com is a storytelling project by Rhianna Saj, a Creative Communications student at Red River College. It features a weekly blog written by Saj and a Dear Me section showcasing letters by other women writing to their younger selves about staying positive. To submit to the website or find out more information, email thebarewebsite@gmail.com.

Trudeau appoints new cabinet

Prime Minister designate Justin Trudeau will announce his new cabinet on Nov. 4. Names of some new Manitoban members of Parliament have been tossed around as possible appointments. Winnipeg Centre MP Robert-Falcon Ouellette and Saint Boniface-Saint Vital MP Dan Vandal are rumoured candidates for aboriginal affairs minister. Online petitions are urging Trudeau to cross party lines and appoint Green party leader Elizabeth May as environment minister.

Halloween haunts

Halloween happens at the end of the month and if you feel like getting off the couch and stepping away from the candy bag for some unknown reason, there's plenty to do around town. The Dalnavert Museum is offering spooky after-dark tours and Muddy Water Ghost Tours is a perennial favourite. Outside the perimeter, Terror on 12 (near Altona) and A Maze in Corn (near St. Adolphe) offer haunted mazes and forests for optimum scares. Bring Depends.

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BUNDLE UP YOUR BIKE

MONDAY, OCTOBER 26 - WINTERIZE YOUR BIKE

MONDAY, NOVEMBER 2 - WINTERIZE THE RIDER

MONDAY, NOVEMBER 9 - STUDED TIRE WORKSHOP

SIGN-UP FOR THESE WORKSHOPS ON THE ICE RIDERS FACEBOOK PAGE, ALL WORKSHOPS ARE AT THE UWSA BIKE LAB

VISIT THE BIKE LAB PAGE AT THEUWSA.CA



LEADING THE WAY

New policies create inclusive spaces for transgender children

CAITLYN GOWRILUK

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VOLUNTEER STAFF

In a cultural moment marked by advances in representations of transgender people, several organizations are taking steps to become more welcoming toward transgender children.

In October, Girl Guides of Canada released new guidelines to be more inclusive of transgender members. The seven-page document made the organization's previously ambiguous stance on the issue more straightforward, with the very first paragraph affirming that all "persons who live their lives as females are welcome to join."

Prior to this development, the organization only allowed transgender girls to join on a case-by-case basis.

Marlo Jurkowski, the provincial commissioner for the Girl Guides of Canada Manitoba Council, says the new policy reflects the fundamental values of the organization.



ILLUSTRATION BY SCOTT A. FORD

"We've always been committed to inclusivity," she says. "It made sense to (take) the next step of creating this resource."

At the end of the day, Jurkowski says Girl Guides' goal is to make sure all girls have the best experience possible.

"It's really about empowering girls and women," she says. "It's a safe place to be yourself, to have fun (and) to make friends. It allows young girls... to really figure out who they are."

While the new policy may indicate a shift in conversations on inclusivity, it also raises an important question: what else is being done to make spaces more inclusive of transgender children?

In the Winnipeg School Division (WSD), school trustee Lisa Naylor recently introduced a notice of motion for a new policy aimed specifically at protecting transgender and gender non-conforming students. If the motion is passed, WSD would be the first school division in the

province to implement such a policy.

"I don't think this policy is a big step away from what's already being practiced," Naylor says. "I just think it's important to have policy so that things are reviewed and continue in the future. I'd like to see us as a school division be leaders in this area in Manitoba."

While WSD already requires all its junior and senior high schools to have gender-neutral bathrooms, Naylor notes the importance of a comprehensive policy around safe and supportive schools for transgender students.

"It's important to recognize when we're looking at gender issues that we realize that this is more than just a bathroom issue," she says. "This is about everything from school field trips to kids just feeling safe and supported in their classrooms and every aspect of their life."

Local transgender advocate Shandi Strong applauds the increasing initiative organizations are taking to be more inclusive of transgender children.

"I think it really speaks to the quality and the calibre of the organization that they can be forward-thinking like that," Strong says. "They're training our kids and I think that is one of the best things we can do."

Strong also notes it's important for parents to support their children as they explore their gender identity.

"Adults have to learn that it doesn't affect them," she says. "Parents who are afraid really have to learn that it's not about them. They don't need to be afraid."

