

THE

UNITER

FREE WEEKLY.
VOLUME 70 // ISSUE 19 // FEB. 11

A FIGHTING CHANCE

Pan Am Place offers respite for residents

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TO HOME P6

WALKING ON THE
WILD SIDE P13

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ON TRACK P14

THE UNITER (.CA)

There's a question still making its rounds through the media, in newsrooms, in classrooms, in online think pieces and sometimes even in actual printed newspapers. What's going to happen to print journalism in an increasingly online-based world?

I'm not going to pretend to have an answer or even fully address this question, especially in an editorial note. But it is something that we at *The Uniter* are closely watching.

Just last week, the University of Alberta Gateway went online-only, so there is now one big Canadian student newspaper making a bold move. In late January, Postmedia cut 90 staff in newsrooms across the country. Closer to home, the *Winnipeg Free Press* has been running online content behind a paywall for about half a year now, while they continue to run a print edition.

When considering how and where to share stories, markets and revenues play a big role in the decision. But we also have to consider where the readers are.

And next week, as campus halls quiet a bit for reading week, we thought it might make a little less sense to put a hard copy of the paper on stands. So we're going to leave this issue out for you for a little longer, and try a little experiment of our own.

The next issue of *The Uniter* will be online-only. We'll be covering the same issues, the same beats that you've come to expect from us, but we're going to play with it a bit.

Online media is a whole other world, with its own languages and traditions. Since there's no *Lonely Planet* guide to online media just yet, we came up with a list - the precursor to a listicle - of common formats and extra add-ons to compliment our words.

If you're reading this in an actual printed paper, and find your palms sweating and throat clenching as you ask, "What is going to HAPPEN to *The Uniter*? What are they DOING?" - don't fret. Think of it as a brief holiday. Come visit us in our home away from home, it's not that far, just over at Uniter.ca.

We're watching the trends, but we're not changing anything anytime soon. So watch your favourite stand or newsbox on February 25 - We'll be back (in both worlds) before you know it.

- Anastasia Chipelski, Managing Editor

* ON THE COVER

Thomas McKay wraps his hands in preparation for a work out.



Thomas McKay weighs himself after his workout in preparation for his provincials fight the following day. (Cover feature on page 7).

PHOTO BY DANIEL CRUMP

DOWNLOAD OF THE WEEK

VISIT UNITER.CA TO DOWNLOAD "HOW CAN THE WIND WITH ITS ARMS" BY SPHAGNUM. (ARTICLE ON PAGE 4).



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FACEBOOK.COM/THEUNITER

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WHOSE

HOUSE?

KENLEY'S
HOUSE

PHOTOS BY SIMEON RUSNAK

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

When people think of Winnipeg's vibrant independent music scene, they likely consider the many local rock, folk or hip hop acts who can be found around town on any given night. But composer and music educator Kenley Kristofferson is a reminder that indie music in Winnipeg is much more diverse.

Kristofferson composes music for band, choir, orchestra and video games. His credits include a number of indie games, as well as mobile games by Disney.

"Every medium has its own core repertoire," Kristofferson says. "With orchestra, it's Beethoven's Symphony No. 5 or Mozart. Video games and their music have their own core repertoire. I got to grow up in the golden era of video games, from NES to Super Nintendo and N64, where all of the really big game scores come from. That becomes part of your musical upbringing."

Kristofferson got into composing for indie video games in the early 2000s, when new provincial tax credit programs made it possible for small companies of developers to create original games.

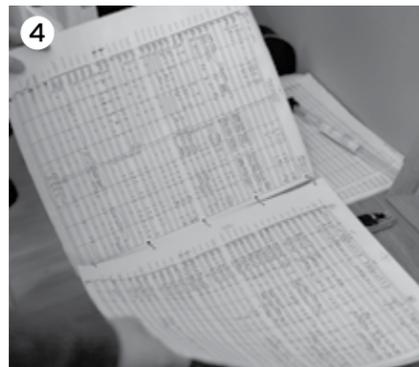
"There was a small local chapter of the International Game Developers Association," Kristofferson says of his origins in the industry. "I'd go to their meetups and hang out because I wanted to be a part of that scene. Eventually someone took a risk on me, and (I scored) this game about a dragonfly who taught kids with special needs how to play video games."

**1) COMPUTER WORKSTATION**

"For my last project, I scored a short film called *Star Stuff* about Carl Sagan's early life. These guys from Croatia did it for almost no money. I thought, 'I'm not going to be able to afford to do this.' Then I saw their demo reel and thought, 'I'll do anything to work on this project.' A short film is really fun. There are so many cues to nail because it's so short. There are no four minute scenes, just small chunks."

2) ANTIQUE MAPS

"I have this thing with really old maps. One is a map of Iceland with mythical beasts. The other is from before they figured out the proportions of the oceans and continents and stuff. Apparently Papua New Guinea is really big."

**3) 1976 RECORD PLAYER**

"Usually there's a TV in the living room, but we opted out and got a record player instead. It changes the perspective of what you do. 'Hey, let's put on a record.' In 12 minutes it ends, and you say, 'Now what do we want to listen to?' Instead of just watching TV or having a playlist in the background, music is really part of your night."

4) HANDWRITTEN FIRST BAND PIECE

"The first band piece I did, I wanted to make sure the math was right, so I wrote it all out by hand. It's a painful process, but it's really good for checking your work. You've got to get it right, or else the third trombone ends up not playing the entire song."

**5) FINAL FANTASY VI CHARACTERS**

"*Final Fantasy VI* was one of the first experiences where I understood emotional connections to characters in a video game. (The characters) all had musical themes that would intertwine. It was transformative. The beginning of seeing musical patterns in a macro way."

6) PATRICK STEWART PHOTO

"I'm a huge *Star Trek* fan. There was this hero when I was a kid who didn't blow anything up. He thought you could solve everything with diplomacy. That was a really radical notion in the '90s when Nicolas Cage was blowing everything up. He came to Comic Con in 2014, and I thought, 'I'm never going to have this chance again.'"

ARTS AND CULTURE BRIEFS

MEG CRANE // ARTS AND CULTURE EDITOR

@MEGCRANE

Ciné Sinclair

Ethically produced porn site Ciné Sinclair launched on Jan. 1, and it is hosting its first screening on Feb. 14 at 6 p.m. at The Handsome Daughter. Six films will be shown at this Genderfest event, including works by Kitty Stryker, Jacqueline Mary, Taylor J. Mace and Kate Sinclair herself. Cover is \$8 at the door, \$5 for low income folks.

Winnipeg designs at EQ3

EQ3 is unveiling new furniture pieces designed by Canadians, including three Winnipeggers. Visual artist Kenneth Lavallee's Métis-inspired quilt, industrial designer Matthew Kroeker's Mennonite-inspired windsor chair and EQ3 creative director Thom Fougere's stools will be available for purchase Feb. 13. These designs are part of the Assembly collection, which customers can find at EQ3 located at 1545B Portage Ave.

Nick's off Broadway

Nick's on Broadway is straying from home for its first ever pop-up event. On Feb. 13, the sandwich shop is taking over The Handsome Daughter at 6 p.m. for Comfort Food for Winter. The event lasts as long as the food does. The menu includes meatballs, McTartare sliders, succotash, baked apple and brownie. The portions are the perfect size for sharing.

Celebrities who can't act

So You Think You Can Act is bringing past winners and audience favourites back for its fifth annual fundraiser. Local celebrities lacking acting skills will be paired with actors to perform a scene for a panel of judges. This reality-show parody will be hosted by Lara Rae, founder of the Winnipeg Comedy Festival. For more information, go to sarasvati.ca.

Fundrive Wrap Up

CKUW's annual fundraiser, Fundrive, is wrapping up on Feb. 12 at The Good Will Social Club with local musicians. For \$10 at the door, you'll get to see Holy Void, Odd Outfit, The Zorgs, Fever Rose and DJ P. This is the University of Winnipeg's radio station's last chance to reach its \$60,000 goal for the fundraiser. For more information, go to ckuw.ca.

THE ANTISOCIAL CONCERT

Electronic music series celebrates one year

MEG CRANE



ARTS AND CULTURE EDITOR

One year ago, Simon Thibaudeau gathered people to listen to a concert through headphones and he's done it almost every month since.

"It's been fun," Thibaudeau says.

The eighth edition of the Bring Your Own Headphones (BYOH) show is coming up Feb. 14. He says it's been a fun project and he's excited to celebrate the anniversary.

At each BYOH show, several electronic musicians perform to an audience who are listening through headphones. Generally, the musicians are experimenting with new work that might not be appropriate for another venue.

"You bring a book and listen to some weird music and go home," Thibaudeau says.

