

THE

UNITER

FREE WEEKLY
VOLUME 70 // ISSUE 16 // JAN. 21

FOUR SEASON CYCLING

Winnipeg's snow-clearing policies leave potential cyclists out in the cold

OUT FOR A
FLOAT P8

BICYCLES GONE
BASIC P16

VOTING FOR THE
CLIMATE P17

STEPHEN O'MALLEY

@ Winnipeg New Music Festival
Solo Show Jan 28 @ Union Sound Hall
New Work for Orchestra Jan 29

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CONTENT

**WINTER 2016
ISSUE CALENDAR**

January: 7, 14, 21, 28

February: 4, 11, 25

March: 3, 10, 17, 24, 31

* ON THE COVER

A cyclist takes a smoke break while waiting for the light to change on Westminster Ave.

WHAT'S ON THE COVER?

I'd like to take a minute to pull back the curtain and reveal something that may be somewhat mysterious, but shouldn't be any big secret.

While each issue of *The Uniter* holds, on average, 15 to 20 individual pieces that each get a half to a full page of space, each week we devote a much larger centrefold to one particular story. This story also covers the front of the paper, so it's obviously pretty special.

How do we choose what goes on the cover every week?

The cover features for each semester are scheduled in advance, and are rotated amongst Uniter staff - writers, photographers, editors and more. While most of the other pieces in the paper are relatively short, the feature gives each staff member a chance to dig deeper into something that they care about, and something that we think you might care about too.

It's partly a pet project, but it's also a huge part of our mission, which is to give coverage to people, to communities, to projects and to issues that aren't being covered elsewhere, or to offer a different take on a familiar story.

While sometimes the staff and managing editor are bouncing ideas around until our version of the 11th hour, the question of what to put on the cover isn't made lightly. It represents a commitment on the part of the editorial team and the staff to do justice to a story, to research more, to talk to more people, to take more pictures than we usually would.

But it can't end there.

Once we've put a story on the cover, we're much more involved and informed in the topic, and we also see how much more there is to tell. The work on a cover story rarely ever feels finished, there's always more to tell, and more keeps happening every day.

This week we announced an event that, for us, was spurred on by a cover story we did last fall, though we were only just joining in on a conversation that was already happening. The Uniter Speakers Series partnered with Red Rising Magazine to plan an event called Indigenizing Media, which will be held on Feb. 4 at Urban Shaman Gallery (see page 12 for more details on this event).

This event is a chance for conversations about how stories get told - and whose stories are being told - to move off the page, and we invite you to join in as well, whether you have something to share or whether you want to listen and learn.

We're lucky that we don't have to pick the most sensational story and over-the-top headline to put on the cover because we don't count on the cover to sell papers (though we would like to inspire future readers to pick one up for free). We want to share stories that matter to our city, and to our readers, so that, in a nutshell, is how we choose what goes on the cover.

- Anastasia Chipelski

Van (no last name given) performs poetry live. We explored the performance poetry scene on page 8.

PHOTO BY KEELEY BRAUSTEIN-BLACK

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SUBMISSIONS OF ARTICLES, LETTERS, GRAPHICS AND PHOTOS are encouraged, however all new contributors (with the exception of letters to the editor) must attend a 45 minute volunteer orientation workshop to ensure that the volunteer understands all of the publication's basic guidelines. Volunteer workshops take place Wednesdays from 12:30-1:20 in room ORM14. Please email volunteer@uniter.ca for more details. Deadline for advertisements is noon Friday, six days prior to publication. *The Uniter* reserves the right to refuse to print material submitted by volunteers. *The Uniter* will not print submissions that are homophobic, misogynistic, racist or libellous. We also reserve the right to edit for length/style.



PHOTOS BY MEG CRANE

1

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

CKUW is an integral part of the University of Winnipeg's campus community. From its humble beginnings more than 50 years ago, as a closed-circuit station heard only in select university buildings, the on-campus FM station has expanded into one of the city's most pioneering broadcasters.

In addition to shining a light on local musicians and artists, CKUW has made a point of airing spoken word content highlighting important news and social justice issues, both locally and globally.

Robin Eriksson's weekly bluegrass show, *Hit the Big Wide Strum*, has been a CKUW staple for the past 11 years. She's also acted as the station's program director for nine of those years.

"(Our mandate is) to provide an alternative to mainstream media content," Eriksson says in the living room of her Wolseley home. "We don't play hit songs. We discourage people from playing music, non-hit music, that sounds like hit music, but sometimes that's a little tricky. I try to get a wide range of voices on the air."

Eriksson works with a volunteer board to ensure the station's diverse voices aren't just musical ones.

"We've started to get a bit more third-language programming," Eriksson explains. "We just added a couple Spanish-language programs. A couple of French TAs did a show last year in French, where they played a lot of music from France, which was cool. We just added an Ethiopian show in the Amharic language. It focuses on human rights and some abuses that happen in Northern Africa. It's programmed by folks from the local Ethiopian community."



2

1) COLLAGE PROJECT

"I'm a big visual arts fan, and at the beginning of the year I thought maybe I needed a little more creativity in my life. So I embarked on a 365-day collage project, trying to make one collage a day."

2) TELEPHONE TABLE

"We were going to play Frisbee in Vimy Ridge Park. We were walking down the street and this telephone table was just sitting on the curb. We thought, 'Wow, that's a pretty special little piece of furniture.' So we brought it home and continued on our way."



3



5

3) FIREPLACE AND MANTLE

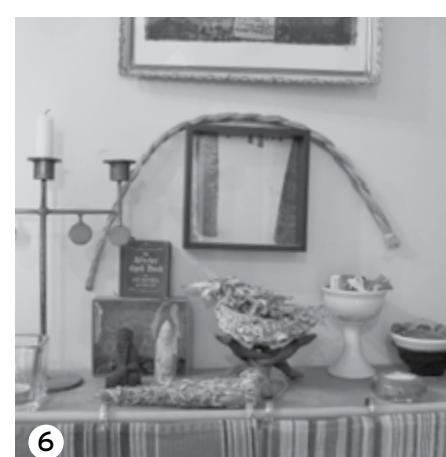
"This building has four apartments in it. They're all exact mirror images of each other, except for the fireplaces. The moulding is different on each. Ours is the only one with the fake red tiles around it."

4) CASSETTE LAMP

"A few years ago at FUNDrive (CKUW's annual donation fundraiser), there was talk that our artwork was going to involve an unravelling tape spelling out 'CKUW.' I thought, 'Maybe for prize incentive, I'll make something that has a tape theme.' When it was done, my partner said, 'Why do you always make things that are really great, and then other people get them?' So I made two."



4



6

5) "ROBIN GETS THERE"

"I had to buy this painting because my name is Robin, and the title of it is actually 'Robin Gets There.' I bid on it in the auction and managed to win, so that's pretty cool."

6) SHELF OF TALISMANS

"This is my little altar kind of place. My girlfriend gave me *The Witches' Spell Book for Love, Happiness and Success*. The beans in the box are from a spell in there, where you toss the beans off of a high balcony or rooftop and sort of put your intention into growing new things in the spring."

ARTS AND CULTURE BRIEFS**Music 'N' Mavens**

The Rady Jewish Community Centre is hosting its 18th season of Music 'N' Mavens, which focuses on jazz and folk music. The series of shows and lectures runs Jan. 26 to March 24 with most events taking place Tuesdays and Thursdays at 2 p.m. Tickets are \$7 for Rady members and \$11 for non-members. Find more info at radyjcc.com.

For The Love of Craft

Manitoba Craft Council's 2016 member exhibition and sale of contemporary craft is taking place Jan. 22 to Feb. 2. This show features ceramic, fibre, metal, glass, wood and paper work at Cre8ery Gallery as a way to celebrate craft and the community that is passionate about it. The gallery is located on the second floor of 125 Adelaide St.

Nu Sounds

Jazz Winnipeg is accepting applications for its 2017 Nu Sounds Series. Manitoba jazz musicians can send an outline of a unique performance concept to paul@jazzwinnipeg.com by 5 p.m. on Feb. 12. The purpose of the series is to give musicians a venue to explore material they may not normally have the chance to present.

Cross-cultural beading***Red Rising* issue two**

MEG CRANE // ARTS AND CULTURE EDITOR

@MEGCRANE

The launch of the second issue of *Red Rising Magazine* is taking place at Neechi Niche, 865 Main St., on Jan. 27 at 7 p.m. For \$5 cover, attendees will receive a copy of the magazine and get the chance to listen to contributor readings and acoustic music by Leonard Sumner and Ali Fontaine.

TIMELESS LOVE FOR THE LAKE

Sol Sigurdson's *The Lake Winnipeg Fisherman* reimaged

REINALDO CONTRERAS

VOLUNTEER STAFF

A group of Manitoba musicians have come together in support of the Lake Winnipeg Foundation (LWF) to create the recently released EP *Love, Lake Winnipeg: A tribute to the songs of Sol Sigurdson*.

"This project is about Manitoba musicians paying tribute to Manitoba folk songs, all in support of Manitoba's great lake," Alexis Kanu, LWF executive director says.

The EP features four tracks from Sigurdson's *The Lake Winnipeg Fisherman*, an album released in the 1970s and inspired by the life in the Lake Winnipeg fishing village of Riverton.

The songs have been reimagined by contemporary Manitoba musicians DJ Co-op, Mise en Scène, Scott Nolan, John K. Samson and Jess Reimer.

Kanu says the idea for the project came when they found an original vinyl copy of *The Lake Winnipeg Fisherman* at a board member's house.

"We thought it would be exciting to revive these songs for new generations of lake-lovers to enjoy," Kanu says.

Sigurdson agreed to the project when members of LWF approached him, says Kanu.

The new EP was produced by John K. Samson, former frontman of acclaimed Winnipeg band The Weakerthans, who, Kanu says, is also a big fan of Sigurdson's work.

"Like Sol's, his songwriting focuses on specific places and the relationship between a place and its people. He was happy to join us as producer. From that point on, we relied on John's creative vision to guide the project," Kanu says.

"We couldn't be happier with the end result," Kanu adds. "*Love, Lake Winnipeg: A tribute to the songs of Sol Sigurdson*, is both our way of thanking Sol for his musical contribution to our province's history, and our own love letter to Manitoba's great lake."

