

UNIVERSITY OF WINNIPEG'S WEEKLY URBAN JOURNAL

# THE UNITER

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## \*COVER IMAGE

Part of "Forest Romp" by Howie Tsui

Ink, acrylic and Chinese paint pigment on Mulberry

From Tsui's *Horror Fables* exhibit, currently showing at AceArtInc., 2nd floor, 290 McDermot Ave. Look for an article about the exhibit in the Oct. 22 issue of *The Uniter*.

## News

# Getting access to information not so easy

After promising more transparency, NDP just as bad as the other guys, report says

ETHAN CABEL  
BEAT REPORTER



Legislature lockdown: information is slow to come from the provincial government, with only 58 per cent of FIPPA requests getting a response in the time allotted.

After promising transparency, the provincial government has been largely secretive and unaccountable over the past ten years, a new report states.

The Canadian Association of Journalists (CAJ), along with the Canadian Taxpayers Federation (CTF) and the Manitoba Association of Rights and Liberties recently published a critical report stating the provincial government has not fulfilled promises to amend the Freedom of Information and Protection of Privacy Act (FIPPA). FIPPA outlines the means by which the public can acquire information not released by the provincial government.

"It's easy in opposition to push for transparency," said Colin Craig, the Manitoba director of CTF. "But with the NDP at the reigns of power they have been no better than previous governments."

Access to otherwise undisclosed information is highly important to journalists, who require information that could be in the public interest.

"For people who care about access to information these findings

are very disappointing," said Mary Agnes Welch, a *Winnipeg Free Press* reporter who is president of the CAJ.

As far back as 1999, the government promised to establish an information and privacy commissioner who would have the power to order the government to disclose information.

The report claims the government is slow to respond to FIPPA requests, with only 58 per cent of requests receiving a response within 30 days.

Under FIPPA, an information request can be made to any public body. If there is no response within 30 days, or if a person feels they were unjustly denied access, they can complain to the Manitoba Ombudsman, which can recommend the government release the information.

The problem is that the government can withhold information

despite the recommendation of the Ombudsman, said Craig.

FIPPA puts exemptions to access in two categories, mandatory exemptions and discretionary exemptions. Information considered a mandatory exemption will rarely be released. Cabinet confidences (like conversations or documents exchanged between ministers) less than 30 years old are considered mandatory exemptions.

"Cabinet confidences are the catch-all justification to deny access to information," said Welch.

In the face of cabinet confidences and other broad exemptions, the Ombudsman's office requires adequate power to demand the release of certain information, she added.

The Manitoba government recently passed several amendments to FIPPA. They include reducing cabinet confidences to 20 years and creating an information and privacy adjudicator with the power to

**"For people who care about access to information these findings are very disappointing."**

- MARY AGNES WELCH, PRESIDENT, CANADIAN ASSOCIATION OF JOURNALISTS

order the disclosure of information only through the recommendation of the Ombudsman.

"Transparency is obviously a high priority of our government," said Eric Robinson, Minister of Culture, Heritage, Tourism and Sport with the added responsibility of enforcing FIPPA. "The adjudicator will be an independent officer with power to order the government to act and I think that is a substantial move forward."

The authors of the report remain skeptical about the power of the adjudicator.

"As a citizen I cannot appeal to the adjudicator for information," said Welch.

The adjudicator is merely a middle-man between the Ombudsman and the government, she said.

### Correction:

In the Oct. 8 issue of *The Uniter*, we mistakenly referred to the Skateboard Coalition of Manitoba as the Skateboarding Coalition of Manitoba (pages 14 and 15). We regret the error.

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## STREETER

BY ETHAN CABEL

**Q: DO YOU THINK THE DOER GOVERNMENT HAS BEEN OPEN AND TRANSPARENT SINCE TAKING OFFICE?**



**Jocelyn Best, film student**  
"Somewhat no, because coming from a small town I know that most of the money goes to the city ... so we're told one thing, and then another thing happens."



**Courtney Maddock, University of Winnipeg Students' Association vice-president internal**  
"Every government tries to be open and honest with their constituents but there are times when there is information they can't release ... the government doesn't have the right to give out information on health care or legal matters or child and family services."



**Alex Kyle, politics student**  
"In certain regards maybe they're transparent but I don't necessarily agree with everything they do."



**Tanis Grist, manager at Subway**  
"I'm happy with the NDP and always vote for them. I haven't had a disappointment yet."



**Kirsten Godbout, manager food operations and catering Diversity Food Services**  
"No government is open and transparent. It's the nature of government because they go in with an agenda and omit any information that would be detrimental to that agenda."



**Justin Robillard, manager UWSA Part-time and Mature Students' Centre**  
"I believe the Doer government has been transparent in giving the media and the public enough information to make an informed judgment on the goings-on at the legislature."

# SpeakUpWinnipeg.com gets a response

Website gets hundreds of thousands of hits, but is it making a difference?

JIHAN MUHAMAD  
VOLUNTEER STAFF

SpeakUpWinnipeg.com has had hundreds of thousands of page views since its launch on Apr. 25. Ian Hall, policy and program planner with SpeakUp Winnipeg, said he thinks the website has been successful because urban planning has been raised in public conversation.

"I've worked in this field for a few years, you start talking about urban planning and people didn't have a clue," said Hall. "The plan I think helped make urban planning a conversational topic."

SpeakUp Winnipeg was launched to engage the community in a long-term plan for the city called OurWinnipeg. It lays out how the city is going to grow and change over the next 25 years.

There are three main aspects to SpeakUp Winnipeg: SpeakUpWinnipeg.com, a street team which went out to events from May to September talking to Winnipeggers and roundtable discussions.

There are three questions: Where



Carolyn Minor has followed SpeakUp Winnipeg since it began almost seven months ago and doesn't think much progress has been made.

do you think we are now as a city? Where do you think we should go as a city? How do you think we can get there?

Working with community partners, like the Institute of Urban Studies (IUS) at the University of Winnipeg, is an important aspect of the initiative.

"It changes the relationship and we're working with community expertise," said Hall.

Jino Distasio, director of IUS, said the role the institute plays is important because it helps inform the OurWinnipeg process.

"We're taking a discussion to

help inform the city on its housing policy and potentially with the OurWinnipeg process," said Distasio.

Carolyn Minor, a Winnipeg librarian, has been following SpeakUpWinnipeg.com since its launch. Minor said she doesn't think the website is making enough of a difference and there hasn't been much progress since it started.

She said it's a good place to have your say but didn't understand what was being done with the information collected.

"I didn't know enough about it to make a difference," Minor said.

## Province seizes, holds woman's twelve cats, three dogs

No appeal mechanism exists once government makes decision

ETHAN CABEL  
BEAT REPORTER

A pet owner and dedicated animal shelter volunteer recently had her 12 cats and three dogs seized from her home by the Manitoba government and held, against her wishes, by the Winnipeg Humane Society (WHS).

Maureen McCurry, a volunteer at Quagga Stray Cat Rescue – a no-kill animal shelter in Winnipeg



Maureen McCurry agrees her animals needed to be seized, but doesn't understand why they haven't been returned.

– was fostering 12 cats for the shelter when she received a notice of seizure on July 30.

The animals were seized due to stipulations within the province's Animal Care Act that require sanitary conditions for animal care.

"These animals were like family to me and this has just torn my life apart," she said.

The roof of her home had collapsed due to maintenance issues with her landlord. She has since relocated and hired cleaning staff in an attempt to have her animals returned, she said.

McCurry was given seven

days to object and filed her objection on Aug. 6. Between the time of seizure and the final order by the province, animals are held at the WHS.

On Sept. 10, the province ordered the animals not be returned to McCurry. They are now the property of the WHS.

"I don't think they violated the [Animal Care] Act by seizing the animals," said Daniel Watts, a Winnipeg lawyer who acted as McCurry's legal counsel. "But they didn't work with her like they said they would and they didn't give her a proper voice to object."

The Winnipeg Humane Society

"These animals were like family to me and this has just torn my life apart."

– MAUREEN MCCURRY, PET OWNER

was unavailable for comment before press time.

McCurry agrees that the conditions were not adequate for proper care, particularly for the 12 cats.

"I agree they had to seize the animals," she said. "But they don't have to do what they're doing."

McCurry has submitted four notices of objection based in part on the testimony of her veterinarian at Tuxedo Animal Hospital.

The testimony included documents suggesting adequate care was given and recommended the cats be transferred to Quagga and the three dogs be returned to their owner, said McCurry.

The WHS has refused to transfer the animals. The Animal Care Act has no provisions enabling an appeal to the province's decision.

"The big issue is that there should be some way of conducting a meaningful hearing between a pet-owner and the decision makers of the province," said Watts.

Chris Vogal is a retired resource planner for the province and has been active in defending McCurry. He was also permitted to adopt Zachary, a 17-year-old cat that was seized from McCurry's home.

"The province doesn't have an adequate system of review," he said. "The act has no provisions for appeal ... You're not dealing with everyday possessions here but the emotional attachment people have toward their pets."

## Local News Briefs

Compiled by John Gaudes

### "WISE UP WINNIPEG" RAISING PHOTO ENFORCEMENT AWARENESS

With a five-minute video and a strong message, former traffic police officer Larry Stefanuk is attempting to open Winnipeggers' eyes on the controversial subject of photo enforcement.

Along with Winnipeg businessman Todd Dube, Stefanuk created WiseUpWinnipeg.com in order to push city traffic police to increase signage on speed traps and increase amber times in key Winnipeg intersections.

In a short video on the site, Stefanuk claims that by adding a second to amber times in high-speed intersections, close to 80 per cent of traffic tickets can be avoided and drivers will be given the time they need to make the decision to slow down or speed through without penalty.

### BRANDON WOMAN DISCRIMINATED AGAINST BY APARTMENT OWNER

For a Brandon woman looking to buy an apartment, an unexpected barrier has at last fallen by the wayside. In 2007, Wendy Hiebert was looking to lease an apartment on the main level of Amberwood Village, but was told by the apartment owner that she would not be allowed due to her five-year-old son, citing noise and safety concerns.

Hiebert took the case to the Manitoba Human Rights Commission, and the case went to an adjudicator. The apartment owner recently lost this case and was forced to remove the restriction and pay Hiebert \$1,000 in damages.

### FOUR DIRECTIONS WALK READY FOR ROUND TWO

On Saturday, Oct. 17, the International Day to Eradicate Poverty, Winnipeg's second annual Four Directions Walk will take place, with people joining in from every neighbourhood.

In a press release by the Four Directions Walk committee, a description is given of the ambitious walk to fight local poverty, with four separate groups starting from the north, south, east and west Perimeter Highway and meeting for a rally at the Legislature.

The rally time is 3 p.m. for interested walkers. More info can be found by calling Cheryl-Anne Carr at 233-7116 or David Tymoshchuck at 792-3371.

### PROVINCE PUTS COTTAGE LOTS UP FOR SALE

Starting Oct. 26, Manitobans will be given the chance to purchase unclaimed cottage lots on public property on a first-come, first-served basis.

According to the *Winnipeg Free Press*, with just under 350 cottages and lots up for sale, Manitobans will be given the exclusive right to grab up properties for 120 days before opening up the draw to those in other provinces.

All applications must be made in person at the Manitoba Conservation Office at 200 Saulteaux Cres. After Nov. 6, applications can also be submitted by mail.

### GOOGLE MAPS ADDS CANADIAN "STREET VIEWS"

When testing out the satellite view of Google Maps, many have been frustrated with the limit to which we can spy on the details of many Canadian cities. For some, that has come to an end.

According to the *Google Lat Long Blog*, a site created by Google Maps engineers, public tourism agencies across the country have teamed up with Google to provide "street level" views of major landmarks, from the CN Tower to Old Quebec City. These 3-D views give our tourist offerings a worldwide audience and adds Canada to a long list of countries already using the technology.

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## International News Briefs

Compiled by Brooke Dmytriw

### CLIMATE CHANGE BILL TO BE SIGNED BELOW THE OCEAN

MALDIVES, Indian Ocean: In an effort to demonstrate legislation against climate change, President Mohamed Nasheed and his cabinet will sign a document underwater requesting reductions in carbon emissions. Nasheed, a certified diver, will also host a press conference under the ocean upon signing the bill. All cabinet ministers are participating except for one who has a medical condition that keeps him from diving. The Maldivian government will hold their dive on Oct. 24, the 350 International Day of Climate Change Action, reports BBC News. The Maldives archipelago and islands could face extinction due to climate change since 80 per cent of the region is less than one meter above sea level.

### BIRTH CONTROL PILL INFLUENCES NATURAL SELECTION

LONDON, Great Britain: The birth control pill can explain why some women go for the pretty looks of men versus the machismo of others. In a study published in *Trends in Ecology and Evolution* medical journal, being on the pill can influence women's attraction to certain types of men. Scientists found that women whose hormones are chemically controlled are less inclined to select muscular, macho men. Women on the pill tended to choose prettier, more effeminate men; men who tended to look more like the selective women. Reuters reported the results could throw off current conceptions of natural attraction. Being on the birth control pill prevents women from giving off fertility indicators to which men are receptive.

### ZURICH ALLOWS CONTROVERSIAL ANTI-ISLAM POSTERS

ZURICH, Switzerland: The Swiss People's Party (SVP) has been allowed to post controversial posters advocating a ban on the construction of the distinctive minarets that adorn the tops of mosques. According to CNN, the SVP are saying the minarets symbolize ideological opposition to the country's constitution. The posters depict a veiled woman in front of a large Swiss flag that is pierced by multiple minarets resembling missiles. The cities of Basel and Lausanne have condemned the campaign and have banned them in their municipalities. Zurich, Switzerland's largest city, has decided to permit the posters. According to the mayor, they fall within the realm of political free speech. Europe's most neutral country will hold a national referendum on the minaret construction Nov. 29.

### CITY OFFERING FINANCIAL INCENTIVE TO PICK UP DOGGY DOO

TAIPEI, Taiwan: The city of Taichung in central Taiwan is offering vouchers to volunteers willing to collect dog waste left lying around. City officials will give vouchers in the amount of 100 Taiwan dollars (US\$3) for every kilogram of waste collected. In areas where there are severe problems, council is willing to pay a voucher for a half-kilogram. Taichung has an approximate population of one million citizens and a significant population of stray animals roam the city. The incentive is also intended to raise awareness about animal abandonment, reports Reuters. The island has a population of 23 million and an estimated 180,000 stray dogs.

# U.S. regulations negatively impact Manitoba's hog industry

## Farms close as exports fall

SONYA HOWARD  
VOLUNTEER STAFF

The United States' Country of Origin Labeling (COOL) regulation has Manitoba's hog producers in a difficult situation.

The COOL regulation requires that all Canadian full-grown hogs processed in the United States be segregated from U.S. hogs during the entire processing cycle. It is too costly for U.S. processors to keep Canadian hogs segregated as per COOL regulations. This has led to a dramatic decrease in the number of full-grown hogs Canada can sell to U.S. processing plants.

Originating from lobbying efforts by U.S. farming interest groups the Rancher and Cattlemen Action Legal Fund and the National Farmers Union, COOL is "a subtle way of keeping us out," said Andrew Dickson, general manager of the Manitoba Pork Council.

"Prior to the COOL, we were shipping approximately 1.3 mil-



Manitoba Pork Council general manager Andrew Dickson thinks COOL is a way of keeping Canadian competition out of the States.

lion finished pigs annually to the United States for processing," said Dickson.

Now that full-grown Canadian pigs must be processed separately, this number has dropped to 150,000. Representing approximately \$200 million of the Manitoba economy, the hog industry is eclipsed only by hydro exports.

Other contributing factors to the decrease include the strength of the Canadian dollar, the U.S. food-to-fuel policy, H1N1 and the global decrease in demand as a result of the recession, said Perry Mohr, chief executive officer of the Manitoba Pork Marketing Co-op.

The Obama administration is considered protectionist by industry representatives and academics alike.

"This is not the time in economic history to be doing this," said Dickson. "Not with the world economy so fragile."

Manitoba is dependent on access to the U.S. processing market, since it is too costly to open more processing plants in Manitoba in the short run. Canada's remaining avenues are to either take the issue to a World Trade Organization (WTO) panel or launch a challenge under the North American Free Trade Agreement.

The federal government is requesting that the WTO draw up a formal panel to hear Canada's case on this regulation.

The government is also providing \$75 million worth of assistance in the form of short-term buyouts

and repayable loans. The buyout component will temporarily retire farms, allowing them to go out of business for three years, while the repayable loan will assist those producers who choose to stay in the industry.

**"The unfortunate thing is damage has already been done. Farms are closing and people have moved on."**

- ANDREW DICKSON,  
MANITOBA PORK COUNCIL

"We're very appreciative of the federal government for acting on this issue on our behalf," said Dickson. "The unfortunate thing is damage has already been done. Farms are closing and people have moved on. Some farms may be able to open again, but meanwhile a lot of people have suffered significant financial loss."

## Uncertified organic

### Organic farmers and distributors don't see organic certification as necessary

SAMUEL SWANSON  
BEAT REPORTER

The demand for organic fruits and vegetables is growing. Organic products aren't sprayed by chemicals and are often less genetically modified.

However there's a double-barreled challenge for farmers who grow organic: Not only must they avoid chemical sprays and risk crop failure, they also have to endure the gruelling process of becoming certified organic.

As a result, some just don't get certified.



Because of the cost and paperwork involved, some organic farmers simply don't bother getting certified.