CENSUS FOR THE STREETS

Winnipeg social agencies team up to survey city's homeless

JESSICA BOTELHO-URBANSKI

NEWS EDITOR

@_JESSBU

The task seems ominous – trying to count all of Winnipeg's homeless.

It's a population that shuffles, hides and suffers in relative silence, doing its best to avoid detection.

And although plenty have tried, no one has definitively pegged the number of homeless people in Winnipeg, a number that would include those living on the streets, in shelters or couch-surfing with friends and family. The most recent estimate is 2,750.

The Social Planning Council of Winnipeg and 19 other social agencies conducted the city's first in-depth homelessness street census on Oct. 25 and 26. The groups sent 300 volunteers into the community to interview the homeless in trios and pairs, their pockets full of cigarettes, bus tickets and granola bars to share with the interviewees.

Each interviewer asks a standard set of 19 questions about the person's background, gender, age and history of homelessness – What led you to being homeless for the first time? Are any family members staying with you tonight? What do you think is keeping you from finding a place of your own? – and reports back the results.

The final street census summary is



(Left) Darrel, who's been homeless for over three years, speaks with a volunteer as part of the city-wide homelessness street census. (Right) Homeless Winnipeggers are invited to leave their thoughts on a white board after their interview.



expected by the end of December.

Once social agencies in Winnipeg have a more accurate number of the homeless people in the city, they can apply for more federal funding. The former Conservative government put \$600 million on the table for homelessness initiatives.

Volunteers met at Thunderbird House and were paired up – some of them with complete strangers, like Cathy Chalmers and Ramona Ladouceur – before setting out to visit shelters around the city on the evening of Oct. 25. The next day, they would survey the streets and places where homeless people might be during the day, like Agape Table and the Millennium Library.

"I'm hoping the people we talk to as well are open to it and not feeling like people are

in their face," Chalmers says.

She is a high school teacher who volunteers at Siloam Mission with her students and was headed to interview people staying at the Main Street Project.

"I've never been in the Main Street Project before so I'm really interested to see what kind of services they provide there. And just to be able to sit down and talk with people. A lot of times when I'm at Siloam, I'm with the students... You don't get the opportunity to sit down face to face," she says.

Ladouceur, a student in Red River College's Urban Circle program, spotted the call for volunteers on Facebook and decided to sign up.

"We'll hopefully give the people some hope and find some resources for them,"

she says.

One of many interviewed at the Main Street Project is named Darrel. He's a middle-aged indigenous man who says he doesn't know for sure when he first became homeless – it must have been at least three and a half years ago, he says.

The interviewer asks the series of questions and Darrel talks about having a learning disability and Fetal Alcohol Spectrum Disorder.

"Will he be staying here tonight?"

"There's nowhere to go," Darrel says.

When he finishes the interview and gets offered a granola bar and cigarette, Darrel smiles for the first time during the interview.

His story was heard and noted. Now he heads out of the shelter, back into the night.



LOWER FORT SCARY

Historical Halloween stop might require bringing extra underwear

CELLA LAO ROUSSEAU

VOLUNTEER

@HELLOROUSSEAU



PHOTO BY CELLA LAO ROUSSEAU

One of Lower Fort Garry's staff/actors/haunted beings waits to greet visitors.

It's educational, historic, friendly, and very Manitoban – for the majority of the year. But for five nights in October, Lower Fort Garry transforms into a historical stretch of scares, screams and nightmares called Fright at the Fort.

This year, its theme is prison break.

"The Lower Fort Garry penitentiary has been overrun and the most heinous inmates are on the loose," Parks Canada's website reads. "Enter the grounds at your own risk as you encounter local residents and officers as they try to end the bloody rampage of the escaped convicts."

David Lavallee, a communications officer for Parks Canada in Winnipeg, says the idea of doing Halloween-themed activities at the Fort isn't anything new. Scaring the pants off people, however, is.

"Two years ago, we decided we wanted

to focus it more on the young adult crowd and so we came up with Fright at the Fort," Lavallee says. "The idea was to make it a... jump-out-and-scare-you type of a program, as opposed to simple ghost tours, which is what we used to do."

Lavallee suggests bringing children who are over age 14, as some of the scares are quite intense (although there are also children's Halloween programs that run during the day at the Fort).

Lower Fort Garry was originally built in the 1830s by the Hudson's Bay Company. On the western bank of the Red River, just 20 minutes from Winnipeg, the fort was commonly known as a supply depot for the Red River settlement and surrounding groups.

