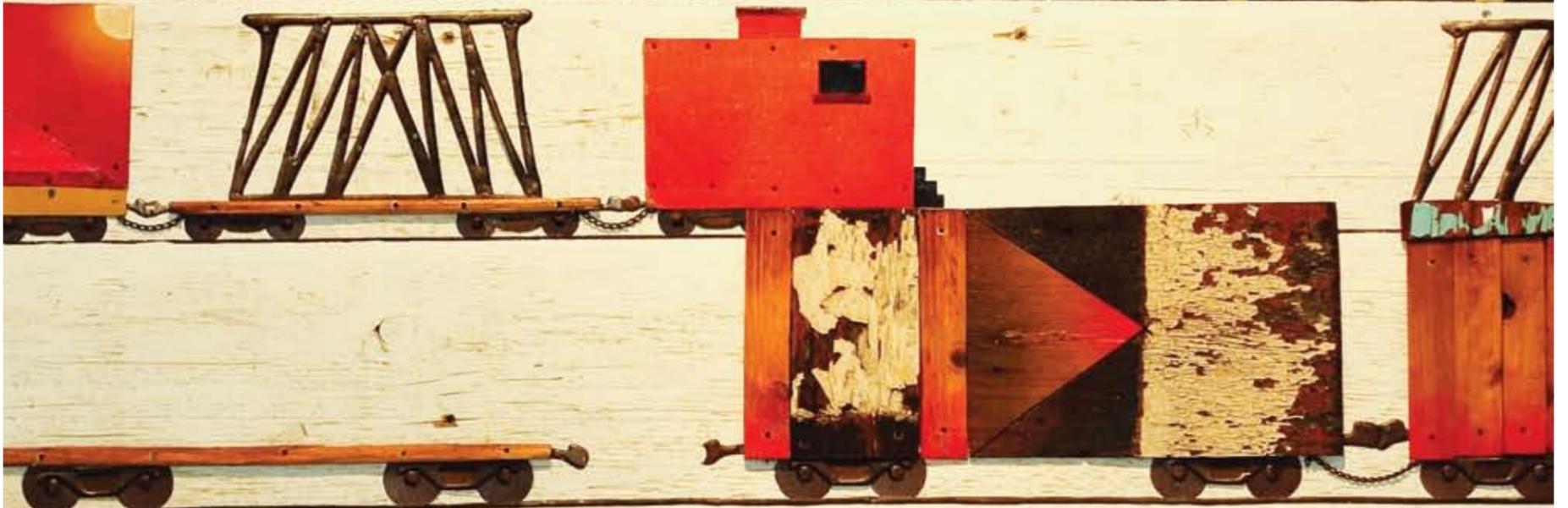
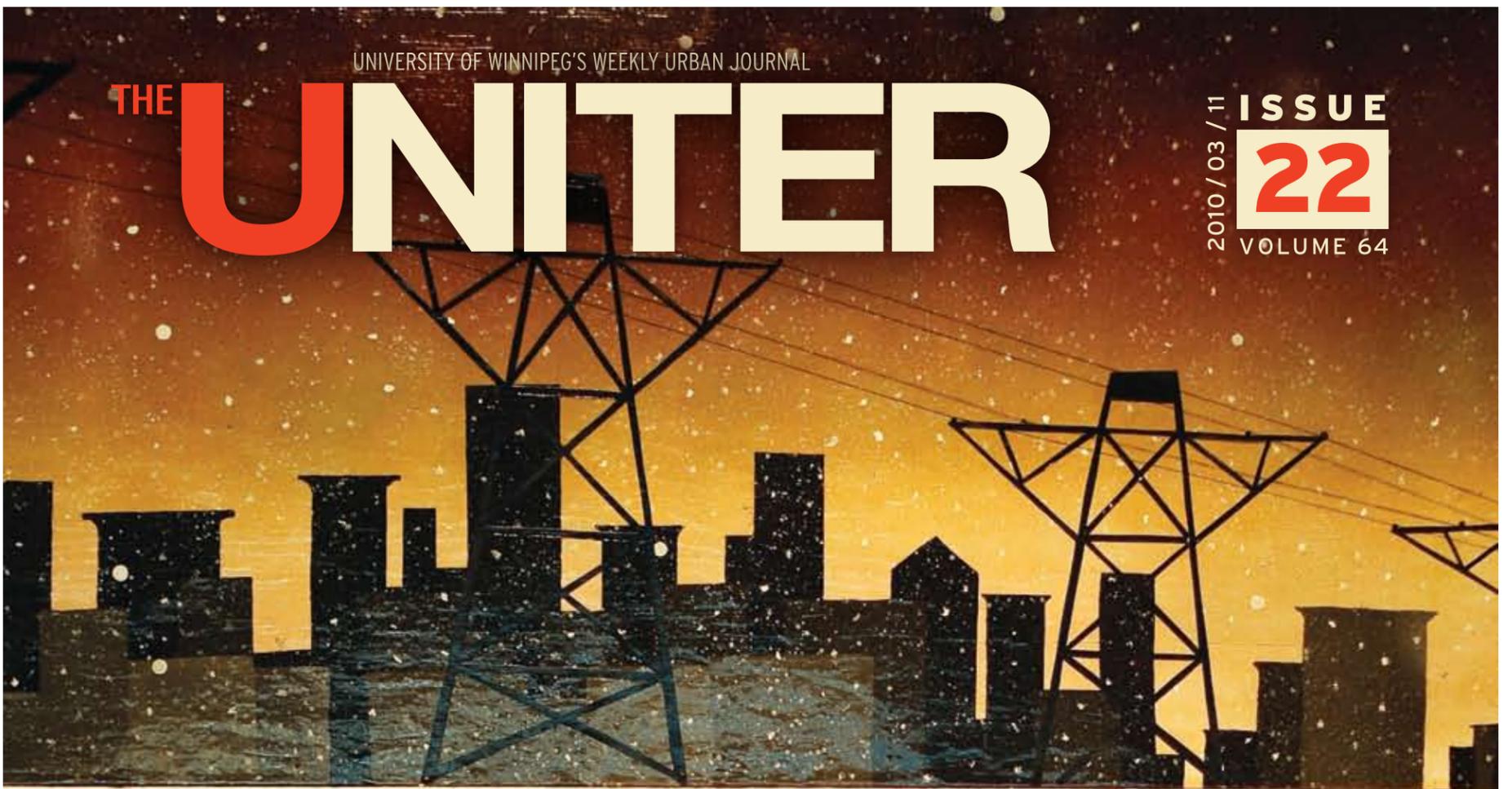


UNIVERSITY OF WINNIPEG'S WEEKLY URBAN JOURNAL

# THE UNITER

2010 / 03 / 11  
**ISSUE 22**  
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## Interview with the Vampires

Local death-pop duo gonna make you sweat

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## Political parties at City Hall?

The debate continues

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**Rock the vote**

This year's UWSA general elections promise to be like no other

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**"Boring doesn't just describe their political agenda, it is their political agenda."**

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**\*COVER IMAGE**

"Untitled 2"

by Adrian Williams

from the exhibition *Let's Live Here*, on display at Golden City Fine Art until March 27

See story on page 15

PHOTOGRAPH BY ANTOINETTE DYKSMAN

**News****PEOPLE WORTH READING ABOUT****Rockin' the boat for a good cause**

Manitoba should be leader in green technology, local activist says

ETHAN CABEL  
BEAT REPORTER



Don Woodstock, a Winnipeg Transit bus driver and environmental activist, is making Manitoba a whole lot greener. The man responsible for changing Garbage Day to Recycling Day is getting in the government's face and demanding change.

erated catering service. He moved to Toronto in 1995 and became a salesman for American District Telegraph home alarm systems. Since moving to Winnipeg in 2000, Woodstock has worked as a filmmaker, an activist, a television personality and a candidate for the Manitoba Liberal Party.

"I contacted all three [provincial] political parties when I first came to Winnipeg because I wanted to get involved," he said. "Jon Gerrard [leader of the Manitoba Liberals] was the only one who called me back ... so I figured I'm going to talk to the guy who talks to me."

In 2001, Woodstock accompanied Gerrard on a tour of several northern communities in Manitoba. He was shocked and disgusted by the rampant poverty

**WOODSTOCK-ISMS****Choice words from local activist Don Woodstock**

"The best way to keep a man or woman silent is to give them a job. Too many of us are employed by the government and have our head in the sand."

"Your MLA isn't representing you, they are representing the interests of the political party that helped get them into office."

"Rather than sit and wait for the winds of change from Ottawa, Germany or the U.S., why not step out and make something happen?"

"I want people to rock the boat because if you rock the boat, you start demanding more from your MLA, more from your city councillor, more from your federal government and you start demanding more even from yourself."

as well as the air pollution and contaminated soil prevalent in the community of Flin Flon, home of the Hudson Bay Mining and Smelting Co.

"When I went through the tour I had to pause and ask myself, what is wrong with this picture?" he said.

Woodstock credits the tour for shaping his view of provincial politics and later influencing him to run as a Liberal candidate for the riding of Southdale in the 2006 provincial election. The catalyst for his environmental activism, however, didn't come until he met David Suzuki in Winnipeg in 2007.

"[He told me to] start at the

local level and don't stop. Sooner or later, somewhere down the line, someone will listen to you," Woodstock said.

Shortly thereafter, he made a documentary, *Your World and Mine*, highlighting the environmental efforts of Winnipeg businesses and individuals. He delivered the film to City Hall and to the provincial legislature and before he knew it, he was being approached by Shaw Cable to produce and host *U, Me and the Environment*, a local cable show that has produced eight episodes to date.

"Don [Woodstock] is consistently in the government's face," said Shawn Nesbitt, a customer service representative for Organza Market, an organic food store in Osborne Village. "I definitely think he is making small steps that will cause bigger changes."

Organza was featured several times in Woodstock's cable show, which focused on the store's local produce and environmentally-sustainable products.

"What Don [Woodstock] has accomplished speaks to the power of the individual," said Ian Hanington, communications specialist for the David Suzuki Foundation.

Woodstock's most recent initiative, which pushed for larger recycling bins to accompany larger garbage containers in the city, did not pass through city council. Regardless, he's committed to rock the boat and create some change.

"Don't get mad [with the government]," he said. "Get even."

*To read more fun facts about Don Woodstock, and to watch his documentary and cable show, visit Ethan Cabel's blog at [www.uniter.ca/blogs](http://www.uniter.ca/blogs).*

Don Woodstock, a Winnipeg Transit bus driver and environmental activist, has a dream – a dream of a greener and more socially conscious Manitoba.

"We should be teaching the rest of the world how it's done," he said.

Due largely to Woodstock's influence, Garbage Day was renamed Recycling Day by city council last year. He also organized the Winnipeg's first International Day to Ban Plastic Bags on Sept. 12 of last year. On the steps of the Manitoba legislature, hundreds of people dropped off over 45,000 plastic bags, exchanging them for reusable totes.

Over the last two years, Woodstock has met with provincial ministers and even influenced City Hall in making a commitment to eliminate plastic bags in Winnipeg retail stores. He believes that Manitoba, because it generates energy from 95 per cent renewable resources, is perfectly positioned to be a leader in green technology both in Canada and abroad.

"I believe politics and life go hand in hand," he said.

Woodstock was born on a farm in St. Elizabeth, Jamaica, where he worked for years as part of the Jamaica Labour Party and as the devoted manager of a family-op-

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**STREETER**

BY KRISTY RYDZ

**Q: DO YOU THINK WE NEED POLITICAL PARTIES AT WINNIPEG CITY HALL?**

**Stephen Au**  
fourth-year honours, political science  
"I think it's already politicized. There's a polarization between politicians - your right wing, your left wing believers. It's not unconventional for municipal politics to have political affiliations."



**Aron Epp**  
Diversity Foods employee  
"I would say it's necessary. Different parties are necessary to represent different political views."



**Eric Okoli**  
second-year, business administration  
"No, we do not. City Hall shouldn't be like the province where they argue and don't get anything done. Winnipeg shouldn't be able to shut down City Hall for two months and just go on vacation."



**Dawn Fraser**  
third-year, environmental studies  
"My instant reaction was that I was against it because cities should be on a consensus basis rather than partisan."



**Dave Ginter**  
Winnipeg Transit driver  
"I'm kind of torn on it. I don't think we really do [need political parties] at that level. But some unity would be nice rather than what's going on there right now. Maybe a combination. Some political party activity done with a good number of independents. We need someone in City Hall with better consensus-building skills."



**Heather Malazdrewicz**  
manager at Travel Cuts  
"I don't like that idea. I like the councillors and that they know their area and can speak for it. I like it the way it is."

# Is the NDP taking over Winnipeg?

## U of W discussion weighs merits of political parties on city council

ETHAN CABEL  
BEAT REPORTER

Mayor Sam Katz says that political parties are taking over Winnipeg's City Hall. And only he can stop them.

On Jan. 20, long-time NDP politician and current MP Judy Wasylycia-Leis announced that she will consider running for Winnipeg's mayor.

"For whatever reason," Katz said in his State of the City speech on Jan. 26, 2010, "the NDP have decided they want to take over, to take control, of City Hall."

Winnipeg's city council is made up of 15 individuals without any party affiliation that must compromise with each other to get things done. Many are now concerned that party politics are seeping into that pragmatic system.

"My job is to reach out to my community and act on my promises ... that's how I indicate my values. Having a party logo by your name doesn't do the trick," said John Orlikow, city councillor for River Heights-Fort Garry.

Others, however, believe that Winnipeg already has political parties behind the scenes and that the provincial NDP and Progressive Conservatives exert great influence on the outcomes of civic elections.

"I have no problem with politi-



John Orlikow, city councillor for River Heights-Fort Garry, is concerned that party politics are entering City Hall.

cal parties at the civic level as long as it is open and accountable," said Elizabeth Fleming, member at large of the Council of Women of Winnipeg (CWW), an organization committed to raising awareness over civic issues.

The CWW held a two-hour panel discussion at the University of Winnipeg on Monday, March 1 debating whether or not city council needs political parties. The presidents of all three provincial parties were invited to the discussion along with the president of the Green Party of Winnipeg and a member of the Winnipeg Citizens' Coalition.

The presidents of both the Manitoba Liberal Party and the Progressive Conservatives attended, saying they have no interest in civic politics and no direct mechanism for endorsing civic candidates.

"The inflexible nature of political parties is not helpful to what City Hall does," said Michael Richards, president of the PC party. "We have no interest in getting involved in civic politics."

Others believe that political parties have always existed behind closed doors in Winnipeg.

"Every last city councillor has some kind of party affiliation," said Christopher Leo, city politics professor at the U of W. "They are drawing on the support of the party machine to help them get elected, but at the same time they insist staunchly that they are non-partisan."

The NDP competed as a municipal political party in Winnipeg from 1971 to 1987. Although in recent years they have backed away from formal party influence in the city, Leo and many others believe that they still endorse and fund candidates to run in city elections.

Lorraine Sigurdson, president of the Manitoba NDP, did not attend the U of W discussion and was unavailable for comment before press time.

"Candidates [other than the NDP] certainly benefit from Conservative organization," said Fleming.

A recent post by Manitoba pollster Curtis Brown on his blog, Endless Spin Cycle, cited a long list of mayoral staff that have had direct ties to the PC party. That list included Hugh McFadyen, current leader of the Manitoba PC Party. He functioned as Katz's first chief of staff and his campaign manager for the 2004 civic election.

Richards said the post merely pointed out "guilt by association." He repeated again that the PC

party is not interested in controlling city council.

There is more to the argument for political parties in Winnipeg, however.

In 1997, Winnipeg adopted structural changes based on a report by George B. Cuff and Associates, an Edmonton consulting firm. The recommendations of the Cuff report made the mayor into arguably the most powerful municipal official in Canada, Leo said.

**"Every last city councillor has some kind of party affiliation."**

—CHRISTOPHER LEO,  
U OF W CITY POLITICS PROFESSOR

Winnipeg's mayor has the power to appoint the executive policy committee (EPC), a committee of city councillors that sets the government's overall agenda. The EPC is made up of the mayor, the deputy mayor and the heads of each standing policy committee, such as infrastructure or downtown development.

Although Leo supports a strong mayor, the problem lies in the fact that the EPC do not campaign together and are not accountable for an overall policy agenda, like a party platform.

"We have cabinet-style government without the accountability of political parties," he said.

Seven out of Winnipeg's 15 city councillors are on the EPC, meaning that Katz needs to win over only one city councillor to get anything passed in City Hall.

## Social media for local media

### Local news media is now using Facebook, MySpace, Twitter, just like everyone else

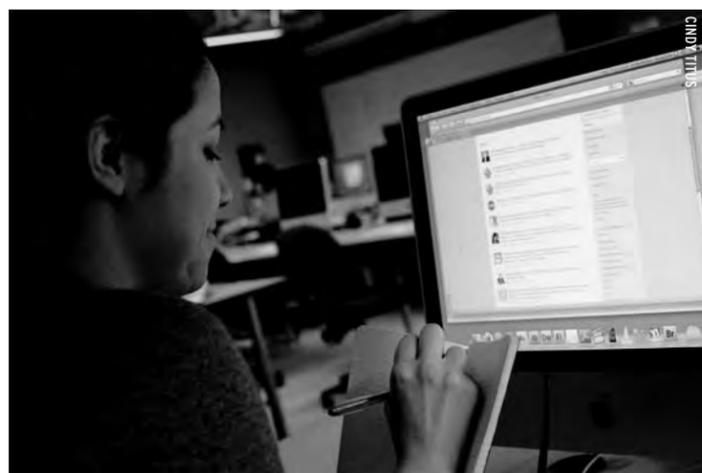
SAMUEL SWANSON  
BEAT REPORTER

Your grandpa isn't the only one updating his status and looking up the latest events on Facebook; social networking websites are becoming an important tool for just about everyone now, including local media outlets.

As the word "media" is undergoing yet another facelift — this time to include social networking websites — the sustainability of news in the traditional sense continues to be questioned. However, local news media outlets see social media as a new tool, rather than an alternative media source that could further spread advertising dollars thin.

The prevalence of online communities is a valuable resource to the media, due largely to the now increased accessibility of people who are knowledgeable and passionate about a certain topic.

"Everything is evolving," said Karen Mitchell, news director at CTV Winnipeg. "Perhaps before we would door knock, but now it's



Local media outlets such as the *Winnipeg Free Press* use social media sites like Twitter to report on issues in real time.

easier to find people."

In addition to the traditional door-knocking strategy of physically going into the community to find people affected by an event, reporters are now going online, finding Facebook groups and getting in touch with people via cyberspace.

As useful as this strategy is, it makes proper source attribution and fact-checking more important than ever.

"Nothing on the Internet is necessarily correct," said Mitchell. "It could be a false site or not true."

With sentences like, "Send me the Facebook link," becoming common in English vernacular, it's becoming clear that the online event invitation is the new way to get people to the same place at the

same time.

"Back in the day, it was all posters and word-of-mouth," said Rob Williams, music critic at the *Winnipeg Free Press*.

Williams said he mostly uses MySpace to find out about and listen to bands that are coming to town, but added, "A lot of my friends are finding out [about events] through Facebook."

Social websites aren't being used by the media only as an input resource but for output as well. Bartley Kives, reporter at the *Winnipeg Free Press*, uses Twitter to send updates on City Council meetings that the public aren't always able to attend.

"I use Twitter so I can give an as-it-happens account," said Kives.

Even though Kives uses social

networking, he has two major concerns about using it exclusively and not reading the daily newspaper.

First of all, Kives is paid to go to City Council and report. But if people are only getting their news through social media sites like Twitter, this could mean a further decline in readership of the classic newspaper who employs him in the first place, according to Kives.

Secondly, the jellybean problem. "People can choose the media they want to read, so they're not educating themselves. If you read the newspaper, you're gonna flip past stories you wouldn't have seen otherwise," Kives said. "If you like jellybeans, you can go on the Internet and read nothing but stories about jellybeans."

Kives's tweets have received a lot of attention. Duncan McMonagle, journalism instructor at Red River College, recently wrote a blog about Kives's fresh approach to reporting on City Council.

For the first time ever, social media is making its way into the journalism classroom.

Blogging once-a-week is now a requirement for McMonagle's first-year journalism students in the creative communications program.

McMonagle assigns blogging because "that's where the world is going and we need to be there," he said.

The instructor said he's already pleased by the results of this experimental assignment.

## Local News Briefs

Compiled by Julian Ward

### FLOOD FORECAST OPTIMISTIC

Manitobans in flood-prone areas can rest a little easier if the warm weather keeps up, reports the *Winnipeg Free Press*. Alf Warkentin, the province's senior flood forecaster, said the warmer weather is causing more snow to evaporate each day instead of turning into run-off water. Every little bit helps, he says, to reduce the severity of flooding in April. He cautions not to get too optimistic, though, saying more than a week of sunny weather is needed before major changes to the flood forecast can be made.