Theresa and Geoff Dyck own Boundary Creek Farm near Winnipeg Beach and practice organic farming, even though they aren't certified. Instead of wholesale marketing, they participate in a system called community-shared agriculture.

City residents can buy a \$680 share in the farm and in return receive produce for a 20-week

period.

"We direct-market all our produce," said Theresa.

By "having a very open dialogue with our customers," she said, shareholders maintain trust in the farm's organic practices. She added that customers are welcome to come to the farm and look around.

Dyck said she asked the farm's customers if they preferred that the

## Home, but still not free

### Abousfian Abdelrazik still can't travel, work, own home

HILARY PAIGE SMITH  
THE BRUNSWICKAN (UNIVERSITY OF NEW BRUNSWICK)

FREDERICTON (CUP) — Abousfian Abdelrazik's journey has not been an easy one.

The dual Sudanese-Canadian citizen told his story of accusation, torture and exile before a large crowd at the University of New Brunswick two weeks ago.

Abdelrazik is currently touring Canada with Project Fly Home, the campaign initially started in Montreal to return him from Sudan.

While living in Montreal, the

trained machinist and parent of three became the target of investigations by the Canadian Security Intelligence Service (CSIS) in 1997. These investigations continued until 2003. Abdelrazik was suspected of involvement with the terrorist organization Al-Qaeda.

Shortly after the World Trade Centre attacks on Sept. 11, 2001, CSIS's investigation of Abdelrazik increased.

"After Sept. 11, their harassment became very, very harsh. Anywhere I went, I found them following me, like a shadow. And sometimes I find, in the middle of the night, one car parked in the front of the building and I move anywhere, they follow me," he told the crowd.

Abdelrazik maintains he has never worked with any terrorist organization and was never charged.

He received word in spring of 2003 that his mother in Sudan was ill and he made plans to return to care for her. CSIS learned of

his plans and their suspicions were immediately aroused. He was visited by two intelligence agents and Abdelrazik eventually called the police to have them removed from his property.

"While they walk away from me, one of them he turned to me and said 'You are travelling to Sudan, you will see.' Now me, I don't take his word seriously," he said.

Abdelrazik was arrested in Khartoum while taking care of his mother. He remained in detention there until the fall of 2004.

He recounted the torture he endured in the Sudanese jail, including times where he was beaten with a rubber hose and forced to stand for hours on end.

At one point, Abdelrazik was visited in jail by Canadian intelligence agents.

"The last of the interrogation, the Canadian interrogation, I said to them 'Look, I am a Canadian and I need you to help me to go back

farm be certified. None did.

Trust holds precedence over certification at Organic Planet Worker Co-operative, according to grocery manager Stephen Kirk.

"[Organic certification] is not a requirement for us," he said. "We rely on personal relations with our producers."

Organic certification costs about \$1,500 per year, according to Dyck.

"There's the cost. There's also the paperwork," she said.

In order to be certified organic, farmers have to document all their farming practices as well as the quantity of every product produced.

"I don't know how they do it, these organic farmers," said Lana Knor, farmer/owner of Knor's Garden Korner, a non-organic farm. "They don't use sprays to protect against weeds and bugs. If they do spray, they use organic sprays, which are far more expensive."

to Canada. They said "We are not going to help a terrorist person."

Following various attempts to come home and a second detention, Abdelrazik made a public plea to Canadian citizens. This is how Project Fly Home was born.

He took refuge in the Canadian embassy in Khartoum, where he lived in a changing room for 14 months. Abdelrazik was eventually returned to Canada on June 27 of this year after an overwhelming response by Canadian people.

Though he has been returned to Canada, Abdelrazik is still living under a travel ban and asset freeze because his name is on List 1267, the United Nations travel ban list. He is not allowed to work, make a salary, own a home or receive gifts.

Abdelrazik is currently working to have his name removed from the list and is suing the government for \$27 million.

## Campus News

# Big classes versus small classes: Large university classes cause students to suffer

Different class sizes hold appeal for different students

CAITLIN LAIRD  
BEAT REPORTER

If you're a first-year student at the University of Manitoba, you've probably been struck by the enormity of many of your classes. But if you're a first-year student at the University of Winnipeg, you've likely noticed your class sizes differ little from high school.

Whether post-secondary anonymity attracts or repels you, the number of students that surrounds you affects your educational experience.

"I feel like I'm just a number at the U of M sometimes," said third-year psychology major Siera Ens. "The larger the class, the more intimidating it can be. That is part of the reason why I'll be switching to



Some professors argue that smaller university classes are preferable to larger ones because they are more personal and students can receive more individual attention.

U of W next year."

These sentiments are common according to University of Manitoba education professor Rodney Clifton, who is an advocate for smaller first-year classes.

"Smaller classes are preferable because they are more personal, and students can receive more individual attention," said Clifton. "The problem with a large classroom is that there is so much variation in capability, where does the instructor set their expectations?"

According to the U of M's website, most first-year classes have less than 50 students. By the fourth year, the majority of classes have fewer than 50 students again, and only one per cent of classes have more than 100 students.

Clifton believes that a complete reversal of post-secondary mentality is needed when it comes to both admittance and what happens to students once they enter an institution.

"We put first-year students into these huge classrooms. Why do we put students who are least capable in this environment in the worst possible learning environment, and the students who are most capable in the best possible learning experience?" Clifton said.

"A better system would be to move away from the block grant system, where the university receives funding in one shot and tries to fill first-year classrooms with as many students as possible, to one where they are rewarded for gradu-

ating as many students as possible. Each student would receive a set amount of funding, and then the university would get a bonus upon graduation."

However, some U of M students find the lack of attention and anonymity appealing.

The average classroom size at U of W is 27.5 students, a fact that frustrated former U of W student and recent U of M transfer Molly Cahalin.

"At U of W, I felt like I was still in high school. I felt like instead of being able to seek out attention on my own if I needed it, it was forced on me. Now that I'm at U of M, I enjoy my independence more. It suits my personality better."

⇒ Between 1960-2000 Canadian university enrolment increased 6.5 times.

⇒ In that time, the population increased by 1.7 times.

⇒ Enrolment in Master's programs increased 10 fold and PhDs increased 13 times.

⇒ Faculty members during this time increased 6.5 times.

⇒ Bureaucracy at the U of M is on the rise - only 42 per cent of the staff can be considered nominal professors.

Source: Rodney Clifton, University of Manitoba education professor

The Uniter is looking for dedicated volunteers to research and write news articles.

Contact [news@uniter.ca](mailto:news@uniter.ca) to sign up.

## Campaigning for accessibility

Students launch campaign for relocation of Disability Resource Centre

COURTNEY SCHWEGEL  
CAMPUS BEAT REPORTER

The University of Winnipeg's Disability Student Advisory Group is launching a letter-writing campaign to have the Disability Resource Centre permanently relocated. The group has been calling for the DRC to be moved for the past two years.

Jesse Turner, member of the Disability Student Advisory Group, hopes the campaign will force the university to finally take action.

"It is on everyone's radar that the DRC needs to be moved," she said. "But from this campaign we are hoping to get a statement from Dr. Axworthy as to when and where the DRC will be moved."

The group plans to invite students who use the DRC to write to the administration.

"I think a letter-writing campaign is a good way for students



DRC users like Jesse Turner hope a letter-writing campaign will force the university to move the center to a more accessible place.

to tell their own personal stories about the DRC and how important [it] is to them," Turner said.

The group also plans to approach organizations outside the university, such as Society for Manitobans with Disabilities and Barrier-Free Manitoba, to gain support for the campaign. A petition will accompany the campaign to bring awareness of the issue to U of W students at large.

The current location of the DRC, on the mezzanine level of Graham Hall, is accessible only by elevator and by a set of stairs. If

there is a power shortage or emergency, this poses a problem for those who use wheelchairs or have mobility impairment.

Turner had a frightening experience last year during a power outage.

"We had to co-ordinate ... four people to get me and my wheelchair up the stairs," she said. "I am not comfortable leaving my safety in someone else's hands."

Turner said that in addition to its inaccessibility, the current DRC has limited space and no accessible washrooms within close proximity.

Neil Besner, vice-president students and international, said having the DRC moved is a priority, but due to space constraints at the university he could not say when the move would take place.

"The campus is in the grip of a space crunch," he said. "But let me assure you [that] people are thinking about it."

Besner said one space being considered for the relocation is the area currently occupied by the bookstore.

Although the space would be an improvement in terms of accessibility, it would not be large enough to accommodate the entire DRC. As well, the DRC would have to wait until the bookstore moves to its new location, which will likely not be until spring.

## Campus News Briefs

Compiled by Courtney Schwegel

### DRINK UP, RYERSON!

According to *The Eyeopener*, Ryerson University's student newspaper, an increase in healthy beverage options could explain a sharp decline in Coca-Cola sales at the university. An exclusive contract with Coca-Cola required Ryerson to sell a certain amount of Coke products within a five-year period. Since there was a shortage in sales, the contract has been extended indefinitely until the sales quota is met. As part of the contract, Coca-Cola paid the university \$765,000 - most of which is used for student financial aid and athletics. Additional funding from Coca-Cola will be withheld until enough students opt for the soda.

### HAVE A SEAT!

For \$500 anyone can purchase a seat in the newly renovated CanWest Centre for Theatre and Film. The centre and the University of Winnipeg Foundation have kicked off their "Fall Seat Sale" and are inviting people to purchase a seat in the brand new theatre. Donors will receive an engraved plaque on their seat and a tax receipt. Proceeds from the sale will be used to purchase equipment for the centre and to complete existing renovations. Purchases are payable over time.

### CONSTRUCTION BEGINS AT OLD ARMY SURPLUS SITE

Construction began last week on the University of Winnipeg's new building at the corner of Portage Avenue and Memorial Boulevard. The LEED Silver, eco-friendly building will be home to U of W's Faculty of Business and Economics, Global College, Division of Continuing Education Professional Programs, as well as the Plug-In Institute of Contemporary Art. The building will have three storeys, but is designed so a fourth can be added if further expansion is desired. It is scheduled to open in the fall of 2010.

### WE'RE A BUNCH OF NERDS!

University of Winnipeg students must love to study. Due to overwhelming interest, the Study Skills Workshop series is back for a second round. Workshops are being offered from Oct. 15 through Nov. 24, Tuesdays and Thursdays from 4 to 5 p.m. in room 1L04. The series offers workshops in a variety of topics from how to speak effectively in class to improving reading techniques. Register at least 72 hours in advance to snag yourself a space.

For more information visit <http://ccs.uwinnipeg.ca>.

### DISTANCE ED GROWING AT RED RIVER COLLEGE

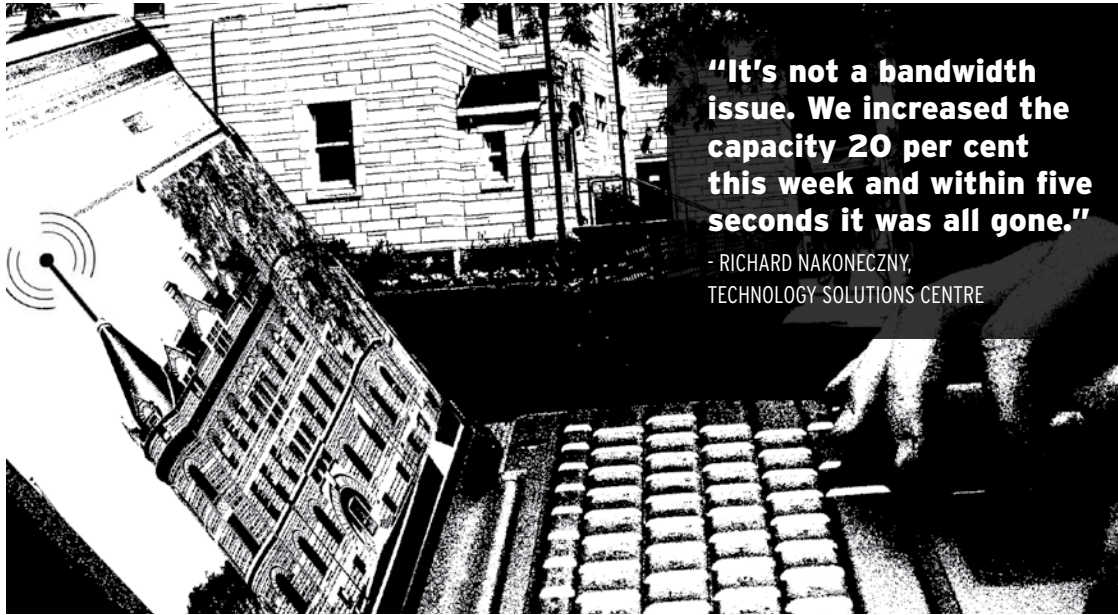
Enrollment in distance education programs at Red River College has shot up 15.3 per cent this academic year. The increase is being attributed to a greater awareness of opportunities through distance education, the increase in the variety of courses being offered and improving technology for the programs. The college currently offers two post-graduate certificates, two diplomas and 13 certificates completely through distance education.

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# U of W students lose connection



## Source of problems connecting to Wi-Fi still unknown

KIP GUENTHER  
VOLUNTEER STAFF

If you're among the hundreds of students who bring their laptops to school, you've probably noticed problems trying to get online. During the past two weeks issues with the student network have increased.

The e-store on campus has students coming in daily to complain they cannot connect to the Internet.

"It could be better and it's very slow. It's frustrating because I can't do any work at school," said Eden

Carter, a first-year student.

The Technology Solutions Centre, which handles the wireless networks on campus, is aware of the problem.

"We're working on it," said chief operating officer Richard Nakoneczny.

Since the beginning of the school year, wireless activity on campus has surged.

"This year for some reason we have a new intake of students who are obviously very wirelessly focused," said Nakoneczny.

In just two years, wireless activity on campus has increased by more than 40 per cent. More devices means more competition to use the network.

"It's not a bandwidth issue. We increased the capacity 20 per cent this week and within five seconds it was all gone," he said. "If it was as simple as throwing hardware at it, we would have done it."

**"It's not a bandwidth issue. We increased the capacity 20 per cent this week and within five seconds it was all gone."**

- RICHARD NAKONECZNY,  
TECHNOLOGY SOLUTIONS CENTRE

The U of W isn't the only campus experiencing connectivity problems.

"Most days I'm lucky to get on the Internet at all," said Kaylen Noga, a student at University of Manitoba.

Limiting access to what students can access online is one possible solution. But that's not a path Nakoneczny wants to take.

"The network provided for the students is first and foremost for academic purposes, but where do you start drawing the line at what doesn't qualify as academic?"

Viruses have not been ruled out as a source of the problem. Anti-virus software is essential for any student who brings a laptop on campus. Computers found with viruses that could infect the network are quickly blocked from accessing the network at all.

ILLUSTRATION BY JAMES CULLETON

## CAMPUS AND COMMUNITY LISTINGS

### COMMUNITY EVENTS

St. Mary Anglican Church in Charleswood will be holding a GIANT RUMMAGE SALE on Friday, Oct. 16 and Saturday, Oct. 17.

CELEBRATE WORLD FOOD DAY on Friday, Oct. 16 at St. Matthew's Church by enjoying good food, music, demonstrations and more.

The GREAT CANADIAN TRAIN SHOW AND FLEA MARKET hosted by the Winnipeg Model Railroad Club will take place Saturday, Oct. 17 and Sunday, Oct. 18 at Mennonite Brethren Collegiate Institute.

You are invited to Mount Carmel Clinic's 83rd annual general meeting on Wednesday, Oct. 28 at 4 p.m.

On Saturdays until Nov. 7 attend a mandolin workshop with JAXON HALDANE at the Folk Exchange.

Challenge your brain with host ACE BURPEE at the first annual MANITOBA LOTTERIES TRIVIA CHALLENGE in support of the Alzheimer Society of Manitoba on Thursday, Oct. 22 at Stereo Nightclub. 7 p.m.

BEGINNING EXPERIENCE, a non-profit peer support group for recently separated, widowed or divorced persons, is holding a retreat weekend Oct. 23 to 25. For more information call 275-3090 or visit [www.winnipegbe.ca](http://www.winnipegbe.ca).

FREE INTERNATIONAL STUDENTS CLASS. An opportunity to meet with other students and Canadian friends while learning English and the Bible. Takes place on Sundays from noon to 1:30 p.m. at Elim Chapel, 546 Portage Ave. For more information call Val & Veda Chacko 257-1670.

### ON CAMPUS

Students who are on wait lists for winter term courses should regularly check their e-mail in order to claim their seat. After three days your seat will be offered to the next student in line.

MY CULTURAL DIVIDE, directed by Faisal Lutchmedial, questions the logic of the hard-core political activist. The screening is in the Manitoba Boardroom at the University of Winnipeg on Tuesday, Oct. 20 at 7 p.m.

SMART START, a study skills workshop series,

helps students improve their study skills and succeed in university level courses. Mondays and Wednesdays, 12:30 to 1:20 p.m. in room 1L04. Register in advance by calling 786-9863 or e-mailing [a.weir@uwinnipeg.ca](mailto:a.weir@uwinnipeg.ca).

Every Thursday evening until Nov. 26 you can attend the NEUROSCIENCE LECTURE SERIES where experts discuss their work in the field of neuroscience. Register with [n.stokes@uwinnipeg.ca](mailto:n.stokes@uwinnipeg.ca).

The UWSA SAFEWALK PROGRAM is looking for volunteers to walk students, faculty and staff to their cars, bus stops or residences within a reasonable distance. Each four-hour shift will receive an \$18 honorarium.