Listeners bring their own regular



PHOTOS BY KEELEY BRAUSTEIN-BLACK

(Left to Right) BYOH musician Doreen Girard and BYOH organizer Simon Thibaudeau at *The Good Will Social Club*.

headphones and can turn up the volume to get lost in the tunes, or keep it down as background music while they study.

"I'm doing this so that there's a small community of like-minded people who have space to experiment," Thibaudeau says.

He doesn't expect 100 people to ever show up to the shows, he says.

The concerts are currently held at *The Good Will Social Club* where the group of 10 to 15 people takes over a long table. "It was kind of nice to have a spot where you could buy beer and buy coffee and just kind of sit down and do this thing," Thibaudeau says.

He also keeps a laid back approach to organizing. The venue is a short walk from his home and the show required minimum equipment and resources.

"If two people showed up, I'd still do it," Thibaudeau says. "As long as there's people that's willing to play, I think I'd do it."

And there certainly are still musicians

interested in getting involved, such as Doreen Girard.

"Most of the time, I'm experimenting with electro-acoustic stuff or playing bass in bands," Girard says about her current music career. She performs as both a solo musician and as a member of *Sphagnum*.

Girard is slated to perform at the upcoming BYOH show alongside BP and Cameron Johnson.

"I've been ruminating on different things to try, musically, on my own for a while and I signed up to force my hand a bit," Girard says.

This is her first time performing at a BYOH show, although she's been to the concert series as a listener before.

"I like the feeling of being alone with the music. It makes it feel personal to me, and focuses the way I listen in a different way to being in a live venue," Girard says.

She thinks it's a great way to spend a Sunday afternoon. "Every time, I've seen new work from people I know well, or

new projects I haven't even heard of. I think it encourages people to try things to suit a different live music format," Girard says.

Thibaudeau says he's had some returning musicians, but it's generally been new people every show.

The series has been growing organically and he expects it to continue that way.

"It was never in the cards to stop," Thibaudeau says.



BYOH's one year anniversary show starts at 2 p.m. on Feb. 14 at *The Good Will Social Club* and is free. Search BYOH on Facebook to find information on upcoming shows.

CIRCUS HEARTS IN CENTRE RING

Variety show presents circus-arts from all angles

SAMANTHA SARTY



ARTS REPORTER

From hula hooping, to contortionist towers, to miming and juggling, *Heartache Hotel* is presenting Winnipeg's circus-arts culture from all angles.

Samantha Halas, producer and director of *Heartache Hotel*, says there are more than 20 acts in the show this year.

"It's like a variety show in its main form," Halas says. "Because all the acts come out in their own time, but then it's all encompassed by a story."

The story that intertwines the acts is of Elvis-obsessed characters Tannis and Eldon who head to the *Heartache Hotel* for Valentine's Day. There, they run into all sorts of problems, including a variety of dark haunts and interesting people.

Halas says this show has a more sinister undercurrent than her previous shows, and she suggests kids not attend.

"It's a little bit darker," Halas says. "I was a little worried about going with the darker themes because maybe it's not going to appeal to everybody. I was nervous about it, but ticket sales have been going crazy."

One of the performers in the show, Liz



PHOTO BY CHRIS HEARN

Samantha Halas performs with Melanie Botelho-Urbanski as part of last year's *Prism Cabaret* at the Gas Station Arts Centre.

Cooper, says she's excited to take her act into new territory.

"I'm performing an act on aerial net. It's a darker and more twisted style of movement with a somewhat menacing character," Cooper says. "Aerial acrobatics usually have a graceful and ethereal style, but I love experimenting with different approaches to aerial choreography."

Cooper says it's her third year participating in one of Halas' productions. She says Halas has a knack for creating stories that can connect many diverse acts together and her shows are getting stronger.

Halas, a contortionist, is performing in the show alongside other contortionists.

"I'm building an act with four girls," Halas says. "We are stacking on each other and making all sorts of crazy shapes. I'm excited and didn't even

realize how good it's going to be until we started working on it."

As far as the circus community goes in Winnipeg, Halas and Cooper agree that it is small, but growing.

"There are so many performers here from such a wide array of circus disciplines," Cooper says. "We're all bouncing off each others' ideas and energy. Winnipeg is well-known for its dance, theatre, and music scenes, and the circus-arts scene is now becoming an important part of the city's culture too."

Halas says the circus community is intimate and everyone within it probably knows everyone else.

"It's growing though. My friend initiated a circus space where we can go and train. It's a pretty amazing new step for the circus scene," Halas says.

Shows like *Heartache Hotel* are a

great example of people from circus-arts coming together, offering growth.

Halas says she's been exposed to different styles of circus-arts from many countries through travelling with circuses.

"That's what I really hope for Winnipeg," Halas says. "We are on the cusp of defining our own style."



Tickets are available at the Gas Station Arts Centre, where *Heartache Hotel* will take place on Feb. 18 and 19. See gsac.ca/ for more details.

CKUW's FunDrive is running until Friday, so there is no top weekly chart this week. Instead, here is a selection from the top 100 albums played on CKUW in 2015.

CKUW TOP 30 ALBUMS OF 2015

See all top 100 albums at ckuw.ca/charts



= Placement // ! = Local content // * = Canadian Content

#	LC/CC	ARTIST	ALBUM	LABEL
1	!	Leaf Rapids	Lucky Stars	Black Hen
2	!	M & M Meats	Runner's Love	Transistor 66
3	!	Basic Nature	Circles and Lines	Dub Ditch Picnic
4	!	Human Music	Sup	Sundowning Sound
5	*	Lindi Ortega	Faded Gloryville	Last Gang
6	!	Claire Bestland	La Moreneta	Self-Released
7	!	The Unbelievable Bargains	Exuberance Abounds	Transistor 66
8	!	Rastamils	It's a Dream	Self-Released
9	*	Purity Ring	Another Eternity	Last Gang
10	!	Moontan	New Age Renegade	Self-Released
11	!	Conduct	Fear and Desire	Public Tone
12	!	Cannon Bros	Dream City	Disintegration
13	!	Curtis Nowasad	Dialectics	Cellar Live
14	!	The Fuse	Brilliant Sun	Self-Released
15	*	Whitehorse	Leave No Bridge Unburned	Six Shooter
16	!	Carly Dow	Ingrained	Self-Released
17		Yo La Tengo	Stuff Like That There	Matador
18	!	Yes We Mystic	Vestige	Self-Released
19	!	Ghost Twin	Here We Are In The Night	Self-Released
20	!	The Noble Thiefs	It's Tough To Be The Bad Guy	Pipe & Hat
21	!	Hearing Trees	Dear Sahara	Self-Released
22	!	Dan Frechette & Laurel Thomsen	New Disguise	Self-Released
23	!	Chic Gamine	Light A Match	Self-Released
24	!	Romi Mayes	Devil On Both Shoulders	Self-Released
25	!	JP Hoe	Hideaway	Maple Music
26	*	Kacy & Clayton	Strange Country	Big White Cloud
27	!	Absent Sound	Black Dots	Custom Made
28		Go Betty Go	Reboot	Self-Released
29	!	Ken Mode	Success	New Damage
30	*	Ought	Sun Coming Down	Constellation



SUPPLIED PHOTO

TAXI TEHRAN

THOMAS PASHKO



FEATURES REPORTER

Plays Feb. 17 to 21, 25 at Cinematheque

★★★★★

Jafar Panahi shows – perhaps more than any other filmmaker – how making movies can be a revolutionary act.

The dissident Iranian writer-director caught the ire of his home country's oppressive government with films like *The Mirror* and *Offside*. In 2010, Panahi was placed under house arrest and served with a 20 year ban on making films. He immediately made *This Is Not a Film*, which famously premiered at Cannes after being smuggled out of Iran on a USB flash drive hidden in a cake.

His newest, *Taxi Tehran*, is another covertly-made piece of cinematic contraband that blurs the line between documentary and fiction. Shot entirely on taxicab security cameras, Panahi drives a cab around Tehran and picks up passengers who may or may not be actors. The film ignores traditional narrative, plays out in real time and depicts mostly ordinary events of daily life.

That premise might sound simple. In the hands of any other filmmaker, it could be excruciatingly boring. It's a testament to Panahi's masterfully deft hand that every frame of *Taxi Tehran* is riveting.

It's easy to make dissident art when the work is incendiary. Panahi's dissent is quiet and calm, which only makes it all the more astonishing. His oppressed characters aren't holy warriors fighting against evil. They're ordinary people living ordinary lives in a world where morality isn't black and white. That mundanity doesn't lower the stakes of their dissent. By humanizing them, he highlights the

courage of their quiet revolution.

