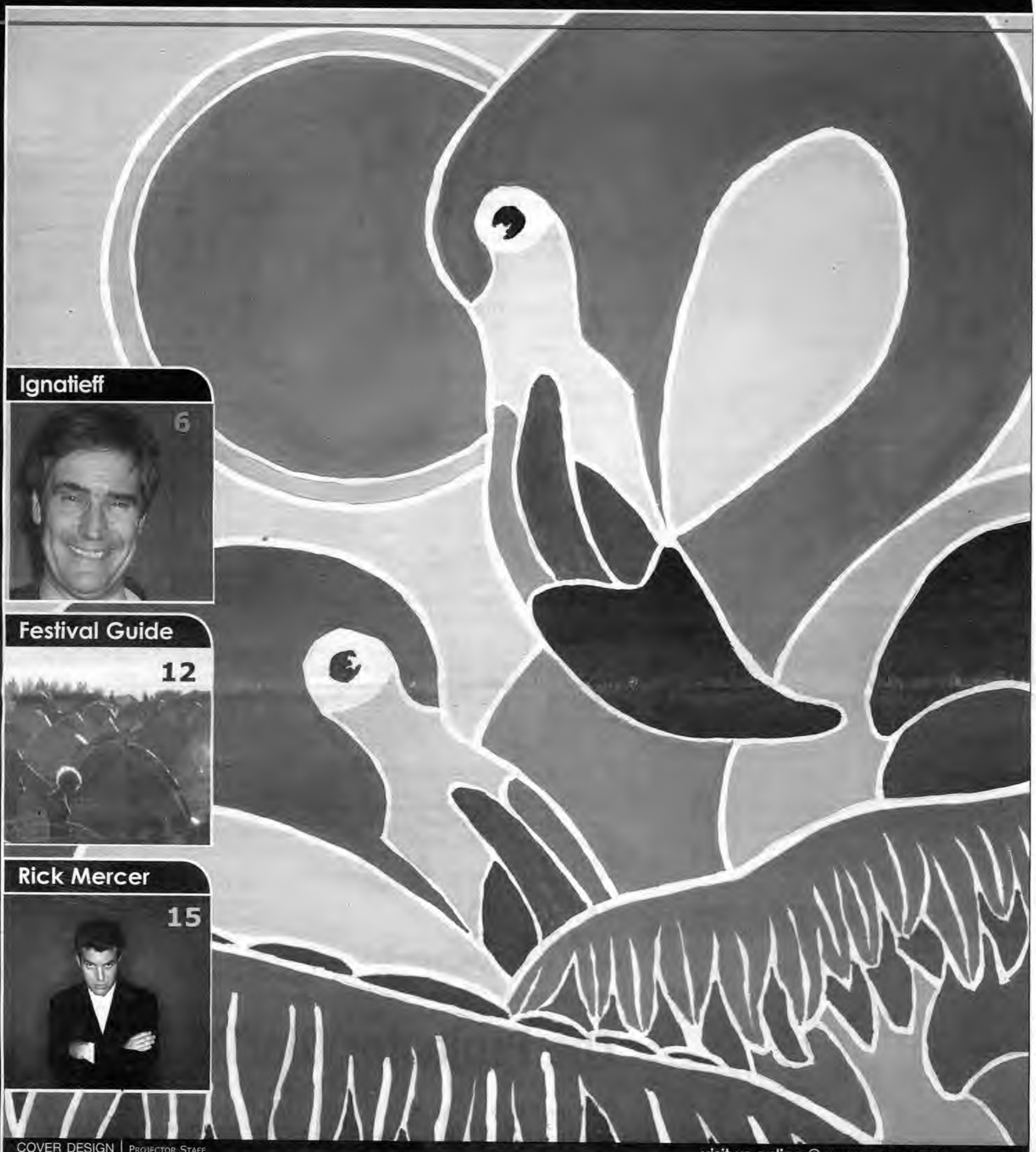
the projector

april 18 2006



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See Ya Soon!

The Projector will be closed for the Summer while we regroup, gather our thought (yes, one) and come out swinging in late August.

We would like to take this chance to thank each and every person who contributed to The Projector this past kick-ass year.

On behalf of Jillian, Jen, Mike, Justin and Grant, We hope all interested publics and key stakeholders continue to enjoy the fruits of their fatcat North American lifestyles.

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News Briefs

SA Unofficial Vote Tally

The RRCSA has released to *The Projector* the **unofficial** vote tally from the recent college election. The numbers break down as follows:

President:

Rex Masesar	**316 votes**
Adam Rogocki	**200**

Vice-President, Support Services

Helena Hererra	**413 'yes'**
	81 'no'

Vice-President, Academic

Michael Cochrane	**267 votes**
Shirley Haynes	**239**

Vice-President, Princess Street Campus

Jesse Wilson	**346 'yes'**
	63 'no'

The Returning Officer for the SA election was Johanna Denesiuk.

RRCSA announces vision care added to RRC students' health benefits

Effective July 1, 2006, RRC students covered by the SA health plan will be eligible for vision care at no extra cost.

According to an April 7 release from the SA, "Not only will this benefit be available to students enrolling in full-time programs for the 2006-07 school year, but students currently covered by this plan to the end of August will also be able to make claims for vision care benefits that occur in July or August of 2006."

The coverage allows for $60 towards an eye examination and $100 towards eyeglasses or contact lenses every 24 months for both benefits.

Those wanting more information are asked to contact Christa Gobin of the SA's Student Benefit Plan office at 632-2503

U of M crackdown on UMSPAR Rally

The University of Manitoba administration recently axed a concert to be held on campus that was geared towards raising awareness about their food services.

Matt Soprovich, president of the University of Manitoba Food Advisory and Recommendation Association (UMSPAR), called the U of M administration's decision to cancel the event "evidence towards [a] sleazy partnership" between U of M officials and food service provider Aramark.

Soprovich says that all necessary university regulations and appropriate guidelines were followed in setting up the concert, and it had been given the go-ahead on April 5. The next day, U of M officials cancelled the concert citing reasons of "student distraction."

An appeal of the decision was made by UMSPAR, but the administration's decision to cancel was upheld.

Calling Soprovitch's allegations "ridiculous," Alan Simms, associate vice-president, administration at the U of M, says that the partnership between the university and Aramark is a "business relationship."

A message from RRC Security Services about summertime safety

While away from the College for the summer, continue to think safety...

*Plan your journeys ahead of time, avoiding deserted areas...

*Try to avoid walking alone at night, and keep to well-lit main roads...avoid short cuts like alleyways, waste ground, and wooded bushy areas...

*Stay alert: be aware of what is going on around you –trust your instincts.

*Let someone know where you are going, the route you intend to take, and
when you expect to return...

*Avoid wearing headphones – your ability to hear traffic, strangers, or potential
trouble is severely restricted...

*Consider the purchase and use of a cell phone – Emergency calls are free...

On behalf of RRC Security Services – please have a safe and happy summer!

das projector

letter to editor

The Projector Diet™

Dear Editor,

I would like to add a comment to the article entitled *Meet the New Bosses* from the April 3, 2006 edition of *The Projector*. First off, the current executive would like to say that *The Projector* has done a good job in covering the SA elections for the month of March because it has helped the SA raise awareness to the students of the College.

Although the incoming elected executives are flattered to be called the "new bosses," we are not the bosses. We are the elected representatives of RRC students and it is the students who are our bosses. The incoming executive would also like to mention that we feel all candidares should have had their picture with the other incoming elected and re-elected student executive members.

The most disappointing feature of the cover of the April 3 issue was that you made me look fat. I highly object to any actions done to make me look as fat as I do in the picture.

In closing, I would like to say that I may be nit picking at the article you wrote, but it is with the intentions of representing the executive committee to my full abilities.

Rex Masesar
President, RRCSA

Got a prob? Or worse, a compliment? Did we make you look fat, too? Send your thoughts to:
editor@theprojector.ca. Because we care.

Giving You The Business

BY JAMES TURNER
editor@theprojector.ca

RRC students from the business entrepreneurship course converged on the Princess Street Campus March 30, showcasing a wealth of talent in developing and marketing new small business concepts.

Set up like a mini-convention complete with demonstrations and interactive displays, the event marked a decisive moment in the lives of these students. Placed into large groups at the beginning of September, the students were told to work together and create a business from scratch.

Stefan Maynard, an RRC business administration student says that the year long project is challenging on several other levels, especially time-management.

"The biggest challenge is dividing the tasks," he said. "Because it's (completed over) such a long time, people put it off. You have to set a schedule and live by it."

Maynard's group consisted of 18 people who developed an indoor paintball business, something that Maynard had a lot of previous experience with. Currently, he is the owner of Heartland Paintball, which operates outside of Selkirk.

Asked if he had trouble convincing members of his group to endorse a business he has prior experience in, Maynard says that it wasn't always easy.

"Some were skeptical," he said, adding that in the end, he was able to convince the entire group to go along with his idea partly because of that history.

"I had a lot of contacts that we could bring and use," he said.

Jennine Elliott and Allyson Cruikshank, members of a group that proposed to market specialty women's sports apparel say that their biggest challenge was coordinating the efforts of such a large group.

"The biggest challenge is getting your team to work as a team for eight months," said Elliott.

Cruikshank said that their business, called Ladies Locker Room, is a winner because it fills a real need that has yet to be developed in the market.

"There's a lot of women participating in hockey," she said. "We cater specifically to women who find it hard to find equipment for sports."

Lisa Thompson, who was the group leader of a project that invented L&R Food Boutique, a specialty foods store to be put into the developing Waterfront Drive area of downtown, thinks that business and urban development can work together to help Winnipeg grow.

"The process of revitalizing downtown is incredibly important," she said. "People are moving into central Winnipeg, and our mission is to be there first."

Thompson says that the teamwork the project required is something she values.

"Today is the day everyone in this group is working as one machine," she said. "We are all showing and believing in...our plans that have resulted from the last eight hard months."

-With files from Joanna Fultz

Now Start Your Own: Here's How

BY SIMON STRAUMAN
simple_simons@gmail.com

Every day in Canada, someone takes a giant leap of faith, throws caution to the wind, and decides to open their own small business.

Starting and managing a small business is no simple feat. It takes motivation, desire, and talent. It also takes a tremendous amount of research and planning.