The historic site that stands today is reminiscent of the original 1800s

settlement. The walls and buildings are the same and the insides are furnished with authentic, realistic decor.

During the year, school groups and kids of all ages use the site as an educational tool, learning about blacksmiths and fur trading in hands-on experiences and activities with the fort's staff – who are dressed in period costumes and act ancient, of course.

Megan Dudeck has worked five seasons with Parks Canada and has heard all sorts of ghost stories about the site.

"(Lower Fort Garry) was where the first penitentiary and mental health asylum in Manitoba were," Dudeck says, as she guides *The Uiter* through the haunted maze.

Dudeck says she's heard of people painfully freezing to death in the winter

along the banks of the river, and that someone in the town was allegedly a violent serial scalper.

"When (the builders) were fixing the Fort, they had to fill in all the (jail) cells with sand," she adds.

Dudeck heads inside a small cabin, which looks similar to the shack in *Evil Dead*, its bare walls splattered in blood.

In another dimly lit room, just beyond a doorframe, a young actor sits motionless in a burlap bunny mask, its eye-holes drooping and hollow. Her hand is clutched tightly around a six-inch blade dug into the table.

"Tuberculosis was a horrible problem, too," Dudeck explains. She says they kept children dying of the disease inside a small shack.

Despite many screams, jumps and near pant-wetting moments throughout the rest of the tour, the small cabin was perhaps the scariest spot. It's the history of the haunt that made it truly creepy.



Fright at the Fort's final day is Oct. 30. Tickets begin at \$15.10 for adults, \$13.85 for seniors and \$11.20 for youth. There is also a Thirsty Beaver Tavern on site, if you survive the night's fright. For more information, call 204-785-6050 or visit lfg.info@pc.gc.ca



PHOTO BY JESSICA BOTELHO-URBANSKI

The PROFile - VESNA MILOSEVIC-ZDJELAR

DEPARTMENT OF PHYSICS

JESSICA BOTELHO-URBANSKI

NEWS EDITOR

Vesna Milosevic-Zdjelar is such a huge fan of Harry Potter she keeps a Sorting Hat on her desk.

Among the globes, pulleys, sci-fi memorabilia and floor-to-ceiling bookshelves (packed with tomes on astronomy and physics) in her office, sits a woman who's fled a war-torn country to teach at the University of Winnipeg (U of W).

Harry Potter resonates so much with her because it's like a metaphor for her own life, trying to escape dark forces, she says.

"In 1998, we came here to Canada to get away from bombing of my former country (the former republic of Yugoslavia) by NATO. So it was really an escape route

to some peaceful place and we ended up here and then didn't know really what to do with my astrophysics (degree), for which I didn't have any employability," Milosevic-Zdjelar says.

She and her husband, a professional musician, obtained teaching degrees and she started as a guest lecturer in physics at the U of W.

When the physics department recognized how well she communicated with students, they offered her a full-time job.

"You really have to understand concepts well in order to explain it in a very everyday matter," she says. "I encountered a wide variety of audiences, (like) students that are arts students that are interested in space. So they take my astronomy class and they get it. It's supposed to be an inspirational course."

Milosevic-Zdjelar says she also

sees a vast majority of students who are stressed out – including her daughter, a third-year student at the U of W.

She tries to remind students about how puny their problems are in the grand scheme of the universe by showing them a slide of the Earth from the moon's perspective.

"I try to do my job in at least my classes to just make them think about higher order stuff, not deadlines and due dates," she says.

"When you see the Earth from the International Space Station or you see it from the moon, there are no political boundaries. There's nothing there – just us on a little pale blue dot, as Carl Sagan called it. We have to work together to keep it going. So no F's in transcripts will stop us from doing that. Who cares?"

AGE: 54.

AREA OF RESEARCH: Astrophysics.

NUMBER OF PEER-REVIEWED ARTICLES PUBLISHED: I don't know! Maybe 10-15.

LOWEST GRADE IN UNIVERSITY: Definitely an F. I failed something that my mom helped me study. That was her profession and she was an excellent instructor. I just hated electronics.

FAVOURITE THING ABOUT YOURSELF: I think a sense of humour - that makes me a survivor in this world. I really see the funny in everything. The minute it becomes too heavy to bear, I see all the comedy. Maybe my parents are to thank for that because they brought me up on Monty Python skits.