Every Wednesday from 12:30 to 1 p.m. there is an interfaith university chapel service in the Carl Ridd Sanctuary in Bryce Hall. All are welcome.

### VOLUNTEER OPPORTUNITIES

The Community Education Development Association is looking for volunteer tutors for their YOUTH OPPORTUNITY PROGRAMS in St. John's High School and Children of the Earth High School. For more information please contact Ashley at 589-4374 ext. 257 or [ashley@cedawpg.org](mailto:ashley@cedawpg.org).

UNICEF Canada is asking Manitobans to give generously in support of disaster relief in the Asia-Pacific region. You can visit Polo Park or Kildonan Place shopping centres, go to [www.unicef.ca](http://www.unicef.ca) or call 1-877-955-3111 to donate.

Help inner-city school children through CHOICES YOUTH PROGRAM. Just call Kasia Buchman at 470-5651.

The Canadian Red Cross is looking for volunteers in their Humanitarian Issues Program to organize events and facilitate workshops. For more information contact Jennifer at 982-6737 or [jennifer.montebruno@redcross.ca](mailto:jennifer.montebruno@redcross.ca).

The MANITO AHBEE FESTIVAL is looking for volunteers for the celebration of aboriginal music, art and culture. The festival runs from Nov. 4 to 8. Visit [www.manitohabee.com](http://www.manitohabee.com) or call 956-1849 for more information.

# Protect yourself and your family from the flu

H1N1 and seasonal flu are expected to be present in the province this fall and winter. The following information will help protect you and your family from the effects of the flu.

## Whether you have flu symptoms or not, you should always:

- **Cover your cough** by coughing into your elbow or sleeve, or use a tissue to cover your nose and mouth when coughing or sneezing. Place the tissue in the garbage.
- **Wash your hands** often with soap and water, especially after coughing or sneezing. Hand sanitizers may also be effective.
- **Reduce the spread of germs.** Germs spread the flu and can live on hard surfaces so wash your hands frequently and limit touching your eyes, nose or mouth.
- **Maintain your health** by making healthy food choices, being physically active and getting enough sleep.

## If you have flu symptoms, you should:

- **Stay home from school or work until you feel better** and limit unnecessary contact with others.
- **Contact your nearest health care provider** or visit your nearest health care centre if you have risks for severe illness or you are concerned that you may need care – especially if your symptoms are severe or worsening. Early treatment (within 24 to 48 hours) may be very important.
- **Go for emergency medical help or call 911** if you or a family member have shortness of breath or difficulty breathing, severe weakness, are dehydrated or drowsy and confused, or if you have an infant under three months old with a fever.

## For more information

For personal health advice, call your health care provider or call Health Links-Info Santé at 788-8200 or 1-888-315-9257.

For more information concerning flu symptoms and risks for severe illness, please refer to the "Could it be the flu?" guide that was mailed to your home recently.

For up-to-date information about H1N1 and the Manitoba government's pandemic plan, please visit the flu website at

**manitoba.ca.**

**Manitoba** 

# UWSA board holds directors accountable

Ten director positions now up for election next month

COURTNEY SCHWEGEL  
CAMPUS BEAT REPORTER

The University of Winnipeg Students' Association board of directors voted unanimously on Sept. 28 for the removal of former UWSA president Vinay Iyer from his position as Canadian Federation of Students liaison director. There are now 10 director positions to be filled in the upcoming by-elections on Nov. 16 to 19.

Iyer, former UWSA vice-president advocate and current co-owner of Casa Burrito, failed to fulfill his position according to UWSA by-laws and a responsibility contract.

UWSA president Jason Syvixay wrote the motion for Iyer's removal. He said it was a shame that Iyer

could not commit to the position.

"[Iyer] has had tremendous experience on the board," he said. "We just didn't feel like his focus was there."

Matt Schaubroeck, chair of the UWSA board of directors, said in addition to being absent from five UWSA board meetings, Iyer failed to attend various sub-committee and Canadian Federation of Students meetings since his term began in May 2009.

Schaubroeck stressed the importance of having committed directors.

"Being a member of the UWSA board is no small feat and requires active participation from all of its members in order to be fully functional," he wrote in an email. "However, there is a time commitment involved ... There is a lot that the UWSA board of directors can do for students, but that requires active participation in the process."

Iyer said he regrets his inability to fulfill his duties as liaison director.

"I tried to be somewhat still a part of the UWSA, but the most re-



Former UWSA president Vinay Iyer wanted to stay part of the student association but admits the responsible move would have been to quit.

sponsible decision would have been to quit," he said.

Iyer said he was unable to carry out his responsibilities with the UWSA because of other commitments.

"Unfortunately the restaurant

[Casa Burrito] demanded a lot more," he said. "You never know when it gets randomly busy."

In addition to work constraints, Iyer is currently completing the final course needed for his computer science degree. He said the terms of his international student visa require him to graduate this year.

Iyer said he hopes his former position, temporarily filled by vice-president advocate David EisBrenner, will be filled with someone who can successfully meet the position's demands.

Syvixay said the situation will show students who intend to run for director positions that the UWSA demands accountability from its directors.

"We are telling students that we are holding our directors responsible for the constituencies that they represent," he said. "Having directors who are cognizant of the students they represent and the students who elected them is a major priority."

## THE CONTINUING STORY OF VINAY IYER

Former CFS liaison director Vinay Iyer reflects on his journey with the UWSA:

### 2006 - Volunteer

"I was already volunteering with the UWSA hardcore. I remember people commenting on how I put more volunteer hours in than full-time staff."

### 2006 - Programming staff

"That was one of the most enjoyable jobs I have ever had. That gave me a gateway for getting involved."

### 2007 - Vice-president advocate

"I definitely learned the skill of leadership being involved in so many things."

### 2008 - President

"I worked a full day on Christmas."

### 2009 - CFS liaison director

"I ran for director because at the time it seemed impossible for me to leave the UWSA. It was like family."

### Future?

Iyer says he's thinking about running for an executive position next year.

# Bisons win pre-season Duckworth Challenge

Wesmen lose in every category

SARAH REILLY  
VOLUNTEER STAFF

The University of Winnipeg Wesmen basketball and volleyball teams were taken for a rough ride at the 2009 Duckworth Challenge, which ran Oct. 6 and 7, losing the tournament to the University of Manitoba Bisons.

The Duckworth Challenge is an annual competition that takes place between the cross-town rivals. Traditionally, the event has taken place during the basketball and volleyball teams' regular seasons.

This year - its 19th - the Challenge was changed to a pre-season event. The Wesmen volleyball teams kicked things off in their home court at the Duckworth Centre on Oct. 6, while the basketball teams played at the Investor's Group Athletic Centre the following evening.

In the opening match, the Bisons women's volleyball team took the Wesmen in three sets: 25-12, 25-12, 25-21.

Although the Wesmen won the first two points in the first set, the Bisons came back strong. Bisons led 16-6 at the second technical time out and won the first set 25-12.

While the Wesmen fought back during the next two sets, they were unable to overcome the U of M team.

In the men's volleyball match, the Wesmen started strong against the Bisons and took the first two sets 25-17 and 25-22. The Bisons fought back, however, and won the third set 18-25.

While the Wesmen never gave up, they were unable to regain control of the match, losing the fourth



While the annual Duckworth Challenge was a tough way for the Wesmen to kick-off their pre-season, they're confident that they'll be ready when regular season begins later this month.

**"By the time we had overcome the nerves, we had dug ourselves into a deep hole which meant we were battling back the entire game."**

- CATIE GOOCH,  
WESMEN WOMEN'S BASKETBALL

set 27-25 and the fifth set 15-13.

This meant it was up to the Wesmen basketball teams the following evening to keep the title of the Duckworth Challenge Champions with the University of Winnipeg. Unfortunately for the Wesmen, the Bisons defeated both the women's and the men's basketball teams, capturing the event 4-0.

It was the Wesmen Women's first game of the pre-season and they trailed from the first hoop. Although the Wesmen managed to close the gap to 64-56 in the third quarter, the Bisons stopped the run quickly and the final score was 88-69 Bisons.

"There were a lot of nerves when

the game began. By the time we had overcome the nerves, we had dug ourselves into a deep hole which meant we were battling back the entire game," said Player of the Game Catie Gooch, a fourth-year guard.

The last game of the challenge was the men's basketball game.

The Wesmen started the game strong, said fourth-year Mike James.

"We were aggressive. We attacked the hoop, hit the boards and hit our shots."

At halftime, the Wesmen were down 34-33, and came out strong in the third quarter. Unfortunately, the Bisons fought back hard and went on a run in the final quarter, to win the game 77-72.

Although the Bisons won the 2009 Duckworth Challenge, the Wesmen had held the title for the past three years. While it was a tough way for the Wesmen to kick-off their pre-season, the Wesmen are confident that they will be ready when regular season begins in late October.

"The [New England] Patriots always lose in pre-season," said James.

## WESMEN PLAYER PROFILE

# Mental focus the emphasis for Kruschel

Wesmen recruit led high school volleyball team to provincials

MARY ANN MASESAR  
VOLUNTEER STAFF

There's no doubt that Carleen Kruschel has the skills to succeed and the focus to win.

A five-foot-ten Beausejour native, Kruschel led her high school volleyball team at Edward Schreyer School to the provincials, landing a top 10 finish and winning Game All-Star.

Through all this she maintained a 90 per cent academic average, participated in other sports such as basketball and fastball, sat on student council and edited the school's yearbook.

Kruschel, 18, understands the transition to university-level athletics is certainly difficult.

"There's not much free time for me. It's very different coming from a small town to a bigger city. The volleyball is the same but school is a lot different. I just try to stay in touch with old friends and basically organize myself so that when I don't have much time, I'm not behind in everything."

After last season's 1-19 record, the Wesmen's women's volleyball team certainly has its own challenges, but Kruschel conveys confidence.

"There are a lot of new players, so it's still a developing year. But I love my team on and off the court.



An athletic and academic all-star at the high school she graduated from, Carleen Kruschel understands the transition to university-level athletics is difficult.

There's no drama and the environment is friendly.

"For me now, it's a lot about developing the mental game. Usually I'd play volleyball for the skill and to win. After playing the Jr. Wesman club team last year, it became more about the people I met and the friends I made."

When asked which word she would use to describe herself, Kruschel said "intense."

"I'm quite shy in everyday experiences. But I am definitely more competitive, more talkative, more outgoing and more aggressive on the court."

*Be sure to watch how Carleen's mental focus and intensity play out when her team plays their next home game on Friday, Nov. 13.*

## Editorial

# How's my writing?

After changes to our staff and our format, *The Uniter* is ready to serve



AARON EPP  
MANAGING EDITOR

September was a weird month at *The Uniter*.

Staff turnover is to be expected year-to-year at a paper operated predominantly by students, but at the end of this past April we thought at least one-third of our personnel would be returning at the end of August.

Imagine our surprise when all of those people, save for one, found other jobs during the summer and moved on.

So, with no managing editor in place and 14 staffers getting accustomed to new jobs, September was an uncertain time.

We're proud of all the issues we've published in the past seven weeks, but we know that our best ones are yet to come now that we're fully-staffed and people have a better sense of what they're doing.

But enough about us. At *The Uniter*, our focus is on you, the reader.

*The Uniter* is autonomous from the University of Winnipeg Students' Association. We are published by Mouseland Press (MLP) Inc.

The purpose of MLP is to provide opportunities for students of the University of Winnipeg and the surrounding community to learn about and practice journalism, and to provide a forum for people to express, exchange and criticize ideas.

As a community-oriented organization, MLP strives to speak about, recognize, support and include in its content and organiza-

tion the various communities not only of the University of Winnipeg, but also of Winnipeg's downtown – an area defined in MLP's bylaws as bounded by St. James Street in the west, Burrows Avenue in the north, the Red River in the east and Grant Avenue in the south.

We want to be relevant to our readers and cover the things you care about. We also want to offer coverage you can't get anywhere else.

To that end, you may have noticed some changes we've made over the past few months.

Our listings used to be clumped together in a few pages near the back of the paper. Now, we've incorporated them into our campus news as well as arts and culture sections so that your options when it comes to volunteer opportunities, scholarship applications, rock shows, art exhibits and literary events are right in front of you.

We've also revamped our sports section. While it used to be at the back of the paper, we've moved Wesmen coverage into our campus news section and will feature health and lifestyle articles, as well as certain sports pieces, in our culture section.

The decision to eliminate the more traditional sports section was not an easy one to make. Still, we decided that it didn't make sense for us to keep covering major league sports and worldwide sporting events like the Olympics.

In a world dominated by instant access to information, it doesn't make sense for *The Uniter*, a weekly publication, to provide sports analysis – not

when you can get it right after the game on TV or online (if not during the game itself).

*The Uniter* is still committed to covering the Wesmen as well as writing certain other sports articles. Look out for articles on boxing, fitness modeling and wrestling coming up in the near future.

And, as always, we're committed to providing you with coverage of news, arts and culture from the downtown community, from a variety of view points.

Ultimately, we want our work to be a service to you.

So how are we doing? Does this ring true to your experience reading the paper?

Let us know. Send your feedback to [editor@uniter.ca](mailto:editor@uniter.ca), come visit us in room ORM14 in the Bulman mezzanine at the U of W or join the discussion online at [www.uniter.ca](http://www.uniter.ca).

We want to know what we're doing right. Perhaps more importantly, though, we want to know what we're doing wrong and where we're falling short of our readers' expectations.

Because ultimately, without you reading *The Uniter*, it wouldn't exist at all.



## Letters

Re: The Oct. 1, 2009 issue of *The Uniter*

My friend Stacy and I have recently read your latest issue and I can say, without a doubt, that the quality of the paper has sharply declined during the summer and fall issues. There are many problems with your newspaper and they should be addressed immediately or else you will lose trust in the majority of your readership.

While I thought your news section in last week's issue was overall decent, I am still bothered by the apparent bias in the article about Greg Selinger ("The only game in town," page 5). Throughout the article, there are quotes that praise him and there is also no mention of the other NDP leadership candidate, Steve Ashton.

If you are to cover the leadership campaign of a political party, make sure that you give a fair reportage and do not endorse any one of the candidates over the others.

Your political commentary is also biased. There needs to be some coverage given to all major parties and political sides, not just the left.

Another thing is your lack of coverage of rural Manitoba. Your slogan is the "University of Winnipeg's Weekly Urban Journal," but you must realize that downtown Winnipeg is not the entire world. You must deal with concerns outside Winnipeg, because it may concern the number of students who live outside the city. Your paper will be much better served if you implement such changes.

In your comments section, I am struck by a glaring absence of any letters to the editor. I am not sure if there is such a disinterest in your newspaper that no one is writing in to voice their opinion, or if people are voicing their opinions and you refuse to make it known because of your own beliefs.

Either way, it does not surprise me. From what I hear, the writers of *The Uniter* are mostly liberal arts majors who only report on their interests, not the interests of the student body.

However, one of the most appalling features of your newspaper is the amount of pages given to the arts section, while sports do not have its own section. A bit more than half your paper is given to arts while the only sports article was a brief 250-word profile about

a Wesmen basketball player.

Meanwhile, two very obscure and probably talentless bands known as Apostle of Hustle and Shrimp each get half a page. I do not think that the majority of the student body cares that an all-girl punk band only known within 10 blocks are breaking up. There are people who like to read about sports (not nutrition!) and sports have been a proud tradition at the U of W for years.

If a budding high school athlete reads this paper and then decides not to play for the Wesmen, then the loss of a good talent is your responsibility. Next year, the Winter Olympics will be on Canadian soil and the World Cup of soccer is happening too. For *The Uniter* not to have a record of these events is a shame.

In conclusion, your newspaper needs to make changes or else students will not read this publication.

*The Uniter* needs to stop being a hipster magazine and start being a serious journal that is newsworthy.

A disillusioned reader,  
Candace Flynn

P.S. The *Bob: The Suicidal Penguin* comics and *Good and Evil* with J. Williams are not funny.

**Editor's note: If you do not see any letters in *The Uniter*, it is because none have been sent to us. We try our best to publish every letter we receive. Send your thoughts to [editor@uniter.ca](mailto:editor@uniter.ca), or drop something off at our office: Room ORM14 in the Bulman mezzanine on campus at the University of Winnipeg.**

**Just be sure to include your full name and contact information. Also, as noted on page 2 of every issue, *The Uniter* reserves the right to refuse to print submitted material. *The Uniter* will not print submissions that are homophobic, misogynistic, racist or libelous. We also reserve the right to edit for length and/or style.**

**Finally, while there may not always be letters in the print version of *The Uniter*, many people comment on articles on our website. Join the discussion at [www.uniter.ca](http://www.uniter.ca). Recent comments can be seen roughly half-way down on the right-hand side of the main page.**

## Comments

# Ain't talkin' 'bout love

As more students go to school for longer periods of time, marriage falls by the wayside



MELANIE MURCHISON  
VOLUNTEER

It is no secret that our generation is choosing marriage much later than previous generations. Just look at our grandparents. Most of them were married close to 18, or whenever the war ended, depending on how old your grandparents are.

In 1950, close to half of Canadian women aged 20 to 24 were married. By 2002, only 11 per cent were. Similarly, 75 per cent of Canadian

men in the same age bracket were single in 1951, compared with 95 per cent in 2002.

Our parents' generation, while they had far more academic opportunities than those before them, for the most part married early. Most opted to marry in their mid-to-late twenties.

Now, however, the marriage statistics are drastically different. In 2004 the average age for first time marriage was 34.3 for men and 31.7 for women. The new statistics to be released later this year suggest these numbers may go even higher.

