

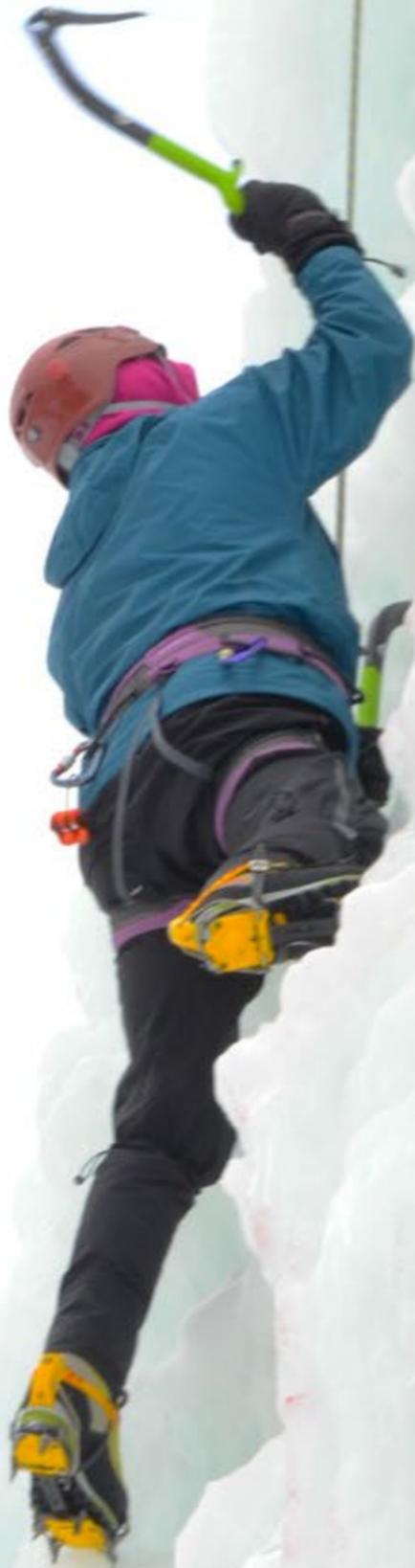
THE

UNITER

FREE.WEEKLY.
VOLUME 70 // ISSUE 21 // FEB. 25

CLIMB ON!

Winnipeggers brave the elements
to ascend the ice tower



MAKING NEW MÉTIS
HISTORY P6

IS COMPOSTING WORTH
THE COST? P8

CHEAPER BUS PASSES
FOR STUDENTS P17

THE HOME STRETCH

Students aren't the only ones counting the days left in February and March. Though this winter has been unseasonably warm punctuated with shockingly typical dashes of cold, some Winnipeggers are sharing signs that spring is in the air, be it fashions, or plans for gardens, or unbridled impatience. And yes, March is typically more winter than spring, but it's closer to spring than December, so we can hope.

On campus, students and staff are back from Reading Week to face exams, papers, and the final half (or final quarter) of their Fall/Winter courses. It's not quite the final rush, but the end is in sight.

We did the math over here at *The Uniter*, and after this paper, we've only got five issues left in our regular production cycle. Issue 22 is in the works right now, so if you'd like to get your work into issues 23 to 26, it's not too late. Check out @UniterVolunteer on Twitter for more info, or email volunteer@uniter.ca for more information on how to write a piece, take some pictures or create some illustrations for our pages and for your portfolio.

On the cover this week, we're featuring some Winnipeggers who are less excited for the thaw, and making the most of the rest of our winter. Come spring, there will be other climbing options for the members of the Club d'escalade de Saint-Boniface, but the ice tower only exists for a few short months a year. So if you're looking to squeeze in one more unique winter experience this year, they've got the ice axes and climbing ropes for you.

Even though we're in the home stretch now, we're not slowing down. We've got lots of music coverage for you this week, a preview of a new hair salon, a visit to Lara Rae's house, an update on the U-Pass initiative, some wrestling, and contributors sharing their thoughts on white privilege and composting.

It's a pretty excellent mix, and we hope there's something that interests you in there. And if not, let us know - we still have five issues left to tell the stories that you want to hear!

- Anastasia Chipelski, Managing Editor

* ON THE COVER

This ice tower in St. Boniface presents a challenge for climbers of all ages.
.....



Adrien Perras ascends the ice tower. (Cover feature on page 9).

PHOTO BY KEELEY BRAUSTEIN-BLACK

DOWNLOAD OF THE WEEK

VISIT UNITER.CA TO DOWNLOAD "OH DONNA" BY LIBRARY VOICES. (ARTICLE ON PAGE 4).



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WHOSE

HOUSE?

LARA'S HOUSE



PHOTOS BY SIMEON RUSNAK

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

There are few comedians in Winnipeg with as accomplished a career as Lara Rae.

She's worked for more than 30 years as a performer and as a radio and television writer, with credits including *Little Mosque on the Prairie* and Russell Peters' *Monsoon House*. In 2000, she co-founded the Winnipeg Comedy Festival, where she still serves as artistic director.

"It's a really wonderful opportunity," Rae says of the festival. "I don't get to tour around as a stand-up very much. I see some of my old friends at Rumor's. But every year I get to see 50 of my friends who I've known for the last 30 or 35 years. I'm very blessed in that regard."

"I wouldn't have survived otherwise," she says. "I'm not a good working-for-other-people person. I have a lot of problems."

Rae moved into her Wolsley-area home in July 2014, a year before coming out as a trans woman. She says that transitioning has changed the way she perceives her home.

"Everything in society is gendered," Rae says. "You don't realize it until you change your gender. One of the things that's gendered is your apartment. Not just in terms of what you do to it, but what apartment you select. Had I transitioned first, I don't know that I'd live here now."

For example, she'd like a better bathroom for doing her makeup in.

Rae says that her experience of coming out to her current landlord was a very positive one.

"He's a very progressive 78-year-old man," she says. "He took me to Red Lobster for lunch one day. I told him, 'I'm changing my gender.' He said, 'OK.' That was it. Now when he calls, he calls me 'Lara sir.'"

1) FIRST-EDITION BOOKS

"Any apartment I have is going to have thousands of books. I love collecting first editions. I tend to go through phases with particular authors. I used to have tons more."

2) DINING ROOM

"This place is technically a two-bedroom apartment, but I converted this room into the dining room. I actually slept in here a couple times."

3) ICON

"I love icons. But I'm a Quaker, and Quakers don't have icons. But I don't mind it. I actually love the art."

4) BATHROOM SIGN

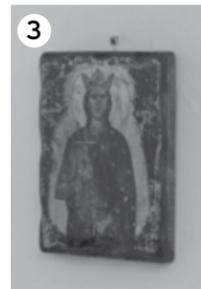
"Being Scottish, I thought this was kind of funny."

5) FINNEGAN'S WAKE

"I'm teaching a class on *Finnegan's Wake* at McNally Robinson so I have lots of James Joyce (books) laying around (the house). This is the version with all the 50,000 corrections that have been made over the years."

6) ROTATING LIBRARY BOOK RACK

"I love the library. My great-uncle William Barclay was a very prominent New Testament professor at the University of Glasgow. He had a show on the BBC and was a very progressive Church of Scotland minister. His books sold in the millions. I remember going to his house as a child. In his study, instead of walls it appeared to be just books. I thought you could have a library in your house."



ARTS AND CULTURE BRIEFS

MEG CRANE // ARTS AND CULTURE EDITOR

@MEGCRANE

Using an arts degree

On Feb. 27, ACI Manitoba is presenting a one day career and creative development symposium titled Creative Entrepreneurship: Putting Your Arts Degree to Work. It promises tips and inspiration for moving from student life to the real world. The cost is \$10 for members, \$25 for non-members, and includes two meals and snacks. Find more info at creativemanitoba.ca.

Houston tribute

The fifth annual tribute to Whitney Houston, I Wanna Dance With Somebody, is happening Feb. 27 at Union Sound Hall. Presented by House of Gold Diamonds. DJs J. Jackson and Mama Cutsworth will be playing tunes by Houston and other musicians. There will also be performances by a few drag queens, including Tyra Boinks and Breyanna Burlesque. Tickets are \$10 at the door.

The Sheepdogs

The Sheepdogs are stopping in Winnipeg during their international tour, which is in support of their latest album, *Future Nostalgia*. The lead single from this album was a top five hit on Canadian rock radio for 10 weeks. The Sheepdogs will be at the Burton Cummings Theatre on Feb. 29. Tickets are \$27.50 and available through Ticketmaster.

Women of rock

The Manitoba Conservatory of Music and Arts is running a four week course titled The Girls Can't Help It! The Women of Rock - 1950s to 1970s. The four seminars will take place in Bryce Hall of the University of Winnipeg on Thursday evenings from Feb. 25 to March 17. Enrolment is \$75. Go to mca.ca for more details.

Architecture+Film

Architecture+Film, an ongoing series of film screenings that focus on architecture and design, is hosting another event Feb. 25 at Cinematheque. Irish architectural historian Paul Clerkin will introduce the film, *Talking to my Father*. The film takes a look at Robin Walker, one of Ireland's most celebrated architects in the 1960s. Tickets are \$8 for students, \$9 for everyone else.

MIXING UP HIP-HOP

Laying low at The Triple Tiger

MELANIE DAHLING

 @SUGARDAHLING

ARTS AND CULTURE REPORTER

Lyricists and emcees are often the focal point of hip-hop. That's why Chris, AKA Crabskull, formed an alliance with FC Coconut to create a mix tape featuring instrumental hip-hop, where the producer shines.

The tape, titled *Pink Quicksand*, wasn't originally something Crabskull set out to do. He just wanted to facilitate a beat maker's jam at a local space dubbed The Triple Tiger.

"Producers aren't ones to take the stage," he says. "Emcees are the extroverts while we're making stuff in our basement."

After about a year of regular jams, it seemed natural to produce something that would showcase what had been happening in that space.

"(These artists) are all dialed into the same frequency," local musician and entrepreneur Carlen Jupiter says.

Jupiter runs The Triple Tiger and has been immersed in the producer sessions.

"Those two cats are both friends of

mine," Jupiter says. "They're two of the most humble dudes and really deep guys. Their style falls under a large umbrella but they have a microscopic nose for quality. They know what's good."

Crabskull takes pride in the fact that he uses an MPC to produce beats, which involves loading the machine up with samples and playing them like instruments.

"It's not a linear process at a computer," Jupiter says. "It's fluid and alive. They aren't on a grid."

For the release of the tape, Crabskull made it a priority to hire a diverse range of entertainment, including live art from The Travelling Signpainters, who will be working on a wall piece for the duration of the show. Other musicians on the bill include DJ Kinetic and White China.

Crabskull and Jupiter both express a desire to create a multi-faceted experience for all involved.

The event will be held at Jupiter's space, though interested parties may need to go to some effort to find it.

"It's more of a private studio space. The people that want to find out about it, find out about it," Crabskull says. "We're not trying to be exclusive. It's just out of respect."

Jupiter echoes this sentiment, rejecting the debaucherous reputation that hip-hop can sometimes have in the public eye.

"It's not a coked out after hours scene. We bring a sacredness to what we do. It's unfortunate when the public is influenced by the mainstream, because the reality is in the underground."

