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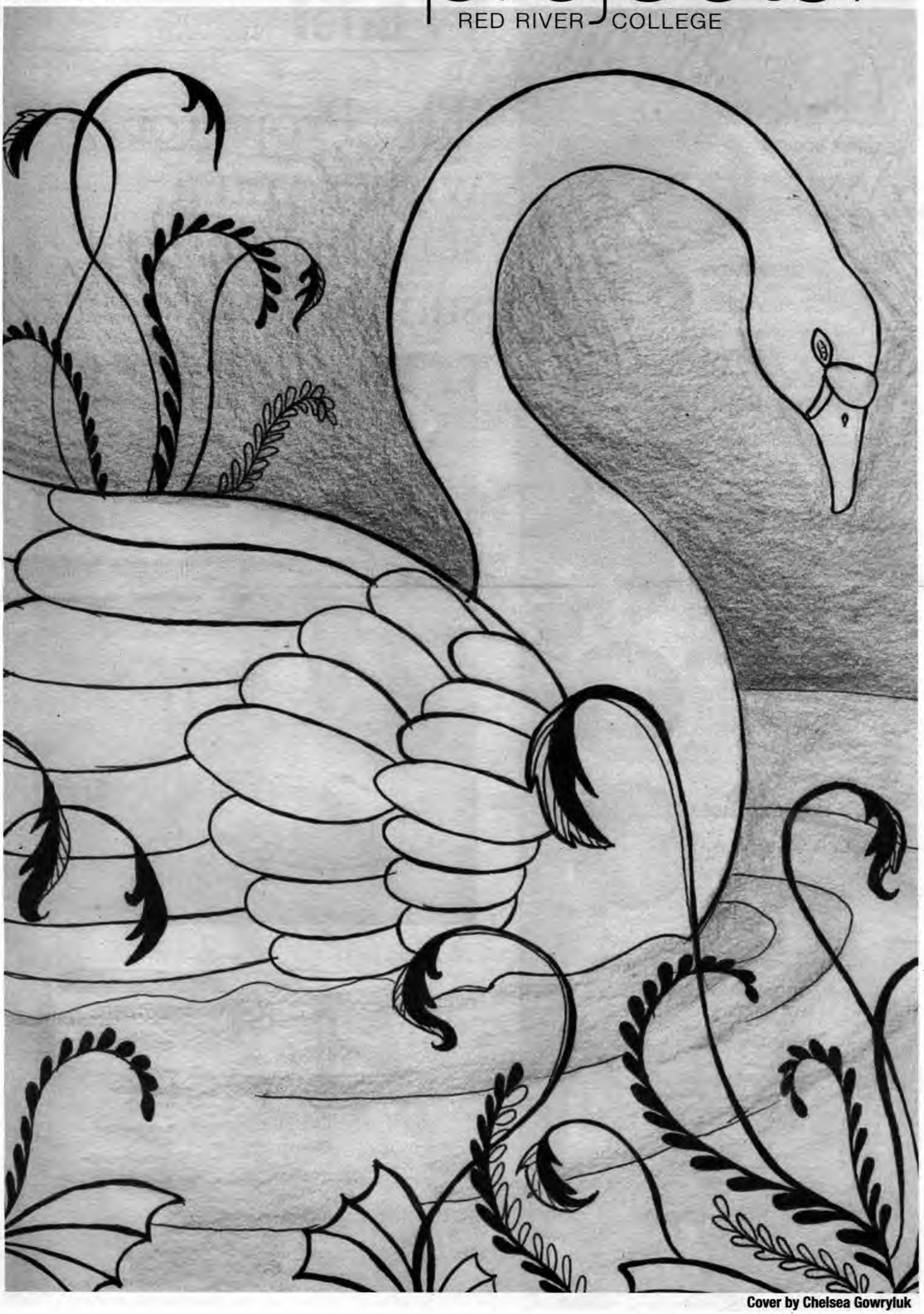

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BriefNews

The Projector wishes you a scrumtrulescent summer!

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AworD

I think he let me down
when he didn't dissapoint me...
- fiona apple, "*get him back*"

From Addict to Actress

By Tamara Forlanskitforlanski@gmail.com

Claire Kelly grew up loving to perform; so naturally she enjoyed theatre. When she was 10, she attended Manitoba Theatre for Young People (MTYP), a group she owes the world to today.

"Theatre saved my life" Kelly states boldly.

Kelly, who's now 21, was very outgoing during her time at R.B. Russell High School, and it was there she developed her passion for entertaining.

"I was big into drama; it was always my highest mark, 98 per cent. I did really well in all the arts programs."

At 16, Kelly became involved with the Aboriginal Arts Training and Mentorship Program as a teaching assistant at MTYP.

The Aboriginal Arts program is designed to give Aboriginal teenagers training classes free of charge, when they otherwise wouldn't be able to afford it.

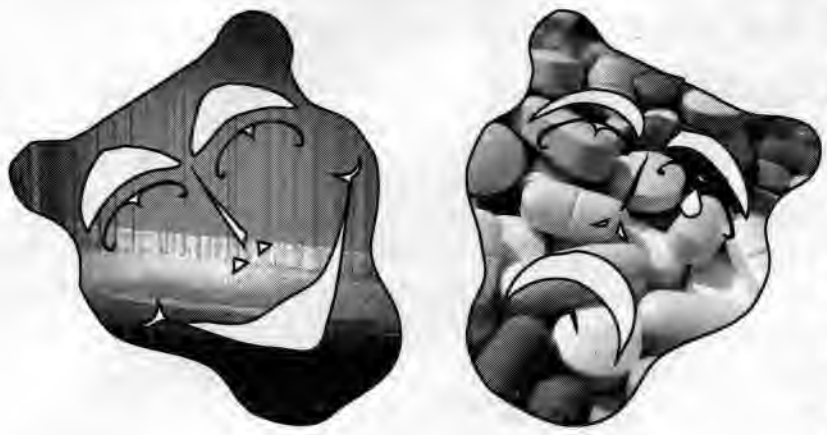
Also volunteering with her was her then boyfriend Matt.

"Getting into that relationship was my biggest regret of high school."

Kelly was with Matt for less than three years but describes him as "not the best influence."

She moved to low-income housing with Matt when she was 16 and became addicted to crystal methamphetamine.

"It started with smoking. It was my way of rebelling.



I should have known, but I didn't know it was addicting, I just got caught up in drugs," Kelly recalled.

"I went from using it once a week to every day. I couldn't eat or sleep. I had no energy…drugs kept getting in the way of school."

Kelly dropped out of high school in the middle of Grade 12.

She used crystal meth for eight months, while continuing her volunteer work at MTYP.

"I would come to work high. I was hiding under baggy clothes and wore no makeup. I weighed 98 pounds, today I weigh 145 (pounds)."

Kelly knew she had a serious problem, but felt stuck.

"When you're in addiction, you need help but can't ask. You're afraid to ask."

Kelly didn't want to leave her job with MTYP and tried to keep her addiction as hidden as possible.

"I didn't want to work as a TA in the classroom, so I asked to work in the office. I thought, 'I'm not a role model.'"

But the MTYP staff eventually noticed Kelly had a problem and intervened.

"They were so understanding, just having a heart. It's like an extended family here. They didn't give up on me when other jobs wouldn't have cared and just fired me."

MTYP allowed Kelly to keep her job while she recovered. She still works at MTYP as the Aboriginal Arts Training and Mentorship Program coordinator and is finishing her high school courses through correspondence.

"I get paid to play I couldn't ask for better."

Kelly is currently writing Claire's Room, a play she will perform at MTYP next year, about her experiences with crystal meth.

"Writing this is a fun, but difficult experience. As I'm writing, old emotions come back and I suffer from writer's block when I go back to that place."

INTERNATIONAL NEWS BRIEFS

Compiled by Christopher Webbnewsprojector@gmail.com

INTERWORLD RADIO, DEMOCRACYNOW, INTERPRESS SERVICE, BBC.

Argentine riot police have clashed with protesting teachers in the province of Neuquen for a second day. The clashes came as people gathered to protest against earlier police action in which one protester died. The demonstrator was killed by an exploding tear gas canister thrown by the police to disperse the crowds. The main teachers' union says it will strike on Monday in protest of the violence. Teachers are demanding better pay and working conditions.

The Washington Post is reporting the United States and China managed to tone down the warnings about global warming in the new report by the U.N. Intergovernmental Panel on Climate Change. U.S. negotiators eliminated language in one section that called for cuts in greenhouse gas emissions. The final report warned that human-generated warming is already making oceans more acidic and parched regions even drier. It estimated 20 to 30 per cent of the world's species may disappear if the world keeps warming. The authors of the report also warned that the risk of massive floods will increase significantly along the coasts because of rising seas and more intense storms. Rajendra Pachauri, chair of the IPCC said "It's the poorest of the poor in the world, who are going to be the worst hit and who are the most vulnerable as far as the impact of climate change are concerned, and I think this certainly requires attention, because people who are poor are least equipped to be able to adapt to the impacts of climate change."

A report released Mar. 22 by the group Refugees International calls the flight of Iraqis from war-torn Iraq "the world's fastest growing displacement crisis." Displacement is taking place within Iraq as well. The United Nations estimates there are now 1.9 million internally displaced Iraqis. The United Nations High Commissioner for Refugees (UNHCR) says about 12 per cent of Iraq's population of about 25 million will be displaced by the end of the year. The UNHCR says also that about two million Iraqis have fled the country, mostly to Syria, Jordan, Iran, Egypt, Lebanon, Yemen and Turkey. More than 1.5 million have fled to Syria alone. Thus far the Bush administration has issued visas to 466 Iraqis since the invasion of Iraq in March 2003.

Eritrea's government has banned female circumcision. The Information Ministry said anybody involved in the practice would be punished with a fine and imprisonment. The move follows a campaign against the practice by the National Union of Eritrean Women, which says more than 90 per cent of Eritrean women are circumcised. Female circumcision is practised in 28 countries, mostly in sub-Saharan Africa, where some believe it maintains a girl's honour. The operation involves the partial or total removal of the external genital organs.

The US admitted openly for the first time Thursday that it was actively working to undermine Robert Mugabe, Zimbabwe's president. Although officially Washington does not support regime change, a U.S. State Dept. report acknowledged that it was backing opposition politicians and others critical of Mugabe. The State Dept. also admitted sponsoring events aimed at "discrediting" statements made by Mugabe's government. Washington has specifically backed opposition leader Morgan Tsvangarai, who government agents beat severely last month.

Supporters of Ukrainian Prime Minister Viktor Yanukovych are keeping up their protest outside parliament in Kiev against his rival, President Viktor Yushchenko. The power struggle continued over the Easter holiday, with Mr Yushchenko refusing to revoke his decision to call a snap election for 27 May. The constitutional court is due to consider his decision later this week. Mr Yushchenko accuses Mr Yanukovych of undermining democracy by luring deputies to his bloc in parliament. The latest escalation of the long-running power struggle began on 2 April, when Mr Yushchenko ordered the dissolution of parliament and the 27 May election. The rivalry started during the 2004 Orange Revolution, which eventually swept Mr Yushchenko into power.

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April 16 - 27

April 16th
Free Coffee & Donuts
6 - 8 PM
ND: Library Hallway
PSC: Atrium Hallway

April 23rd
Free Coffee & Donuts
6 - 8 PM
ND: Library Hallway
PSC: Atrium Hallway

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CHECK OUT THE SA WEBSITE @ WWW.RRCSA.COM

Red River College Students,

After serving for 2 terms as your President of the Red River College Students' Association, the Executive and I would like to leave you with some recaps of our experiences and some words of wisdom that we hope will help you in your future.