All indications point to people opting to marry later and have children later in favour of forging careers first. It doesn't appear that Canadians have fallen out of love, or have somehow become disinterested in the institution of marriage. In 2002, 84 per cent of families were still headed by couples who had walked down the aisle.

Where the difference lies is that our generation is going to university and obtaining post-secondary education in record numbers. All this schooling makes it less likely to settle down until achieving steady employment, something not often found until after graduation.

Earning a bachelor's degree takes between three and five years, so the earliest you can finish is age 21 if you started at 18. More people are also opting for post-graduate training.

With the dual trends of people opting to stay at home longer and travel more, the process of "getting on one's feet" seems to occur later now than ever before.

The standards of stability have also changed, with many graduates being unhappy with incomes which don't provide them a \$300,000 house with a Lexus. While in the past couples may have been happy with enough food on the table and

a roof over their heads, the amount of education achieved appears to dramatically increase the requirements of what determines success.

With the amount of students who wind up poor from their loans and debts, it's looking more and more like ending up broke in the pursuit of material wealth is a likely option – but that doesn't lead to happiness.

Commitment and responsibility go hand in hand in marriage and while I don't doubt our generation's ability to commit or be responsible, I think it is taking longer for us to make those decisions. We're a generation who has been able to delay responsibility as long as we want and it seems that more of us than ever are waiting as long as possible.

*Melanie Murchison is a criminal justice student at the University of Winnipeg.*

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# When the claws come out

War of words between local animal shelters is unreasonable



**SANDY KLOWAK**  
VOLUNTEER

A recent *Winnipeg Free Press* article showcased a war of words between Bill McDonald, executive director of the Winnipeg Humane Society and D'Arcy Johnston, president and founder of D'Arcy's A.R.C. (Animal Rescue Centre), a no-kill animal shelter in Winnipeg.

According to the article, in a recent newsletter editorial McDonald accused no-kill shelters of "warehousing" animals in unacceptable conditions due to their unwillingness to euthanize them.

As a long-time volunteer at a no-kill shelter, I feel McDonald is



out of line in his condemnation. If McDonald assumes that no-kill shelters are just storing animals for the sake of it, he is ignoring the spirit of caring and compassion that comes with the no-kill mandate.

No-kill animal shelters work on the premise that all animals deserve

long-term care despite adoption deterrents such as ill-health, disabilities and behavioural problems. Some pets can live for years in these shelters. They are provided with basic comforts as well as love and affection from staff who have taken the time to get to know each indi-

vidual animal. While adoption efficiency is sacrificed, quality of care is greatly increased.

McDonald compares no-kill establishments to his own, which is flawed, because he fails to recognize that no-kill shelters provide a *different*, though complementary, service. While euthanasia is a sad but necessary reality for some of Winnipeg's unwanted pets, no-kill establishments provide the oppor-

**There is no reason whatsoever for animal shelters to compete as if they were rival businesses.**

tunity for animal rehabilitation.

Overall, however, it is a detriment to the goal of animal welfare for either side to engage in public name-calling. There is no reason whatsoever for animal shelters to compete as if they were rival businesses. To do so is to reduce a noble

and urgent cause to a petty and useless public relations battle. Shelters should work together to provide a high quality and broad range of care for animals in need.

Time and energy spent on public bickering could be better put to fundraising and other initiatives, such as the "SPAY now or PAY later" campaign put on by the Winnipeg Humane Society and the City of Winnipeg Animal Services. This campaign aims to highlight the importance of spaying and neutering pets, a reality which may be lost on some Winnipeggers.

Unwanted pets – especially cats – run rampant in our streets, frost-bitten, malnourished and diseased. It is mandated by law that all pets must be sterilized by six months of age and adherence to this bylaw is essential in terms of animal welfare in this city.

*Sandy Klowak is a former Uniter beat reporter. She is currently studying creative communications at Red River College.*

# Riding apathy all the way to the ambassador's office

Weather trumps politics in Manitobans' minds



**MATT AUSTMAN**  
VOLUNTEER

My God, we didn't have much of a summer this year. It practically rained the entire time! And I froze my ass off for the rest of it, or sweated my mood to sour when it got too hot.

Let us Manitobans unite in our disappointment with the changing prairie climate. It was our individual and communal daily story. But really, we Manitobans love exaggerating and it wasn't the catastrophe we made it out to be.

In other news, Gary Doer resigned. The charming politician with the nice head of hair has decided to move on after 10 years of being our premier. There's been a lot written in the media, but not a lot of public opposition. In fact, Manitoba NDP membership has doubled since his resignation (which ironically could be a form of opposition).

Doer's new thing is Canadian ambassador to the United States. The position is reserved for political vets and his resume certainly qualifies him for the job.

He clearly excels at politics and has the skills necessary to represent Canada. Moreover he has a reputation as a skilled strategist but not overtly partisan and just being an "everyday kind of guy." He sounds almost perfect for such a high-ranking bureaucratic position.

However, isn't it troublesome that this supposed New Democrat has taken off to advocate to the world's superpower? Sure he'll do a great job playing the political cards, but that isn't the point. Prime Minister Stephen Harper chose



**Premier Doer understands our apathy, which explains why he can walk out halfway through his term and not risk his party's destruction next election.**

him because they knew he'd do a great job advocating their policies. This seems strange for a member of the NDP.

Perhaps this development would not be as noteworthy if Doer had finished his term, or taken the position after a few years of retirement. But now he's going to woo American politicians for causes that are in many cases quite contradictory to the philosophy of the NDP.

Being bipartisan is a fantastic trait as a diplomat since you must be able to cross that ideological threshold for liberal international relations. But there comes a point where you end up not standing up for much at all and begin sitting on the fence.

The bottom line is this: While Winnipeggers are obsessed with

the mundane things such as the weather, when it comes to provincial politics we should start paying attention.

Premier Doer understands our apathy, which explains why he can walk out halfway through his term and not risk his party's destruction next election. Now he will join our federal government in fear mongering about Barack Obama's attempts to change NAFTA, amongst other things. He'll continue to sell our government's non-decision on climate change.

It's rather disappointing to see, don't you think?

We can call politicians selfish when they are partisan, but isn't there a point where they should stick to their guns and stand up for what they "stood" for before?

In contrast to our exaggeration of the weather here in Manitoba, we continue to under-exaggerate Doer's importance. And that, in turn, allows him to do whatever he wants.

*Matt Austman is a politics student at the University of Winnipeg.*

# A hopeless illusion

Intensifying a war does not a peace advocate make



**ANDREW TOD**  
COMMENTS EDITOR

When it comes to Barack Obama, surprise is hard to come by anymore. Since he first forced millions of politically-dispirited Americans to regain some semblance of adoration for America at home and abroad, he has managed time and again to astound in his success.

The story of his life has been told to a sickening extent so far, yet nearly a year after his presidential victory, the result remains a touchstone in the hearts and minds of those who hold the delusional belief that he can accomplish what he has set out for himself.

The list runs too long at this point, but suffice to say that if he achieves one of his major policy objectives – health care, peace in the Middle East, negotiating away Iran or ending the conquest of Iraq – by the end of his presidency, he might as well be canonized. Somehow though, he has managed to instill within his worshippers devotion normally not seen by elected heads of state.

And even though he commands the utmost in political leaps of faith, even though nothing seems surprising anymore, the Nobel Peace Prize award bestowed upon Obama this past week defies reactions such as astonishment, shock or bombshell.

Now, the Nobel Academy has been historically prone to blunder in the past. Henry Kissinger, architect of mass murder in Vietnam and Cambodia, or Yasser Arafat, come to mind immediately.

However, these figures had some tangible source to which the Academy could *attempt* to justify their decision. They had been significant figures in world politics for substantial amounts of time, enough to have become involved in events and moments upon which they could be commended, at least in the Academy's mind.

Obama, on the contrary, has not achieved anything thus far in the way of furthering world peace. Perhaps the reign of terror committed by the Bush Administration was so egregious to the cause that to simply suggest that it stop, as Obama has postulated it will, seems like peace.

But the facts do not bear this out.

In his most obvious affront, Obama has decided to focus American military power on the hapless international adventure in Afghanistan. Even Prime Minister Stephen Harper had enough sense to admit that the war is unwinnable and that Afghanistan will always face some sort of "insurgency." Not so with Obama, the apparent peace advocate, who is currently mulling over sending at least 40,000 more troops to the war-ravaged country while vowing to circumvent state borders in the name of the hunt for Al-Qaeda.

Just these two facts should have made any self-respecting Nobel judge scoff at awarding Obama the prize.

Regrettably, in much the same way as Obama's hope mantra has managed to dupe a large number of the world's population, platitudes dealing with the thought of achieving a better world, combined with actions that undermine it, are powerful political tools. Indeed, so much so that Obama's victory is being argued as more about what people hope he *will* do, rather than what he has done to this point.

This of course, is a ludicrous suspension of anything remotely close to how we should judge achievements in the political realm. Once we begin to bestow value upon rhetoric without justifiable actions to reinforce this support, the ability to hold leaders accountable is muddled.

And so it is with the latest of Obama's achievements. He has only had to talk of peace to attain a prize, while at the same time perpetuating a sinister and useless war.

*Andrew Tod is a politics student at the University of Winnipeg.*

# Save that lovin' for home

An open letter to the couple making out in front of my locker



**ROB HOLT**  
VOLUNTEER STAFF

*"And a thousand thousand slimy things / Lived on; and so did I."*  
— Samuel Coleridge, *The Rime of the Ancient Mariner*

Oh, hi there!

You know, you look really familiar. Aren't you the same couple I used to see everywhere in high school? You know, the one always swapping spit on the bus ride to school, in the art room hallway, the cafeteria, the library and on the bus back home? No? Goddamn, you look just like them!

Well, don't mind me. This isn't uncomfortable at all, really. I'll just grab my books out of here, a couple of pens, stop in by the bathroom so I can scrub my eyeballs with soap and get to class.

Actually, I hate to be a bother, but would you mind scooting over just a few feet to your right? It's just that, you two have formed a three-foot-thick wall of greasy teenage lovin' between me and my locker. Thanks. While you're at it (I know that maybe now I'm asking too much), could you not make that loud slurping noise? It sounds like a



dog with peanut butter on the roof of its mouth.

*Holy shit!* You just tried to bite her ear off! This is worse than the Tyson-Holyfield match back in '97, you sick son of a...

What's that? Oh, well, pardon me. Look, lady, I said I was sorry. How am I supposed to know you like it when he tries to gnaw off parts of your face? It's weird, is all I'm saying, sorta like how you were clawing at his face a minute ago.

Hey, I'm just trying to get my books out of here, all right? I didn't come here to see this freaky, reptilian mating ritual thing you've got going on. This has been like watching the Hindenburg crash into the Titanic, except the Titanic is full of oil drums and the resulting spill kills baby seals. Cute ones too.

It's not like I walked down into the mezzanine below Riddell Hall, where your kind traditionally make their lair.

You're right, you're right... Let's all just calm down, this has all gotten out way of hand. I know I said some harsh things, but could you maybe, just possibly consider how the other couple thousand people here don't want to see two people trying — from all appearances — to swallow each other's noses?

No? Well, fine. I'll see you again on Monday.

*Rob Holt is a University of Winnipeg student who feels school time should be devoted to more academic activities.*

# (Don't) seize the day

Why you should live life like there is a tomorrow



**MATTY RYGIEL**  
VOLUNTEER

The expressions "live everyday like it's your last" and "live like there's no tomorrow" keep me up at night. I've realized after three years of university that living life with the mindset that I may die tomorrow leads to no ambition and little in the way of accomplishment.

But still, these attitudes exist. I even feel this way sometimes. For example, when you're scrambling to finish an essay at 4:47 in the morning, you feel so awful that for a split second you may wish there would be no tomorrow. At least *then* you would have a justification to stop writing the essay, go watch the sunrise, then pass out for the best sleep of your life.

The month of September in university takes more will power to not have fun every day than any month out of the year, including the holidays. There are many social events throughout the week that occur on and around campus from morning until night. There are student groups grabbing for your time during the day and parties to go to at night to meet new people. It easily happens that there are multiple clubs you may want to go to each day that have conflicting schedules.

Parents and mentors say you

should enjoy your time at university because it will be the best time of your life. I completely agree: University life is immensely fun because whatever your interests are, they are never hard to find in university; not including the classes you may enjoy.

But if I lived every day with the mentality that it was my last day alive, I would do something outrageous, like go to the largest class and make a big scene just for the fun of it so students would have a story about me to tell around campus. Afterward, when I would be waiting to hear if my escapade had circulated. By the evening I would be off to the pub to buy everyone rounds of drinks with all the money and credit I had left.

Living as though it is your last day alive leads to the thought that consequences do not matter. I would be spending more money, doing things without thinking them through and never achieving anything valuable because I would not be thinking about the future.

In the end, these are nice inspiring quotes, but after spending more time socializing than studying and spending more money than I had, I've come to live my life as if I had many more decades of tomorrows in the future. This gives me more time to socialize and learn because I don't have to cram it all in within one day, every day.

If these clichés mean that I should appreciate every living second, then clearly that's hard to do.

*Matty Rygiel is an English student at the University of Winnipeg.*



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## Arts & Culture

# Adapting to a new climate

A reflective Adrien Sala sits down to discuss songwriting, Jackpine and his new album

IAN MCAMMOND  
VOLUNTEER STAFF

After a weekend spent in the Whiteshell area that ended with a night out of a horror movie – a cabin in the middle of nowhere, a failing flashlight and things that go bump in the night – country-roots singer-songwriter Adrien Sala caught up with *The Uniter* to discuss his new album, his new band (Jackpine) and the creative process.

Sala admitted he's a big fan of character-driven songs, but when it comes time to writing tunes, they tend to be introspective.

He's been doing a lot of writing lately, still in the wake of his February 2009 release *Diamond in the Mind*.

"I'm in a transition period right now. I don't know why. I know it's not universal. Maybe it's because of the change in weather or because I'm leaving one relationship and entering another," Sala said over coffee.

"Everyone writes songs in what-



Emoting in public: Adrien Sala (centre) and Jackpine perform July 10, 2009 at the Winnipeg Folk Festival.

ever way it comes to them. I'd hate to make it sound otherwise."

The title of *Diamond in the Mind*, recorded by Jaxon Haldane of the D.Rangers, referred to a poem by late local wordsmith Patrick O'Connell. Something about that line and the spirit of the poem resonated with Sala.

"The batch of songs contained within were related to what I had interpreted as some kind of basic meaning of the poem ... that from your darkest hour can come the greatest change of whatever kind

is needed. The songs from that record seem to be born from changes and hopefully in those explorations there might be something of value to someone," Sala said. "Whether or not that is the case I don't know [but] it's all I can offer."

When he's not writing intensely personal songs, Sala plays with Jackpine, described by some as the Traveling Wilburys of Winnipeg. In the group he is joined by local heavyweights Sean Buchanan of The Western States, Jesse Reimer and the aforementioned Haldane.

The band formed two years ago after an incredibly productive weekend experimenting in writing songs together.

Recently Jackpine has turned their focus to an upcoming concept album. Every song's title and chord structure comes from words created using the letters (or chords) from A to G. Sala says having such a concept to direct their energies helps them get over the inherent obstacles that exist in co-operative songwriting.

"You overcome the first prob-

lem in playing with a group like that because you overcome a concept and a chord structure. It's an open creative environment where all these songs are narratives, character-driven songs which is a nice contrast to the way I write songs," Sala said.

Jackpine has played only a handful of shows, but their sound seems to be catching on. They played at the Winnipeg Folk Festival this

**"It's an open creative environment where all these songs are narratives. (It's) a nice contrast to the way I write songs."**

-ADRIEN SALA, MUSICIAN

past year and are getting radio play, but all this notice comes as a surprise to Sala.

"None of us have done anything to promote the band, but it's certainly the most successful thing I've been involved with."

⇒ See Adrien Sala on Friday, Oct. 16 at the Folk Exchange (211 Bannatyne Ave.)

⇒ Tickets are \$10 in advance at the Folk Festival Music Store or \$12 at the door

⇒ Visit [www.myspace.com/adriensala](http://www.myspace.com/adriensala)

## FASHION STREETER

The Uniter Fashion Streeter is an ongoing documentation of creative fashion in Winnipeg inspired by the Helsinki fashion blog [www.hel-looks.com](http://www.hel-looks.com). Each issue will feature a new look from our city's streets and bars in an attempt to encourage individual expression and celebrate that you are really, really good looking.



Stefanie

"The floral print on this dress is my escape from the nearly freezing temperatures outside."

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# Far, far away from a label

Montreal's Young Galaxy makes its mark in the indie universe

COURTNEY BRECHT  
VOLUNTEER

It's been a busy month for indie pop band Young Galaxy.

With their sophomore album *Invisible Republic* fresh off the press, and an enthusiastic stint at Pop Montreal '09, many bands would be content to take 'er easy – but as frontman Stephen Ramsay explained during a recent phone interview, the group has no intention of slowing down.

**"It could mean failing miserably, but ridicule is nothing to be ashamed of."**

- STEPHEN RAMSAY, MUSICIAN



This galaxy only needs one star: Montreal's Young Galaxy keeps it indie.

"It's an interesting time for us as a band. We're trying to juggle as many plates as we can, musically and creatively," said Ramsay (who co-founded Young Galaxy alongside vocalist/keyboardist Catherine McCandless) while in the process of mixing new tracks from his home in Montreal last week.