That humanization extends to his depiction of Tehran itself. It's in stark contrast to the image of Iran portrayed in Western media, and the image Iran projects of itself to the rest of the world. One could easily mistake it for Winnipeg if they weren't looking too closely. The issues his passengers discuss aren't just about dictatorship. They talk about petty crime and income inequality, basic things.

Panahi's style is as quietly revolutionary as his politics. He's always delighted in calling attention to the limitations of his medium (*The Mirror* focused on a protagonist who gets lost inside her own film). With his government-imposed ban, he has a whole new set of limitations to play with. The conceit of the security cameras initially seems like a ruse. "This isn't a film," he might tell the police. "This is just footage from my taxi."

But his onscreen characters immediately question it. "You're making a movie, aren't you?" asks one of his earliest passengers. "Those other passengers were actors, right?" We're wondering too. We're wondering if the inquisitive passenger is an actor as well. Panahi just smiles to himself, saying nothing.

Panahi's act of defiance is an argument for film's essential role in our global cultural dialogue. His ban seems increasingly absurd as we realize that everyone around him is filming everything. Cellphone cameras are ubiquitous. Security footage outside the taxi also plays a role. A college-age film student and Panahi's own young niece both ask him for advice on film projects they're working on.

Panahi's niece reads him the government-imposed rules her film must follow to be shown in Iran. It's a delight to realize that, without us noticing, *Taxi Tehran* breaks every one of them.



Ursula

Finish already!
Independent



Montreal's Ursula just released this new four-track EP on Bandcamp. The group only has one other demo online from summer so we can assume they're on the newer side, but they're

killing it regardless. I can't even remember how I stumbled upon them because their Bandcamp page is literally the only thing I can find.

If you like the rough stylings of punk, the raw power of sass, and female vocals that are both unpredictable and reliable to turn your stomach in the best way possible, then I'd say go ahead and try this band on for size.

These new tracks are definitely different than the previous demo. Ursula has fine tuned some pieces and although their sassy DIY demo was one of the best albums I heard last year, their new one is still awesome. We lose a bit of the 'rough around the edges' aesthetic that's dear to my heart but we gain a fuller sound and it doesn't feel like anything is missing. Hilary's vocals are still very in your face as they should be, while the music itself is a bit faster, a bit more punk.

With tags on their Bandcamp page like "dontlookatme" and "crying," it's hard to know exactly what you're going to hear upon clicking the first track, but it's impossible not to dive in head first out of curiosity. I've always wondered what dontlookatme sounds like and now I know. Needless to say, I can't wait till Ursula throws more attitude all over the internet.

- Kaitlyn Emslie Farrel



TRAVEL AT HOME

Where to go in Manitoba this reading week

PATRICIA NAVIDAD

@TRISHNAAV

VOLUNTEER

With reading week around the corner, a mini-vacation may be in order.

As the travel duo Tiny Explorers, Kylee Chandler and Rhayne Moore have done their share of travelling within Manitoba and have photos to prove it on their Instagram and Tumblr accounts.

"Manitoba has so much unexplored territory to offer, no matter the season. Our scenery changes in a matter of hours from farmland to the desert in Spruce Woods. From thick Whiteshell forests to the rolling hills of Riding Mountain. From the clear blue waters of Lake Manitoba to the thick icy tundra of the north," Moore says.

Some students may be lucky enough to travel to warm, wind-chill free places such as Cancun and or Rio, but it doesn't mean that those who are left in the province can't travel.

Even in the cold dead of winter, Chandler and Moore say there are many

places to venture to in Manitoba.

The duo suggests heading out to Clear Lake where they say the lake has been frozen to perfection.

"Clear Lake is a fantastic place to go for a winter holiday, especially with the great ice they have this year. Great shops and good food to warm you up when you're off the ice," Moore says.

If you would prefer skiing, Moore recommends hitting up Falcon Trails Resort, a forest resort located 90 minutes away from the city.

"We have a great social vibe that would make any university student feel at home."

- Emily Christie

"It's got this great vibe and sometimes you can catch some great local talents performing at the ski lodge," Moore says, referring to the many musicians in the area.

Emily Christie, one of the owners of Falcon Trails Resort, says its ski slopes are hidden in the woods at the end of Falcon Lake.

The resort offers alpine and Nordic skiing, snowboarding, tubing, snowshoeing and skating, Christie says.

"There are cozy lake-front cabins with hot tubs and wood fires that you could potentially hole away in and actually get some of that reading week work caught up on. And on top of it all we have a great social vibe that would make any university student feel at home," Christie says.



ILLUSTRATION BY GABRIELLE FUNK

For anyone who doesn't want to venture out too far, Chandler and Moore recommend FortWhyte Alive where people can rent cross-country skis and snowshoes.

"There are many events that target the student age group all year round, such as Cabin Yoga on (Feb. 20). Having done it, I can say it's a very relaxing experience and a good way to reset before the end of

reading week," Moore says.

There's also the opportunity to watch bison graze in the field while hiking and a café to warm up in.

If you're thinking of travelling this reading week but don't have a flight booked yet, you might want to start looking for destinations within Manitoba.

MY BLOODY VALENTINE

Go for a scream this Valentine's Day at convention

SAMANTHA SARTY

@SARTYSARTY

ARTS AND CULTURE REPORTER

Haunts and horrors can be romantic too, right? Or they don't have to be at all.

The St. Valentine's Horror Con can be about making your heart race, instead of grow, and pump with adrenaline at the scares you'll see, including what's inside the beating organ: blood and gore.

Violet Paille, president of Central Canada Comic Con, says it's a great time to have a horror convention.

"We had a lot of interest in the horror genre with our fans," Paille says. "Nobody cares about Valentine's Day anyways. Like, what were we going to do on Valentine's Day? A horror convention of course!"

With everything in the horror genre being tied up around Halloween, Paille explains this time of year is a perfect opportunity to showcase the scares Winnipeg couldn't otherwise land around Oct. 31.

"With everybody that's been getting involved, the buzz has been so huge," Paille says. "Everybody just seems to be really excited about it."

Expect to see a variety of scary features from living statues, to a lurking Michael Myers, to a booth where you get your photo taken with Leatherface from Texas

Chainsaw Massacre, to an encounter with the wandering undead.

"There's a zombie factory," Paille says. "You can be made into a zombie for 10 bucks. There's also going to be some zombie lingerie models walking around."

Speakers at the convention include names like Kane Hodder, who played the character Jason from the *Friday the 13th* movies, along with Marlin Marynick, who met Charles Manson and wrote a book on him titled *Charles Manson Now*.

Marynick has quite the story to tell about meeting Manson, and says he's one of the most complicated people he's ever met.

"People like Manson are fascinating because there is a level of celebrity, notoriety and, most importantly, they are real, living nightmares," Marynick says. "People like him force you to think differently. They tend to bring up all kinds of questions and fears."

Marynick says a horror convention is a great place to answer these questions and meet like minded people while also giving a good fun dose of feeling eerie.

"People like to be scared," Marynick says. "I think it's a primal thing that goes back to telling stories around a campfire. It's part of being human. This convention is a celebration of that."

As far as finding love goes at a place that celebrates fear, it's not completely impossible, Paille says.

"Years ago, there was an older couple that both brought their grandkids to comic con," Paille says. "They got along really well and had similar interests and now travel together all the time. It was really fantastic just to see how different groups of people could come together. You never know, people might find love at a horror convention."



ILLUSTRATION BY SCOTT A. FORD

Whether looking for love, or fear, or just wanting to dress up in horror garb in February, St. Valentine's Horror Con goes far beyond the usual Valentine's Day date.

"If anything, they're just going to bring their dates to a horror convention instead of bothering with the roses and candies or whatever," Paille says. "Inject some horror into your romance."



St. Valentine's Horror Con will happen at the RBC Convention Centre Winnipeg Feb. 13 and 14. Tickets are available on Ticketmaster. It's \$10 for a one-day pass or \$18 for an all-weekend pass. Children under five are free.

PLANNING FOR PRODUCE

It's time to start summer gardens

SAM DUERKSEN

[@SAMDUERKSEN](#)

VOLUNTEER STAFF

It's the middle of February, and we're talking about gardens? If this is your attitude, then it will probably be news to you that some seedlings can already be planted indoors, and most gardeners are already in the throes of planning.

Keep in mind that a productive garden is manageable, space friendly, and considerate of plant needs, Valerie Denesiuk (member of East Kildonan Garden Club) and Natalie Dyck (of Urban Eatin') say.

Both women advocate for the therapeutic and health benefits of gardening.