These years that have passed have had many different impacts on your lives. Some students have formed life long friendships, some have formed more intimate ones and many of you will move on with your respective careers. During those times, we have seen fellow students have some unfortunate turn of events and some who have chosen different paths to follow than us. Such difficult times have shown us how surprising life can be and help us identify some strengths and weaknesses many of us felt we never had.

Through it all, I can say with the utmost confidence that it is times like this which will help form us to become the great people we are and that we can be. Now many of you may not feel the same way I do but take a moment and look at yourself and your friends and see how much they have grown in these last few years. It is so easy to pick out the negative aspects of people but it is a challenge to pick out the greatest aspects of a person. We truly have equal strengths and weaknesses in some aspects but it is because of those things that make us realize how important our community is to our personal growth.

For me, I have had my beliefs and actions challenged, criticized and disrespected by many people who do not agree with me. As frustrating and discouraging as those times have been, it is those very events that have helped me grow as a person to realize there is more to life than perfect grades, a prospective career and a wealthy future. Those things may or may not come, but it is the people around us who will help experience life for what it is truly worth. Every single student who has had the perseverance to continue up to this point in school with many of the challenges you have faced inside and outside school have shown a great strength to complete their education.

It has been an honor to represent the Red River College Students during my 2 terms because it is wonderful to represent you all who will bring nothing but a great future to our community. The executive and I have worked hard to make sure that the Association serves you in every capacity it has and we want you all to remember that the Red River College Community will always be here to support you. Your future will have many great experiences and we all want to support you in every capacity we can.

"The great use of life is to spend it for something that will outlast it."
-William James-

I leave this quote with you to remember because you all have used these past years for something great and I hope that you do not forget that. The Red River College Students' Association wishes you all the best in your future endeavors.

Rex Masesar, President

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The Struggle for Press Freedom in Zimbabwe

By Christopher Webb newsprojector@gmail.com

Ten years ago, Wilf Mbanga sat in Harare as the co-founder of one of Zimbabwe's most popular independent newspapers, the Daily News. In 2003, his paper came under severe pressure from the Zimbabwean government for publishing vigorous criticism of the President Robert Mugabe and was shut down. Today, Mbanga lives and writes in exile in Britain having been declared an enemy of the Zimbabwean people.

Sadly, this is an all too familiar story for Zimbabwean journalists around the world. A nation once hailed as a beacon of liberation and hope in songs by Bob Marley and Stevie Wonder, has been criticised by governments and media organizations for destroying press freedom and silencing journalists and publications which criticise official government policy. Zimbabwe rose from the ashes of white minority rule and represented a great leap forward for independent nationalism in Southern Africa, but today Mbanga says, "operating in Zimbabwe as a journalist is like walking blindfolded through a minefield."

Robert Mugabe was sworn in as president of Zimbabwe on April 18, 1980, and with a fourteen year liberation struggle against Ian Smith's white minority rule behind him, Mugabe enjoyed mass public support from many Zimbabweans and other Southern African nations facing the remnants of a colonial past. With a secure hold on his party, the Zimbabwe African National Union Patriotic Front (ZANU-PF), Mugabe began to consolidate his grip on the media and other opposition parties in the country. This earned ZANU-PF overwhelming victories in the 1990 and 1995 elections, but according to media analyst Ragnar Waldahl, this would soon change as a formidable political rival emerged, leading to wide scale political violence and the grip tightened on press freedom.

In an examination of press coverage during the 2000 elections, Waldahl writes," At the time of the parliamentary election in 2000 the situation had changed. Mugabe's defeat in the referendum on the new Constitution in February 2000 showed that the support for the recently established party, Movement for Democratic Change (MDC) led by Morgan Tsvangirai, was considerable, and that the outcome of the parliamentary election was not a foregone conclusion."

It was around this time that Zimbabwean journalist Innocent Madawo received threats from government officers for publishing articles which did not tow the government line. "When the MDC was launched, it was the most formidable political challenge to Zanu PF yet. So we began to highlight issues as they were debated on both sides of the political spectrum... journalists were blamed for working with the MDC and the new Minister of Information, Prof Moyo then initiated the licensing of journalists," he says. "You could always operate even without the license... The creation of the licences was merely to screen the 'good' and the 'bad' among journalists and to monitor our work."

Writing from London, Wilf Mbanga says that as the MDC established itself as a formidable political force and newspapers began to report on the mounting corruption and bad governance of the ruling party, the media climate in Zimbabwe changed entirely. "His [Mugabe's] obsession with controlling the minds of the people grew, as he deluded himself that the public still loved him as their saviour from colonial oppression... Fear was the main weapon. Zealous Zanu-PF party members took it upon themselves to threaten independent newspaper vendors and readers."

Two crushing blows to freedom of the press in Zimbabwe were struck in 2002 when draconian media acts were passed before parliament. The misnamed Access to Information and Protection of Privacy Act (AIPPA) and the Public Order and Security Act gave the government the power to ban foreign and local journalists from working in Zimbabwe without a government

approved license. The legislation also made it a crime, punishable by up to two years in prison, to make a factual error in the news. This law was used in 2003 to shut down Mbanga's Daily News. These Acts, "basically, remove a person's freedom, period," says Madawo.According to the Media Institute of Southern Africa, there have been over 100 journalists arrested in Zimbabwe over the past few years. And despite a judicial and legislative framework bent on destroying any remnants of press freedom or journalistic privilege, not one of them has ever been convicted for any offence.

Madawo says that should Mugabe be defeated in next year's elections and if real democratic change does come about," Zimbabwean journalism will need to be completely renewed, there will be a kind of "re-schooling" for all journalists to re-orient them with the ethics of the trade and wash them clean of the current prejudices, no matter which side they are on."

It's Not Easy Being Green

By Jennifer Ryan jryan11@hotmail.com

David Suzuki, the world-renowned environmentalist, in an effort to slow the effects of global warming, has been calling on Canadians to reduce their personal carbon emissions. What better way to spread the word than to embark on a trek across the nation in an extravagant, rock star-style, diesel-burning tour bus?

The bus – which was transporting only Suzuki and his team of eight others – wasn't exactly environmentally friendly, as the Winnipeg Sun's Tom Brodbeck gleefully pointed out to all who would listen, but Suzuki says it's ok because he was practicing carbon offsetting.

Get to know this term. True, it could just be a trendy fad – or maybe, like the Internet, it could end up being the next big thing. Carbon offsetting, or going carbon neutral, is a practice that Suzuki is encouraging, and it is slowly gaining followers.

Going carbon neutral involves the use of fancy carbon calculators, found on websites like carboncalculator.com. Basically, you enter all your data: energy bills, gas bills, average yearly mileage, and public transportation costs –and after some convoluted calculations, it spits out a number. This number tells you the amount of money you must contribute to licensed eco-funds in order to consider yourself carbon neutral.

These funds are dedicated to reducing carbon dioxide and include wind farms, solar or energy efficiency projects, and reforestation ventures.

It sounds good in theory, but many, including Winnipeg architect Yaron Walter, are skeptical about its feasibility as a long-term solution to global warming.

"I don't want to step on anybody's toes," he said. "Any effort to go green is a good thing, but…" he trailed off. "I just don't know if planting trees across the world is going to have any effect on the pollution I've put out in this city."

In other words, says Margaret Shields, a concerned Canadian citizen, "it's a guilt fee," to alleviate yourself of the guilt of polluting the Earth.

"You know what celebrities are doing these days when they fly? They ask 'Yes, can I also pay twenty dollars so I don't feel like a bad person?'"

Shields is talking about the growing trend of airlines and travel agents – as well as feature films and rock bands, Super Bowls and World Cups, businesses, schools, and even UN conventions – purchasing carbon offsets.

But Suzuki says going carbon neutral does not give people an excuse to pollute.

His website, davidsuzuki.org explains, "It is impossible to reduce our carbon emissions to zero, no matter how hard we try. Going carbon neutral by purchasing carbon offsets is a practical and affordable way to do something about those remaining emissions."

Though Walter is unsure of the viability of carbon offsetting, he is optimistic about the future of greener construction.

Walter, who recently traded in his beloved pick-up truck for a more energy-efficient vehicle, is currently working on a condominium project near Corydon Avenue that was deconstructed entirely by hand last summer so that more materials could be salvaged and reused in the new structure. Combined with grass top roofing, geothermal heating, and tri-pane windows, the project is headed for platinum LEED certification, the first in Manitoba and second in Canada.

LEED, or Leadership in Energy and Environmental Design Green Building Rating System, sets nationally accepted guidelines for builders to follow to ensure the building and maintenance of each project is optimally green. For each greener solution incorporated into the construction of a building, credits are earned that contribute to a higher LEED rating.

"It comes with bragging rights… but we're not doing it for the prestige. We're excited to be on the frontier of this procedure," Walter said.

"This is a trend we've been talking about and it's finally a reality. The government is behind us and incentives are in place."

In fact, as of 2007, all new Canadian government buildings must meet LEED silver level or better. The new Manitoba Hydro building currently being constructed on Portage Avenue is aiming for gold level.

"That will set a standard," Walter said.

According to Bill McKibben, author of The End of Nature, it's about time the government started taking action and implementing such changes.

McKibben first published his book in 1989, warning that drastic changes needed to be made or else the world would suffer devastating consequences. Ten years later,

he released a tenth anniversary edition remarking on the ignorance his warnings had received.

"The price tag for 1998's round of natural disasters alone topped the bill for the entire 1980s," he says. Since the republication, Hurricanes Katrina and Rita devastated the southern US in 2005, just months after the Boxing Day Tsunami tore through the Indian Ocean, killing tens of thousands of people.

"One reason may be the intuitive sense that in some ways it's too late to do anything about it all… In a way, this intuition is completely correct; it's far too late to stop global warming. All we can do is make it less bad than it will otherwise be."

If you'd like to learn more, visit th Carbon Neutral Campus Displays set up at both campuses April 11-27.

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COULD WE BE HAPPIER?

The Kingdom of Bhutan is the only country in the world to measure its wellbeing in terms of Gross National Happiness (GNH) as opposed to Gross National Product (GNP). This approach is a serious attempt to question the values of unbridled economic progress while maintaining a balance between tradition and modernization.

Happiness really does take precedence over economic prosperity in Bhutan. The country limits the number of tourists that are able to visit because the Bhutanese had complained that the environment was being affected and sacred lands were being spoiled.

These limits were aimed at increasing the 'happiness' of these people.

GNH is inextricably connected to accountability; anyone with a grievance can go to the king himself and get a hearing.

Material and technological progress is not rejected or banned, but it must not be to the detriment of the value of human life. The policy has a spiritual aspect to it, as well as an accountability aspect. Mental and psychological wealth are genuine considerations in Bhutan. Happiness is more important than monetary wealth.

The idea of GNH is to encourage a rethinking of what is important in people's lives: should the success of a nation be judged by its ability to produce and consume, or should it be based on the quality of life in that country, the happiness of its people, however difficult that might be to measure in practice?

Sander Tideman, co-founder and chairman of Spirit in Business, a network organization promoting ethics and values in the business world points out, it is the qualitative distinctions that are lost in this measuring of quantity, "economic calculations ignore the value of things such as fresh water, green forests, clean air, traditional ways of life", merely because they cannot be easily quantified.

The point being that the Bhutanese live sustainable lifestyles.

According to the Happy Planet Index, Canada ranks 111th out of 178 countries listed in total happiness. This measure is calculated by a straightforward equation that multiplies life expectancy by life satisfaction and divides it by ecological footprint (that we leave on the earth). Essentially it calculates how the earth's resources translate into the well being experienced by citizens of the planet.

What if the Canadian government officially implemented a similar policy? Would we become happier people in general? Or are we so permanently consumed in our quest for consuming more and more that such a policy would never even hit the House of Commons floor?