### MYSTERY ILLNESS CLOSES PUBLIC SAFETY BUILDING

The Public Safety Building in Winnipeg's downtown was evacuated last Wednesday, March 3 after one police officer and three civilian staff members were sent to hospital after complaining of symptoms like difficulty breathing, nausea and coughing. Staff returned to work around 3:30 p.m. after numerous air-quality tests proved the air safe to breathe. Investigations are underway by workplace health and safety officials to determine the cause of the respiratory illnesses. The air will continue to be tested for the next couple days to ensure continued safety, the *Winnipeg Free Press* reports.

### BEER PRICES INCREASE

On March 8, The Manitoba Liquor Control Commission (MLCC) increased the price of beer by \$1.25 per 12-pack. The move is sure to upset those who enjoy drinking a cold one, but the MLCC has said that Manitobans will still enjoy the lowest to second-lowest prices in the country. The MLCC has also tried to assuage upset drinkers by highlighting that the beer handling fee and beer markup price have not been raised in six and eight years respectively. The price changes also affect premium and deluxe priced spirits which will see a nominal price increase.

### JETS LAND IN WINNIPEG AGAIN

Former members of the Winnipeg Jets, including Russ Romaniuk and Jordy Douglas, laced up their skates for a match against local media personalities last Saturday, March 6. The game was played using 100-year-old rules, which allow seven players per team and no forward passing. Fans of the Jets stood on the ice to watch the game as would have been done a century ago. Spectators also had a chance to see the Avco Cup, the former World Hockey Association's championship trophy, which the Jets won in the league's closing year, reported the *Winnipeg Free Press*. Although the final score is unknown, we do know the former Jets players walked away with the victory.

### CELEBRATING MANITOBA WOMEN

The YMCA-YWCA will be honouring Manitoban women who have significantly contributed to the betterment of their community. The 2010 Women of Distinction Awards is part of an effort to increase awareness of local women devoted to improving our city and province. Forty-five women are nominated in 10 categories and two of the youth awards come with \$2,000 scholarships. Ace Burpee and Chrissy Troy will be the masters of ceremony at the event, which takes place Wednesday, April 28 at the Winnipeg Convention Centre. Tickets are \$125 and all proceeds go to various YMCA-YWCA programs and community initiatives in support of women.

## International News Briefs

Compiled by Brooke Dmytriw

### SOLDIER POSTS WEST BANK RAID ON HIS FACEBOOK STATUS UPDATE

JERUSALEM, Israel: An intended raid in Palestinian territory was called off after an Israeli soldier posted the top secret details on Facebook. In a status update, the soldier posted how their unit was planning a mission in the West Bank. Details included the time and place and how the unit would be conducting a "clean-up" in the area. According to Reuters, Israel said raids in the West Bank are planned to arrest Islamic militants suspected of leading attacks on their country. The soldier was relieved of combat duty after his friend reported the Facebook message to military authorities.

### MAN USES CAR TO WALK HIS DOG, LOSES LICENSE

ANNFIELD PLAIN, Great Britain: A man admitted to violating two counts of the road traffic act after he was caught driving his car while he lead his dog on its leash through the vehicle's window. Railton's license was suspended for six months due to the fact he already had nine points against his license with another three added because of the incident. BBC News reported a cyclist turned Railton into the police after observing the unique form of dog walking. Railton's lawyer, Paul Donoghue, said in court the 23-year-old admitted it was a silly and lazy thing to do.

### PARKING VIOLATION FOR RUSSIAN TANKS

MOSCOW, Russia: Approximately 200 Russian battle tanks were found abandoned on the side of the road and in the forest of the Ural mountains. Locals in a nearby village say the tanks have been sitting there, covered in snow, for the last few months. Locals have been able to sit in the tanks, amusing themselves with empty ammunition belts. It appears the tanks were just left there. The only things missing were live rounds and the keys to the ignition. *Telegraph* reported a military spokesman said the tanks were being guarded by special patrols. However, military prosecutors are doubtful and have opened an official investigation. The report on the abandoned tanks came a day after top army officials suggested downsizing the number of tanks in the army, getting rid of many older models.

### PARTIER GETS BUSTED FOR DOING DRUGS ON COP CAR

BERLIN, Germany: A nightclub goer was arrested after police witnessed him trying to snort drugs off the hood of their unmarked car. The man exited the club and proceeded to line up rails of his amphetamines on the car parked in the disco parking lot, unaware it belonged to the police. According to the *Globe & Mail*, it was a coincidence the officers were returning to their vehicle at that exact moment when the act was taking place.

### CHICKENS DISTRIBUTED TO DEAL WITH GARBAGE

MOUSCRON, Belgium: Town residents are being offered chickens in an attempt to reduce the city's waste. The municipal government is giving out 50 pairs of chickens to families with enough yard space to take care of them. According to BBC News, families who take chickens must agree not to eat them or give the birds away for at least two years. The city is stressing a free supply of eggs as an incentive to the families. The city previously distributed chickens and due to the success of that offer are giving the initiative another try.

## The death of the Canadian Association of Broadcasters

### National lobby group the latest victim of the T.V. tax debate

KRISTY RYDZ  
BEAT REPORTER

The heated public battle over the infamous "TV tax" has led to the closure of a long-standing organization that has represented private television and radio broadcasters for more than 80 years.

The Canadian Association of Broadcasters (CAB) announced on Feb. 17 that they would cease existence in June 2010 after decades of representing the collective voice of their members to their regulator, the Canadian Radio-Television and Telecommunications Commission (CRTC), and other levels of government.

"Over time, there just hasn't been enough unanimity. The organization was at a standstill. It was at a total gridlock," CAB chairman Elmer Hildebrand said.

The latest public display of difference in opinion between CAB's cable operator members and specialty operator members was the battle over the "pay-for-carriage" fee. While cable operators like CTV and Global made the argument that there should be a charge for basic cable access that has been available for free in the past, organizations with specialty programming like Rogers Communications Inc. identified the move as a bailout for poor business decisions.

The battle was a catalyst to the closing of CAB's doors as there was no longer a collective voice to represent, according to Hildebrand.

"There were so many divergent views around the table that you couldn't do anything," he said.

CAB employees will lose their jobs in the closure, but Hildebrand couldn't provide an exact number. He did note that he is initiating plans to organize a similar lobby group solely for the radio industry, as there are more small broadcasters and common views in that sector.

For some television members, there are



RYAN JANZ

mixed feelings on the closure.

"Obviously, sentimentally, you certainly note that an association that has represented your organization for so long isn't going to be doing it anymore," CTV's vice-president and general manager Bill Hanson said. "On one hand, it's nostalgic; but on the other hand, it's an association that doesn't meet what it was founded to do. It's an evolution of the industry."

The fundamental difference in opinion on industry issues can be attributed to a shift in industry culture, according to Carleton University's Carty Chair in Business and Financial Journalism, Dr. Christopher Waddell.

"The industry is so concentrated in ownership that I can't imagine it being any more concentrated," Waddell said. "These are large powerful companies that are able to make themselves heard to the CRTC on their own. They have enough money and power to do it on their own without an association."

Some media experts, like University of Winnipeg politics professor Shannon Sampert, acknowledge that CAB is no longer needed, but foresee inter-company conflict in the future, which could lead to larger public battles similar to the "fee-for-carriage" debate.

"The idea is that if you're not a part of the [media] platform that I'm a part of then

### THE TELEVISION BROADCAST INDUSTRY

Private broadcasting in Canada is regulated with conditions for each individual licence and broadcaster established by the Canadian Radio-Television and Telecommunications Commission (CRTC).

In 2008, private broadcasting was a \$6.5 billion business that employed approximately 23,000 people in Canada.

Private television services account for 72 per cent of all the country's television viewing on average.

With an emphasis on Canadian content (CanCon), the CRTC requires all private television broadcasters to maintain a 60 per cent CanCon level yearly. To aid this, broadcasters must devote 50 per cent of its broadcasts after 7 p.m. to CanCon.

Specialty and pay-per-view services earned approximately \$668 million in profit in 2008 compared to \$634 million in 2007.

Source: Canadian Association of Broadcasters ([www.cab-acr.ca](http://www.cab-acr.ca))

I view you as competition," Sampert said. "Then there's no way I would work with you, there's no point."

## Extreme Pita recovers from extreme accident



The last thing Rupesh Patel (right), owner of Extreme Pita at 491 Portage Ave., expected to hear one fateful morning was that his restaurant was destroyed. On Wednesday, Dec. 30, a U-Haul truck drove into the west side of Extreme Pita, located beside the University of

Winnipeg, and rearranged his kitchen. Nobody was hurt, but the next three months had to be spent getting the place back in shape.

"The majority of the equipment had to be replaced," Patel said.

His six employees, who have not



worked since the crash, will be returning. The décor will be updated, but the menu will stay the same.

They are aiming to be open again on Thursday, March 11, with a grand opening celebration on Friday, March 26.

—ANDREW MCMONAGLE

# Public or private? Not just for primary schools anymore

## U of M faculty fears post-secondary privatization

SAMUEL SWANSON  
BEAT REPORTER

An international student can choose to either attend the same stream of first-year university as everyone else or go to a private company that provides the equivalent of first-year university, catered specifically to the needs of international students. Which choice does the student make?

International College of Manitoba (ICM) is a sister school of the University of Manitoba that recruits international students and provides them with an alternative to the University One program, or first-year university.

The U of M faculty has raised some concerns about how ICM affects staff and students and a recent *Maclean's* article, "The Sneaky Way Universities are Privatizing Teaching," accused Navitas,

ICM's parent company, of doing just that.

Navitas is an Australian company that runs two international student prep colleges in Canada: ICM and Fraser International College at Simon Fraser University in Vancouver. They also have institutions worldwide in the U.K., Indonesia, Kenya and the U.S.

"International College of Manitoba is a private corporation whose profits increased by 45 per cent within the last year," said Brad McKenzie, president of the University of Manitoba Faculty Association. "It definitely is privatizing post-secondary [education]."

According to McKenzie, having ICM as well as the University One program at the U of M creates a two-tier system that creates inequality of education between ICM students and international University One students.

"The argument that is made for having [ICM] is that it can offer smaller classes. If that is true for these students ... other students should have access to the same services," McKenzie said.

The class sizes are smaller



PROVIDED BY BRAD MCKENZIE

Brad McKenzie, president of the U of M Faculty Association, fears that International College of Manitoba (ICM) is privatizing post-secondary education.

(capped at 30-35 students), but Susan Deane, principal at ICM, says the curriculum and course requirements are the same as the University One program.

"[The university] approves the exams [and] mid-terms, and they sign-off for the final grades," Deane said.

The faculty concern raised by McKenzie is how ICM uses university resources to acquire its curriculum, saying it's detrimental

**"We're not taking jobs. We're providing employment for under-employed teachers."**

—SUSAN DEANE, PRINCIPAL,  
INTERNATIONAL COLLEGE OF MANITOBA

to the U of M faculty that develops it.

Deane's response was that course curriculums are public knowledge and that it's up to the instructor to develop them. At ICM, the instructors do develop the curriculum themselves. She added that ICM shouldn't be seen as a threat to U of M professors, as many instructors at ICM are graduate students who want experience teaching smaller classes in an academic institution.

"We're not taking jobs," said Deane. "We're providing employment for under-employed teachers."

But profits from ICM go to Navitas, not the U of M.

"ICM makes profit because it

uses public facilities in the school that are paid for by the public in Manitoba and Canada," McKenzie said.

To address the concern of a for-profit company providing post-secondary education, Deane said the students pay a student services fee that is transferred directly to the university, like all other U of M students.

"There's a political divide between public and private, but if you focus on the needs of the students ... we're not doing anything different than any other faculty," Deane said.

Delvinder Kaur, an international student from Singapore, is taking two courses at ICM this year and two courses at the U of M. She said that her time at ICM was beneficial to her integration into Canadian culture and English post-secondary education.

"In my [U of M] classes, the professor talks to 150 students and [the students] don't speak up and say 'I don't understand,'" said Kaur. "[At ICM] they pay more attention to us. We actually have the time to grasp the concepts."

# Picking a president for Red River College

## RRC knows what it wants in a new leader

KRISTY RYDZ  
BEAT REPORTER

Physically, it was a short trip for Red River College's (RRC) interim president and CEO Cathy Rushton to fill the vacant presidency position until a permanent replacement is found. Mentally, however, it's a whole other story.

"It's moving down the hall a couple offices, but it's a complete shift in focus, and that's refreshing," said Rushton, the college's chief financial officer since 1995 and the vice-president of finance and administration since 2006.

Rushton was asked to step into the role after Jeff Zabudsky announced he would be leaving his post to accept the position of president and CEO of Ontario's Sheridan Institute of Technology and Advanced Learning in December 2009.

While RRC's cross-country



STYLING PHOTO

Cathy Rushton is filling in as interim president and CEO of Red River College until a permanent replacement can be found.

search has just begun this month with advertisements running in newspapers like the *Globe and Mail*, Rushton is appreciating this opportunity to glimpse into the positive aspects of the institution.

"What I really do like is that I get to hear a lot of really good stories," she said. "Sometimes when you're in the finance role, it's not al-

ways good news."

Being the face of RRC and having the chance to connect with students, government, industry and community members alike, Rushton's new position forces her to balance opportunity with reality.

"You hear all sorts of positive things and ideas that you are excited about, but at the same time you know that you can only afford to do some of them," she explained.

That ability to balance needs with costs in the way of industry and government partnerships is one of the main characteristics that the RRC Board of Governors will be looking for in a new president, according to the board's chair Sheryl Feller.

"When you're using public money, it's best to use it in the best way possible, and partnerships are usually a win-win situation," Feller

said.

Working with the Vancouver-based Geldart Group, which specializes in executive searches and leadership consulting, Feller and the board have identified specific personality traits they will be looking for in the candidates' resumes.

"Positive, personable and approachable. For me, that pretty much sums it up," Feller said.

She added that other qualities high on the list include high-energy, patience and the ability to inspire and engage both students and stakeholders.

As noted by Feller, Jeff Zabudsky is a man who embodied all of those qualities in his nearly six-year term as the president of RRC. Looking back on his years representing the college, Zabudsky believes talking to people is one of the most important responsibilities.

"You have to be a very strong communicator," he said from his office in Oakville, Ont. "As a president, you're asked so often to speak to hundreds of people, so you can't help but improve at it. You need to be able to articulate with passion and energy what the organization is about."

Zabudsky stresses that the incoming president must be aware of the new brand of student coming through the doors.

"I'm seeing that students are expecting a lot more from their institution," he said. "They're acting more like customers and asking for more value in their educational experience. That doesn't mean we throw quality out the door, it just means how we offer services to students needs to be more flexible."

THE UNITER

EMPLOYMENT OPPORTUNITY  
**Production Manager**

The *Uniter* is looking for a hard-working, creative and talented individual to take on the responsibilities of Production Manager. The successful applicant will be responsible for the overall design and final layout of the newspaper, in co-operation with the section editors and Managing Editor, on a weekly basis. The Production Manager is also responsible for uploading content onto *The Uniter's* website each week. This person must be proficient with Adobe Creative Suite, comfortable using a Mac OS X platform and possess a sound understanding of design principles for a weekly print publication. The Production Manager must be available to work Sunday to Wednesday. Some additional ad design will be required and paid accordingly. Some office hours are required. Time commitment is 25+ hours per week. Payment is \$400 per week.

The successful applicant will work on *The Uniter's* two summer issues (May and June) and then begin their term in late August.

Please send your resume and a cover letter to [editor@uniter.ca](mailto:editor@uniter.ca). The deadline for this application is **Friday, April 2 at 12 p.m.**



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## Campus News Briefs

Compiled by Julian Ward

### ACCLAIMED PLAYWRIGHT TO LEAD WRITING WORKSHOP

Margaret Sweatman, assistant professor at the U of W and acclaimed playwright, lyricist and novelist, will be leading fiction workshops at the Canadian Mennonite University's annual School of Writing taking place Monday, May 10 to Friday, May 14. The School of Writing, in its fourth year, also offers sessions on poetry, life writing and writing for children and young adults. The School of Writing has helped many people by providing a challenging and supportive environment for writers to hone their skills. Other authors contributing to the workshops include Barbara Nickel, Joanne Klassen and Anita Daher. For more information, contact Michael Van Rooy at schoolofwriting@cmu.ca.

### ALUMNI TO HONOUR ESTEEMED GRADUATE

The U of W Alumni Association is seeking nominations from the public for their Distinguished Alumni Award to be given out at the spring convocation. Graduates of the U of W, United College or Wesley College who have made great contributions to their professions or community are eligible for nomination. All nomination forms and reference letters are due Wednesday, March 31. The award, which was first given out in 1990, is the Alumni association's highest honour. Last year's recipient, Howard Pawley, graduated from United College in 1957 and eventually served as an MLA for Selkirk from 1969-1988.

### WESMEN COACH HONOURED

Inner City Junior Wesmen coach, Bob Axworthy, received the Manitoba's Coach of the Month award for February. Axworthy hosted the first ever *Summer in the City Street Festival and Basketball Tournament* last year and coaches the Inner City Junior Wesmen basketball program, which provides participants with tuition credits to encourage them to go on to higher education. "He is caring and is a great coach. He believes in us, therefore, we are committed to the sport," said 15-year-old Almaz Aschalew, who nominated Axworthy. Those interested in nominating their coach can follow the links at [www.coachingmanitoba.ca](http://www.coachingmanitoba.ca).

### TEACHING EXPERT TO LECTURE AT U OF W

Dr. Charles Dziuban will be presenting a lecture at the U of W on emerging trends in education and technology. Dziuban, who has been researching the subject for 14 years, is the director of the Research Initiative for Teaching Effectiveness at the University of Central Florida and is a widely published authority on the subject of education. He was awarded the Sloan Consortium Award for Most Outstanding Achievement in Online Learning by an Individual in 2005. The lecture takes place Friday, March 19 from 10 a.m. to 12 p.m. in Convocation Hall and is free for all to attend.

### WESMEN ATHLETES HONOURED

A number of Wesmen athletes have recently been honoured for their athletic achievements. Jessica Stromberg was named the Canada West Women's Basketball nominee for the Tracy MacLeod Award. Catie Gooch, for the third time in a row, has made it onto the Canada West Women's Basketball Second All-Star Team. Men's Volleyball player Dan Lother and Women's Volleyball player Lauren Sears have been awarded the Lea Marc Printing Wesmen Athletes of the Month for February. Lother was also named to the Canada West Men's Volleyball Second All-Star Team and Justin Duff was named to the Canada West Men's Volleyball First All-Star Team.

## Campus News

# An election unlike any other

## Diverse roster of candidates marks UWSA general elections

COURTNEY SCHWEGEL  
CAMPUS BEAT REPORTER

This year's general elections for the University of Winnipeg Students' Association (UWSA) are shaping up to be different from those in the past, according to chief elections commissioner Jenna Myles.

"There are more diverse personalities running in the elections this year, not just the strict, political type," she said, adding that the candidates come from a range of educational backgrounds including science and women's and gender studies.

According to Myles, the changing demographic of students running for both executive and directorship positions is largely a result of the inclusive efforts of the current UWSA executive, who worked hard to reach out to various student groups, increase their presence on campus and encourage general student involvement.

What is also different about this year's election is that some candidates are running in teams. Jason Syvixay, current UWSA president and presidential candidate for 2010/2011, has joined forces with vice-president student services candidate Lana Hastings and vice-president internal candidate Ava Jerao to strengthen their platforms.

"They feel that as a team they can work better than just a whole bunch of people who don't know each other," Myles said, adding that run-



The UWSA's chief elections commissioner, Jenna Myles, is excited for this year's general elections. New candidates and the way they run are changing the game.

ning in teams gives candidates the ability to reach more students on campus.

Although candidates can run in teams, Myles explained that voters must still vote for individual candidates rather than for a team as a whole. Myles hoped that all 18 of the available positions would be filled, but only 16 positions have candidates. The UWSA will thereby not have a full board in the fall. Nonetheless, Myles said the UWSA has increased in popularity this year and has had a stronger presence on campus.

"The UWSA has been doing a really good job of promoting the elections and trying to get people involved," she said.

Tom Brown, UWSA business manager,

said that over the eight-and-a-half years he has worked for the UWSA he has noticed substantial changes.

"It is more organized and more professional," he said. "I find there is a lot more student interest and a lot more people coming down [into the Bulman]."

Myles expects that this increase in student interest will result in a voter turnout higher than the 12 per cent turnout of last year's general elections, especially with Syvixay running again.