Just over three years ago, I had an opportunity to start my own small business and was shocked to learn how much planning was involved. I also discovered that the information I needed to help setup my new small business was not easy to find. I became very frustrated and more then once threatened to give up. Instead of throwing in the towel, I decided to continue, and the result was the successful start-up of my own small business.

Through my own trial and errors, I have developed a five-step plan for the successful start-up of a new small business. Remember, this is only an estimate.

Before getting started, it is a good idea to make an appointment with your financial advisor and determine if starting your own business makes sense for you. The answers provided will help you create a well-focused, effective and researched plan. In addition, your financial advisor will also be able to provide you with links to organizations that can help you produce a viable and rational business strategy.

5 Step Plan:

1 *The Blueprint*

Setup a planning schedule, either in a notebook or in some sort of electronic scheduling device (PDA or laptop). This will help you keep track of all your appointments, things to do, call to make, and errands to run. Secondly, set up a schedule that works for you. This will ensure you are not sidetracked, and still have time to manage your regular daily activities.

2 *Decide on a business that works for you*

Nothing is more depressing than starting a new project, just to discover that you hate what you are doing. Make a list of things you like and do not like. Similarly, compile a list of things you like about work, and good and bad experiences that you may have had. Now compare your list to your business ideas. Are there any similarities? Ask yourself, 'is my idea practical'? 'Will I be filling a need'? Now re-do your list, but this time take into account the amount of time you have to run a successful business and list new possible business ideas.

3 *Establish your capital*

Making the decision to startup a new business is easy; trying to figure out where the funds will come is not as simple. There are three ways to finance a new company: With your own money; a personal loan; or seek out an investor.

If possible, it is beneficial to use your own savings. This way you are not required to answer for the decisions you make and the burden of repaying a debt is not hovering over your head.

4 *Write a good business plan*

The production of a solid business plan is by far the soundest solution for any new startup company. A solid business plan must include who your potential customers are and how you intend on reaching them. Also, include what forms of advertising and marketing are to be used. A concrete description of what you are going to sell is also needed. Most of all you will need a complete in-depth list of capital needed and obtained for your initial startup costs.

5 *Obtain all licenses and permits*

Some cities and provinces require a general or basic business license, but others require much more. As well, if you intend to set-up a home-based business, zoning of your property must be done first. Zoning is a governmental (usually municipal) law that controls the use of land. Additionally, if your product or service is deemed taxable, you may need to obtain provincial and federal sales tax permits.

Interview skills rusty? Resume need a lift?

CAREER AND EMPOYMENT SERVICES CAN HELP YOU!

Career and Employment Services provides a full range of employment services to students.
Please contact the RRC Employment Centre for assistance with:

- job-seeking skills
- résumés
- cover letters
- interview preparation
- employment application forms
- current labour market information
- any other career/employment-related matter

Employment opportunities directed exclusively at Red River College students are posted on **workopolisCampus.com**, an employment website used by many colleges and universities across Canada. The service allows students and alumni to look for jobs online 24 hours a day, 7 days a week. Using WorkopolisCampus is absolutely **FREE**!

HOW DO I REGISTER WITH WORKOPOLISCAMPUS?

To register with **WorkopolisCampus** log on at **www.workopolisCampus.com** and simply click on the New Job Seekers Register Here button. Each user will be required to complete a mini registration (personal information and academic data). To view job postings targeting Red River College you will need a password which is **RrCcMb97**.

NOTRE DAME CAMPUS (204) 632 – 2128 ROOM D102

PRINCESS STREET CAMPUS (204) 949 – 8368 ROOM P206

Red River College
STUDENTS' ASSOCIATION

Make it yours!

Feel Free to contact us at:

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(204) 632-2375

Princess Street Campus
P110-160 Princess Street
Winnipeg, Manitoba
R3B 1K9
(204) 949-8466

Up & Coming Events

Convocation

May 24th at 1:30 p.m.
-Aboriginal Education, Applied Sciences, Education, Curriculum, Learning Resources

May 24th at 7:30 p.m.
-Business and Applied Arts

May 25th at 7:30 p.m.
-Industrial Technologies, Transportation, Aviation & Manufacturing, Continuing Education

To find more out about the SA events. Join the SA Events Email List. Email saevents@rrc.mb.ca with "add me to the list" in the subject line.

CHECK OUT THE STUDENTS' ASSOCIATION WEB SITE WWW.RRCSA.COM

Message from the Executive

Message from the Executive

With the year coming to an end and many students graduating or coming back to the College, the executive would like to ask you to take time and reflect on what has been accomplished in the year. Many of you have made friends that you may or may not see after school is done and for others, it is just the beginning of a new relationship. Remember these times for it is times like those that help us all appreciate the gifts in life.

The executive would also like to announce that the College will be accessible 24/7 from April 18th-28th for those of you that need to study for your exams or finish up final projects.

We would also like to thank the students of the College for the support and help you have provided the SA throughout the year.

Rex Masesar, President
Adam Rogocki, VP – Academics
Helena Herrera, VP – Support Services
Matt DiUbaldo, VP – Princess St. Campus

Proud Members of CASA ACAE

24 HOUR ACCESS DURING EXAMS

Red River College Executive has approved the following hours of access to assist students who require extended campus access during exams.

Notre Dame and Princess Street Campus hours:

Tuesday, April 18th - 7AM to Friday, April 28th - Midnight

24 HOUR ACCESS to the college during this time. Please ensure you have your student card for after hours access.

Do you have an outstanding teacher that you would like to see have an opportunity for this prestige award.

Teacher Award of Excellences!!!

Nominate your Favorite teacher!! Drop by CM20 or P110 to pick up the Nomination package.

Nominations due April 21

THE OX STUDENTS' STORE

Pizza Days!!

Pizza days are now done for this year. The SA would like to thank everyone that had purchased pizza to help support our clubs. We look forward to seeing you all in September!!

Food Bank Days

Short on Cash for Groceries? We Can Help!

RRC Students' Association provides a Food Bank service for students who need support. This service is open to all RRC Students. Just fill a form out no later than (Tuesday) prior to each foodbank day (Friday) and submit it to CM20 (SA Office across from the Ox Store), or at P110 at Princess Street. Student card and medical card numbers must be on request form to fill orders. Late applicants will be taken after 3:00PM only and while supplies last.

Upcoming Food Bank Days
April 28
May 12

Hours of operation: 2:00 pm to 4:00 pm
Food Bank donations gladly accepted. Contributions to the Food Bank can be placed in the big wooden bin opposite the Cave at the Notre Dame campus. Donations should include any non-perishable food items, canned goods, pasta, or cereals. We can also use plastic grocery bags.

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Safe Walk

Be Smart!! Call Us!!

Princess Street Campus
Contact Campus Security at 949-8305

Notre Dame Campus
Safe Walk Phones or call 632-2323

If You Have The Time to Read This, You Should Be Reading This

BY BRENTON DRIEDGER
brentondriedger@yahoo.ca

If you are a student still looking for work in early May, you are not alone. And there's a place you can go to find that elusive summer job: the Service Canada Centre for Youth (SCCY).

More commonly known as Hire A Student, the centre provides assistance in all stages of the job search. From May 1 to August 11, their offices are open to help youth with everything from looking for jobs to writing resumes and cover letters to preparing for interviews. And they put all the full and part-time jobs summer jobs they receive on their online job bank for easy access *www.jobbank.gc.ca.*

"Employers submitted more than 2,300 job orders during the summer of 2005," said program coordinator Krista Bourne. "We post them on the job bank so anyone can look at them."

The SCCY focuses on youth between the ages 12 and 29, but is available for students of all ages. The centre also provides information on workplace health and safety, employment standards, the labour market and government programs and services.

Another major component of the program is casual work. Employers or homeowners who need help with odd jobs for a few hours or a few days can call the centre. Then, the centre will direct interested youth to the employer. Bourne said most of the casual jobs are yard work or general home maintenance.

"Many students and youth do not have an opportunity to get work experience during the school year," said Bourne. "The casual office allows them to get work experience in a variety of areas and set up a schedule that will work best for them."

The highlight of the summer comes in early July, said Bourne, when the office holds its annual Hire A Student week. Last year the weeklong series of promotional events included an event in which they "kidnapped" Beau from Q94 and held him for a ransom of job orders.

"Every year the students working for the program come up with new and exciting ways to reach youth and employers alike," said Bourne. "All our events are designed to raise awareness and to encourage students to visit our offices for work search assistance."

The SCCY has four offices located throughout Winnipeg, with nine more scattered throughout rural Manitoba. For more information or to find the nearest office, call 983-5520.

Devil's Lake Not Heaven Sent

BY MATT WRIGHT
mattwright82@yahoo.ca

As many residents in Manitoba are sandbagging to protect their property from potential spring flooding, others are wondering how the Manitoba Water Protection Act that came into effect Jan. 1, 2006 will benefit the world's tenth largest fresh water lake, Lake Winnipeg.

The law's mandate is to reduce the level of nutrient pollution in provincial waterways. For over 70 years, government officials and scientists have been accumulating evidence of the deteriorating state of the lake in an attempt to understand how to reverse polluted conditions growing in its waters.

The primary enemy of the lake has been the presence of high levels of phosphorous. This element is essential in all living systems, however the introduction of high concentrations from farmland runoff, wastewater treatment plants and heavily fertilized agricultural land offsets the ratio between nutrient and nitrogen. This in turn creates large deposits of blue green algae blooms which make the water toxic to animals, livestock and humans. Concerns are growing as the controversial Devil's Lake outlet will begin flowing water into the Red River on May 1. Many environmental and business groups are worried about the foreign elements being drained out of Devil's Lake, and ultimately into Lake Winnipeg. A recent article in the *Winnipeg Free Press* by Rolf Penner, the agricultural policy fellow for the Frontier Centre for Public Policy, argued that the new Water Protection Act was written on shaky ground without much scientific evidence to back up its claims, especially in the mandate for the farmer's role in reducing their phosphorous outputs.

Unfortunately, it's hard to dispute the science. The lake is deteriorating, levels of nutrient pollution flowing into the lake are increasing, and the masses of toxic algae blooms are growing in both the north and south basins of the lake. Every year the beautiful beaches on Lake Winnipeg are closed for more days than the year before due to water advisories. Al Kristofferson, co-coordinator with the Lake Winnipeg Research Consortium, a group dedicated to monitoring and gathering scientific research on the lake, said that all involved parties have their part to play in the rejuvenation of the lake. "There are many things farmers can do without it costing them too much. That's the first step," he said. Beyond that, he thinks if there are significant costs involved, it's the responsibility of the government to step in. "There's a nutrient problem on the lake, that's the simple aspect to it, the intricacies involve how we go about fixing the problem," Kristofferson said.