He maintains that constant momentum is crucial to the lifespan of an artist, so long as that momentum is driven by change.

The drive to do something different is what took the band away from the dreamy haze of their 2007 debut, as well as from their former Toronto-based label, Arts &

Crafts.

*Invisible Republic* is a far more rhythmic affair; cues from disco, funk and arena rock carve its sonic landscape.

Ramsay credits visual performance as a strong influence in their sophomore album, "coming from a place of fantasy" akin to the sensation of being immersed in a snow globe.

"In moving forward, Catherine and I wanted to incorporate other musical expressions, for better or for worse. It could mean failing miserably, but ridicule is nothing to be ashamed of. You can't grow in this climate, in the terms of this industry, if you're not willing to put your creative process on the line and take some risks."

The vocalist promises that future material will be another sharp turn from what listeners may be used to, borrowing from low-key Swedish bands to further explore psychedelic dance music in the unforfeiting, Pitchfork-driven world of indie rock.

*Invisible Republic* also marks the expansion of the group to include

bassist Stephen Kamp and multi-instrumentalist Max Henry, who bring their respective musical influences into a collective assumption that longevity is the goal in their careers.

For now, Young Galaxy will tour Canada where they have forged relationships with critically-acclaimed bands like Stars and The Dears.

Ramsay intends to continue driving the group forward in complete creative independence, but when asked if he would consider signing again, he simply stated, "Show me the money."

"We really want to get that giant snow globe," he laughed.

⇒ See Young Galaxy on Sunday, Oct. 18 at the Pyramid Cabaret (176 Fort St.)

⇒ Bend Sinister (Vancouver), Royal Canoe (Winnipeg) and TrEas (New York) will also perform

⇒ Tickets are \$7 in advance at Kustom Kulture, Into the Music and the Pyramid, or \$10 at the door

⇒ This is the final performance of the inaugural Pop! Et Cetera music festival

⇒ Visit [www.younggalaxy.com](http://www.younggalaxy.com)

## That place where there's spontaneity and curiosity



Don't let the wall behind him fool you: Between playing guitar for other people and working on his solo material, Afie Jurvanen (a.k.a. Bahamas) has his plate(s) full.

Feist guitarist Afie Jurvanen tours and tells awkward jokes in support of solo debut

AARON EPP  
MANAGING EDITOR

"Oh shit, I'm on CBC Radio right now. I've gotta turn this up."

Considering he's spent the past five years recording and touring with the likes of Feist, Jason Collett and Great Lake Swimmers, there's no doubt Afie Jurvanen's work has been included as part of this country's national public broadcasting before.

What makes this particular moment momentous, however, is that the song in question is from *Pink Strat*, the debut solo record the 28-year-old released this past July under the moniker Bahamas.

"I've been playing my own songs for many, many years," Jurvanen explained by phone after turning down the CBC in his tour van somewhere between Montreal and Ottawa last week. "It feels good to get to do it a little more consistently for the next little while."

Jurvanen is currently on a tour opening for Amy Millan, which includes a stop at the West End Cultural Centre on Sunday, Oct. 18.

Recorded last year over the course of two weeks in a cabin in rural Ontario, the songs on *Pink Strat* are like a trip to the Bahamas – laid back and simple.

"It was really easy and quick – very much

like a Neil Young record where we set up and played through the songs two or three times," Jurvanen said of the recording process. "I'm really pushing, even when we play live, to find that place where there's spontaneity and curiosity."

The album is named after the childhood Fender Stratocaster Jurvanen still plays.

"It's more a thing of timing than anything else," he said of why he chose to release and tour behind *Pink Strat* now. "I had gotten some offers to go on tours [playing in] other bands, but it was a decision on my part to focus on my own music."

"It's been a while since I told awkward jokes on stage and booked my own hotel rooms. For some reason, I'm up for it now."

*Pink Strat* is barely three months old, but Jurvanen is already thinking about his next two records: An instrumental album, as well as a collection of songs similar to the ones found on *Pink Strat*.

"These days it's about singing for me, and singing quieter," Jurvanen said. "I find a lot more interesting things in my voice when I'm singing quiet."

His mother wasn't too thrilled with *Pink Strat*'s cover art – a photo of Jurvanen meant to look like a mugshot – but apparently she's warmed up to it.

"She leaves the CD in the CD player all the time so she doesn't have to reference the cover very much," Jurvanen said.

"The next record, I'll put rainbows on the cover and it will be all good."

⇒ See Bahamas open for Amy Millan on Sunday, Oct. 18 at the West End Cultural Centre (586 Ellice Ave.)

⇒ Tickets are \$15 in advance at Ticketmaster, Music Trader and the WECC, or \$20 at the door

⇒ Doors open at 7:15 p.m., show begins at 8 p.m.

⇒ Visit [www.myspace.com/bahamasbreeze](http://www.myspace.com/bahamasbreeze)

## Sick City searches for a new singer

'We're definitely not going to make any quick decisions,' guitarist says

AARON EPP  
MANAGING EDITOR

A local band that gained notoriety with the release of its debut full-length in 2007 is searching for a new lead singer.

Sick City announced early last week that they will be seeking a replacement for Josh Youngson, who parted ways with the band in August.

The band – formed in 2005 by guitarists Dave Grabowski and Dorian Paszkowski, bassist T.J. Stevenson and drummer Joel Neufeld – is asking interested individuals to go to [www.myspace.com/sickcity](http://www.myspace.com/sickcity) to download an instrumental track from their 2007 Smallman Records release *Nightlife*.

People can record a vocal over top and submit their renditions by e-mailing them to the band or by uploading a video clip of their performance to the band's YouTube channel, [www.youtube.com/sickcity](http://www.youtube.com/sickcity).

"The response has been pretty awesome so far," Grabowski said this past Friday, Oct. 9. He added that in the first five days after making the announcement, the band had received close to 100 submissions, most of which are from the U.S.

"We've definitely got some people's attention, so we're pretty excited."

Sick City is currently writing the follow up to *Nightlife*, an album they recorded with producers Kenneth Mount and Zach Odum (Jimmy Eat World, Death Cab for Cutie).

Throwing pop, metal and punk into an extremely melodic mix, the band's music earned it spots opening for the likes of Comeback Kid, Protest the Hero and Papa Roach.

Grabowski said Youngson was asked to leave when it became apparent that he could no longer give Sick City his full attention.

"For the last year or so we just kind of felt Josh was maybe a little disconnected from the rest of the band and we felt like his heart wasn't really in it," he says. "We weren't willing to go forward with another record with Josh."

It was a hard decision to make.

"I'm probably the guy that was the biggest cheerleader for Josh being in the band, because I loved what he brought to it vocally and in terms of songwriting. But, it was in-



No, that isn't Moby: Paszkowski, Neufeld, Grabowski and Stevenson are looking for someone to replace the singer they parted ways with in August.

evitable, it seemed."

Youngson, for his part, doesn't harbour any ill will toward his former bandmates.

"I still respect them and care about those guys, and I wish them the best in the future," Youngson said. "I'm pretty proud of what we accomplished together."

He acknowledges that, while he was still interested in making music with Sick City, it was difficult to make the band a priority over his solo pursuits.

"Personally, it feels great," Youngson said of the situation. "I feel I have the time to finally do what I've been wanting to do for a long time."

Youngson has plans to debut his solo material, under the moniker Owen and the Sea, before the end of the year. He describes the music as more straight-forward pop.

Currently working with two managers, Youngson will most likely release a digital EP through Smallman Records before Christmas, with a full-length to follow in the new year.

"By no means is leaving Sick City a stoppage for me, musically," he said. "I'm going to keep making records, always."

Grabowski, meanwhile, would like to see the next Sick City record come out before summer 2010. Still, the guys in the band don't want to rush things and have not set any deadlines for themselves.

"We've been happy with the response so far, but we're definitely not going to make any quick decisions, and we're not going to settle."

Visit [www.myspace.com/sickcity](http://www.myspace.com/sickcity).

## Arts Briefs

Compiled by C. Jordan Crosthwaite

### JAPANESE SLASHER-BABE TURNS TO POLITICS

A young Japanese politician made a drastic career change when she was elected into the government of Japanese Prime Minister Yukio Hatoyama. Mieko Tanaka, a minster of "diet" became part of the Japanese administration after a recent election according to *Foreign Policy*.

Tanaka once played nude in a horror film as a victim of a murderous monster in *Blind Beast* vs. *Killer Dwarf*, a gory 2005 film directed by Teruo Ishii.

Previous to holding office, Tanaka was a sex journalist (under a pen name) and was known for authoring articles that stemmed from interviews with sex-trade workers. In her interviews, Tanaka would dress in strange costumes, for no apparent reason.

### STYLE COPS POLICE AT UNIVERSITY

Staff and faculty at Birmingham Metropolitan College in the UK are having their jobs threatened under accusations of poor wardrobe choices. The professors at the college are now being warned against wearing practically anything but pressed dress shirts and suits, according to the BBC.

Held to rules like no tattoos, no fancy earrings and no "scruffy trousers," staff are encouraged to wear "co-ordinating" business attire.

The style guidelines, outlined by college administrators, will be strictly enforced. Those who commit fashion faux-pas this season might be sent home from teaching their classes.

### AMATEUR PORN FEST SELLS OUT

Seattle's *Hump!* amateur pornography festival is in its fifth year, and it's more popular than ever. *Hump! 5* is a juried showcase of the best in homemade naughtiness, and 12 of the 13 screenings are completely sold out, according to the Seattle-based magazine *The Stranger*.

The one screening that isn't sold out is the noon-hour show time, perhaps because that's a little early to turn on to *Dumpster Humpster* or *Citizen Came*.

The festival features erotic shorts of all variety, gay, straight, solo and "vanilla" (I don't know what "vanilla" entails).

*Fuck*, a five-minute short, is a story of police with poisoned penises; should they lose erections, they will die. *Our Ruinous Love* stars a traffic cone, and *Full Swap* is filmed from an advantageously placed surveillance camera.

### POTHOLE PORRIDGE

Taking after New York's Vendys, the British Street Food Awards will begin awarding winners next September, according to the *Guardian UK*.

New York's Vendys give awards to the best street vendors in the city - and the British will follow suit, giving kudos to the gastronomical elite of the gutter.

Awards range from food type (best fish-and-chips, for example) to presentation. The "Best Mobiler" award will be given to the nicest looking cart.

The UK boasts a variety of food vendors, due to ethnic diversity and a bottomed-out economy that can't support the haute-cuisine of upscale restaurants. The UK's curbside cuisine includes a chocolatier who has taken it to the streets, as well as a movable oatmeal vendor.

### DRAMATIC DELINQUENT ASSAULTED IN SAN FRANCISCO

A young actor with a starring role in a street-crime film was badly beaten on public transportation in California, according to the *San Francisco Chronicle*.

Christopher Borgzinner, a young actor playing a criminal in *La Mission*, was wearing the wrong colour of sneakers when he was approached by gang members who claimed red was their colour. His wallet was stolen and he suffered broken bones.

## THEATRE REVIEW

# Bitter redemption

Don't let the title fool you - WJT's *Cherry Docs* is anything but sweet

STEPHANIE TAYLOR  
VOLUNTEER

### Cherry Docs

Presented by Winnipeg Jewish Theatre  
Directed by Michael Nathanson  
Plays at the Berney Theatre (123 Doncaster St.) until Sunday, Oct. 18  
★★★★☆

*Cherry Docs* refers to the 18-holed combat boots which are the catalyst for the strange relationship at the centre of this play. The relationship represents themes of justice, forgiveness, tolerance and redemption.

Daniel Dunkleman (Graham Ashmore) is a middle-aged Jewish legal-aid lawyer conflicted in his representation of his client, Michael Downey (Matthew Tenbruggencate). Michael is a young man in his 20s who is part of the "skin-head revolution," guilty of maliciously kicking an east-Indian man to death.

Daniel seeks harmony in the multiculturalism he sees around and is angered with Michael's Nazi-psycho-babble as an excuse for his life.

Daniel forces his client, who is well-read and articulate, to create a defense for himself where he has to expose the real motives behind his past decisions. Daniel "breaks" Michael, and in one emotionally charged scene Michael finally reads a letter sent by the victim in which they forgive him for the beating.

This play is not your average performance. It is almost entirely delivered in monologues. You hear the thoughts and feelings that are in the character's mind, or the commentary of the trial as it unfolds.

When the two men speak, the dialogue is filled with intense screaming, swearing and racial insults.

In one scene, Michael, trying to frustrate Daniel, asks him what he thinks the difference is between a Jew and apple pie. Michael's answer will no doubt make you gasp. As I mentioned before, this is not your average performance.

To watch this show you have to see the characters and the story as metaphors for a bigger picture. *Cherry Docs* is a social com-

mentary. Michael and David are not supposed to be seen as "real" people, but represent ideas present in our world, like hate versus love.

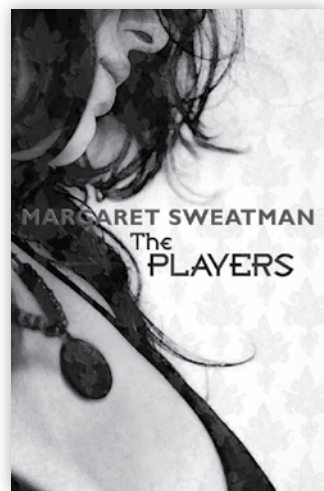
The message is to stop ignoring the dis-sidence in our neighborhoods and to take action. Without having this perspective, seeing this show may leave you feeling slightly confused.

*Cherry Docs* is modern and interactive, both brilliantly written and performed. It's a perfect fit for the opening of the Winnipeg Jewish Theatre's 22nd season. I recommend not missing this one-of-a-kind show and the chance to become reacquainted with the issues still affecting our day-to-day behaviors and thinking.



Hatred in black and white: Matthew Tenbruggencate portrays a skinhead in the Winnipeg Jewish Theatre production of *Cherry Docs*.

## BOOK REVIEW



MELISSA HIEBERT  
VOLUNTEER

### The Players

Margaret Sweatman  
332 pages, Goose Lane, 2009

Two French explorers arrive in court to charm two ships from the English King. The rest, as they say, is history... or perhaps not.

In this tale of beginnings and invention, actress-turned-explorer Lilly Cole takes on 17th century society with a provocative modern sensibility.

Lilly must out-perform and out-fox - in court, on stage, in private quarters and in the brutal cold of James Bay - if she is to live at all.

The synopsis sounds bright, interesting and a must-read for all die-hards of history; but this is no tale of nobility, justice or truth, but the darker side of human nature like sex, betrayal, murder and lies.

Lilly Cole is a hooker, an actress making only pennies a day and sleeping with the trashiest of men. Playwright Bartholomew, the drunken Earl of Buxborough, notices her when she is a mere waitress. Obsessed with her beauty he decides he wants to train her

as an actress, and train her as an actress he does.

Her performance on a late night impresses King Charles and she in turn becomes his mistress. She later finds out she has the chance to manoeuvre her way onto a journey to the Orient.

The story is uniquely written and it takes on the format of a film. Scenes are short and jump between each other very quickly.

Lilly Cole is supposed to be the central character, but with that narration you wouldn't be able to tell. It jumps from third person, has some first person, a little bit of second person and some omnipresence.

In choosing this narrative, you lose any emotional connection you could have had with the story.

When you read it, it's as if you're reading a very old text that would just describe what all the characters are doing, but not feeling. It feels like a history textbook with some dialogue plugged in.

The characters are by no means appealing. Lilly has no depth to her.

Her mother died of the plague, she's living with an accused witch and she has no ambition but to sleep around with royalty. You don't get a chance to hear her thoughts, her feelings. There are blips of it the odd time, but nothing that might trigger some compassion towards her.

The King is also painted with a stained brush as he comes off as a gigolo and the French characters are stereotypical of what people have been made to believe they were: Nasty, deceiving people.

The whole story feels like a drag, with no real points of excitement or action, just chapter after chapter of people having redundant conversations.

The only highlight of the novel is how Sweatman describes the scenery and gives the story atmosphere. You can almost smell the King's castle, the musky alleyways and ale-fumed pubs.

Overall the story is very dry, slow moving, confusing and quite uninteresting. In other words, this book is probably better left on the shelf.

## THEATRE, DANCE & COMEDY

⇒ STRONG POISON is on stage at the MTC's John Hirsch Theatre from Thursday, Oct. 22 until Wednesday, Nov. 4.

⇒ FIVE O'CLOCK BELLS, a play about Winnipeg guitar legend Lenny Breau, will be performed in the Tom Hendry Theatre in the MTC Warehouse until Saturday, Oct. 24.

⇒ Winnipeg Jewish Theatre is proud to present David Gow's drama CHERRY DOCS. The show runs until Sunday, Oct. 18 at Berney Theatre in Asper Jewish Community Campus.

⇒ FREYA BJÖRG OLAFSON opens Winnipeg's Contemporary Dancers 2009/2010 season with performances of AVATAR at the Rachel Browne Theatre. Performances occur at 8 p.m. nightly on Oct. 15, 16 and 17, with a 3 p.m. matinee on Oct. 18.

⇒ The BLUE MAN GROUP bring bald heads, body paint and drumsticks to the stage at the MTS Centre on Friday, Oct. 16.

⇒ Leave your legacy in the Canwest Centre for Theatre & Film by making a donation and receiving a plaque on your own chair in the theatre.

## LITERATURE

ALL OUR CHANGES: IMAGES FROM THE SIXTIES GENERATION is a collection of photographs taken by GERRY KOPELOW in Winnipeg, Ottawa and Toronto from 1968-70.