"It is easy to assume that he himself is going to get so many students involved because he increased the voter turnout last year by an insane amount," she said. "He is going to have the ability to do it again this year."

But Brenden Van Wyk, a third-year biochemistry student, said that since the general elections are held at a very busy time of year, students may not be as engaged as they otherwise would be.

"The problem with the general election is that it occurs when a lot of term tests are going on," he said.

But despite his hectic schedule, Van Wyk intends to take the time to learn about the candidates and make an educated vote.

Brown stressed the importance of learning about the candidates' platforms rather than merely casting an uninformed vote.

"Hopefully a lot more students will participate and not just vote, but learn about the candidates before they vote," he said.

*Candidate speeches will take place Wednesday, March 10 and Friday, March 12 at 12:30 p.m. in Riddell Cafeteria.*

*Voting runs Monday, March 15 to Thursday, March 18.*

### COMMUNITY EVENTS

ROCKIN' RICHARD'S RECORD & CD SHOW returns to the Victoria Inn on Sunday, March 14. Deals.

All aboard! The Winnipeg Model Railroad Club invites everyone to their grand auction at 7:30 p.m. on Friday, March 12 at Wentworth United Church.

The Winnipeg Afro-Aboriginal Cross-cultural Association (WAACA) will be celebrating its one year anniversary with an energetically charged and unique cross-cultural concert featuring Summer Bear Dance Troupe and the African drum and circus performance of Yamoussa and Kalabanté on Thursday, March 18 at 8 p.m. at the West End Cultural Centre.

AGRICULTURE IN THE CITY is three days of interactive exhibits and presentations to bring people together in celebration of agriculture. This event will be held at The Forks Market from Friday, March 19 until Sunday, March 21.

There will be a needle felting workshop at the Manitoba Crafts Museum on Saturday, March 13 from 9 a.m. until 3 p.m.

Meet every Thursday for CHESS IN THE COURT in Kennedy Court on the second floor of Portage Place, throughout March and April.

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 until 1:30 p.m. at Elim Chapel, 546 Portage Ave. For more information call Val & Veda Chacko at 257-1670.

### ON CAMPUS

Relax between classes by attending a free YOGA class on Wednesdays at 12:30 p.m. in OT19 in the Theatre Building or a free MEDITATION workshop on Thursdays at 12:30 p.m. in the UWSA Boardroom. The program ends Thursday, March 25.

The University of Winnipeg Aboriginal Student Council will be holding the 8th Annual Spring Pow wow on Friday, March 12 in the Duckworth Centre.

The Honourable Flora MacDonald will give a talk on her humanitarian work in Afghanistan in Convocation Hall on Wednesday, March 17 at 6:30 p.m.

THE COCA-COLA CASE, a documentary about the legal case against Coca-Cola in Columbia, will screen in the Manitoba Boardroom at the University of Winnipeg on Tuesday, March 23.

Prairie Fire Press and The University of Winnipeg present award-winning poet and novelist Marilyn Bowering, who will deliver the Anne Szumigalski Memorial Lecture, titled RE-DISCOVERING ANCIENT SPRINGS: A CONSIDERATION OF METAPHORICAL SPACE, on Friday, March 19 at 7 p.m. in Convocation Hall at the University of Winnipeg.

The UWSA general elections will take place from Friday, March 12 to Friday, March 19.

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

GREAT SAVE, the largest mobile blood donor clinic ever held in Manitoba, takes place at the MTS Centre on Friday, March 12 from 8 a.m. until 3 p.m.

The University of Winnipeg Aboriginal Student Council is in need of volunteers to help with the running of the 8th Annual Spring Pow wow on Friday, March 12 at the Duckworth Centre.

Do you have a few hours a month to spare? Want to help make our community a place where women and children are safe, healthy, valued and empowered? Become a volunteer board member at Fort Garry Women's Resource Centre. Call 477-1123 or visit [fgwrc.ca](http://fgwrc.ca) for more information.

## Use your brains... and your hands!

### U of W announces partnership with Winnipeg Technical College

COURTNEY SCHWEGEL  
CAMPUS BEAT REPORTER

University of Winnipeg students will soon be able to combine their theoretical knowledge with practical, hands-on experience.

On Feb. 24, the U of W and Winnipeg Technical College (WTC) released a statement of intent to join forces to offer students a more diversified education experience.

"It makes good sense to combine these two types of learning environments so that the graduate will be a stronger grad with a broader set of skills," said Ellen Brownstone, vice-president (academic) of Winnipeg Technical College.

Tammy Sigurdur, director of English language programs and liaison for the partnership, said it's becoming increasingly popular for universities to partner with colleges to create a more well-rounded education.

"The trend is that you don't need just [university] or the other [college]," she said. "Partnering is what seems to be working best for industry and for students."

Although the details of the partnership are still being developed, Sigurdur said the main goal is to create pathways between the college system and the university system. This will allow for students from both institutions to make smooth transitions between the two and receive recognition for prior learning. Sigurdur gave the example that if a theatre student wanted to learn more about set design and construction, they could take a course in carpentry at WTC and receive credit towards their degree.

Jino Distasio, director of the Institute of Urban Studies at the U of W, envisions the partnership benefitting students in his department.

"There could be some real interesting opportunities for ... [IUS] students who are



interested in housing to take a course in carpentry ... or landscape design," he said, adding that students from the technical college could also benefit from attending the U of W to learn more about urban systems and sustainability in a more theoretical way.

"It is an interesting reciprocal opportunity," Distasio said.

Brownstone said the joint venture was developed to help students meet the changing demands in today's job market.

"It is a sign of the times. We know that in Manitoba and Canada we have an acute shortage of skilled workers," Brownstone said, adding that there is an increasing number of students coming to WTC, some of whom already have university degrees, to get a practical education that will lead to specific employment.

Based on post-graduation surveys, Brownstone said there is a 90 per cent employment rate among graduates of Winnipeg Technical College just 6 months after graduation. According to Brownstone, the diverse set of skills that graduates with experience both in university and in college possess will open up several more job opportunities at a provincial, national and even international level.

Although universities do not keep records on post-graduation employment rates, Sigurdur agreed that the combination of practical and theoretical education will no doubt increase chances of employment. According to Sigurdur, the deans from both schools will be meeting at the end of March to discuss the joint programs they wish to develop.

Sigurdur anticipated that some programs will be in place for students by the fall term of 2010.

# UWSA ELECTIONS

## March 15–18



### Candidate speeches:

March 12<sup>th</sup> at 12:30 pm  
in Riddell Cafe

#### Candidate for President



▪ **Jason Syvixay**

Student life on campus is important. You should feel welcome and safe at this university, and be better informed about the opportunities and resources available to you. If re-elected as UWSA President, I will ensure that your students' association is held accountable for your needs. I strongly believe in an equitable environment, conducive to student engagement and involvement. But it's not about me. It's about what you have to bring to the table. You have skill-sets, knowledge, and experience. I will use my position to connect your abilities

within the scope of the UWSA – to empower you as students and to foster a shared sense of campus and community life. I believe in committing fully to this type of change. It is commitment that brings constructive results. Wanting change isn't enough; you have to work hard and diligently at it. My work within the UWSA as President has allowed me to: represent student issues to administration & government; improve communication to students & UWSA branding; increase accessibility to education (i.e., daycare); unite student groups; and work with creative students (artists, musicians, filmmakers). I will continue to work on these goals. The Your UWSA / Your Needs slate will focus on: advocating for you, student life & student support, service providing, and a fiscally-responsible UWSA. More info at: [youruwsayourneeds.blogspot.com](http://youruwsayourneeds.blogspot.com).

#### Candidates for Vice President Advocate



▪ **Jesse Turner**

Having been involved with the UWSA for the past couple years, I have a sound understanding of the experiences and needs of our diverse student body.

As the Adaptive Services Director, I have spent the past year advocating for students with disabilities to make our campus a more accessible and inclusive environment. If I am elected to the position of VP Advocate, I hope to extend upon my

efforts to make the campus a more inviting environment for all students.

In order for the UWSA to be an effective body and represent the students, we need to be more visible and have a stronger presence on campus. Being that this is my final semester, if elected, I will dedicate myself fully to the position and work to hold the UWSA accountable for their actions.



▪ **Katie Haig-Anderson**

I am a recent International Development Studies graduate, and have been the coordinator of the UWSA Womyn's Centre for the last two years. I have also learned about social justice and political organizing through involvement in Katimavik and FemRev.

I think that one of the great strengths of the UWSA is that it strives to build a socially and environmentally responsible campus. I am committed to maintaining and further

developing this strength. I will also work to expand UWSA visibility, and to create open dialogue between students and their union.

Another priority of mine would be to continue the UWSA's work making university as affordable and accessible. I also think the UWSA has an important role in enriching student life, and I would strive to create lots of opportunities for fun and learning outside the classroom.

As VPA, my job would be to represent and advocate for you. I'd love to hear from you, so email me at [katieforvpa@gmail.com](mailto:katieforvpa@gmail.com), and learn more about me and my campaign at [www.katieforvpa.blogspot.com](http://www.katieforvpa.blogspot.com).

#### Candidate for Vice President Student Services



▪ **Lana Hastings**

Hi there! I am a psychology graduate, an Applied Behavioral Analysis tutor, and I have a passion for theatre, having written and directed a successful show in the Winnipeg Fringe Festival. I also have been dynamically involved in the Peer Support student group for the last three years as a member and coordinator. I know first hand what it is like to work with the UWSA, and have become adept to the

challenging, but rewarding task of maintaining membership and engaging students. I decided to run for this position because many of you have encouraged me to utilize my work ethic, organizational skills, and student group experience on the executive team. If elected, I will do my best to promote direct communication between the student groups and the student body, work with you to accomplish realistic solutions to your suggestions, and bring back the free phones! Let your voice, ideas and concerns define my obligations as your VPSS at [youruwsayourneeds.blogspot.com](http://youruwsayourneeds.blogspot.com)

#### Candidates for Vice President Internal



▪ **Adetola Adeolu**

I am a 3rd year international student from Nigeria studying Business Administration specializing in Marketing. The reason I am running for the position of Vice President Internal is to show that minority students can have a voice in the school outside of the various student groups. Before graduation I want to make a mark in the university and use my position to positively change the student experience for both locals and international students. If elected I will not be restricted

to being in the basement office but make myself available to the whole student population because opinions of the students matter.



▪ **Ava Jerao**

Hello world!

As an ambitious business student at the U of W as well as having previous experience volunteering for the UWSA, my aspirations for next year not only reflect my own individual needs as a student, but will hopefully advocate the needs of all of us as a student association.

If elected as VPI, I plan to:

- fully support, promote and improve your student services as well as keep them functioning to best cater to your needs
- hold open budget consultations by making workshops available for you
- create a more publicly visible UWSA budget so that you, as a paying UWSA member, understand exactly where your money is going

The "Your UWSA, Your Needs" slate will focus on advocating for you, student life and student support, service providing and a fiscally responsible UWSA

For more info: [youruwsayourneeds.blogspot.com](http://youruwsayourneeds.blogspot.com)

#### Candidate for Science Director

▪ **Brent Gali**

#### Candidates for Arts Director

▪ **Wally Acuna**

My name is Wally Acuna and I am a fourth year student in the University of Winnipeg double majoring in Criminal Justice and Conflict Resolution. Before I set forward into my future career, I feel it is necessary to serve the students at the University of Winnipeg by best representing them as Arts Director. With this position I will fulfill all my duties to the best of my abilities. My intentions are

to create more awareness of the UWSA, respond to any questions or concerns and create a happy and memorable year for the arts students. Arts Director is a position that represents a vast majority of the student population and I will be more than willing to accept any and all challenges that I am confronted with.

#### ▪ **John Mcleod Arnould**

There are about ten thousand undergrad students here at the U of W and if you are reading this right now, chances are that you are not only a student, but an arts student. We make up the bulk of students here at the U of W, and our wants and needs should be represented at the UWSA meetings and around the campus effectively, by someone who wants to see progress and improvement. Starting March 8th, I will be running for the Director of Arts position. Inform yourself about all the candidates and make a choice: one of the greatest opportunities for you to affect your education is right here, right now. Want something that isn't happening? Have an opinion you feel is underrepresented? Get in touch: I can work with you to make sure that you don't go unnoticed. Every year we pay our UWSA student fees, and if you want more say in how those get spent, involve yourself and vote.

### **Candidates for Canadian Federation of Students (CFS) Liaison Director**



#### ▪ **Daniel Gurevich**

The position of CFS liaison requires an active voice to represent the UWSA on a national level. Additionally, it requires leadership, devotion, intuitiveness, and a strong initiative towards the betterment of the UWSA and its surrounding community. If appointed, I will use these strengths as a platform to communicate the views and aspirations of the entire UWSA. I believe we are a collective voice who has the ability to achieve our goals while enriching our lives and others

alike. As a student of business, assertiveness and healthy communication are of the utmost importance to me. Furthermore, I see a strong need for well-rounded individuals when it comes to directing positions such as CFS liaison. My fondness of artistic outlets and visual stimulus combined with a cooperative yet bold nature meet that standard and I trust that this will allow us to thrive as a united front.



#### ▪ **Josh Pomehichuk**

Being charged with advocating your interests on a national and provincial level, the CFS needs to be able to have an in-depth understanding of the issues students at the University of Winnipeg stand for. We need to coordinate efforts with our national counterparts in order to maximize those goals. There are many different interests at this University and we need to hear them. I want students to make change and I want to help us make that change.

### **Candidate for Community Liaison Director**

#### ▪ **Daniel Gowryluk**

### **Candidates for Recreation and Athletics Director**



#### ▪ **Tyrone Krawetz**

I'm currently a 3rd year Arts student that has a great interest in law. I am very active and work out on a regular basis. I am running for Athletics director because it's a position I can relate to. I understand first-hand the benefits of an active lifestyle, and I have a genuine desire for sharing my interest and passion with others. Being athletic is not about showing off in the gym, or competing in the Olympics... its about looking and FEELING good about your self. And that's something we

can all benefit from. I hope you will allow me to play a role in facilitating this vision for students on campus.

#### ▪ **Evan Neduzak**

As a 3rd year student majoring in Biopsychology, you have probably seen me around the University, frequently in the Duckworth Centre. As an avid gym member, I would like to improve the recreational activities organized throughout our campus. With such an excellent facility, it will be my responsibility to make sure it is brought to its full potential. Before my degree is completed at this University, I hope to make everyone's experience as exciting as mine has been thus far. I will voice all concerns of the student body and confront all difficulties that stand in my way.

### **Candidate for Status of Women Director**



#### ▪ **Lauren Bosc**

Hi! I am running for this position because I feel that I will not only positively represent a feminist perspective on the Board of Directors, but I will also be able to bring my past experiences from within the Women's and Gender Studies department to any and all actions I undertake whilst in the position. I have been involved with the UWSA for three years now, recently working at the InfoBooth and as LGBT\* Centre Co-Coordinator. If elected, I hope to encourage more collaboration between

different directorships and student services/groups, as well as do my best to aid in the implementation and continuation of sustainable feminist programming in accordance with the wants and needs of the Womyn's Centre and women on campus.

### **Candidate for Environmental Ethics Director**

#### ▪ **Jazmin Villalta**

### **Candidate for Lesbian, Gay, Bisexual, Transgendered, and \* Students' Director**



#### ▪ **Justin Charleton**

Sunshine, Lollipops and Rainbows! Hi everyone my name is Justin Charleton and I am running for the position of LGBT\*Students Director on the UWSA Board. (No, this doesn't mean I plan on having all the classrooms painted pink). I am currently in my second year here at the University working towards a Bachelor of Science in Chemistry. I aspire to be the voice of all Gay, Bisexual, Trans Gender/Sexual, Two-Spirited, Queer, Questioning students and Pro-Gay Allies. If elected

my main goals will be to reach out to those who don't attend the LGBT\* Centre on Campus and make sure their ideas and suggestions are heard. Also, I would like to arrange a few activities and events throughout the year in hopes of better integrating Queer and Pro-Queer students. Have any thoughts or concerns about anything pertaining to LGBT\* Students on campus? Feel free to stop and ask me anytime.

### **Candidate for Adaptive Services Students' Director**



#### ▪ **Danielle Otto**

There has never been a better time to be a student with a disability at The University of Winnipeg. Registration at the Disability Resource Centre (DRC) has increased 25% this year alone; last month the university announced a joint degree program in Disability Studies with Red River College, which will facilitate a much deeper understanding of the barriers to inclusion that disabled people face, both within the context of education, and participation in society as a whole. However, as

with any group of students, the work of advocating for students with disabilities is never done. As Adaptive Services Director my priorities include:

- Continuing to work with university administration to have the DRC relocated to a permanent and fully-inclusive space
- Continuing the ongoing campaign in conjunction with Canadian Federation of Students to have the post-secondary discount applied to the Handitransit monthly pass
- Working to have the accommodation of students with disabilities acknowledged in writing as part of the official mandate of the university

I look forward to working with my fellow DRC students and other students with diverse needs, to voice concerns as they arise, to ensure that their education is as accessible and enriching as it can be.

Thank you for your support.

### **Candidate for Director of Student Living**

#### ▪ **Rebecca Bock-Freeman**

I am currently a Rhetoric and Politics student at the University of Winnipeg. As Director of Student Living, I would be the liaison between student residents and the UWSA board. I want to help new and existing residents feel comfortable and excited about being part of the University of Winnipeg and become involved in the activities on campus and within the community. I would also like to provide assistance to students who are facing difficulties with student living and encourage students to feel comfortable voicing their opinions on housing issues in order to develop productive and efficient ways to solve these problems. To achieve the goals I have set for this position I am counting on the aid of the student residency population to help determine how to improve student living on campus. With the help of the UWSA all we need is you.

### **Candidates for Business and Economics Director**

#### ▪ **Gurdeep Samra**



#### ▪ **Vidhur Sharma**

I am a student in the faculty of business and economics. I have chosen to run for director of business and economics because I believe with the way our faculty is developing, it needs effective representation. I will try to facilitate this by attempting to be a channel of communication between the students, faculty and the student groups to help provide our students with an enriching and diverse experience at the University of Winnipeg. I will only achieve this with your support, feedback and help. So please let us work together to achieve our goals. If you have any questions, ideas or concerns, please don't hesitate to contact me at yourbusandecdirector@gmail.com. Hope we all have a wonderful year ahead!

## Comments

# Christianity in 2010: Who cares?

Christianity was in the news this month when it was reported that Youth for Christ, an evangelical social-service organization, plans to build a \$11-million youth centre at the northwest corner of Main Street and Higgins Avenue.

Winnipeg Centre MP Pat Martin railed against a plan proposing that the City contribute funds to the project, calling it "taxpayer-funded proselytization."

"These people are evangelical fundamentalists," Martin said. "Offering much-needed sports opportunities is just their way of luring in young prospects."

**For the past two weeks, Rev. Jack Duckworth has been exploring the topic of Christianity. He began with a look at the question, "What is a Christian?" Last week, he responded to the question, "What is a non-Christian?"**

**The series concludes below with a look at the question, "What does it mean to no longer be a Christian?"**

**Each week a different Uniter writer will respond to Duckworth's article, demonstrating the wide-ranging and passionate opinions that arise when questions of faith are brought to the table.**

What do you think? Let us know by e-mailing editor@uniter.ca. If you missed the first few articles in the series, you can read them by logging on to [www.uniter.ca/view/3339](http://www.uniter.ca/view/3339) and [www.uniter.ca/view/3482](http://www.uniter.ca/view/3482).

## What does it mean to no longer be a Christian?



**JACK DUCKWORTH**  
UNIVERSITY OF WINNIPEG VOLUNTEER  
CHAPLAIN

It is intriguing to say "I am no longer a Christian."

If someone has only vague ideas about Christianity, the reason for such a choice is easy to understand.

However, as my first and second articles noted, a Christian is someone who follows Jesus, while a non-Christian is someone who doesn't follow Jesus. Confusion arises when one is influenced by the actions of a few who contradict what Christianity is really about.

Perhaps a better starting point is to ask whether the person rejecting Christianity was a Christian to begin with or if they had misguided assumptions about Christianity?

A cultural assumption about Christianity does not, on its own, make one a Christian, nor does short-lived compliance to a vague Christian ethos.

If one claims to no longer be a Christian based on suppositions, it is advisable to clarify their starting point. In this sense, a person who chooses to leave Christianity may, in fact, never have lived the faith.

Assumptions are not always wise and can lead to problems when addressing why one chooses to no longer be a Christian. One such assumption is that personal choice, common in the secular culture, has the same influence in the Christian faith. On the other hand, it is often assumed that coercion is also a common feature of the Christian faith.

But rejecting Christianity without a clear

and honest focus on the person of Christ is incorrect. A close look at Jesus' teachings and life would demonstrate that he offered freedom of choice without coercion and demonstrated a life of exemplary standards and grace to all who lived in his proximity.