After all, what is life for if not to maximize our happiness while we minimize the footprints we've left here?

Oh my God, am I an idealist?

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Letter to the editor

RE: WHY DON'T WE DO IT IN OUR SLEEVES?

I am writing in regard to Jennifer Ryan's "Why Don't We Do It In Our Sleeves". Although I always find her writing style engaging and interesting, I found myself struggling to read the article. It wasn't her writing that was the problem, it was the subject matter, including the initiative of Red River College's regarding impending "pandemics" and the mind-numbing film of the same title as Ms. Ryan's article.

If Red River College is as concerned about the health and welfare of their students, as witnessed by the formation of the pandemic committee and the viewing of "Why Don't We Do It In Our Sleeves", then why am I sitting in a classroom at the Notre Dame campus week after week with a growing mould problem? I am referring to room AB-34. As one who suffers from allergies, particularly from mould and dust, I am deeply concerned. Although some steps have been taken to reduce the spread of mould (such as a vapour barrier and a sheet of drywall placed OVER the mould), I think it is necessary to fix the situation properly. No amount of hand-sanitizing stations will assuage my feelings either.

I think more effort needs to be spent on maintaining the two campus' and providing students with hazard-free classrooms to learn in, instead of wasting class time watching films about the "correct" way to sneeze and cough.

Mike Nelson

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Below the Surface of Lake Winnipeg

THE CHALLENGES FACING WESTERN CANADA'S LARGEST FRESHWATER FISHERY

By Tim Phelan rebel99@yahoo.com

A fleet of large fishing boats rest in perfect stillness, their hulls frozen beneath a 4-foot thick layer of solid ice on Gimli Harbour. Further out on the ice of Lake Winnipeg, a smattering of ice fishers dot the frozen landscape, their wooden shacks providing a sharp contrast to the backdrop of crisp white and blue hues converging on the horizon. Underneath this frozen layer lives a rich and diverse food chain that is home to the most valuable freshwater fishery in all of Western Canada – a food chain that many experts fear is on the verge of collapse.

The complex ecosystem of Lake Winnipeg has changed significantly in recent years, represented most obviously by enormous growths of blue-green algae that are appearing with increasing intensity, duration and frequency on the lake. "In all the years since my grandfather fished the north end of the lake, these were never seen," says Robert T. Kristjanson, a 59-year veteran commercial fisherman whose family has been pulling fish out of Lake Winnipeg for 116 years. "You might have got a little bit of blue-green on the surface, but that was it. That changed in 1992. In some parts of the lake the stuff was 60 feet thick."

The blue-green algae problem is worrisome because this type of algae species is capable of causing sudden and dramatic changes to the delicate Lake Winnipeg ecosystem. A vast amount of oxygen is depleted when the blooms die and begin to decompose. The decomposition process also releases toxins that can harm certain types of aquatic wildlife central to regulating the balance of the food chain. Fishers complain of the algae clogging up their nets, making their trade more difficult, if not impossible at times. The tourism industry, cottagers, and the thousands of beach goers that visit the lake each summer worry about the safety of the water for recreational activity.

So what is causing this change? While there are many complex factors involved, experts say that the root of the problem is human activity in the Lake Winnipeg watershed.

"Nutrient loading and climate change are the biggest challenges facing the lake today" says Alex Salki, a research biologist with Fisheries and Oceans Canada. "There's no doubt that nutrients, the excess phosphorous and nitrogen that's coming in from the watershed, is the major cause of the algae problem."

Nitrogen and phosphorous are elements found in human and animal waste, industrial by-products, and everyday consumer goods such as lawn fertilizers, pesticides, and detergents. When disposed of, the products end up in the lake, and act as fertilizers on which the algae thrive when combined with energy from sunlight. When you consider that the Lake Winnipeg watershed covers an area of one million square km, extending from Lake Eerie all the way to the Rocky Mountains, with over six million people and 17 million livestock inhabitants, the scale of the problem becomes evident. Climate change is compounding the issue further, causing the ice to melt earlier and converting additional heat energy into more blue-green algae.

But not everyone is convinced there is cause for alarm. Brad Benson has been fishing the lake for 17 years, and sees some benefits to the algae. "There's so much pickerel out there right now, it's hard to say what effect it is having. That algae is at the bottom of the food chain, so until it really takes over, if it's going to, I don't see the problem because the fish are healthy and nobody's having trouble catching them. "

The Manitoba Government has made no secret about its concern with the health of the Lake Winnipeg fishery. In 1993, the Lake Winnipeg Action Plan was unveiled to address the issue of nutrient loading. The plan calls for a reduction of phosphorous and nitrogen loading to pre-1970 levels. As part of the plan, the government formed the Lake Winnipeg Stewardship Board to conduct a comprehensive study, the results of which were compiled in a 2006 report called Reducing Nutrient Loading to Lake Winnipeg and its Watershed. The report gives recommendations and provides strategies on how to deal with the problem at the governmental, industrial, and individual levels.

Whether enough is being done to control the problem is up for debate. Biologists say that it is difficult to isolate the effects of nutrient loading when there is no reliable information on how many fish are caught each year. While commercial fishers are required to report their catch and adhere to strict quotas, First Nations peoples are exempt from any regulation. "It's like trying to maintain a constant level of water in a bucket with holes in it," says Walter Lysack, a fisheries biologist with Manitoba Conservation. "It's hard to manage the lake when you don't know what is being taken out."

Kristjanson holds the City of Winnipeg, the Government of Manitoba, and the livestock industry accountable for not doing enough to treat waste before it enters the lake. "They can't keep going on polluting the water. If you don't change what's going on, there's going to be a big problem down the road."

MTS Centre Brings Business Downtown

By Zach Regiec zachregiec@hotmail.com

Being a rookie compared to many other businesses downtown, the MTS Centre holds its own. The centre houses all kinds of entertainment and brings around 800,000 people through its doors each year. The complex opened in November of 2004 as the fresh-face venue that was supposed to lead in the redevelopment and revitalization of the downtown area.

Jennifer Verch the communications and marketing manager for the Downtown Winnipeg BIZ says "The MTS Centre has increased the pedestrian traffic-flow downtown. What we hope is that these people visiting the arena will remember the other businesses, which then increases their exposure and helps nurture a new client base."

On March 20, the MTS Centre and the Manitoba Moose brought down 7,023 spectators to watch the Houston Aeros beat the Moose 3-1 in the AHL match up. The Moose played a lackluster game, and finally mustered one goal against the Aeros; however the game was way out of reach.

Roman Panchyshyn, a local business owner sees the Moose's late offensive output as symbolic. Panchyshyn owns and operates Wild Planet, a music merchandise store, located a block from the arena at 310 Donald Street, he claims that the MTS Centre, along with many other misguided political ventures to revitalize downtown - have failed.

He claims many promises made by city politicians have never come close to reenergizing downtown.

"Portage Place, the Graham bus-lane, extending the sidewalks on Portage Avenue, the MTS Centre, they have all been deemed saviors to our downtown, but these are not the solutions just more wasted money."

When standing outside the well designed arena you get the feeling that Panchyshyn has a point. At game-time Portage Avenue is bare and the prized a & b sound has shut down. The barren block directly across the street from the arena houses a bridal boutique store, three deserted buildings, and one retail tenant called O'Calcutta.

O'Calcutta's owner Gurinder Nirula has a different view than his competitor around the corner. Nirula said that the MTS Centre has helped him gain exposure to a larger clientele. He thinks the city has failed with other solutions to a revitalize a barren downtown; however the arena is having a positive effect.

"We've been in business for over 30 years and at times it has been a struggle." Nirula believes that the economic climate for business is improving, but at a very slow rate.

The two competitors agree that bringing more businesses downtown is not the solution. The city needs to concentrate on developing condos and apartments, so the community will be big enough to support small businesses.

Stitch or Bitch?

IT DOESN'T MATTER - KNITTING IS HOT

By Nisha Tulieditorprojector@gmail.com

Justyna Krzysiak sits before a blazing fire, her legs wrapped in a big, soft blanket. Her cat sits purring softly beside her. The only audible sound in the room is the click-click-click of her knitting needles. Knit, purl, loop, pull, stitch - she smiles happily, knowing spring is on its way, as she puts the finishing touches on a hot pink tube top.

Wait a minute. Tube top?

That's right.

Knitting isn't just for old ladies wearing beige doilies anymore.

Krzysiak, 31, is part of a legion of women taking up knitting, as patterns become high fashion, and knitting stores are flooded with colors and materials the likes of which the knitting world has never seen before.

This spring's crop of goodies includes soy-based yarns and ones made of bamboo or hemp fibers. Soft alpaca, baby fine cashmere and silky strands recycled from Indian saris spill from shelves, and pattern books with pages of sparkly, bright creations draped casually on lean model physiques rival that of any fashion spread in Vogue.

"I like things that are homemade. I like things that are unique and different and when something is handmade, it's one of a kind," says Krzysiak, who first learned to knit as a child and revisited it as an adult when a friend encouraged her. "It gives me a sense of accomplishment, and it's fascinating to see something forming right before your eyes."

Helen Shaw, 23, learned to knit three years ago from a friend. "I find it so relaxing, and it's a chance to create things which you cannot buy," she says. "I love making unique accessories and having people ask me where I got it. It's so fun to tell them I made it."

According to Debbie Stoller, author of Stitch 'N Bitch: The Knitter's Handbook, it's that ability to create something unique with your hands that is part of the reason women are once again interested in knitting.

"Knitting is part of the same do-it-yourself ethos that spawned ezines and mixed tapes," she writes. "By loudly reclaiming old-fashioned skills, women are rebelling against a culture that seems to reward only the sleek, the mass produced, the male."

The craft of knitting has undergone numerous phases throughout history. In an article on The New York Times website, knitter Carol E. Lee recounts the cycles of the craft. During the First World War women knit, but it was then rejected in the 1920's as women's work. By the 30's, the craft had been embraced again as women tried to copy designer fashions, but was discarded during the Second World War as labor-intensive hand knitting lost its luster in the face of mechanization. The 60's saw a rebellion of mass commercialism, but the art of knitting was once again lost during the feminist movement.

However, Krzysiak and Shaw both agree they don't think about feminism when they knit. "I don't think of it on that level," says Shaw. "I guess some people could say it's demeaning to women, or they could see it as emancipation, but I do it because I enjoy it."

"I consider it to be a craft," says Krzysiak. "It's a skill, and I guess it was once considered women's work because they were traditionally the ones that made clothes for their families, but there isn't anything different about it than a man making woodwork or furniture for his family."

Alyson Schwartz has worked at Ram Wools, Winnipeg's largest knitting shop, for over 30 years and says she's witnessed the ups and downs of knitting's popularity.

"We have seen a big increase in the number of young girls in our shop, but we've also seen so many new developments from the pattern companies. There are so many fun, funky things for them to knit. This is bigger than I have ever seen," says Schwartz. "Even the older women are getting into it. They love sharing their skills with the younger generation."