In case you didn't get your fix of tie-dyed, barefoot, long-haired, peaceful people at Folk Fest this summer, the University of Manitoba Press is releasing a book of photographs of Manitoba's 1960s hippie movement. *All Our Changes* is a never-before-seen collection by photographer Gerry Kopelow, a cultural document capturing the spirit of an historic generation. There are pictures of hippies of all sorts, including early photographs of Joni Mitchell and the Guess Who, among others.

The collection will be launched on Thursday, Oct. 15 at McNally Robinson Grant Park at 7:30 p.m.

-BRANDON BERTRAM

⇒ The Institute for Women's and Gender Studies and the University of Winnipeg's English department present an evening with EILEEN MYLES on Wednesday, Oct. 21 at Mondragon Bookstore and Coffehouse.

⇒ Cartoonist SETH will be speaking and presenting slides from his new book GEORGE SPROTT and another book he designed and edited on Canada's fantastic comic history, entitled DOUG WRIGHT: CANADA'S MASTER CARTOONIST. Tuesday, Oct. 20 at the U of W.

⇒ PAULETTE MILLIS presents her book, EAT AWAY ILLNESS, about healthy diets. Thursday, Oct. 15 at McNally Robinson Polo Park.

⇒ The presentation and signing of CLIMBING PATRICK'S MOUNTAIN by author DES KENNEDY introduces readers to Patrick Gallagher, an eccentric breeder of roses. Thursday, Oct. 22 at McNally Robinson Polo Park.

⇒ SIR SALMAN RUSHDIE will give a lecture in collaboration with the Winnipeg Arts Council's 25th anniversary. Thursday, Oct. 22 at 8 p.m. at Pantages Playhouse.

⇒ THE WRITERS COLLECTIVE 2009 POETRY CONTEST is asking for submissions no later than Monday, Nov. 2. For details call 786-9468 or email writerscollective@winnipeg.ca.

⇒ The launch of I SAW IT TOO: REAL UFO SIGHTINGS BY KIDS is a document of close encounters by Winnipeg author Chris A. Rutowski. Sunday, Oct. 18 at 2 p.m. McNally Robinson Grant Park.

⇒ On Thursday, Oct. 29, McNally Robinson Polo Park is holding a GRAVEYARD BOOK PARTY in hopes of winning NEIL GAIMAN's North American Graveyard Book Party Challenge, which could bring the author to Winnipeg. The party runs from 7-10 p.m.

# The season of imagination

Golden City's *Fall Show* is a feast for the senses

JAMES CULLETON  
VOLUNTEER STAFF

Winnipeg is a haven for imaginative artists' creativity and *The Fall Show* at Golden City is no exception. The exhibit is a capricious offering from one of the city's most imaginative artist collectives, Wigtads International.

Hung salon style, *The Fall Show* is a feast for the senses. When you have five artists that share a studio and work in a wide variety of media, such as Wigtads, what results is an interesting mixture of people and art.

The exhibition in part represents the recreation of the Wigtads studio at 75 Albert St. in the form of a paint splattered drafting table fully equipped with paint brushes and an art history book open to NeoClassicism.

An old video screen plays a collaborative piece by the group filmed primarily in and around the Wigtads' studio at 75 Albert. In the video, birdmen dance in stairwells and inverted images throb in and out of view.

The show was inspired by "Sleep of Reason," a work by 18th century Spanish painter Francisco Goya, said Michael Meadows, a longtime Wigtads studio resident.

Goya once said, "Fantasy abandoned by reason produces impossible monsters: united with her, she is the mother of the arts and the origin of their marvels."

Judging by the window display, these impossible monsters that Goya speaks of are made of sculpted paper.

The window piece is a three-part narrative entitled "Cryptic Triptych." In it, fantastic creatures and haunting faces make for an eerie and Halloween-appropriate window front. A multi-teated female cat stands



Have you ever seen an elephant fly? "Birds" at Golden City's *Fall Show*.

proudly against scenes of twisting heads and faces floating vividly nearby.

Grant Mitchell, organizer of the exhibit, provides great examples of the kind of variety that is this show's strength.

One of Mitchell's drawings, entitled "Dream," describes a lucid moment in a dream where a line of crows stand in front of a white, antiseptic kitchen wall.

In "Odalisk," one of his sculptures, Mitchell mounted a cracked log onto a pedestal and painted it white.

Mitchell shows painting, video, drawing, and sculpture on his own and in collaborations with others in the group.

One of the collaborators, Mark Yuill, shows a striking collection of portraits that he made on cereal boxes.

"I get turned on by studying faces and reading the narrative of the expressions," reads Yuill's artist statement. "I'm in love with the marriage of words and images."

Each of his portraits are accompanied an inscription.

Cory Penner's photography depicts a

somewhat different reality, guiding the viewer through a landscape more commonly found in fantasy novels than everyday life. Penner's sweeping landscapes of PEI, and its wildlife, are a stark contrast to his large photograph of a blurred alley.

Michael Koche-Schulte mixes it up with several styles of painting. Koche-Schulte, and his work, is unassuming and can be hard to recognize within the group. Most surprising were his delicious hand made pretzels that were part of the packed opening night's snack bar.

In the end, it's the imaginative current that runs through all the work in the show that is the most enjoyable. Wheat stalks poke out of holes in the floor and a moose pelvis dangles from the ceiling of the gallery.

Every time you look at this show you'll find something new and engaging.

*The Fall Show is on display at Golden City Fine Art (211 Pacific Ave.) until Monday, Nov. 2. Visit [www.goldencityfineart.blogspot.com](http://www.goldencityfineart.blogspot.com).*

## An android's dungeon

New exhibit highlights common ground with our metallic friends

RACHEL BERGEN  
VOLUNTEER

Robots + Us, a new exhibit at the Manitoba Museum, has something for everyone.

The travelling exhibit, from the Science Museum of Minnesota, has two primary goals. The first is to highlight "what robots are and what they do." The second is to demonstrate "how they help us, change us and teach us about ourselves," Scott Young, manager of science communication at the museum, said by phone last week.

Real robots and props from science fiction movies are included amongst the eye-catching displays.

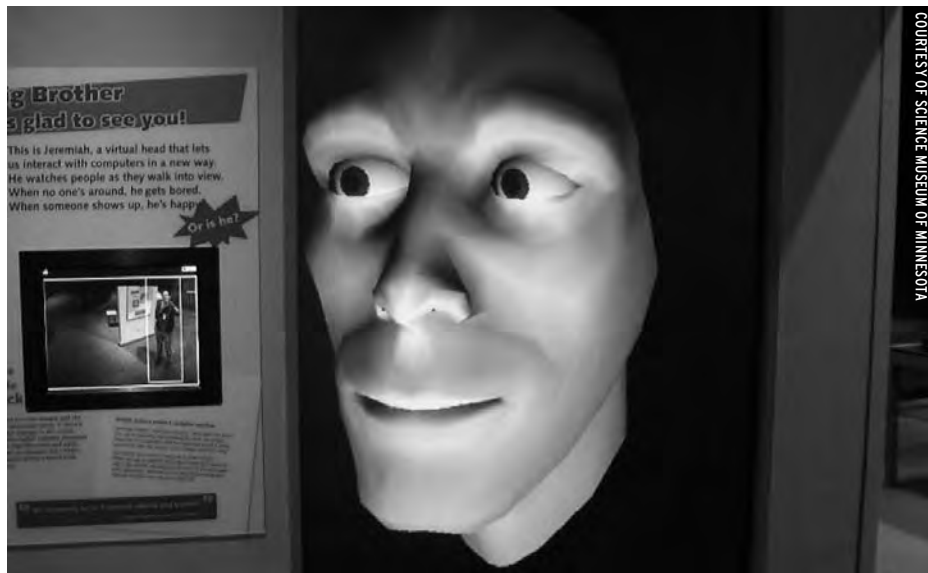
Young is expecting the exhibit to be a very popular attraction for all age groups and interests because of its nearly two dozen interactive components.

One segment of the exhibit, "From the Mind of Ants," allows participants to observe the tiny creatures navigating their way through a maze in a quest for food, using their problem solving abilities and determination to travel great lengths to achieve a common goal.

Young said that he compares the functions of ants and robots with humans because they are simple on their own, but together can complete complicated processes such as "building homes, raising young and finding food."

Activities that should also excite participants include racing a robot to finish a puzzle or guiding them around a maze using only a flashlight.

Other guests will enjoy Robotuna who



Somebody's watching you: Jeremiah, a computer generated avatar, "lives" only inside the machine. Or does it? Jeremiah responds through facial expressions to the motions of visitors who walk in its path.

mimics a swimming tuna, Troody, the dino-robot inspired by the "feathered but flightless meat eating dinosaur," *Troodon formosus*, or Spring Flamingo, a robot that looks similar to a heron or a flamingo and can walk, even up and down inclines.

"Sensor Garden" is yet another component of the exhibit sure to stimulate those interested in observing robots trained to respond to one kind of stimuli, which is similar to the human eye or ear.

Not only does the exhibit present real robots and allow viewers to construct, play and experiment with several of them, it also presents the history of robots and the idea of creating intelligent machines has evolved over time.

This evolution ranges from the novel, *Frankenstein*, to Elektro – the robot created for the 1939 New York World Fair – a robot that could walk, talk, tell jokes and smoke

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### GALLERIES & MUSEUMS

TARA DAVIS is displaying her fabric art series INTERWOVEN at the Cre8ery until Tuesday, Oct. 20. Opening reception on Thursday, Oct. 15.

HORROR FABLES brings an eerie atmosphere to Ace Art. HOWIE TSUI draws upon traditional Asian ghost stories for his paintings and an installation that resembles traditional kabuki theatre. Exhibition runs until Friday, Nov. 13.

KEN GREGORY: WIND COIL SOUND FLOW at Gallery 1C03 in conjunction with the Send + Receive Festival runs until Oct. 31.

UN.BOUND an exhibition by participants in the Women's Art Foundation's mentor ship program is up at MAWA until Oct. 20.

A LANDSCAPE RECLAIMED by KAREN WARDLE will be on display at Outworks Gallery until Saturday, Oct. 17.

RABBLE ROUSERS by PAUL ROBES at Gallery 803 runs until Saturday, Nov. 13.

The exhibition CITY, TOWN AND COUNTRY will be on display at the Woodlands Gallery until Saturday, Oct. 24. Featuring artists RICK BOND, JOHANNE DUCHAINE, GERALD LAPOINTE and ALEX SUPROWICH.

ROBOTS + US has taken over the Manitoba Museum throughout October.

The Plug In Gallery is hosting MICHEL DE BROIN's exhibition DISRUPTION FROM WITHIN until Saturday, Nov. 21.

The Urban Shaman Gallery presents MÉTIS/SAGE works by DAVID GARNEAU until Saturday, Nov. 14.

The Winnipeg Art Gallery puts on display photographic portraits by YOUSUF KARSH. Some of the famous faces include Muhammad Ali, Winston Churchill, Audrey Hepburn, Grey Owl and Pierre Trudeau. Exhibition runs until Sunday, Jan. 3.

15 MINUTES is a showcase of local art happening the first Thursday of every month at the Winnipeg Art Gallery. Local artist can submit their work for the series to [art-educator@wag.ca](mailto:art-educator@wag.ca).

ART OF MUSIC at the Folk Exchange is drawings, paintings, photographs and sculptures inspired by music. The show runs until Friday, Oct. 30.

PLATFORM Centre for Photographic and Digital Arts is pleased to present the group exhibition AS THE SIDEWALK BLEEDS, on display until Saturday, Oct. 24.

cigarettes.

The exhibit also highlights the history of robotics and artificial intelligence, the idea that computers can compete with human intelligence.

Young said the exhibit argues that science is still "far from achieving anything like the adaptive intelligence we demonstrate every day," however it still reflects on how "human dreaming and tinkering have long inspired one another."

For those who choose to wander down memory lane or chat with a robot, there is a component called "Artificial Friends," that displays mechanical companions from years past such as Furby, Nano and My Real Baby.

"The Android Café" has a robot on display to engage even the shyest people in conversation.

*The exhibit is on now until Jan. 17 at the Manitoba Museum (190 Rupert Ave.). Visit [www.manitobamuseum.ca](http://www.manitobamuseum.ca).*

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## MOVIE REVIEW

## Yogi bearable?

Documentary gives skeptic an opportunity for enlightenment

JAYA BEANGE  
VOLUNTEER STAFF

**Enlighten Up!**

Directed by Kate Churchill, 2009

82 minutes. Plays at Cinematheque Thursday, Oct. 15, Friday, Oct. 16 and Sunday, Oct. 18 at 7 p.m., as well as Wednesday, Oct. 21 at 7:30 p.m.

★★★★☆

*Enlighten Up!* documents an experiment.

Take one part middle-aged journalist undergoing an identity crisis, add a medley of yoga classes (such as Yoga for Regular Guys and Laughter Yoga), transport mixture to various international locations (cute clips of red push-pins mark the voyage on a map), garnish with teachings from world renowned yogis including B.K.S Iyengar, and see what happens.

Does yoga make a difference to the body? How about the soul?

The film's director, Kate Churchill, is convinced it does both. To prove her point, she selects a novice to the discipline and chronicles his eclectic and often bizarre introduction to yoga.

"My name is Nick Rosen. I'm 29 years old. And I live in New York City."

Meet Nick, the ideal candidate for Churchill's project. For one thing, he has the perfect genes. His (now divorced) parents together represent the extremes of left- and right-brain personalities – his father is an attorney, his mother a shamanic healer.

Nick is open-minded yet skeptical. He is a scientist at heart and weary of the overly spiritual (at times, he suggests, even cult-like) tendency that yoga seems to have:

"I want facts ... Rhetoric won't be enough, I need facts."

But at least he's open to being enlightened. Let's see how far he gets...

The film submits an unbiased exploration

of the world of yoga in its many forms, dissecting the essence of this new-age (albeit ancient) movement. It touches on the contradictory beliefs that pervade the thoughts of practitioners who seem to disagree about pretty much everything – the origins of yoga, its benefits, even which practices should be accepted as yoga in the first place.

To borrow one yogi's analogy, having "too many cooks in the kitchen" can leave you with an unpalatable meal. At the same time, options suggest there's potentially something for everyone.

At times the interviews are choppy, but the film lives up to its name. In the end, it offers us at least the beginnings of enlightenment.

It is creatively assembled, with a carefully selected soundtrack and quirky dream sequences.

Does Nick abandon yoga practice? Does the search drive him mad and leave him institutionalized? Does it bring him closer to his family members? Does he attain enlightenment?

Catch this film at Cinematheque and see for yourself.

*If you feel like getting into the mood before viewing, Moksha Yoga Winnipeg is partnering with Cinematheque to do "Yoga and a Movie." Every night before Enlighten Up, MYW will be offering a yoga class from 5-6 p.m. in the Winnipeg Film Group studio (3rd floor above Cinematheque). Visit [www.tinyurl.com/wfygyoga](http://www.tinyurl.com/wfygyoga) for details.*

## FILM LISTINGS

⇒ CINÉMENTAL a festival of French language films (with English subtitles) will be at the Globe Cinema Oct. 21-25. For more info visit [www.cinemental.com](http://www.cinemental.com).

⇒ SEND + RECEIVE: 10 YEARS OF SOUND double DVD release party happens Thursday, Oct. 15 at the Royal Albert Arms.

⇒ MY CULTURAL DIVIDE, directed by Faisal Lutchmedial, questions the logic of the hardcore political activist. The screening is in the Manitoba Boardroom at the University of Winnipeg on Tuesday, Oct. 20 at 7 p.m.

## DVD REVIEW

## Public excess

Documentary on city's golden age of access TV brings out the bold and the bizarre

SAMUEL SWANSON  
BEAT REPORTER

**Winnipeg Babysitter**

Curated by Daniel Barrow

82 minutes, Available for sale at McNally Robinson, Music Trader and through [www.videopool.org](http://www.videopool.org)

★★★★☆

Once upon a time, Winnipeg television was mandated to include a public access channel which was used – and abused – by many throughout the 1980s.

Public access television in general has spawned some of the most renowned satire, most notably the "Wayne's World" sketch on *Saturday Night Live*.

All of the content of *Winnipeg Babysitter* lives up to the cliché and reputation of public access TV.

*Winnipeg Babysitter* is a program of cable access programs that toured internationally through Winnipeg's Video Pool Media Arts Centre. The program was turned into a DVD and released this past July.

It's a compilation of clips found in the dirty archives of an era that middle-aged folks remember but refuse to divulge the

photographs from. It truly is a time capsule of low-production quality and overall ridiculousness.

Perhaps the most famous show on the DVD is the *Pollock & Pollock Gossip Show* starring "Rockin'" Ron Pollock (the guy who ran in the 2006 Winnipeg mayoral election and came dead-last with less than three per cent of the total vote) and his sister "Nifty" Natalie who's apparently good at wearing low-cut blouses and agreeing with everything Ron says.

*The Pollock & Pollock Gossip Show* provides such entertainment as a topless elderly man dancing while a small man with a moustache and the outfit of a female Brazilian samba dancer lays on the table and kicks his legs like a horizontal can-can dancer.

Another standout show on the *Babysitter* DVD is a quaint little music video by "The Cosmopolitans," a band of now certainly deceased elderly women performing in the humble, small town of Oakbank.