What he offered in his life and teaching can be found in the Bible. What one finds, among many things, is an invitation to follow him. The response, then as now, was never 100 per cent obedience. However, the choice to follow him was never contrived, manipulative or enforced. Rather, it was freely offered.

To say one is no longer a Christian because Christianity appears bogus requires justification.

If one feels the biblical information is not credible, all you have to do is prove ev-

**Rejecting Christianity without a clear and honest focus on the person of Christ is incorrect.**

everything in the Old and New Testament is fully unreliable. That accomplished, the next step is to prove Jesus' first followers never existed. Completing that, then prove that Jesus never lived. Then prove that the scholarship surrounding Christianity for the almost 2,000 years since Jesus lived is unreliable and there might be a chance to justify that Christianity is, in fact, bogus.

There is a vast amount of biblical truth and credible scholarship that cannot be brushed off because one personally does not like Christianity.

Everyone deserves to have earnest questions answered. Assuming someone ought to believe Christ simply because they belong to a Christian community is a weak premise. The person asking the question deserves an honest answer regardless of the challenge and nature of the doubt.

But if one considers Christianity to be bogus, clear proof is needed. Instead, if questions are left unanswered, finding the truthful answer is critically important.

Everyone is offered the opportunity to hold an opinion and make life choices. Invariably, there are inconsistencies in how we process decisions. However, claiming to no longer be a Christian begs clarity. What do you think?

*Rev. Jack Duckworth is the pastor of First Presbyterian Church Winnipeg and is available as volunteer chaplain at the U of W Thursdays from 11 a.m. to 3 p.m. He invites all interested to the last of three dialogue sessions in room 3M50 related to this article series: A discussion surrounding the question "What does it mean to no longer be a Christian?" happens Wednesday, March 17 at 12:30 p.m.*

## Losing my religion wasn't all that hard



**ALEX GARCIA**  
VOLUNTEER STAFF

Rejecting Christianity after experiencing some sort of interaction with the faith is an experience unique to each individual. For some, it means a complete change in lifestyle; for others, a quiet and subtle alteration in nothing more than their personal identity.

In truth, the only blanket statement that can accurately be made is that each individual who identifies themselves as no longer Christian has made a conscious decision to move away from a faith they found incompatible with their own understanding of life.

It is difficult to clarify how one is no longer a Christian past the general point of being able to say, "I don't follow the teachings of Jesus or the Bible," because of some of the very same points Rev. Duckworth makes.

As the religion has evolved in its 2,000 year history, the definition of a "Christian" has as well. Duckworth entertains the notion that Christianity is based on the idea of freedom of choice, which is indeed a correct statement.

What remains to be questioned are the choices themselves and the effect they may have with the individual's personal identification either towards the religion or away from it.

Salvation from damnation was Christ's message. Through him, there was the chance of eternal life in paradise and the experience of the highest glory.

The other road was one which people believing the message would be less inclined to take. Christ did not have to preach a message of "join me or else." All that was required was the faith that people hearing the message would understand both sides of it and allow their personal fears to influence, or manipulate, their decision.

To say that the only reason people reject Christianity is because they question the validity of a religion based on texts written thousands of years ago and modified repeatedly is false.

As previously mentioned, the rejection of a faith is as personal and unique a process as the acceptance of one. To say that justification is required by non-believers for claims that Christianity is "bogus" is accurate. Scientific justification is more readily available for a number of refutable claims

made by the Bible now than ever.

It should also be noted that the burden of irrefutable proof is on those that makes the original claim, rather than those who question it.

Furthermore, to say that we must look through and identify every claim made by the faith, disprove it and move onto the scholarly work surrounding it and disprove that in order to be able to claim that Christianity is indeed "bogus" is inaccurate.

Christianity is based on the idea of an omnipresent, omnipotent and omniscient god. An omniscient god would not then purposefully give his believers false information or lead them astray. It would seem near impossible for such a being to do so and still claim to love and cherish each individual creation.

Regardless of the amount of information surrounding the faith, if it is based on divine knowledge that can be refuted with human knowledge, a refutation of a single piece of an absolute statement is a refutation of the entire statement itself.

Faith in itself is religion's greatest ac-

**The rejection of a faith is as personal and unique a process as the acceptance of one.**

complishment. It can also be its greatest downfall.

It is of my own belief that faith was all that was left behind after my rejection of Catholicism. The loss of faith was worth more in my decision than any sort of proof that was later discovered or the arguments both for and against Christianity that were later made known to me. While it held the most weight in my decision-making process, it also was the smallest burden to rid myself of. It seemed to be a foreign concept to me and once "let go" it seemed insignificant to my person.

I cannot answer what it means to no longer be a Christian past my own experience. I cannot assume to know what it means for everyone else. The only answer I can give is that once the decision has been made, it really doesn't mean much at all.

*Alex Garcia is a human rights and global studies student at the University of Winnipeg.*

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# Something borrowed, something new

## Media misses the lack of confrontation in the federal budget



ANDREW TOD  
COMMENTS EDITOR

The federal Conservative government released its latest budget last Thursday, March 4. From most accounts, it was a document best left not talked about in any great detail beyond its uninspired nature.

The *Toronto Star* referred to it as “remarkably cautious.” Our own *Winnipeg Free Press* named their editorial on the matter, “Timidly betting on prosperity.”

Hell, even the *National Post* could not maintain its hell-bent desire to frame the budget as having a “silver lining,” by describing the budget as being no better than being “not awful.”

Yes folks, the message Canadians are receiving from most of the powerful news trendsetters in this country is that a party whose ideology is based on taking political baby steps and not rocking the boat failed to deliver anything interesting or ambitious in this, their fifth tabled

budget. Go figure.

Due to the woefully vague nature of the throne speech, delivered the day before the budget, there was plenty of fuel for the political commentary fire, as the media attempted to make interesting such riveting material as the possibility of introducing a Seniors Day to the already bloated list of symbolic “days” which dot the calendar.

When the real thing was laid out to Canadians on March 4, there was little to be surprised with as far as the major news outlets were concerned.

It is a dull budget, with few spending cuts advertised (those will come next year, according to popular opinion), few programs put in place worth mentioning and a general discontent with the fact that Parliament had been suspended for a month or so in order to put the thing together.

The uproar about the lacklustre budget, all told, doesn't exactly register for those who have paid close attention to the federal Conservatives. Boring doesn't just describe their political agenda, it *is* their political agenda.

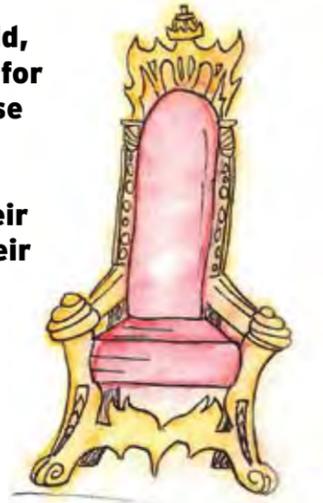
But it was also interesting to follow the news accounts of the latest budget for another, more politically tangible reason: this budget is a first of its kind for the Conservatives. It is cautious and it is impossibly

**The uproar about the lacklustre budget, all told, doesn't exactly register for those who have paid close attention to the federal Conservatives. Boring doesn't just describe their political agenda, it is their political agenda.**

dull, but it also shows glimpses of a kinder, gentler Conservative party.

Thinkaboutit. The Conservatives of old, under the tutelage of louts like Minister of Finance Jim Flaherty and Prime Minister Stephen Harper, would have been straining at the end of their chain to embarrass the Liberals by placing items in the budget that the opposition could not agree with but could not vote against either for fear of triggering an election they would not win.

None of the usual “gotcha” macho posturing occurred this time around. Even though Liberal leader Michael Ignatieff referred to the contents of the budget as full of “gimmicks” – which doesn't exactly translate to fighting words in politics – there is nothing in the document that his party could bring the government down over, and certainly nothing as inflammatory as



the infamous economic update of 2008.

The budget also shows a different side of the government by acknowledging that women constitute a political group in Canada worth funding, however inadequate such funding may ultimately be.

Yes, the same party that once pledged to cut the funding of women's groups that do advocacy, research and lobbying, who removed equality from the goals of the Status of Women Canada (before re-instituting it, quietly) has pledged to fund organizations that

deal with the egregious amounts of missing and murdered aboriginal women in this country.

The government even went so far as to suggest our national anthem be changed to become gender neutral, which would have (gasp!) expanded government to create a Parliamentary committee on the matter, gone against tradition and been pro-woman. Three strikes in any conservative handbook. Such a suggestion coming from the minds of Conservative brass would have been inconceivable before, regardless of the fact that the plan was scrapped a mere two days later. Remember, baby steps.

While the government will be ridiculed for not requiring the suspension of Parliament to produce such a dreary budget, it seems as though the Conservatives have used their latest break to change their style, if not their substance.

In political terms, this means they are probably attempting to repair the damage done to their support over the prorogation mistake. They may just be dusting off their sweater vests and kittens to appeal to Canadians when this minority Parliament eventually topples again.

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

ILLUSTRATION BY SAM HAGENLOCHER

## The streets are green with liberty

### Why your hangover is vital



ROBERT J. HOLT  
VOLUNTEER STAFF

*But sometimes, son, you can trust a man who occasionally kneels before a toilet. The chances are that he is learning something about humility and his natural human foolishness, about how to survive himself. It's damned hard for a man to take himself too seriously when he's heaving his guts into a dirty toilet bowl.*

—James Crumley,  
*The Wrong Case*

It's a grey and dreary afternoon here on Portage Avenue. I am sitting in the lounge of the Rinkside Bar and Grill and a deadline looms menacingly over my head. I haven't even touched my drink yet. Just two hours left now – got to stay focused. Have to finish the article and get this story out.

Which is easier said than done.

Getting the story out may be a problem, because right now, I have no story. Instead of coming up with this week's article, I've spent the week planning and worrying, worrying and planning. That's because earlier this week, I remembered that St. Patrick's Day – much like my deadline – is just around the corner.

Saint Patrick, of course, is the patron saint of Ireland and is said to have single-handedly driven a plague of snakes from the Emerald Isle ... or something like that. And how have we come to celebrate the legacy of such a swell and holy fellow?

We guzzle dark stout beer and Irish whiskey until we fall down

and puke on our shoes! It's like Christmas in March.

This year, regrettably, the holiday has snuck up on me. I'm feeling horribly unprepared for the 17th of March. I still haven't decided which bars I'll visit that day. The King's Head is an obvious choice, but the crowds and the lines are guaranteed to be ridiculous.

The Regal Beagle would probably be less frantic, and the place has always treated me well, but I think they host an open mic night on Wednesdays. I cringe to think of what might happen when me, liquor and a waiting microphone all get mixed together.

And that's just the bars I'm worried about. I still need to figure out the order in which I'll visit them, what I'll be drinking when I get there, how best to conceal the open liquor I'll have, where to sleep it off, the legal rights of persons charged with disorderly conduct/

public drunkenness/indecent exposure – everything. It's a lot of work to celebrate the day properly.

Still, I think the effort is well worth it. When I go pub crawling on St. Patrick's Day, I consider it a political event. I'm celebrating two of this country's fundamental freedoms: freedom of expression and freedom of association. Where others may see only a vulgar orgy of excesses, I see a living, breathing testament to democracy.

The price paid for such freedoms, in the case of St. Patrick's Day, is the morning after. On that morning, I will sit through an early morning class with one of the most murderous hangovers imaginable.

I can't wait.

*Rob Holt is a second-year University of Winnipeg student and he'd like to thank everyone who comes to the party.*

ILLUSTRATION BY BILL BESO



## Education brings fear for some current aboriginal leaders

### Chiefs and administrators squander the education of First Nation University students



BRIAN RICE  
VOLUNTEER STAFF

As someone who teaches aboriginal education to students, the content of my courses includes the devastating effects of colonial policies on aboriginal peoples, such as the residential school system and how it contributed to the loss of aboriginal languages and culture.

I now have to include a section on how the administrators of First Nations University and the Chiefs of Saskatchewan have further contributed to that loss.

First Nations University was supposed to be a model of what aboriginal people could do if given control over their education system. Unfortunately, from the beginning, the Chiefs of Saskatchewan began interfering in its management.

Eventually, they forced out some of the top aboriginal scholars from their faculty and administrative positions and, subsequently, put in their place persons that have allegedly taken money illegally for their own personal purposes.

Censured for political interference by Canadian Association of University Teachers several years ago, First Nations University has now had its funding cut by the Saskatchewan government and it looks likely that the federal government will follow suit.

This is a shame. The students of First Nations University are in a unique position to become future leaders of their communities. As it stands, aboriginals are all left with the embarrassment and repercussions from the mismanagement of what was once a model institution of higher learning.

It begs the question: What does this say about our ability to run our affairs?

There wasn't any reason for it happening other than aboriginal leaders wanting to assert their power and control over the institution and the students within.

There is a fear among some aboriginal leaders, many of whom are less educated than the students in First Nations University, that they will lose their power base if aboriginal students graduate and become more educated than them.

Therefore, they would rather scuttle the education of the students than face the graduates when they return to their communities. In this case, these leaders are to blame for trying to destroy the future of their children and not the government.

*Brian Rice is an associate professor of education at the University of Winnipeg.*

## Arts & Culture

# Playing with fire

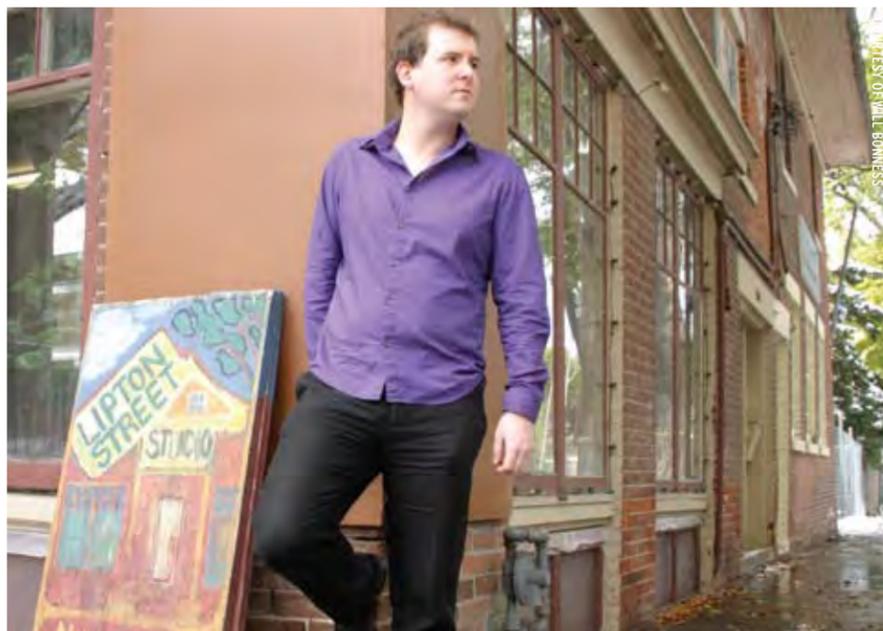
Local jazz pianist Will Bonness has become a city staple since first performing 10 years ago

PHIL ENNS  
VOLUNTEER

Will Bonness lives and breathes music.

For the past six years, the local jazz pianist has been one of the mainstays at the Cool Monday Night Hang, a weekly jazz jam session which currently takes place at the Orbit Room on Pembina.

Bonness, like many of his contemporaries, began his career at a young age. The 24-year-old first made the decision to focus on jazz at the age of 13, after enduring several years of classical piano lessons.



Forming a trio with some friends, he travelled around Winnipeg with a demo tape trying to score gigs.

"I didn't know immediately that I wanted to make it a career, but I

knew it was something I wanted to pursue pretty far," Bonness said.

His persistence paid off and soon he was getting professional jobs.

When he was just 17, Bonness,

still fresh from high school, got a call to join legendary Canadian trumpeter Maynard Ferguson on the road, an enormous opportunity for such a young performer.

**"Right now, the mindset I'm in is that I just want to keep progressing as much as possible as a musician."**

—WILL BONNESS, JAZZ PIANIST

Today Wolseley, tomorrow the world: Jazz pianist and U of M grad Will Bonness first began performing in the city 10 years ago. He completed his debut album *Subtle Fire* last fall.

Since then Bonness has continued to live in Manitoba, graduating with a Bachelor of Music from the U of M's Jazz Studies program last year.

After graduating, he decided to spend the summer in New York City and try to see what other people in his field were doing south of the border.

"It was just an all-around checking-out-the-scene kind of experience," Bonness said. "I just learned a lot and absorbed a lot about music."

Following his return to Winnipeg, he went into the studio to record his acclaimed debut album, *Subtle Fire*, with seasoned jazz musicians Steve Kirby on bass and Terreon Gully on drums.

"They ended up bringing totally their own thing into the music," said Bonness, referring to the highly improvisational nature of the art form.

Bonness will be featured in an upcoming concert at the Park Theatre as part of Jazz Winnipeg's Nu Sounds Series.

He says that the March 14 show will incorporate everything from world to hip-hop beats, along with some charts from his new album. Joining him on stage will be drummer Curtis Nowosad and bassist Julian Bradford.

Bonness hopes that this current musical configuration might continue to perform together in a trio format.

"As far as chemistry goes, there certainly is a lot of that, because we're all so familiar with each other's playing," he said.

At the moment, Bonness's plans for the future are not set in stone, but one thing's for sure: he's just getting warmed up.

"Right now, the mindset I'm in is that I just want to keep progressing as much as possible as a musician."

⇒ See Will Bonness Sunday, March 14 at the Park Theatre

⇒ Tickets are \$13 in advance through Ticketmaster / \$15 at the door

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



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## MUSIC LISTINGS

## Pip Skid



Pip Skid is set to release his newest album *Skid Row* this Saturday, March 13 at the West End Cultural Centre. "Best album I've ever made," states Pip, giving a shout-out to collaborators DJ Kutdown and Rob Crooks. Also appearing as guests on the album are Greg MacPherson, John Smith, Birdapres, Yy, Nestor Wynrush, Moka Only, Cadence Weapon, DJ Co-op and more. So join his live band PIP SKID & THE SKIDS, REBEL YELL and the TURTLE ISLAND HIP-HOP DANCE CREW in celebration of some quality tracks.

## Cluster New Music and Integrated Arts Festival

This is the the inaugural year for the Cluster Festival and the new music composers and artists are brimming with enthusiasm and energy. Created and curated by Luke Nickel and Heidi Ugrin, the festival is set to become a vital fixture on the Winnipeg scene by celebrating and integrating our diverse artistic communities. *Night Flares*, the first event on Thursday, March 18, features Allen Harrington and Laura Loewen performing pieces by local composers as architect Herb Enns transforms the University of Winnipeg's Eckhardt-Gramatté Hall using only light. On Friday, March 19 the Perret/Roy studio at 290 McDermot Ave., there will be the performance entitled *Shadows, Petals, Airports*. The final day of the festival, Saturday, March 20, has Montreal percussionist Gina Ryan, films by local video artist Bryan Besant and live improvised soundtracks by the Cluster Troubadours, featuring Ingrid Gatin and Max Fleischman, at the Park Theatre. All shows begin at 8 p.m.

## THURSDAY, MARCH 11

LES JUPES, NOVA and SLATTERN play at the Royal Albert Arms. The BEATNUTS 20th anniversary tour hits the Pyramid Cabaret with guests SWIGFU and DJ KINETIC.

WORLD RHYTHM: MUSIC FOR CHANGE at the West End Cultural Centre features the RHYTHM REVIEW, IDRISSE TURAY, DRUM CAFE and THUNDER UNDER THE BRIDGE at 7:30 p.m.

Join the packed floor dancing to DJs ROB VILAR and MIKE in the Lo Pub at GOODFORM.

JD EDWARDS BAND and SWEET ALIBI are the entertainment at the Times Change(d) High and Lonesome Club.

THE MINISTERS OF COOL lay it down at the Academy.

PAUL DE GURSE performs at the Current Lounge.

THE PEOPLE'S CHAMP spins at the Republic Nightclub with NDU.

MOONBEAM JAZZ at the King's Head.

Open Jam Night at the Standard.

ROUTE 59 Jam Night at the Cavern.

READYMIX with DJs DAN L and DIAL UP at Ozzy's.

DAVID BART Celtic night at Shannon's Irish Pub.

NEIL PINTO plays at Saffron's.

## FRIDAY, MARCH 12

DJ BEEKEENI spins the annual International Women's Day dance party at the Lo Pub.

Awkwardly-named electronic artists MR. SOFALUMPKINS and DR. FUNKINCHUNKIN are at the Academy.