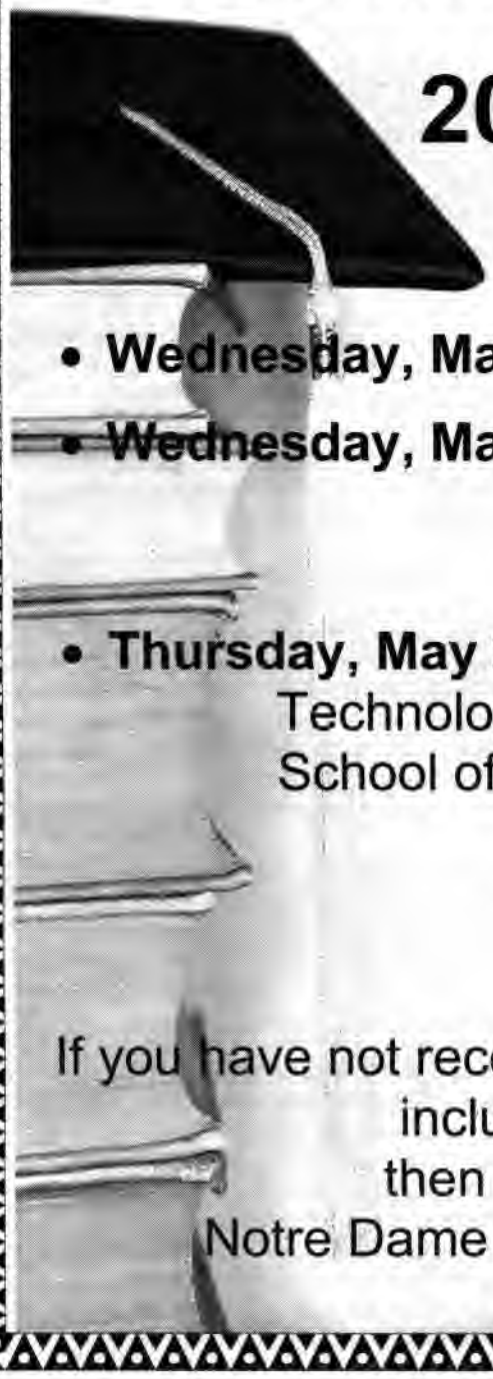
But, like all trends, not everyone is interested.

"Knitting is for grandmas," says Rhonda Tara, 27. "I mostly enjoy my time being active and outdoors. Knitting doesn't cut it unless my fingers were getting exercise or something. I'm surprised this is the hottest trend."

Meg Moulson, 29, tried her hand at knitting, but discovered it wasn't for her. "I hate it. I learned to knit last year, and managed to get through one scarf and a baby sweater before deciding I'd rather do anything else than knit again," she says. "It was so boring."

Nevertheless, knitting is hot at the moment. But then so were tie-dye, puffy paint and the Bedazzler once.

"Knitting is just like having fondue parties," says Krzysiak. "It's something that will always happen, because it's very basic. While it may increase or decrease in popularity over the years, making something from scratch is something people will always do. I know I'll continue knitting forever."



2007 Convocation Ceremonies
North Gym, Notre Dame Campus

- **Wednesday, May 23rd at 1:30 p.m.** – School of Business & Applied Arts
- **Wednesday, May 23rd at 7:30 p.m.** – School of Indigenous Education, School of Health Sciences & Community Services, School of Learning Innovation
- **Thursday, May 24th at 7:30 p.m.** – School of Construction & Engineering Technologies, School of Transportation, Aviation & Manufacturing, School of Continuing & Distance Education, Regional Campuses

Convocation Attire must be worn if attending the ceremony.

If you have not received your Convocation information package in the mail, including your gown order form, **by April 13th** then visit one of the Student Service Centres – Notre Dame Campus, D101 or Princess Street Campus, P104 or call 632-2327

Cemetery Tours Offer Ghoulish Kenora History

By Daniel Billinkoffemexthree@hotmail.com

In Kenora, Ontario, history is a ghoulish affair.

We were a pretty wild, wild west town in the day. We were a mining town, the CPR [Canadian Pacific Railway] guys were here, we had rumrunners. They figure Capote was out on one of the islands, so we have lots of stories,' explains Barb Manson, Kenora Parks Supervisor and cemetery tour leader.

It all began for Barb Manson at the old historic house that she was put in charge of restoring.

"I was in the house alone and the piano started to play; it was freaky," she says.

At the same time, historic Lake of the Woods Cemetery, the area's scenic burial ground, was being vandalized, running up costs of around $100,000. Inspired by her mystical experience, she started running school tours of the cemetery, focusing on paranormal occurrences and famous Kenora-ites.

"We went from $100,000 to absolutely zero in vandalism; they worked so well that we thought maybe we should start a tourist tour," she says.

And so they did. Manson now runs fully-guided cemetery tours, informing tourists and locals about Kenora's ghostly history. Attracting crowds of 25-50 per tour, the $3 tours run from 10:30-11:30 a.m. every Friday, June through August.

For those who like their ghost stories told in the dark, the cemetery also offers lantern-lit night tours, called Walk on the Dark Side, which Manson says are meant to be more of a fun night; it's more of a kitschy tour.'

The evening tours only run one Friday per month, and have been wildly popular. Up to 70 curious visitors attend each of the $5 tours, drawn in by the rich stories and local flavour. Most of the ghosts discussed on the tours had their unfortunate beginnings within minutes of their resting place.

Manson always tells the story of a very busy young ghost named Willy who haunts the local grocery store, Frosted Foods.

"He played down on the docks down from Frosted Foods. The coroner's report stated there was no water in his lungs. He did not drown; he died of fright. His father worked at a place called Cameron Wholesale, which is now Frosted Foods," she says.

"They say the boy drowned down at the docks," confirms Margaret Parmeter, taking a break from slicing meat at Frosted Foods. "I haven't seen him, but Phyllis did; she used to see him passing her in the hallways. They even had the chief of police in to look into it."

Although the tours only last one hour, the experience will follow visitors back into town. The tours serve not only as a fun outing, but as a great introduction to Kenora and its rich past. Plus, they are pretty darn creepy.

"We have a story about row 13 in our cemetery," Manson smiles and winks. But you have to go on the tour to hear about it.'

Contact Barb Manson at 807-467-2067 for more information.

Lapping up Luxury in Clear Lake

By Nisha Tulieditorprojector@gmail.com

There is something so ridiculously indulgent about the spa; I can never help feeling like I'm getting away with something. Nevertheless, my guilt has still allowed me to indulge in the luxury of a spa treatment from time to time, and I've discovered a solution to this little problem. Rather than trying to make time in your busy day - make an entire holiday of it.

When I met Bonnie Blue, she had already been at the Solstice Spa for a week. Located at the Elkhorn Resort in Riding Mountain National Park, Solstice is a complete sensory experience. "I've had the most amazing time," said Blue. "Everything here has been absolutely top notch. It's definitely a level above anything you can get in the city (Winnipeg)."

It turned out it was the little touches that gave Solstice the edge. An unhurried calm flooded through me as I walked in the door where the centerpiece was a sparkling mineral pool. Open to anyone in for a treatment, the warm soothing pool was back dropped by a gentle waterfall and breathtaking view of the forest and stables behind the hotel.

"That's what makes us different," said Breanna Hall, the spa manager. "We want a trip to our spa to be about the entire experience. You can come and relax here all day, experience nature, go for a walk on the lake, go cross-country skiing, or watch the Northern Lights. We offer something that can't be found in the city."

I was booked in for a massage that day and was directed to the elegantly decorated change room. There were the usual vats of herbal tea and jugs of water with floating slices of lemon and cucumber, but so were numerous conveniences such as a curling iron, razors and enough lotion to slather my body 10 times over.

The extra touches continued into the treatment room where rose petals were strewn over the massage bed and tinkling Asian music hummed in the background. The room was pleasantly warm, and my goose pimpled skin appreciated the added bonus of a heat lamp.

My treatment left me feeling as loose as a master yogi, and I experienced a sense of unmitigated joy as Mandy, my massage therapist, kneaded deep into my hip flexors, an area most therapists tend to avoid. I can also say without any exaggeration that when she massaged my head with her fingers, I could have lain there until the end of time.

My only concern was the mandatory 15 per cent gratuity on all services; something I feel should be left up to the customer. Hall said they offer it as a convenience to guests staying at the hotel who don't want to bring their wallets down with them. "We've never had any complaints." Open year round, treatments range in price from $30 for a basic manicure to $330 for an all day package.

Overall, the experience left me wanting more. "I'd come back for this kind of holiday for sure," said Blue, as she headed off to her next treatment. I stood by slightly jealous of her and mentally ticked off a week on my calendar when I'd come back and indulge in my own Solstice holiday.

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Dam worth the trip to Pinawa

By Chris Maddenthechrister@hotmail.com

Its structures resemble the ruins of the Roman Colosseum. Built into the bedrock, it causes rushing rapids and waterfalls to cascade through a maze of massive boulders. There are 'no swimming' signs everywhere you look, but it's been a destination for aquatic thrill-seekers for years. Some people treat the terrain at Old Pinawa Dam like an extreme natural waterpark, but know that you're putting your life on the line if you decide to jump in.

John Dahl, a Winnipeg university student, has visited the Old Pinawa Dam many times. "We go for the rapids. We slide down the rocks, jump off the dam and sit in the sun."

With fast water and slippery rocks, the white-water is very dangerous.

"If you're not prepared to go in or if you're not experienced with water, then you shouldn't swim there," Dahl says.

As for the 'no swimming' signs, Dahl doesn't worry about them. "Nobody has ever come to tell us to get out of the water."

Pinawa Dam was Manitoba's first year-round hydroelectric generation station. It was built in 1906 to supply electricity to the booming city of Winnipeg, and it ceased operation in 1951. From the 1950s to the 1970s, the site was used by the Canadian military for demolition training operations. The ruins, located about 10 kilometres northwest of current-day Pinawa, were converted into the Pinawa Dam Provincial Heritage Park in 1985. Admission to the park is $5.95 for a three-day pass, or $24.75 for an annual permit, which lasts from May to September.

"There are signs that tell people not to climb on the dam and not to go in the water, but some take the risk and do it anyways," says Louise Ylonen, who works at the Pinawa Hospital and who once sat on the park's volunteer committee. "They get hurt by going into the water and over the falls, or by jumping off the dam and hitting rocks. It's very dangerous."

Old Pinawa, located in the park directly adjacent to the dam, was a company town built to house workers and their families. It was abandoned in 1951 when hydro operations ceased. Current-day Pinawa was also originally established to house workers; it was founded in 1963 by Atomic Energy of Canada Limited (AECL) for the employees of Whiteshell Laboratories and their families.

Home to 1,450 people, Pinawa is an hour-and-a-half north-east of Winnipeg, situated on the picturesque Winnipeg River.

"(Pinawa Dam Provincial Heritage Park) is a really nice spot, but there's no supervision to stop people from going in the rapids," says Dennis Cann, a retiree who worked at AECL from 1973 to 1998, adding that when provincial park rangers are around, "they just check to make sure your car has a park pass."

Catching big fish in Selkirk

By Zack Regiezackregiec@hotmail.com

This is not an "I-caught-a-fish-this-big" tale - the shores of the Red River around the city of Selkirk, Manitoba are actually loaded with trophy-sized fish.

Every year, fishing experts from around the world leave their local oceans, lakes, and rivers for Selkirk (population over 10,000), which is an hour from the Winnipeg International Airport, in an attempt to become Master Anglers.

In fishing, the title of Master Angler commands respect. It's awarded to individuals who land five trophy-size fish of different species and send in their results by photo to their government regulators. In Selkirk, three of the five world-class fish needed to become a Master Angler are reeled in regularly.

In the Red River, the three world-renowned fish to be deemed Master Angler-quality are the northern pike, the walleyes and the catfish. Not only are these massive creatures delicious to eat, but pike and catfish are also well known for the entertaining battle it takes to bring them into the boat.

People from all around the world visit us each year to catch their once-in-a-lifetime fish. In 2005, they pulled a 53-pound catfish out of the Red,' says Sharon McManus, owner of a local fishing supply store called Interlake Adventures that sells fishing licenses for $12.