In their remake, his folks songs have radically morphed into different genres. After listening to the reworked songs, Sigurdson wonders about the generation gap and the way younger audiences receive messages differently.

"The really positive side is that I felt that they treated the music with respect," Sigurdson says.

He says the songs are all about old fishermen, which is not a sexy topic.

"You have to know a little bit about the story in the background to do justice to

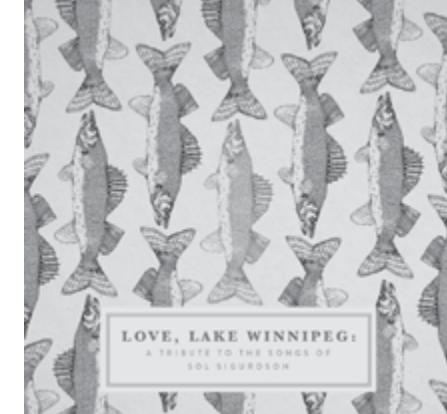


(Above) Sol Sigurdson at Gimli, Man. (Below) Love Lake Winnipeg album cover.

the song, and I felt that they all really did their best," Sigurdson says.

Sigurdson says he appreciates the musicians' efforts and is conscious about the limitations of a musical production made on a limited budget.

"They got these four bands and they bought into the idea of honouring my music, so that was very nice. It doesn't matter what they say about the songs. It's that people liked them. Honestly, after 50 years, they're still singing them," Sigurdson says.



A WEDDING OF YOUR OWN

Weddings don't all need to be the same

SAMANTHA SARTY

@SARTYSARTY

ARTS REPORTER

The dress, venue, décor and more are all crucial details when it comes to wedding planning. But do you conform to what the wedding industry presents as standard or create a new version of how your day looks?

When the Wonderful Wedding Show hit the floor at the RBC Convention Centre Winnipeg on Jan. 23 and 24, the industry behind weddings presented itself as inspiration for brides and grooms.

What is presented by the industry comes with a hefty price tag, while straying from the norm can be easier on the wallet.

Janine Kropla, a local photographer, says wedding trend trenches run deep. She's noticed that it's hard for people not to fall into them with so many sources showing closely related ideas.

"Instagram, Pinterest and wedding blogs have created a very trendy wedding industry where everyone is doing similar things," Kropla says. "Mason jars, barn venues, chalkboard signs, string lights are all very common."

With trends taking the forefront of wedding planning, it's more challenging to look outside of them and down a more personalized avenue for that special day, Kropla says.

"You have to stay away from websites and industry and figure out what you value the most. I think you can almost get too overwhelmed with imagery and the latest trends that you lose the ability to identify what you love and what's important to you," Kropla says.

Some brides are opting for non-traditional dresses they can wear on other occasions, which may be more true to them and are cheaper.

One of the ways to anchor a personalized touch in weddings, even alongside some trends, is to transform pre-existing objects or upcycle items from the past.

Wendy Ryder of The Old House Revival Company says she sees brides come in all the time scouring the store for original items and antiques to incorporate into their weddings.

"What the brides are looking for here when they're shopping are items that they can use forever," Ryder says. "So rather than investing in a bunch of decorations that get put in a box or they try to sell, they're buying the windows and using the windows for backdrops and then they're able to reuse them."

Ryder says she's seen everything from dressers being used as a guestbook check in table, to teacups as centerpieces.

"I think that if you could get two purposes for one thing, obviously it's a better bang for your dollar," Ryder says.

Kropla agrees, saying she's photographed both larger and smaller budget weddings and that, if done well, they turn out beautiful no matter what the sum spent.

But with all the weddings Kropla has attended as a photographer, she says in the end, details are only the side dish to the main: love.

"I think the details are great but I think that atmosphere and the experience



ILLUSTRATION BY GABRIELLE FUNK

is way more important," Kropla says. "That's the food, the music, the people and the venue. Choose things that have meaning to you because when you look back on the photos or video from the day,

you'll remember how you were feeling in those moments and the details will be less important."

One day that celebrates love is incredible, so do it your way.

CKUW TOP 20

January 11 - 17, 2016

TW = This Week // LW = Last Week // ! = Local content // * = Canadian Content



TW	LW	LC/CC	ARTIST	ALBUM	LABEL
1	2	!	Scott Nolan	Silverhill	Transistor 66
2	4	!	Cannon Bros	Dream City	Disintegration
3	1		Deerhunter	Fading Frontier	4AD
4	6	!	Human Music	Sup	Sundowning Sound
5	9	!	William Prince	Earthly Days	Self-Released
6	13	!	Chic Gamine	Light A Match	Self-Released
7	NE		Balthazar	Thin Walls	Play It Again Sam
8	10	!	Autumn Still	When It Was	Self-Released
9	19	*	Ought	Sun Coming Down	Constellation
10	NE	!	Various Artists	Love, Lake Winnipeg: A Tribute...	Self-Released
11	23	!	Kazzoshay	Dreamscape	Self-Released
12	11	!	The Unbelievable Bargains	Exuberance Abounds	Transistor 66
13	25		Ty Segall	Ty Rex	Goner
14	8		Empresarios	The Vibes	Self-Released
15	12	*	Corb Lund	Things That Can't Be Undone	New West
16	5		David Bowie	Blackstar	Columbia
17	14		Vieux Farka Toure & Julia Easterlin	Touristes	Six Degrees
18	7		New Order	Music Complete	Mute Artists
19	3	!	Rastamils	Dream	Self-Released
20	NE	!	Roger Roger	Fairweather	Self-Released



SUPPLIED PHOTO

Ethan Ribeiro shines in the role of Billy Elliot in RMTC's production of *Billy Elliot the Musical*.

BILLY ELLIOT THE MUSICAL

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

*Music by Elton John
Book and lyrics by Lee Hall
Plays at Royal MTC's John Hirsch
Mainstage until Sat., Feb. 6*

★★★★★

Royal MTC's production of *Billy Elliot the Musical* is a triumph in nearly every aspect. In a time when most successful stage musicals are adaptations of popular movies from decades past, a show based on Stephen Daldry's 2000 film *Billy Elliot* might not seem like a home run idea at first glance.

But this celebration of art, leftist politics and self-expression coalesces into a funny and genuinely moving show that all big pop musicals want to be, but few actually are.

Billy Elliot the Musical is the story of its title character, the 12-year-old son of a widowed, working-class miner in northern England. When Billy discovers a love of ballet, his teacher Mrs. Wilkinson must nurture his gifts while keeping it hidden from the disapproving eyes of the men in Billy's life.

This is all set against the backdrop of the 1984-85 miners' strike, during which Britain's Prime Minister Margaret Thatcher attempted to crush organized labour to prop up her own extreme-right politics. Thematically, the ballet story and the miners' strike work beautifully in tandem, examining the long-term damage caused by Britain's class system and the Thatcher administration.

Although Billy is at odds with the working-class men in his life, the rigid social ideas that make it "wrong" for a boy to love ballet are the same oppressive forces that try and keep his

community in its place. The parallels illustrate how the bigotry of right-wing tyranny can infect even those who stand up against it.

Elton John's music is rousing, as is his typical fashion. The score is full of his signature piano flourishes, but also has some period-appropriate flair which manages to evoke '80s cheesiness without being cheesy itself. Lee Hall's lyrics occasionally falter, but he sticks the landing when it counts, providing multiple tear-jerkers.

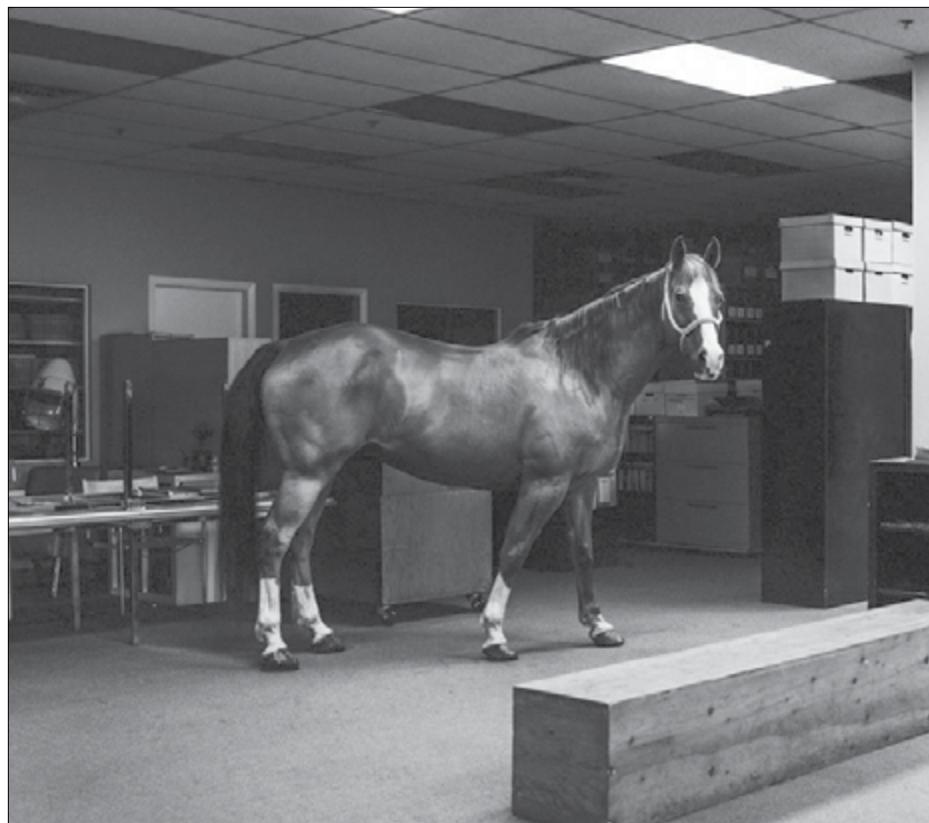
Ethan Ribeiro shines in the role of Billy (Ribeiro and actor Eamon Stocks alternate, playing the role on different nights). He has a difficult role for a young actor. He needs to convey Billy's progression, going from an untrained dancer to a polished pro. But he doesn't have the luxury of starting out bad; he must always convey Billy's natural grace and talent. He succeeds.