"It'll add a lot of nutrition to your meals, and then you can buy high quality basic things," Dyck says. "It's definitely good, low-impact exercise."

Denesiuk says the first step is deciding between GMO or organic plants.

Organic plants, according to organic.org, are those grown without pesticides, synthetic fertilizers, sewage sludge or GMOs.

If you prefer organic, Denesiuk says check the package if using seed. It can be harder to tell buying pre-grown plants,

so Denesiuk recommends Sage Garden, which sells organic and researches the supplier.

Once you know what you're going to plant, she says you need to plan the space.

Find out realistically, what you can grow and map out shaded areas, and it also helps to determine what's in your soil.

"In urban spaces, you don't necessarily want to grow all your food in the ground because you don't know what's in there," Dyck says. "If people have had railroad ties in their ground, you're not going to necessarily want to eat food that's been grown in that."

Denesiuk has tips for balcony growing.

"I have the five-storey rule. Above five stories, look out! I have seen containers whipped off of balconies. If you're going to be up high, you want to make sure that you have things tied down."

She recommends using soil-less mix to keep the weight down, keeping pots away from the edge, and lining pots to avoid water seeping down onto neighbours. It might be smart to get a squishy hose that you can run from your sink.

With the space planned, you can choose your plants.

"Start small, with things exciting to you that you like to eat," Dyck says.

If you're a beginner, Dyck and Denesiuk hail beans, lettuce and herbs as the easiest.

Beyond that, Dyck advises you're going to want to pick plants that require similar conditions and care.

Denesiuk's pro tip: Marigolds, garlic and onion are good to inter-plant as they are a natural aphid and pest repellent.

If you take the seed route, the instruction for seeding revolves around

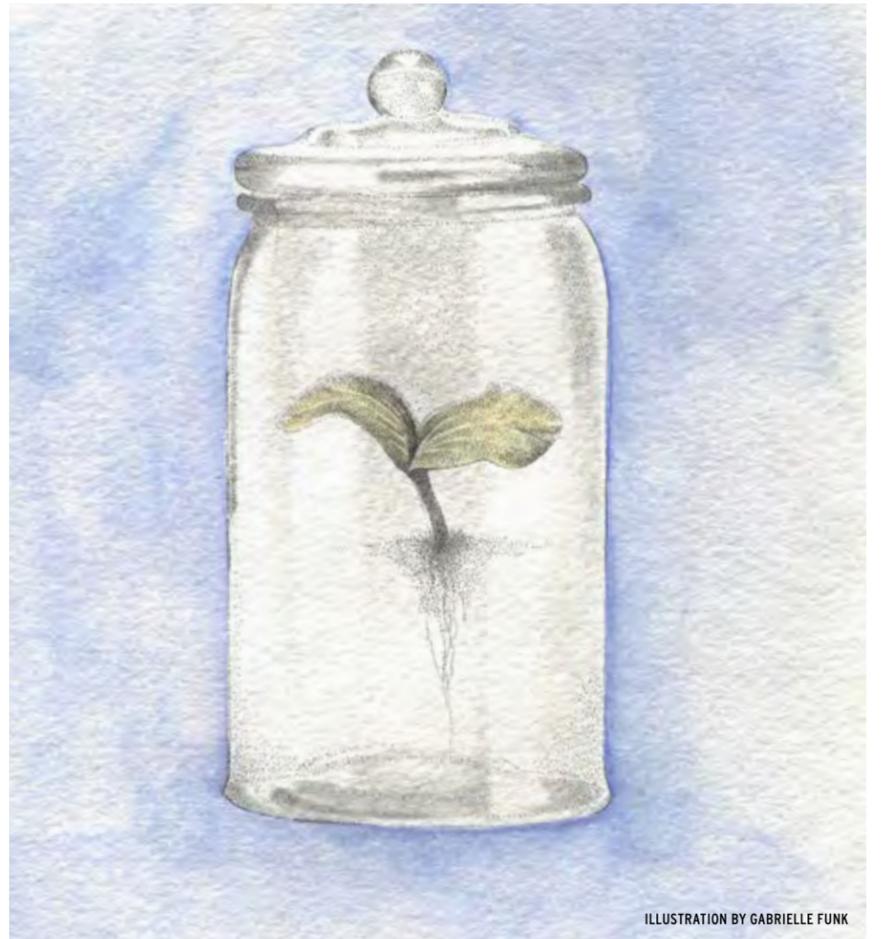


ILLUSTRATION BY GABRIELLE FUNK

the last chance of frost date, which in Winnipeg is May 25, according to The Old Farmer's Almanac. This means some plants will need to be started indoors weeks earlier.

Before you can actually start planting, you need to find containers.

Denesiuk recommends looking at garage sales for planters. She says you can get creative, even using PVC pipe

by splitting it down one side, drilling a few holes on the underside and hanging it from each end.

If you're new to gardening, get involved with a green-thumbed community or gardening club.

A good start, Seedy Saturdays starts Feb. 13, and runs from 10 a.m. to 3 p.m. at the Canadian Mennonite University's north campus.

A FIGHTING CHANCE

Pan Am Place offers respite for residents

PHOTOS AND WORDS BY DANIEL CRUMP

[@DANNYBOYCRUMP](#)

I have run uphill in a hailstorm while trees were falling all around me, and I survived.

— Thomas McKay

These words may sound like a metaphor for the challenges life can throw our way, but this is not just a metaphor — it's an actual event from Thomas McKay's life.

McKay, a 27-year-old resident at Pan Am Place, has struggled with holding down jobs, keeping a roof over his head and keeping his family together. He has encountered violence and substance abuse. While these challenges could certainly be overwhelming for anyone, McKay chooses to focus on the present and looks toward a brighter future.

COVER FEATURE continues // NEXT PAGE

Having a place to call home at Pan Am Place has been an important cornerstone of McKay's positive outlook.

Pan Am Boxing & Athletic Club started as just that – a boxing and athletic club. After finding success with its Youth-At-Risk program, Pan Am decided to expand on the boxing program to include the Pan Am Place residence. The aim of the club is to offer a 24/7 safe and positive environment for male residents between the ages of 18 and 25 that encourages school/work, nutrition, exercise, volunteerism and discipline.

As a resident of Pan Am Place for almost two years now, McKay has fully accepted the rules and regimented lifestyle of the program and has become a mentor for new residents.

He has achieved many important goals including staying completely sober for more than six months, losing weight, becoming more physically fit, and competing in provincial boxing competitions.

Recently McKay and his partner won back their kids from foster care and he enjoys being able to spend time with them.

"I trained hard to make changes in my life. I did a lot of paperwork to see my children," McKay says.

McKay credits his experience at Pan Am Place with helping him find a positive footing and getting his life on the right track. He has enrolled his stepson in a youth boxing program at Pan Am with the hope that he will be a positive role model for his younger siblings.

After two years, McKay feels ready to take on life outside the program and is hoping to find his own place soon. He's applied for a job with the Canadian Forces, and hopes to hear from them soon.

"It's not an everyday job. They will help pay for my education to get a good trade," McKay says.



(Left to Right) Residents Randy Flett, Thomas McKay and Daylon Kerr relax and play video games to unwind.



Thomas McKay practices form in front of a mirror in the Pan Boxing Club's locker room.



Mornings at Pan Am Place can be a little tough. Kyle Weighte naps on the couch while Dalton Laporte (Left) and Josh Turner (Right) make plans and get their day organized.



Thomas McKay walks his kids home from school. This is the first time McKay had the chance to do this.



One of Thomas McKay's kids gives him a big hug when he arrives at his partner's home to take his stepson to boxing class.



Thomas McKay warms up for training with his stepson who is also enrolled in a youth boxing program.



Dominique Lavalée-Karol does the morning dishes. Volunteerism is a requirement for all residents of Pan Am Place. Volunteer hours can include chores around the residence, training at the boxing club or volunteer work in the community.



Thomas McKay (centre) catches up with fellow Pan Am Place residents, Joshua Turner (left) and Cody Ross (right) over breakfast.



Thomas McKay wraps his hands in preparation for a work out.



Thomas McKay observes Winnipeg's exchange district from the window of Pan Am's common area.



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NEWS BRIEFS

PALMER FRITSCHY // NEWS EDITOR

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Park renamed

A park in Point Douglas has been renamed to honour Don and Olga Mokriy, the couple who worked to maintain the wildlife behind their home on the city-owned property. Mokriy Ecological Reserve, formerly known as the Shaughnessy Ecological Reserve, is home to rabbits, partridges, birds, a fox, an owl, woodpeckers, ducks, geese, squirrels. In 2008, the city recognized it as an ecological reserve though the couple has spent decades caring for the property.