Jupiter says getting into the

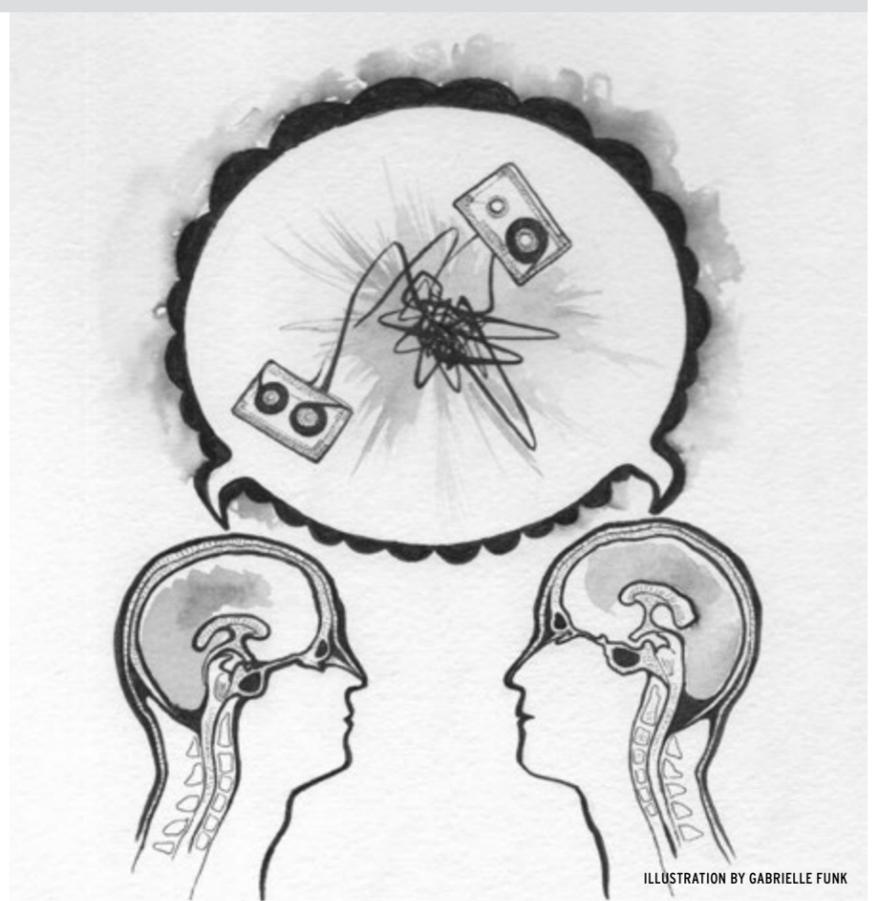


ILLUSTRATION BY GABRIELLE FUNK

underground scene is about waiting for events to pop up.

"There's not consistent support here. If we were to do a show once a week, it would be over saturated. Winnipeg's weird like that. There's love for it, but there's not a big crowd. It's unfortunate," Jupiter says. "But it gives you more time to lay low and focus on your craft."



Crabskull and FC Coconut's *Pink Quicksand* mixtape release party and showcase will take place at The Triple Tiger on Feb. 26 from 10 p.m. to late. Cover is \$5. If you don't know where it is, ask around.

AN ODE TO LOVE

Library Voices tours with its latest album

MITCHELL VAN INEVELD

 @WPGTRUMPETEER

VOLUNTEER STAFF

Given that love has been the go-to muse for songwriters throughout music history, it's almost a surprise that indie pop outfit Library Voices' latest album, *LOVISH*, didn't come along sooner.

Frontman Carl Johnson says the album about relationships was more of a happy accident than a deliberate creative decision.

"I don't think we had a specific theme or concept that we were holding true to when we made *LOVISH*," Johnson says. "But when we were trying to figure out what to name the album, it ended up turning out to be quite an apt title."

In spite of the album's focus on romantic aspect of relationships, Library Voices is borne of the platonic.

Five of the band's members grew up together in Estevan, Sask., and now all of them live in a three-block radius within the same neighbourhood in "the big city" – Regina.

"Our friendships allow us to be overtly critical of each other's creativity," Michael Dawson, one of Library Voices' two keyboard players and three songwriters, says.

"I think everyone feels free to express themselves freely, which in the long run has meant that we continually push each



PHOTO BY CHRIS GRAHAM

Library Voices are as much friends as they are a band.

other out of comfort zones and help each other continue to grow as artists."

Dawson jokes about a time during the writing of the band's first album, *Denim on Denim*, when himself and Johnson had to take away all of drummer Mike Thievin's cymbals.

"I think without that basis of friendship and acceptance of each other's personalities and traits, this band would have imploded years ago."

- Michael Dawson

The friendships in the band also ensure that each member has a say, which allows for a broad range of influences to come out in the band's sound.

This diversity is evident on *LOVISH*, whose fuzzy, pumping sound is a departure from the perfect pop Johnson says the band had been striving for on

past records.

He adds that while moving away from the band's established sound was nerve-racking at times, exploration and experimentation are, for them, the only way to continue making music that makes them feel fulfilled.

The band, which is rounded out by Brennan Ross (vocals, guitar), Paul Gutheil (saxophone), Amanda Scandrett (keyboards) and Ethan Anderson (bass), is kicking off their 12-city tour with a show on Feb. 25 at Winnipeg's West End Cultural Centre.

While the tour itself proved challenging to put together due to most members having careers and children, a more significant threat was posed before the album was recorded, when Johnson was severely injured in a random assault outside a Regina nightclub.

In a testament to the bond the group shares, Johnson says that rest of the band, who he refers to as his family, were all supportive of him throughout his lengthy recovery.

"I couldn't play music for a long time,"

Johnson says. "They were just there for me regardless and the music stuff just came afterwards."

He eventually made a full recovery, contributing lead vocals on seven of *LOVISH*'s eleven tracks.

For his part, Dawson also attributes the band's longevity to friendship.

"I know these people more intimately than any human should ever know another," he says. "But I think without that basis of friendship and acceptance of each other's personalities and traits, this band would have imploded years ago."



Library Voices is playing at the West End Cultural Centre on Feb. 25 at 8 p.m. Tickets are \$12 and available through ticketfly.com, or at Music Trader, Into the Music or the venue itself.

CKUW TOP 20

February 15 - 21, 2016

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

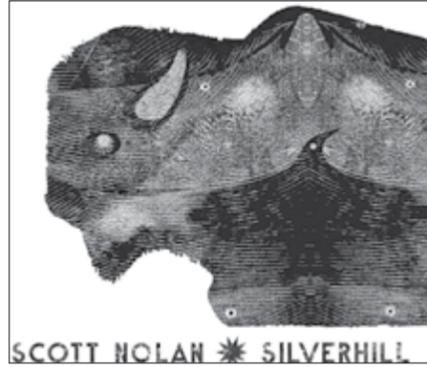


TW	LW	LC/CC	ARTIST	ALBUM	LABEL
1	20	!	The Unbelievable Bargains	Exuberance Abounds	Transistor 66
2	15	!	Autumn Still	When It Was	Self-Released
3	10	!	Scott Nolan	Silverhill	Transistor 66
4	3	*	Kacey & Clayton	Strange Country	Big White Cloud
5	6	*	Various Artists	Level Up	CJSW
6	1	!	Various Artists	Love, Lake Winnipeg	Self-Released
7	11	!	William Prince	Earthy Days	Self-Released
8	21		Savages	Adore Life	Matador
9	18	!	Red Moon Road	Sorrows And Glories	Self-Released
10	4	!	M&M Meats	Runner's Love	Transistor 66
11	19	!	Chic Gamine	Light A Match	Self-Released
12	30	!	Futurekids	This Is Everything	Self-Released
13	25		Benoit Pioulard	Noyaux	Morr
14	14	*	Rosie & The Riveters	Good Clean Fun	Self-Released
15	9		Vince Andrushko	Vince Andrushko	Self-Released
16	16		Empresarios	The Vibes	Self-Released
17	RE		New Order	Music Complete	Mute
18	2	!	Cannon Bros	Dream City	Disintegration
19	5		David Bowie	Blackstar	Columbia
20	23		Calibro 35	S.P.A.C.E.	Record Kicks

Scott Nolan

Silverhill

Transistor 66



Scott Nolan sings songs with an elegant simplicity and a rollicking roots groove. His new album, *Silverhill*, is a down-to-mid-tempo assortment of tunes for the mournful and musing, for the purged and purging, and for the playful and longing.

A Winnipeg-based singer-songwriter, Nolan recorded *Silverhill* live over two days in a home near Loxley, Alabama, and went into the production of *Silverhill* with "no demos, no preproduction", saying that he "would sing a song once and we would roll."

His goal was "to tap into that ancient southern musical

wisdom, fall into that lazy groove, and let the sessions produce themselves." That's putting a lot of faith in spontaneity, and for Nolan, faith and spontaneity seem to have paid off.

The album's second track, "Forever Is A Long Time", is a soothing, swaggering folk number that's bolstered by twinkling twangs and heady harmonics that bring to mind thoughts of warm summer nights spent with friends, swayed by the happiness of the moment, contemplating on the life ahead, and all the details that might fall in between.

Or there's the funky roots groove of "Shake It Loose", the sexually allusive "Twister", or the blues boogie of "Little Dream", that mark the album with spots of momentum before bringing the tempo back down for the slow and scenic routes. These are songs with a warm and welcoming sound, an earth-bound quality, and are grounded in rustic, home-bodied production.

Nolan has a knack for bittersweet lyrics, poignant melodies, and catchy choruses. Many songs on this album evoke feelings of triumph through the truths and recognitions of the unavoidable changes and chances that occur throughout life, and the emotions and thoughts that come with them.

Silverhill is full of memorable melodies and earthborn earworms. Nolan brings to us an album for those times when life shows us just how beautiful it can truly be, despite knowing that one day it will all be over.

- Chris Bryson



Savages

Adore Life
Independent

Savages can be a tricky prospect for the uninitiated. They can be serious and sometimes pretentious. They're hard to pin down. They want to be difficult - not for the sake of being difficult itself, but to tease out life's bigger truths of love and experience.

Adore Life is an album of - albeit aggressive - love songs, but they're about love in a larger, more macro sense; Singer Jehnny Beth has cited Swans' Michael Gira as inspiration for this theme. *Adore Life*'s first single and opening track "The Answer" is a brutal, pounding chunk of riff with syncopated drums, underpinning the lyrics "Please stand up/What is the point/To cry for life/To cry about love/To wait for her/To wait for dying/I can't wait/If you don't

love me, you don't love anybody/Love is the answer."

Key track "Adore" is startling in its relative musical austerity, but listening to it, it soon becomes clear that emotional austerity doesn't belong here. Inspired by the life of poet and LGBT activist Minnie Bruce Pratt, its lyrics lean heavily into impulses on the road to self-doubt and regret, but they're assuaged and made productive by the mantra "I adore life/Do you adore life?" The song's deceptively simple video, a pared-back, stylized performance, hits the point home: its self-searching is so unashamedly naked and earnest that it inspires the same in viewers.

"Slowing Down the World" is a personal favourite, featuring a gently swaggering, intertwined guitar-and-bass line and lyrics about someone concerned about her own infatuation with her partner. She wants to live in the moment, but she doesn't want to have wasted it on the wrong person.