WHAT'S YOUR SUPERPOWER: I know from what other people say it's actually energy and enthusiasm. Students always say that. But I also think it's humour. It's (taking) the worst thing (and asking) 'how can we make it even more hilarious?'

BOOK RECOMMENDATION: Harry Potter. That's a must read.



NO SMOKE, EVEN WITHOUT FIRE

U of W revises its smoking policy to include e-cigarettes

ELENA SPITCZYNA

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CAMPUS REPORTER

The popularity of e-cigarettes and vaping has caused the University of Winnipeg (U of W) to revise its campus smoking policy.

In the new smoking policy – which has yet to be posted online, but has been in place since April – vaping is stated to be the use of an e-cigarette, which is defined as a cigarette-shaped device containing water, flavouring, propylene glycol and possibly nicotine. The liquid mixture is vaporized and inhaled, simulating the experience of smoking tobacco.

The U of W's definition of "smoking" has been expanded to include the smoking of all tobacco products, vaping of e-cigarette products and any other products that may be smoked.

As a result of the revision, since April 1, 2015, vaping has been considered



PHOTO BY SIMEON RUSNAK

A sign denotes that all University of Winnipeg property is a smoke-free zone.

equivalent to smoking.

"Vaping is being treated the same as smoking," Laurel Repski, the vice-president of human resources, audit and sustainability, says. "You can't vape inside, you can vape in the area where people can smoke."

There are no specially designated places for smoking inside the university, since the U of W is considered to be a smoke-free property. Students have the right to smoke in public places, but it should be at least 20 feet (roughly six metres) from the university's doors.

The U of W looked to update its smoking policy after the issue was raised about vaping inside the university, which wasn't against the rules at the time, but became a concern for fellow students' health.

"If you look at Health Canada's website for example, there still hasn't been any conclusive fact-based evidence that would say that vaping isn't potentially harmful," Repski says.

"You don't know potentially how that can impact people – people with asthma and allergies and other sensitivities like

that. So we think that it's important to make sure the whole concept of being a smoke-free campus is seen in all aspects."

The new smoking policy was approved by the university's workplace safety and health committee, which includes representatives from the University of Winnipeg Students' Association, the University of Winnipeg Faculty Association, the Association of Employees Supporting Education Services, the International Union of Operating Engineers, management and other staff.

Apart from reviewing the issue of vaping, the new policy also touches on the use of medical marijuana.

"(The U of W) has a duty to accommodate many things, so if somebody has a genuine health condition that has been deemed to be treatable by medical marijuana they would be able to present evidence," Repski says.

"So (the person would need) a doctor's note indicating that this is being prescribed for them, how often they would have to undertake the medication and we would have to find space on campus to accommodate them."

Since the smoking policy was revised quite recently, it is still not well-known and students who vape may not be aware of the rule changes.

According to Chris Minaker, a senior executive officer and advisor to the president at U of W, "the updated version (of the policy) is still to be posted to the website, but it will be posted very soon."

R.I.P. LAKE WINNIPEG?

U of W prof says polluted lake is a lost cause

RACHEL NARVEY

VOLUNTEER STAFF

@RACHELNARVEY

Those who grew up spending summers on the beaches of Lake Winnipeg might not be able to share the same memory with their kids. Due to the recent zebra mussel infestation, the composition of the lake is changing rapidly.

"I've seen the devastation that comes when these organisms invade a waterbody," University of Winnipeg biologist Eva Pip says. Pip has done previous work on zebra mussels in Lake Ontario.

"We will never be able to eradicate them because they've now spread all through the south basin," she says. "It only takes a couple for them to become established, and then they just multiply astronomically."

Once introduced to a body of water, zebra mussels very quickly become the major species. Because of this attribute, all the other components of the ecosystem can suffer, posing a challenge to the fishing industry.

"The zebra mussels are filter feeders so they'll be filtering out a lot of the food that the organisms that the fish eat need to survive," Pip says.

In the spring of 2014, the provincial government attempted to eliminate the zebra mussels by dumping tonnes

of potash into four Lake Winnipeg harbours. The effort ultimately failed.

On Oct. 22, the province announced zebra mussels had infiltrated the north basin of Lake Winnipeg. Premier Greg Selinger told the *Winnipeg Free Press* the government was taking environmental recommendations about Lake Winnipeg to heart.