Convert your cassettes

On Feb. 20, the Oral History Centre in Bryce Hall is offering a workshop on how to turn cassettes into high quality digital audio files. The workshop from 1 to 4 p.m. will go over step-by-step details and hands-on training on audio digitization. Registration is open to everyone, visit oralhistorycentre.ca for more info.

Prison rideshare

Since last summer, Manitoba Prison Rideshare has been organizing rides for people visiting prisons around Winnipeg. The service is an initiative of Bar None, a prisoner solidarity organization, and is funded through grants from the Daniel McIntyre St. Matthew's Community Association and West Broadway Community Organization. Drivers and users can call Bar None's Manitoba Prison Rideshare at 204-861-0642 or email barnone.wpg@gmail.com.

Blackfoot storytelling

On Thursday Feb. 11, Dr. Erin Spring of the University of Lethbridge presents her talk, Digital Blackfoot Storytelling Project: Methodological Approaches to Child-Centred, Community-Driven Research. In this talk, Dr. Spring presents research on Blackfoot youth collecting stories about their culture, history, and language from their Elders to upload into a digital library. The lecture runs from 2:30 to 3:30 p.m. in room 2D11.

Consent culture forum

On Feb. 6 and 7, nearly 100 students from Manitoba universities gathered at U of W for a forum on consent and rape culture the event hosted by the Canadian Federation of Students Manitoba. Students discussed topics such as colonization, LGBT safe spaces and women with disabilities with the goal replacing rape culture with consent culture.

Grad application deadline

Tuesday, Feb. 16 is the deadline to apply to graduate in June. Applicants must complete their applications by 5:30 p.m. and drop them off at Student Central on the first floor of the Rice Centre. Convocation ceremony information will be sent to applicants by the end of April. Visit uwinnipeg.ca/student-central/ for more info.



SMALL TALK

WITH DUNJA KOVACEVIC

@BILDUNGSROMANC3

ON EDUCATING OTHERS

Nurturing the growth and well being of those we love is certainly a beautiful thing, but becomes problematic when it is perceived as the disproportionate responsibility of one person within a relationship.

The “yeah, but you’re *better* at talking about feelings” argument is particularly tricky because it traps people into a role by assuming what is socially conditioned and expected of them is actually natural to their character.

A gendered separation of spheres emerged during the industrial revolution. Men were given the public sphere and, with it, the impetus to participate in the workforce and political life. During this time, women’s role was increasingly limited to the private sphere – tending to domestic duties and ensuring the health of the household.

Along with unpaid domestic labour, women were tasked with maintaining the emotional health of the home and everyone in it. Women aren’t the only people who now perform, or have performed, emotional labour, but women are tied to the role of emotional caregivers

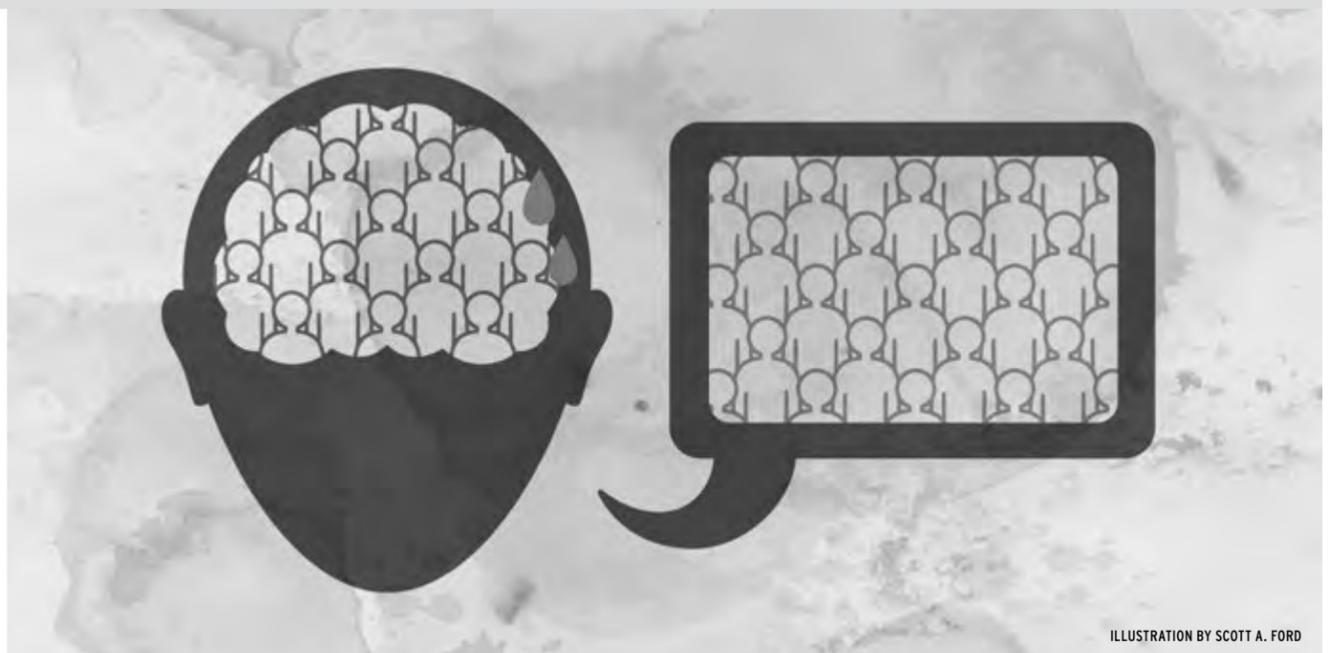


ILLUSTRATION BY SCOTT A. FORD

through a socio-political history.

What happens when the cost of emotional labour becomes too heavy? It’s hard enough to drag our individual traumas and oppressions behind us as we attempt to get through the day. Many people are only working with a limited amount of psychological and social energy, and *it’s okay to make decisions about where and how to distribute that energy.*

Unbelievable though it may be, you don’t actually owe anyone your emotional labour – at the very least, not to those individuals who take advantage of your generosity (consciously or unconsciously) and don’t reciprocate.

But the question becomes increasingly complicated when we talk about activism and our role in the education of allies

and others. What is our responsibility in educating others, particularly when it comes to our own oppression?

Often, marginalized people are expected to speak representatively for their whole group. We’re asked, maybe over text in the middle of night, to talk about the Jian Ghomeshi case as a survivor of sexual assault. Or, after enduring coded racial remarks, people of colour are asked to speak on the “state” of “their people” in a specific political or cultural context.

In these interactions, it’s paramount to remember that you’re not obligated to speak on behalf of anyone and that it’s actually inconsiderate of others to demand that of you. The expectation to step outside of our own trauma responses

and triggers to educate others is unfair. But knowing this often doesn’t do much to alleviate the guilt we feel at being a bad model minority.

Intention is not necessarily a prerequisite to oppression, and having someone demand your time, energy, or knowledge about a topic can feel a lot like harassment. Here, it’s important to articulate our boundaries, and ask, firmly, that those be respected. Learning to say no gracefully comes later, with practice.

Dunja Kovacevic is a writer and co-founder of Dear Journal, a bi-annual print anthology that centres the lived experiences of women and non-binary individuals. Connect with them on Instagram: @dearjrn1.

CITY



IMAGINING PORTAGE AND MAIN

Panel discussion invited Winnipeggers to envision the future of the iconic intersection

REINALDO CONTRERAS

VOLUNTEER STAFF

On Feb. 4, Winnipeggers were invited to envision the future of Portage and Main in a panel discussion at the Fairmont Hotel.

Imagine Portage and Main featured planning expert Tim Tompkins, President of the Times Square Alliance in New York, Jenny Gerbasi, city councillor for Fort Rouge - East Fort Garry, John Kiernan, the director of Planning, Property and Development with the City of Winnipeg and Angela Mathieson, CentreVenture Development Corporation President and CEO.

“I imagine our downtown the way we want it to be – bustling and vibrant,” Gerbasi says.

“It takes political will to make that change.”

Portage and Main has been closed to pedestrians since 1979 when the city installed concrete barricades around the intersection in an effort to bring people to the underground Winnipeg Square. The 40-year agreement with property owners in the underground shopping mall at the site expires in 2019.

“Yes, it’s about pedestrians,” Kiernan said, explaining that the project “needs to make sense to all of the partners as we go forward.”

CentreVenture’s Mathieson indicated that Winnipeg has a large downtown of three square kilometers, but that there is a lack of pedestrians in this location.

“If we can open the intersection, I think it also opens a whole range of possible further development.”

She said that opening the intersection will allow for more connectivity with several areas of downtown such as the Exchange District, the MTS Centre, The Forks and the Canadian Museum for Human Rights.