Ultimately, the best post-punk revival band isn't doing anything interesting if they're just regurgitating slogans of the 20th century. For Savages, the most note-perfect recreation of how that one '80s band makes you feel is still hollow if it panders to a past you, not the you of today, and the day after that, and the day after that.

Savages don't deal in purity. They're about wrenching hard truths and self-knowledge out of the unrelenting messiness of life. They've fashioned a manifesto - a mythology - out of their contradictions, and they stand by it.

They want the present you, in all its imperfection. They demand the best, truest version of you that exists, and it's what they demand in themselves. Savages are for people who are looking for some truth inside themselves, palatable or bitter, whatever that truth is.

- Laura Friesen

ARBOR VITAE

THOMAS PASHKO

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FEATURES REPORTER

By Grace Nickel

At Actual Gallery until March 19

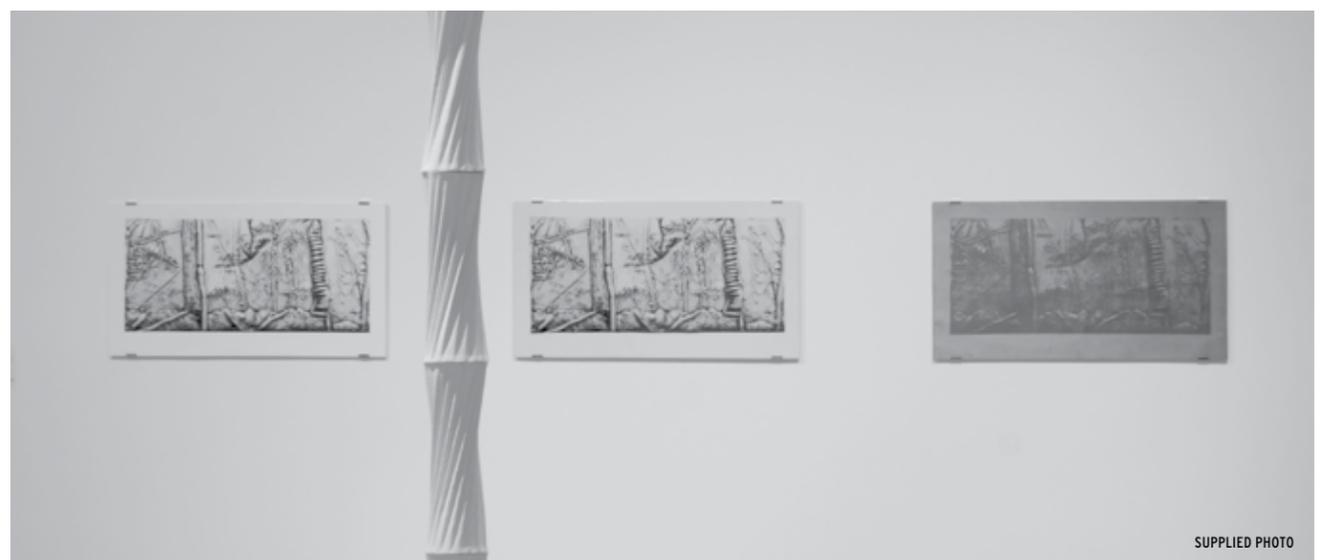
The term "meta" has become an increasingly common descriptor for art in the 21st century.

Maybe it's a result of the proliferation of all kinds of media into daily life that results in art frequently commenting on itself or its medium. It's present in our literature, film and even music (can you think of the last time you heard a hip hop song that wasn't self-referential?).

It's not often, however, that we hear the term applied to sculpture. Maybe that's because sculpture has remained largely unchanged for so long. Artistic movements and genres have certainly evolved, but the medium itself hasn't undergone radical change in the way that, say, photography has.

Winnipeg sculptor Grace Nickel, in her exhibit *Arbor Vitae*, makes use of new technologies, including 3D printing and laser marking, to create works of sculpture that can't help but feel like the future of the medium. Her work achieves a self-awareness that, while never ironic or snarky, can still definitely be called meta.

It's largely through the use of these new technologies that Nickel is able to



SUPPLIED PHOTO

call attention to the medium through her work. She states that her aim is to explore "the relationships between the natural and the fabricated, the austere and the embellished, flowing and frozen, hard and soft, two-dimensional and three-dimensional."

She accomplishes this by using textures and shapes that are seemingly incongruous with rigid sculpture. Her sturdy columns seem constructed of feather-light curtains, complete with the tiny woven threads of fabric. Her two-dimensional pieces, made by flattening three-dimensional objects and projecting them onto flat ceramics, play with the eye's natural recognition of patterns.

These shapes belong on three-dimensional objects, or at least photos of them. The viewer is pleasantly frustrated

trying to determine what exactly they're looking at.

The exhibition's centrepiece installation, six tree-like columns surrounding another fallen tree structure, is the strongest of her conversations between sculpture and nature. Each porcelain column is constructed of stacked vertical sections, recalling classical Greek or Roman columns. While the atypical textures and forms contribute to the piece, the columns also suggest unsettling skeletal imagery. The stacked sections look undeniably like vertebrae in a spinal column. The capitals that top the columns look almost pelvic and the fallen hollow logs suggest not just trees, but marrow.

What Nickel is doing with this is actually pretty clever. She draws a

rarely-observed distinction between the natural and the organic, as it pertains to the human body. It makes the viewer question why we usually regard the former as beautiful while the latter is disturbing.

Tied into those questions is the layout of the installation. The ornate placement of the columns almost recalls Stonehenge. There's a sort of ritualistic, Pagan tone to it all, its sparseness providing the viewer with all kinds of blanks to fill in.

It all goes to add another interesting conversation of incongruity: Historical architecture versus modern technology, ancient religion versus modern art, nature versus man, cleanliness versus chaos. *Arbor Vitae* is a wonderfully meta illustration of how they're all connected in the most gloriously messy way.



FREEZE FRAME

Capturing Métis stories through film

TALULA SCHLEGEL

@TALULACORA

VOLUNTEER STAFF

It would be hard to demonstrate the spirit of the Métis people in just one video, but 100 videos might stand a better chance.

Siblings Janelle and Jérémie Wookey say that, along with the rest of the crew at Wookey Films Inc., they are embarking on a project to collect videos that showcase what it means to be Métis in 2016.

“The hook is to collect 100 videos of Métis individuals and their elders over 100 days,” Janelle says. “But that’s not what’s most important.”

Janelle and Jérémie say their ultimate goal is to create unity and to start a conversation.

“We hope to get a better sense of where we all are as Métis and get a portrait of the community,” Jérémie says. “Bringing people together and connecting with people is the main goal.”

The Wookey siblings are Métis, but say their relationship with their roots is complicated.

“It’s been about a 10 year journey. Our family only discovered later that we were



SUPPLIED PHOTO

Wookey Films is collecting videos that showcase what it means to be Métis.

Métis,” Janelle says. “For me, it’s knowing who I am, where I come from and what blood is running through my veins.”

For Jérémie, it’s a bit different. “It’s pretty complex,” Jérémie says. “Just recently I’m starting to connect with it a bit more. I’m trying to figure out what role it plays in my life and how to incorporate it in regular life.”

Janelle says that through their grandfather and other key figures in the Métis community, it became evident to Janelle and Jérémie that Métis stories and experiences needed to be documented.

“A big thing for this project is encouraging that exchange between youth and their elders,” Janelle says.

“That’s been one of the biggest challenges. A lot of elders are still resistant to identify that they are Métis.”

Janelle explains that when the first Métis were born, they were forced to create a community and culture because they didn’t fit in with the indigenous or settler communities.

“That awkward space that we live in is at the root of our existence,” Janelle says.

Janelle says what interests the pair is uniting community and youth to create not only a sense of pride and belonging, but also explore what Métis people have to offer other communities.

Jérémie says they’ve received feedback encouraging the project.

“A lot of the characteristics of Métis people that make them Métis is resilience, resolve, strength and spirit,” Janelle says. “That is what is going to help reignite our communities, culture and our place in society.”

The Wookey’s hope to collect videos for the project that every Métis person can connect with and that will encourage those who haven’t felt connected yet to integrate themselves or to feel more welcome into the Métis community.

“To get a sense of what other people are feeling creates a form of connection and hopefully that online space can serve as a place where people can have that exchange,” Janelle says.

Part of Jérémie’s pride and interest comes with connecting to the Métis people in the videos.

“Hearing how connected people are with their identity, or not, it’s such an interesting question,” Jérémie says.

Janelle and Jérémie’s dream is that, once these videos are online, they will be available in 100 years, so as to freeze frame who the Métis people of 2016 were.

“I’m looking forward to seeing the final mosaic of 100 faces,” Jérémie says. “It’s going to be fun.”



The project will officially launch at the Canadian Museum for Human Rights on March 24. In the meantime, connect and contribute to their project by visiting 100metis.ca.

SHINE LIKE A SAPPHIRE

New salon delivers dapper decor

MELANIE DAHLING

@SUGARDAHLING

ARTS AND CULTURE REPORTER

This March, Academy Road welcomes a new edition to its already robust offering of fashion, food and trendy, talented locals.

Stylists April Carriere and Kelly O’Leary (who goes by Kelly O as a stylist) had only been thinking about opening their own salon for a few months when the perfect opportunity fell into their laps.

“It all happened one day in a text,” Carriere says. “I knew that she’d been thinking of going into business for herself, so I said ‘I’m awesome and you’re awesome and we should do it together.’”

Fate stepped in and brought the duo to a beauty supply sale held in what will now be known as The Sapphire Lounge (562 Academy Rd.).

Instantly charmed by the vintage decor of the former Stano’s Coiffures, O’Leary jokingly exclaimed “I’ll take it!”

As it turns out, the owners had been trying to find a buyer and had considered clearing it out for use as a yoga studio.

Though updating the space had seemed daunting to some, this duo is not one to back down from a challenge.

Over the past few years, O’Leary has been cultivating her brand, eventually

reaching a viral level of success with her talent for executing hair trends in constantly evolving ways.

The salon’s instagram account (@thesapphirehairlounge), is bursting with pretty pastels, neon hues and vintage inspired upstyles.

A self described workaholic, she spends her off hours organizing fun photo shoots. Past themes have been ’90s pop culture icons, sleepover parties and fruity summer fun.

Now that she has her own space, she wants to facilitate a few crazy ideas, like 24 hour cut-a-thons.

O’Leary has succeeded in several international victories, including being featured on Kylie Jenner’s app, but is also happy to have created a loyal group of local collaborators who are keen to lend their heads to her latest experiments.

Amanda Legris, hair muse, has been recognized all over the city for her frequent appearances on Kelly’s Instagram account.

“People love it! I’ve been approached by strangers. It’s an odd experience but always positive. She has created such a beautiful market for herself,” Legris says.

Carriere rounds out the equation with an enthusiastic attitude and down to earth approach. Of the collaboration, she says:

“(Kelly O is) amazing. She takes care of all the social media, and she’s a name people respond to. My goal is to start small, expand and go with the flow.”

The two are excited to unveil the space, which they’ve tried to make fresh and modern while embracing the retro feel that made them fall in love with it.