My favourite show on the DVD, by far, is *Magic Mike's Castle*. In this special show, the magic mirror (a piece of tin foil) literally spits the "magic word" out of his mouth. The magic word is "no" and Mike opens a crappy song that doesn't rhyme about the word by advising kids to say no "to drugs and cigarettes and everything." Just say no to *everything*, kids.

Now, granted, most of these shows first aired before I existed, so I can only assume this sort of thing was acceptable in the '80s. In any case, I highly recommend this DVD to anyone who (a) has a fetish for the bizarre and occult, (b) watched a shitload of public access TV in the '80s and/or (c) has plenty of psychoactive drugs to use and needs a DVD to watch them to.

*Although Winnipeg Babysitter receives three stars, it must be noted that it does so entirely due to accidental hilarity, with no intentionality whatsoever on the behalf of the programmers.*

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# Put your best foot forward

There are many options in keeping your feet warm and stylish this fall

KATHLEEN CERRER  
STAFF WRITER

Footwear is an essential part of any look, but becomes especially important as the temperature drops. Keeping your feet warm and staying comfortable yet stylish is achievable when it comes to choosing the perfect fall footwear.

It's sometimes difficult to decide what to wear during the autumn season as we often jump straight to the winter boot. Nothing is wrong with that, but don't feel this is your only option. There is an array of styles available which can also be used through winter or in the spring/summer months.

## LEATHER

Boots are not only classic, but quality leather footwear can take you through just about every season without looking dated.

Investing in a good pair of shoes is a good idea when it comes to any



type of footwear, as it will last you for years to come. Look for a versatile style that can be interchanged with various outfits, especially if you have a budget.

When it comes to boots, make sure you can easily walk in them and your calves don't feel restricted. Having your shoes stretched is also an option if they feel too tight and can usually be done at a reasonable price at a shoe repair shop.

Protecting your leather goods is key to maintaining the life of your

products. Make sure you apply protector immediately which can be purchased at almost every shoe store. Once the shoe has been exposed to dirt, clean off the excess with a soft brush or cloth making sure not to scratch the material. Do not drench the shoe with protector, but lightly spray and let it sit for an hour or two.

This fall try ultra-tall, over-the-knee styles for ladies, and mid-calf length boots for men.

## CANVAS

Canvas shoes are great for everyday casual wear and are surprisingly easy to keep clean. More and more styles are available in the canvas material, which is made out of hemp and a coarse cloth like material.

Canvas shoes are low maintenance and can be thrown in the washing machine to clean. Be sure to look at labels in case there are special instructions for shoes with designs and graphics.

Plain and simple canvas shoes



are the way to go for an understated look.

The famous Keds is a popular brand when it comes to canvas shoes and can be worn in fall and through the spring/summer months. Keds are a classic, but instead of black and white, why not experiment with color in plum, red, navy or stone?

## SUEDE

Suede shoes, when properly maintained, can look just as classic as leather.

Always spray your boots/shoes with protector to repel stains and water after they've been purchased or brought out for a new season.

It is inevitable that your shoes will get dirty, so it's important to clean and spray protector at least twice a season. Clean off dirt with a nylon bristle brush to remove any stains or salt that can be transferred in the winter months.

Slouch boots with fringe and bow detailing, or suede ankle boots are great for everyday wear.



Suede loafers for men and women are a great option as the weather transitions, and can be brought back come spring time.

# Eating on campus at the University of Winnipeg

Diversity Food Services may be ethical and sustainable, but is their food any good?

C. JORDAN CROSTHWAITE  
CULTURE REPORTER

In a downtown campus bent on urban renewal and community integration, and in a neighbourhood famous for cultural diversity and some of Canada's best ethnic food, the shift from Chartwells to Diversity Food Services at the University of Winnipeg makes perfect sense.

But does it taste good?

The goal was to eat three square meals at Diversity Food Services and review the food quality, steering away from the political mumbo-jumbo of sustainability, ethical employment practices and healthy eating.

The price for nearly every serving at Diversity is a big draw. Always around the five-dollar mark, it's easy to be tempted to indulge at the three food service locations on campus.

Pangea, at Riddell Hall, has a small selection that contradicts the title of the new food service provider. Diversity was lacking in the cafeteria with bare countertops and poorly-stocked pastry cabinets.

The appearance of the cafeteria is a little chaotic, with shipping boxes torn open revealing bags of organic potato chips.

The menu is displayed on flat-screen video screens next to a constant run of *Iron Chef* on the Food Network.

Diners at Pangea are given the option of take-away or dine-in, though both options use a compostable kind of Styrofoam. The take-away option has a lid.

Cutlery can be either stainless



The breakfast of champions? Jordan Crosthwaite isn't so sure.

steel or, for the Crusoe in diners, wooden utensils are available.

The breakfast menu at Pangea also gave little in the way of diversity. A choice is offered of a two-egg breakfast (no meat), huevos rancheros or a breakfast sandwich, which is basically the two-egg breakfast stuffed onto a bagel.

The two-egg breakfast, served on a paper plate, boasts free-range eggs, one piece of toast and a heap of potatoes.

The eggs, ordered over-medium, appeared on the deck of the cafeteria line amongst three other identical plates.

An inquiry as to which plate contained the over-medium eggs elicited a response from my breakfast chef of: "Uh ... That one, I think."

The one-in-three chance ended poorly when the eggs were found to be quite runny, though the yolk was richly yellow.

Surprisingly, the breakfast chef had taken the liberty to season the eggs during preparation, which yielded a painful saltiness that was only barely tolerable next to the undercooked and desperately under-seasoned mountain of potatoes next door. The single piece of toast was limp, dry and cold.

The assurance that the eggs were ethically raised weighed pretty lightly when they were qui-

etly dumped in the compost bin and the day started on an empty stomach.

At Café Bodhi, where espresso is served, fortification was provided by a weak, but not foul espresso served in a Dixie Cup. By the time the fair-trade coffee reached the counter it was lukewarm in the wax cup, but still lacked the sourness that seems endemic of Winnipeg's paltry selection of quality espresso.

At lunch a free-range chicken quesadilla, served mysteriously without chicken, was returned and kindly replaced. It contained a spattering of grated cheddar, some flavourful bits of dark thigh meat and some crisp, surprisingly fresh peppers. The fresh tomato salsa was a mild condiment, though the meal was a little under-portioned to be considered a meal.

Also at lunch, a generous portion of elk stew on rice is served, a steaming hearty dish that, while lacking seasoning, is a surprising and comforting meal. The meat showed no signs of pre-stewing searing, an essential for caramelizing the surface to develop meaty flavour.

Dinner options include a beef burger, chickpea curry and "Sunpeak" chicken tenders.

Unlike breakfast and lunch options, dinner materialized quite quickly (though the open kitchen

betrayed the secret that none of the food was cooked to order).

The burger, served with everything (one can refuse mayonnaise on request) was dwarfed by the large, compostable take-out container and appeared decidedly less generous than the image that the video-menu boasted.

Despite its diminutive size, the burger was cooked well, not dry, accompanied by fresh, ripe tomatoes and crisp lettuce. The bun, like the morning's toast, was limp and cool.

The chickpea curry was enough to feed any large mammal, and though the chickpeas were undercooked and crunchy (an unforgivable sin for those with sensitive bowels), the dish tasted fine with a little salt and pepper.

In terms of flavour and quality, the laughably small portion of chicken strips ranks highest, with a wholesome homemade batter and tender chicken. The accompanying honey dill sauce was nearly unnecessary for enhancing the dish. Unfortunately, the three little strips, priced at five dollars, would barely feed a toddler at snack time.

The food offered at Diversity Food Services doesn't improve on its much-maligned predecessor Chartwells. While it ensures local ingredients, admirable employment practices and lower price points, it sacrifices taste and flavour for a patron's sense of well-being.

Common for our era when "green" causes are championed, the new food service at the U of W is serving feel-good causes that distract consumers from the food itself.

Diversity Food Services faces the challenge of trying to encourage students, faculty and community members to eat better. Unfortunately, "better" means better for the compost heap, and not better for the palate.

One can only hope that Diversity is simply getting its feet about it and settling into the groove of a new menu. And hope, we can only hope, that it will not disappoint.

## DIVERSITY NEAR CAMPUS

Looking for somewhere to eat off campus? Here are four options that aren't Subway.

### Viva Restaurant

505 Sargent Ave.

The *Winnipeg Free Press* food critics have championed Viva for over a decade. This Vietnamese restaurant at the corner of Sargent and Spence is moderately priced and certainly one of the best of several Vietnamese restaurants in Winnipeg. The three-dollar Vietnamese sandwich is perfect for a quick between-class snack, and if you can dine-in, the charbroiled pork with spring rolls vermicelli is unbeatable.

### Shawarma Time Restaurant

616 Ellice Ave.

Shawarma Time has, without a doubt, the best shawarma this side of Ottawa. Located at the corner of Ellice and Maryland, this Lebanese restaurant is also one of the friendliest eateries around. The six-dollar shawarma has perfectly cooked shaved lamb and it's always a good idea to ask for extra beets. Vegetarian options are available.

### Kokeb Restaurant

330 Ellice Ave.

Kokeb is a moderately priced Ethiopian restaurant on Ellice between Donald and Hargrave. Ethiopian food famously takes a mysteriously long time to reach your table, but among Winnipeg's Ethiopian restaurants Kokeb is one of the fastest. For eight dollars a person, the vegetarian platter of injera bread covered with all kinds of delicious mush is a great deal.

### Black Sheep Diner

540 Ellice Ave.

Right around the corner from campus at Langside and Ellice, this trendy home-style diner has good prices, decent fare and hip atmosphere. The choose-your-own breakfast adventure is big draw, and options like avocado and delicious baked beans make it a refreshing take on the classic American breakfast. The coffee is good, not great, but it's made up for by the fun collection of salt and pepper shakers that decorate each table. Most of the ingredients are local and the portions are ample.

## AWARDS & FINANCIAL AID

The Awards and Financial Aid staff of the University of Winnipeg provides the student body with current information on award opportunities. This information is updated weekly.

### THE UNIVERSITY OF WINNIPEG AWARDS:

#### WORK STUDY PROGRAM

Project descriptions and applications for the 2009-10 Work Study Program are available in Student Services (located on the first floor of Graham Hall) or in Student Central (on the first floor of Centennial Hall). You can also obtain project descriptions and application forms from the Awards & Financial Aid website: <http://www.uwinnipeg.ca/index/services-awards-work-study-program>.

To be eligible for the Work Study Program, you must:

- Be registered in a degree program at the University of Winnipeg in the 2009/10 academic year on a full-time basis as defined by the Manitoba Student Assistance Program (18 credit hour minimum)

- Have successfully completed 30 credit hours (GPA of 2.0 or higher)

- Be on Regular Status at the University of Winnipeg

- Receive a government student loan of at least \$1,000 for 2009/10 as a result of the financial need assessment done by the Manitoba Student Financial Assistance Program or another province's student aid office OR obtain a student line-of-credit or student bank loan for 2009/10 of at least \$1,000

**Deadline:** Oct. 16, 2009

Note: You can apply for a maximum of four positions and cannot be hired for more than one.

### AWARDS OFFERED BY EXTERNAL AGENCIES AND ORGANIZATIONS:

#### AUCC AWARDS

The Association of Universities and Colleges of Canada provides 150 scholarship programs on behalf of the Federal Government, domestic and foreign agencies, and private sector companies. Check out their website [www.aucc.ca](http://www.aucc.ca) and look under the heading Scholarships and Internships for Canadian Students.

**Deadlines:** Various

#### IDRC/CRDI AWARDS

The International Development Research Centre (IDRC) is a Canadian crown corporation that works in close collaboration with researchers from the developing world in their search for the means to build healthier, more equitable and more prosperous societies. Various research and academic awards are available for application. Please visit their website for more information on their award programs: [www.idrc.ca/awards](http://www.idrc.ca/awards).

#### SOROPTIMIST INTERNATIONAL OF THE AMERICAS WOMEN'S OPPORTUNITY AWARDS

The Women's Opportunity Awards is an annual program that begins at the local Soroptimist club level, where award amounts vary. Club recipients become eligible to receive region-level awards, which are granted through Soroptimist's 28 geographic regions. Each Soroptimist region grants one first-place award for \$5,000. (Note: most regions grant additional \$3,000 awards.) The 28 first-place recipients then become eligible to receive one of three \$10,000 finalist awards.

Eligible applicants must be women who provide primary financial support for their families, and who are enrolled in or have been accepted to a vocational/skills training program or an

undergraduate degree program. Applicants must demonstrate financial need, and cannot have already earned an undergraduate degree. Only residents of Soroptimist International of the Americas' 19 member countries and territories are eligible to apply.

**Applications are accepted each year from July 1 until Dec. 1.** Applications received after Dec. 1 and before July 1 will not be considered. Visit their website for more information or to apply: [www.wcsoroptimist.org](http://www.wcsoroptimist.org).

#### RHODES SCHOLARSHIP

For more than a century, the Rhodes Trust has funded scholarships for exceptional Canadian students for two and possibly three years of study at the University of Oxford. A Rhodes Scholarship includes tuition, college fees, and a stipend covering living expenses. The Rhodes Scholarships have come to be recognized as one of the highest honours available to any student, but they represent much more than an academic award. The Rhodes Scholarship requires that the candidate be a well-rounded individual, having shown not only academic excellence, but also active engagement in their community and evidence of a strong commitment to leadership in improving the state of the world. The scholarship also requires evidence of physical vitality, whether in sports, theatre, music or other pursuits. It is this multifaceted approach, combined with the opportunity to meet similarly exceptional students at Oxford, which has defined the scholarship as the beginning of a life long commitment to community service, and a demonstration of willingness to make use of academic credentials to improve the state of our society.

For information on how to apply, visit their website: [www.canadianrhodes.org](http://www.canadianrhodes.org).

**Deadline:** Oct. 16, 2009

#### FOUNDATION FOR THE ADVANCEMENT OF ABORIGINAL YOUTH

The Foundation for the Advancement of Aboriginal Youth (FAAY) is a national scholarship and bursary program administered by Canadian Council for Aboriginal Business that responds to the critical need to assist aboriginal high school and post-secondary students with bursaries and scholarships - through the generous support of program sponsors. Since its inception, FAAY has awarded over \$2.6 million to First Nation, Inuit and Métis students.

Canadian residents of First Nation (Status or Non-Status), Métis or Inuit heritage and attending either high school or a post-secondary institute full-time and within Canada are eligible to apply for financial support. Mature students and adult education programs are included.

The FAAY Selection Committee looks for:

- Demonstrated financial need
- Academic and career commitment
- Contributions to family and community
- Leadership and role model qualities

For more information or application forms, visit their website: [www.ccab.com](http://www.ccab.com).

**Deadline:** Oct. 15, 2009

#### J. DOUGLAS FERGUSON AWARD

The J. Douglas Ferguson Historical Research Foundation offers two competitions for student essays. One award for \$1000 will be made to the author of the best postgraduate essay and two others, for \$750 each, will go to the undergraduates who write the best essays. To be

eligible for an award, applicants must either be enrolled in a postgraduate program (MA, MSc or PhD) or undergraduate program (BA, BSc) at a Canadian university. The essays should have significant relevance for numismatics (which concerns coins, paper currency and medals). This would include essays in history, art history, archaeology or classics for which coins, tokens, jetons, paper money, cheques or medals provide an important source of evidence; as well as essays in banking history, monetary history, medallion art, banknote engraving, or the technology and metallurgy of coinage. Although students are encouraged to select topics relevant to Canadian numismatics, essays on ancient, medieval or modern international topics are also eligible. The essays may have been submitted in a course or may represent new work. Applicants may submit three clear copies (typed or printed) or one copy plus a computer file on disk. The text should be double spaced, on one side of the page only, with pages numbered and author's name and address clearly marked on the title page. Include also a short resume. Winning essays in both categories will be published in the Canadian journal most relevant to their topics.

Contact: The J. Douglas Ferguson Historical Research Foundation, 654 Hiawatha Blvd., Ancaster, ON, L9G 3A5.

**Deadline:** Oct. 15, 2009

#### ALLIANCE FOR EQUALITY OF BLIND CANADIANS SCHOLARSHIP PROGRAMME

The Alliance for Equality of Blind Canadians (AEBEC) is dedicated to providing blind, deaf-blind and partially-sighted individuals with the opportunities they need to compete on an equal basis with other members of Canadian society. Through public education and advocacy, AEBEC works to improve the lives of these Canadians by providing a forum for mentorship, discussion and action on issues of common concern.

Each year, the AEBEC offers scholarships to recognize outstanding blind, deaf-blind and partially-sighted post-secondary school students. This year there will be five awards in total: three \$1,000.00 scholarships and two \$700.00 scholarships. Each scholarship will be accompanied by a year's free membership to AEBEC.

All scholarships are awarded on the basis of:

- Academic performance with particular emphasis on the three \$1,000.00 scholarships
- Community involvement
- Overcoming adversity

The Scholarship Committee reviews all applications and selects the scholarship recipients. These recipients will be notified of their selection by Dec. 15, 2009. Scholarship monies will be sent to the recipients no later than Dec. 31, 2009.

For more information on how to apply, please visit their website: [www.blindcanadians.ca](http://www.blindcanadians.ca).

**Deadline:** Oct. 31, 2009

#### DAVID L. SQUIRES MEMORIAL FOUNDATION

The Squires Foundation was created in 1994, in honour of David L. Squires, by his peers at the Data Processing Management Association (DPMA) to promote excellence in the study of informatics by individuals, conduct or sponsor research in informatics education, and sponsor informatics educational offerings to the public. This year we are offering another three \$1,000 scholarships to Computer Science students who have completed at least one year of full-time schooling.