The standout performance is Cory Wojcik as Jackie, Billy's father. Most of the play's most touching moments come from him, and he humanizes Jackie's disapproval of Billy so as to never make him merely a domineering bigot.

There are minor nits to pick with performances. The leads aren't as funny as they could be. But supporting players (particularly Carson Nattrass and Trevor Patt) provide ample comedy.

What's important is that the leads be brilliant dancers. And boy, are they ever. Tracey Flye's choreography is fluid and breathtaking, while always managing to feel spontaneous rather than like a routine. Brian Perchaluk's sets and Charlotte Dean's costumes do much to set the period, and Scott Henderson's lighting and shadow-play manage to transport us into Billy's mind.

There's no doubt this production took enormous amounts of work and passion to produce. All productions do, but the effort for *Billy Elliot the Musical* feels colossal. Fortunately for us, every ounce of that passion is onstage, and it's beautiful.



We Are The City

Above Club
Hidden Pony Records

We Are The City's newest LP, *Above Club*, was born at breakneck speed. Recorded in a makeshift studio located above a nightclub in Serbia, the album was completed almost as soon as it began. A month after posting a 24/7 stream of their recording process, the band had their third, and best, full-length available to the world.

Perhaps it was the limitations that created the best collection of music that this oft-touring, fluidly creative trio has put out.

Lead singer Cayne McKenzie has admitted that many of the vocal hooks and lyrics in the catchiest tunes were improvised and recorded in one take. Lines like "Whatever God is, it's here with me now", the repetitive hook in "Keep On Dancing" will sink its teeth into your subconscious until you're inadvertently gyrating to the phrase while trying to keep warm at a bus stop.

"Keep On Dancing" is the most accessible, pop-forward track on the album, with its bombastic drums and hooky chorus, and in

many ways, this may be both We Are The City's most accessible and interesting album.

The progressive stylings of their previous efforts shine through on tracks such as "Cheque Room" and "Sign My Name Like Queen", while maintaining a new appreciation for pop stylings.

The hooks come in both the music and the vocals, with almost every track throwing yet another memorable melody or interesting rhythm that will have you revisiting again and again.

The album's first track, "Take Your Picture With Me While You Still Can", kicks in with an incredibly dynamic dance-based rhythm and is easily one of my favourite tracks of the year. "Kiss Me, Honey", the other bookend, has a tongue-in-cheek reference to their newfound pop mastery in the chorus: "I pop hooks like jokes in the funny paper", which really is one of the best one liners I've heard in a long time, as smarmy as it may be.

This is one of the best albums that 2015 had to offer. A tall claim, to be sure, but trust me when I say that you will be nothing short of satisfied, and possibly even hooked.

- Mischa Dechter

WE WANT YOUR IDEAS!

We're looking for your ideas, concepts and event proposals for the annual sustainability festival, Grass Routes.

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FLOAT TO RELIEF

A new experience in therapeutic science

SARAH LYNN VAAGE

@SARAHLYNN1994

VOLUNTEER

Winnipeggers who love water and wellness can take a break with the growing float spa industry.

"Floating is one of the things that benefits chronic pain," Roi Jones says.

Jones opened Jellyfish Float Spa, the first of three float spas in Winnipeg, in 2012. Jellyfish was joined by FloatCalm on Pembina Highway and the FloatHairium on Westminister Avenue.

Jones initially wanted to open Jellyfish for his mother-in-law who suffers from fibromyalgia, an illness that leaves her in constant pain.

"I also thought it would be an amazing addition to Winnipeg. Nobody had it back then," Jones says.

Floating is a therapeutic treatment where a person lays in a large, egg-shaped pod that is filled with 10 to 12 inches of water and 1,000 pounds of epsom salts, Jones says.



SUPPLIED PHOTO

Relaxing in a float tank can help manage stress levels and pain.

According to the Jellyfish Float Spa website, the salt content allows the body to float at the surface of the water.

With the tank closed, it is completely dark and silent, shutting out the distractions of the outside world and allowing the mind and body to relax and recharge, the website reads.

There are many benefits to floating, Jones says. Some of them are stress relief, chronic pain relief, athletic recovery and creative inspiration.

Floating could help students manage stress levels throughout the semester and exam periods, Jones says.

He also says floating could provide opportunity to think about assignment and essay ideas free of distraction.

Jones floats once a week, saying that floating brings him mental clarity and helps him achieve personal and business

goals. He says it also helps enhance his musical awareness.

Simon Burgess has been floating weekly for the last two years.

"I've always been interested in self-improvement and mindfulness techniques," Burgess says. "I approach floating the same way. I try new visualization and meditation techniques in the tank and see what works."

As part of his weekly wind down routine, Burgess floats every Friday after work.

"It's a great way to decompress and let go," Burgess says. "I also sometimes plan out my goals for the following week while I'm in the tank and have no distractions."

Jones says there is a four step filtration process in the pods at Jellyfish Float Spa that helps guarantee maximum cleanliness.

Each tank has a hot tub filter, as well as an ozone filter that oxidizes the water, Jones says.

Bromine is used as a sanitizer and the water quality is lab-tested four times a year.

Showering is mandatory before and after to maintain the cleanliness of the water and facility.

When floating for the first time, Jones suggests listening to one's mind and body, and to understand that all experiences will be unique to the person who is floating.

JellyFish Float Spa offers a 15 per cent discount to all post-secondary students with a valid student ID. It is located at 894 St. Mary's Rd. FloatCalm Spa is located at 337C Pembina Hwy., and the FloatHairium is located at 763 Westminster Ave.

SLAM CITY

What poetry slams mean to the local performance community

TALULA SCHLEGEL

@TALULACORA

VOLUNTEER

There are big dreams for performance poetry in Winnipeg, but conflicting views when it comes to slam competitions.

"Locally, slams are important because, counter intuitively, competition actually breeds community, in some ways," Winnipeg Poetry Slam slam master Mike Johnston says.

Competitions connect people who have a love for the art, Johnston says.

"That passion cauterizes the connection between those who share it," Johnston says.

If poets have mutual respect for one another during competition, they can grow through that shared journey, he says.

"We're putting ourselves out there to be instantly numerically judged for art that is often very personal and meaningful. That journey seems to fit best when it's people you get to know over time locally," Johnston says.

Johnston recounts a particularly moving slam where he shared his devastation in losing a child to a miscarriage.

"I tried putting the pieces into a poem. I performed that piece during a slam."

He says it was an outstanding experience.



PHOTOS BY KEELEY BRAUSTein-BLACK



(Left to right) Paul Friesen, Larysa Musick and Steve Currie perform poetry.



"How often in a lifetime do we really get to share that kind of connectedness with others and help carry the burdens of both their hurt and hope? Offering moments like that is what drives me to produce slams now," Johnston says.

And he wants other people to come out and share their experiences through the art, as well.

"Our little community is working hard at evolving into something welcoming and supportive of all new voices," Johnston says.

Mona Mousa, creator and director of Central Poetry Project, has a different take on the role of competition in performance poetry.

"A community could exist without slam, but slam could not exist without a community," Mousa says.

Mousa believes poetry communities would be healthier without slam, due to the egoism that can develop through competitions.

"In slam communities, there lacks a little bit of gracious professionalism," she says.

Slam is a good way to get involved in the poetry community and make connections, Mousa says. But she stresses that it is not the only way to be a part of the scene.

When curating a series through Central Poetry Project, Mousa's first focus is always on diversity.

"I am a queer female of colour. I live under every minority and I think that recognition and that familiarity when people come to our series is pretty unique," Mousa says.

Mousa works to curate events that draw people in and allow them to come and be themselves unapologetically.

"If people don't come, there's not going to be poetry," Mousa says.

Despite this worry, both Johnston and Mousa express the importance and immeasurable amount of support within the scene.

Mousa has big dreams for the expansion of performance poetry in Winnipeg.

"I want to see it happen where we will bring a show and that show will always sell out," she says. "Eventually, I would like to see line-ups for poetry."

Follow Central Poetry Project on Facebook, or look for other spoken word groups if you'd like to learn more about slams and shows organized by individuals and collectives.

RECREATE HISTORY

Three solo artists rehash classical art

SAMANTHA SARTY

 @SARTYSARTY

ARTS REPORTER

From parenthood to 3D printers and the regeneration of life, three solo artists are premiering collections that stem from completely different inspirations.

Actual Contemporary is presenting the work of Grace Nickel, Erica Mendritzki and Ian August to kick off its third season of programming on Jan. 22.

"I'm very happy to be showing alongside strong artists," Nickel says. "Actual Contemporary has a real knack for pulling together artists whose work is completely different, but possesses a common thread. In this case, all three artists make reference to classical art."

Actual Contemporary, located at 300 Ross St., is a gallery that presents contemporary art to local and national audiences while fostering an appreciation for the style.

Nickel will show *Arbor Vitae*, a body of work that includes unusually large porcelain forms, among other pieces, that stem from Nickel's exploration of new technologies and processes.

"I want people to leave with a feeling

that they've seen something they haven't seen before," Nickel says. "*(Arbor Vitae)* reflects on the circular nature of existence and experience, and the cycle of loss and regeneration."

Nickel hopes the work gives viewers the sense that ceramics can "communicate and contribute to a cultural dialogue, addressing relevant personal, social and political issues."

Mendritzki is presenting *Planned Parenthood*, which also touches on social, primarily feminist, issues.

"I made this body of work while thinking through some of the philosophical and practical problems that confront female artists," Mendritzki says.

Looking back on the history of art and ideas, she says the art created by men was more readily available and that's a hard fact to face as a female artist.

"How do we place ourselves within this masculine lineage?" Mendritzki says. "One of the things I did in making this work was try to adopt that lineage and make it my own – to plan my own parents, so to speak."

Planned Parenthood exhibits drawings of historic sculptures paired with rough textures. Mendritzki says it's representative of the dissonant and surreal relationships found in the drawings.

The third gallery, *Plunder Dupe*, is also a reference to pre-existing art.

Using household items as sculpture materials, August recreated some of the artifacts that went missing from The Iraq Museum during the U.S. invasion in 2003.