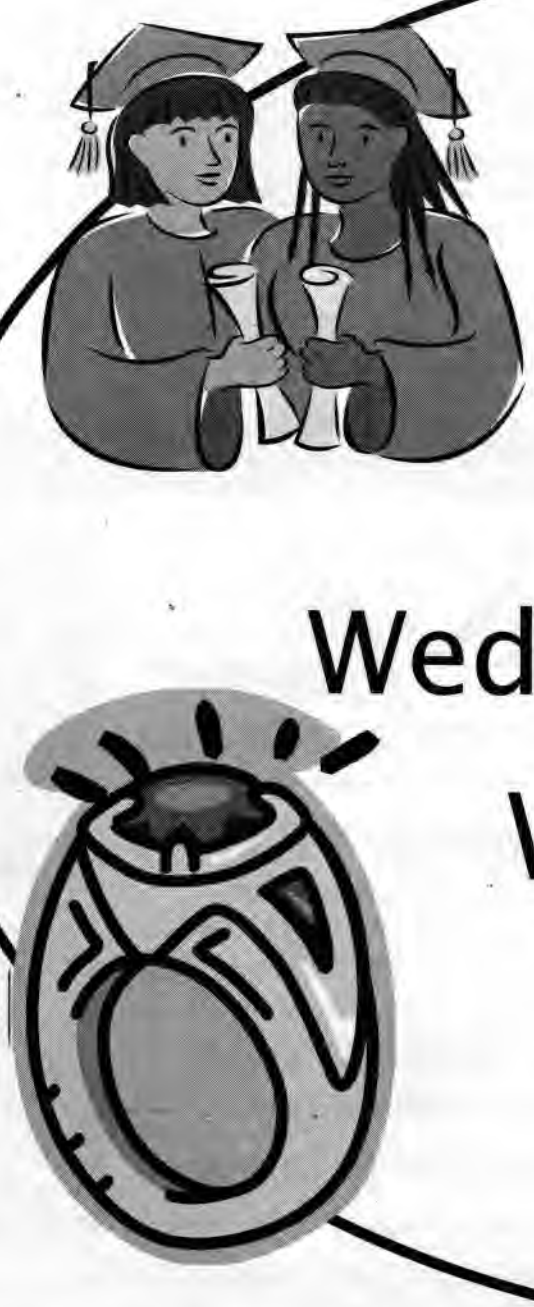
When visiting Selkirk, you soon realize this attractive city with a small-town feel has a lot to offer its tourists and citizens, but the one activity that puts this city on a level all by itself is, of course, fishing.

Hundreds of photos displaying proud anglers posing with their world-class catches line the walls of the two local fish supply stores. The business community that supports the sport-fishing industry is well-organized and has a lot to offer its visitors. If your fishing rod breaks, Jay-Cee's Rod & Reel Repair will fix it. If you need a boat to cruise the river, Nix Offroad will set you up for around $100 a day for a four-person boat. For tourists who want to hire a fishing guide, Cat Eye Outfitters charges $150 to be guided by locals with over 30 years' experience.

Another major reason people fish in Selkirk is because of the many parks along the river. Whether it's at the Selkirk, Hydro, Church, or Memorial Park, the beautiful shorelines make it easier for individuals to find a great spot to fish. The Selkirk Park also has year-round washrooms and a concession stand, which is open from May to September.

During the winter, ice-fishing is also extremely popular because you don't need a boat to fish in the middle of the Red. Just get some gear, walk out on the ice, and drill a hole.

The season really never stops here; fishing is an important part of this community,' says Jim Steinke local guide and owner of Jay-Cee's Rod & Reel Repair.



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It's just plane exciting

By Rhiannon Maskiw-Connellysexiscinderella@hotmail.com

Whether you are a history buff, an aviation nut, or just someone who likes to learn, Red Lake Falls is calling your name.

Situated in the Canadian Shield, Red Lake is a seasonal tourism destination known for beautiful lakes, great camping, and gorgeous scenery.

The small southern Ontario town of about 5,000 may not sound like anything special, but the town's history, and the celebration of that history, makes it anything but ordinary.

Red Lake is known as the Norseman capital of the world. The Norseman, invented by Robert H. Nordine in 1935, was developed specifically to be a rugged plane that would be able to fly in Canada's north.

Each year, Red Lake plays host to the Norseman festival, which takes place during the last or second-last weekend in July. The first festival was held in 1992, upon completion of Norseman Park, and has been held annually ever since. With a budget of between 70- and 90,000 dollars a year, it is run entirely by volunteers and sees about 2,000 people per day.

"Initially, we perceived it as an aviation thing; this was going to be for the aviation people and for history buffs. And that's really who we were focusing on. Over the years, what we've done is - we've swung it around." says Ron Robinson, past president and chair of the marketing and publicity sub-committee. "It's really evolved into a community festival."

And the Norseman festival truly does have something for everyone. There are rides for the kids, entertainment for all ages, contests, shopping, and of course, planes.

"It's pretty much wall-to-wall entertainment. There's something on the main stage just about all the time," says Robinson.

Each year, the festival generates about two million dollars in additional capital outlay, supporting local businesses and the community itself as a whole.

"It's a great time," says Phil T. Vinet, mayor of Red Lake since Nov. 2006. "Red Lakers throughout the world choose to have their vacations on Norseman weekend. The place is packed; they shut the streets down."

The Norseman festival attracts visitors not just from Canada and the United States, but from all over Europe as well.

"There are tour groups here from Britain each year, Scandinavia and France on a regular basis. Members of the royal family have been here!" says Robinson excitedly.

He believes that a lot of the success of the festival comes from the aircraft itself. The Norsemans were actually utilized in the Second World War as air ambulances and transportation for supplies.

"An awful lot of what draws people from Europe is that these aircraft are symbolic for them. This is the aircraft that got Grandpa Bill to the hospital on time," says Robinson.

The Norseman festival brings together not only the community of Red Lake, but all those in attendance. Whether you are 6 or 60, Canadian or European, aviation experts or not, you can enjoy (and learn something) from the Norseman festival.

Seeing Kenora from a different point of view

By Scott Unger

scottunger@mts.net

The majority of people see Kenora by land or water, but Rick Lovelace sees the scenic area of lakes and forest with a different vehicle.

Lovelace is the operations manager for Walsten Air Service, a local company that provides air transportation for both business and pleasure.

"It's so busy here during the summer you can't find a place to park," Lovelace says, as he points to a half-full parking lot next to the harbour. "Our warehouse is jammed full with goods to be transported to northern communities, including the kitchen sink."

While Walsten Air Service does a lot of work for major companies such as Manitoba Hydro and Bell by flying executives to remote locations, they also provide 20-minute sightseeing flights to tourists.

"For $160, we'll go up with a group of four, so it's really $40 each for a ride," Lovelace says.

Lovelace adds that the sightseeing tours make up 20 per cent of his business and the company provides other tourist services like transportation to fly-in fishing camps in northern Ontario and northeastern Manitoba.

The roots of airplanes in historic Kenora date back to around the time of the Second World War.

"Planes have been flying off the water here since the 1940s," Lovelace says, as he scans the ice breaking up in the lake.

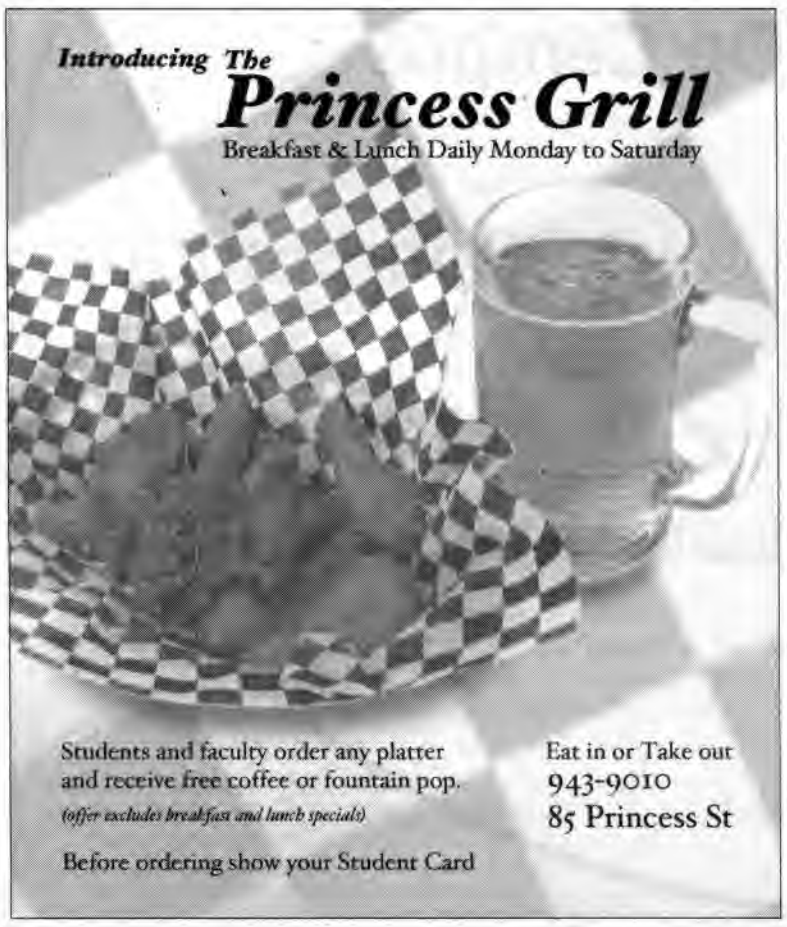
But, a lot has changed since then.

"The business only operates four or five months of the year now," Lovelace says. "Ski planes haven't flown out of here since the '70s. All the northern reserves have a landing strip now and there isn't a need for them anymore."And that really cuts into business.

"It's tough when you have million-dollar aircrafts and you can only use them for half of the year," Lovelace says. "You really have to giv'er while the weather is warm."

While Lovelace tinkers in his shop in preparation for another season, local residents are looking forward to making another trip up for a scan of the area this summer.

"We go every year," says Sally Armstrong, while strolling in downtown Kenora. "It's just so beautiful to take in and it's something rare to do. My husband and I always go up at least once with some friends of ours. It's too good to not do."



Searching for a salad in the MTS Centre

By Delly Dyer dellyo@hotmail.com

As you sit watching the Manitoba Moose or any other event at the MTS Centre, you might feel the indescribable feeling of hunger sneaking up on you and wander out to see what the concession stands have to offer. As a health-conscious individual living in the year 2007, you might be searching for a healthier choice.

After what feels like a non-stop carousel of nachos, burgers, foot-long Moose dogs, cheese fries, and beer, a glimpse of something non-processed catches your eye. You lurch over, weakened by hunger, and peer through the glass display case at ... yes, yes it is ... a salad!

A few blinks and an eye rub later, you are certain that your eyes do not deceive you. It is not a mirage in a desert of fast food; it is in fact, a rather tasty-looking salad. The lettuce looks crisp and the tomatoes look juicy. Good thing you didn't give up.

It's unfortunate there is only one concession stand in the entire MTS Centre that serves a healthy, non-processed choice. It's even sadder that the choice is only between a tossed and a Caesar salad. No wraps, no pitas, no stir-fry, not even a Greek salad.

However, there is a lovely garden pizza. Debbie Beaucage, manager of the Charley Biggs' Chicken n' Sauce (where the salads are sold) points out, 'We didn't have that [Garden Pizza] at the old arena.'

Beaucage says their salad is a popular choice, especially because their particular concession stand is open during the day as well.

"I think the old arena had Caesar salads, but only in select booths that weren't open all the time. Now, it's always available," she says, adding that she would not be surprised to find more and more healthy choices being made available at the MTS Centre.

Beaucage is also proud that the MTS Centre only cooks with canola oil. ìIt has no trans fats. We try to go that way because it's healthier for you.'

Jean Tellier, who attended her first-ever Moose game on March 20, is pleased that salads are an option, though she admits she almost gave up before finding them.

"I came straight from work, and I was starving. I don't eat greasy foods, so I was worried," she says.