Canada's Role Overseas

HELEN CHOLAKIS
helencholakis@hotmail.com

MPs debated Canada's role in Afghanistan on the evening of April 10. Unfortunately, CBC was playing a show called Canada Russia '72, and CTV was airing Criminal Minds and CSI.

It should be pointed out that this was a "take-note debate." That means that there was no vote, only a chance for MPs to express themselves on the issue.

Over the past several weeks there has been public and partisan conflict over whether a debate should take place. Stephen Harper was initially opposed to the idea, and last month, said that, "It is not the intention of this government to start to question that mission when our troops are in danger. To do so would not only be not in the best interests of Canada's international repuration . . . it would be a betrayal of the brave men and women we have in the field."

His turnaround came on April 5, with Gilles Duceppe and Jack Layton each taking some credit for changing his mind. Liberal defense critic Ujjal Dosanj also expressed support for the debate, noting that the Liberals would continue to support the mission and a debate would help to inform Canadians about the rationale, objectives and dangers of the deployment.

The Liberal government held a "take-note debate" on the issue on Nov. 15, 2005 in the House of Commons, two weeks before the non-confidence vote precipitated the recent federal election.

Support for the debate has centered on the public interest in and right to know about what's going on with our troops. Within this group some say debating the issue doesn't indicate weakness or lack of support for the troops, others say they don't think that Canada should be in Afghanistan.

Decima research released the results of a poll on April 7 showing 46 per cent of Canadians think it's a bad idea for our troops to be in Afghanistan and 45 per cent think it's a good idea.

The Canadian Press reported on an interview that they conducted with Taliban insurgent spokesperson Qari Yuosaf Ahmedi over the phone the weekend of April 07.

Ahmedi had said that, "the Taliban feel confident Canadians are not resolved to see the mission through... As a campaign of suicide attacks and fatal roadside blasts intensifies, the public will grow weary...We think that when we kill enough Canadians they will quit war and return home."

Jeff Rerie, a part-time student at RRC says that there has to be a debate, but MPs should support the troops. He thinks the fact that there will not be a vote in tonight's debate means it won't be harmful to the troops.

"I would support the troops anytime, no matter where they're sent."

-With files from the Canadian Press

Could This Man Be Our Next PM?

BY CARIE WILLSON
cariewillson@hotmail.com

He's a newly elected MP, the former director of the Carr Center for Human Rights Policy, a Harvard professor of human rights practice, has a PhD in history, seven honourary doctorates and has published multiple books and academic papers.

Sounds like the boring academic type, right? At least that's what people think before they hear him speak.

But, Etobicoke-Lakeshore MP Michael Ignatieff's academic background belies the way he engages the audience when he gets up in front of a crowd. Skeptics' tunes soon turn to wonder at the sometimes eloquent manner in which he speaks.

Ignatieff's April 7 announcement of his intentions to run for the leadership of the Liberal Party of Canada has put him in the media spotlight.

The son of a Russian immigrant father and a well-established Canadian family's daughter, Ignatieff has politics in his blood. His father is a distinguished Canadian diplomat and the son of a minister in the last Russian Tsar's government. His maternal great-grandfather is Rev. George Monro Grant, a principal player in Sir Sanford Fleming's expedition, and one whose tales Ignatieff delights in telling audiences.

Ignatieff is a well-educated man, who has spent time traveling the world for human rights including the 2000 International Commission on Kosovo. He is multi-lingual, easily switching between English and French during his speeches, and is also able to speak Russian. And, in 2002, he was named one of *Maclean's* "50 Most Influential Canadians Shaping Society".

Ignatieff is a man of his convictions, whether or not they are the popular choice of the day. He speaks of his time in Northern Iraq during the Kurd genocide, feeling he must stand by those he calls "his people" – the Kurds and Shiites. He admits the criticism of that choice wasn't always easy, but it was what he felt was right.

One criticism against Ignatieff is the large amount of time he has spent living outside of Canada. Critics raise concern that he can't truly understand Canada's issues.

Ignatieff doesn't deny that he's spent a large part of his working life abroad but says it has given him a better understanding of Canada. It's allowed him to see that Canada is a country that is tolerant of different ethnicities and opposing views.

"I think I understand my country and I love my country," said Ignatieff to a recent gathering of loyal Winnipeg Liberals. "When I looked at my country from a distance I was very proud."

Even with his Canadian pride, Ignatieff sees areas where Canada can be improved, and has set his platform with that in mind. It's one where he sees the Liberal party as the "spine of citizenship".

"One of the things that I learned …is that the environment is practical, popular politics for working men and women in this country," said Ignatieff, regarding his policies on the environment. "My sense of one of the things we need to do in the party is take the environment from the margins of public policy and put it right smack dab in the centre."

Another priority for Ignatieff is national unity. He doesn't see unity as Canada versus Quebec, but instead the uniting of races, religions and regions.

"We need to get away from our obsession with national unity as if it was only a question of Quebec," said Ignatieff.

Ignatieff is also concerned about Canadian sovereignty.

"I think it's an urgent priority for Canadian policy to diversify the Canadian economy's outreach to China and India's emerging economies," said Ignatieff. "One of the hunches I have is that the 21st century does not belong to the United States."

Bus Culture, Part Two

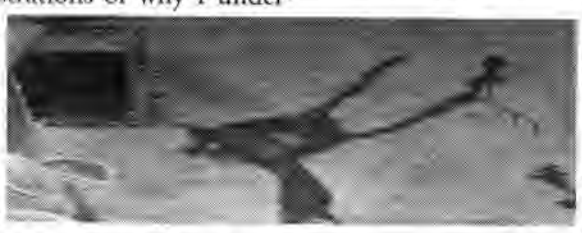
BY JAMES TURNER
editor@theprojector.ca

Nothing's perfect. I can accept that. I can live with the fact that it's usually one's own expectations that drive disappointment.

What I have a really hard time with however, is having no expectations and still being disappointed. Such was the case with a recent ride home I had with Winnipeg Transit.

Public transportation can't be an easy gig for those who run the Winnipeg Transit show from day to day. At its core, a bus is one of the last forms of public space, so I suppose that everyone who pays their two bucks feels entitled to fair use of that space. The problem I have is how little is done by Transit about people who demand, shall we say, more than their two bucks worth. After all, the majority of people are just trying to get from A to B with a minimum of fuss

- Look at the centre image closely. It's puke. It's puke from the guy who was sitting directly behind me that day. It's one of the best illustrations of why I understand it when people say, as I overheard someone the other day, that riding the bus is like being in "a mental institution on wheels."



And it's not the fact the guy was sick that bothers me. It's the fact that you can vomit on a bus in the middle of rush-hour traffic and not be bothered to do anything about it.

It's the fact that many passengers on that bus didn't make any attempt at all to warn others about stepping in someone else's sickness. One poor guy put his kanpsack right down in the middle of it, and a few people laughed.

Poor guy. Decked out in his shades and wearing an iPod, it took some time before he even noticed that someone was trying in earnest to tell him something important.

I don't think that he was overly happy with the transit service that day, and I felt for him. Conveniently for me though, his misfortune brings me part of the way to my point.

Before last Christmas, I had heard rumblings from a few RRC students that they were being surveyed by a market research company about how much they might be willing to pay for a year long Winnipeg Transit pass if it were included in their student fees, otherwise known as the U-Pass.

As Rex Masesar, president of the RRCSA explains it in his own words, "the U-Pass would be…an annual bus pass for students attending public universities and colleges in Winnipeg," he said in an e-mail interview.

"What it means for the students at RRC is that for a set annual fee, they would have the U-Pass service available for their use throughout their studies."

Masesar says that Winnipeg Transit was offering a rate of just under $300 for the pass, and even less if Winnipeg's two universities came on board with the plan. He also says that the SA is looking into ways to allow students who don't use transit to opt-out.

This all sounds well and good from the RRC end. Students get a break on a service they may well be forced to use, and those who don't have an interest could be given an avenue to not take part.

The real concern that I see here is figuring out what Winnipeg Transit is willing to give to U-Pass users in return for an estimated $1.5 million dollars of student revenue. Masesar says that the SA would like to see "service increases for Princess Street" and better services for students with disabilities, among other positive things.

What seems clear to me, however, is that the SA has a fantastic opportunity to demand that Winnipeg Transit clean up its act, and provide every passenger, not just those from RRC, a higher quality of service than it currently delivers. That includes:

Providing better security for passengers at bus stops and transfer points, more scheduled buses at peak times, and most importantly, a zero-tolerance policy for allowing idiots and the ill mannered to remain on the bus.

Like most things in life, it's all about the carrot and the stick.

For Some, er, Winter's Better

BY AMIE LESYK
entertainment@theprojector.ca

Mass corporations and marketing campaigns have been promoting healthier lifestyles lately in an attempt to present caring images. Aside from some major set-backs such as the popularity of diets like Atkins - this trend seems fairly genuine.

A new emphasis on exercise, nutrition and healthy lifestyle choices appears in advertisements now more than ever. But habits are hard to break, and somehow the image of sun-kissed skin and a healthy-glow are still attached to the idea of beauty in our country. The result: a rise in new cases of skin cancer attacking the youngest Canadians seen yet.

Basal cell skin cancer, which is a common form of the disease, was once mostly prominent in people over 50, but over the last few years a growing number of young Canadians are suffering from the cancer, some still in their teens, according to the Canadian Dermatology Association.

"A tan is still looked upon as desirable, especially in younger women," says Dr. Cheryl Rosen, national director of the Canadian Dermatology's Sun Awareness Program.

"The main cause is lifestyle change – people are out in the sun at an earlier age."

The tanning industry continues to profit, and in an industry publication entitled *Island Sun Times*, issue is taken with the Canadian Cancer Society's (CCS) attempt to warn people of the dangers involved with tanning.

"Salon operators in Canada are accustomed to the 'tan scare' tactics of the Canadian Cancer Society, but this time, the tanning pros say the organization has gone too far," states the article. It continues to call a CCS poster that depicts that there are better ways to volunteer for cancer than tanning, "anti-UV propaganda". Tim Blake, co-owner of Tan to Perfection in Ontario considers it a "slap in the face" saying, "the audacity of them to come up with this kind of campaign just blows me away."