After making the sculptures, he painted still lifes of them on canvas. Both forms of the project will be on display at



One of Ian August's pieces on display at Actual Contemporary gallery.

Actual Contemporary.

"With the information I did find online, I tried to recreate those objects so that there would be a record for the world," August says. "And I tried to do them as faithfully as I could to like the size and all the details."

In capturing the artifacts as sculptures, August hopes to have his version of the missing antiques available as a design to 3D print so everyone can enjoy.

"I plan to have it printed on a 3D printer so that the objects can live on," August says. "I have a kid and she plays

with a toy phone and she's not even going to know what a real phone looks like. Objects can get forgotten real quick."



Actual Contemporary is located at 300 Ross St. The opening reception for this exhibition is at 7 p.m. on Jan. 22. The exhibition runs from Jan. 22 through to March 19.

FOUR SEASON CYCLING

Winnipeg's snow-clearing policies leave potential cyclists out in the cold

WORDS BY TIM RUNTZ

 @TIMRUNTZ

PHOTOS BY DANIEL CRUMP

 @DANNYBOYCRUMP



In years past, it was only the most hardcore cyclists who could be found riding the streets of Winnipeg in the winter.

That's not entirely surprising considering Winnipeg is one of

the coldest cities of its size in the world. Knee-deep snowdrifts and frostbite-inducing winds make the city a less than ideal place to be outside on your way to work.

Due in part to advances in technology, a growing awareness

of environmental issues, and an emerging network of cycling infrastructure, winter biking in Winnipeg has gone from a fringe activity for hippie holdouts to a more accessible and accepted way to get around.

COVER FEATURE continues // NEXT PAGE

Continued from previous page.



More cyclists year round

Mark Cohoe, executive director of the advocacy group Bike Winnipeg, remembers his early days pedalling through the snow.

"There was one set of tracks on the way out and one set of tracks on the way back in, and that's definitely changed," he says.

No long-term studies have empirically confirmed Cohoe's observations, but several other winter bikers have seen similar growth.

Andrea Tetrault, known online for her blog, Winnipeg Cycle Chick, has noticed more cyclists on her morning commute, even over the last five years.

"It used to feel a little crazy to be out there in the winter," she says, "but now it feels a little less crazy because there are so many more people doing it."

Tetrault's passion for pedalling didn't begin with riding to work. She started out racing bikes, and it was only after several years that she considered commuting with one.

"I work in an office, and I have kids and a dog and busy days, and I wasn't sure if I could fit that into my life, but I could, and it was actually a lot of fun," she says. When winter rolled around, she pulled out an old mountain bike and kept commuting as a way to get outside and stay in shape.

Other winter cyclists point to their bank accounts, convenience, and sheer pleasure as rationale for riding to work or school.

"Just getting out there and being more active is important for your winter psychology," Jocelyn McLean of the UWSA bike lab says. "The endorphins that come from exercise alone will make you feel better and more positive instead of just staying indoors and taking the car."

Cohoe explains that bike culture has positive impacts on the city more broadly as well.

"If we can reduce the amount of spending that Winnipeggers are putting into their transportation, that frees up a lot of money that will recirculate into things like restaurants and entertainment and their homes. Those are the things that really build up and multiply in the economy," he says.

"No one's driving a Manitoba built car. We're not really driving on gas created in the province. That's all money that's lost to our economy."

Cohoe also points out that a more active population is generally a healthier population, which can reduce healthcare costs for the province.

Whatever their motivation, it's certain that the number of bicycle commuters in Winnipeg has climbed over the last decade.

The 2011 National Household Survey showed a 32 per cent increase in commuter cyclists compared to 2006. Similarly, counts at 100 locations throughout the city each spring have shown a 20 per cent increase since 2007, with an estimated 14,790 commuters riding to work on an average June day.

Cohoe estimates that about a third of these commuters keep riding when the weather turns cold. In a telephone and online survey conducted for the City of Winnipeg, six per cent of respondents reported riding to work at least once a month throughout the snowy season.

Meanwhile, Winnipeg hosted the international Winter Cycling Congress in

2014, and annual events like Ice Bike, Actif Epica, and Winter Bike To Work Day have all made the world of winter cycling more visible to the automobile-bound.

There's also plenty of potential for growth. It's reported that 46 per cent of Winnipeggers wish to cycle more, and 32 per cent say that a lack of bicycle lanes or a fear of riding in traffic are factors that prevent them from cycling more.

Build it and they will come

While it's clear that more Winnipeggers have been brushing the snow off their bikes as of late, a new report published by Bike Winnipeg shows that increases in bicycle traffic over the last decade have been closely tied to investments in infrastructure.

The years that saw many new facilities built in conjunction with a federal infrastructure stimulus program, between 2009 and 2011, were the years that saw the greatest increases in bicycle traffic. On the other hand, a recent decrease in infrastructure investment has corresponded with a plateau in the number commuters on the road.

According to McLean, dedicated cycling infrastructure is especially important in the winter, when ice and snow decrease traction and visibility for drivers and cyclists alike.

Separated lanes, such as those on Assiniboine Avenue or Sherbrook Street allow cyclists to remain a safe distance away from other traffic. They also funnel many cyclists away from other side streets and on to one main corridor. Cohoe reports that the Assiniboine Avenue bike lane has actually reduced bike traffic elsewhere throughout downtown.

On the other hand, routes that are only marked by painted lines on the road can result in what Tetrault calls "a wild west kind of situation," once the snow falls. Well-intentioned drivers can't tell when they're taking up a bike lane, and cyclists are forced to avoid piles of snow that have been pushed to the curb.

Rewriting priorities

This sort of competition for space on the road arises in part because the city's snow clearing policy was developed in back in 1993. Unlike cities such as Calgary and Montreal, the policy hasn't been significantly updated to account for newly built infrastructure or changing flows of commuter traffic.

Within the current policy, Winnipeg streets are designated as Priority I, II, or III, based on the amount of vehicle traffic they receive each day. But active transport routes aren't prioritized distinctly from the street they run along.

This means that sidewalks and bike paths receive a priority designation based on the number of cars nearby, regardless of a disproportionate number of pedestrians or cyclists.

Park pathways are only cleared "when adequate funds are available" and only after other sidewalks have been completed. And though curbside snow build up "shall normally be removed" from Priority I and II streets, there is no clause ensuring that painted-on bike lanes remain passable.

Considering that many cyclists go out of their way to avoid high-traffic areas in the winter, this policy puts some of the safest and most frequently used winter bike routes at the very bottom of the city's priority list, while some rarely-used sidewalks are given top priority. It also means that, instead of staying out of the way of drivers, some cyclists are forced to ride on Priority I roads to get to work or school.

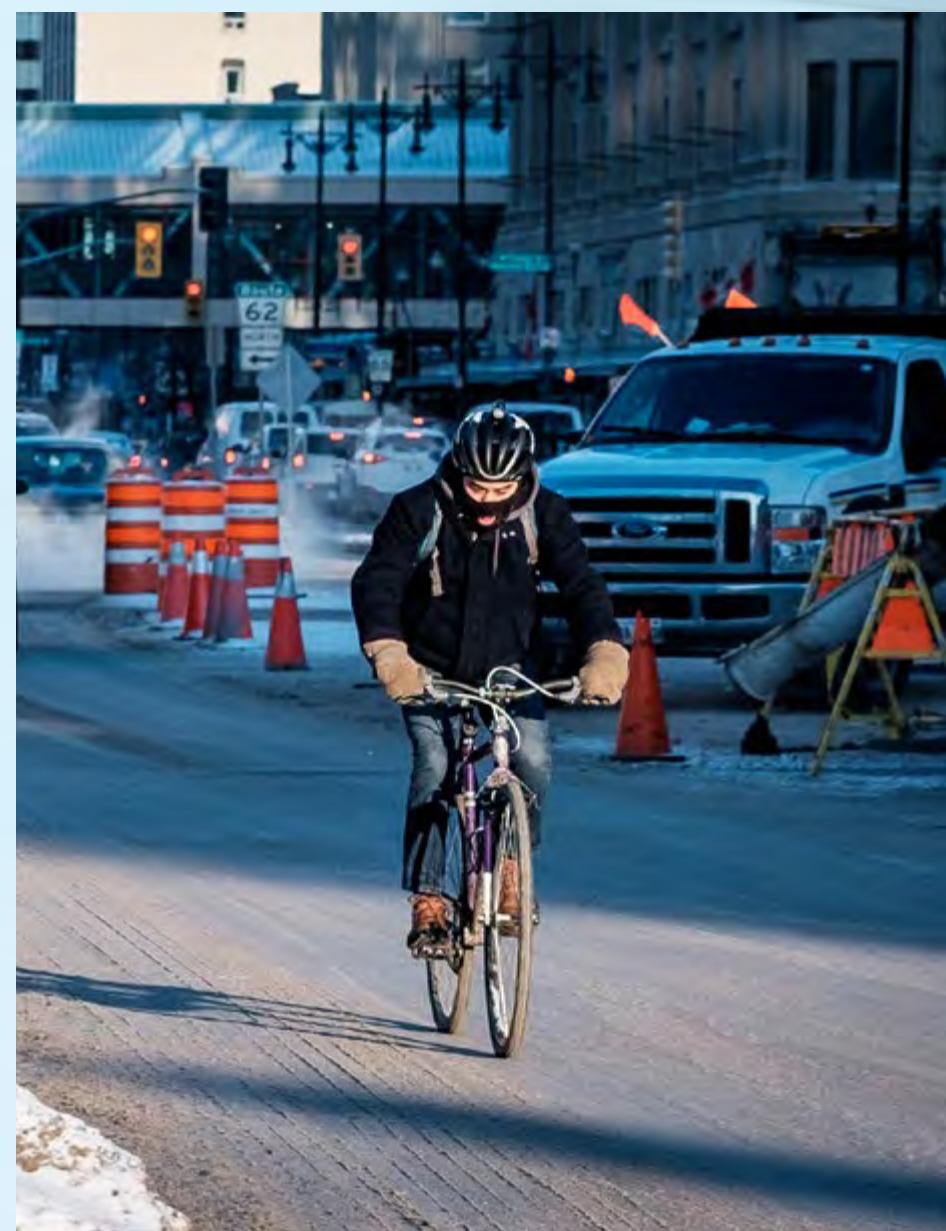
According to Cohoe, places like the path through Omand Park, a major thoroughfare connecting the West End to the southern half of the city, remain nearly impassible after a major snowfall.