Ace Art's series TRANSMISSION ALPHA features music by THE SHAKE, DJ CYCLIST, KING KOBRA, DJ BEEKEENI and KASM.

PAUL DE GURSE performs at the Current Lounge.

THE MADCAPS are performing at the Cavern.

NDU is taking to the stage at the Gas Station Theatre.

DJs battle head-to-head at the Royal Albert. ADAM vs. JAMALL KNIGHT, FOOTWERK vs. TWENTY TWENTY, VOULES vs. RANDOM and MIKE B. vs. AHHHHNDRE.

RUDE DALE is playing the Standard.

BROKEN ARMY, KINGDOM OF SLEEP and WEAR YOUR WOUNDS are rocking out at the Zoo.

RIDLEY BENT and THE GOOD LOOKIN' COUNTRY BAND are at the Times change(d) High and Lonesome Club.

The GRACE HRABI TRIO plays at McNally Robinson.

## SATURDAY, MARCH 13

PIP SKID & THE SKIDS, REBEL YELL and DJs KUTDOWN and KINETIC are joined by the Turtle Island Hip-Hop Dance Crew at the West End Cultural Centre.

Punk legends SNFU play with the UNWANTED at the Zoo.

Local indie rockers ENJOY YOUR PUMAS are playing at the Standard.

B.A. JOHNSTON, THE MAGNIFICENT SEVENS and THE DISAPPOINTERS take the stage at the Royal Albert Arms.

PAUL DE GURSE performs at the Current Lounge.

IAN KELLY and CAMERAROMANCE are taking to the stage at the Lo Pub.

ROLLIN PENNER AND THE MEDICINE SHOW are playing at McNally Robinson.

THE STEAMERS heat up the Times Change(d) High and Lonesome Club.

## CON'T...

THE MADCAPS are performing at the Cavern.

ORIGINAL PAINKILLER takes the stage at Shannon's Irish Pub.

KATIE MURPHY CD fundraiser at the Ukrainian Labour Temple features JD EDWARDS, THE BUSHTITS, SEAN BROWN, SUSS and, of course, KATIE MURPHY.

DJ TIN and DJ KAYO are spinning at the Academy.

## SUNDAY, MARCH 14

TIM BUTLER, DOM AMERO, TWIN, LADYBUG & CATERPILLAR, JASON TUESDAY and PAEGAN SUNFLOWERS honour Elder GARRY "MORNING STAR" RAVEN in the University of Winnipeg's Bulman Centre.

THOSE GUYS are going to be playing some of those songs at the Academy.

THE NU SOUNDS SERIES at the Park theatre features performances by WILL BONNESS, JULIAN BRADFORD and CURTIS NOWOSAD.

Saddle up to the bar and listen to BAD COUNTRY with B.A. JOHNSTON at the Standard.

Blues jam with BIG DAVE MCLEAN at the Times Change(d) High and Lonesome Club.

ALL THE KING'S MEN are all at the King's Head.

## MONDAY, MARCH 15

The incomparable J.WILLIAMEZ performs at Shannon's Irish Pub.

Watch James Brown run from the bar to the turntable at the VINYL DRIP in the Cavern.

Karaoke at the Standard.

NEIL PINTO at Shannon's Irish Pub.

## TUESDAY, MARCH 16

TECH N9NE and PETER JACKSON play at the Pyramid Cabaret.

Soul Night with THE SOLUTIONS at the Cavern.

BIG CITY FILTER play at Shannon's Irish Pub.

THE EXPERIENCES take the stage at the Royal George Hotel.

Open-Mic Night at the Academy.

## WEDNESDAY, MARCH 17

ELECTRIC SIX play the Royal Albert Arms.

From film to the McPhillips Street Station, THE COMMITMENTS got a lotta soul.

THE SHOUTING GROUND and BANSHEE'S WAIL are playing at the Academy.

NATHAN ROGERS, THE BRADY IRISH DANCERS and the PUSHING DASIES play at Shannon's Irish Pub.

PATRICK ALEXANDRE & THE F-HOLES and MIC & THE BOYS play at the Toad in the Hole.

TALK CITY and THE CITY CHAMPS are playing at the Cavern.

MIC & THE BOYS and THE F-HOLES are playing at the Toad in the Hole.

ANDREW NEVILLE & THE POOR CHOICES are playing at the Standard.

DON'T BE SHY live open mic at the Regal Beagle.

SASSY JACK is at the Royal George.

BIG CITY FILTER play at Shannon's Irish Pub.

WILD AND WICKED WEDNESDAYS at Ozzy's.

## THURSDAY, MARCH 18

CHRIS MAMA BAUER releases his album at the Winnipeg Art Gallery.

DEL BARBER will be playing at the Times Change(d) High and Lonesome Club.

BROTHERS, SOFTCOPS and VAMPIRES at the Royal Albert Arms.

HAMMERFALL and POWERGLOVE play at the West End Cultural Centre.

SAWYER BROWN are going to bring you their tunes at the Club Regent Casino.

Part of the Cluster Festival NIGHT FLARES takes place in Eckhardt-Gramatté Hall at the University of Winnipeg. 8 p.m.

Join the packed floor dancing to DJs ROB VILAR and MIKE in the Lo Pub at GOODFORM.

MOONBEAM JAZZ at the King's Head.

ROUTE 59 Jam Night at the Cavern.

READYMIX with DJs DAN L and DIAL UP at Ozzy's.

Open Jam Night at the Standard.

THE PEOPLE'S CHAMP spins at the Republic Nightclub with NDU.

DAVID BART Celtic night at Shannon's Irish Pub.

NEIL PINTO plays at Saffron's.

## UPCOMING SHOWS

LULLABY ARKESTRA, April 9 at the Royal Albert Arms.

BIG JOHN BATES & THE VOO-DOO DOLLZ and THE ANGRY DRAGONS, April 12 at the Pyramid Cabaret.

BABY DEE, April 20 at the West End Cultural Centre.

NOFX, April 26 at the Burton Cummings Theatre.

ROB ZOMBIE and ALICE COOPER, April 26 at the MTS Centre.

HOLLERADO and THE BESNARD LAKES, April 28 at the Royal Albert Arms.

PLANTS AND ANIMALS and SAID THE WHALE, April 28 at the West End Cultural Centre.

CHARLEY PRIDE, May 1 at the Centennial Concert Hall.

GEORGE THOROGOOD & THE DESTROYERS, May 22 at the Centennial Concert Hall.

## CD REVIEWS

## THE PAPERBACKS

*Lit From Within*

Parliament of Trees

★★★★☆

Even though he's just 34, I think we should already give singer-guitarist Doug McLean some sort of lifetime achievement award for writing well-crafted, literate, urgent indie rock songs that stick with you for days. He did it with *The Bonaduces* and he does it now with *The Paperbacks*. Preceded by *An Episode of Sparrows* (2003) and *An Illusion Against Death* (2007), *Lit From Within* covers a lot of sonic territory throughout its 32 songs. Highlights include the slow and introspective *Good Lives (For Bad Reasons)*; the punky rockers *Stars (For Claire Massey)* and *Make Art*; and *Math Damage/Maggot Age*, which has a compelling darkness to it. It's hard to find a bad song in the bunch. People might think a band crazy to release a double album in this day and age, but *The Paperbacks* pull it off with flying colours.

-Aaron Epp



## EVERY TIME I DIE

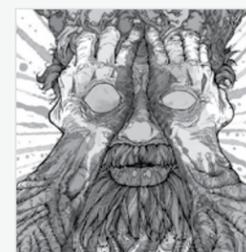
*New Junk Aesthetic*

Epitaph Records

★★★★☆

For my dollar, there is no other metalcore band really worth listening to. ETID's first two records were off-the-hinges spastic-schizo northern New York State hardcore, more akin to Dillinger Escape Plan. With the release of 2003's *Hot Damn*, they got southern-groove into their hardcore (via Pantera), something that made them incredibly popular with the Warped Tour set. Seven years later, the band has migrated to indie giant Epitaph Records. The groove is still there but it is certainly muted in favour for their trademark truncated and concentrated blasts of aggression (only two tracks break the four-minute barrier). Lyrics are much darker but not without the humour that Keith Buckley has become known for (like how describing cancer as an unwanted party guest on *Host Disorder* made me snicker). Live is where this band really shows who's boss. Catch their fugly display of power at the Garrick on Friday, March 19.

-Lee Repko



## BRADLEY

*Mountain Tiger Wolf*

Drip Audio

★★★★☆

Bradley's *Mountain Tiger Wolf* is basically an indie techno loop of random pop culture highlights since 1972. Hollow '80s mega rock is combined with recognizable bass riffs from Stevie Wonder's album *Talking Book*. Other tracks have Queen melodies layered with an xylophone and digital Pac-Man zaps. Varying from ballads, lullabies to rave techno, Bradley's approach is similar to the intentionally particular and exposed style of Sufjan Stevens. Unresolved metaphors like, "It makes it hard to run / You have the weight now / You feel everyone" are nearly impossible not to like, though I'm often suspicious as to why. Others are a tad grim, but could either bring relief or hyperventilation, like "All the lines we crossed were grey / All the days and nights the same." Despite some haphazard combinations, most tracks are tastefully mixed and nostalgically familiar.

-Lynnette McLarty



## CHRISTINE JENSEN JAZZ ORCHESTRA

*Treelines*

Justin Time Records

★★★★☆

When McGill graduate Christine Jensen's compositions on her sister Ingrid's record *Vernal Fields* won the Best Mainstream Jazz Juno in 1995, it was clear that Christine was not satisfied to sit second chair to her world-recognized sister. *Treelines* is Christine's first record with Canadian über-label Justin Time, after three releases on the primarily Quebec-based Effendi. Straddling a fine line of composition and improvisation, this internationally acclaimed band leader and saxophonist explodes with sweeping melody, backed by a crack band of Montréal's finest, many of which have played with her in quartets and other recordings. Ingrid features prominently here, as does her life-partner, Joel Miller (saxophone). Highlights include *Dark and Stormy Blues* and the album opener *Dancing Sunlight*. *Treelines* is perfect for a lazy Sunday afternoon, that is if you don't hear it over and over on our national broadcasters' jazz shows too much. Great effort.

-Lee Repko



## BORN RUFFIANS

*Sole Brother*

Paper Bag Records

★★★★☆

This first single off Born Ruffians upcoming record *Say It* is probably exactly what you'd expect it to be. The Toronto indie band has made a brand out of stripped-down pop since they first debuted four years ago. But the sound, which is essentially Vampire Weekend by way of Grizzly Bear, may be on the verge of becoming all too familiar. That said, *Sole Brother* is a catchy little ditty, with simple repetitive guitar lines, subdued drum beats and even simpler lyrics. While I may not know what "I know the election was a sole brother" means exactly, I have to admit, of all the new-but-becoming-old-fast sub-genres of indie music, this one is probably the hardest to resist. *Say It* is in stores June 1. Download *Sole Brother* at [www.tinyurl.com/ruffiansmp3](http://www.tinyurl.com/ruffiansmp3).

-Sam Hagenlocher



# Thirsty for sweat, not blood

Local death-pop duo VAMPIRES may only come out after dark, but don't worry, they're just out to make you dance

MIKE DUERKSEN  
VOLUNTEER STAFF

These creatures of the night aren't thirsty for blood. Rather, they come out of hiding regularly on stages across Winnipeg with their grungy, oft-fuzzy dirty dance riffs thirsty for one thing only – sweat.

"We like to get people dancing. I feel like we're doing our job right when we're sweaty within the first couple of songs," said VAMPIRES frontman David Dobbs over the phone from a courthouse in Toronto last week. But don't worry, he's not in trouble with the law: Dobbs is a respite aid for a prominent Manitoba lawyer.

The death-pop duo, rounded out by co-frontman Josh Butcher, started hashing out their off-tempo



VAMPIRES is a duo made up of David Dobbs and Josh Butcher. The band is currently working on its debut EP.

guitar 'n' drums riffs in the early days of 2009 after Dobbs caught the fever of Los Angeles' energetic music scene.

"I went down to L.A. for Christmas in 2008 and saw a bunch of groups playing there," recalled Dobbs, 24. "I came back with this great feeling on how to make music."

It didn't take long before he and Butcher played their first gig – a fast and energetic set that saw them both switch instruments halfway through the show – in the basement of their Wellington mansion under the moniker VAMPIRES.

"We just thought 'vampires' was a real great word that encapsulates a lot of feelings. Vampires have an

unwilling centre of attention; they know how to conduct themselves," Dobbs said. "In our present day and age, we're all consuming to live. Sometimes we can't see our own reflection because life gets in the way. The name is just a big word to sum up life, ironically."

Packing equal parts meaty riffs and abrasive growl, the band's

sound and minimalistic approach to music is not only restricted to their economic setup. Since their inception, VAMPIRES has handed out home-recorded singles at all their shows, featuring custom handmade CD art. But in the spring of this year that may change. That's when VAMPIRES hopes to release their first proper EP.

Recorded with producer Jeffrey Patterson at his studio – the Home Street Recording Company – the five-track disc will be the result of experimenting with multiple guitar amps at once and trying to capture the band's raw, unrefined sound.

But in the meantime, the band will keep on honing their trademark live performance.

"We like to come out strong, but somewhere in the set we're going to drop it down and make you sway back and forth," said Dobbs. "And then we're going to see if we can get you sweating with us."

- ⇒ See VAMPIRES Thursday, March 18 at the Royal Albert
- ⇒ Brothers and Softcops will also perform
- ⇒ Tickets are \$7 at the door
- ⇒ Visit [www.myspace.com/vampireslikeyou](http://www.myspace.com/vampireslikeyou)



## MORE MUSIC THIS WEEK



Acclaimed globetrotting choir Prairie Voices are celebrating their tenth anniversary this year. They will be performing March 12 at Crescent Fort Rouge United Church to mark the occasion.

### PRAIRIE VOICES

Hailed as "the wave of the future for choral music" by Manitoban composer Sid Robinovitch, Prairie Voices makes singing in a choir look cool, like those kids on *Glee*.

PV has traveled throughout Canada and Europe, released a handful of CDs and earned critical acclaim from Winnipeg media outlets. It will celebrate its 10th season anniversary with a concert on Friday, March 12 at Crescent Fort Rouge United Church.

The performance will feature one set by the choir's current lineup and one set by a choir made up of PV alumni.

"This group does anything and everything, which makes it interesting," says Kristel L. Peters, the choir's artistic director and conductor. "We get to do a mixture of genres and it's never the same, year after year."

Founded in 2000, Prairie Voices features 35 singers between the ages of 18 and 25 who are dedicated to performing contemporary choral music from around the world. The choir is currently recording its fourth CD, *Autumn*, to be released later this year.

—AARON EPP



Mississippi guitarist Super Chikan plays with his "Cigar Box Combo," one of his many self-made guitars.

### SUPER CHIKAN AND THE FIGHTING COCKS

If you have a passion for guitars and yodelling blues singers, Super Chikan and the Fighting Cocks is the band you've been looking for.

James Louis Johnson (a.k.a. Super Chikan) and his custom guitar inventions, such as his Cigar Box Combo, are just as fetching as his toe-tapping beats. Since his debut *Blues Come Home to Roost* in 1996, the Mississippi-born Chuck Berry fan has released six albums.

A recipient of the Mississippi Governor's Award for Excellence in the Arts, Super Chikan will be in Winnipeg Saturday, March 13 performing at Riverview Community Centre.

Tickets can be purchased at the door. Don't miss out on your chance to see this southern legend in action.

—CASANDRA ANDERSON



Six people you meet at every wake: Detroit "rock" band Electric Six will play to a sold-out crowd in Winnipeg on March 17.

### ELECTRIC SIX

Detroit's eclectic sextet Electric Six is touring in support of their latest album *Kill*. The group is characterized by its comedic lyrics, hyper energy and genre-bending music. Combining such styles as garage, disco, punk, new wave and metal makes sure your ears are entertained. That said, the Royal Albert is in for a crazy show Wednesday, March 17. An ever-changing roster of experienced musicians with ridiculous stage names (*Smorgasbord!* and *Dick Valentine*, for example) guarantees that the night will be worth the price of admission.

"I just thought that when we started, we came off the way we did because so many bands didn't really do anything onstage. We just wanted to express where we stood [musically]," said bandleader Dick Valentine of their unique style in the *Metro Times*.

Electric Six is sure to deliver one of the most energetic shows in the city all month.

—KARLENE OOTO-STUBBS

VISIT [UNITER.CA/LISTINGS](http://UNITER.CA/LISTINGS) FOR MORE OF WHAT'S HAPPENING



## FILM

HOUSE, the 1977 teenage Japanese horror mind trip, will be playing to a freaked-out crowd at the Ellice Theatre at 8 p.m. on Friday, March 12. The local all-female Alice Cooper tribute band MUSCLE OF LOVE will also be performing.



Director Lars Von Trier's critically-acclaimed film ANTICHRIST, starring Charlotte Gainsbourg and Willem Dafoe, will be on the big screen at Cinematheque Friday, March 12 at 10 p.m. and Saturday, March 13, Wednesday, March 17 and Friday, March 19 at 9 p.m. Also, Sunday, March 14 and Sunday, March 21 at 7 p.m. and Thursday, March 18 at 9:15 p.m.

Political pranksters The Yes Men take a look at our economic system by posing as top executives and shifting the stock market - hilariously. THE YES MEN SAVE THE WORLD plays at Cinematheque on Thursday, March 11 at 9 p.m.

THE COCA-COLA CASE, a documentary about the legal case against Coca-Cola in Columbia, will screen in the Manitoba Boardroom at the University of Winnipeg on Tuesday, March 23.

The Winnipeg International Jewish Film Festival runs from Monday, March 15 to Saturday, March 27. Visit [www.radyjcc.com](http://www.radyjcc.com) for information on films and showtimes.



Set in Harlem in 1987, the film PRECIOUS is a tale about one's capacity to overcome when faced with terrible realities. Playing at Cinematheque Thursday, March 11 at 7 p.m.

Directed by Philippe Diaz, the film THE END OF POVERTY? takes an insightful look at the vast number of people living below the poverty line. Playing at Cinematheque Friday, March 12, Saturday, March 13 and Wednesday, March 17 at 7 p.m. There will also be a matinee screening on Sunday, March 14 at 4 p.m.

LA BELLE VISITE, a film on retirement and the beauty of the Quebec countryside. Free admission at the Cinematheque on Thursday, March 18 at 7 p.m.

FREEZE FRAME, the international film festival for kids of all ages, takes place from Thursday, March 4 to Saturday, March 13 at various Winnipeg locations. Visit [www.freeze-frameonline.org](http://www.freeze-frameonline.org) for details.

There is a call for submissions to the 8th annual University of Winnipeg Student Film Festival. Forms can be picked up at the UWSA info booth. Deadline is Monday, April 5 at 4 p.m. The films will be screened at the festival from Wednesday, April 23 to Friday, April 25.

Teenagers love horror films, so here's a chance to enrol your kids aged 14-18 in a film criticism course on some classic flicks. The program will take place from Tuesday, March 30 until Thursday, April 1 at Aqua Books. For more information, visit the Miskatonic Institute of Horror Studies at [www.big-smash.com](http://www.big-smash.com).

## LITERATURE

Aqua Books presents a writer's workshop with Jake MacDonald entitled WRITING YOUR LIFE on Thursday, March 11 and Saturday, March 13 at 8 p.m.

Deborah Schnitzer will speak in the Carol Shields Auditorium in the Millenium Library on Friday, March 12 at 12:10 p.m.

Carol Szuminsky will be signing copies of her children's picture books on Saturday, March 13 at McNally Robinson, 2 p.m.

CURTAINS: ADVENTURES OF AN UNDERTAKER-IN-TRAINING is being launched by author Tom Jokinen at 8 p.m. on Tuesday, March 18 at McNally Robinson.

Poet Deborah Schnitzer and guests Marika Prokosh and Kristian Enright will be at Aqua Books on Wednesday, March 17 at 7 p.m.

Prairie Fire Press and the University of Winnipeg present award-winning poet and novelist Marilyn Bowering, who will deliver the Anne Szumigalski Memorial Lecture, titled RE-DISCOVERING ANCIENT SPRINGS: A CONSIDERATION OF METAPHORICAL SPACE on Friday, March 19 at 7 p.m. in Convocation Hall at the University of Winnipeg.

The 2010 Prairie Fire Press and McNally Robinson Booksellers Literary Contests will be awarding \$6,000 in cash prizes. For full contest rules or more information visit [www.prairiefire.ca](http://www.prairiefire.ca) or call (204)943-9066.