"We take the Clean Environment Commission report totally seriously. Lake Winnipeg's a high priority for us," Selinger says in a *Free Press* article from Oct. 23. "They've made many good recommendations. We're going to review them all and move on them."

"The environment is always the lowest priority on the government's list," Pip argues. "We never take anything seriously unless it somehow starts to impact the economy and jobs, so now we've noticed it because it's going to impact our commercial fishery and their tourism."

According to Pip, the government funds invested retroactively could have been put to better use increasing public awareness and education about zebra mussels.

"Most people weren't even aware of what it is and what it looks like, and now that they are, it's too late," Pip says. "Earlier on, we could have had more aggressive monitoring and boat checks, and instilled in the public how serious this problem is."

As for spending summers on the beaches, Pip notes the zebra mussels will soon become a feature we're unable to ignore.

"Sure there will still be water and you'll still be able to swim in there," Pip says of Lake Winnipeg. "But it's going to be a very different scenario for recreation. Zebra mussel shells are like shards of glass so you can't walk on them barefoot. Not only will a lot of that pleasure of



ILLUSTRATION BY TREVOR THOMAS

the beach be ruined, people with boats and watercraft will endlessly be trying to clean those mussels off the underwater parts."

Unfortunate as it is, Pip is adamant the lake is a lost cause.

"All it takes is just a couple of (zebra

mussels) to hitchhike on something," she says. "The only thing we can do now is slow the spread of it beyond Lake Winnipeg."

COMMENTS

ANXIOUS ROMEO, ANOREXIC JULIETTE

The romanticization of mental illness doesn't help anyone

SHANAE BLAQUIERE

 @SHANAEBLQ

VOLUNTEER STAFF

On Tumblr, there's a popular black and white photograph of an empty box of Marlboro cigarettes that comes with the caption: "You're going to die anyway." The post below it is a photo collage in softer, dreamier black and white. The striking aesthetic illustrates shadowy valleys between ribs that poke through skin and the easy circle that two hands with black fingernails make around a thin, long thigh. Its caption is a black heart emoji.

It's glamorous, isn't it? After all, what's more beautiful than succumbing to your own tragic vice?

At least, that's what many photo



ILLUSTRATION BY JUSTIN LADIA

blogs would lead you to believe. The phenomena of Sad Blogs (and its partners in crime, the Soft Grunge Blog and the Pale Blog) showcase mental illness and eating disorders in a glamorous black-and-white light, all of its romantic catastrophe captured with dramatic tones and poignant text overlays.

If your educational foundation of mental illness were shaped by these blogs and by young adult fiction, you'd probably think that: a) mental illness is caused by a definitive event; b) afflicted females are quirky; c) afflicted males are broody and mysterious; and d) sufferers can be loved back to health.

Of course, representation and visibility are important factors in destigmatizing mental illness, but the problem is that so few representations depict mental illness

in its reality.

The media's emphasis on destigmatizing mental illness waxes and wanes, but implicit messages about mental illness are always present – whether media want to make us cry over Robin Williams' suicide, laugh at Amanda Bynes' downward spiral, or equate every act of white violence with mental illness.

Social media campaigns like Bell Let's Talk explicitly aim to get people talking about mental illness. The well-meaning public storms social media with hashtags, selfies, and the occasional productive article.

Bell Let's Talk did start a conversation – one with a friend who was diagnosed with a mental illness years ago.

"The use of social media as a platform in itself is counter-intuitive because it's so

fleeing," he argues. "It takes two seconds to like a post or retweet or hashtag. So what kind of momentum is that really gaining towards aiding people with mental illness? People with mental illness live within it 24 hours a day."

He goes on to argue that well-meaning campaigns with a lot of potential run the risk of getting hijacked by attention-seeking social media users and trivialized into a trend. And, with moody glamour shots from Tumblr infiltrating what we knew (or what we think we know) about mental illness, it's not hard to see how a campaign like Bell Let's Talk can become a site for self-promotion.

"Real mental illness still is very much stigmatized – because it's so ugly, and to see it alive in a person is horrifying. But this isn't the imagery used by the media. So then people associate with mental illness with a falsetto version. Depression-lite," he says.

Stigma is society's sickness. When it rears its ugly head, the mental health of people of colour is rendered invisible. A person is barred from employment. A phrase like, "Oh, I'm so OCD!" reduces a disorder to a vernacular triviality. Someone who wants to ask for help is silenced.