Though O’Leary cites *Mad Men*, the martini and Las Vegas as her main inspirations, customers shouldn’t feel intimidated if their style is more laid



PHOTO BY SIMEON RUSNAK

Kelly O and April Carriere, in The Sapphire Hair Lounge, which is currently under renovation.

back. When asked about their ideal clientele, they expressed a mutual desire to be inclusive.

“You don’t have to be a pin-up,” Carriere says. “I don’t want to be elitist or too girly. You don’t have to get your hair done before you get it done here.”



Sapphire Lounge is located at 562 Academy Rd. and opens on March 1. You can call 204-471-8557 to book your first appointment.

TURNING THE PAGE ON ASPERGERS

Comedian Adam Schwartz writes his first book

BEN WALDMAN

VOLUNTEER

Adam Schwartz has accomplished a lot. The stand-up comedian travelled with his Fringe show, *Aspergers; A Tale of a Social Misfit*, launched Autistic Productions to support artists who are on the autism spectrum and now has written a book.

“On paper, it seems impressive,” Schwartz says. “But, it really isn’t.”

Schwartz, a 29-year-old comic with Aspergers syndrome, is releasing his first book, *I Have Aspergers So I’m Better Than You. Shh... Don’t Tell Mom!*, in April.

The book is a memoir based on his experience living with the autism spectrum disorder.

When talking about the somewhat confrontational title, Schwartz grins widely, anticipating the giggles and gazes his debut book will elicit.

“That’s a big reason why I chose a goofy picture of me wearing a crown and a blanket as a cape,” he says.

But beneath his mockery, Schwartz



PHOTO BY SIMEON RUSNAK

Adam Schwartz, a local comedian and writer, will release his first book this April.

knows that the book has a latent purpose; for many people, it will serve as their first exposure to Aspergers.

“I’m trying to confront mainstream society by saying, ‘Look, I’m sick and tired of all these representations (of Asperger),’” Schwartz says. “Every single representation of it is Sheldon from *The Big Bang Theory*.”

Sheldon, played by Jim Parsons on the CBS sitcom, is an obsessive-compulsive, routine-oriented physicist. In science, he’s brilliant, but when it comes to socializing, he struggles.

Where Schwartz insists characters like these miss the mark on representing Aspergers is in that they don’t want friends, social interactions or love.

Schwartz would kill to have more of all three.

“People with Asperger take a lot longer to pick up on cues and body language,” Schwartz says. “By the time I realize you want to be my friend or someone wants to be romantically involved with me, the opportunity might have passed.”

Schwartz has faced these problems his whole life. His performances are a battle against the public perception of a condition they don’t really understand.

In his act, which Schwartz has honed for about five years, the comedian transforms all of these disadvantages into assets with a stoic manner of honesty and criticism that is central to the man he is.

Schwartz says channeling that into

a book was challenging for him and he worked with an editor for the first time to get it right. He hated that.

“The feeling of having what you wrote ripped to shreds. The tough love of something you thought was absolutely golden, and finding out you’re on the wrong track.”

Schwartz has high hopes for his work.

“Ideally, it sells amazingly, I win an Oscar when they turn it into a movie and everyone loves me and I become a huge star and girls date me because I’m famous,” Schwartz says.

Find Adam Schwartz at open mics throughout the city or by visiting autisticproductions.com.

THE COLUMN



DRY WIT

WITH ANASTASIA CHIPLESKI

@ANACHIPS

TAKE A BREAK FROM DRINKING CULTURE

January was a popular month for social drinkers – those who are casually wedded to alcohol but unburdened by addiction – to take a break.

A few of my friends chose the same for February, and then there’s the whole phenomenon of Sober October, because rhyming is cool. For my trial run, I chose March, but it’s not the month that matters.

Taking a break from drinking is alternately condoned and framed as being a Very Serious Challenge, which shows just how much drinking culture becomes ingrained into our lives.

“Taking a break” implies that there was an initial commitment or contract that is temporarily on hold. But how many social drinkers consciously committed to drinking for the remainder of their lives?

When I had that first gross peach cooler, I didn’t think “there, now I’m a drinker.” It wasn’t even a spit sisters-level bond. Although my relationship with alcohol progressed, at no moment was it formally cemented.

It’s a commitment that creeps up on you until all of a sudden, socializing becomes inextricably tied to drinking –



ILLUSTRATION BY GABRIELLE FUNK

it’s like a live-in platonic relationship that carries all the trappings of marriage, but is never fully recognized as such.

There’s no solemn moment when, while cracking open a six-pack, a social drinker takes the vows to always have alcohol on hand for guests, to be forever diligent in their study of various boozy beverages, to henceforth include liquor stores as prime points of interest as they assess the geography of a new place.

It’s assumed that you’re signing up for life, but no one says that overtly.

For many who quit drinking, there are moments when we face down the reality of being sober for the rest of our lives. If forever seems impossible, there’s the approach of taking it one day at a time. Days turn into weeks, into months, into years – that’s how commitment builds,

whether it’s a conscious or unconscious accumulation.

When I was considering sobriety, I reasoned that I already had 15 years of experience living sober, so I wasn’t starting from nothing.

I had a 15 year career of drinking after that, and aside from breathing (or the other basic mechanics of survival), I can’t think of anything I’ve kept up that consistently for 15 years. “Not a bad run,” I thought, “and probably a good time to retire.”

As the days of drinking add up, we mistake it for something that’s an essential core of our existence, and necessary for our (social) well-being. So anytime someone I know takes a month off (for whatever reason), I quietly cheer to myself.

I’m not looking to recruit people to the

sober life – I intend to stay sober for a good long while (another 15 years at least, for balance), and I can’t say that this decision is right for anyone but me.

But I do hope that more people can discover that you don’t have to drink to live a good life so that many others – moderates, social drinkers and alcoholics – will have more tangible, living proof that sobriety is not the end of the world.

Taking a break can mean taking a step back to see all of the assumptions about the elevated status of liquor, and our commitments to it, in a new light. And that’s never a bad thing.

Anastasia Chipelski is the Managing Editor at *The Uniter*. She used to think sobriety was the end of the world, and is now pretty content with her post-apocalyptic life.

COMMENTS

IT'S A WHITE MAN'S WORLD

In the west, women and people of colour are defined by the white male gaze

CHUKA EJECKAM

 @CHUKAEJECKAM

VOLUNTEER

Despite a young Malcolm X's academic ability, he dropped out of school in junior high after telling a white teacher of his aspiration to become a lawyer. His teacher's response? That it was "no realistic goal for a nigger."

Discussion of white privilege has become prevalent in Western discourse, in academic circles, mainstream media and social conversations. Some paint it a fiction, a sore loser's attack on the domination of Caucasians in business, politics and media in the world. Others indict it as the offspring of intentional institutional racism, itself perhaps a product of colonialism and the notion of the "white man's burden."

Speaking broadly, people in North America, Western Europe and other wealthy "democracies" are far more empowered to choose their pursuits and

professions based on their personality than in other nations. However, this is far more the case for Caucasian males than women or people of colour.

Media dominates our lives in the Western (and "Westernized") world. Television programs and movies excite and entertain, but they also inform. In these media, women and people of colour are defined in clear, restrictive ways.

If a CEO, financier, doctor, politician or any other person of power or authority is cast as a person of colour or woman (or, god forbid, a woman of colour) it becomes worth discussion. However, it's deemed merely natural that white men occupy these positions. Over time, this implies that women and people of colour are incapable of filling those positions – that if they ever do hold them it is an exception to the rule.

This becomes a crisis when that media is internalized. Children are led to believe that their socially constructed "race" is a defining element of their character. They will adopt styles of dress, manners of speaking, personalities and practices that they've been assigned by Western media.

These stereotypes become destructive not only because they are baseless, but also because they're all fashioned through a white-male lens. The white male's opinion of other cultures, of women and people of colour, becomes the accepted, universal understanding of other cultures, women and people of colour. Inevitably, women and people of colour begin to believe these things about themselves. Generations become entrenched in destructive, bigoted

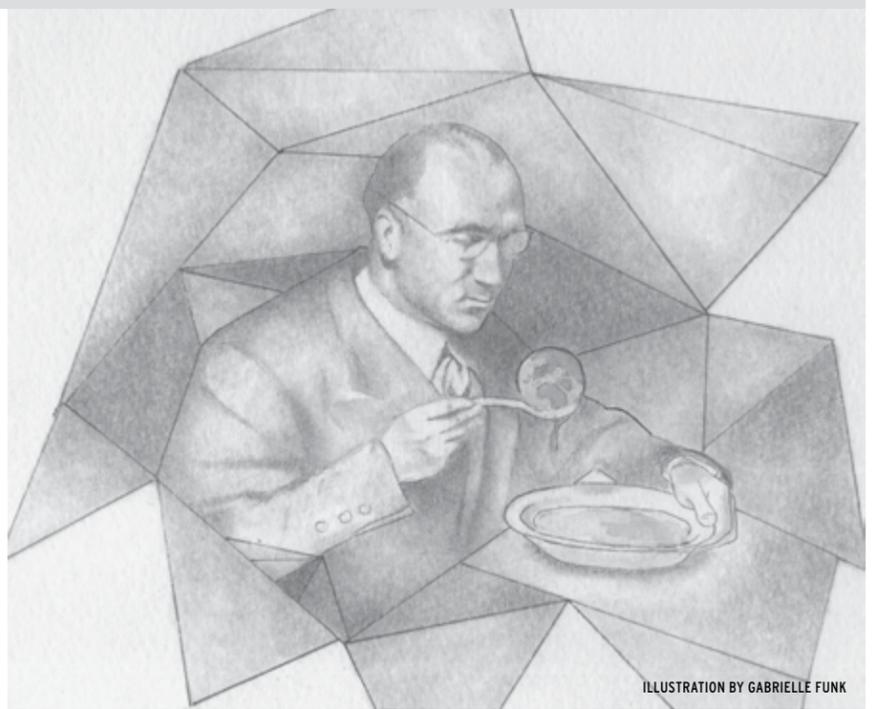


ILLUSTRATION BY GABRIELLE FUNK

stereotypes. Life imitates "art."

The vast array of identities and groups present in other cultural concentrations are not acknowledged or considered in the Western ideal narrative – the white man's world that we all just live in. To say this is not the Western ideal is to ignore history having created that exact world with that exact purpose in mind.

In America, for example, the vast majority of mayors, judges, professors, police officers, senators and lawmakers are white men. To suggest this is a natural product of meritocracy is to say white men are superior to all other peoples – a blatantly racist and sexist belief. To instead argue that it is rather

a product of history and circumstance – wherein white males were afforded more opportunity and consideration, and thus rose to dominate the highest echelons of essentially every structure and administration in society – is exactly white privilege.

Acknowledging white privilege is not a statement that all white people have been handed their lot in life. Refusing to acknowledge white privilege is an actively harmful rejection of intellectual honesty.

Chuka Ejeckam is a peculiar contrivance aged twenty-something summers. Reports suggest he is human.

GET WITH THE COMPOSTING PROGRAM

The environmental cost of landfilling isn't worth the short term savings in our pockets

BOWEN SMYTH

VOLUNTEER

When it comes to composting, it's time to consider what's best for the environment, not what's best for our bank accounts.