"It's a mild winter now, so you can kind of bike it, but you have to be pretty careful on it. Any heavier winter and it just becomes unusable," he says.

Janice Lukes, the city councillor for



The bike lane on Assiniboine Avenue is partially closed due to construction.



A cyclist braves the cold temperatures and traffic on Portage Avenue near the University of Winnipeg.

South Winnipeg-St. Norbert and chair of the Standing Policy Committee on Infrastructure Renewal and Public Works, has taken it upon herself to ensure Winnipeg's snow removal policy is updated to take active transportation into account.

"We're a winter city," she says. "We need to walk and we need to bike and we need to do it in a way that's safe."

Lukes is currently looking for feedback from Winnipeggers who use the city's active transportation network year round. She will be holding an informal public conversation to gather information on Jan. 21.

"We've done so much good work in building more connectivity in the city in the last 15 years. Now it's important that we look at this policy and see how we can bring it up to date," she says.

Proposals that may come out of this research shouldn't surprise anyone at city hall. After all, council approved a \$334 million, 20-year Pedestrian and Cycling Strategy this past July.

Among dozens of other recommendations, the strategy called for the city to "Designate and prioritize a Winter Cycling Network for snow removal," and "Design bicycle routes to facilitate snow removal and snow storage."

Though many cycling advocates consider this strategy a step in the right direction, it's important to note that the city hasn't actually approved any spending towards the plan — that can only be done in each year's annual budget. Transportation plans like this have been described as little more than wish lists that are dependent on funding.

• • •

It's difficult to know whether winter cycling will become an increasingly realistic option for Winnipeg commuters. Policy revisions and new investments in infrastructure are essential first steps for ensuring that drivers and cyclists can peacefully coexist year round.

But these changes won't come without opposition. Before the recently adopted pedestrian and cycling strategy was passed by council, five city councillors released radio ads decrying investment in active transportation.

"It just takes such a huge amount of effort at the grassroots level to make these changes happen," says Tetrault.

But perhaps the future of winter cycling in Winnipeg doesn't lie solely in the hands of council.

"The biggest thing that people can do to help is just to get out there and do it. The more of us that are on the road, the more they have to make space for us," she says.



If you're looking to get more involved in the cycling community (or give feedback about infrastructure), here are a few places you could start:

- Councillor Janice Lukes welcomes feedback on Winnipeg's current active transportation network and policies. Tweet your suggestions to @JaniceLukes or reach her at janicelukes.ca/contact-us
- Visit bikewinnipeg.ca for winter cycling tips and more information on their 2015 Bicycle Counts Report
- For winter hours or to volunteer with the Bike Lab, drop by ORM11 at the University of Winnipeg or go to theuwsa.ca/uwsa-bike-lab
- Andrea Tetrault blogs at WinnipegCycleChick.ca
- Winter Bike To Work Day is Fri., Feb. 12. You can register to participate at WinterBikeToWorkDay.org



Dedicated cycling infrastructure is especially important in the winter, when ice and snow decrease traction and visibility.



Winter cyclist Pat Neufeld dressed for a ride in cold weather.

(Above) Jocelyn McLean, volunteer coordinator at the U of W Bike Lab, works on a bike.

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WITH ANASTASIA CHIPELSKI  @ANACHIPS

WHEN NORMAL IS BORING, AND BORING IS AWESOME

The process of figuring out how to be in the world can be a never-ending tug-of-war between standing out and fitting in. We spend so much of our time scanning the horizon and then analyzing how we measure up to what we see Out There.

We wonder: in this group, or space, or time, what's normal? And if that's normal, what am I? Do I even want to be part of this normal?

For sober people, this can mean sometimes surrounding yourself with like-minded non-drinking individuals, or spending every minute of every day (evenings and weekends in particular) being smacked in the face with the notion that You Are Not Normal.

Drinking culture is everywhere – it's assumed that everyone drinks or wants to drink, and fun is scheduled around that. The act of working around a non-drinking event is also normalized: pre-gaming, purse beers, flasks, after work drinks.

Avoiding drinking culture is kind of like playing Whack-A-Mole, and unless you exclusively hang out with sober folks, it's not hard to feel like a pariah.

Just because we find it everywhere doesn't mean that drinking culture has to feel like the norm, and sobriety has to be the exception. Before I quit drinking entirely, I did a trial month. During this time I devoured sobriety essays, and sought out other bits and pieces of sober culture.

Now I follow other sober writers and essayists on social media, and through being more public about sober life, I've slowly discovered how many of my friends – online buds I've never met in person as well as those in the same city as me – are also sober.

Even if overall, sobriety doesn't fit the larger societal narrative of what's good, acceptable, cool, fun and normal, I've started to carve out little spaces for it.

In these spaces, I know that if I say I'm spending a Saturday night reading and then going to bed by 10 p.m. so I can catch an early yoga class, a carefully curated group of friends will echo my sentiments back to me. We agree that this is an awesome way to spend a weekend, and in our context, it's totally normal.

Alongside my drinking peers, I've also noticed a shift. A few weeks ago I sat down to a table cluttered with wine glasses to enjoy a meal with family and friends. This time, far from being hyper-conscious of my lack of participation in the liquor-decision ritual, I just watched it unfold in the same way I'd subtly step back as conversation drifts into the language of the Old Country or a discussion of chemical engineering.

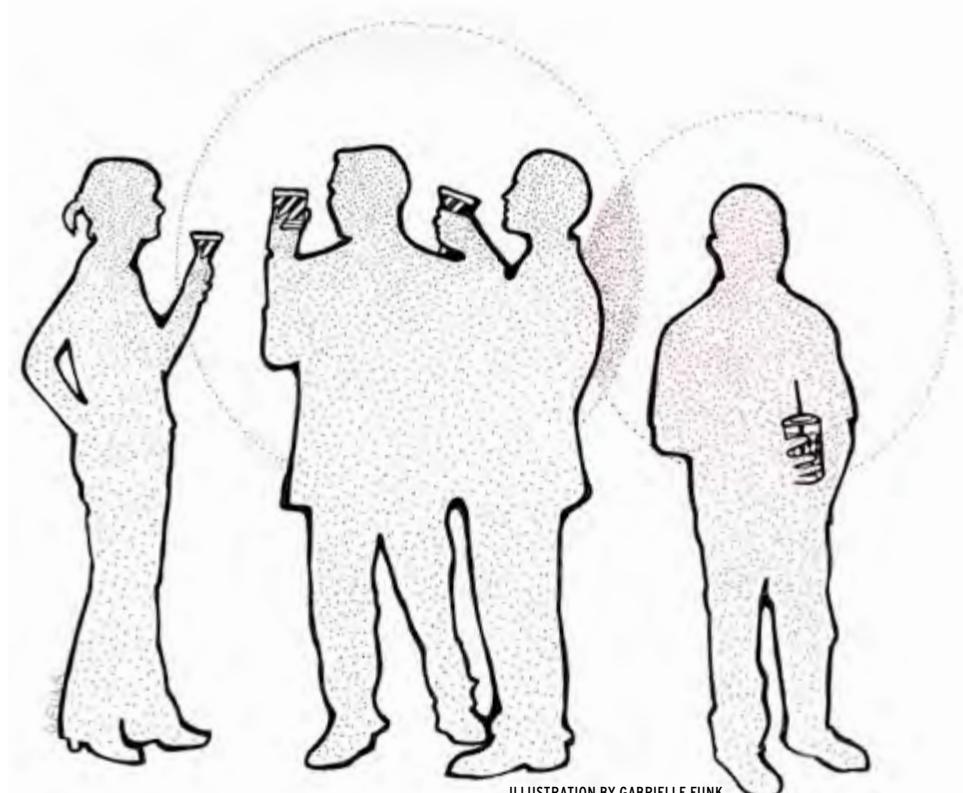


ILLUSTRATION BY GABRIELLE FUNK

Drinking was not something I was missing out on, rather, it was A Thing Other People Seem To Busy Themselves With while I wait for the kettle to boil. And once that bustling was over, we got back to enjoying food and company. To each their own normal, sitting side by side.

Perhaps in the larger world, in comparison to other's real or idealized lifestyles, my sober life is pretty boring. But if I compare my sober self to who I was all the years I spent drinking, I

can see that I have more energy and less anxiety, I'm healthier, I'm more creative. I'm far more skilled at handling the lemons life throws at me, and enjoy the good times with crisp clarity.

This boring life is far more dynamic than I could have imagined, and if this is my new normal, I'll gladly take it.

Anastasia Chipelski is the Managing Editor at The Uniter. She'll often choose books over bars and is starting to wear "boring" as a badge of honour.

CAMPUS



HONOURING TRADITIONS

Wesmen celebrate inaugural Indigenous Day with ASC

ELENA SPITCZYNA

 @CAMPUS_ELENA

CAMPUS REPORTER

On Sat., Jan. 9, the Aboriginal Student Centre (ASC), together with the Winnipeg Wesmen women's and men's basketball teams, celebrated the first Wesmen Indigenous Day with a series of back-to-back games against the Brandon University Bobcats.

The celebration included a spirit song and a traditional blessing and smudge from an ASC elder in residence, as well as indigenous drumming, music and dancing throughout the games. O Canada was also performed in Cree and Ojibwe before the first game and second games respectively.

The University of Winnipeg Wesmen dominated the event taking both the men's and women's matches 80-59, and 80-72.

Maureen Twovoice, the health and wellness coordinator for the Aboriginal Student Council at the University of Winnipeg (U of W), says the event was organized to get indigenous students more involved in university activities.

"It is important because we're always



A ceremony marked the opening of the Wesmen's Indigenous Day games.

trying to build healthy relationship with indigenous people and non-indigenous people, so this is a good way to do it in the university, especially for students," Twovoice says.

"This event is to celebrate the indigenous part of the U of W, the indigenization of the Winnipeg Wesmen."

- Stephen Penner, MDP
student in Indigenous Development at the U of W

The crowd at the basketball game was larger than usual and more diverse, organizers say.