Basal cell and squamous cancer will account for roughly 78,000 cases in 2006, according to CCS. And the incidence of melanoma has risen alarmingly at an average of 2.4 per cent a year in men and 1.8 per cent in women since 1992.

If sales numbers are any indication of change, the move to alternative non-UV tanning methods has increased. From 2003 to 2004, L'Oreal's sunless tanner sales have increased by 16 per cent.

The battle against Hollywood's cosmetic hold over North America is a daunting one, and convincing young people that tanning could be deadly is proving a hard task for the Canadian Cancer Society. But they continue to launch ad campaigns and awareness weeks with emphasis on high schools to help curb the growing statistics.

Take Heart, There's Hope

BY LARA NESPLAK
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A giant yellow daffodil slowly began to blossom over bustling shoppers in Portage Place as part of the Canadian Cancer Society (CCS) and CHUM radio's First Flower of Hope (FOH) campaign. The radiothon ran from March 20 to 25 and was aimed at creating community awareness for the CCS.

"The FOH was conceived back in July 2005," said Jackie Chomichuck, project manager of the event. "We had talks about having a radiothon in hopes to raise awareness and educate the public about what the Canadian Cancer [Society] does. We teamed up with the CHUM group and that is how we blossomed into creating the FOH."

CHUM stations Q 94FM and 99.9 BOB FM were approached by the CCS to produce a radiothon and both immediately agreed to be the voice of the FOH.

"The Canadian Cancer Society was given a government grant to fundraise and they came to us because radio is a great medium to use if you want to communicate a message," said Jani Sorensen, a member of the promotions department at CHUM.

The CCS has a large mission at hand and Chomichuck says that she is pleased the event not only raised the $50,000 they had hoped for, but it also contributed to the organization's goals.

"The Canadian Cancer Society is a community based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer," said Chomichuck. "The FOH contributed to our mission by having inspirational speakers, researchers and staff talk about their stories and educate the public on how important prevention, advocacy, research, information and support are."

The FOH allowed Winnipeggers to call in or stop by in person and make a monthly or one - time donation. The event hosted a number of guests who have been touched by cancer in some way and focused on the need to end cancer.

As donations were made the giant daffodil began to take shape. For each $5 donation, a yellow ball was dropped into the daffodil structure.

If you didn't get a chance to participate this year, organizers say you will have the opportunity again next year.

"We have supported cancer driven fundraisers before and we have made a three year commitment to the Canadian Cancer Society to do the FOH next year," said Sorensen.

"Next year we hope to see more monthly donors, dignitaries, entertainers, incentives and speakers," said Chomichuck. "Our hope is to get as much awareness out to the public as possible to brand the First Flower of Hope to the Canadian Cancer Society."

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Back to Bakx

BY KYLE BAKX
bakx_10@hotmail.com

Growing from Grassroots: Sustaining Small Farming Communities in MB or From the Ground Up

This week, a second look at how to sustain rural communities and small farming operations. Communities already need more financial support from the province and feds when it comes to infrastructure. But, just like rural towns and municipalities, low-income farmers also struggle when it comes to making big purchases.

A brand new tractor can set a farmer back approximately $300,000 to $500,000. It can be hard for the owner of a small farm to justify such a purchase when a used tractor could only cost about $20,000. Larger farming operations understand the benefits of new machinery, which usually always includes equipment that is capable of doing a more thorough job in less time.

With government subsidies, owners of small farms could compete with larger farming operations that are snatching up the latest equipment. According to Statistics Canada, $288.5 million was spent on machinery in Manitoba in 2003. A public subsidy would level the playing field for small farms that are competing against large-scale farming operations.

One other reason why there should be an increase in public investment to improve small communities in rural Manitoba is because disasters like the flood of 1997 and the BSE crisis, put many farmers on the brink.

The provincial government in particular, learned from the backlash of their inadequate response in sending financial aid to those affected by the '97 flood. Their response to the BSE crisis that has plagued beef farmers across the prairies, has been quicker with less red-tape for those affected. Since May of 2003, the Manitoba government has helped affected farmers through several financial aid programs such as the Enhanced Diversification Loan Guarantee Program.

The government initiative assists farmers in diversifying their farms by producing a variety of animals and crops, instead of solely relying on one stream of income. The program also provides the financial support, from participating commercial leaders, for farmers to make the necessary changes.

Nevertheless, the province has struggled to significantly increase slaughter capacity to the extent that the private sector has had to try and take the matter into their own hands.

Rancher's Choice Beef Co-op wanted to use a former slaughterhouse in Winnipeg to render Canadian cattle. Although the plan did fail, as the group could only raise a fraction of the $3.5 million that was required to make the venture viable, the province should have originally taken the initiative, so the burden wouldn't have fallen on the private sector.

Clearly, there should be an increase in public investment to improve small communities in rural Manitoba because Canada needs to sustain the grassroots level of its agricultural industry for the future.

By making rural infrastructure a priority, subsidizing increasing equipment costs and reacting more efficiently to disasters and crises, it would ensure that owners of small farms and rural communities remain healthy and prosperous in Manitoba. Countries around the world are turning agricultural land into urban areas as the human population continues to grow.

With more support from the provincial and federal government, Canada can sustain its rural communities and become a significant player in the potentially lucrative global agriculture industry of the future.

Off Message

BY MELISSA MARTIN
born_afire@yahoo.com

In her groundbreaking 1963 manifesto, *The Feminine Mystique*, Betty Friedan wrote "'Rights' have a dull sound to people who have grown up after they've been won." Those words are distressingly relevant today.

My generation of women was born and raised in a society where the essential paths to equality... the right to property, to the vote, to education and a career... were safe and well-trodden. Because these rights are no longer known to be alienable, feminism... the movement that generated them... has come to be seen as irrelevant, even hostile.

Like any movement, feminism has its reactionary qualities and inoperable ideas. More often, the negative connotations surrounding feminism stem from the continuing attempt of conservative, anti-woman crusaders to discredit women's voices: the fundamentalist decree that God handed dominion of the earth to man (in the literal) still thrives in many parts of North America.

When Focus on the Family leader James Dobson decries the National Organization for Women as a "radical" organization, he's revealing his core religious doctrine: that women should be subservient to men.

Luckily, ideas such as Dobson's are on the wane. Women are embracing self-determination in record numbers: we now represent 56 per cent of undergraduate university students, and that figure is rising every year.

If feminism is a dirty word, we try to wash ourselves clean: and so, the history of feminism is quietly tucked away, its power ignored.

Or is it? Though we fail to honour feminism's achievements, we live them every day. The most moving chapter of *The Feminine Mystique* retells the harrowing struggle of 19th century feminists; and from it, threads of relevancy emerge.

Back then, suffragists like Susan Anthony and Elizabeth Cady Stanton were demonized for daring to believe that women were, intellectually and emotionally, fully human. They were accused of being monstrous sexual abominations who wished to enslave men and destroy the home. For asking that women have a vote, or an equal education, they were derided as malcontents who were making mountains out of molehills.

In the chapter, Friedan cites a speech by groundbreaking feminist Lucy Stone. Born in 1818, Stone rebelled against a world that denied her autonomy. She saved up enough money to attend the only college in the United States that would admit women... though once there, like her peers she was not permitted to speak in class, and was required to cook, clean, and launder for the male students.

In 1855, reacting to the critics who mocked feminists as nothing more than "disappointed women," Stone replied, "From the first years to which my memory stretches, I have been a disappointed woman. When, with my brothers, I reached forth after the sources of knowledge, I was reproved with 'it isn't fit for you; it doesn't belong to women'."

The resonance of that refusal stretches across 150 years of development. It was feminism, not progress, which demanded that universities and colleges open their doors for us.

Though we often forget their sacrifice, every woman who seeks an education owes an incalculable debt to those who sacrificed their security to crash down the gates. Every time we enroll in a course, earn a diploma, or use our education to start a career, we are living the dream our foremothers fought for, but never lived to see in their waking lives.

This month, thousands of women are ending another year at Red River College. As we relish that experience, let us never forget the women who made it possible, and the movement that gave them strength.

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Manitoba
Building for the Future

Adventure Racing Rips

BY ERIN CARTER
emcarter@mts.net

Imagine ripping through a tight single track on a mountain bike, navigating and hiking through a dense forest, screaming down rapids in a kayak and rappelling off 100 foot rock faces. 5 years ago, 27-year-old Katrina Rosen did not expect that she would be doing all of these things and more. Drawn to people and the outdoors, Rosen switched from rugby (after playing for ten years) to adventure racing and she's been ripping it up ever since.

"Everyone in this sport has a good sense of being and I believe it comes from being outside," said Rosen, who loves the people she has met through the sport just as much as she loves racing.

Rosen has competed in national and international adventure races, most recently in Patagonia, Chile where her team placed 2nd, three hours behind the leaders. It was a 12 day race that included sections of mountain biking, trekking, rock climbing and kayaking. It took Rosen's team ten days to complete the race.

"The team dynamics were amazing and one of the guys I hadn't even met until the airport," said Rosen. She went on to say that team dynamics play a huge factor in a race that lasts ten days, but realistically is more like 20 days because of sleep deprivation.

Rosen was first introduced to adventure racing when she watched an

Eco-challenge on television and thought it would be fun to try. Later, she bought a book on how to navigate and started to teach herself. She also took a course on adventure racing at the Fort Whyte Centre in Winnipeg.

"There was this small piece of woods that I would go practice orienteering," said Rosen. "I thought it was the biggest deal. It's funny how far you can go in such a short time."

Rosen has discovered that there is very little difference between the level of competition for men and women because it's a test of mental strength rather than a test of physical strength.

"I have to remember to keep my head up and enjoy the areas I'm going through, because often I'm surrounded by spectacular places that I wouldn't go as a tourist. Usually the organization wants to show off their best areas." she said.

Rosen is in the gym six days a week before work. She trains approximately 23 hours a week, with one full eight hour day of activity.

A year-and-a-half ago, with the help of some other adventure racing enthusiasts, Rosen helped start the first adventure club in Winnipeg. For more information call the Wilderness Supply Company Inc. at 783-9555 or visit them at 623 Ferry Rd.

Go. Fly. Kite.