Widespread support for a municipal composting program isn't as exciting as a debate about whether we should compost at all. But when you talk to people who know their shit – the local compost experts – it's pretty clear that burying organic waste in a landfill is no longer an option.

"We are quite behind the game," says Dr. Mario Tenuta, who holds the Canada Research Chair in Applied Soil Ecology at the University of Manitoba. "(Landfilling) organics should have been stopped 10-15 years ago."

Edmonton began municipal organic collections in 2000, and Brandon began a pilot program in 2010. Even rural Manitoba beat Winnipeg to the compost game: St. Pierre-Jolys and the RM of De Salaberry started composting organics in 2012.

"For years and years we haven't been treating our earth like we should, and when we buy something a lot of times the environmental costs aren't included," says

Sylvie Hébert, community composting coordinator at Green Action Centre. "When it comes to composting, we're actually probably saving money in the end."

Composting has the potential to reduce two major contributors to greenhouse gases. Methane is released when organic waste breaks down in a landfill, and is 21 times more potent than carbon dioxide. Nitrous oxide is released by chemical fertilizers and has roughly 300 times the warming potential of carbon dioxide. Applying quality compost to soils can eliminate the need for chemical fertilizers altogether, which is significant when you consider that the Koch Fertilizer Plant alone produces three per cent of Manitoba's annual greenhouse gas emissions.

The City of Winnipeg is gearing up for public consultations on its organic waste strategy, which has three proposed tiers. The first and least expensive tier would collect and compost residential fruit and vegetable scraps, paper towels, and napkins. The second tier would add dairy and meat products, and the third would incorporate pet waste. The costs range from \$55 to \$100 per household per year, and are currently proposed to be attached to homeowners' water bills.

"What makes most sense to me is to go minimum tier two," suggests Dr. Tenuta. "Get a few years underneath your belt, and then beef up the rigour of the program."

Hébert supports going straight to the third tier.

"I know if you do the pet waste... people might confuse compostable bags with regular bags, so that can have an issue on the final product," she says. "But personally, I think we should collect all the organic matter."

We're in a tight time financially, and there are not many of us who



ILLUSTRATION BY ANGELA GODOY

aren't feeling the effects of it. So it's understandable that there's been a flurry of debate surrounding the potential costs that residents will have to cover. But as Hébert notes, "It's about realizing what is the cost if we don't do anything, and there's going to be huge costs if we don't."

Let's stay focused on the real issues at stake here: which of the three options is going to have the biggest impact on climate change and on the life of our soils? The best choices for our environment will

inevitably pay us back in good health and in beautiful places to live.

Read an extended version of this article at Uniter.ca

Bowen Smyth is an educator and writer who offers workshops on the soil food web. He is currently contracted by Compost Winnipeg to pick up organic waste from businesses and apartments in the downtown area.



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CLIMB ON!

Winnipeggers brave the elements
to ascend the ice tower



PHOTOS AND WORDS BY
KEELEY BRAUSTEIN-BLACK

@KEELEY_IMAGE

When you think of typical outdoor activities on the prairies, you might not think of ice climbing.

Near the Festival du Voyageur site, a giant tower of ice rises up out of the flat prairie landscape. It's the tallest ice tower in North America, and this year it celebrates its 20th anniversary.

André Mahé, founder of the Club d'escalade de Saint-Boniface (CESB), got the idea for the ice tower from a magazine that featured a man-made ice tower in Beauchemin, near the French Alps. "So I thought, if they think that they should have an ice climbing tower in the mountains, more reason for us to have one in the prairies," Mahé says.

COVER FEATURE continues // NEXT PAGE

During the summer, it exists as a 20-meter high triangular structure, surrounded by plywood to allow for summer climbing.

They may be some of the only people in Winnipeg hoping for cold, Mahé says. As soon as the temperature drops, a team of volunteers from the (CESB) and the Alpine Club of Canada (ACC), raise three bar sprinklers from a rope suspension system, and begin to encircle the structure with ice from the ground up.

Building the ice tower is a real group effort, and it can take days to build by teams taking six to eight hour shifts. Some factors they can control, and others such as wind, weather, and angles they cannot. It is mostly a surprise how the ice will form every year.

Climbing the tower requires a bit of physical and a lot of mental effort. "Most people who do try it, find it's a challenge, but with a bit of practice...it becomes doable," Mahé says. "It becomes doable for young adults and older people."

But it's worth it, Mahé says. "The rewards are great. You could probably take a helicopter to the top of a mountain, and climb out. However when you have spent a lot energy and effort making to the top of a summit, it has a completely different meaning."

Mahé recommends ice climbing to people of all ages, boasting that just last week an 81-year-old man started ice climbing for the first time, and made it to the top three times by the end of the day. The club also regularly sees women in their 60s take on the challenges of the ice tower.

Since the first construction of the ice tower in 1996, the club's membership has grown to over 104 members.

The CESB was founded in January of 1993, and later that year it joined the ACC. They have an indoor wall at École Précieux-Sang, situated in St. Boniface at 209 Kenny Street. But their pride is

the outdoor climbing tower, which is surrounded by a chain-link fence and sits next to a small warming hut.

They've built a community around climbing; there's an incredible amount of trust placed in each other, as the climbers are often putting their lives in their belayers' hands. Safety is paramount, and everyone looks out for each other, even during competitions.

Ray and Jackie Hope started climbing about year ago. "We went to Japan last year, and then we did some climbing there, just going up mountains and then walking," Ray says. "So we came back and thought we wanted to do more of that." They began at the indoor wall at École Précieux-Sang, and moved on to the ice tower once it was completed.

For Jackie, it was a sport that scared her at first, but had its own benefits. "At the time I was really stressed out, and it really shifted my perspective on a lot of things. It just made me realize that there's a world outside of my office that's fun."

Another climber, Adrien Perras, is continuing a lifelong hobby. "I'm your basic little boy who climbed trees, and I built treehouses, and climbed in sand pits," Perras says. "And one year, for father's day, my wife got me an intro to climbing course at Vertical Adventures. And I got just totally hooked."

Perras describes the experience of climbing as exhilarating. "You've done it all on your own power," he says. "Look where I am, and I did this with my legs, and my arms, and my skills!"

If you're hoping to climb the ice tower, don't worry about bringing equipment. "Dress in layers, have good socks, good gloves, a good toque (without a pom-pom because you need to wear a helmet) and a good attitude," Mahé says, and they'll provide the rest. Winnipeg, climb on!

The ice tower is located at 141 Messenger St. Learn more about the CESB at cesb.net.



Jackie Hope: What is the best way down?



Climbing the ice tower is a physical and mental challenge.



Adrien Perras's triumphant descent.



Ray Hope ties in before climbing the ice tower.



Reaching the top can be a point of pride for climbers.



Rental equipment inside the warming hut includes helmets, boots, crampons and ice tools.



This door leads inside the ice tower.



Ray Hope at the halfway point (they should serve drinks up here.)



IN THE ZONE

Trampoline park to have special needs night

SARA ARENSON

@SARAARENSON

NEWS REPORTER

Soon, children and adults with sensory sensitivity will have free evenings of flying fun.

Starting in March, Sky Zone Winnipeg will hold a monthly Sensory Night, where participants with autism, ADD/ADHD, and other sensory differences can jump in a comfortable environment.

"We will dim the lights, we will turn the music sort of really, really low, make sure that it's accommodating to their needs, and then, they can basically come in and jump," Omeid Deen, operations manager for the facility that boasts six courts of interconnected trampolines, says.

People with sensory sensitivity take in the environment differently than most, leading to feeling over-stimulated or under-stimulated. Certain lights, sounds or textures may be unbearable, for example. Or it may be hard to get enough stimulation, leading to a craving like the need to move or jump.

Sensory Night was an idea that came from Sky Zone corporate headquarters in Los Angeles, in response to research



Some children with sensory issues need to move a lot, including jumping and bouncing around.

showing that trampoline jumping can be soothing for children with these challenges.

"They are truly showing some amazing numbers for children with any kind of sensory disorder, where they can relax," Deen says. "It makes their day better, it causes the tension to go away, and it causes their anxiety to slow down."

"For example, autistic children tend to want to jump, right? When they are getting anxious about something, that's one of the things that calms them down, so... jumping on a trampoline is a lot safer than... if they're jumping, say, around tables, and around couches and everything else at home."

Dr. Sheri-Lynn Skwarchuk, an associate professor and school psychologist who teaches inclusive special education at the University of Winnipeg, sees a place for therapeutic trampolining.

"Some kids are very over-sensitive to touch and feel, and some kids are under-sensitive. And so, one of the therapies that people will have children with sensory issues doing is working with alternative surface feelings, and... so like being on a trampoline where it's really bouncy could really help some kids who have sensory issues."

However, Skwarchuk feels that other groups of children could benefit from special nights.

"Children with multiple handicaps, they could benefit from being in Sky Zone. Children with asthma who can't be outside certain parts of the year because it's too cold, and the cold affects their breathing, would benefit."

According to Skwarchuk, many children have issues with anxiety.

"Exercise is one of the suggested strategies to deal with anxiety in the short term. So, activities involving exercise could help children to feel better about themselves and the issues in their lives."

Skwarchuk cautions that trampoline parks do pose risks of injury, and that adequate supervision and jump safety training are paramount.

As an extra precaution for Sensory Night, Sky Zone will allow caregivers to supervise from the padding around the trampoline squares.

"All the pads are safety standard regulated pads, so they do provide cushioning, and they do provide a level of safety for the jumpers," Deen says.



Sky Zone Winnipeg will be holding Sensory Night the third Wednesday of every month from 4 to 6 p.m. Jumping will be free, but participants will need to purchase Sky Socks (\$3) which are theirs to keep and reuse. For more information, call 204-888-5867.

WILL IT STAY IN THE GROUND?

Clean energy agreement leaves questions about fossil fuel production

SARA ARENSON

@SARAARENSON

NEWS REPORTER

As North American energy ministers signed an agreement for continent-wide cooperation on clean energy, a one-man protest highlighted the urgent need to limit fossil fuel production.

On Feb. 11 and 12, Natural Resources Minister Jim Carr and his Mexican and American counterparts, Pedro Joaquín Coldwell and Dr. Ernest Moniz, met and signed the Memorandum of Understanding on Climate Change and Energy Collaboration at Manitoba Hydro Place in Downtown Winnipeg.

While the press was snapping pictures, Riley McMurray stepped in front of the cameras with a sign that read "Keep It In The Ground."

After a few words about pipelines, he said, "We must leave 80 per cent of fossil fuels in the ground if we are to meet Trudeau's lofty goal that he agreed to in Paris of 1.5 degrees Celsius. We need to transition to a renewable alternative energy economy in Alberta in solidarity with Albertan workers."

After Minister Carr acknowledged the protest, the young man was escorted out



Dr. Ernest Moniz, United States Secretary of Energy, Jim Carr, Canada's Minister of Natural Resources and Pedro Joaquín Coldwell, Mexico's Secretary of Energy meet to sign the Memorandum of Understanding on Climate Change and Energy Collaboration.

quietly. The press conference continued with an upbeat message.

"This memorandum takes the important strides we've made in recent years towards a continental approach to energy," Carr said, "and expands our relationship in support of an even more ambitious clean energy and environmental agreement."