# The poor stay poor while the rich get rich

## Director Philippe Diaz's bleak doc attempts to explain what everybody knows

JUSTIN LUSCHINSKI  
VOLUNTEER STAFF

### The End of Poverty?

Directed by Philippe Diaz, 2008

104 mins

English, Spanish, French, w/ English subtitles - Narrated by Martin Sheen

Playing at Cinematheque Friday, March 12, Saturday, March 13 and Wednesday, March 17 at 7 p.m. and Sunday, March 14 at 4 p.m.

★★★★☆

In a world where there is so much wealth, why is there still so much poverty? That is the primary question of Philippe Diaz's latest documentary *The End of Poverty?*, and it's a question to which there is no good answer.

The film paints a very bleak picture in which a small portion of the First World are willfully bleeding the Third World dry.

Diaz starts at the beginning: the British empire and the conquistadors, who helped develop Third World nations though their own legal system and also created ways to keep the people of those nations subdued. They created an economy which only exports one type of resource (the kind the rich needed), by destroying every other type of trade in order to make the people there reliant on whatever goods came in from the empire. This system made these developing nations into nothing more than prostitutes who are used until they are worthless.

As this diplomatic policy is still in action today, Diaz brings out the utter hopelessness that these people experience on an almost daily basis.

The filmmaker travels to various poverty-stricken nations such as Kenya, Brazil and regions of Spain, and obtains firsthand testimonies from the people who often work for less than a dollar a day. This, combined with interviews with Nobel Prize winning



Philippe Diaz's documentary *The End of Poverty?* asks the question, "In a world where there is so much wealth, why is there still so much poverty?"

analysts, political activists and former World Bank employees, drives the point home.

World poverty doesn't just happen; it's created, whether by government-run organizations or their banks to further their own goals.

Diaz does an excellent job of evoking an emotional response, combining imagery with a dreary musical accompaniment that brings the concept of hopelessness and poverty to life.

Martin Sheen's narration may be dry at times, but overall it becomes the icing on the cake.

Perhaps the film's main weakness is that it takes too long to make its point.

There are interviews from several people in

different countries all saying the same thing: "We are in poverty and barely have money to live." This is a message that needs to be delivered, but it would be more effective if Diaz included more input from economic experts or even a single activist who travels and personally interviews these people to keep the movie flowing.

These, however, are small issues when compared with the film as a whole.

It's still a very sobering look on world poverty and how it can be solved.

Why is it that 20 per cent of the world's population waste 80 per cent of the world's resources?

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The Winnipeg Art Gallery presents

# Art & Soul

## Manitoba Overboard!

The WAG is going overboard for Manitoba's Homecoming with costumes, live music, DJ's, dancing, exhibition tours (8-11pm), art viewing, and so much more!

**Saturday, March 20  
8pm-2am**

**Tickets \$70** (portion tax receiptable)  
Available in advance at the WAG front desk and Ticketmaster (fees apply).

**wag** Winnipeg Art Gallery  
300 Memorial Boulevard  
[wag.ca](http://wag.ca)

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# In art there are no rules

Local artist Adrian Williams's latest exhibition is open to interpretation, and that's the point

SAGAN MORROW  
STAFF WRITER

Adrian Williams doesn't follow any rules when he creates art. Whether it's cobbling together various materials into a collage or drawing on reclaimed paper, his quirky style plays with a visually aesthetic texture and depth.

Using everything from silk screen to scraps of metal to shingles to a piece of blue wood that Williams picked up while riding the train across Canada, Williams's latest collection is titled *Let's Live Here*. Over a dozen works of art convey a mixture of themes in the exhibit, which is on display at Golden City Fine Art.

The elements are repeatedly featured; flames and smoke contrast with images of water pouring from a showerhead and boats floating in lakes.

His use of texture extends beyond using physical raw materials to create a literal 3D effect. Williams has a knack for creating very realistic images of hair rippling down a woman's back. In fact, his entire depictions of women are fascinating.

These illustrations are of *people*.

As Williams himself said, when talking about one particularly compelling and gorgeous artwork of a woman getting ready to take a shower, she's "a woman, attractive, whatever": this is a person, not something to be objectified.

Adrian Williams makes his art a piece of real life, which also happens to be visually appealing.

Williams dabbles with the abstract by leaving everyone in his art faceless. This leaves plenty of room for interpretation, raising



Part of "Untitled 1" by Adrian Williams. This work was created using spray paint, ink and collage on canvas.

questions that beg for answers.

In one piece, why did the artist choose to make the boxcars out of wood and metal, but to *draw* a girl and a bird instead of also using physical materials to make them pop out of background?

In another piece, why is one continent shadowed and another white?

You can read into many of these pieces and derive a multitude of different understandings of what exactly it means.

On the other hand, you can also appreciate the art as something that would look fantastic in your living room.

Williams' use of materials is innovative; a piece of wood with a rough edge becomes

the perfect sleeve on an arm. A whole book is used as the surface for another work of art. The diagonal line extending from the shower to the outline of a woman's back in the aforementioned washroom painting is also geometrically pleasing.

As a collection, the individual pieces don't tie together to create a whole.

But when you don't follow any particular set of rules, tying each individual piece together isn't really necessary at all.

*Let's Live Here* is on display at Golden City Fine Art (211 Pacific Ave.) until Saturday, March 27. Visit <http://goldencityfineart.blogspot.com>.

## Putting the pieces together

U of W's Devised Theatre class prepares their experimental collaborative experience *Fragments of Whispers and Secrets* and hopes to win a few converts to the theatre style

KAELEIGH AYRE  
VOLUNTEER



The University of Winnipeg's fourth-year Devised Theatre class rehearses for its upcoming performance.

The University of Winnipeg's fourth-year Devised Theatre class is promising theatre-goers a unique experience with its latest production.

*Fragments of Whispers and Secrets*, their collective creation, was born out of a variety of influences.

Devised is a form of theatre where the show is created and sculpted by a body of collaborators, and never quite set in stone.

In this case, Kaitlin Aiello, Joshua Balzer, Rachelle Bauer, Tatiana Carnevale, Katherine Dow, Gabriel Hurley, Rachel Smith and Jordan Yvon-Moreau serve as both the creators and performers. Carol Borody, their professor, will be taking her seat in the director's chair as the show begins Tuesday, March 16.

"It's very 'Brecht' in certain elements. The setting is very industrial, but playable," Borody explained.

The hard-working members of this

Honours course may not necessarily be the envy of their fellow students, as they have been rehearsing four hours a day, five days a week, all on top of their regular schoolwork. But it's more about the experience that comes with the show, not the marks.

"It's a full-time job unto itself," said student Joshua Balzer.

The group of eight is infectiously enthusiastic about their work, which makes the extra time spent less of a chore.

*Fragments* hopes to take the audience beyond the traditional sphere of theatre by incorporating many different mediums, including movement, text and visual projections. On top of this, the performers will never leave the stage and never fall out of character. Everything is completed before the audience's eyes, involving the audience that much more.

The show's name is fitting. In the end,

*Fragments* will be made up of just that, pieces of stories that focus on themes that can affect anyone at anytime. War, isolation, mental illness and loss are just a few of the recurring themes that act as the connecting line between the different selections.

The intention of the show, and the class, is to emphasize the importance of experiencing devised theatre as a medium. The experience is intended not only to change the way one thinks, but also the way one feels towards theatre.

*Fragments of Whispers and Secrets* will be running from Tuesday, March 16 to Saturday, March 20 at the Canwest Theatre Centre. The show is entirely free of charge, making it a risk-free bit of experimental theatre.

All they ask is that you come with an open mind.

For ticket reservations to call 786-9152.

### GALLERIES & MUSEUMS

The Woodlands Gallery underwent a facelift and will now play host to LIVING RHYTHM, a new exhibition by Connie Geerts, opening Thursday, March 11 at 6:30 p.m. and running until Saturday, March 27.

All hands on deck! Come to the Winnipeg Art Gallery dressed nautically on Saturday, March 20 for ART & SOUL: MANITOBA OVERBOARD, a celebration of Manitoba's artistic history. 8 p.m.

Monique Larouche's paintings in the series PAYSAGES D'OISEAU or BIRDS LANDSCAPES will be on display at the Wayne Arthur Gallery until Wednesday, March 31.

THE ART OF WARNER BROTHERS CARTOONS is a collection of classic WB images, showing at the Winnipeg Art Gallery until Thursday, March 30.

Handsome artist Adrian Williams is showing an exhibition of brand new works at Golden City Fine Art until Friday, March 26.

The CREBERY hosts a solo exhibition by LEIGH KONYK, opening at 7 p.m. on Thursday, March 11. The artwork will be on display until Tuesday, March 23.

THE BEATLES! BACKSTAGE AND BEHIND THE SCENES is an opportunity for Fab Four fanatics to see the collection of unpublished photographs of the Beatles. On display at the Manitoba Museum until Sunday, April 11.

Mayberry Fine Art presents 5 NEW ARTISTS, featuring works by HASHIM HANNOON, TERRY WATKINSON, MANDY BUDAN, CELIA NEUBAUER and NIKOL HASKOVA. The works will be on display until Saturday, March 13.

WRITING HOME, the art of Bonnie Devine, and John Hupfield's exhibit BECOMING UNWRITTEN will be on display at the Urban Shaman Gallery until Saturday, March 27.

Artist TONY SCHERMAN's encaustic paintings will be on display at the Winnipeg Art Gallery until Sunday, March 14.

Visiting artist Roger Byrt will take you on a tour of Australian Aboriginal art and culture in AN EVENING DOWN UNDER. Friday, March 19 at the Forum Art Institute at 7 p.m.

Celebrate the colour of winter with the Manitoba Crafts Museum and Library's exhibit WHITE WORKS. Artists work in a variety of mediums but no colours. The exhibit will be on display until the snow fades to brown dirt in early May.

The Costume Museum of Canada will display bridal wear from the First and Second World Wars in their exhibition WARTIME WEDDINGS. Teaming up with the Urban Shaman Gallery and Jenny Western, the Museum will also display a collection of NATIVE/AMERICAN APPAREL. Both exhibits run until Sunday, April 4.

The Winnipeg Art Gallery hosts DELICATE BEAUTY: THE RUBY ASHDOWN PORCELAIN COLLECTION. These decorative art pieces were donated to the WAG by Ruby Ashdown and come from 18th and 19th century Britain. The exhibition will be on display until Sunday, April 18.

The Winnipeg Art Gallery presents RICHARD HARRINGTON: ARCTIC EXPLORER, until Sunday, March 14.

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

### THEATRE, DANCE & COMEDY

The University of Winnipeg's Department of Theatre and Film will be performing FRAGMENTS OF WHISPERS AND SECRETS from Tuesday, March 16 until Saturday, March 20 at the CanWest Centre for Theatre and Film 8 p.m. nightly.

Willy Russell's play about the will to learn, EDUCATING RITA, will be onstage at the Manitoba Theatre Company's John Hirsch Theatre from Thursday, March 18 until Saturday, April 10.

The Royal Winnipeg Ballet's production of SWAN LAKE runs from Wednesday, March 10 until Sunday, March 14 at the Centennial Concert Hall.

Adhere And Deny is presenting STILL WALKING in its pocket theatre at 315-70 Albert St. from Wednesday, March 17 to Saturday, March 20 and Wednesday, March 24 to Saturday, March 27 at 8 p.m. nightly.

Daniel Thau-Eleff's play REMEMBER THE NIGHT is being staged by the Moving Target Theatre Company until Sunday, March 14 at 8 p.m. nightly.

HOW MANY JEWISH MOTHERS?, a night of Jewish humour with storytellers Alix Sobler, Moïse Goldenberg, Libby Simon, Nurit Drory and the harmonica stylings of Sam Knacker, takes place at Aqua Books on Thursday, March 18 at 7 p.m.

Comedy night with SCOOTS MCTAVISH every Thursday at Shannon's Irish Pub.

Sunday night open mic comedy at the Cavern, featuring JOHN B. DUFF.

Every Tuesday night head down to the King's Head Pub for a free comedy performance.

# Illustrating the fine lines of mental illness

Von Allan depicts reality of schizophrenia in new graphic novel

BRENNAN NEILL  
THE CONCORDIAN

MONTREAL (CUP) – Mental illness is one of the few social taboos that is still completely ignored, misrepresented, or flat-out denied by much of the Western world. Von Allan experienced the toll mental illness can take firsthand – his mother was diagnosed with schizophrenia when he was 11.

“It was when she starting having nervous breakdown episodes and being hospitalized that I realized ‘She’s not well at all,’” Allan said. “She was having problems, and the

problems were such that I couldn’t help. There a really strong sense of powerlessness that goes with that. There’s nothing I could do.”

Reality paints a much different portrait of those suffering from a mental illness than many people see it. In fact, 20 per cent of Canadians will personally experience a mental illness in their lifetime, and schizophrenia affects one per cent of the population.

An illustrator and author, Allan translated his experience into his new graphic novel, *the road to god knows...*

Set in Ottawa during the fall of 1988, *the road to god knows...* is centred on Marie, a 13-year-old girl coming to terms with her mother’s schizophrenia. The novel opens with Marie returning to her family’s small, barren apartment following her mother’s release from a clinic after another mental breakdown.

While the graphic novel is fiction, many events and elements



*the road to god knows...* by Von Allan is set in Ottawa in 1988 and centres around a girl named Marie.

are based on Allan’s childhood. It’s deeply personal, and as the plot un-

folds there are a series of increasingly stomach-churning breakdowns. With each episode, Marie is forced to confront her mother’s mental illness and with the help of a friend, Kelly, begins to comprehend her mother’s struggle.

What is particularly interesting is that Allan has decided to tell his story through a girl in her early teens. It’s quite difficult for an author to develop a central character from across the gender divide, but Allan has succeeded in Marie. It’s also clear that Allan has planted some of his personality in Marie; take, for instance, her love of tag-team wrestling. The result is a well-thought out and completely likeable tomboy that you’ll root for.

Allan’s art is simple, but fitting for the stripped-down storyline. What is most surprising is that Allan only began drawing just over ten years ago at age 25. Easily the most memorable panels come

when Marie is visiting her mother in a mental hospital. Allan subtly bends the straight lines of the black-and-white checkered hallways, adding to the already unsettling atmosphere. It’s a nice touch that enhances his style.

When Allan set out to write *the road to god knows...* he approached the plot and theme with one simple guideline: “Don’t be up on a soap box, don’t be preachy, don’t be didactic, don’t try to be lecturing, or anything like that; certainly don’t say anything like mental illness is bad or the person who has it is bad.”

Allan has succeeded in every measure. *The road to god knows...* portrays only a tiny slice of life for those with a mental illness. It’s gripping, dramatic and will leave you with a deeper understanding of the relationship between those who are afflicted and the people who love them.

## The Uniter: Did you know?

...New blogs are posted daily at [www.uniter.ca](http://www.uniter.ca)

...You can follow us on Twitter: [www.twitter.com/TheUniter](http://www.twitter.com/TheUniter)

...We’re publishing two summer issues after April 1: one in mid-May and one at the end of June.

...We’re hiring. Go to [www.uniter.ca/jobs](http://www.uniter.ca/jobs) for more info.

...There’s always chances to get involved at the paper. E-mail [editor@uniter.ca](mailto:editor@uniter.ca) to find out how.

## The Manitoba Enhanced Driver’s Licence

A driver’s licence you can also use to cross the U.S. border by land or water.\*

The Enhanced Driver’s Licence (EDL) offers the convenience of a driver’s licence and a border-crossing document in one. The EDL is one of two voluntary approved alternatives – along with the Enhanced Identification Card (EIC) – for Manitobans who want to travel to the U.S. by land or water.

Whether you choose an EDL or a regular driver’s licence, your newly-issued licence will be in a one-piece format. It’s easier to carry and it has advanced security features to help prevent identity theft.

Find out if the EDL is right for you. Get an Applicant’s Guide from your Autopac agent or online at [www.mpi.mb.ca](http://www.mpi.mb.ca).

\*A passport is required to fly to the U.S.



[WWW.MPI.MB.CA](http://WWW.MPI.MB.CA)



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THE UNITER

## EMPLOYMENT OPPORTUNITY

### The Uniter is seeking a business manager

The University of Winnipeg’s student weekly is seeking a dynamic and motivated individual to take over the business operations of the newspaper. This individual should have at least two years progressive responsibility in management. They must possess a solid understanding of the publishing industry and the needs of a controlled copy urban weekly that suits the needs to both the campus and downtown community.

This individual will be responsible for all business aspects of the paper including advertising, circulation, finances and business development.

The following job opportunity is a 30-hour per week part-time position for a one-year contract beginning April 15, 2010. The position has a two-week holiday period as well as a Christmas break (approx. two weeks). It is based upon a \$21,000 salary per year with a chance for increased wages April 1, 2011 (with contract renewal).

Please note this is not an editorial position.

#### Skill requirements:

- Ability to prioritize tasks, make decisions and work independently, act with a high degree of integrity and professionalism.
- Excellent communications skills, both oral and written.
- Knowledge and familiarity with Macintosh operating systems, computer software for Word Processing, Spreadsheet, Database management, e-mail and Internet, and accounting.
- Ability to manage the newspaper’s circulation, advertising and event contracts.
- Ability to oversee and co-ordinate financial management of the newspaper.
- Familiarity with publishing, web publishing and new media including the ability to oversee production of a weekly newspaper.
- Familiarity with grant writing, budgeting and project co-ordination a must.

#### Duties:

- ADMINISTRATION: Responsible for all office communications, by mail, phone, fax and e-mail, finances, advertising, production, promotions and fundraising, etc.
- STAFF SUPERVISION: In association with the managing editor, the business manager will oversee all staff and execute the organization’s human resources policy of a safe and healthy workplace.
- CIRCULATION: Manages the newspaper’s circulation records by consistently updating,

monitoring and optimizing new and existing circulation drop points. Maintain a mailing list for *The Uniter*.

- ADVERTISING: Acts as the newspaper’s advertising representative, recruiting new clients and managing current clients, preparing contracts, proposals and packages, revising rate cards, invoicing and collecting revenue.

- MENTORING: The business manager of *The Uniter* will be responsible for providing a mentoring environment for all staff of the paper and will from time-to-time be consulted upon for editorial advice and publishing expertise. The individual must also be able to assess, strategize and react to changing climates in the publishing industry as it relates to the newspaper’s niche market.

- FINANCIAL MANAGEMENT: Oversees the financial management of newspaper, including payroll. Must prepare and submit annual budgets and actuals to the board of directors.

- PRODUCTION: Oversees printing and mailing of magazine issues, and acts as a liaison with the printer and the production manager. Manages printing contract.

- DEVELOPMENT: Works in conjunction with the board of directors to execute the Strategic Plan of *The Uniter*.

- PROMOTIONS / SPONSORSHIP AND SPECIAL PROJECTS: With input from the board of directors and staff, the business manager will plan and execute activities that engage the readership of the newspaper. This includes the speaker’s series of Mouseland Press Inc. The business manager will administrate all sponsorship opportunities of the organization.

- REPORTING: The business manager will attend all Board and committee meetings and prepare reports for all board meetings on the newspaper’s finances, circulation, advertising, results of promotions, and other information as needed by the Board.

Interested parties should submit a resume including references, a covering letter and a one-to-two-page essay detailing the importance of independent media by **6 p.m. on March 26, 2010**. Interviews will take place the week of March 29. Application packages should be sent to [board@uniter.ca](mailto:board@uniter.ca).

Questions can be addressed to interim business manager James Patterson at [business@uniter.ca](mailto:business@uniter.ca) or 786-9790.

We thank all applicants, however only those short-listed for an interview will be contacted.

# Clubbed to death

A fist-pumping, hip-gyrating, booty-shaking guide to the clubs in your town

ASHLEY WIEBE  
VOLUNTEER STAFF

There is no doubt about Winnipeg nightclubs creating cheap thrills for anyone over the age of 18. Some nights end up costing more than one's paycheque, while others end in tears and broken stilettos. But everyone comes out to have a good time.

Each club varies from the next, from the music and vibe to the atmosphere and the layout. Newer bars within the city have become classier and more refined than some of the others. The CanadInns bars tend to attract the younger crowd (aged 18 – 21), while the clubs found downtown have enforced age restrictions (21+ and 25+) along with dress codes in hopes of only attracting the best of the best. However, this doesn't filter out any of the mainstream dance manoeuvres, including anything from booty-shaking and hip-gyrating to the hair-flipping and oh-so-popular fist-pumping.

#### TYC (TIJUANA YACHT CLUB)

*1405 St. Matthews Ave. (at Empress Street)*  
The Tijuana Yacht Club is the place to go for everyone's 18th birthday. The majority of its patrons are either newly-turned 18-year-olds, ones who could barely pass for 18, and of course the college guys who can't get their hands on anything their own age, or size. Known for playing the hottest dance, hip-hop and R&B music, TYC is open Thursdays for Ladies Night, as well as Fridays and Saturdays. TYC is one of the largest clubs in the city with a capacity of over 1,000. The Tijuana Yacht Club is the perfect destination for a ladies night out.