Visit Pane Vino: The Exchange's Newest Eatery

By Chris Madden thechrister@hotmail.com

'Price, quality and service - you've got those three things and you'll be successful, no matter what.'

Orlando Pepe is standing in the kitchen of Pane Vino, the newest restaurant to call Winnipeg's Exchange District home. When translated from Italian, the restaurant's name means 'Bread & Wine.'

I met with Pepe one week before Pane Vino's April 11 opening night, and there was still a huge amount of work to do. But Pepe was calm. He knows what makes a restaurant tick.

Located at 111 Princess Street, Pane Vino is owned by Winnipeg nightclub magnate Sabino Tummillo, which is how Pepe got involved.

"I used to run the Ciao Cafe on Corydon," says Pepe. "Sabino was always one of my devoted customers. He liked the food so much that he asked, 'If I open up a restaurant, would you come work for me?' "

At 57, Pepe was happy to take the challenge head-on.

"Retire for me, it's still a little early," he says. "We had a very hot menu at Ciao Cafe & people liked everything on it."

The food at Pane Vino is going to be very similar to that of the Ciao Cafe & fast Italian meals, not fast food.

"It's on the healthy side," says Pepe. "These days, everybody is watching what they eat. This menu's gonna be the right one for people who care about themselves."

Yurguta Teklemariam worked as Pepe's kitchen assistant for 12 years, and she'll be resuming her role at the new venue.

"I'm stuck. I'm always stuck with him," she jokes. "Unless tomorrow I win the $38 million." The two old friends share a laugh at her remark, as Fabio De Luca of De Luca's Specialty Food Store tests the new espresso machine behind the bar's counter.

De Luca makes up short espressos for everyone. They're delicious: strong, rich and full of flavour.

"We do espresso machines for all of Winnipeg," says De Luca, who counts Starbucks, Second Cup and Tim Hortons among his customers. "We've installed 43 espresso machines in Manitoba Tim Hortons alone."

Espresso's not the only thing that'll wet your whistle at Pane Vino, as there are going to be between 80 and 100 wines to choose from. A full meal for two, including wine, in the stylish dining room will cost between $50 and $60.

And while the restaurant is now open, Pepe says advertising will start off pretty light.

"We're having our grand opening next month," he says. "And it's gonna be good."

NORTH AMERICAN OCCUPATIONAL SAFETY & HEALTH WEEK May 6 – May 12, 2007

Red River College along with other Canadian organizations will be celebrating our commitment to safety and health during this week. This nationally recognized event is dedicated to renewal, refreshing and revitalizing of occupational health and safety activities.

This year's theme: **A Commitment for Life - Start Today**

Events:

- A "Search for Safety" Treasure Hunt.
- Workplace inspections by deans/directors and managers. Prizes will be available to participating shops/labs and work areas.
- All Week KICK-FM will be playing radio spots on the importance of safety and health. WCB, WSH Workers of Tomorrow and various safety and health professionals, committee members and injured workers will be speaking.
- May 10 Senior Leader's T-Shirt Day – Senior management members of Red River College will be showing their commitment to safety and health by wearing a t-shirt.
- Workers of Tomorrow guest speakers.
- Friday May 11 - End of week celebration Barbecque.

Watch the NDC Library Display Cabinet for information and clues for the Treasure Hunt.

Call the EHSS department for more information at **632-2596 or 632-2395**.

What do you want to be when you grow up?

By Zac Minukzminuk@hotmail.com

What do you want to be when you grow up?

The answer seems simple. Or is it?

Kris Grant is 24 years old. He is studying marketing at the Asper School of Business at the University of Manitoba. Sitting with him in his condo, he was busy at work on a case study for school.

"I went away to school right after I graduated," said Grant. "It was just the thing to do. I was always told 'Go to university.' The truth is, I didn't know what I wanted to do. Within a few months, I was failing every one of my classes. I just didn't care."

Grant soon fell into a world of drinking and drugs.

"I guess the point when I realized I shouldn't be (at university) was when I was at some guy's house picking up some weed and there were two guns on the table. I definitely wasn't there to learn at that point," he said, adding that he returned to Winnipeg after failing school. "I have a plan now. I know where I want to go with my life."

My story is very similar to Grant's. I graduated from high school in 2000 and was already accepted to the University of Western Ontario. Not knowing what I wanted to do, I got into drugs and booze and began living a 24-7 party life. I squeezed through my first year and was placed on academic probation for my second year. In my third year, I failed out entirely.

Kent Robinson is a first-year student academic advisor and career advisor at Huron University College, an affiliate of Western. During my time there, I got to know Robinson on a personal level. He helped me through my transition and convinced me that I needed to take the time to find my individual path in life.

"Students today have to deal with confusion of identity, insecurity regarding the near future, and insecurity regarding present accomplishments," said Robinson, who has worked at Huron College for 11 years. "University is a time when (students) begin to re-evaluate their close interpersonal relationships. They pine for the way things once were in high school."

Robinson has seen many students come to the school only to fail out or drop out within their first year.

"A lot of incoming students have a sense that everyone is somehow doing better than them. This leads to further depression. (The student) begins to shut himself out from his surroundings, and all aspects of his life suffer. As time progresses, (the student) falls into a downward spiral and gets worse and worse,' he said over the phone.

In Nov. 2004, Danny Tremblay, a 19-year-old freshman at the University of Quebec, was found dead in a field. His frozen body was discovered three days after he was reported missing from his school. Reports later confirmed that Tremblay had excessive amounts of alcohol in his system.

Earlier in the week, Tremblay, trying to make new friends, took part in a heavy drinking competition organized by the University of Quebec's student society.

"It is so easy for an incoming student to get caught up in the party scenes at schools," said Robinson. "You are new to your surroundings and want to go somewhere to fit in."

Cases of student depression have been on the rise for the past six years in Canada. Sadly, for some of these students, that depression leads to suicide. According to the Government of Canada, student suicides are at the highest levels that they have ever been. Researchers generally categorize student suicides into two groups.

The first is egoistic suicide. This is characterized by a strong value system, weak group integration and an overpowering sense of personal responsibility. Anomic suicide, on the other hand, results from the student not being properly integrated into a system of cultural values, resulting in the student seeing social norms as meaningless.

Grant never contemplated suicide, but he says there were moments during his time at university that are still the darkest points in his life.

"If I could go back, would I do anything different?" Grant asked himself. "Yeah, there's a lot. But I learned so much about myself going through all that. It's what made me who I am today. You can't change the past. Only the future."

Musician John Mayer best summed up the idea of the quarter-life crisis in his song 'Why Georgia?': Might be a quarter-life crisis / Or just a stirrin' in my soul / Either way / I wonder sometimes / About the outcome / Of a still verdictless life / Am I living it right?'

The most important meal of the day

Joanna Fultzjfultz2000@hotmail.com

I stood in the soggy early morning rush after an unannounced snowfall the night before, waiting. For some reason, the buses in Ottawa, however technologically advanced with their accordion waists and flashy electronic route numbers, are never on time.

So there I was, Scissorsisters flamboyantly crooning along in my hooded ears while I observed the grey scene in front of me. I had not eaten breakfast yet this morning, and time was slowly ticking towards nine o'clock.

My stomach rumbled between the nausea of early emptiness with no fuel to run on, and gurgling frustration for my not digesting even a morsel before rushing out of the apartment.

I was leaning against the window of the Mayflower Café, and as I tried to distract my eyes from searching for the bus and my stomach from eating itself, I turned to see what the daily happenings were in the morning meeting spot.

A silver-haired gentleman has newspapers spread out in front of him like a black and white tablecloth, glasses sliding down his nose as he studies the state of the world. The coral-lipped waitress appears and puts down a plate of crusty toast slathered in butter and a pot of what looks to be the most distinguished of black teas, ahem, Sir Earl Grey. Pinkies up.

In the next booth are three policemen enjoying a slow morning nosh. Each has a white cup that looks ridiculously dainty balanced in their large, hairy hands. Plates clutter the table, their china patterns dirtied with remnants of yolk, bacon crumbs and a few straggling hash browns.

The back corner table is the most relatable. Two twenty somethings sit in eager anticipation, craning their necks to the kitchen door, ravenous and awaiting their feast. The bags under their eyes, huge backpacks at their feet and the occasional brow wipe are clues of one thing, overtired students who had a few drinks the night before. The waitress brings them each a giant orange juice and both inhale, suctioning the liquid until the glasses are drained.

Probably the most routine meal of the day is breakfast. It's what gives us our legs to stand on. Reading the paper, meeting with co-workers, or just craving a little grease all speak to morning traditions. Me? I rarely eat breakfast because unless it's extravagant like banana pecan French toast, three cheese and asparagus omelette, or the ultimate: lox. I'm not into it. I don't like the cardboard reminiscent taste of many breakfast foods, boring breakfast, dull day. Coffee is about my only friend once the sun comes up, that and BBC Newsworld of course.

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The BUILDING BUDGET
MANITOBA BUDGET 2007
Budget 2007 invests in programs that help young Manitobans achieve success right here at home.

BUILDING OPPORTUNITIES

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- An average funding increase of 7% is being provided for universities and colleges.

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Losing Blankie, Loving the Worm and Meeting Jeremy, The Nowhere Man

It's not so much that we're afraid of change or so in love with the old ways, but it's that place in between that we fear . . . It's like being between trapezes. It's Linus when his blanket is in the dryer. There's nothing to hold on to.

- Marilyn Ferguson

The year is 1987. The place is Athlone Elementary. Outside on a now extinct wooden play structure, a seven-year-old scores a splinter the size of a broomstick. Another kid fractures his ribcage on a merry-go-round made of diamond-plated steel. Inside, kindergarteners gather on a red shag rug. A boy named Greg picks his nose.

Mrs. Schmidt passes each of us a photocopied card with a big cartoon worm on the front. The worm has wiggled out of an apple. He's smiling at me. In her chalkboard-perfect printing, she's written something, which she begins reading out loud. My tiny peers have already lost interest in the worm; most are prying at the shag carpet, mistaking Greg's stankass nosejunk for stray playdough.

"It's been wonderful having you in my class. I'll miss you all. Have a nice summer, and I'll see you in the fall."

My face goes hot. I look down at the note in my hands. The smiling worm blurs away. I don't want it to stop. I start bawling.

Twenty-one years later, I'm what dem dey call educated. In 21 years of schooling, I've sported ten neon scrunchies, earned one monthy cycle, kissed 19 boys, written 14 Grandiose Notions columns, and tiptoed into twenty thousand dollars of national debt.

Due mostly to that thing about debt and interest and rates and more debt, I've spent the last two years reciting a personal mantra, a special student prayer, so to speak. It begins with the phrase holy-god-I-need-a-fuckin-job followed by a swift chug of beer. Swallow. Sigh. Repeat.

Now, at the brink of never coming back, I've taken on a new tradition. I get up in the morning, I realize I'm not late for school, I remember that I'm done, I shit myself, and I ask god to grant me the power of time travel because I don't want a diploma. I don't want a job. I want the damn worm.

I'm not afraid of change – this isn't about fear, or a yearning for routine. I feel lost. I feel alone. I'm frickin' Linus and my blankie is in the dryer. I know it's still there. I know when it comes back it'll be cleaner, fresher smelling, and it'll provide me with more comfort than it ever has.

But for now, I think you could ask me what's more proper, showering or not showering and all I'd do is play with the cartoon cloud of dust following me around for awhile, until I panic and then I'd ask them if I have something due.

A dear instructor of mine once told our class that planning might possibly be the most important thing we will ever do in life. He showed us that the makers of Clorox Bleach could plan for the possibility of Greenpeace picketing them. He showed us that a plan starts with an objective, that an objective is trailed by goals.