Carr announced that for the first time, North American energy maps and data have been brought together on one platform. Canada, the U.S. and Mexico will also work together on low-carbon energy development and deployment, carbon capture and storage, energy efficiency, and reducing emissions from the oil and gas sector.

Soon, the media was calling this a step towards a "green NAFTA" and McMurray was characterized as a pipeline

protester "allowed to say his piece."

However, according to Douglas Tingey, a carbon finance lawyer and member of the Winnipeg chapter of the Council of Canadians, that "piece" should be part of the conversation.

"I'm very happy that people are looking to spend more money on renewable energy and better ways of doing things. But there's another problem that has to be solved at the same time... now. Not over 10, 15, 20 years, hoping that technologies are going to come in and save us."

As part of Mission Innovation, a global clean energy partnership, Canada will double government investment in clean energy over the next five years.

While the Intergovernmental Panel on Climate Change has set a global carbon budget limiting global temperature rise to two degrees Celsius above pre-industrial

levels, energy companies already have five times the remaining budget in their reserves, and "carbon budget" is not in the Canadian political vocabulary, Tingey says.

"Our commitment to reduce (emissions) is not part of an international budgeting process," Tingey says.

Tingey also explains that the government only counts emissions within Canada, not those that occur when Canadian fuels are burned in other countries.

For his part, McMurray is thrilled that his protest got the "counter-narrative" out there.

"It was amazing. It was so fantastic." "At least five or six different media outlets covered the story."

UWSA GENERAL ELECTION 2016

Choose your 2016/2017 UWSA Board and Executives!



Voting runs February 29, March 1, and March 2 in Riddell Hall and Richardson College from 9 AM to 6 PM. Check out theuwsa.ca/uwsa-elections for more info or follow @theuwsa.



Kevin Settee - **UWSA President**

Hello, my name is Kevin Settee and I am running for President of the University of Winnipeg Students' Association. I am studying Urban and Inner City Studies and Geography. I would kindly like to ask for your vote in the upcoming UWSA elections. I have had the privilege of working for and with students at the U of W and across Canada fighting for consent culture on campuses, an Indigenous Credit Requirement, and a sustainable campus through the divestment campaign. Let's continue building the momentum in the student movement for a more equitable, accessible and safe campus. Miigwetch, thank you.



David Fahnbulleh - **UWSA VP Internal**

My name is David Fahnbulleh, and I am a fourth-year Human Rights and Political Science undergrad. I am passionate about advancing human rights within the community, and with the diversification of student groups. I currently represent the Global College Student Advisory Council (GCSAC) in the classrooms and cafeterias of the school as its Co-Director for Student Outreach. Additionally, I am actively involved in making a difference through leadership skill development, community outreach, conferences, workshops, and volunteer opportunities. My primary interest in running for Vice-President Internal Affairs is to create a strong link between the UWSA and our school's various student groups; student groups are critical to the fabric of the University and, if elected, I would work to divert more resources to them.



Jonathan Northam - **UWSA VP Internal**

I'm very excited to be putting myself forward for VPIA. This position is responsible for coordinating our student union's services in line with the social and environmental commitments our organization shares. I'm a graduating political science major and eclectic activist with a deep commitment to social justice and cooperative organizing; I hope to apply this as we set our budget priorities this next year. Serving on the UWSA board of directors last year showed me that the need for student supports is growing as cost of living rises. I would be very proud to work towards developing a supportive campus community.



Sadie-Phoenix Lavoie - **UWSA VP External**

Boozhoo! Tansi! I am Sadie-Phoenix Lavoie and I'm running for VP External Affairs. I'm an Anishinaabe two-spirited person from Sagkeeng First Nation in my fourth year of Indigenous Studies and Political Science. I've served as Co-President of the Aboriginal Student Council and UWSA Aboriginal Co-Director. I've worked on the Indigenous Credit Requirement, Fossil Fuel Divestment, and CFS-FCEE's It's No Secret campaign. I believe campaigning is essential for students to work together towards social, economic and environmental justice based on understanding, respect, and resolution. I will amplify student's voices to all corners of our community and build lasting positive community relationships!



Laura Garinger - **UWSA VP Student Affairs**

Hello! In my five years at the UW, I've been involved in initiatives to improve the student experience. I'm an active member of the Women-Trans Spectrum Centre, helping to organise events and providing resources to students. I've been a member of Fun Class, successfully advocating for improved access to Meal Plans for those in residence and for more mental health counsellors available to students. Off campus, I'm the Women's Commissioner for the Canadian Federation of Students-MB, recently coordinating the Provincial Consent Culture Forum. As VPSA, I will bring my experience with student groups and advocacy to represent you!



Alexa Potashnik - **UWSA VP Student Affairs**

My name is Alexa Potashnik and I am a fourth year Human Rights undergrad. As the current Racialised Student Commissioner with the Canadian Federation of Students – Manitoba, I advocate for an authentic, inclusive student environment. Spending time volunteering with multiple grassroots, public service organizations from CKUW 95.9 FM, The Uniter and hosting events that challenge systemic discrimination, being an active member of my community has ignited my drive for building a stronger student movement. I am passionate for creating a students' association that represents all identities of the student body. My interest in running for Vice-President Student Affairs pushes a foundation that represents the diversity of the student body while creating new and fun ways students can define their own narrative from UWSA services and balancing individuality and the collective voice.



Mohamed Behi - **Accessibility Director**

Mohamed is currently enrolled in the Integrated Education program at the University of Winnipeg. He believes in championing inclusion and accessibility for all students at the university. This implies that all students, regardless of their disabilities, should have access to university education. For Mohamed, accessibility is about levelling the playing field to minimize barriers to learning, for all students to realize their educational goals. Thus, his main goal is one of advocacy for students with accessibility needs, by attuning to their voiced needs and closely cooperating with accessibility services on campus.

Julianna Petrasko & Sydney Christie - Arts Directors



Hi, our names are Julianna Petrasko (right) and Sydney Christie (left). Julianna is a Criminal Justice major, and Sydney is an International Development Studies major. We are both student activists and are very passionate about bringing positive change to our communities and our campus. We strongly believe that the University of Winnipeg should be inclusive, accessible, and full of opportunities for every student. We will constantly fight for student's best interests and will hold the UWSA accountable in providing an accessible, high quality university experience. Together we will proudly advocate on behalf of arts students with conviction and accountability.

Adrienne Tessier - Arts Director



My name is Adrienne Tessier, and I am running to be your UWSA Arts Director for another year. I have absolutely loved speaking on behalf of the Arts community this year in the UWSA and on Senate, and would love the opportunity to continue to grow in this position. I will continue to be a vocal advocate on the Board of Directors, thereby using my experience with United Way of Winnipeg, Youth Parliament of Manitoba, and the Political Science Students Society. I am passionate about creating spaces that students can grow and thrive in, and I hope that you will support me in continuing that mission.

Mitchell Van Ineveld - Business & Economics Director



I want to serve as your Business & Economics Director because I believe in representation. That means that as your Director, I will work to make sure that Indigenous, marginalized, feminist and critical views are given the space they deserve when it comes to course content, events and guest speakers. I will increase communication and collaboration between the UWSA, BASA and FESA so that we can share resources and ideas to better serve Business & Econ students together. I will also help strengthen lines of communication between students and the UWSA, as all of you should be able to guide my work as your Director. I've spent the last three years working within Manitoba's student movement, and I've seen firsthand what we can accomplish when we work together. It would be an honour to continue this work on your behalf.

Abigail Pudwill & Andrew Vineberg - Community Liaison



Who's ready for some amazing liaising? In our time here we've been actively involved in the work of the UWSA, student life, and the surrounding city. It's these things we'll bridge together — a responsible students' association engaged with an awesome campus community tied into our downtown family. With the community liaison platform we'll bring our years of experience with inner city, Indigenous and newcomer advocacy to push for more positive change. We want to see a diverse UWSA that's open, and inclusive as can be, to make students' voices heard, and to recognize our place in the world around us.

Allan Dunkeld - Education Director



Hi, I'm Allan Dunkeld. I'm running for Education Director for the UWSA. I am currently a student in the faculty of Education; this is my first year of the after degree program. I previously finished my Bachelor of Arts almost a decade ago. Back then I was heavily involved with our UWSA's programming staff, creating events for students on campus and also advocating for students rights, like having lower tuition freezes and post secondary education accessible for all! To be the Education Director would be a great experience for me as an educator, to be an advocate for not just my fellow faculty of Education, but also for current students and high school students planning to enrol next year.

Avery Letkemann - Enviro Ethics Director



Hi, I'm Avery Letkemann and I am running for Environmental Ethics Director. Ensuring a fully sustainable campus is essential, and as an aspiring environmental lawyer, I would passionately advocate for environmentally-friendly practices. If elected, I would be fully committed to dedicating my time and resources in order to take action on environmental issues on campus, as well as raising awareness within the student body.

Oladele Ojewole - Enviro Ethics Director



About 80% of waste created on campus can be recycled or composted. As your outgoing community liaison director, I am contesting environmental ethics director because of how important the sustainable maintenance of our campus is to our healthy living and environment. My involvement in student-related movements both on campus and off campus have given me the necessary experience and knowledge to become your next environmental ethics director. In my past elected position, I made significant difference and it will be a great honour to be elected as your next environmental ethics director. I have the desire to work closely with EcoPIA, Divest UW and other student environmental groups for a continuous sustainable UWinnipeg. Thank you for your consideration.



Jacqueline Pelland - LGBT Director

As a student who is part of the LGBT community, it is my priority to ensure that all students regardless of gender identification and sexual orientation feel represented on-campus with equality and the utmost respect. As LGBT Director, my over-arching goal is to cement lasting positive connections and promote solidarity between the LGBT* Centre and other-on campus groups. I will continue to build upon the wonderful work of previous LGBT* directors, and ensure that your concerns and ideas on how to create a safer space on-campus for LGBT students are addressed and acted upon.



Laura Gurbhoo & Hazim Ismail - Part-Time and Mature Students Directors

We're Laura Gurbhoo and Hazim Ismail! We're vying to be PTM Directors. We have scores of experience in initiating change in the community. PTM students face challenges that are often left unaddressed. Some proposals up our sleeves-provide better support for PTM students from inclusive tutoring schedules to events aimed at integrating PTM students. Tearing down elitism, democratizing the union further, voting for us means you're voting for yourselves, through monthly meetings so YOU decide how we swing in board meetings. We're not making top-down decisions, but amplifying your voices and invite you to be part of the decision-making process!



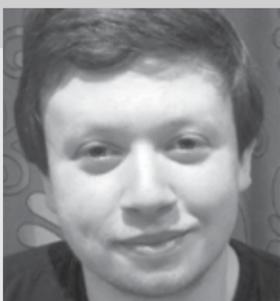
Mohamed Abo Aoun - Science Director

I'm Mohamed, and I plan on being your next Science Director at the U of W. Voting for me would ensure that all science students are adequately represented. As a biopsychology student and former student of medicine, I have a strong background in the sciences. As the VP of Membership and Education at Toastmasters and the Co-President of the U of W Psychology Students' Association, I have experience in leadership roles. I will ensure that all science students have a strong voice and receive a well-rounded education. I am someone you can count on for important issues, such as requesting that a specific course be offered by a department, or helping students plan their academic calendars in advance.