Stephen Penner, the person behind the marketing and promotions for Wesmen, proposed the idea of bringing people together at the basketball game and honouring indigenous people at the same time.

"This event is to celebrate the indigenous part of the U of W, the indigenization of the Winnipeg Wesmen. It's a celebration honouring... our coming together," Penner, who is also a Master's in Development Practice student, says.

Penner also noted that this kind of event is important on several different levels.

"It's important to recognize that we are in a Treaty 1 land in a heart of the Métis nation. It's important also to recognize that we've got brothers and sisters out there, indigenous brothers and sisters, people from all races," Penner says.

"What can be better than to bring us

all together in a game of basketball and to have fun to recognize others?"

"I think it builds a strong relationship between aboriginal centre and the athletic centre. I've never seen that many indigenous fans before. It was very empowering to see," Skylar Boulanger, an indigenous member of the female basketball team, says.

The organizers of the event hope that it will become an annual occurrence.

"The hope that I have is to build a little bit more understanding between all races, gender in my little, little tiny way. And not even in my way, in a way that we all do it here between the Wesmen athletes, between Wesmen community," Penner says.

"The U of W is a big campus and is made up of all sorts of different people, so why not celebrate?"



POST-SECONDARY INVESTMENTS

Province increases funding by four per cent for colleges and universities

ELENA SPITCZYNA

@CAMPUS_ELENA

CAMPUS REPORTER

At a press conference at the University of Winnipeg on Jan. 7, Manitoba Premier Greg Selinger announced the province is increasing funding to colleges and universities by \$27.9 million.

The four per cent increase to post-secondary funding brings the annual total to \$710.8 million, according to a provincial release.

"We know that our colleges and universities provide opportunities for youth and help drive our economy," Selinger says.

"Today, we're showing our commitment to support students and post-secondary education in our province because we know that more people with access to a better education will translate



SUPPLIED PHOTO

Minister of Education James Allum speaks at the funding announcement on Jan. 7.

into a well-trained workforce that's ready for the jobs of tomorrow."

Universities will see a two and a half per cent increase, while colleges will receive a two per cent increase.

As part of the province's response to the Truth and Reconciliation Commission, \$2.1 million will be dedicated to indigenous studies programming including a new masters of social work in indigenous knowledge at the University of Manitoba (U of M) and a Metis studies program at Brandon University. One million dollars in capital support will go toward the National Centre for Truth and Reconciliation at U of M.

"Indigenous education is fundamental

to the period of history that we're in right now, the period that we call the period of reconciliation," Selinger says.

Though each university and college will receive \$350,000 for funds to support indigenous culture on campus, no specific programs at U of W were singled out by the province in the announcement.

Other newly created programs include a joint bachelor of midwifery program at University College of the North and the University of Manitoba. Further support will go into the Manitoba Transfer Credit Portal, a program to transfer credits between institutions, and access to supports groups for indigenous, newcomer or marginalized students.

"A healthy system of post-secondary education is one that relies on public funds, not forcing students to pay high amounts of tuition fees, so it's always positive when government is investing in post-secondary education," Peyton Veitch, the president of the UWSA, says.

The funding will also support graduate studies programs in the form of a \$2.25-million Manitoba Graduate Scholarship and the \$4.5-million Manitoba Scholarship and Bursary Initiative.

"We can provide more opportunities for people to do cutting edge research that allows them to develop knowledge and skills that will make a difference throughout their entire careers," Selinger says.

"One of the strongest indicators of economic prosperity is a well-educated population, so these investments for students in colleges and universities mean that Manitoba's economy will be strong in the future."

Dr. Annette Trimbee, the president and vice-chancellor of the University of Winnipeg, says this investment will aid students in realizing their potential.

"We're grateful that the province of Manitoba has made an ongoing commitment to stable and predictable funding," Trimbee says.

"I think of this as a tremendous investment in the future of Manitoba because what we do here at universities and colleges is we grow the leaders of tomorrow."

STREETER

BY LUKE REMPEL // PHOTOS BY KEELEY BRAUSTEIN-BLACK

Q: "THE BAY DOWNTOWN JUST ANNOUNCED THEY ARE CLOSING THE FOURTH FLOOR - WHAT SHOULD GO IN ITS PLACE?"



MARIKA

STUDYING: BIOLOGY

"AN ART CENTRE FOR KIDS, LIKE THE ONE BY THE WAG, BUT BIGGER."



MARGARET

STUDYING: BUSINESS

"THERE USED TO BE A RESTAURANT (AT THE BAY), PADDLEWHEEL RESTAURANT, AND THEN THAT CLOSED DOWN. I'M SAD BECAUSE I LIKED THE RESTAURANT, SO I WOULD LIKE ANOTHER RESTAURANT."



MAYE

STUDYING: BIOLOGY

"SOMETHING FUN LIKE A BOWLING ALLEY OR LASER TAG."



ANDRES

STUDYING: BIOCHEMISTRY

"A RESTAURANT OR A CAFÉ WOULD BE COOL. OR A MARKET, LIKE A FARMER'S MARKET."



MAGGIE

STUDYING: BIOLOGY

"SOMETHING COMMUNITY ORIENTED, LIKE A YOUTH DROP-IN CENTRE."



DHRUV

STUDYING: ATHLETIC THERAPY

"A PLACE WHERE YOU CAN JUST GO HANG OUT, LIKE A POOL (HALL), A BOWLING ALLEY, OR AN ARCADE. SOMEWHERE WHERE YOU CAN JUST GO AND HANG OUT WITH YOUR FRIENDS ON THE WEEKEND."

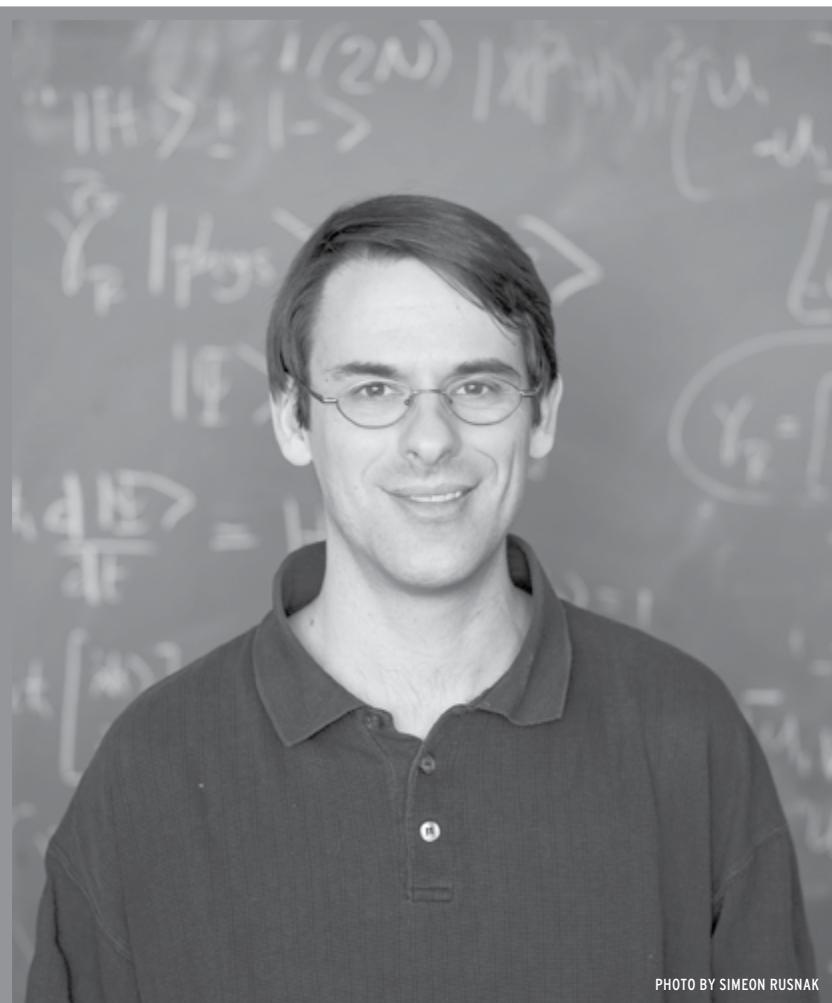


PHOTO BY SIMEON RUSNAK

AGE: 39.**AREA OF RESEARCH:** Subatomic constituents of matter (dark matter) and string theory.**NUMBER OF PUBLICATIONS:** 38 referred publications.**LOWEST GRADE IN UNIVERSITY:** I always got straight A's.**WHAT'S YOUR SUPERPOWER:** Curiosity. It provides me with the motivation to stay with the research. It keeps me going.**FAVOURITE THING ABOUT YOURSELF:** Persistence. I have a great ability to keep on going with things even when they get difficult and the patience to help students to learn.

The PROFILE - DR. ANDREW R. FREY

ASSISTANT PROFESSOR OF PHYSICS

VALERIE NYAMORI**VOLUNTEER**

From an early age, Dr. Andrew R. Frey, an assistant professor of physics at the University of Winnipeg, was interested in the big questions. He recalls looking up at the stars wondering what governs it all and was curious to know what it was like at the very beginning of time.

These questions continue to drive his career and research in the study of subatomic constituents of matter and string theory.

"It's very similar to Sheldon Cooper's work from *The Big Bang Theory*," he explains.

While he enjoys his work tremendously, Frey explains that the most challenging part of his work is writing up research projects as journal articles. He admits that although he would rather spend the time on the

science part, communicating results is very important.

"Doing the science is more fun," he chuckles.

Dr. Frey holds a bachelor of science from Wake Forest University in North Carolina, near his hometown of Winston-Salem, and a PhD from the University of California, Santa Barbara. He lives in Winnipeg with his wife Dr. Rebecca Danos, who also works in the Physics department at U of W, and their cat, Anna.

During his spare time, Frey enjoys a game of Frisbee and drinks tea to relax, both at work and at home.

"I keep a wide assortment of tea."

At the end of a busy day he unwinds by reading a book or watching some television. He is quick to mention that he mostly watches television off of DVDs.

"Yes, that includes *The Big Bang Theory*," he adds.

FAVOURITE MUSIC GENRE: I listen to everything from classical music, oldies rock to more recent stuff. It depends on my mood.