**THE VERDICT:** Having virtually no wait times



and bartenders that know drinks backwards and forwards, Tijuana Yacht Club gets four fist-pumps out of five.

#### COWBOYS ROADHOUSE

*1034 Elizabeth Rd.*

Cowboys Roadhouse is the country bar staple of this town. Playing country music and featuring live performances, Cowboys is the place to go Saturday night if you're looking for the honky-tonk vibe. With a capacity of roughly 700 and more brands of whiskey than one should consume, Cowboys goes all out on the country theme. Most patrons seem to dress the part, with plaid shirts, boots and even cowboy hats. Don't worry about not knowing the "boot scootin' boogie" – it's easy enough to jump in – but a simple two-step will do. But if you're someone who detests country music, Cowboys will likely be

an unbearable experience.

**THE VERDICT:** The combination of a short wait time and its attention to country detail, Cowboys Roadhouse gets five freshly-poured shots of Jack Daniels out of five.

#### THE PAL (THE [WORLD FAMOUS] PALOMINO CLUB)

*1133 Portage Ave.*

Feel daring? The Pal is the place to venture to any Monday night. Featuring both in-house DJs and live bands, The Pal plays anything from country to classic rock to modern hits. But the feature that the Pal is most "famous" for is its booty shake contest. Being one of the smaller clubs in the city doesn't seem to stop the lineups on a freezing Winnipeg Monday night. The Pal also has one of the most dangerous walks to the bathroom next to Whiskey Dix, with both clubs ill-advisedly

forcing their guests to stumble down a flight of stairs. Don't plan on dressing up for the Pal; you'll only get spilled on.

**THE VERDICT:** Three broken Budweiser bottles out of a possible five.

#### STEREO

*1034 Elizabeth Rd.*

Stereo Nightclub is the newest CanadInns bar to open its doors. With a capacity of 750 comfortably, Stereo has both a spacious interior along with stimulating visuals. Stereo is probably best known for its VIP lines that stretch as long as the bona fide entrance. The club playlist is pretty much the same bad remixed top-40 music played at every other bar. Most girls who head out to Stereo dress to impress. This usually means low-cut, cleavage-baring shirts and dresses in either animal prints or vibrant colours, paired with matching pumps or flats. The males play it cooler, choosing to match graphic tees with jeans and Chuck Taylors.

**THE VERDICT:** Long lines and generic music and drink selections earn Stereo two broken stilettos out of five.

#### SILVERADOS

*2100 McPhillips St.*

Silverado's is the place to go any Saturday night, providing you are between the ages of 35 and 65. Silverado's was once known as the Garden City hangout, but now seems to cater to an older crowd. Playing a variety of Top 40 music from present and past generations, along with featured live bands, Silverado's is a hotspot for cougar sightings.

**THE VERDICT:** Serving up painful amounts of '80s music and far too much fist-pumping, Silverado's gets two cougar sightings out of five.

So, even with all of the booty shake contests, poorly remixed music and over-priced drinks, each club will offer you and your wingman whatever you need, any day of the week.

ILLUSTRATION BY MIGUEL MCKENNA

## MOUSELAND PRESS

### Announcement – Annual Meeting of the Membership – Mouseland Press Inc.

12:30 p.m. Wednesday, April 14, 2010 – Location To Be Announced

If you have contributed to three or more issues of *The Uniter* during the 2009/2010 school year, you are automatically a member of Mouseland Press Inc. and have voting rights at this meeting.

You have the right to propose changes to the Mouseland Press Inc. by-laws, as well as nominate people to sit on the Mouseland Press Board of Directors. Election will take place at the AGM.

If you have changes to propose, or people to nominate, please contact Michael at [board@uniter.ca](mailto:board@uniter.ca) by Monday, March 22 at 12 p.m.

Meeting agenda, proposed by-law changes and a list of people nominated to sit on the board will appear in the March 25 and April 1 issues of *The Uniter*.

For more information, and to read the Mouseland Press Inc. By-Laws, visit [www.uniter.ca/about](http://www.uniter.ca/about).

Questions? E-mail [board@uniter.ca](mailto:board@uniter.ca).

# 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:

<http://www.uwinnipeg.ca/index/services-awards>

## GRADUATE & PROFESSIONAL STUDIES APPLICATION EXPENSES BURSARY

The purpose of this bursary fund is to provide some assistance to students with respect to the high costs associated with applying to Graduate and Professional Schools. Application forms are available from the Awards & Financial Aid Office in Student Services (first floor Graham Hall) or on our website. Students may apply any time during the Fall/Winter academic year, provided that funding is available for this bursary. Applications will be evaluated on a first-come, first-serve basis.

## AWARDS OFFERED BY EXTERNAL AGENCIES AND ORGANIZATIONS:

### DALTON CAMP AWARD

Established by Friends of Canadian Broadcasting in 2002, the Dalton Camp Award honours the memory of the late Dalton Camp, a distinguished commentator on Canadian public affairs. Each year up to two Canadians are selected to win a \$5,000 prize for excellence in essay writing on the link between democratic values and the media in Canada. To apply visit: [www.daltoncampaward.ca](http://www.daltoncampaward.ca).

**Deadline:** March 15, 2010

### LEONARD FOUNDATION FINANCIAL ASSISTANCE PROGRAM

The Leonard Foundation scholarships are awarded to students enrolled or enrolling in an accredited undergraduate degree program in a college or university in Canada. Applicants must be Canadian citizens or landed immigrants. Students must be enrolled in their first undergraduate program as a full-time student. Only students pursuing a B.Ed. or M.Div. are eligible for continuing support. All applicants will be considered but preference will be given to daughters or sons of ordained clergy, licensed elementary or secondary school teachers, Canadian military personnel, graduates of a Canadian Military College, members of the Engineering Institute of Canada and members of the Mining and Metallurgical Institute of Canada. Preference is also given to those who have previously received an award from the Leonard Foundation.

The value of the award is usually \$1,000 for those who do not need to set up a second residence to attend university and \$1,500 for those who do. These amounts may vary according to the final decisions of the General Committee. Approximately 140 awards are made annually. Successful applicants are expected to obtain employment during free time to help defray the costs of their education. In addition, they must participate regularly in athletic, fitness or military activities. Personal qualities showing a potential for leadership are also a requirement. Please visit their website to apply: [www.leonardfnd.org](http://www.leonardfnd.org).

**NOTE:** You must also contact a nominator before submitting an application. The list of nominators is on their website.

**Deadline:** March 15, 2010

### THE CANADIAN-SCANDINAVIAN FOUNDATION BURSARIES

The Canadian-Scandinavian Foundation invites applications for 2009-2010 Bursaries of \$500 to \$1,000 (at the discretion of the jury) to facilitate study in Denmark, Iceland, Faroe Islands, Finland, Norway or Sweden. Applicants must be Canadian citizens or landed immigrants registered in a Bachelor's, Master's or Doctoral program or equivalent in Canada. Applicants' proposed program of study in Scandinavia must be pursued at a recognized/accredited post-secondary educational institution or equivalent. Due to the limited annual varying number of bursaries, selection is very competitive and based primarily upon Nordic relevance of the proposed program of study, as well as applicants' academic records, references and support material (if applicable). In your application, please describe why it is important or even essential to undertake your studies in one of the Nordic countries as opposed to elsewhere in the world. Successful applicants will be required to provide proof of travel, such as a boarding pass, and submit a brief report upon completion of their project, as well as recognize the contribution of CSF whenever possible. Application forms are available from their website [www.canada-scandinavia.ca](http://www.canada-scandinavia.ca) or from the Awards & Financial Aid office on the first floor of Graham Hall.

**Deadline:** March 15, 2010

**Please note:** the application deadline of March 15, 2010 is for studies undertaken in Summer 2009 (retroactive), Fall semester 2009 (retroactive) and Winter semester 2010 (current) ONLY. For future studies in Summer 2010 and beyond, another deadline will be announced at a later time.

### THE MILLER THOMSON FOUNDATION NATIONAL SCHOLARSHIP PROGRAMME

The purpose of this program is to encourage and promote the attainment of higher educational goals for individuals who have demonstrated a high level of academic achievement, have made a positive contribution to their school through involvement in extracurricular activities and have made significant contributions of time and energy to community service programs. This scholarship

program is a long-term, ongoing initiative funded by The Miller Thomson Foundation. It annually awards one-year scholarships of approximately \$1,000 to 200 recipients within Canada. The number of scholarships and the dollar amount is determined annually by the Foundation's Board of Governors. Only students attending a Canadian secondary school, currently in their final year of high school and who will be attending a post-secondary institution in the fall to pursue a course of study within Canada leading to a degree or diploma from the accredited community college or university of their choice. Applicants must obtain a secondary school diploma. Quebec students should apply in their final year of CEGEP planning on attending a Canadian university. Commencing Dec. 1, 2009, students must submit their application form online via our website at [www.millerthomson.com](http://www.millerthomson.com).

**Deadline:** March 15, 2010

### CANADIAN NORTHERN STUDIES TRUST AWARD

The Canadian Northern Studies Trust (CNST) is the awards program of the Association of Canadian Universities for Northern Studies (ACUNS). It was established in 1982 to further the ACUNS mandate to advance knowledge and understanding of Canada's North by offering student awards for exceptional, northern-based research. The purpose of the CNST is to foster scholars and scientists with northern experience and, at the same time, enhance educational opportunities available for northern residents to obtain post-secondary education at Canadian colleges and universities.

**Northern Resident Award** - The Northern Scientific Training Program is sponsoring eight scholarships, valued at \$5,000 each, for students identified as long-term residents of Nunavut, Northwest Territories, Yukon or the Provincial North, enrolled in full-time, post-secondary programs at the undergraduate level at a Canadian college or university.

**Northern Resident Scholarship** - The Northern Scientific Training Program is sponsoring four scholarships, valued at \$10,000 each, for students identified as long-term residents of Nunavut, Northwest Territories, Yukon or the Provincial North, currently enrolled in master or doctoral-level programs at a Canadian university.

For more information or to obtain an application form, please visit their website: [www.acuns.ca](http://www.acuns.ca)

**Deadline:** March 17, 2010

### RABIN SCHOLARSHIP FUND FOR THE ADVANCEMENT OF PEACE & TOLERANCE 2010-2011

This award of \$13,000 US provides an opportunity to spend one academic year in Jerusalem, Israel at the Hebrew University of Jerusalem. Applicants must be Canadian citizens and enrolled in an accredited doctoral or post-doctoral program focusing on areas relating to the pursuit of peace and/or the enhancement of peaceful forms of social life. For further information or to receive an application package, please call 1-888-HEBREWU or 1-416-485-8000.

Fax: 416-485-8565  
E-mail: [admissions@cfhu.org](mailto:admissions@cfhu.org)  
Website: [www.cfhu.org](http://www.cfhu.org)

**Deadline:** March 25, 2010

### SIRC RESEARCH DEVELOPMENT AWARD

The 2010 SIRC Research Development Award designed to encourage development of research writing skills with an emphasis on preparing research reports that are comprehensive and yet can be disseminated and understood throughout the sporting community. SIRC invites Canadian undergraduate students to submit their literature review research papers in consideration for the 2010 SIRC Research Development Award. Winners will receive \$1,000 each, as well as media exposure throughout the Canadian academic and sporting community. This year the 2010 SIRC Research Development Award has two categories. Your submission must fall into one of these two categories: Health and Sport or Participation and Sport.

#### Eligibility:

- The applicant must be a Canadian citizen currently enrolled in an undergraduate program at a Canadian university or college.
- Your paper must be written in English or French.
- Your paper must be a minimum of 2,500 words and up to a maximum of 3,000 words (excluding references).
- Your paper must include an executive summary.

Research papers are electronically received by [researchaward@sirc.ca](mailto:researchaward@sirc.ca). In addition, a complete hardcopy of the applicant's submission, which includes a bio, an abstract, a photo of the applicant (passport photo) and the signed SIRC Content Licence agreement and eligibility outline, with original applicant signature, must be received by 4:30 p.m. EST.

Forms are available from the website: [www.sirc.ca](http://www.sirc.ca). SIRC's mailing address: 180 Elgin Street, Suite 1400, Ottawa, Ontario, K2P 2K3

**Deadline:** March 26, 2010

### BUSINESS COUNCIL OF MANITOBA

If you are of Aboriginal ancestry, you are eligible for a Business Council of Manitoba Aboriginal Education Award, provided you meet the following criteria:

- You are a citizen of Canada and permanent resident of Manitoba, having resided in Manitoba for the last 12 months
- You plan to attend a Manitoba public post-secondary institution in any discipline in the 2010-11 academic year
- You plan to maintain full-time status (at least a 60% course load)
- You are in need of financial assistance

If you are receiving funding from other sources, including band funding, you may still apply for this award to cover additional costs. Application forms are available in the Awards Office (on the first floor of Graham Hall) and Student Central (first floor of Centennial Hall). Please submit to the Awards & Financial Aid office by **March 30, 2010**.

### RESEARCH FELLOWSHIP IN HONOUR OF STUART NESBITT WHITE

The PS Research Fellowship in Honour of Stuart Nesbitt White promotes Canadian expertise, education and research capacity in emergency management. Each year, up to eight students are awarded fellowships of \$19,250 each. These awards are available for graduate-level research in emergency management. This includes work in one or more of the four pillars of emergency management: mitigation, preparedness, response and recovery. Research focused on the all-hazards approach to emergency management is encouraged, as are studies in cyber security, disaster management and critical infrastructure protection and assurance. Multidisciplinary work is preferred in disciplines such as regional planning, engineering, environmental studies, computer science, geography, sociology, economics, risk modeling and system science. Application and evaluation procedures are administered by the Association of Universities and Colleges of Canada (AUCC). Interested students can view the application poster and procedures on the AUCC web site: [www.aucc.ca](http://www.aucc.ca).

**Deadline:** March 31, 2010

### C.A.S.C. SCHOLARSHIPS

The Canadian Co-operative Association (CCA) is calling for applications for the three Canadian Association for Studies in Co-operation (CASC) scholarships:

**Alexander Fraser Laidlaw Fellowship** - The Co-operative Housing Federation of Canada established the Laidlaw Fellowship to honour Dr. Alexander Fraser Laidlaw, the father of the non-profit co-operative housing movement in Canada. An outstanding Canadian adult educator and co-op leader, Dr. Laidlaw served the cause of the co-operative movement for over 40 years. The Laidlaw Award, valued at \$1,000, is available to graduate students only. The award is based on the applicant's academic record, as well as on the importance of the proposed research activities to the development of the co-op movement in Canada or abroad.

**Amy and Tim Dauphinee Scholarship** - The Ontario Credit Union Charitable Foundation established the Amy and Tim Dauphinee Fellowship in recognition of the outstanding contribution these two leaders made to the development of the credit union movement and the Ontario Credit Union Charitable Foundation. The award, currently valued at \$3,000, is available to graduate students only. The award will be based on applicants' academic records and on the importance of the proposed research activities to the development of the co-op movement in Canada or abroad.

**Lemaire Co-operative Studies Award** - Available to both undergraduate and graduate students, the Lemaire awards are intended to encourage students to undertake studies which will help them contribute to the development of co-operative in Canada or elsewhere. Eligible candidates will have been involved with co-operatives, must demonstrate reasonable knowledge and understanding of co-op principles and their application, and be able to indicate how the proposed studies will contribute to the co-op movement. Full-time or part-time students, taking full- or partial-credit courses at any university or university-equivalent college are eligible to apply. Eligible candidates must take a minimum of one course about co-operatives. The bursaries will be awarded in multiples of \$1,000 to a maximum of \$3,000. The amount of the awards will be proportional to the significance and contribution of the studies to the advancement of co-operatives.

For all three scholarships, applicants must either undertake studies at Canadian universities or university-equivalent colleges (regardless of citizenship) or be Canadian citizens or landed immigrants studying at such institutions outside Canada. To be eligible to receive the award, recipients must undertake their proposed study within one calendar year of the fellowship being awarded. Application forms are available from their website [www.coopsCanada.coop](http://www.coopsCanada.coop) or from the Awards & Financial Aid office on the first floor of Graham Hall.

**Deadline:** March 31, 2010

### DESMOND CONACHER SCHOLARSHIP

This scholarship is offered in memory of Desmond Conacher, formerly Professor of Classics at Trinity College, Toronto, Fellow of the Royal Society of Canada and Honorary President of the Classical Association of Canada. Its purpose is to assist and encourage a young scholar entering graduate studies in classics. The scholarship is administered by the Classical Association of Canada through its Awards Committee. One award of \$2,500 is offered each year. Applicants must be Canadian students

(citizens or permanent residents) intending to enter the first year of graduate studies in a classics or similar program at a Canadian university. Specializations within the general area of classics, such as ancient history, ancient philosophy and classical archaeology, are eligible. Applicants must be less than 28 years of age on Jan. 1 of the year of application. The main criteria are academic achievement, professional promise and an appropriate undergraduate preparation. For more information or application procedures and form, please visit their website: <http://cac-scec.ca>, or the Awards & Financial Aid office on the first floor of Graham Hall.

**Deadline:** March 31, 2010

### CANADIAN JAPANESE-MENNONITE SCHOLARSHIP

The scholarship was created as a tangible symbol of co-operation between Canadian Japanese and Canadian Mennonites, subsequent to a formal apology that was offered to Canadian Japanese by MCC Canada on behalf of Canadian Mennonites. It is intended to assist the protection of minority and human rights in Canada and to reduce the potential for abuse of cultural minorities, such as that suffered by Japanese Canadians during the Second World War. The \$2,000 scholarship is awarded to a student who is enrolled in a graduate degree program, a Canadian citizen studying at a university in Canada and is engaged in research that will assist the protection of minority or human rights in Canada. To obtain an application package or for more information visit their website: <http://canada.mcc.org/scholarships>, or the Awards & Financial Aid office on the first floor of Graham Hall.

**Deadline:** April 1, 2010

### RETAIL AS A CAREER SCHOLARSHIP PROGRAM

Retail Council of Canada, in partnership with industry sponsors, will award more than \$75,000 in scholarships and benefits to students entering or currently enrolled in a business, marketing or retail-related program at a Canadian post-secondary institution. Students who receive the scholarships will not only benefit from financial assistance for their post-secondary education, but will also attend STORE 2010 in Toronto where they will have the opportunity to engage with the brightest professionals in the Canadian retail industry. A \$5,000 scholarship will be awarded by Interac Association to the top Retail as a Career Scholarship applicant, whose name will not be disclosed until STORE 2010. This year, 26 scholarships are available and one \$5,000 Interac Scholarship in addition to 25 \$1,000 Industry-Sponsored Scholarships. To be considered for one of the scholarships applicants must meet the following criteria:

- Enrolled full-time or part-time at a Canadian college or university in Fall 2010.
- Pursuing a retail, business or marketing-related program.
- Currently working part-time or full-time within the retail industry.

For application forms and instructions, please visit their website: [www.retaileducation.ca](http://www.retaileducation.ca), or the Awards & Financial Aid office on the first floor of Graham Hall.

**Deadline:** April 1, 2010

### PROGRESSIVE ECONOMICS FORUM ESSAY CONTEST

There are two competitions, one for undergraduate students and one for graduate students, open to all Canadian students, studying in Canada and abroad, as well as international students presently studying in Canada. The definition of "student" encompasses full-time as well as part-time students. Students eligible for the 2010 competition must have been or be enrolled in a post-secondary educational institution at some point during the period of May 2009 - May 2010. A cash prize of \$1,000 will be awarded to the winner of the graduate competition and \$500 will be awarded to the winner of the undergraduate competition. Entries may be on any subject related to political economy, economic theory or an economic policy issue, which best reflects a critical approach to the functioning, efficiency, social and environmental consequences of unconstrained markets. For more information or details on essay submission, please visit their website: [www.progressive-economics.ca](http://www.progressive-economics.ca).