Guest speaker Tim Tompkins led the planning and redesign of Times Square in New York City, a project that reshaped a congested traffic area into a pedestrian plaza.

Speaking to a full room, Tompkins was adamant he was not offering specific solutions for Winnipeg, but highlighted the similarities between Times Square and Portage and Main. He recognized that the intersection is a hub for Winnipeg.

“For a place that is the hub of a city, how do you find the right balance between keeping traffic flowing, between creating a great pedestrian environment,



PHOTO BY SIMEON RUSNAK

Tim Tompkins, president and CEO of the Times Square Alliance, at the media scrum on Thursday, Feb. 4 before the public forum later that day.

that’s gonna help all the business and help make this an icon for the city that it’s always been.”

The forum concluded with a question period in which some participants offered suggestions such as a city referendum, public consultations with downtown residents, and a reminder that part of the city’s core identity is the fact that it is in Treaty One territory.

The forum was organized and hosted by Downtown Winnipeg BIZ

and Exchange District BIZ and its partners CentreVenture Development Corporation, the City of Winnipeg, Fairmont Winnipeg, Storefront MB and the *Winnipeg Free Press*.

The organizers invited the public to visit the storyboard exhibit located in the underground that depicts designs and concepts over several decades and shows design proposals for the opening of the intersection.



SHAME YO' SELF

CAKEWALK motivates with sass

MEG CRANE



ARTS AND CULTURE EDITOR

In less than a week after launching, nearly 10,000 people gave the CAKEWALK app permission to shame them if they aren't active enough.

"We get lots of new users every single day that we've been on," Ben Meyers, the app's product designer from Robots & Pencils, says.

He says the idea for CAKEWALK began to take shape in March 2015.

"The idea came from me using fitness applications," Meyers says.

None of the apps he was using had any personality, so he set out to create one that did.

CAKEWALK tracks users' steps. If someone doesn't take many steps in a day, it sends them sassy, shaming messages, such as, "Dat desk job bod. 3,809 steps yesterday."

Alternatively, if they had an active day, they'll receive a congratulating message,



PHOTO BY SCOTT A. FORD

The CAKEWALK app tracks your daily steps and sends sassy messages for motivation.

such as, "10,981 steps yesterday. Very nice. Treat yo'self."

There's an option to have the app tweet shaming messages at users when they aren't being active. Don't want to be shamed on a particular day? Just bribe CAKEWALK with a payment of a dollar or two.

"A lot of people are really receptive to the idea of being publicly shamed on Twitter," Meyers says. Including him. He

says he's one of the most active users on CAKEWALK right now.

The app allows people to connect with and compete against others. Meyers says there's a competition in his office to stay active.

"I found that I'm actually way more active now that I have the app out in the app store because I'm competing against my friends," Meyers says.

He admits that this isn't an app for

everyone.

"Some people just don't need this kind of motivation. It just kind of brings a funny spin to something that is usually pretty serious," Meyers says.

Wesmen men's volleyball coach Larry McKay is one person who thinks shame isn't the way to go when motivating oneself or others.

"I don't need some device to keep track of it for me," McKay says. "I want to just do it because I enjoy it and it feels good and I know what the benefits are."

He says the only concrete goal people should set, when it comes to fitness and other aspects of their lives, is to be a good person.

"Life takes us such different places on its own. So much of it is out of your control. If you set up long term goals – even some short term goals – you're setting yourself up for disappointment," McKay says.

Rather than stressing over how many steps they're taking daily, McKay recommends people set fluid goals which they are prepared to change as life circumstances change.

"I don't make many goals," McKay says. He does, however, internally reflect on the things he thinks he's done wrong in life to prepare himself to take different actions next time.

Whether it's learning from past mistakes or working to avoid being shamed on Twitter, the best motivator is whatever works well for you.



SUPPLIED PHOTO

The PROfile - Dr. Angela Failler

ASSOCIATE PROFESSOR OF WOMEN'S & GENDER STUDIES

PALMER FRITSCHY

NEWS EDITOR

Our collective public memory is what shapes Dr. Angela Failler's research on the 1985 Air India bombings, the largest mass murder in Canadian history.

"The 1985 Air India bombings are an underrepresented history in the Canadian context, despite the fact that the majority of the 331 people who were killed were Canadian," Failler says.

"Many Canadians still remember the bombings, if at all, as a 'foreign event.' I argue that this has to do with the dominant view that Canadian identity, or Canadian-ness, is equated with whiteness."

The associate professor and former women's and gender studies department chair at the University of Winnipeg (U of W) is writing a sole-authored book on the public memory of the bombings.

Last May, she led a discussion at Cinematheque on the use of art and photography to frame the public memory of the Air India bombings.

Failler is a Chancellor's Research Chair and teaches and supervises for the master's program in cultural studies, and is a research affiliate with the Institute for Women's and Gender Studies.

Failler also serves on the editorial board of the international journal *Review of Education, Pedagogy and Cultural Studies*. She teaches in the areas of feminist theory, cultural studies, queer theory, and embodiment and subjectivity. In 2012 she won the Clifford J. Robson Memorial Award for Teaching Excellence.

Failler did her undergraduate studies at the University of Saskatchewan in Saskatoon, earned her master's through a joint program at Dalhousie University, Mount Saint Vincent University, St. Mary's University and did her PhD at York University.

AREA OF RESEARCH: Culture, public memory, queer theory, contemporary feminist thought.

NUMBER OF PEER-REVIEWED ARTICLES PUBLISHED: I have had a number of co-edited books, peer-reviewed articles, and a co-edited journal issues published, as well as other non-traditional forms of publication including web-essays, blog posts, op-eds, and radio interviews. To me, however, quality and not quantity is what matters!

LOWEST GRADE IN UNIVERSITY: I think I got a C or a C+ in a required statistics course that I left until the end of my undergraduate degree (and that was probably a generous estimation of my performance). I rarely use quantitative methodologies in my research. Maybe that's why!

WORST TEACHING MOMENT: I showed up a half an hour late to the very first class that I ever taught at U of W. It was a night class and I thought they started at 6:30 p.m.! The students were incredibly patient and stayed until I got there, but I had some explaining to do...

FAVOURITE THING ABOUT WINNIPEG: I am always impressed with the arts and culture scene here, and I love how politically engaged many Winnipeggers are. For a small city it has a lot going on.

BOOK RECOMMENDATION: I am currently enjoying Mini Aodla Freeman's *Life Among the Qallunaat*, which was recently re-issued by the University of Manitoba Press. It is humorous, painful and poignant all at once – a great work of indigenous literature.



INSTITUTIONAL BIAS

Latest Weweni talk addressed unintentional racism from health practitioners

ELENA SPITCYNA



CAMPUS REPORTER

On Feb. 3, Dr. Janet Smylie addressed racial inequity in Canadian public health care during her lecture, *First Peoples, Second Class Care*, as part of the University of Winnipeg's (U of W) Weweni Indigenous Scholars Speaker Series.

"It was very clear to me that racism is one of the most important big problems," Dr. Smylie says. "And it's also a problem that we can do something about, 'cause it doesn't have to be that way."

For 20 years, Smylie has researched the issue of health practitioners' bias, and her lecture in Convocation Hall addressed the prevalence of racism against indigenous peoples when accessing health care in Canada and the impacts it's had.

"These unintentional, maybe we should say unconscious, implicit racist assumptions, are the most common and most harmful, life threatening in the health

service setting," she states.

Smylie and her colleagues are testing tools that could help assess the unintentional bias of health care practitioners, such as an indigenous-based implicit association test, a social psychology test that measures attitudes or preferences that people may be unwilling or unable to admit.

"People's lives are too complicated, so we have to actually turn off this stereotyping section of our brain and actually challenge it when we're trying to address our race preference biases," she says.

Dr. Annette Trimbee, president and vice-chancellor at the U of W, says it is important to look into these topics.

"One of the things we're very proud of is our students asked us to mandate some indigenous content," she says.

"We're an educational institution and we're going to look for opportunities to encourage our faculty, our students, our staff, as well as our larger community (to) have access to some of the history that we all need to know to better understand why we have these unconscious biases."

As a member of the Métis Nation of Ontario, with Métis roots in Saskatchewan, Smylie is one of the first Métis doctors in Canada. She has extensive experience in medicine and has practiced and taught family medicine in a variety of aboriginal communities. She's also worked as an associate professor in the Dalla Lana School of Public Health, University of Toronto.

She now works as a research scientist at St. Michael's Hospital, Centre for Research on Inner City Health (CRICH) in downtown Toronto and also maintains



SUPPLIED PHOTO

Unintentional bias in healthcare can be incredibly harmful, according to Dr. Smylie.

a part-time clinical practice at Seventh Generation Midwives Toronto.