I don't know how you plan for Nowhere Land. I don't know how you plan for a freedom you've never had. How do you create new goals when the only goal you've ever known was Goal 1.1: get to here.

I always expected I'd get to here and see flowering field of endless opportunity. And now that I'm here, I see the flowering field. I see the endless opportunity. I'm also pretty sure I can't feel gravity.

And this place has been illustrated by the guy who did Yellow Submarine.

I know when my blankie comes out of the dryer, I'll be thankful it was washed. I know twenty thousand dollars worth of bitchy student loans ladies and the hour-long Tim Horton's line-ups will pay off. I know that with skies of blue and seas of green, the Yellow Submarine is a pretty great place to be.

But damn, I'll miss you all.

Especially the worm.

Goldeyes roster taking shape

By Derek Joryderek_jory@hotmail.com

Decisions, decisions, decisions. That's all Rick Forney is faced with these days, but he wouldn't have it any other way.

Heading into his second season as manager of the Northern League's Winnipeg Goldeyes, Forney is in charge of putting together the team's 2007 roster. Normally a tough task, assembling this year's team is extra difficult considering the Goldeyes lost a few familiar faces from last year's team that made it all the way to the fifth game of the West Division finals.

Rarely dormant through the winter months, the Goldeyes were busy shuffling players this off-season and Forney says that he is pleased with what has been done. Winnipeg will once again field an impressive line-up, but Forney, a former Goldeyes pitcher, says that comparing it to last year's team is difficult.

"It's two different teams; I don't think there are really any comparisons between them. Offensively, we're built a lot different then we finished last year. We've got a little more speed at the top of our line-up, more power in the middle, and I think we are a little bit deeper than we were last year, and we have a little more balance."

The Goldeyes currently have 12 pitchers and 12 position players under contract for the upcoming season, including designated hitter Jimmy Hurst and outfielder Fehlandt Lentini, but Forney is still keeping his eyes open for pitchers who could potentially add some depth to his roster.

"If there are some pitchers that I feel would be the right fit to come in and help us, then I will move on them. If I had to start the season today with what I've got, then I'm comfortable with that," says Forney. "I think we have some quality arms in our bullpen right now, but we have some younger guys indeed. We had some younger guys in our bullpen last year though, and at the end of the season they were pitching well for us. So hopefully this works out the same.'

With most of the team's major pieces in place, Forney is now shifting his attention to deciding who plays what position. He says that he already has a few players penciled in at specific spots, but with training camp still more than a month away, Forney isn't ready to reveal who will be playing where quite yet.

"I have a pretty good idea but I'm not ready to announce that. You just never know, someone could get a job offered to them from an affiliated club or someone could get injured; things can change quickly so it's a little premature to throw out a line-up right now," he says.

Forney may not be ready to announce his line-up yet, but that isn't stopping fans from getting excited about the upcoming season. Especially since the Goldeyes will have three ex-major league players on their roster for the first time since 1994. Jimmy Hurst, Chris Latham, and former Baltimore Oriole Walter Young, who was signed on March 29, will all be helping the Goldeyes in their quest for a 2007 Northern League championship.

The addition of Young to the line-up has Forney quite excited as he feels the 6'5', 300-pound first baseman adds a lot to Winnipeg's roster.

"He's left-handed and that helps with the balance of our line-up; he gives some great protection to Hurst and Latham and some of these other guys. He's still young, still hungry, and I think he's still capable of doing some really big things, and I can't wait to see him in that Goldeyes uniform doing it."

Goldeyes training camp opens at CanWest Global Park on May 3, two days before the team starts their exhibition schedule.

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Smiles, Nods & Voodoo Spells

By Amie Lesykamielesyk@gmail.com

I hold the door open, you know, for the elderly, parents clutching kids and people with broken limbs. Actually, I think I hold the door open for most everyone.

It's funny - you push the door open and realize there is someone coming up behind you. A quick mental calculation determines whether you stand there and hold the door, or if they're too far away and holding the door for that long would create an awkward moment. There is always the chance that you'll determine wrong and practically slam the door in their face.

Doing that purposefully, not caring if you slam the door in someone's face, is the equivalent of being too quick to use your car horn. It appears that you are an important person, needing to move faster than everyone else.

I know damn well, that most of these people are quite capable of opening the door on their own but I do it anyways. Why? It's nice.

People taking time to acknowledge other people, strangers even, and do something polite and thoughtful, is nice.

It's reassuring to know that others are making an effort and that manners still exist. But these minutely time-consuming manners are being lost on our rush-rush society.

I figure that if I uphold my end of the karma bargain that maybe somehow, someway, I am helping to balance the chakras of the world or something like that.

Really, I just run on the 'treat others as you wish to be treated' theory. If there is a lost dog, I try to help it. If someone seems to be lost or confused, I try to make sure they are okay. If someone's car breaks down in the street, I will help them push it out of the way.

But I do draw the line. Being polite hasn't always landed me in the greatest of situations. I wind up sitting on my front steps with some guy with a knife wound wanting money to take a bus, or with a toothless, homeless man trying to kiss my hand.

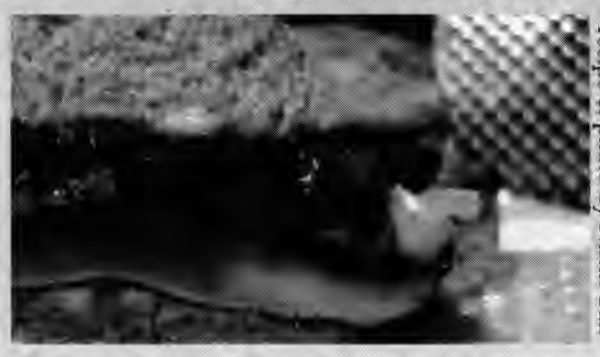
When walking through Osborne Village recently, I steered clear of a young woman who had decided to drop her pants very publicly and pee in the middle of the sidewalk while laughing maniacally. Yeah, she looked like she probably needed some kind of assistance, but I wasn't going to be the person to provide it.

Not everybody runs on this theory of manners, but I urge you to hang on to these simple gestures. I'm not talking about the kind of gestures where you wind up in some obligatory situation. I'm talking about the ones that take little to no effort, maybe a few seconds of your time, and can make a difference in someone's day.

And maybe this appears to be common sense, but common sense, like manners, is also lacking in our society at times.

cook it!

AVOCADO, PORTABELLA & CARAMELIZED ONION BURGER



recipe & photo by Nisha Tuli

This burger combines the sweetness of cooked onion, the freshness of lime juice and the creaminess of avocado and mozzarella. Meaty portabella mushrooms are filling and satisfying.

4 large portabella mushrooms, stems removed
4 whole wheat buns
1 large onion, sliced or chopped
1 tbsp. butter
1 tbsp. canola oil
1 cup part-skim mozzarella cheese, shredded
1 cup white wine or water
1 ripe avocado
1 lime
2 tbsp. balsamic vinegar
1 tbsp. brown sugar

Preheat oven to 400 deg C. In a large pan, heat oil and butter over medium heat. Add the onions and let them cook until they are browned, about 30 minutes stirring occasionally. Add wine or water, vinegar and brown sugar. Continue cooking until liquid has almost evaporated, about 5 minutes. Remove from heat.

Place mushroom caps stem side up on a baking sheet and put in oven until soft, about 10 minutes. After caps are cooked fill each cap with 1/4 cup of cheese. Put back into oven until cheese is melted.

Cut and peel avocado. Using a fork smash avocado in a bowl. Add zest and juice of lime.

To assemble burgers, spread some avocado mixture on each side of bun. Place mushroom cap on one side of bun, top with a spoonful of onions. Place top of bun on burger. Makes four servings.

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Have a Good Summer!
From your Events Staff.

your guide to

warped tour 2007

BAD RELIGION

School's out and you're looking for a bit of anarchy in the form of a punk rock festival, but if you've lived in Winnipeg long enough you know your choices in summer festivals range from Folk Festival to Dauphin's Countryfest. Not exactly the best way to fuck authority.

If you're like me, you need to make the trip to Warped Tour, a punk rock music festival that draws anywhere from 10,000 to 30,000 fans per show over its 45-date journey across North America.

Since 1995, Warped Tour has been the staple to check everything from old school punk, ska, reggae, hardcore, and every other genre of punk rock.

But like a kick to the groin, Warped Tour doesn't come anywhere near Winnipeg. So again, if you're like me, you need to travel 8 hours to Minneapolis, MN each summer to check out the 60 bands playing Warped.

In light of the venture, The Projector offers its first ever guide to Warped Tour, and to truly understand Warped Tour, you need to go to the experts.

Recently I spoke with Jay Bentley, founding member and bassist for Bad Religion, and Nick 13, founder of the rockabilly-hardcore punk act Tiger Army.

While Bad Religion and Tiger Army might have very little in common sound-wise, they're both finishing up new records and preparing to headline the main stage on Warped Tour.

Bentley, a California native now living in Vancouver, has made the trip down to LA to finish up Bad Religion's 14th studio record, New Maps of Hell, scheduled for a July 10 release.

"With (New Maps of Hell), we thought 'let's get back to the aftermath of the Iraq War.' How do we clean this up and how do we get on with our lives?" says Bentley from a phone inside an LA studio. "Having done this for long enough to say we've put out some records that weren't very good, you tend to get any idea if what you're doing is any good or not, and this is an album we all definitively like."

After finishing up the record, which Bentley describes as one of the loudest and fastest Bad Religion records to date, the veteran six-piece will play the entire Warped Tour in support of the new record, a 2-month marathon that has him excited.

"A lot of our past (positive) experiences have to do with the other bands on the tour. If NOFX was going out, that's a reason for us to go out and hang out with them," says Bentley. "But I do believe it's the most fun thing you can do with your summer."

For Nick 13, singer and guitarist for Tiger Army, Warped Tour 2007 offers the band their first chance to headline the main stage for the entire tour.

In addition, Tiger Army will be releasing Music From Regions Beyond on June 5, the band's fourth studio record, and first in three years.

"On the last record we overlooked the hard-edge aggressive side which is necessary to truly have a diverse album," says Nick 13 from a phone in LA. "It's hard to describe the sound of this record as it really covers a lot of areas. There's definitely some stuff on the record that's more aggressive."

With a new harder and faster sound, Tiger Army will be on the road supporting the record on Warped Tour.

"To be honest with you, I don't know if I'm prepared for the length of the tour. It's two months long and you're literally playing every day," laughed Nick 13. "[But] I've always felt that [Warped Tour] is a good opportunity to reach people that are interested in good punk music or for people who haven't heard of Tiger Army."

TIGER ARMY

As for the experience, Bentley and Nick 13 both dish out advice on how to get the most out of Warped Tour.

"When you get there, you need to check the board out. That's what tells you what bands are playing and when. People get confused and they go to the main stage and just stand there all day," says Bentley. "Also, save your money for food, plan out your day, and don't buy a ton of shirts in the morning, because you'll get bummed out as it gets hot."

After spending the last couple of years traveling in a van, Nick 13 knows exactly how to make the most out of Warped Tour and make a good road trip.

"You need to have good music, that's possibly the most important thing other than gas. I think a good soundtrack is probably the most essential part of a drive that long."

In terms of the festival, Nick 13's advice is to show up early and figure out what bands you want to see, because there can be conflicts with so many bands playing at once.

"People may or not may not know that they assign a band's set time that morning, and Tiger Army can go on anytime from noon to 8 at night. If Tiger Army's one of the bands you want to see, and if you're driving from Winnipeg, you don't want to get there at 3 o'clock when we just finished playing."

Always the poet, Bentley knows exactly what fans can expect from Warped Tour and a rejuvenated Bad Religion.