BEST THING ABOUT YOUR WORK: It would probably be working on something and realizing that I've discovered something that no one has discovered before.

BOOKS I READ: I am big on science fiction.

WHAT WOULD SAY TO STUDENTS INTERESTED IN YOUR FIELD:

There is a lot to learn and sometimes it may seem daunting. Work hard and be persistent and you'll go a long way. On a more personal note, if you are curious or interested and would like to chat with someone, I would be happy to talk.

NEWS BRIEFS

PALMER FRITSCHY // NEWS EDITOR
@PALMERFRITSCHY

Mattress recycling program

IKEA's Winnipeg store has partnered with the province to create a mattress recycling program in Winnipeg's North End that will create 24 jobs in the community. People who purchase mattresses from Winnipeg's IKEA store will now be able to have their old mattresses removed and recycled at Mother Earth Recycling on Main Street for \$10 - the city's first mattress recycling program.

Bell Let's Tweet

On Jan. 27 at 11:30 a.m., the Health and Wellness Peer Educators at U of W will host a conversation in Riddell Hall for mental health awareness, in conjunction with the sixth annual Bell Let's Talk Day 2016. Prizes are up for grabs for students tweeting with the #BellLetsTalk hashtag. The health and wellness educators will make their Twitter account available for use by students without Twitter.

UWSA day care spaces

Up to 32 new day care spaces at the UWSA's Day Care centre will be available this year, Premier Greg Selinger announced at the UWSA day care centre at the U of W on Jan. 12. The announcement also promised an additional 12,000 spaces, lower fees, increased training and better wages for early childhood educators - in a move toward establishing a universally accessible child-care system for Manitoba families.

SAD lamps at libraries

The City of Winnipeg is committing to installing new Seasonal Affective Disorder (SAD) therapy lamps at city libraries in an effort to fight winter depression. SAD lamps produce a similar light emitted by tanning lamps but without the UV rays. They are used as a substitute for sunlight as a source of Vitamin D.

Downtown market back for 2016

On Jan. 28, the Downtown Winnipeg BIZ's indoor farmers' market in the Manitoba Hydro Place at 360 Portage Ave. returns for select dates this winter and spring. The farmers' market typically runs from 10 a.m. to 4 p.m. For the full list of vendors and the dates of operation ahead of the weekly summer markets, visit downtownwinnipeg.biz.com

Inuit casting call

Film producers Stacey Aglok MacDonald and Alethea Arnaquq-Baril are casting Inuit youth between ages 13-23 for a feature film production that begins shooting in the Arctic in April and for an acting workshop in February. The film will be executive produced by Frank Marshall (*Indiana Jones* series, *Back to the Future*, *Jurassic World*). No formal acting experience is required, visit inuitteenmovie.com to find out more or submit a video audition.



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<http://uwinnipeg.ca/arts/faculty-and-staff-forms/teaching-awds.html>



RIDING DUTCH

Plain Bicycle Project to bring Dutch bicycles to Winnipeg

SHKELZEN MISKIQI

@SHKELMIS

NEWS REPORTER

A local couple is calling on bike lovers, cyclists and anyone who's interested in owning a refurbished Dutch bike to join the Plain Bicycle Project and experience life behind the handlebars.

Project founders Anders Swanson and Leigh Anne Parry hope to bring a shipping container filled with refurbished Dutch bicycles from the Netherlands to Winnipeg. At least 100 orders are needed for the project to go through.

For \$250 plus tax and PayPal fees, supporters get to keep the Dutch bike and the money goes to cover the costs of shipping bicycles to Winnipeg, which could be anywhere from \$4,000 to \$7,000, total.

Both Swanson and Parry own Dutch-style bicycles, which Parry describes as comfortable.

"You don't feel like you're physically active, you're just going somewhere," Parry says. "You can wear whatever you want. You just get on and go. No gears to switch. There's a self containing lock which you can lock and leave your bike

anywhere."

Dutch bicycles, called an omafiets (granny bike) in the Netherlands, are characterized by their step-through frames designed for women wearing dresses and skirts to easily hop on and off their bicycles. Now considered a unisex bike, they require the rider to sit upright and are suitable for most weather conditions. Often, more than one person can be seen on a single Dutch bike.

"The Dutch bikes, the idea is that they're as bomb-proof as you can make a bike," Robin Bryan, general coordinator of the UWSA Bike Lab says. Dutch bikes differ from other bikes typical sold in North American shops that are geared towards performance and fitness, and often feature more expensive components that also require more maintenance, Bryan says.

These types of bikes cater to a versatile demographic in the Netherlands and users range in age.

Swanson, an independent consultant who specializes in transportation, recently travelled to The Hague, Netherlands with Parry to attend conferences where they observed the contrast in bicycle culture between Winnipeg and the Netherlands.

"It's hard to describe, but basically, there are no cyclists in the Netherlands. It is something for everyone. It will happen here, it's just a matter of time," he adds.

The founders think there's room for improvement for bike infrastructure in Winnipeg.

"The question is not whether we should have more bike paths. The question is why the hell don't we have bike paths already.



SUPPLIED PHOTO

The Dutch Bike is a common sight in many European cities.

It's quite absurd," Parry says.

"It's common sense to have bike lanes on all roads. The fact that we don't have bike lanes on all roads is like shooting ourselves in the foot."

Beth McKechnie, a workplace commuter options coordinator at the Green Action Centre in Winnipeg, has backed the project and recognizes its potential for everyday bicycle commuting in the city.

"In North America, we see cycling as a sporting activity but the Dutch bikes really help you get from point A to point B. You can wear regular clothing and be seen using it," she says.

"(Dutch bikes) are geared towards not just everyday riding and comfortable riding, and I think that's probably a good thing for a lot of people who may see entry into bikes as a high-performance, fitness-based sporty thing," Bryan says.

"That's not the way it is in many places in Europe, and we can maybe start to change our culture by shifting it towards comfortable, practical cycling."

So far 47 people have joined the Plain Bicycle Project. Depending on how quickly the minimum is reached, the bicycles should arrive by spring. To back the project or learn more about it visit plainbicycle.org.

DOWNTOWN GOING TO THE DOGS?

City seeks input for downtown off-leash dog park

SHKELZEN MISKIQI

@SHKELMIS

NEWS REPORTER

Downtown dog owners may soon have another spot to let their beloved fido frolic.

The City of Winnipeg is seeking input from residents on a potential off-leash dog park in downtown Winnipeg. Through a survey, the city is asking what area would best serve a dog park and what it should feature.

"The consultation that is happening now is about gathering input about where it should go, what residents think and need and idea of where it could go," Jenny Gerbasi, Winnipeg city councillor and member of the Standing Policy Committee on Downtown Development, says.

"This is an initiative of Mayor Brian Bowman's. He ran on creating a downtown dog park in the election."

The city will follow up the survey with an in-person event to update the public on project progress in early 2016.

Executive director of the Downtown BIZ, Stefano Grande feels optimistic about the forthcoming project and thinks it's necessary.

"When you listen to residents that

are buying or leasing, clearly they want amenities and services as part of their neighbourhood. Things like parks are really important... lots of residents have dogs now. A dog park will be a great amenity to have, it will provide service for downtown residents," Grande says.

The city believes a designated space for dogs downtown could make dog ownership more accessible in the neighbourhood, help encourage downtown living and attract people to the city's core, but it may not be right for every dog and dog owner.

Robin D. Smyth is a Winnipeg dog owner and a volunteer for thepackproject.ca, a non-profit organization based in Regina, Sask. that provides animal welfare outreach, youth education, therapy dog outreach and dog rescue services.

As a dog owner, Smyth believes off-leash dog parks can be a place of trouble. Personal experiences have cut down her visits at off-leash dog parks.

"Dog parks can be a really good place for dogs to go. But I don't think people know how to behave while they're in them," Smyth says.

"People think that their dogs are going to get along and that is not necessarily true."

There are people who don't or can't read the behaviour of dogs which can result in dog fights. Smyth's last experience at the dog park has resulted in her not going back.

"There was a very dominant male dog trying to mount my dog and she had her head down, she was averting her gaze, those are signs of fear and she wanted help," Smyth says.

"The owner of the male dog was not cooperative during the incident (and) refused to help."

While a space to run free may be an important consideration for many dog owners, basic training can also go a long way to improving a dog's public



SUPPLIED PHOTO

Dog parks can be a great place for pets to play, as long as they're getting along.

demeanour.

Val Poulton, the behaviour intake manager at The Winnipeg Humane Society (WHS) and certified professional dog trainer, is teaching a class which will focus on training leash-reactive dogs at the WHS.

"We use systematic desensitization and counterconditioning to change the dog's emotion (behaviour) toward a trigger that has caused the dog to bark and lunge during walks," Poulton says.

Training at the WHS has been requested by owners who need help with their dogs, both on and off leash.

"We've been contacted by people expressing to help them deal with pet challenges," Poulton says.



For more information about the possible downtown dog park and other off-leash parks in the city, call, tweet or email 311 or visit winnipeg.ca/publicworks/parksOpenSpace/OffLeashDogParks/default.stm

Reactive Rover classes will run on Sundays from Feb. 14 until Mar. 6. Class space has reached its limited capacity due to one-on-one training. You can register through the WHS website at winnipeghumanesociety.ca for upcoming classes.

CLIMATE POLITICS

Provincial election holds promise for climate change progress

ADAM JOHNSTON

VOLUNTEER

This April, Manitobans will go to the polls to decide who will lead the province for the next election cycle. This decision will also determine who will be given the keys to lead on climate change.

Last December, while over 190 nations were trying to ratify a deal to solve climate change, the Manitoba NDP government released its climate change mitigation plan. Manitoba plans to cut its carbon emissions by one-third of 2005 levels by 2030, 50 per cent by 2050, and go carbon neutral by 2080.

"We can avoid the future costs of climate disruption while helping to ensure a healthy environment and economy for future generations by acting now. Delaying action will make adaptation more difficult to address and more costly in the future," the report says.

So what types of policies does Manitoba



ILLUSTRATION BY GABRIELLE FUNK

have in store to help mitigate climate change?