She also had a responsibility to be an expert witness in a second part of the inquest into the death of Mr. Brian Sinclair, who died of a treatable bladder infection while waiting for care in the emergency room at Winnipeg's Health Science Centre.

"That's part of what has motivated this whole area of work for me."

Smylie also holds a New Investigator Award from the Canadian Institutes of Health Research. In 2012, she was named a recipient of the National Aboriginal

Achievement Award, which recognizes First Nations, Inuit and Métis individuals across the country.

Other areas of work she's passionate about include supporting better documentation in indigenous health assessments and looking at effective strategies of improving and supporting infant child and family health in indigenous communities.

The Weweni Indigenous Scholars Speaker Series presents distinguished indigenous scholars and celebrates the success of U of W students throughout academic year.

NAVIGATING THE WILDERNESS

The Wildlife Society finds chapter at the U of W

ELENA SPITCYNA



CAMPUS REPORTER

A new group on campus helps students to take a walk on the wild side.

The Wildlife Society – University of Winnipeg Student Chapter (TWS-UW) is a new student group formed at The University of Winnipeg (U of W).

The student chapter at the U of W is a subset of The Wildlife Society (TWS), an international organization founded in 1937 committed to addressing issues affecting the status of wildlife.

The main goal of TWS-UW is to improve the academic success of its student members and the access to wildlife careers through workshops, skills and professional networking.

"When I joined the university I knew I wanted to be a wildlife biologist. But I had no idea what to do, and the advisors I've talked to had no idea what wildlife biology was," Nathan Sullivan, president of TWS-UW, says.

Since September, the group has organized wildlife documentary nights, workshops to help students learn the basics of animal and bird identification, and nature walks to view animals and the ecology of different areas of Manitoba.



SUPPLIED PHOTOS

The student chapter at the U of W is a subset of The Wildlife Society, an international organization founded in 1937 committed to addressing issues affecting the status of wildlife.

One of the club's ongoing initiatives is a project with Manitoba Conservation that involves maintaining cougar hair-traps, which lure cougars and collect their hair samples, in an effort to determine their numbers in the area.

"It would be great to be able to lead a lot of students and have a community for students that want to pursue wildlife things and make it a lot easier for them," Sullivan says.

Another purpose of the chapter and TWS overall is to provide financial support for student-led initiatives related to wildlife.

"A lot of what this group does too is enable them (students) to have resources and network with people to be able



do these projects and do independent research," Sullivan says.

Other objectives of the group are to make the larger community aware of wildlife issues, encourage active participation in wildlife-related events with other groups and engage in academic events, conferences and networking opportunities.

"We're taking more than we can give back. With wildlife management we're able to give back and have a reciprocal relationship with the environment," Sullivan says.

Felisa Moncada Troncoso, a second-year student majoring in environmental studies, says that TWS-UW gave her a chance to meet people who share her

interests and expanded the ideas about what kind of jobs you can get in the field.

"It really brings people together. It helps the students (to) find their ways and answer questions that we don't normally know anything about, like courses or how to get experience."

Daniel Collicutt, a fourth-year student majoring biology, says the club provides him with an opportunity to get more real hands-on experience with wildlife.

"I've always loved working with animals and I've always loved doing outdoor stuff. (But) it's kind of difficult to do that in a regular university setting."

COMMENTS

FEBRUARY: THE MONTH OF LOVE(HANDLES)

U of W events encourage positive body image

ASHLYN PETERSON

 @ASHLYNNPETE

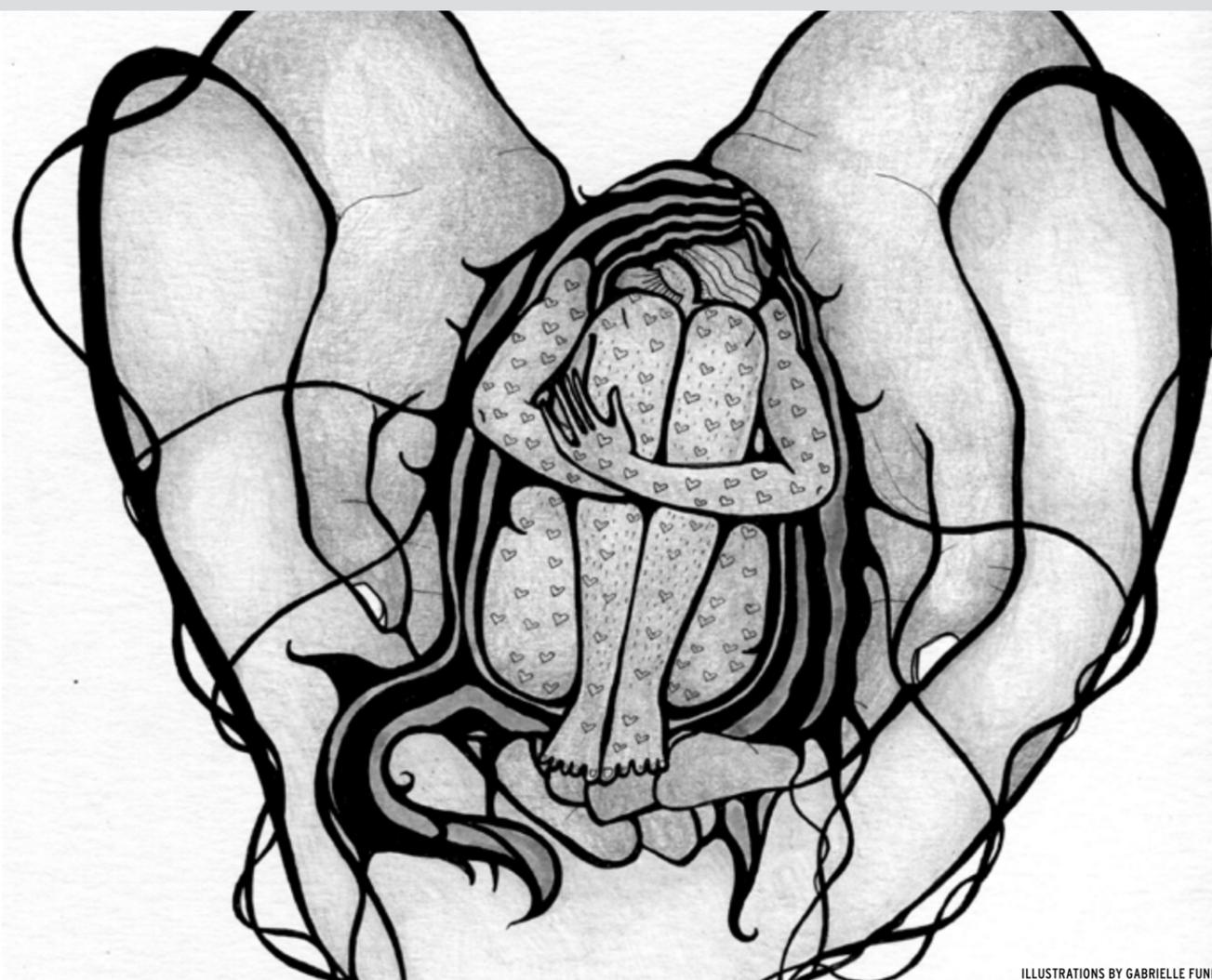
VOLUNTEER

January is the Monday of all months. The weather is cold and dreary, we're all broke from the holidays, and it's no longer acceptable to drink wine at one in the afternoon or eat everything in sight. Combined with the fact that "getting back into the gym" and "eating better," are now the norm for New Year's resolutions, this time of year can be a lot of pressure.

National Eating Disorder Awareness Week was February 1 to 7. During this time the University of Winnipeg's Health and Wellness Peer Educators hosted three events on campus that focused on eating disorders and loving your body in all its shapes and sizes. All in all, participants were encouraged to ignore that negative voice in their head and, instead, to love their love handles.

With February in full swing, it's possible to feel as if you've plateaued. You've been hitting the gym every week or you've made some adjustments to your diet, but still haven't seen the results you expected. The frustration is beginning to creep in and motivation is tiptoeing out of the picture.

For many, instant reward and payoff is the only way to maintain one's motivation. Once it's in your head that progress is not coming along as expected, it is easy



ILLUSTRATIONS BY GABRIELLE FUNK

to make the decision to cut corners. This usually means giving up on the gym, comparing your body to others around you, or restricting your diet (basically everything you know you shouldn't do). Slowly, but surely, the view you have on your body has taken a nosedive.