"Barf and piss and Yoo-Hoo and hairspray and painted-on jeans," laughed Bentley. "From Bad Religion, they can expect god-damn hardcore and hair-raising adventures."

Warped Tour hits Minneapolis, MN on July 29, 2007 at the Hubert H. Humphrey Metrodome. Bands currently scheduled to play Warped include Bad Religion, Tiger Army, The Vandals, The Used, Pennywise, Sum 41, Alkaline Trio, Flogging Molly and oodles more. For more info on bands and the tour, visit warpedtour.com.

Dreaming of this year's **summer festivals**

By Sara Atnikovartsprojector@gmail.com

Image by Kara Pohl

Having a dream can be a dangerous thing. Some might say it is dangerous to dream of doing something other than homework on a Saturday night. Some might think it crazy to dream of a time when school isn't the focus.

For the dreamers, and for those nay-sayers who might need a little help remembering everyone needs something to dream about, here are a few music and arts festivals located here, there and everywhere. Dream on friends, dream on.

Coachella in Indo, California

The city of Indo, California boasts a population of just over 49,000 people every day of the year except for a brief, three day stint in April when the population swells to over 175,00 people. That's right, an extra 125,000 people gather in a polo field on the outskirts of the city to camp and listen to a wide array of bands that play all day and night.

This year Coachella takes pace from April 27-29 and boasts an amazing lineup, listed below. Check out www.coachella.com for ticket info.

Bjork, Interpol, the Jesus and Mary Chain, Arctic Monkeys, Jarvis Cocker, Sonic Youth, Faithless, DJ Shadow, Peeping Tom, Brazilian Girls, Peaches, Felix Da Housecat, Rufus Wainwright, Stephen Marley featuring Jr. Gong, Nickel Creek, Digitalism, Tokyo Police Club, Comedians of Comedy, El-P, Julieta Venegas, Of Montreal, Gogol Bordello, Benny Benassi, Satellite Party, Circa Survive, Silversun Pickups, Gillian Welch, Tilly and the Wall, David Guetta, Amy Winehouse, Noisettes, Evil Nine, Bus Driver, Brother Ali, Red Hot Chili Peppers, the Arcade Fire, Tiesto, the Decemberists, the Good, The Bad and The Queen, Travis, Kings of Leon, Gotan Project, the Rapture, LCD Soundsystem, Blonde Redhead, the New Pornographers, the Black Keys, Regina Spektor !!!, Hot Chip, MSTRKRFT, Peter Bjorn & John, Ozomatli, Ghostface Killah, Fountains of Wayne, Jack's Mannequin, Sparklehorse, the Nightwatchman, Roky Erickson & the Explosives, Cornelius, CocoRosie, Andrew Bird, the Frames, the Fratellis, Justice, Pharoahe Monch, Fields, the Cribs, Girl Talk, the Chuck Dukowski Sextet, Mike Relm, DJ Heather, Yeva, Pop Levi, Rage Against The Machine, Manu Chao Radio Bemba Sound System, Air, Happy Mondays, Paul van Dyk, Willie Nelson, the Roots, Crowded House, Kaiser Chiefs, Damien Rice, Placebo, Explosions in the Sky, the Lemonheads, Konono No.1, Richie Hawtin, Soul Wax Nite Versions, Infected Mushroom, Lily Allen, Amos Lee, Jose Gonzalez, Spank Rock, Rodrigo Y Gabriela, Against Me!, VNV Nation, Ratatat, Junior Boys, the Feeling, the Kooks, CSS, Klaxons, Teddybears, Tapes 'n Tapes, Lupe Fiasco, Mando Diao, Grizzly Bear, Mika, the Coup, the Avett Bros., Anathallo, Kid Beyond, Fair to Midland.

summer festivals

Burning man in Black Rock Desert, Nevada

It has been said that trying to describe burning man to someone who has never been is like trying to describe a colour to a blind person. Less a festival, more of a way of life for eight days, the Burning Man festival is based on radical self-expression and self-reliance.

Started in 1986 by a small group of people, the Burning Man festival has grown to more than 25,000 people gathering in the Black Rock Desert to create a temporary community known as Black Rock City.

With no rules governing how you behave or express yourself, except for general rules regarding health and safety for the whole city, Burning Man is an experience like nothing else. The rule-less city is created to encourage the participant to really think about how they will contribute to the creation of the city, and how they will benefit the community.

Art, participation, individuality, and creation are the heart of Burning Man, and many of the installations are created as one time, site-specific creations that will never exist anywhere else.

The festival culminates on the Saturday night, when a 12-foot tall effigy of a man is lit on fire, and the city population comes out and celebrates.

This year Burning Man takes place from Aug 27-Sept 3. To learn more about the experience, check out www.burningman.com

Bonnaroo in Manchester, Tennessee

A 700-acre farm in Manchester, Tennessee plays host to Bonnaroo, a four-day music festival.

Bonaroo, Cajun slang for a really good time, started in 2002. In addition to the musical acts, comedians like David Cross and Lewis Black perform and local artisans set up kiosks to sell their products.

Bonnaroo happens Jun 14-17 this year, and the full lineup is below. Check out www.bonnaroo.com for full event info.

The Police, Tool , Widespread Panic, The White Stripes, Ben Harper & the Innocent Criminals, Wilco, The Flaming Lips, MANU CHAO Radio Bemba Sound System, The String Cheese Incident, Franz Ferdinand, Ornette Coleman, Bob Weir & Ratdog, Damien Rice, Ween, Gov't Mule, Ziggy Marley, The Decemberists, The Roots, Kings of Leon, Michael Franti and Spearhead, Wolfmother, Regina Spektor, The Black Keys, Galactic, DJ Shadow, Gillian Welch, Spoon, Keller Williams (WMD'S), Sasha & John Digweed, STS9, Old Crow Medicine Show, North Mississippi Allstars, The Hold Steady, Lily Allen, Fountains Of Wayne, Hot Tuna, Feist, Hot Chip, John Butler Trio, El-P, Ralph Stanley & the Clinch Mountain Boys, Aesop Rock, The Richard Thompson Band, Dierks Bentley, James Blood Ulmer, Xavier Rudd, David Bromberg and Angel Band, Gogol Bordello, Junior Brown, Tortoise, T-Bone Burnett, Mavis Staples, Clutch, The New Orleans Klezmer Allstars, Cold War Kids, Dr. Dog, Paolo Nutini, Brazilian Girls, RX Bandits, The Nightwatchman, The Slip, Girl Talk, Railroad Earth, Martha Wainwright, Yard Dogs Road Show, Rodrigo y Gabriela, Annuals, Tea Leaf Green, Sam Roberts Band, The National, Elvis Perkins in Dearland, Charlie Louvin, Sonya Kitchell, The Wild Magnolia Mardi Gras Indians, Mute Math, Apollo Sunshine, Uncle Earl, The Little Ones, Black Angels, Ryan Shaw, Favourite Sons

Montreal International Jazz Festival in Montreal, Quebec

Now in its 28th year, the Montreal International Jazz festival offers over 400 concerts during a week long period. Artists from all over the globe converge on the city for a week-long party celebrating music and culture.

In the 2004, Cirque du Soleil partnered with the festival to celebrate its 20th anniversary. The result was a block party that hosted over 500,000 people and saw the partnership between Cirque and Jazz festival performers.

Each year, the festival offers a distinctly unique and a distinctly Montreal experience. The full lineup will be announced on May 2 on www.montrealjazzfest.com

Pitchfork Music Festival in Chicago, Illinois

Music snobs rejoice, the Pitchfork Music Festival is back for its second year. The second installment of the festival will be three days instead of two, and will return to Union Park, in Chicago, IL.

The main stage will stick to the indie' standards with the likes of Iron and Wine, Grizzly Bear, and Cat Power, while a second stage will feature a diverse range of hip hop, electronic, and experimental music with acts like Clipse, Girl Talk, and De La Soul. A highlight for all attending will be Sonic Youth who are scheduled for Friday night.

Pitchfork Music Festival takes place from Jul 13-15, and the full lineup will be announced shortly on www.pitchforkmusicfestival.com

But you don't have to go traipsing all over the continent to enjoy some of the best summer music festivals. Winnipeg is home to some great events you won't want to miss.

Winnipeg Folk Festival in Bird's Hill Park

To say that the Winnipeg Folk Festival is an institution in the Canadian Folk Festival scene is an understatement. Since 1974, it has been bringing internationally renowned artists to Bird's Hill Park to perform for over 60,000 dirty, devoted attendees.

The festival offers large main stage performances, but also smaller, more intimate stages where members from various bands get together and hold workshops with a specific theme. The result is a laid back, jam like experience.

Winnipeg Folk Festival takes place from Jul 5-8, and the full lineup, including artist websites can be found at www.winnipegfolkfestival.ca

Winnipeg Fringe Festival in The Exchange

Another staple of a Winnipeg summer is the Fringe festival. Since 1987 the Winnipeg Fringe Festival has presented uncensored, independent theatre in small venues throughout the Exchange district. True to the do-it-yourself spirit, 100% of the ticket sales go to the performers themselves.

This year the Fringe Festival happens from Jul 18-29. Locations where you can pick up a Fringe Guide will be announced on www.winnipegfringe.com at a later date.

RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

PLANT FOR THE PLANET

Pledge for a

CARBON NEUTRAL CAMPUS

APRIL 11 - 27th, 2007
11:30 am - 1:30 pm

Across from the NDC Bookstore and in the PSC Atrium

Monday - Friday

Pledges also taken in both bookstores during regular business hours.

By pledging money so we may purchase trees on your behalf, you will:

- Offset your carbon footprint from on-campus energy consumption for one year.
- Support the United Nations ***Plant for the Planet: Billion Tree Campaign***
- Support forest restoration efforts along Omands Creek in Winnipeg
- Be entered to win a fantastic prize!

Only $5/Tree

RRC takes ACTION on Climate Change through forest restoration in Winnipeg

By Lindsay Irwin and Natalie Seaba

Red River College students and staff will be given the opportunity to serve as a model for social responsibility and environmental stewardship, while also aiding the United Nations Environment Program in their campaign to plant a billion trees in 2007.

This is definitely no small feat and a terrific way to show your support for local and global climate change efforts. Although combating climate change is an undoubtedly formidable task with far reaching implications, RRC's Carbon Neutral Campus Campaign is actually quite a straightforward action plan with tangible benefits that will be enjoyed just a short walk from campus. It's also a great way to welcome the upcoming arrival of our annual Earth Day celebration on April 22nd.

The campaign's objective is to offset the 7250 metric tons* of carbon emissions generated from the energy needed to operate the Notre Dame and Princess Street Campuses for one year. This equates to approximately 904.7 kg/person. The emissions will be offset by purchasing and planting trees along Omands Creek in Winnipeg. The trees planted on our behalf will sequester carbon from the atmosphere through the simple act of growing.

How can you get started and what will your specific role be? Come find us close to the bookstores on both campuses, from April 11-27th, and make a pledge to purchase trees, according to budget and inspiration. They are only $5/tree. Pledges will also be taken anytime during regular business hours in the bookstores.

If you want to further your commitment and stewardship, please volunteer to come out and put the trees in the ground this spring or fall and then you can really see the impact of your financial, social and environmental contribution to current and future generations.

With a forest the size of a football field vanishing every second somewhere on earth, trees are a great step towards a healthier planet. In addition to absorbing carbon, ozone, nitrous oxide, particulate matter and sulphur dioxide, planting trees provide many benefits for the urban environment, such as the cooling of cities, reducing rainwater runoff, providing wildlife habitats and lifting our spirits. Give trees their due – and go carbon neutral today!

**The carbon emissions figure is based on all types of energy consumed in 2005 at both campuses.*

For more information on this campaign:

please contact Environmental Affairs
632-3075 or email **lirwin@rrc.mb.ca**