BY ERIN CARTER
emcarter@mts.net

You can always find people who have unique perspectives, even about Manitoba's weather.

"We don't get enough wind in Manitoba," said 20 -year-old Cabrel Boucher, a third year business administration student at the University of Manitoba.

"It's windy, but at the wrong times of year. It needs to be windy in the winter for kiteboarding, and in the summer for windsurfing... in Manitoba, it's mostly windy in the spring and fall."

Boucher started winter kiteboarding two years ago after competing for four years in road cycling and seven years in karate. He felt he needed a change, and then one day he saw some guys sailing across the snow and decided to give it a try.

"Kiteboarding is a mix of windsurfing and wakeboarding. It's like freedom, you get huge air and it's just fun," said Boucher.

Despite starting out in kiteboarding, Boucher has come to love windsurfing better.

"It feels like you're surfing. There's a softer landing, and there's waves."

It's fun to play," he adds. "When it comes down to it, I don't like the cold. I like the beach atmosphere - not being snuggled up in a snowsuit."

As a post-year celebration after university exams are finished, Boucher is going with ten other guys on a trip down to North Carolina to play in what's considered one of the best windsurfing venues in the world with flat water and big winds.

However, Boucher advises anyone he talks to or anyone wanting to venture into either extreme sport to start with winter kiteboarding. He says it's a good place to learn about controlling the wind, it is easier to concentrate and you can get back up again without much trouble.

It seems that Winnipeggers are taking Boucher's advice, as it is quickly becoming a popular sport. Boucher says when he began kiteboarding there was only a small crowd, and now he says there are well over 200 people involved in this extreme sport.

Boucher feels the growth is due to the fact that kiteboarding is relatively easy to learn and accessible to all Winnipeggers. He likes the availability as well, enjoying the fact that he can grab his snowboard, harness and kite, and go kiteboarding on the open field right in front of his house.

speak out!

By Rook Bones

The Projector had the opportunity to go to Winnipeg's new low-cost cosmetic surgery clinic, where we asked satisfied patients,

"What's going to change for you now that you've changed your appearance?"

Sean-Mathers Kominski, 28

"My Girlfriend said that she'd only get the implants if I did all the research for her. When I went to the clinic I was lucky enough to be the 1000th customer, so they offered me a new face for free. The nurse said she's gonna love it!"

Lisa Prendergast, 24

"I can finally eat that grapefruit that's in my fridge."

Markus Howard, 35

"Surgery? I'm just here visiting my mom!"

Aynsley Masturb, 17

"I can get that date with Ben Mulroney I always wanted."

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Spiral of Obsession

BY KATHRYN MCBURNEY
kmcburney3@mbox.rrc.mb.ca

Some people's brains get caught in a perpetual loop, replaying their concerns over and over again.

Some of these people perform rituals in effort to stop the obsessive spiral in their mind.

Perhaps if you have watched the TV show *Monk*, or movie *The Aviator* you'll have an idea of what it is like for these people.

But this problem doesn't belong just to the fictional. According to ocfoundation.org, "one in 50 people have Obsessive Compulsive Disorder."

OCD is now considered the fourth most common mental illness, and is prevalent in both males and females, often beginning in childhood between the ages of 5 to 8 years in boys, and adolescence for girls. Nearly 600,000 Canadians suffer from OCD, yet it is frequently a misunderstood, miss-diagnosed and under-treated condition.

Perhaps this is because sufferers just don't know what it is they are afflicted with. They often realize they are repeating certain behaviors or thoughts, and it is unnecessary, but they are unable to stop themselves.

OCD doesn't get talked about much, but it is a recognized illness, and even gets used as a prevalent trait in many fictional characters.

In *Imp of the Mind*, written by Dr. Lee Baer (internationally recognized OCD expert), even the mythical Greek Pandora is referred to as having an OCD-like characteristic, in her "inability to stop thinking about the very thing told not to do."

Television viewers who watch *Grey's Anatomy* may have recently seen an episode featuring the character Jesse, an auto accident victim with OCD. And many fans of *Desperate Housewives* have noticed the compulsive tendencies of the character Bree Van De Kamp. There is even a regular series based on OCD; in *Monk*, an obsessive compulsive detective still gets the job done while coping with his disorder.

Jan Thiessen, director of administration and education with OCD Centre Manitoba, Inc. says the depiction of the character Monk is comedy, "so some people get upset." She adds that the OCD character Jack Nicholson plays in the movie *As Good as It Gets* is "over the top."

Thiessen says OCD sufferers can fluctuate between different types of OCD. Some people have borderline OCD meaning they have a few related characteristics, but can move up or down the scale based on stress.

"The tip over the edge is how much it affects your life," says Thiessen.

This fluctuation is evident in the movie *The Aviator* about real life multi-millionaire Howard Hughes, showing Hughes tipping into deep obsessions and compulsions at times, but emerging from them unaffected at other times.

Military physician, Dr. Brett Stacey, agrees with Thiessen that this type of psychiatric disorder is on a continuum, and he says it isn't unusual to see someone like Hughes with the disorder.

"Some of these people are really successful," says Dr. Stacey.

Unfortunately many OCD sufferers are worried other people will think they are crazy. In fact, most people with OCD will go, on average, 17 years before seeking help. Feeling isolated and abnormal, they will live with the disorder. They may even become skilled at concealing their obsessions and compulsions.

"Crazy is a label," says Dr. Stacey. "This is a variation of an anxiety disorder. Do they suffer a chemical imbalance in their brain – yes."

Research has shown that this affliction involves an imbalance in the brain chemical Serotonin, which serves as a chemical messenger between neurons in the brain. To put it simply, there is too little Serotonin to keep communication consistent between neurons. This may result in the repetitive thoughts that sufferers know they shouldn't have, but they can't get rid of.

Selective Serotonin reuptake inhibitors (SSRIs) are drugs that can be taken to help regulate the levels of serotonin between neurons. Cognitive behavior therapy may also help OCD patients. This therapy involves working with a psychologist to adjust the obsessive thought patterns that lead to the compulsions.

But not everyone who has obsessive or compulsive tendencies has OCD.

"Is this just an anal retentive colleague or a person with a mental illness?" asks Dr. Stacey rhetorically.

He says the main factor physicians use to determine what is a personality trait versus what is a mental illness needing treatment is that the behavior "has to have a negative impact on their life."

Kathryn Says:

This article on OCD is an example of the kind of interesting articles you will find in next year's Healh, Sports, and Lifestyles section of *the Projector*.

As the editor of this new section, I look forward to story submissions from all campuses on health and wellness topics or concerns, varsity and local sports, and of course all sorts of unique lifestyle or life interest articles.

Want to do a restaurant review? Or write about your experience at a local Massage Therapy clinic? How about telling readers about the newest fitness trend you discovered over the summer. We are even looking for submissions of unique recipes to share with the readers.

Almost anything goes with Health, Sports, and Lifestyles, so look forward to reading the provocative stories in this section next fall. Feel free to send me your story ideas at Health@theprojector.ca.

May 2006 Convocation Ceremonies

Wednesday, May 24 @1:30 –
Aboriginal Education, Applied Sciences, Education, Curriculum & Learning Resources

Wednesday, May 24 @7:30 -
Business and Applied Arts

Thursday, May 25 @7:30 -
Industrial Technologies, Transportation, Aviation & Manufacturing, Continuing Education, Regional Campuses

****Convocation attire must be worn to attend the ceremony.****

If you have not received your Convocation information package in the mail, including your gown order form by April 7th, contact one of the Student Service Centres –

Notre Dame Campus, D101
or
Princess Street Campus, P104 or call 632-2327.

Prep For Battle: Province to Wage Meth War

BY SARA CALNEK
scalnek@mts.net

Speed, crank, ice, chalk, jib, glass, crystal meth – all names for a deadly mixture of household chemicals, like drain cleaner, agriculture fertilizers and ingredients from common cold remedies. Methamphetamine has the potential to be deadly to users, those who know users, manufacturers of the drug and those who live in the vicinity of a meth lab.

Methamphetamine is a particular type of amphetamine, which was first used to treat attention deficit disorders, depression, obesity, and narcolepsy. By the late 1940s, abuse of amphetamines grew and medical practitioners no longer endorsed it. In the 1960s, abusers began to inject the drug which led to the introduction of methamphetamine.

In the 1980s, a new form of meth appeared. Usually sold as a powder or tablet, this new rock form resembles broken glass shards. It is smoked using a glass pipe or light bulb and is commonly referred to as crystal meth. Increased heart rate, alertness, decreased appetite, and euphoria are some of the effects which attract users, along with its low cost.

Despite the cheap price, addicts of crystal meth pay in other ways, possibly with their lives. Ill-effects include seizures, brain hemorrhage, comas, heart attacks, facial lesions, and tactile hallucinations (the feeling of bugs crawling over your skin).

Those who may come in contact with them may also be at risk. Users may experience a stimulant psychosis which includes paranoia, confusion, and hallucinations. This psychosis may result in extremely violent behaviour, which may cause homicides and suicides.

Crystal meth is not yet an epidemic in Manitoba.

"Manitoba is trying to anticipate a problem," said Dr. Sheri Fandrey, prevention and education consultant at the Addictions Foundation of Manitoba (AFM). Fandrey said, in 2001 to 2002, no adults were exposed to methamphetamine, of those seeking help. In 2004 to 2005, seven per cent were exposed. "All you can do is increase their motivation. With any drug abuse, it may not work the first time, and we expect it," said Fandrey.

Beginning in August, AFM is holding one day informational sessions focused on meth use. "I know people who have got over meth and have gone on to lead successful lives," Fandrey said, "People do get over it."

The dangers of crystal meth are not limited to the users, but also people who live near a meth lab. The chemicals used to produce meth are highly corrosive and explosive. Each pound of manufactured meth produces an average of five or six pounds of chemical waste.