Meghan Fehr & Lochlan Wilson - Science Directors

Hi everyone! Our names are Meghan Fehr and Lochlan Wilson and we are running for Science Co-Directors. Meghan is a third year Biology student also majoring in Economics and Finance, and Lochlan, who is English-French bilingual, is currently in his second year as a Biology major. Our involvement in various student groups on campus has shown us that communication not only between different faculties, but also within the Science faculty, is key. If elected, we would hope to bridge the gap between the UWSA and Science students by expressing your needs and concerns, and advocating on your behalf. Science rules.



Raphael Hoult - Science Director

Raphael Hoult is a Physics Major in the Honours Math Physics stream. He is the owner of a small business, and is excited to apply the skills he has learned there to the UWSA. Raphael wants to help make the lives of UWinnipeg students easier by facilitating opportunities for students to boost their resumes. He also aims to connect students with industry leaders, and with whoever wins the Provincial election in April in an attempt to procure more scholarships and funding opportunities. He is excited for this opportunity to make a difference!



Jade DeFehr - Status of Women Director

I'm a third-year student pursuing a double major in English and Women's and Gender Studies. I have been passionately involved with community and campus-based social justice movements since my first year at the U of W, including collectively organizing actions to raise awareness of racialized violence, participating in the Canadian Federation of Students' Provincial Consent Culture Forum, and actively campaigning for increased counseling services in 2015. As Status of Women Director, I would emphasize bottom-up decision making, grassroots organizing, and intersectional understandings that recognize the forms of privilege and oppression we all uniquely face.



David Wiebe - UW Senate

I am a Sociology student in my third year of study. I take academics very seriously and will be committed to protecting the academic interests of UW students while sitting on the UW senate. With a new president of the university along with a lot of work being done to prepare the school for the future, a strong student presence on the senate is important for our interests as UW students. That is what I will provide for you.



OUTSIDE THE CLASSROOM

Symposium on experiential learning and Global Citizenship coming up at U of W

SARA ARENSON

@SARAARENSON

NEWS REPORTER

On Feb. 26, the University of Winnipeg (U of W) will host a one-day symposium to explore themes of experiential learning and global citizenship with researchers, educators and students in the fields of education and sociology.

Experiential Learning and Global Citizenship in the 21st Century is organized by Dr. Caitlin Forsey, a sociologist and postdoctoral research fellow in the faculty of education, together with Marc Kuly, an assistant professor in the education department and is open to faculty, students and members of the community.

“What we’ve decided to do is to bring together two disciplines – the disciplines of education and sociology – and bring them into dialogue around the theme of experiential learning and global citizenship,” Forsey says.

The event brings together researchers, educators and students in the fields of education and sociology who will share their pedagogical experiences and ongoing research related to experiential learning and global citizenship.

Dr. Rory Dickson, religion and culture assistant professor at the U of W, is one of the speakers and will host a talk about his time spent in Syria during the spring of 2010 as part of the seminar program for MA and PhD students from around the world.

“Experiential learning through travel study is simply one of the best ways to foster a deep sense of global citizenship. This sense of global citizenship develops through the intensive exposure to another culture offered by such programs, where one makes close connections with people across national, cultural, and ideological borders,” Dickson says.

“This understanding then shrinks the world, in a sense, as a place that is foreign and even scary or dangerous to many Canadians. (Syria) becomes known as a place of friendly people, amazing food, beautiful architecture, and complicated politics most Canadians know too little of.”

Forsey says that one of the goals of this symposium is to help students to be exposed to the range of options that are available to them.

“We’re hopeful that students will emerge from the symposium with a better sense of what’s available and what those opportunities might mean in terms of thinking about their role as global citizens.”



SUPPLIED PHOTO

Dr. Caitlin Forsey organized the symposium along with fellow professor Marc Kuly.

The symposium is sponsored by Marsha Hanen Global Ethics and Dialogue Program, the Faculty of Education and the department of sociology.

In a statement, Marc Kruly invites all students who have studied service learning locally and abroad to participate.

“We hope these stories will provide a practical framework that will encourage other students who might be interested in global learning opportunities.”



U of W will host an all-day symposium titled *Experiential Learning and Global Citizenship in the 21st Century* on Fri., Feb. 26 in room 2M70. For a full list of speakers and more information, visit uwinnipeg.ca

NEWS BRIEFS

PALMER FRITSCHY // NEWS EDITOR

@PALMERFRITSCHY

Afro-Canadian identity

On Feb. 29, the University of Winnipeg Students' Association (UWSA) and the Canadian Federation of Students of Manitoba (Canadian Federation of Students - MB) present One Month in Our History: The Search for the Afro-Canadian Identity in celebration of Black History Month. The event will be an interactive and education-based evening with stories of triumph and oppression faced by Winnipeg's minority population. The evening runs from 6 to 9 p.m. at the West End Cultural Centre, 586 Ellice Avenue.

Coldest Night of the Year

On Feb. 20, nearly 200 Manitobans walked two, five or 10 kilometres as part of the Coldest Night of the Year initiative, raising \$51,000 in support of Resource Assistance for Youth (RAY), a non-profit agency that works with youth and young adults who are on the streets. The event, which had events taking place across Canada, had its start and finish line on Maryland between Portage and Broadway.

Welcome party

A welcome party was held last weekend for Syrian refugees at the Grand Mosque on Waverley Street. On Feb. 20, the Syrian Assembly of Manitoba and the Islamic Association of Manitoba organized the second party for refugees since December 2015. The event was sponsored by local businesses who contributed bus transportation to and from the event, blankets and gifts for families.

Student planning

On March 2, the U of W will launch a web-based tool for students to plan out their entire academic program, from first year through to graduation with course selections specific to their degree requirements. Timetable plans can be saved so students can register for classes with one click as their term registration tier opens. The student planning tool can be accessed from a mobile device or computer.

Trump mural

A Winnipeg nightclub has a new, strategically placed mural of U.S. presidential hopeful Donald Trump in their Exchange District bar. The men's washroom of District Stop Nightclub features a black and white mural painted by Winnipeg artist Nereo, featuring an image of Trump's face and a selection of quotes that Trump has made. The artist neglected to draw Trump's mouth, and where his mouth should be is a urinal.

Class Acts Eight

On Friday, Mar. 4, U of W's Eckhardt Gramatté Hall will host the the Class Acts Eight, where faculty, staff and friends of U of W showcase their talents in music, poetry and comedy in a fundraising event for the General Scholarship Fund. Tickets are \$10 for students and can be purchased in advance at UWSA Info Booth.

CALL FOR VOLUNTEERS



WRITERS
ILLUSTRATORS
PHOTOGRAPHERS

only 5 Issues left!

Writers, contact the Volunteer coordinator:

Alana Trachenko >> volunteer@uniter.ca

You can also stop by The Uniter office (Room ORM14 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:

Daniel Crump >> photoeditor@uniter.ca

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!

WRESTLING OUT WEST

U of W hosts Canada West Wrestling Championship for first time

ELENA SPITCYNA

@CAMPUS_ELENA

CAMPUS REPORTER

On Feb. 12 and 13, for the first time in school history, Western Canada's best university wrestlers met at the Duckworth Centre when the University of Winnipeg (U of W) hosted the 2016 Canada West Wrestling Championship.

This championship determined who will advance to the national competition.

"This is the biggest event in Canada West wrestling. All the different programs compete in different tournaments to qualify for this tournament and successful teams and wrestlers continue to the national championships," Ian McArton, a faculty and events coordinator at the U of W, says.

The 17-member Canada West conference is the premier university athletic conference in Canada, with member schools stretching from British Columbia to Manitoba.

Six universities competed in the 2016 Canada West Championship –



PHOTO BY KELLY MORTON

Men's Wrestler Finn Higgins won the men's gold medal in the 100 kg weight class at the Canada West Championships.

the University of Regina, University of Calgary, University of Saskatchewan, University of Alberta, University of Fraser Valley and the U of W.

"This is a combination of all training and hard work that athletes put in. Our wrestlers are wrestling from 6:00 in the morning every day... they train mentally with sports psychology, they do nutrition work, they work in the gym. So this is a showcase for their skills and a chance for them to compete," McArton says.

The U of W Wesmen wrestling programs started in 2011, and this marks the first time since 2006 the Canada West championship has been hosted outside of Alberta or Saskatchewan.

Adrian Bruce, the coach of Wesmen wrestling teams, says the experience of hosting event had its pros and cons.

"It's very nice to host an event like

this, because it really elevates the profile of this sport in our university – a lot of people still don't know that we have a wrestling program nor do they know the quality of it," Bruce says.

"But it's kind of a double-edge sword, because when you host it, therein lies all kinds of responsibilities and duties. It's not easy competing in the event you're hosting. It has its own set of challenges with that process."

Kyle Nguyen, the captain of the men's Wesmen wrestling team, says that it was a rare chance for the Winnipeg community.

"The U of W doesn't get a lot of opportunities to see us compete, so for us to host an event of that magnitude successfully is a real accomplishment," Nguyen says.

"It was a good tournament. Canada



2016 Canada West Wrestling Award Winners

Women's Team Results

1. University of Calgary Dinos - 43
2. University of Saskatchewan Huskies - 35
3. University of Alberta Pandas - 34
4. University of Regina Cougars - 33
5. University of Winnipeg Wesmen - 23
6. University of the Fraser Valley Cascades - 2

Men's Team Results

1. University of Saskatchewan Huskies - 53
2. University of Alberta Bears - 49
3. University of Calgary Dinos - 45
4. University of Winnipeg Wesmen - 40
5. University of Regina Cougars - 37
6. University of the Fraser Valley Cascades - 2

West is one of my favourites to compete in. For me, personally, I had a decent turn out, but there is always room for improvement," Taylor Follensbee, captain of the women's Wesmen team, adds.

The next competition is the CIS Wrestling Championships at the Brock University in St. Catharines, Ont. on Feb. 26.

U-PASS READY

Student associations from U of W and U of M to finalize agreement

PATRICIA NAVIDAD

@SHANAELAO

VOLUNTEER STAFF

Students at the University of Winnipeg can expect a new charge on their tuition statements in September.

Earlier this month, the city transit department sent both the University of Winnipeg Students' Association (UWSA) and the University of Manitoba Students' Union (UMSU) the agreement for the U-Pass that City Council supported last March.

The Universal Bus Pass, or U-Pass for short, is a Winnipeg Transit pass which will be included in the tuition of every university student starting this fall. Instead of paying a monthly fee for a bus pass, university students will be able to pay a fixed fee in the beginning of the new school year for unlimited access to public transit services.

"We look forward to working with both institutions and their student unions in the coming weeks to finalize the terms of the agreement," Alissa Clark, a communications officer with the City of Winnipeg, says.

Emily Epp, vice-president internal affairs with the UWSA, says they are working closely with the university administration and Winnipeg Transit to ensure the program is in place for fall 2016.

"We have received the draft agreement



PHOTO BY DANIEL CRUMP

A bus waiting at Balmoral Station near the University of Winnipeg.

and are in meetings with the U of W and Transit to come up with the final copy as soon as possible."

The proposed fee for the U-Pass this fall is \$260. The four-year U-Pass agreement will see students receive transit passes that will be valid for the whole academic year from September to April. This year the price of monthly bus passes went up a \$1.50 to \$70.95 from last year's \$69.35.