First, Manitoba's NDP government plans to implement a cap-and-trade system. This involves a market where polluters can exchange permits if one company is under the limit and one is over. While this is more politically feasible as it is not considered a tax, most economists suggest that a carbon tax (similar to B.C.'s version implemented in 2008) is more efficient, with less administrative headaches. If permits in a cap-and trade market are given freely, this system is more prone to abuse, compared to a carbon tax.

Second, the Selinger government plans to invest in renewable energy and clean technology. A majority of the power Manitoba Hydro produces, 96 per cent

comes from a renewable energy source – hydroelectricity. The majority of which already and has some of the lowest utility prices in North America. Manitoba will also look at developing solar photovoltaic projects, as Manitoba Hydro will add them to its financing program.

Manitoba also plans on reviewing red tape for green businesses by 2017. It's a starting point for a government that has done some modest initiatives over its 16 plus years in government, including supporting research on electrifying our transit system, biofuels, and geothermal, and funding small environmental NGOs.

Selinger's government is calling both Brian Pallister's and Rana Bokhari's bluffs on the hopes of being elected on a modestly ambitious climate change

platform.

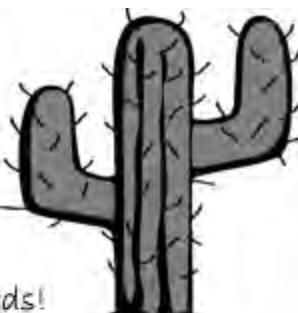
With carbon emissions increasing in this province by 14.4 per cent between 1990 and 2013, Manitoba has a daunting challenge in reducing its emissions by one third by 2030, let alone to zero by 2080.

It will take a lot more than electing Selinger back into office to ensure this plan is acted upon, considering Manitoba's NDP has had since 1999 to reduce carbon emissions.

It will take pressure from citizens to ensure that, whoever is elected come April, climate change does not fall off the radar.

Adam Johnston is a Climate Reality Leader and was a part of over 500 delegates who were trained by Al Gore in Toronto July 2015.

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CALL FOR VOLUNTEERS



**WRITERS
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Writers, contact the Volunteer coordinator:
Alana Trachenko > volunteer@uniter.ca

You can also stop by The Uniter office (Room 0RM14 in the Bulman Centre at the U of W) every Wednesday at 12:30 p.m. for a volunteer orientation. We'll cover the basics and give you more of an idea of what writing for The Uniter is all about, and after that you can get started anytime.

Illustrators, contact the creative director:
Scott A. Ford > creative@uniter.ca

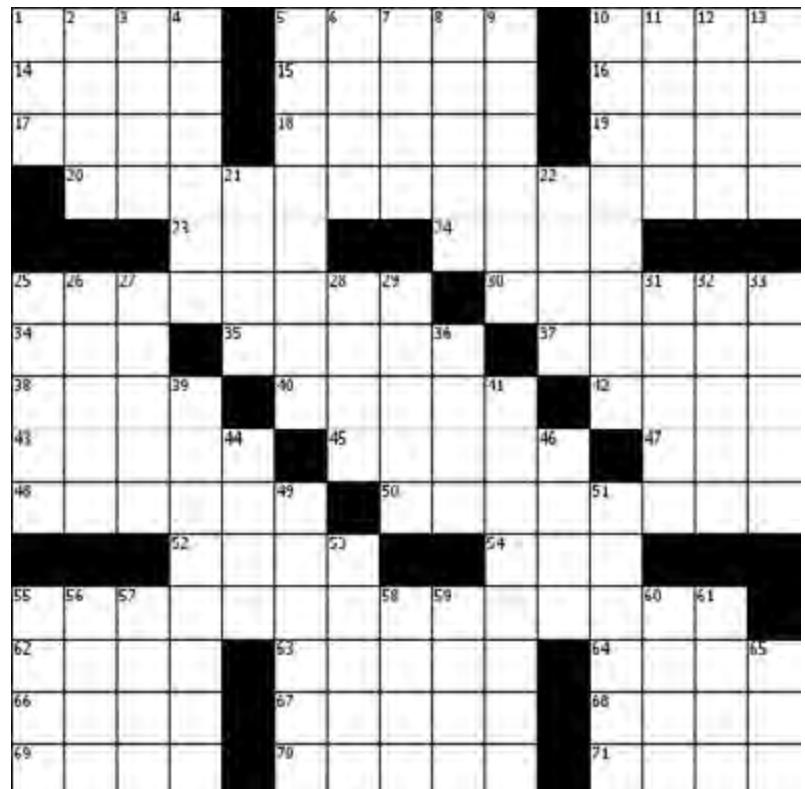
Volunteer illustrators are visual artists who provide some of the eye candy that goes along with many of our articles. We'll send you an outline of technical requirements and a weekly list of possible assignments to choose from. This is a great way to build your portfolio!

Photographers, contact the photo editor:
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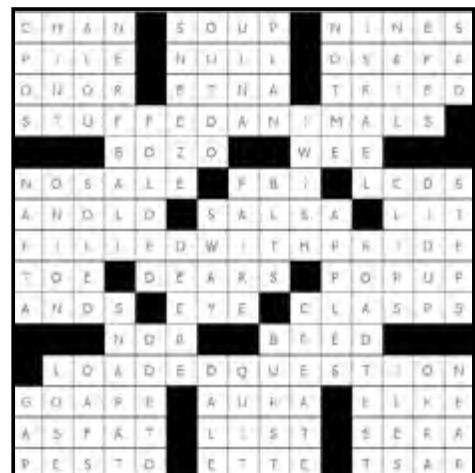
If you're looking for variety, our volunteer photographers cover events as well as shooting fashion streeters, headshots and local landscapes. We'll send you the assignment list and help you connect with the subjects. Get ready to share your photos with the city!

DIVERSIONS

ONLINECROSSWORDS.NET



SOLUTIONS TO LAST ISSUE'S PUZZLE.



ACROSS

- 1. Bible book
- 5. Popular side dishes
- 10. Staff symbol
- 14. Lackluster
- 15. Unearthly
- 16. Out of one's gourd
- 17. Pickle-to-be, informally
- 18. They get hit on the head
- 19. Jurist Warren
- 20. "The Fixer" author
- 23. Kitty
- 24. "So be it"
- 25. Tube-shaped pasta
- 30. Parole alternative
- 34. Hockey hero
- 35. Put up
- 37. Recapitulate
- 38. Yucky stuff
- 40. Create a blue streak?
- 42. Start to give out
- 43. Detach, in a way
- 45. More definite
- 47. Visualize
- 48. Embroidered hole
- 50. Diocese subdivisions
- 52. On the house
- 54. Plaudit in Pamplona
- 55. "West Side Story" inspiration
- 62. In a superior position, relatively
- 63. Walk like a rooster
- 64. National Park close to Las Vegas
- 66. Tough call for a king
- 67. Disappear gradually
- 68. Thus
- 69. Entreated
- 70. Keyed in
- 71. Kind of beat or heat
- 72. Took the reins
- 73. "Casablanca" actor Peter
- 74. Mournful peal
- 75. Sullivan and Walsh
- 76. On the house
- 77. Collar inserts
- 78. Vain walk
- 79. Minimalist's catchword
- 80. Scoundrel
- 81. Literary twist
- 82. Feel about blindly
- 83. Front page material
- 84. Get slippery, in winter
- 85. Guy from a Beatles hit
- 86. Quaver or semiquaver
- 87. Minimalist's catchword
- 88. Confiscated
- 89. Admittance
- 90. Scoundrel
- 91. Cakewalk
- 92. Football-shaped
- 93. Dole
- 94. Word with cough or lemon
- 95. Guy from a Beatles hit
- 96. Oscar Wilde's homeland
- 97. Forum wrap
- 98. Show agreement, in a way

DOWN

- 1. Start of a preschool song
- 2. Troglodytic weapon
- 3. Money brought in
- 4. Everest guide
- 5. Forum honchos
- 6. TV producer Norman
- 32. Put through a



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.

ADMISSIONS

Exchange Opportunities Information Sessions

If you are interested in participating in a study abroad exchange with one of The University of Winnipeg's exchange partners, join us:

Friday, February 5, 2016

Room 2M74

12:30pm-2:10pm

For more information visit: uwinnipeg.ca/index/intl-student-exchange

If you have any questions, contact je.michaluk@uwinnipeg.ca

STUDENT CENTRAL

LOCKER RENTALS

Looking for a place to hang your parka? Rent a locker from the Student Central! Locker rentals are \$20 per person for Winter Term.

Just send a Webmail email to studentcentral@uwinnipeg.ca with your preferred location or visit us at Student Central.

FALL TERM GRADES

U2015F grades will be approved and posted on WebAdvisor around January 25th. Click on the "Transcript" link to view your grades.

AWARDS & FINANCIAL AID

Award Applications Currently Available:

General Bursary - These bursaries are meant to provide additional support to those who have unmet financial need after they have accessed all financial resources available to them. Application deadline: Monday February 1, 2016

The application form is available online: Go to uwinnipeg.ca

Click "Student" - Click "Awards and Financial Aid" - Click "In-Course Awards (current students)"

MINDFULNESS MEDIATION DROP-IN SESSIONS

These sessions are offered each Mon & Thurs, 12:30-1:00pm in the UW Chapel. More Information is on the UW Events Calendar. All are welcome!



THE UNIVERSITY OF WINNIPEG

Career Services

Annual Career Fair

2016



Date: Thursday, January 21, 2016

Time: 10:00am - 3:00pm

Location: Duckworth Gymnasium

Join us at the Career Fair to find out about career opportunities as well as part-time jobs, summer jobs, internships, volunteer positions and further education.

Check out the Faculty of Arts' Speed Networking Event

11:30am-1:30pm

For additional information, please contact:
careers@uwinnipeg.ca
www.uwinnipeg.ca/career-services/

ASK! You of W

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Un-Supermarket

by Sari Habiluk

facebook.com/SariHabilukArtisticWorksHIGHLIGHTS
FROM

THE 2016 *Uniter Fiver*

PHOTOS BY
DANIEL CRUMP
AND JOEY SENFTHere's a sampling of the action at last week's Uniter Fiver showcase at The Good Will. See more at Uniter.ca.

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and the Way It Feels

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House Of Gold
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The Avulsions

Nic Dyson

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