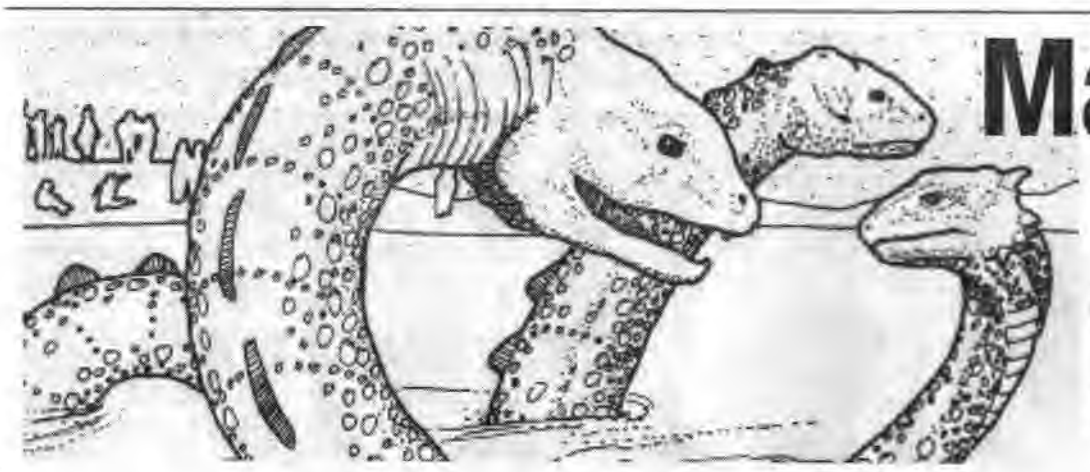
These dangers are echoed by the Winnipeg Police Service.

"A lab is a bomb, plain and simple, a bomb," said Ron Trakalo, a detective sergeant with the Organized Crime Unit with the Winnipeg Police Service. Trakalo said it costs tens of thousands of dollars to dismantle a lab. Not only are the police required to do it, but also the Winnipeg Fire Paramedic Service, Manitoba Environment, City of Winnipeg inspectors, and the Health Protection Branch. "You don't know what chemicals are in there," he said. "Knock something over and it will light on fire."

"Tactically, we have to be very, very careful." Trakalo said frontline responders, even doctors and nurses have to be trained in how to deal with addicts and clandestine labs.

Currently, crystal meth is mostly imported to Manitoba from 'superlabs', those which can produce ten pounds of meth in one day. But Manitoba is fighting back. Last year, Manitoba Healthy Living introduced the Manitoba Meth Strategy. The strategy is to hinder supply and reduce demand for crystal meth. On Aug 11, 2005, the federal government announced new penalties for possession, trafficking, importation and production of meth. The maximum sentence is now life imprisonment for trafficking and production, up from the previous maximum of ten years.

Manitoba Health has also restricted the purchasing of the main ingredient, ephedrine, in pharmacies. They are creating an educational campaign targeted towards farmers and rural residents about anhydrous ammonia, another dangerous ingredient of meth. The Crystal Meth Public Awareness Committee has developed a TV ad and community forum campaign targeting all Manitoba residents. These are just a few of the many initiatives the city, the province, and the country are taking to tackle this increasingly popular drug.



Manipog'oh!

Little evidence, but legend looms large for provincial park

BY JOANNA FULTZ
news@theprojector.ca

Telling ghost stories around the campfire about prison escapees with hooks for hands will seem like a nursery rhyme after visiting one of Manitoba's best kept secrets, Manipogo Provincial Park. The waters of Lake Manitoba not only provide a habitat for a multitude of fish, plants, and wildlife, but also are rumoured to hide the legendary serpentine sea monster, Manipogo, beneath the rolling waves.

As the sun casts long shadows over Lake Manitoba, tiny fishing boats putt by, trolling for any number of its native fish such as pickerel, jack, carp, or maybe one of the ancient sturgeon that are said to still skim the dark bottom. Manipogo Park provides the stage for this perfect summer scene, and offers a diverse array of seasonal activities for every traveller, especially those searching for mystery, history, and the great unknown.

Since the early 1800s, reports of a prehistoric serpent-like creature over 30 feet long have been documented by fishermen, tourists, and local people who have happened upon a glimpse of Manipogo. No conclusive evidence has yet been recorded, but in the areas that surround Manipogo Park, the creature is not a thing of legend, but rather an accepted member of the lake's permanent residents.

Gary Huhtala, owner of Berg Island Enterprises (west of Rorketon, MB), says that many people in the area claim to have seen the legendary monster.

During the summer months, Huhtala, also a commercial fisherman, runs pontoon boat tours in the quest to catch a view of the monster. Of course, there is no way to guarantee a Manipogo sighting, so he suggests that you bring along a fishing pole, and the ingredients for a picnic.

"People love going on these tours. It's fun to look for the monster, but it's also a chance to relax and take in the sights," he says.

Stopping for a leisurely lunch on one of the islands is a good way to explore, and casting your luck at the great fishing is another way to enjoy your time on the boat.

Babe, Hay, and Snake Islands are popular sightseeing destinations, along with rock caves around the lake.

Manipogo Provincial Park remains a secret destination to many campers, and as such, offers the benefit of solitude and appreciation that comes with vacation time spent relaxing peacefully in the wilderness with your friends and family – and maybe a certain prehistoric creature as well.

Huhtala says, "Manitoba is a pretty big wander. There are a lot of things out in the rural areas people should look at, and Manipogo Park is definitely one of them."

Official Transcript of Manipogo Sighting from Adventure Safaris

www.teeta.ca/adventure/manipogo.html
Full Transcript Available

Russ McGlenn: Now, did it seem like it was going in and out this way or this way?

Louis Breteche: No, to me, if I remember right, it was going like this.

R: Up and down?

L: Yes, up and down.

R: You see, that is one characteristic of mammals. A mammal-like creature will tend to go this way where as if it is a reptile, it goes this way.

L: No, it wasn't going sideways. It was going up and down.

R: Now, you said its head was kind of like a horse. In other words it would be like a horse's head is long this way.

L: Well, it wasn't all that wide that I can recall, but it was fairly long. The head was more like a, it is hard to explain. The head on a horse is not that wide but longer going downwards. It had a head something like that.

A Guide to Summer Music Festivals

BY AMIE LESYK
netertainment@theprojector.ca

The upcoming summer festival season brings rare opportunities, such as seeing outrageously happy people showering naked in the middle of a field or doing the "dirty hippy dance" - as dubbed by an acquaintance of mine - in a puddle of mud.

These are only backdrop moments playing as atmosphere to one of Winnipeg's claims to fame, the Winnipeg Folk Festival. It's where fond memories are formed, the repression of everyday wardrobe is shed and international musicians play to thousands of people at stages set throughout the green festival site at Birds Hill Park.

It's a coming of age of sorts for many Winnipeggers. You learn the value of staying dry or staying cool during tumultuous weather. You learn who's fun to camp with and who's not. And you meet many a stranger: some pleasant, some utterly high and some veterans of the scene, who have mastered the art of Folk Fest down to a tee.

As dusk sets upon the camping grounds trails of smoke rise from the hundreds of bonfires dotting the landscape, the sounds of wooden drums echo throughout the fields and waves of laughter, howling and squeals come from all different directions.

This festival is one that those who move away come back for and tales are told about for years to come. The pictures help you remember exactly what happened and act as proof that you too donned a piece of hippy clothing.

This year's line up features nearly 80 performers. There will be international performances from Vishwa Mohan Bhatt and Salil Bhatt from India, Los De Abajo from Mexico and The Refugee All Stars from Sierra Leone. There will also be famous Canadian musicians such as Bruce Cockburn and Neko Case.

Winnipeg Folk Festival, which takes place in July, is the king of the festival scene here in Winnipeg but there is a multitude of arts festivals to check out through the summer.

The Winnipeg Jazz Festival brings in a slew of jazz and blues musicians from around the world. The talent level is amazing throughout this event which takes place at various venues in Winnipeg's downtown during late June.

One of the highlights – aside from headline acts - is the weekend's free performances at Old Market Square. People bring blankets and lawn-chairs and settle in under the stars, listening to an array of live performances at the Old Market Square stage. Fire breathers, performance artists and food kiosks round out the square providing a full sensual experience. Listings for the event will be available soon.

Old Market Square is the scene of another festival which attracts international talent. It plays host to the Winnipeg Fringe Theatre Festival in late July. Amateur and veteran performers get a chance to shine at this multi-venue event which showcases plays of national and international caliber.

The square is the headquarters for the event with schedules and signs of all the different plays taking place. The Old Market Square stage features free performances throughout the evening and the beer garden stay open late into the night. You can sip a beverage prior to show time and amusingly watch costumed characters shamelessly promote their shows while handing out flyers.

For more of an international flavour Folklorama showcases the food, song and dance of a variety of ethnic communities that exist in our city. It runs over a span of two weeks in August and is hailed as the largest and longest running multicultural festival of its kind in the world.

Each ethnic community has a pavilion. The pavilions are spread across the city in different venues and have a schedule of events including concerts and dinners.

The kick off for the event is an all day affair at The Forks featuring performances, kiosks and traditionally dressed representatives from all the different pavilions. The result of this blend is a beautiful projection of the cultural diversity of Winnipeg.

Winnipeg also has its own Carnival. The Winnipeg Caripeg Carnival is a Caribbean festival that takes place in August. One of the highlights is a parade down Portage Avenue featuring the rhythms and costumes of Caribbean culture.

For information on any of these festivals check out their websites. The sites list schedules, performances and contact information should you decided to check out of the colourful events.

Festivals at a Glance...

Folk Festival
www.winnipegfolkfestival.ca
July 6-9, Birds Hill Park
tkt. prices vary: 4day, day, camping
early bird, advance, or gate prices
(website has full price listings)

Jazz Festival
www.jazzwinnipeg.com
June 15-25, various venues Wpg.
tkt. prices vary

Fringe Theatre Festival
www.winnipegfringe.com
July 19-30, Exchange District
tkt. prices: advance or door
frequent fringer: $60 - 10 shows
buddy pass: $84 - 14 shows

Folklorama
www.folklorama.ca
August 6-19, various venues Wpg.
tkt. prices: family: $34 -12 pavilions
single door admission: $3.75
12 & under: free

Caripeg
www.caripeg.com
August 11-13,various venues Wpg.
tkt. prices vary

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Saturday: 8:30 am - 1:30 pm

Project Runway Takes Off

BY JOANNA FULZ
news@theprojector.ca

Wire framed models strut with a mission down the catwalk, eyes focused with a cold stare at some unknown object as they float over top of a crowd thick with attentive onlookers.

Draped in various textures and colours of reworked fabric, the models act as a flesh and blood hanger for the intricate garments sewn by Project Runway 2006 participants.

On Friday Apr 7, 24 local fashion designers ranging in age from 18 to over 40 materialized at the Empire Cabaret to needle out the competition in the hopes of winning the grand prize, a trip for two to Toronto for Fashion Week.