Mental illness may manifest itself in black and white, but not the picturesque kind that's decorated with discarded cigarettes and deliberately-placed daisies.

Shanae got lost in a Tumblr rabbit hole while looking at content for this article. She also writes at www.shanaeblq.com.



THE UNIVERSITY OF
WINNIPEG

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.

AWARDS AND FINANCIAL AID CAMPUS JOBS

The Awards and Financial Aid Office is still accepting applications for the Fall/Winter 2015-16 Work-Study Program. *NEW*: The Work-Study Program is now open to international students with a valid study permit.

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 and Financial Aid website:

Go to [HYPERLINK "http://www.uwinnipeg.ca/"](http://www.uwinnipeg.ca/) www.uwinnipeg.ca - Click "Student" - Click "Awards and Financial Aid" - Click "Work-Study Program". APPLY NOW!

CAREER SERVICES

Youth Parliament of Manitoba Information Booth

Thursday, October 29th from 11:00am-2:30pm in the Riddell Atrium.

STUDENT CENTRAL

A) Changes to SC's Hours

SC will be closed from 9:00 am -12:15pm on Thursday, November 5.

SC's regular hours are 8:15-5:30 Monday-Thursday and 8:30-4:15 on Fridays.

B) Dropping Courses

The last day to drop a U2015F class is October 29, 2015. No refund is applicable.

The final day to withdraw from a U2015FW class for 50% refund of the base tuition, UWSA and UWSA

Building Fund fees is November 30, 2015. No refund is applicable from December 1, 2015-January 20, 2016.

Courses are dropped through WebAdvisor using the "Register/Drop Course Sections" link.

C) February Graduation

Finishing your courses in December? Interested in graduating in absentia in February? (You can still attend the convocation ceremony in June.) The deadline to apply for Winter Term graduation is Monday, November 16. Fill out the application to graduate and submit to Student Central.

D) Rent a locker today!

Brrrr, it's brisk outside! Need a place to store your sweater? Rent a locker!

TO RENT A LOCKER:

register for your courses for the upcoming term(s)

choose a locker location & type - see below - or specify a couple of locker numbers

choose a rental time frame - see below

go in-person to Student Central, OR email your request to [HYPERLINK "mailto:studentcentral@uwinnipeg.ca"](mailto:HYPERLINK) studentcentral@uwinnipeg.ca from your University webmail account (include your name, student number, preferred location, type, time frame)

LOCKER LOCATIONS & TYPES (STUDENT CENTRAL RENTS VARIOUS SIZES AND TYPES OF LOCKERS INCLUDING FULL OR HALF SIZE, SINGLE OR TWO-PERSON)

Riddell Hall Tunnel - full-size, single (peanut-free available)

Lower level Manitoba Hall - full-size, single

Third or fourth floors Centennial Hall - full-size, shared

Third floor Richardson College for the Environment and Science - half-size, single

LOCKER TIME FRAMES

Fall Term (September 9, 2015 - December 21, 2015) - \$20.00/person

Fall & Winter Terms (September 9, 2015 - April 21, 2016) - \$40.00/person

Winter Terms (January 6, 2016 - April 21, 2016) - \$20.00/person

NOTE: Lock and contents must be removed at the end of the period for which you have rented.

LOCKER REGULATIONS

All locker assignments are final and non-refundable. No switching is permitted so please check out the lockers and choose your preferred locker or area and/or talk to your partner before requesting a locker.

Locks are to be provided by students. Please invest in a good-quality lock.

All students using a locker (including partners) must register with Student Central and pay the \$20.00 per student per term fee. Partners must provide the locker number and location to which they would like to be assigned (we cannot search by name.)

If you do not have a locker partner, one may be assigned to you. (Applicable only to first-fourth floor lockers.) Assignment of a locker partner cannot be appealed and is not grounds for a refund of locker fees. If you are assigned a locker partner, a notice will be posted on your locker and your partner's contact information will be available at Student Central.

UNAUTHORIZED USE OF A LOCKER WILL RESULT IN THE LOCK AND CONTENTS BEING REMOVED.

E) Remembrance Day

No classes on Tuesday, November 11. A make-up day for classes missed for Remembrance Day will be held on Thursday, December 3. Classes will be held according to a Wednesday schedule on November 27.