**Deadline:** April 30, 2010

### PHYLLIS P. HARRIS SCHOLARSHIP

This scholarship is an annual award of \$2,600 endowed in the memory of Phyllis P. Harris. For over thirty years Phyllis Harris was an inspiring presence in the world of family planning, volunteering both her time and services in Edmonton and throughout Canada. To be eligible, you must be enrolled as a full-time student in third or fourth year at the undergraduate level at a Canadian University during the 2010-2011 academic year. Applicants must also be a Canadian citizen or landed immigrant. All applicants must have previous work or volunteer experience in the general field of human sexuality with the intent to pursue a degree in the field of family planning or population issues. The field is broadly defined to include biology, education, history, medicine, political science, psychology, international studies, social work or sociology. To apply, you must include your most recent academic transcript, a 500-word typed essay outlining your relevant background education, objectives and plans for the future. Candidates must also clearly state their

support of the values and beliefs of the Canadian Federation for Sexual Health. Your name, address and telephone number must appear at the top of the application. In addition, the application must also include the name, address and telephone number of two (2) referees supporting your application. Referees should send their letters of support to the office of the Canadian Federation for Sexual Health. Please send your essay and most recent academic transcript to:

Phyllis P. Harris Scholarship Committee  
Canadian Federation for Sexual Health  
1 Nicholas Street, Suite 430  
Ottawa, Ontario K1N 7B7  
Telephone: (613) 241-4474 FAX: (613) 241-7570  
Website: [www.cfsh.ca](http://www.cfsh.ca)

**Deadline:** April 30, 2010

### BRAIN INJURY OF CANADA (BIAC) BURSARY

The BIAC Bursary Program is intended to assist students living with an acquired brain injury to pursue educational opportunities in English or French post-secondary institutions or apprenticeship/trades programs. Two bursaries of \$2,000 each will be awarded for each school year: one for studies in English and one in French.

To be eligible for a BIAC Bursary, you must:

- be a full-time student or be eligible to attend a Canadian post-secondary institution in a recognized program leading to a degree, certificate or diploma or a recognized apprenticeship/trades program
- have sustained an acquired brain injury
- be a Canadian citizen, permanent resident or protected person, within the meaning of the Immigration and Refugee Protection Act

Please note that receiving a bursary may affect your eligibility for other forms of provincial financial assistance. If you wish to be considered for a bursary, you must complete the entire BIAC online application or BIAC's Application Form for Full-Time Students, available from the Awards & Financial Aid office, room 1G05 on the first floor of Graham Hall. Information provided on your application will be shared with the Selection Committee panel in order to determine your eligibility. Please send the Application Form and supporting documentation to:

BIAC-ACLC Bursary Program  
28 Caron St.  
Gatineau, Quebec J8Y 1Y7  
Telephone: 1-866-977-2492  
Fax: (819) 595-2458  
E-mail: [info@biac-accl.ca](mailto:info@biac-accl.ca)  
Website: [www.biac-accl.ca](http://www.biac-accl.ca)

**Deadline:** April 30, 2010

### 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).

### MANITOBA STUDENT AID PROGRAM (MSAP)

Manitoba Student Aid is now accepting applications for the 2010 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 three 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.

#### Missing Information

If any documentation requested by the MSAP, such as summer income or study-period income verification, has not yet been submitted, electronic confirmation of your loan document will not occur and your loan funds will not be in place at the beginning of the Winter Term.

#### Revision to your Needs Assessment

You should be aware that new information, such as verification of your summer or study-period income, may increase or decrease your MSAP needs assessment and the resulting loan amounts you are eligible to receive. Similarly, if your current course load is different from that on your Notice of Assistance letter, the amount of loan you are eligible to receive may change.

#### 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.

The Awards office will begin taking names for the fee deferral list for students registered for only the 2010 Winter term starting **Jan. 4, 2010**. 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.

If you are out of funds before your next disbursement of Government Student Aid occurs, you can arrange for bridge financing from the University in the form of an emergency loan. Please call 786-9458 for an appointment.

**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 786-9984.

**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)

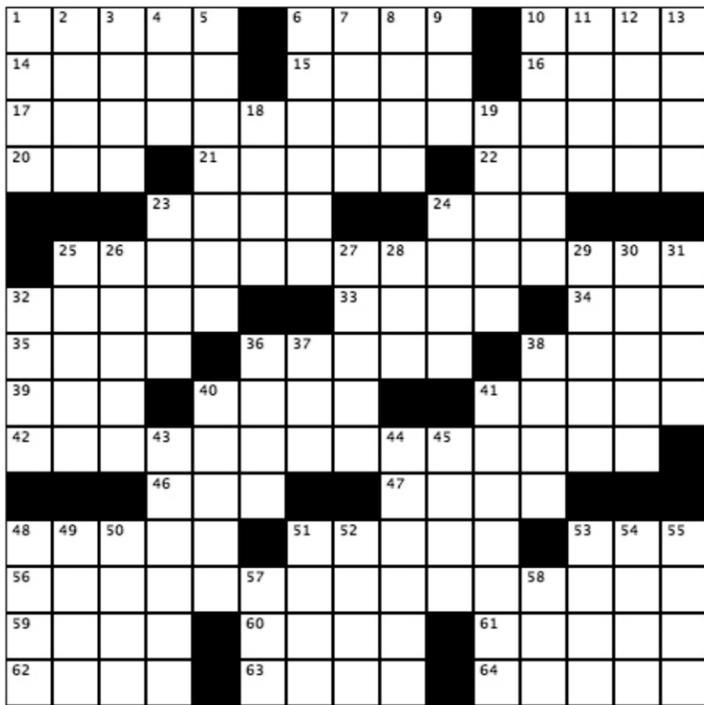
Surfing for dollars? Try these two websites:

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

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

## Crossword Puzzle 22

Solutions to crossword and sudoku will appear in next week's issue.

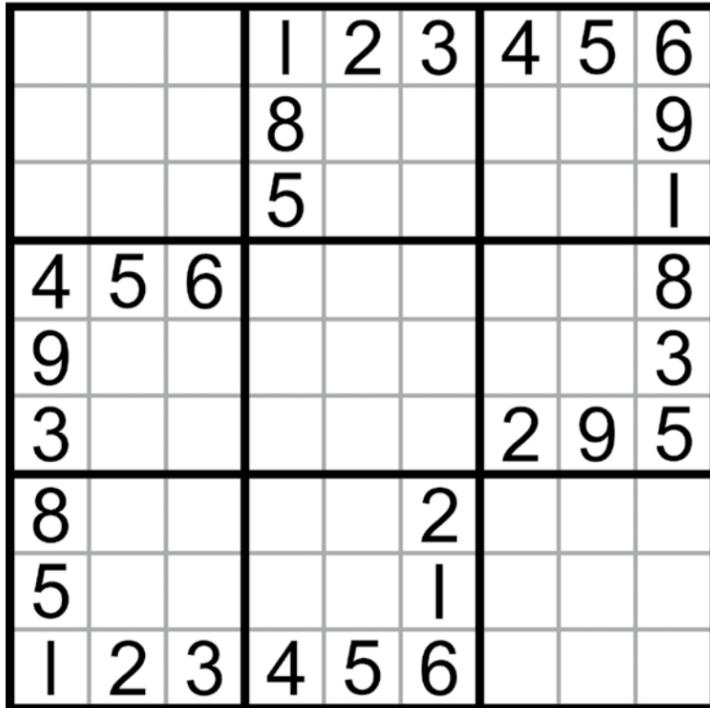


BESTCROSSWORDS.COM

### Across

- 1- Group of eight
- 6- Blend
- 10- Draw near
- 14- Close friend
- 15- Ashtabula's lake
- 16- Indigo
- 17- Kind principles
- 20- Compass dir.
- 21- Artery that feeds the trunk
- 22- Totaled
- 23- Old Dodge model
- 24- This \_\_\_ stickup!
- 25- Haphazard
- 32- Impassive
- 33- Goes astray
- 34- Resinous deposit
- 35- Crown of the head
- 36- Style
- 38- Farm structure
- 39- Biblical high priest
- 40- Room in a casa
- 41- Caracole
- 42- Star groups
- 46- The Company
- 47- Look after
- 48- Clear-headed
- 51- Like Cheerios
- 53- Foul
- 56- Cause light to pass through
- 59- Area of 4840 square yards
- 60- Faculty head
- 61- Parachute material
- 62- Tibetan oxen
- 63- Barbarous person
- 64- Mucilaginous

## Sudoku Octagon



will.octagon.gibson@gmail.com

### Down

- 1- Publisher Adolph
- 2- Leg unit between tarsus and femur
- 3- Heavy book
- 4- Gasteyer of "Saturday Night Live"
- 5- Energetic
- 6- Like grams and liters
- 7- Part of Q.E.D.
- 8- Currency of Turkey, and formerly of Italy
- 9- Agnus \_\_\_
- 10- The land of promise
- 11- Getting \_\_\_ years
- 12- Atomizer output
- 13- Patron saint of sailors
- 18- Charged particles
- 19- Bears the ictus
- 23- Comics canine
- 24- Hungary's Nagy
- 25- Author Calvino
- 26- Out
- 27- Of the kidneys
- 28- Like some vbs.
- 29- Extra-terrestrial being
- 30- Stories
- 31- Earth Day subj.
- 32- Blueprint detail
- 36- Greek goddess of the earth
- 37- Building add-on
- 38- Not barefoot
- 40- Agitates
- 41- Charming
- 43- Views
- 44- Adjust
- 45- Abound
- 48- Remain
- 49- Killer whale
- 50- Dog cry
- 51- Designer Cassini
- 52- Banned apple spray
- 53- Aromatic fragrance
- 54- Energy source
- 55- Contradict
- 57- Altar words
- 58- Big Apple sch.



## The lost link between video editing, porn and meth

In this godless and valueless cesspool we call modern society, it is sometimes difficult to avoid certain temptations. These include drinking to excess, performing lewd acts of pure indecency with a watermelon and a pair of leather pants, or even to taking a penny from the little tray when you don't really need it.

I have recently fallen into the trap of sin and indulgence by becoming hopelessly addicted to video editing. I'm just learning, but I can't get enough of it. I've been spending, like, eight hours a day on top of classes doing this stuff. I'm actually typing this article with my feet right now, because my hands are busy video editing.

That being said, I'm still not very good at it, but I'm sure it'll come. I'm pretty confident that with perseverance, I will one day be able to reach my goal. My goal, incidentally, is to get good enough at video editing so I can animate and superimpose the heads of the babies in Anne Geddes' photos onto the bodies of the actors in porno movies.

That might sound offensive, but at least I don't want to dress the babies up like flowers and crap like that.

Porn is a funny thing. I wonder if people ever splice single frames of children's movies à la *Fight Club* into porno films. I think that'd be pretty neat.

Porn is also mysterious. For some reason, if you take prostitution, which is illegal, and add a video camera, it somehow magically becomes legal. I wish that technique worked with other crimes.

"Yes officer, I did kill that guy. It's OK, though, because I got it all on HD video! I even made a DVD with outtakes and bloopers and a director's cut!"

This sort of leads me back to video editing and how I'm as hopelessly addicted to it as if it were crystal meth, which leads me to the topic of this week's column: crystal meth.

People who smoke crystal meth just seem for some reason to have this special glow about them. It's almost like that glow that everyone says pregnant women get, except this one isn't bullshit. It seems - to me, anyway - that crystal meth just gives people that little edge in life, that little advantage over everyone else. They can run faster, jump higher, do calculus more accurately and eat more soup than us normal, non-crystal meth-smoking people.

I know all of this because I had a conversation with some people last week who "do meth" all the time. It was a pretty lengthy and in-depth exchange of ideas. Admittedly, I was pretty drunk at the time, which may account for the fact that I thought we were talking about *math* until about three-quarters of the way through the discussion. I told them I'd never done it, but sitting here right now, reviewing this article, I'm starting to think that maybe I do smoke meth.

Denial can be a powerful thing.

*J. Williams is an ideas man - so much so that his ideas come out of nowhere. Kinda like this article.*

## Preventing diabetes



### LIVING WELL



SAGAN MORROW  
STAFF WRITER

Pre-diabetes and diabetes affect more people than you might think.

A recent study published in the *American Journal of Preventative Medicine* showed that 90 per cent of people who had pre-diabetes in 2005-2006 weren't even aware of it. That takes into account that 30 per cent of the American adult population was pre-diabetic at the time.

Diabetes, a chronic disease in which glucose in the blood is not properly regulated because of problems with the pancreas and insulin production, is a risk factor for heart disease, nerve damage and kidney disease.

Being pre-diabetic means

that your blood glucose levels are high, but that they are not high enough to be categorized as type two diabetes.

The Canadian Diabetes Association states, "more than 3 million Canadians have diabetes, 90 per cent [of these people] have Type 2 diabetes."

Type 2 diabetes develops due to lifestyle choices and occurs when the pancreas does not produce enough insulin.

The causes of type one diabetes are unknown, but it occurs when the pancreas is unable to produce any insulin at all.

Type 1 diabetes may not be preventable, but we *can* prevent, or at least delay or decrease the intensity of, Type 2 diabetes. Type 2 diabetes is often linked to being overweight, sedentary and having a nutrient-deficient diet.

Losing weight and maintaining that loss will significantly decrease your risk. Exercise for at least 30 minutes a day (even if it is just going for a walk) and eat lean sources of protein, whole grains and fresh fruits and vegetables.

To ensure that your blood glucose levels remain stable throughout the day, eat small snacks or meals frequently. This will also keep your energy levels up. Rather than choosing candy or chips, eat a small portion of nuts. Dry-roasted or raw almonds and walnuts, for example, contain healthy fats and re-

lease sugar into the bloodstream more slowly than junk food.

If you are looking for the flavour of a chip without the negative health effects, try out local Manitoba-based Yumpeez; these organic roasted split peas are full of protein and the snack currently comes in barbecue and dill pickle flavours. Other beans, lentils and legumes also contribute to healthy blood sugar levels.

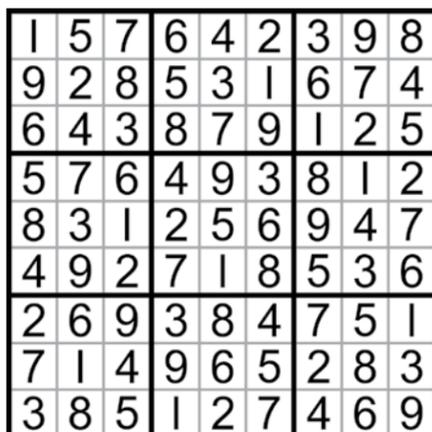
Even people who are not at a high risk for developing diabetes should follow the above preventative measures. Whether it is to decrease the risk of chronic illnesses such as diabetes or to improve the health of your lifestyle, these measures will greatly benefit your body.

Possible symptoms of diabetes include lack of energy, extreme thirst, frequent urination, a poor immune system and blurred vision. Because 285 million people worldwide have been diagnosed with diabetes, it is a good idea to check with your doctor if you recognize any of these symptoms in yourself.

You can learn more about the signs and symptoms of diabetes by checking out the Canadian Diabetes Association at [www.diabetes.ca](http://www.diabetes.ca).

*Sagan Morrow writes a health and wellness blog. Check it out at <http://livingintherealworld.net/healthy>.*

Solutions to puzzles from March 5.



WRITE FOR THE UNITER!  
E-MAIL EDITOR@UNITER.CA

# Make a fresh take on an old classic this season

## A guide to spring trends



**KATHLEEN CERRER**  
STAFF WRITER

Now that the smell of spring is in the air and the stores have brought out their sandals and skirts, the question of which way to go when it comes to this season's looks can be overwhelming coming out of the winter blahs.

Like every season in fashion, there is usually a contrast between a few different trends. Fresh, light, effortless and structure are the words that come to mind when reviewing the hard and soft looks in stores this season.

### A FLORAL AFFAIR

Floral patterns are no surprise when it comes to spring fashion, but this season prints are taken to the next level. Not just on shirts and dresses anymore, this year we can see floral patterns on pants, bags, jewelry and sunglasses. The colourful pop of colour brings a feminine vibe to an outfit and is a fun way to instantly update your look. Not everyone suits floral pants, but these are my favourite floral-print item this spring. The mix of pattern on pants is an unexpected way of showing off a spring season staple year after year, but with a twist.



### BACK TO BASICS

It's safe to say we all have a pair of jeans (or numerous pairs) which we tend not to fuss with. The "Canadian tuxedo" has been making a comeback, so now is the time to pull out those denim shirts you thought you were never going to wear again. The all-denim look is extremely easy to pull off and affordable. You may own these items already and can DIY your own denim look with patches or jewels. Stick to lighter washes of jeans or mix and match various shades when doing denim on denim. This look is a mixture of understated and casual, but is combined with the boldness of simple denim pieces.

### STAYING NEUTRAL

Sticking with the theme of simplicity, nude shades of khaki, ivory and peach are essential this upcoming season. Since the shades are versatile and classic, splurging on a bigger item such as a trench coat or leather purse will last you all year round. Footwear in strappy sandals and clog-inspired designs are also being seen in these nude shades and have a fresh and youthful look to them. Bursts of colour such as hot pink, sea-foam green, aqua blue or orange mixed with nude-coloured items can help change up this look. Changing colours is an easy way to take your nude-coloured items from one season to the next.



### IN SHORT

Spring 2010 also brings the beginning of summer attire, including shorts. Having been around for decades, shorts have changed over time and this season comes full circle when it comes to the different types of styles. This season, shorts range from loose-fitting knee-length, short and structured, and super-short underwear-like fitted styles. This leg-baring look also comes in an array of fabrics as well. Feeling sporty? You literally can go scuba diving with some of the scuba-gear inspired shorts and one piece. An everyday option is, of course, the denim short or the khaki style in linen fabrics. Soft, flowy fabrics in cool colours, such as blues and greens, make the casual short fancier.

ILLUSTRATIONS BY MELODY MORRISSETTE

## What are you wearing?

### Understanding why people express themselves through the clothes they wear

**ANNE DONAHUE**  
THE CORD

WATERLOO (CUP) – Looking around the sea of jogging pants, athletic wear and other "student-uniform" ensembles, you're bound to see something that's come to define our demographic: labels.

This is not meant in the capacity of "jock," "hipster," "skater" or any other subculture (though I'm sure you see much of those as well), but in the way of name brands, logos and trademarks.

We support them, we "love" them, we shell out hundreds of dollars — but do we know why? We have all been attracted to something based on what it represents or who we've seen wearing it.

Even the most independent and free-spirited thinkers have found themselves dabbling in label-speak, gravitating toward various companies as a result of their spokespeople, or even a person in passing to whom they've given mental kudos.

But to be inspired is one thing, and to be a sheep is another. Are we wearing what we wear because it's "cool?" Or are we wearing what we wear because it's an extension of our being?

Are we yoga pants and headbands because that's who we relate to, or are we skinny jeans and high tops because that's what's in?

It's easy for us to roll our eyes at such sentiments and declare, "Whatever — I wear what I want," but is that still a phrase that's entirely relevant? Are we actually wearing what we want or are we wearing what companies tell us we want?

Sure, we can claim to be free thinkers (and most of us are), but to be independent is to question, and if you can't defend your decision to wear Lululemon over Guess, perhaps your decisions and investments need to be re-evaluated.

Are you thinking when reaching for

your vintage vest or TNA hoodie first thing in the morning?

Now, this isn't to say that brand names are necessarily bad, or that vintage is necessarily better — currently, hipster-inspired fashion is in full force — but when choosing the \$100 sweatshirt over the \$20 alternative, is there a reason? And if so, what is it?

It's hard to believe we're all die-hard yoga aficionados or that we truly believe in American Apparel's "Legalize L.A." campaign.

It seems more likely that some of us have bought into the mottoes middle-aged men in suits have orchestrated in their Madison Avenue high rises. Regardless, the seeds of self-reflection need to be planted: what are we really trying to say?

And it's important to stress that our vintage-wearing, non-label committing personalities are not to remain unscathed.

As thrift finds and indie brands become more prevalent, they've undoubtedly aligned themselves with a specific "scene," leaving the question: is it the clothes we're drawn to or the status they bring? Or does vintage continue to be an extension of art, with various pieces working to build a tapestry of originality?

It looks like there are more questions to ponder when waking up for that early class. Regardless of how we justify it, fashion is an extension of ourselves, and it speaks volumes about who we are.

Don't deny it — even those who opt for comfort over style are still saying something.

But the important thing is that instead of simply embracing a logo, a brand or a lack thereof, we should question why we're embracing it and why it's so important to align ourselves with a specific subculture.

And if you can get dressed, go out and truly defend your choices — whether it's your UGG boots, your DC sweater or Value Village granny blouse — flaunt them with pride, nod in agreement with this article and continue keeping it real.

## Win a Free Laptop!



If you are a student at any of the post-secondary institutions in Manitoba you are eligible to enter a **FREE CONTEST** for a chance to **WIN** a **LAPTOP** computer.

**ENTER ONLINE NOW!**  
[www.WinALaptopNow.com](http://www.WinALaptopNow.com)

Sponsored by Primetime Promotions

## 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.



**Lea and Ian**  
"Vintage photographs and rural Manitoba thrift store treasure inspire us."

BRITANY HILDEBRANDT

### Next week in *The Uniter*

- ◇ Taxis are more secure than ever, but are cabbies safe?
- ◇ A look at the state of Portage Place.
- ◇ Interviews with local musicians James Struthers and Chris MAMA Bauer.

On newsstands and online Thursday, March 18.