Each week in the month long competition contestants were given a theme and six short days to stitch together a concept and construct their pieces. The themes included love, club wear, buying a vintage piece from Rag Pickers and remaking it, pajama party and for the grand finale, the glitz and glam of the red carpet.

The Empire was buzzing while Project Runway contestants pulled out all the pins for their final competition, making detailed sleek gowns and flouncy prom dresses.

The audience hooted and hollered as beautiful bronze bodied models - hand picked by the designers - swaggered with style down the catwalk leaving claw marks behind.

The Empire proved to be a perfect fit for the tone of the evening. The low hanging gothic light fixtures and dark wood accents quickly turned the venue into a high fashion runway show.

A classic pretty in pink prom dress designed by Alex Espinosa won the red carpet competition and the grand prize that evening.

Although many participants went home empty handed, young designers found the competition inspiring while getting to know others in the industry.

"It was a great experience," said Cheliza Gimby, 20, who designed a body hugging pale pink gown embellished with hand made flowers. "It was motivating, being a designer, to know that there are other people out there trying to make it."

Miles of taffeta, silk, chiffon, organza, satin and even body paint were used to create the elegant designs that impressed the judges, audience and fellow designers.

"There were a lot of talented designers," said Willow Dekker, 19 who created a fun canary yellow satin/chiffon combination dress accessorized with a self-described "shrug made out of old lady wool".

With so many local designers, fashion stas, models and industry people attending and involved in the production of the event, Gimby saw professional opportunity through the eye of her needle.

"We met lots of people from the industry, if anything was gained it was networking," said Gimby.

Project Runway may be over for another year, but the event will be back for another season, as participants plan to measure each other up again in 2007.

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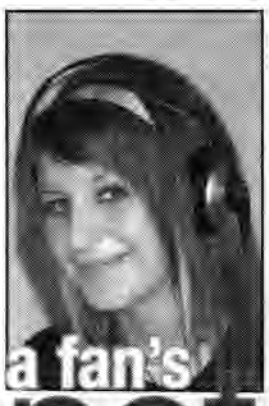

Super Awesome

Collector's Edition!

JEN ZORATTI, COLUMNIST
altternagirl_@hotmail.com

This is the last time that I will be filling this box with my thoughts on music, and so fittingly, I am writing a column about how I miss Karen O's crotch. Now that I have your unwavering attention, it'll admit this column isn't totally about how I miss Karen O's crotch. That's just a small part of a big issue. I recently picked up a copy of *Show Your Bones* for two reasons. The first, of course, is the fact that I am a Yeah Yeah Yeahs fan. The second was an interest that I don't normally have about a band that I already know.

It all started when I read a rumour that this upcoming album was to be a narrative about O's cat, Coco Beware. Then I heard the single "Gold Lion" and had to triple check to ensure that it was indeed a Yeah Yeah Yeahs tune. Then, I heard that the tune "Phenomena" was very reminiscent to a track by a certain early 90's rap artist. But probably the most intriguing thing about *Show Your Bones* was just how much backlash it's been getting. The album is a far cry from the band that features massacred bunnies and knives in their art-work.

It's not the brooding, punk-revival electro-clash we're accustomed to. It doesn't have that stench of New York City. In fact, if not for O's pouty, signature vocals, it doesn't really sound like a Yeah Yeah Yeahs album at all. I'll admit I was disappointed for about five minutes. I was alarmed at how varnished the whole thing sounded, and it made me miss the crotch exposing, Corona-spitting punk rock queen. I was very disconcerted with the idea that the torchy rebel heroine that I looked up to as being a breath of fresh air in the over-produced world of music.

And I wasn't alone. Politically-minded and rebellious chicks who just missed out on the tampon-slinging era of the Riot Grrls had someone like Karen O. when Courtney Love went crazy (officially) and Liz Phair went wussy (undeniably). Now, suddenly, everyone seems to think that the Yeah Yeah Yeahs arty front girl is the next to cut her hair into a bob and start wearing sensible shoes. But I think that a bit of polish did the Yeah Yeah Yeahs some good. A career in angst is not one that has a lot of longevity, because it gets old and more importantly it gets tired.

And I think it's unfair to accuse someone who is still making good music of selling out. Let's remember that Fever to Tell, for all its grit, was one of the most successful albums in 2003. The Yeah Yeah Yeahs are still doing what they've always done - create edgy, subversive albums that make you dance and make you think. But this time around, they've figured out how to make edgy a bit less pointed.

Music, like the people who make it, changes, grows and evolves. If it didn't, we wouldn't listen. Burn out or fade away? Sometimes it's just better to change.

Jello Bites Back

BY AMIE LESYK
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A verbal attack on the Bush administration was launched April 11, courtesy of Jello Biafra, former frontman of the seventies punk group, Dead Kennedys.

George W. Bush was one of many politicos torn apart by Biafra. Stockwell Day, Karl Rove, Ralph Nader and Arnold Schwarzenegger are just a few more whose moves were analytically picked apart and ridiculed.

Biafra, who has a low tolerance for North American politics and plights, especially likes to pick on the "united snakes," as he dubs our neighbours to the south.

The house was packed for the Winnipeg stop of Biafra's spoken-word tour. The crowd interplayed with Biafra shouting comments as he carried on from one rant to the next. Though they bordered on obnoxious at times, Biafra maintained control of his structured, opinionated and fact-loaded expressions.

The crowd ranged from young to old and casually sat back sipping beers, waiting for the show to start. Biafra came out in judge's robes, dictating possible laws should the loss of democracy take place.

"Use only the drugs prescribed by your coach, your teacher or your supervisor," he says in a booming authoritative voice. He continues with the declaration that those selling the morning after pill will face time in Guantanamo Bay and that you can now test pesticides on neglected and abused babies- and mentally handicapped or orphaned children can now be used for research.

This technique of absurd dramatization sets the tone of Biafra's aim to awaken and teach how he sees corporatism and ill intentions of government slowly wiping out the existence of a true democracy.

Biafra goes on to argue against people who claim they support "pro-family" policies. He stresses that the same people who are so passionately against abortion lack the same drive in supporting social programs to help support those babies and families.

Then in a nasal, faux-Bush tone he adds, "No child left behind - especially during the draft when we go to war on Iran."

The crowd responds with applause when Biafra makes his points on issues like the Iraq war, the lack of integrity in the Bush administration and Halliburton's role in the White House.

He touches on the Canadian system too, briefly discussing Stephen Harper and warning the crowd of electronic voting. "Keep them away by any means necessary," Biafra refers to electronic voting boxes. "Even if it means bringing a sledgehammer."

Biafra also touched on political propaganda he and friends have received in the mail. From a package sent to him by George W. Bush and Dick Cheney in 2004 specifically addressed to Jello Biafra as opposed to his real name registered on the voting list to the Friends of Hillary survey, claiming to want to know "what's on (his) mind".

Biafra pointed out that the "Friends of Hillary" didn't really want to know since the survey included was multiple-choice, providing ready-made answers.

This only touches on the range of topics and depth that Biafra gets into during his extended rants.

Biafra is well-spoken and very passionate- he stirs up issues with the audience. At the end of the evening, Biafra offers up approaches to solving the problems he speaks about, ranging from buying locally instead of at chain stores to ensuring Canada supports draft dodgers as they did during the Vietnam War.

He also discussed media at length referring to "corporate media" outlets in the United States. He encouraged the audience by saying "don't hate the media, become the

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Rick, Have Mercy!

Rick Mercer's sardonic and audacious sense of humour is as recognizable to Canadians as hockey, beavers and superior beer. Or so discovers ***The Projector's*** *Daisy Lancaster, er... Cara Lytwyn, who went one-on-one with the CBC star over our tins 'n-string phone.*

BY CARA LYTWYN
caradawn@gmail.com

After I nervously answered my cell phone, I quickly apologized for my stuffy cold voice.

"You sound just beautiful." said Mercer.

After This Hour Has 22 minutes and his current show, The Rick Mercer Report, the 35-year-old political satirist has captivated fans with a thick Newfoundland drawl and curly black locks.

"I use to try to grow my hair long when I was a little kid, but it only gets bigger so I would end up with an afro," he said with a laugh. "I don't think the CBC viewers would prefer me with a fro."

Mercer has shopped at Canadian Tire with former Prime Minister Paul Martin, held an online petition to change Stockwell Day's first name to Doris, and had the late journalist Pierre Berton give tips on how to roll a joint.

"I heard through the grapevine that he liked to have a puff," he said. "A lot of people don't realize that Pierre Berton had a long and historic career of being a professional shit disturber. He knew it would cause a big stink and he was happy to do it."

We discussed how his 2006 campaign coverage gave Canadians a chance to laugh during a somewhat capricious and distressing election.

"The Martin campaign was the craziest in terms of the press and the NDP bus was like a free for all," said Mercer. "They said 'Sure Rick, do whatever you want we don't care.'"

The less affable Prime Minister, Stephen Harper, has been a reluctant participant of the show, even ditching out of an interview.

"I don't prescribe to the idea that because Stephen Harper is stand-offish and not that accessible, he'll automatically be a bad Prime Minister," he said, "There are going to be some rookie mistakes and certainly there's going to be a lot of material."

I asked him who he would wager on in a mud-wrestling match between Jean Chrétien and Brian Mulroney.

"Chrétien is a scrapper," said Mercer. "A long time ago several Liberal party operatives went to him and said 'Jean you're the bright future of this party except you have to stop punching people in bars.'"

Although an admitted fan of his American alternative The Daily Show with Jon Stewart, he revealed that his all encompassing schedule leaves little time for television.

"I know it's cliché to say I love my job because I get to travel around the country, but that is absolutely true," said Mercer.

Being lowered into ice water for hypothermic testing at the University of Manitoba is just a part of the cross-Canada adventures he endures.

"I find the trips up north incredibly rewarding, mainly because they're expensive, extreme, and there's always a chance you might get stuck somewhere," he said. "The country is beautiful, the people are interesting and the culture is fascinating to me so I really feel like it's a privilege."

The arduous work for men and women in the Canadian forces provide a strong inspiration for Mercer, who has visited troops in Afghanistan and Bosnia.

"You meet these people who are so passionate and completely committed to what they do," said Mercer. "They're making next to no money, getting no attention, and risking their lives everyday."