STUDENT RECORDS

LETTER OF PERMISSION

Are you planning to take a course (or courses) at another accredited institution? If so, please complete a Letter of Permission Application Form on or before Monday, November 16.

You are eligible if you are currently taking a course(s), have completed at least 18 credit hours, have a minimum GPA of 2.0, have a Regular academic standing status, no HOLDS on your student record, and have the equivalent prerequisite(s) of the course(s) being requested. If the course(s) is used towards your major, please see the Dept. Chairperson for their signature/approval. Please also provide a course syllabus if the institution is outside Manitoba. Letter of Permission Application Forms can be picked up at Student Central. For more information, visit: [HYPERLINK "http://www.uwinnipeg.ca/index/services-letpermission"](http://www.uwinnipeg.ca/index/services-letpermission) www.uwinnipeg.ca/index/services-letpermission

MINDFULNESS MEDITATION DROP-IN SESSIONS

"Mindfulness is paying attention to what is happening in the moment. The idea is to deliberately slow down and observe our thoughts, feelings and body sensations that we are already experiencing and holding our emotions so that they don't sweep us away. With this quality of attention, we develop more awareness, resilience and compassion of ourselves and surroundings" (Mindfulness Without Borders).

Supported by UWSA, the UW offers FREE Drop-In Mindfulness Meditation Sessions each Monday and Thursday, September 21 to December 17, 2015, 12:30 to 1:00 p.m. in the Bryce Hall Chapel.

ASK! You of W

PHONE: 204.779.UWIN (8946) | EMAIL: studentcentral@uwinnipeg.ca

ISUDOKU.NET

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SOLUTIONS TO LAST WEEK'S PUZZLE.

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E	R	I	C		S	O	A	M	I		S	A	G	A
A	S	L	O	P	E		F	U	S	S		M	I	N
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2	3	7	9	4	8	1	6	5
5	6	4	2	1	3	7	9	8
1	8	9	5	7	6	4	2	3
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6	4	5	1	9	2	8	3	7
7	2	3	4	8	5	6	1	9
3	1	2	7	5	4	9	8	6
9	5	8	6	3	1	2	7	4
4	7	6	8	2	9	3	5	1