For more information on eligibility or to apply, visit their website: [www.itcanada.ca/squires/](http://www.itcanada.ca/squires/).

**Deadline:** Oct. 31, 2009

#### MANITOBA STUDENT AID PROGRAM (MSAP)

Manitoba Student Aid is now accepting applications for the 2009-10 Fall/Winter session. Students can apply online at [www.manitobastudentaid.ca](http://www.manitobastudentaid.ca).

New to the Student Aid program this year are a series of grants and bursaries:

- Canada Student Grant for Students from Low-income Families
- Canada Student Grant for Students from Middle-income Families
- Canada Student Grant for Students with Dependents
- Rural/Northern Bursary

These grants are the first money students will receive in their financial aid packages, before any loans are awarded. Many students may, in fact, receive the majority of their financial assistance in the form of grants.

Be sure to apply early and to submit all requested documentation as soon as possible to ensure that you receive all the grant funds for which you are eligible.

#### PROCEDURES:

##### Confirmation of Enrolment & Release of Government Student Aid Documents

Approximately 3 weeks before classes begin, the Manitoba Student Aid Program (MSAP) will begin printing official assistance documents for students whose MSAP documentation and University course registration are in order. MSAP will mail the documents to students at the addresses they have provided on their MSAP applications. The document you receive already will have been electronically approved by the Awards & Financial Aid Office. It will indicate the fees you owe to the University of Winnipeg. These fees will be deducted from your student aid.

If the document is a Canada Student Financial Assistance document, you should take it to an approved Canada Post outlet for forwarding to the National Student Loan Centre.

If the document is a Manitoba Student Aid document, you should forward it to the MSAP Loan Administration Department.

The National Student Loan Centre of the MSAP Loan Administration Department will process the document, transferring the fee payment portion directly to the university and depositing any additional balance to your account. Instructions on these processes will be included in your student aid document package.

##### Course Load

The minimum course load for which you must register to be eligible for any form of government student assistance is 60 per cent of the maximum course load required for your study period:

- Fall/Winter academic year - 18 credit hours
- Fall Term or Winter Term only - 9 credit hours which begin and end within that term

You must maintain the appropriate minimum course load for your study period in order to retain your student assistance eligibility.

#### Registration at Another Post-Secondary Institution

If, in addition to University of Winnipeg courses, you are registered and taking courses elsewhere during the academic year for credit towards your University of Winnipeg degree, you must present proof of registration to the Awards & Financial Aid Office before your student assistance document can be authorized and released to you.

#### Fee Payment

Your fees will be deducted from the student assistance document when it is electronically approved by the University. Government Student Aid is used first to meet educational costs. All overdue fees and emergency loans as well as fees for the current study period will be deducted from the student aid document. If your student assistance does not cover your required fee payment, you will have to make payment on your own by the fee payment deadline. Credits for scholarships you may be receiving will reduce the amount of fees deducted from the student aid document.

#### Fee Deferral

The Awards & Financial Aid Office can defer your fees if you have applied for Government Student Aid but have not received your confirmed assistance document by the fee payment deadline. Fee deferral means that your registration will not be cancelled because of your failure to pay by the deadline. However, you will be charged the late payment fee unless you have submitted your Student Aid application in sufficient time for it to be processed by the payment deadline.

If your name is on the Awards & Financial Office fee deferral list but you withdraw from University courses, you will be responsible for the fees you owe until your actual date of withdrawal.

**DID YOU KNOW...** That Manitoba Student Aid staff can be on campus on Fridays from 1 - 4 p.m. To meet with them, you need to set up an appointment time. Come to Student Services and book an appointment, or phone 786-9458 or 789-1420.

**DID YOU KNOW...** You can check the status of your student aid application, find out what documentation is still outstanding, update your address information and much more online? Go to [www.manitobastudentaid.ca](http://www.manitobastudentaid.ca) and then to MySAO to log into your existing account.

**DID YOU KNOW...** If you are a student who has had past Government Student Loans and are currently a full-time student but do not have a student loan this year, you can fill out a Schedule 2 document to remain in non-payment status. Please come to Student Services in Graham Hall, where front-counter staff can help you with this form.

#### OTHER AWARD WEBSITES:

Canada Student Loan program & other important information on finances and budgeting: [www.canlearn.ca](http://www.canlearn.ca)

Manitoba Student Aid Program: [www.manitobastudentaid.ca](http://www.manitobastudentaid.ca)

#### Surfing for dollars? Try these two websites:

[www.studentawards.com](http://www.studentawards.com)

[www.scholarshipscanada.com](http://www.scholarshipscanada.com)



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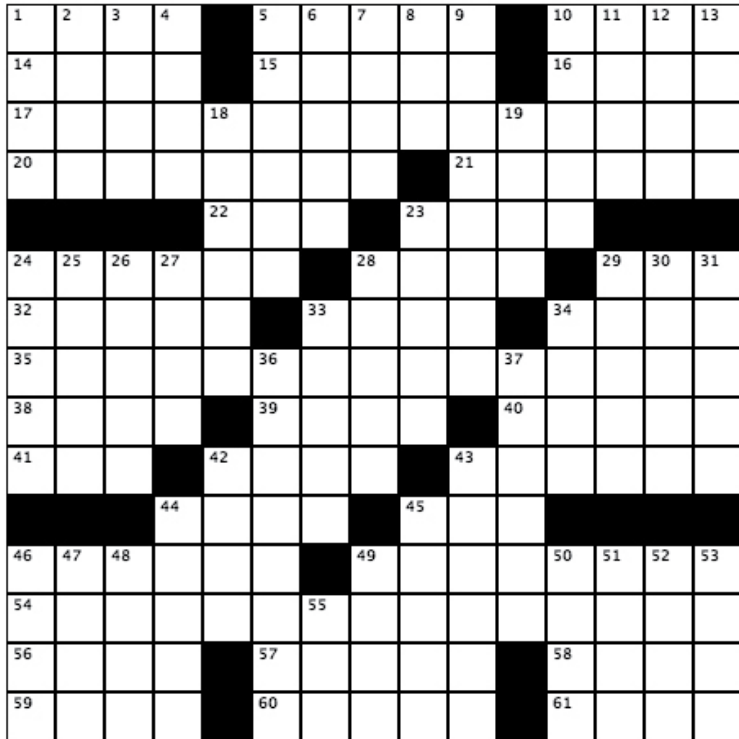
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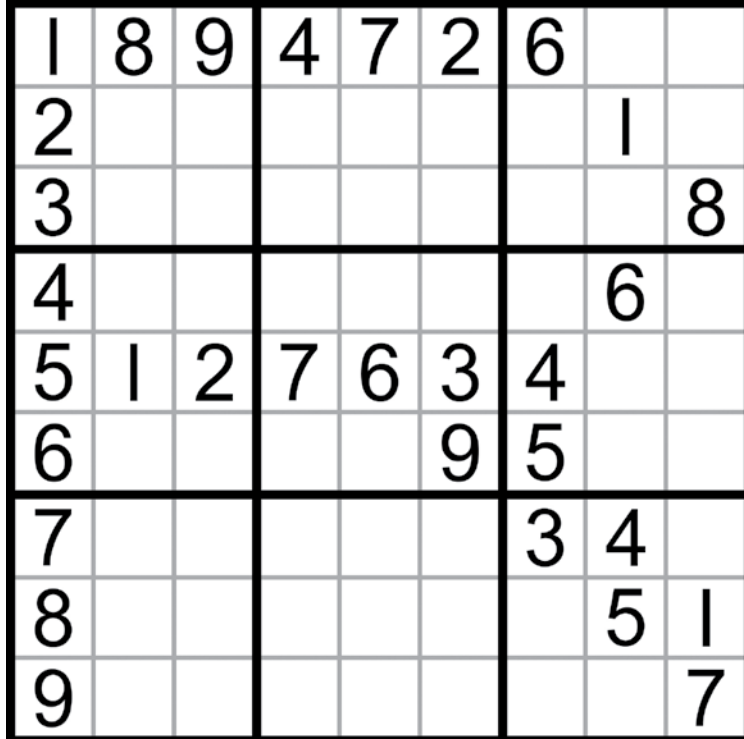
Crossword Puzzle 07

Solutions to crossword and sudoku will be printed in the next issue.



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Good & Evil

In praise of laziness  
There is a popular expression about the virtue of staying busy: "Idle hands are the devil's tools." I think that's it. It also may be: "Idle fingers are the devil's dildos." I'm not sure. Either way however, the meaning is the same. It is sinful to be slothful.

I wouldn't always have subscribed to this view. Last year, I was proud of my state of stasis. I spent most of the year trying as hard as I possibly could to stay perfectly still for weeks at a time. I remember one week in particular when I had a piece of potato chip stuck to my face. I finally removed it, by having my beard grow it off. Those were good times.

This year, though, things are a little different. I'm back in school for the first time in what feels like a decade and I rarely have a minute to spare. I'm busier than I've been in years. Busier than I thought I could handle, to be quite honest.

It's mainly my fault. Even though I have assignments coming out my wazoo, I'm still somehow finding time to write songs about bum pimples and write letters to companies complaining about their products only to ask them for jobs in upper management.

I think without those little comforts, I'd go insane. Or, at least more insane

... I even found time this week to write this crappy column you're reading. But all this doing stuff is definitely taking a toll on me. I realized recently how busy and preoccupied I've actually become. It scared the shit out of me.

Last weekend, I was driving down Portage Avenue when I saw something truly awesome. I don't just mean awesome in the sense that hip young kids are using the word these days, but in the original sense of the word. As in the awesome power of Thor's Hammer.

Anyway, here's what was so reminiscent of Thor's Hammer: I saw an old lady walking down Portage Avenue at about 5 p.m. completely naked.

I quickly filed this under "crazy shit I need to tell everyone I know," and then completely forgot to mention it to anyone until earlier today, almost a week-and-a-half later!

There is clearly something wrong with me. Last year, something like this would have been on my mind for months. I would not have stopped talking about it for a week. I would have told everyone I know, then about half of the people I don't know (and there are a lot of those). But now, a year later, I forgot about it completely.

I guess what I'm trying to say is that, if idle hands are the devil's tools, then busy eyes are the devil's way of making people forget to tell their friends and families about naked old women. You tell me what's worse.

I think I need to quit school.

*J. Willamez doesn't want you to forget, no matter how busy you are, that he plays Shannon's Irish Pub every Wednesday night.*

Across

- 1- 16th letter of the Hebrew alphabet
- 5- Scatter
- 10- Crown of the head
- 14- Letterman rival
- 15- Fuzzy fruit
- 16- Inter \_\_\_
- 17- Study of communicative attitudes
- 20- Unimportant
- 21- Oppose
- 22- Fail to tell the truth
- 23- Pottery material
- 24- Igneous rock of a lava flow
- 28- Coloured part of the eye
- 29- Paris possessive
- 32- Muse of lyric poetry
- 33- Masked critter
- 34- Push with the head
- 35- Long-distance shooting?
- 38- Kitchen addition
- 39- OPEC member
- 40- Otic
- 41- "Conquest of Space" writer Willy
- 42- Little devils
- 43- Inhumanly cruel
- 44- Latin I word
- 45- Links org.
- 46- Winter vehicle
- 49- A superior court writ
- 54- Kind principles
- 56- Purim month
- 57- Young hooter
- 58- Actress Heche
- 59- "You are \_\_\_"
- 60- Racket
- 61- Melt

Down

- 1- Iams alternative
- 2- Bring forth young
- 3- Memo heading
- 4- Ark builder
- 5- Vital essence
- 6- Keyed up
- 7- Anger
- 8- Euro forerunner
- 9- Vorticose
- 10- Fall guy
- 11- Et \_\_\_
- 12- Personal quirks
- 13- 3:00
- 18- Move with a bounding motion
- 19- Mariners can sail on seven of these
- 23- Sing like Bing
- 24- East Indian pepper plant
- 25- Aggregate of qualities that make good character
- 26- Saline
- 27- To \_\_\_ (perfectly)
- 28- Little bits
- 29- Above
- 30- Actor Hawke
- 31- Genre
- 33- Army unit
- 34- Oz creator
- 36- Pallium
- 37- Open shelter
- 42- One-named super-model
- 43- Set on fire
- 44- Without \_\_\_ in the world
- 45- Trims
- 46- Ayatollah's predecessor
- 47- Unclothed
- 48- Actor Epps
- 49- Former French colony of northwestern Africa
- 50- Med school subj.
- 51- Ho Chi \_\_\_
- 52- Annapolis sch.
- 53- Diving duck
- 55- Snake eyes

More than just the musical fruit, beans are nutritious and can be enjoyed in a number of ways



LIVING WELL



SAGAN MORROW  
STAFF WRITER

Beans are nutritional superstars. They are a versatile plant-based food high in both fibre and protein.

Kidney beans in particular are an excellent source of molybdenum, which detoxifies sulfites. Sulfites are preservatives that have a number of alarming side effects such as headaches and rapid heartbeat. We can prevent the sulfites from harming our health by increasing the amount of kidney beans in our diet.

Kidney beans are also high in folate and magnesium. Both

of these nutrients help protect against heart disease. Kidney beans stabilize blood sugar, are almost fat-free and provide a good source of iron.

They can be enjoyed a number of ways, but this protein-packed bean ball snack is especially good when you're on the go.

These bean balls are loosely based on a recipe from *The Veganomicon: The Ultimate Vegan Cookbook*. They are a healthy way to energize mid-day. Pop them in your mouth between classes, mix them with marinara sauce and eat them with pasta to make a meal. Or, you can warm them in the microwave to spread across toast or to use as a sandwich filling. You can also use these bean balls as a vegan replacement to any recipe that calls for meat. Form them into patties to create veggie burgers or crumble them over salads.

If you don't have hemp seeds, you can substitute them with extra whole wheat flour. Add 1 tsp of olive oil or a little more water if you need the batter to be stickier. For a spicier version, add a drizzle of hot sauce.

ENERGIZING PROTEIN-PACKED BEAN BALLS

**Ingredients:**  
1 can red kidney beans (rinsed and drained to remove any excess sodium)  
2 heaping tbsp homemade ketchup (recipe below)

- 1 tbsp water
- 2 cloves garlic, minced finely
- A few squirts of lemon juice
- 5 tbsp wheat germ
- 4 tbsp flaxseed meal
- 2 tsp whole wheat flour
- 1 tbsp hemp seeds
- 1/2 tsp dried oregano
- 1/4 tsp dried thyme

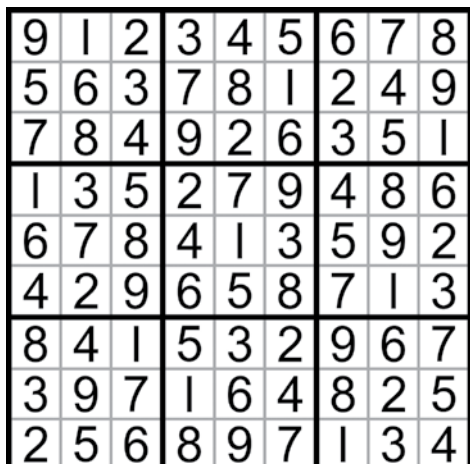
Directions:

1. Preheat the oven to 375 F.
2. Mash the kidney beans in a mixing bowl so that there are still some chunks of beans. Add the rest of the ingredients and use a spoon to mix everything together until it is well combined.
3. Roll the bean mixture into small balls. You should get between about 20 and 30 balls.
4. Spread parchment paper on a baking sheet. Place the balls on the sheet and spray them with some olive oil. Bake for about 15 minutes, until lightly browned on the bottom, then flip them and bake for another 10 minutes.

**To make the ketchup:** Combine 1 can tomato paste, 2 tbsp water, 1 tbsp agave nectar (or honey), 1/4 tsp sea salt, 1/4 tsp cumin, 1/8 tsp whole grain mustard, 1/4 tsp cinnamon, 1/8 tsp ground cloves and 2 tbsp cider vinegar. Refrigerate until use.

University of Winnipeg student Sagan Morrow writes a health and wellness blog. Check it out at <http://livinghealthyinthereal-world.wordpress.com>.

Solutions to October 1 puzzles:



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## The University of Winnipeg 2009 Autumn Convocation

2:00 pm, Sunday, October 18, 2009  
University of Winnipeg Duckworth Centre  
(Spence Street at Ellice Avenue)

President & Vice-Chancellor Lloyd Axworthy, the Board of Regents, and members of the University Senate invite alumni, family, friends and the public to honour the outstanding achievements of the graduating class at its ninety-first convocation.

The University of Winnipeg community also extends congratulations to the honorees and award recipients.

Mr. Bob Silver, Chancellor, The University of Winnipeg

Dr. Ramsay Cook, Honorary Doctor of Laws

Mr. Richard Graydon, Fellowship in The University of Winnipeg.

Dr. Mark Ruml, The Clarence Atchison Award for Excellence in Community Service

Dr. Kenneth Meadwell, The Robin H. Farquhar Award for Excellence in Contributing to Self-Governance

Dr. Royden Loewen, The Erica and Arnold Rogers Award for Excellence in Research and Scholarship

University of Winnipeg Library and Ecological People in Action (EcoPIA), The Campus Sustainability Recognition Award

For more information on the Autumn 2009 Convocation, please visit [www.uwinnipeg.ca/index/autumn-convocation-2009](http://www.uwinnipeg.ca/index/autumn-convocation-2009)



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