So what now? With February 14 nearly upon us, there is a constant reminder to treat our loved ones with hearts, flowers, fancy dinners, and of course chocolates. However, a negative view of yourself can make it hard to project love onto others. The joys of the month can soon be forgotten.

The Peer Educators at the U of W set

out to remind everyone that the image we have of our bodies is rarely how others see us. At one event called the Body Love Project, hosted in Riddell Hall, leaders asked passers-by to take some time to write down one thing they liked about themselves. These reflections were anonymous and were not being shared with anyone in particular, but were focused on taking the time to appreciate our bodies.

It's important to be kind to ourselves and know that change does not happen overnight, whether that is how you see yourself in the mirror or your progress in the gym. Of course, it's easier said than

done. No matter how many times your friends tell you how great you look or how many reps on the bench press you can do, it's easy to slump back into negativity.

So stick with those New Year's resolutions! Whether you have a valentine whom you want to look your best for, or even if you don't and you plan on treating yourself to the perks of the Valentine's Day festivities, remember the attitude you have towards your body is what's most important.

Ashlyn is in her third year at the University of Winnipeg, and has decided that she isn't addicted to coffee, coffee is addicted to her.



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 & FINANCIAL AID

T4A TAX FORMS

If you received an award through The University of Winnipeg in the 2015 calendar year, a T4A income tax form will be mailed to you shortly. T4A's must be submitted to Canada Revenue Agency. However, the award money only needs to be reported as income if:

You are not eligible for the full-time or part-time education amount, then any awards above \$500 must be claimed;

You are full-time and can claim the full-time education amount, then awards are not taxable up to the total amount required to support you in the program.

You can claim the part-time education amount the scholarship exemption is up to the tuition fees and costs incurred for program-related materials.

This information was obtained through CRA website: cra-arc.gc.ca. Please visit their website or speak with an accountant or tax professional for more information.

STUDENT CENTRAL

LOCKER RENTALS

Need somewhere to store your boots? 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.

GRADUATION

Students who wish to graduate in June 2016 should complete an Application for Graduation form and submit it to Student Central by February 16th. (All required courses must be completed by April.)

READING WEEK

Reading Week is February 15-19. The University is closed Monday, February 15th for Louis Riel Day, but will be open for the remainder of the week.

READING WEEK HOURS:

Mon, Feb. 15 - closed

Tues, Feb. 16- 8:30am - 5:30pm

Wed, Feb. 17 - 8:30am - 5:30pm

Thurs, Feb. 18 - 8:30am - 5:30pm

Fri, Feb. 19 - 9:00am-4:15pm

TUITION TAX RECEIPTS

T2202a tuition tax receipts will be posted on WebAdvisor on February 29th.

U2015W COURSE DROPS

Tuesday March 1, 2016 is the last day to drop a U2015W course. Students cannot withdraw from a U2015W course after this date. No refund is applicable.

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!

"STUDENT PLANNING" LAUNCHES MARCH 2, 2016

"Student Planning" - is a new online tool for degree planning and course registration. All undergraduate students will need to use "Student Planning" to register for courses for the upcoming Spring Term and for all Terms in the future. The old way of registering will no longer be available.

Students will be able to access "Student Planning" (as of March 2, 2016) by logging into WebAdvisor and looking under Registration for "Student Planning."

"Student Planning" offers many great features:

degree planning from first year to graduation

interactive Timetable

user-friendly course registration

easy access through mobile devices

tracking of progress in meeting degree and major requirements

Get ready for "Student Planning"! Sign up now for an information session, and/or visit our website: uwinnipeg.ca/student-planning

ASK! You of W

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



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SOLUTIONS TO LAST ISSUE'S PUZZLE.

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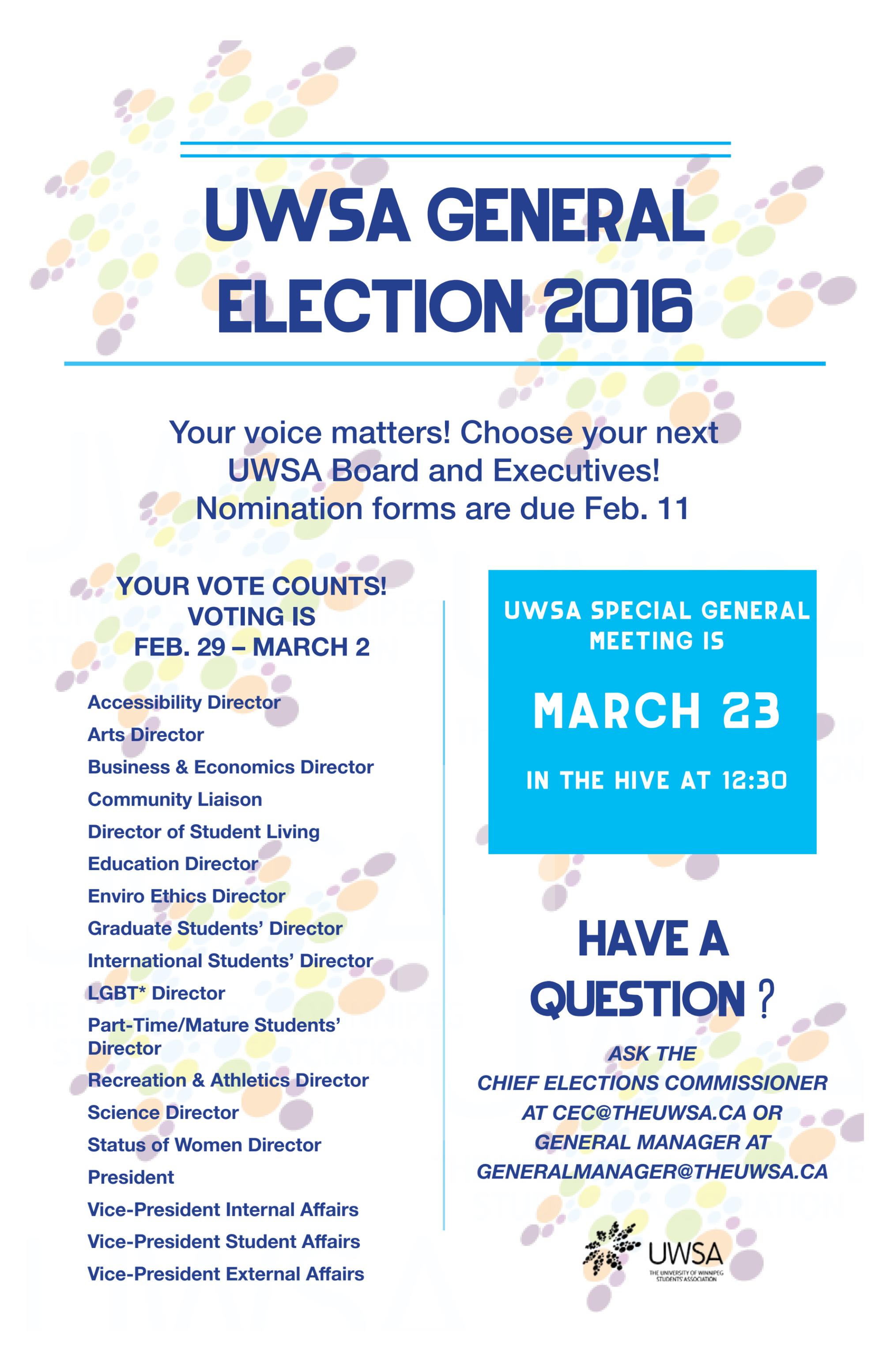
Alex
 "This is my lesbian existential crisis look; still pretty good eh?"

PHOTO BY KEELEY BRAUSTEIN-BLACK

The CREEPS

BY JEAN FLOCH
www.gocomics.com/the-creeps





UWSA GENERAL ELECTION 2016

Your voice matters! Choose your next
UWSA Board and Executives!
Nomination forms are due Feb. 11

**YOUR VOTE COUNTS!
VOTING IS
FEB. 29 – MARCH 2**

Accessibility Director
Arts Director
Business & Economics Director
Community Liaison
Director of Student Living
Education Director
Enviro Ethics Director
Graduate Students' Director
International Students' Director
LGBT* Director
Part-Time/Mature Students'
Director
Recreation & Athletics Director
Science Director
Status of Women Director
President
Vice-President Internal Affairs
Vice-President Student Affairs
Vice-President External Affairs

**UWSA SPECIAL GENERAL
MEETING IS**

MARCH 23

IN THE HIVE AT 12:30

**HAVE A
QUESTION ?**

**ASK THE
CHIEF ELECTIONS COMMISSIONER
AT CEC@THEUWSA.CA OR
GENERAL MANAGER AT
GENERALMANAGER@THEUWSA.CA**