Un-Supermarket

by Sari Habiluk

facebook.com/SariHabilukArtisticWorks

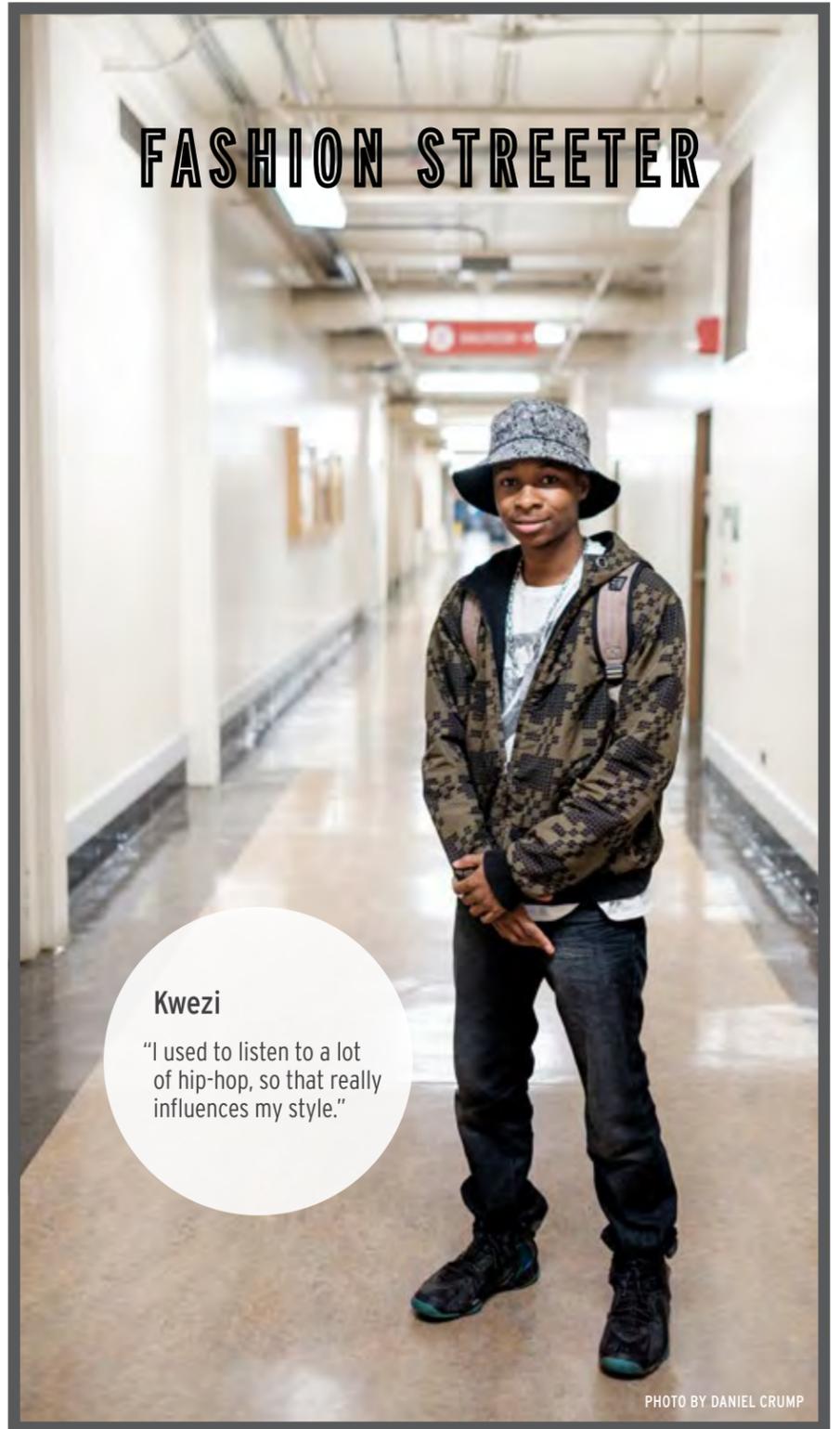


PHOTO BY DANIEL CRUMP

OCOSOMOSO

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by SCOTT A. FORD

ScottAFord.wordpress.com

@ScottAFord1





VOTE YOUR FAVOURITES

THE UNITER YEAR END READERS POLL 2015

It's back! *The Uniter* readers poll aims to put the spotlight on your favourite local people, places and things of 2015 - and we do stress LOCAL. Anything non-local (or non-2015) will not be counted. We want to make this list as inclusive as possible, just like the rest of the paper, so we ask that you please write an answer for each of the 30 categories. Don't have an answer? N/A will work for us. Ballots will be considered spoiled if they are not filled out to completion, or if they contain any derogatory, homophobic, misogynistic, racist or libellous content. Let's keep it positive! Remember, you're voting for your favourites.

The deadline for voting is Thursday, November 12 at noon, with winners being announced in the December 3 issue of *The Uniter*. Visit uniter.ca to cast your vote online.

1. Favourite Local Writer

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2. Favourite Local Athlete

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3. Favourite Local Comedian

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4. Favourite Local Filmmaker

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5. Favourite Local Activist

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6. Favourite Local Visual Artist (includes painter, photographer, graphic designer)

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7. Favourite Local Dancer

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8. Favourite Local Street Performer

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9. Favourite Independent Business Person

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10. Favourite Local Politician

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11. Favourite University Staff

.....

12. Favourite Local Young Achiever Under 30

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13. Favourite Local Person Behind The Counter (Barista, Server, Bartender)

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14. Favourite Local Bakery

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15. Favourite Local Coffee Spot

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16. Favourite Local Place to Eat

.....

17. Favourite Local Place to see Live Music

.....

18. Favourite Local Boutique

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19. Favourite Local Charity/Non-profit

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20. Favourite Local Album of 2015

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21. Favourite Local Radio Show or Podcast

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22. Favourite Local Theatrical Production

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23. Favourite Local Blog

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24. Favourite Local Non-Professional Sports League

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25. Favourite Winnipeg Winter Activity

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26. Favourite Theme Night

.....

27. Favourite Winnipeg Neighbourhood

.....

28. Favourite Manitoba Festival

.....

29. Favourite Political Moment

.....

30. Favourite Local Publication

.....

FILL OUT THIS FORM AND DROP IT OFF IN THE UNITER MAILBOX, ROOM ORM14,
AT THE UNIVERSITY OF WINNIPEG, OR CHECK OUT UNITER.CA TO VOTE ONLINE.