Students at U of M and U of W are currently eligible for a discounted post-secondary transit pass that costs \$70.85 monthly, totalling \$566.80 for eight months.

For students like Giorgia Skorletos, who buses to the University of Winnipeg everyday, the U-Pass is a welcome change.

"I really like it because I have to take the bus everyday. I understand the frustration of those that drive but I think overall, there are more students taking the bus," she says.

However, some students like Nurielle Gregorio, who drives to university, believe the mandatory fee is unnecessary if they don't bus to campus.

"To add another \$200 in our tuition fee is the exact same extra fees like the health fee we're forced to pay. For someone who doesn't bus, it's not fair to have to pay for it when I won't be getting any benefits from it. I just hope they gave us a choice rather than making it a part of our tuition."

Epp explains there are opt-out options

for two types of students – those who live outside the city of Winnipeg and registered Handi-Transit users.

"The mandatory U-Pass program was passed by an overwhelming majority of voters in a referendum question in the 2014-2015 byelection," Epp says.

"We've been hearing from students throughout the year that this is something they're looking forward to, and as the Students' Association, this is a top priority. We know that the U-Pass will save students hundreds of dollars, and are really looking forward to having this student-led initiative become a reality in the fall."



PHOTO BY DANIEL CRUMP

The PROFILE - DR. PETER IVES

PROFESSOR - POLITICAL SCIENCE

THOMAS PASHKO

FEATURES REPORTER

Dr. Peter Ives is looking to our global past for insight into our political future.

“A lot of my recent research has been on Antonio Gramsci,” Ives says, speaking of the Communist Party of Italy co-founder who was imprisoned by Mussolini’s fascist government. “(Gramsci) was very into the importance of culture to politics.”

“He was interested in why Italian peasants were reading French literature and pulp novels rather than Italian ones. He was also trained as a linguist and was very interested in Italian language politics.”

Ives is exploring those themes of political language in his current research. The political science professor, who earned his BA at Reed College in Portland, Oregon along with a PhD and MA from York University, is investigating the political impact of

“global English.”

“The basic idea there,” Ives explains, “is that standard languages have been key to nationalism, nation states and nation building from the 18th century onwards. And yet, there’s very little focus on the importance of this massive explosion of the English language being used mostly by non-native speakers. So, examining those many different contexts to see what extent that changes our sense of political community, and how that community is connected to language.”

Ives says he loves teaching all of his classes, though he dislikes the amount of grading required in his intro course. It’s a disposition that may have arisen from his days as a student at Reed College.

“(Reed) had what they called ‘deemphasized grades,’” Ives says, chuckling. “It was a compromise between the hippy-dippy notion of ‘grades are harmful’ and the normal system. So we got graded, but they never told us what our grades were.”

AGE: 47.

AREA OF RESEARCH: Political theory, language politics, global capitalism and inequality.

NUMBER OF PEER-REVIEWED PUBLICATIONS: Two single-authored books, co-editor of two collections, 11 articles and five book chapters.

LANGUAGES YOU’VE BEEN TRANSLATED INTO: Turkish, Spanish, German, Portuguese, Italian.

MEANING OF LIFE IN SHORT: “To think hard and be challenged.”

STUDENT PET PEEVE: “When they miss a class, and they come up to me and say, ‘Did I miss anything?’ As if I’d say, ‘Oh no, we didn’t do anything!’ I’ve started responding by saying, ‘I hope you missed something. Otherwise the rest of us were just wasting our time.’”

FAVOURITE THING ABOUT WINNIPEG: The rivers.

MUSIC RECOMMENDATION: Federal Lights.

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SOLUTIONS TO LAST ISSUE'S PUZZLE.

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THE UNIVERSITY OF WINNIPEG

Student Services

You of W



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

AWARDS & 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 has been mailed to you. 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: www.cra-arc.gc.ca. Please visit their website or speak with an accountant or tax professional for more information.

CAREER SERVICES

Elections Manitoba is hiring Enumerators for the upcoming provincial general election, April 19th, 2016. Work begins in February and continues for two to three weeks. Evenings and weekend work required. Apply online: electionsmanitoba.ca or call 204.945.3225 (Toll-free 1.866.628.6837).

STUDENT CENTRAL

TAX RECEIPTS

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

U2015W COURSE DROPS

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

LOCKER RENTALS

Need somewhere to hang your coat? 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

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

SPRING TERM (U2015S)

The Spring Term Timetable has been posted for undergraduate courses between May - August. Go to www.uwinnipeg.ca, click on "Student" and then "Timetable."

Tiered Registration Times will be emailed to Webmail accounts soon. Tiered registration begins March 21st.

STUDENT PLANNING

WebAdvisor's new registration module, Student Planning, will go live March 2. Sign up for an information session now: uwinnipeg.ca/student-planning

MINDFULNESS MEDITATION 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!

THRIVE WINTER WORKSHOP SERIES

DIETS DON'T WORK: BODY TRUST DOES

Learn why diets don't work, how to work with your body instead of against it, and how to be healthier at your current shape and size.

Wednesday March 2 @ 12:30 - 1:30PM, Room 2C11 - 2nd Floor, Centennial Hall.

ASK! You of W

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



Un-Supermarket

by Sari Habiluk

facebook.com/SariHabilukArtisticWorks



FASHION STREETER

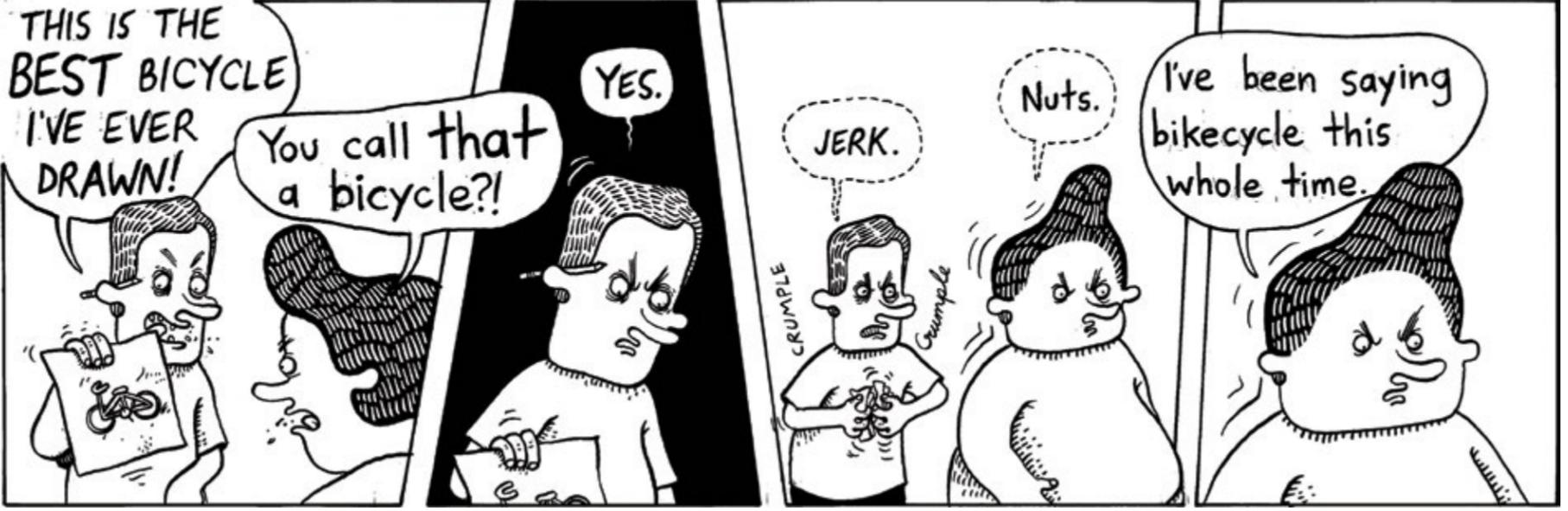


Andrea
 "I'm inspired by bold choices and colour. Things that other people wouldn't wear. Oh... And good deals."

PHOTO BY DANIEL CRUMP

The CREEPS

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

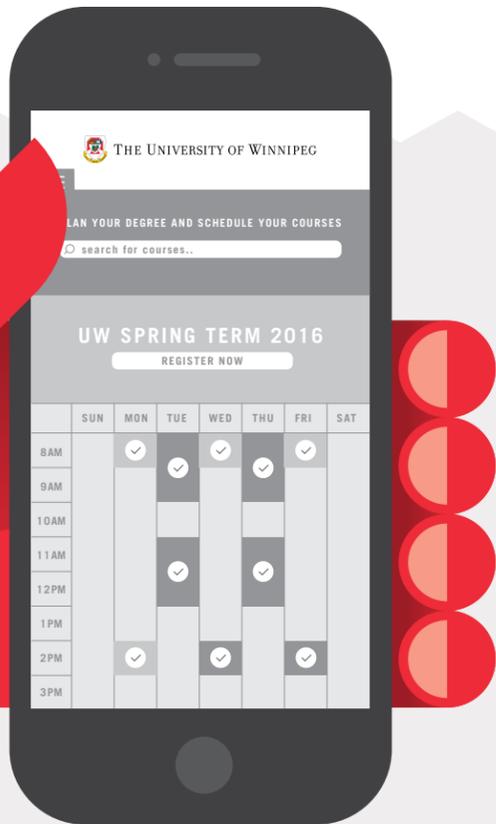


Working for students

<p>Greg Selinger MLA for St. Boniface 204-237-9247 GregSelinger.ca</p>	<p>James Allum MLA for Fort Garry-Riverview 204-475-2270 JamesAllum.ca</p>	<p>Sharon Blady MLA for Kirkfield Park 204-832-2318 SharonBlady.ca</p>	<p>Deanne Crothers MLA for St. James 204-415-0883 DeanneCrothers.ca</p>	<p>Ron Lemieux MLA for Dawson Trail 204-878-4644 Ron-Lemieux.ca</p>	<p>Melanie Wight MLA for Burrows 204-421-9414 MelanieWight.ca</p>	<p>Andrew Swan MLA for Minto 204-783-9860 AndrewSwan.ca</p>	<p>Rob Altemeyer MLA for Wolseley 204-775-8575 RobAltemeyer.ca</p>
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STUDENT PLANNING

THE NEXT GENERATION OF WEBADVISOR



THE NEW “STUDENT PLANNING” ONLINE TOOL

COMING MARCH 2ND, 2016

TO ALL UNDERGRADUATE DEGREE STUDENTS

DEGREE PLANNING + REGISTRATION → ALL IN THE PALM OF YOUR HAND

Student Planning is an online tool that:



Guides you in planning your entire program, from first year to graduation.



Helps you create a Timetable online. Double-checks requisites; flags conflicts; monitors waitlists in real time



Enables you to register more easily, and access everything through your mobile device



Ensures that you are eligible for graduation by tracking credit hours, degree and major requirements and GPA

CHECK IT OUT ON MARCH 2ND, 2016!

1.

As of March 2nd 2016, Log in to WebAdvisor and look under Registration for “Student Planning”

2.

View the instructional videos under Help

3.

Sign up for an information session: uwinnipeg.ca/student-planning



THE UNIVERSITY OF WINNIPEG