When looking to hire Mercer is drawn to anyone dedicated to experiencing a variety of art forms, even without monetary gain.

"It's people like yourself, the people that work at student newspapers and get paid zero are the people that are going to get hired and be successful."

When I asked him to choose any superhero power, Mercer grazed over the comic book ideals of over X-Ray vision, telepathic powers, and time travel.

"Just to be able to eat, drink, and smoke as much as I wanted and not have to worry about it," said Mercer.

Mercer and I exchanged porn names using the classic generator method of combining the name of your first pet and your street.

"Daisy Lancaster is very good, mine is Pippy Cove."

I suggested he should try out Rick Merciful or Rick Have Mercy.

He laughed, "Rick Have Mercy, I love it!"

Although Mercer has never labeled himself a journalist, he is able to relate to their technique.

"You have to continuously practice your craft, and that's the same in almost any writing genre," said Mercer. "I do my homework. I have a little office and I wear powdered make-up. So in some ways I am like a journalist."

Tarot: It's Mystical

ANDREA COLLINS
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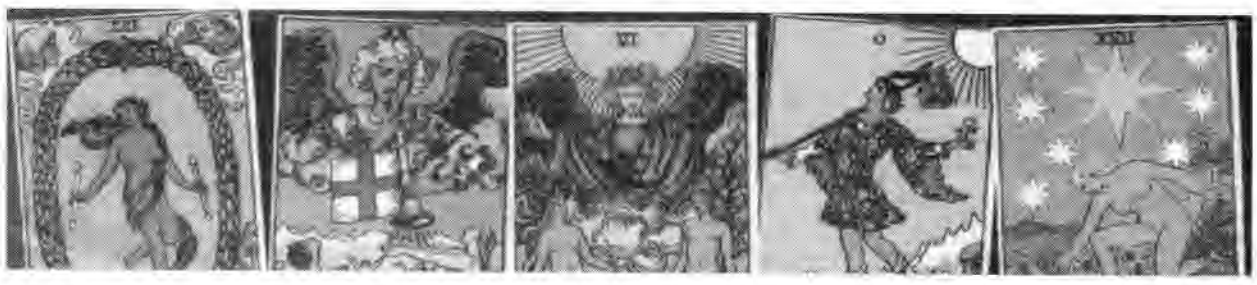

The clock at Cousin's Deli read 1:55 p.m. Sitting with a cup of coffee, I waited for a Tarot card reader, Mme. Evlyn LeFlour, who was now 25 minutes late.

I watched the eclectic mix of women walk past the window and wondered which one would bring me my fortune. A woman wearing a red sweater and blue jeans with white sneakers stopped at the entrance. She carried a linen sack embroidered with lilies. She took one final drag of her cigarette, tossed it to the ground and swivel stepped on the butt as she exhaled. Walking inside she smiled at me from across the room. If this was Mme. LeFlour, she was not the stereotypical Tarot card reader I had envisioned.

"Are you Andrea?" she asked. Her voice was raspy but pleasant, and her smile was friendly. Reaching my hand across the table to introduce myself, I knocked over my coffee cup, spilling its contents all over the scratched wooden table. Slightly embarrassed, I asked, "So, did you know that would happen?"

There are 78 cards in a Tarot deck. Each card holds a different meaning and symbolic picture. 22 of the cards represent Major Arcana, the journey through life where we evolve physically and spiritually, also known as the fool's journey. The numbered cards, otherwise known as the 40 pips, characterize the obstacles and issues in our everyday lives and the common challenges we face as individuals. The 16 court cards are more prominent and represent our feelings, people affecting our lives and significant situations.

So, although the cards are universal, there remains one important rule: A reader's first deck of Tarot cards must be given rather than purchased for oneself.

"When I was 19 my friend was interested in Tarot cards so she got me involved, too," says LeFlour. "I would always be over at her place using the cards, practicing, learning, and observing. Eventually, I ended up becoming so obsessed with them I would just never leave her house. So, one day I showed up at her doorstep and she said, 'Evlyn, I want you to have these cards, and I also want to get some sleep' and handed me her deck. And that was it. From that day on, I never let them go."

It is uncertain where the practice of Tarot card reading actually began. Some feel that Tarot cards originated from Egyptians with connections to gypsies and Atlantis, although written documents point back to mid fifteenth-century Northern-Italy.

"I love getting my cards read," says University of Manitoba student, Jayne Bieber. "I usually get them read when there's something going on in my life. It's comforting and nice to get some insight."

The Link Between Tarot and Life's Meaning

"For some people the ideas just come to them," says LeFlour. "But, I actually read what the cards say. There is some form of intuition because you have to link everything together, but otherwise they're just cards." says LeFlour.

I was intrigued by her honesty.

"A lot of people feel that you must treat the cards a certain way, but I don't believe that, they're just cards. They're like a book, sure you don't want to ruin the pages because you have respect for the book, but it's only an object," she says.

I took my time as I shuffled the 78 cards before my reading. They felt like a regular deck of cards in my hands, perhaps a bit heavier. I didn't feel any sort of power and there were no strange, mysterious signs.

As Mme. LeFlour flipped my cards and slowly observed the images, everything began to come together and make sense.

A

Yeah Yeah Yeahs
Show Your Bones
Interscope, 2006

In 2003, a red-lipped shrieker from New York named Karen O. and her band, the Yeah Yeah Yeahs, released *Fever to Tell.* It was a gritty, subversive Riot Grrl throwback that revived the CBGBs era underground rock scene. So to fans of the edgy art-punkers, *Show Your Bones* is a bit shocking, but not in the paint-peel screaming, blue-spandex wearing way we're used to. The once almost anti-hit band has released a grown up and polished album that seems to be ready to bring them out from the uncharted hipster underground and on mainstream radio—almost. Though *Show Your Bones* is a bit more ear-friendly than the usual Yeah Yeah Yeahs fare, it still brings out all the things we loved about them in the first place—the nasal sex-kitten vocals (Gold Lion), the relentlessly energetic drum machine (Phenomena) and yes, even a wail or two (Fancy). But like *Maps*, a softer more introspective side is shown on this album, allowing the NYC rockers to have a bit more musical depth—which sometimes means sampling an LL Cool J tune.

- Jen Zoratti
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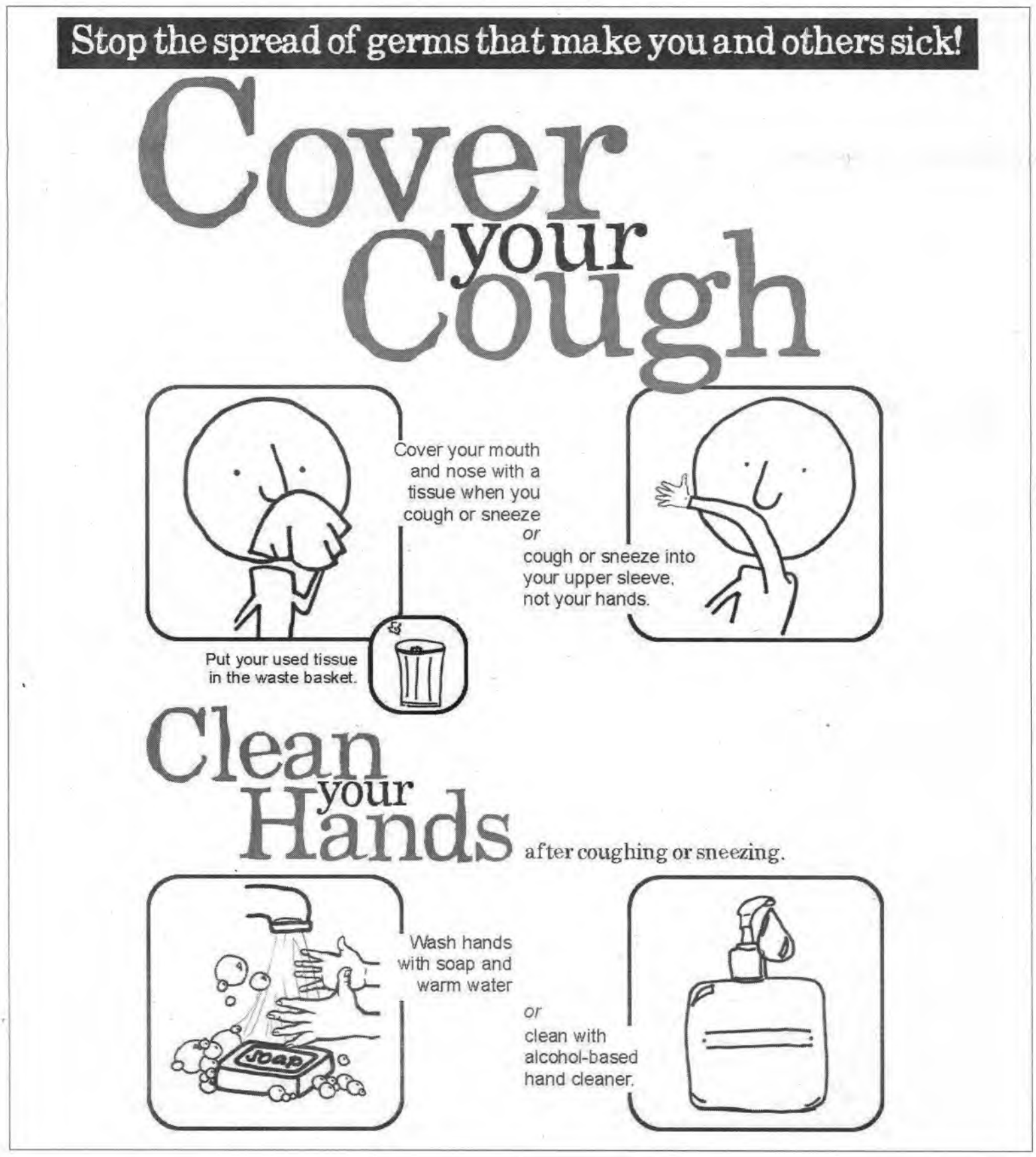
B

Daniel Tosh
True Stories I Made Up
Comedy Central

Using what can only be described as utterly crude humour, Daniel Tosh achieves audience hysteria with his new CD and DVD set, *True Stories I Made Up*. In this 2005 release he pokes fun at everything from airport security to George Bush to Daylight Savings Time – it's all covered. Be cautious, this CD is littered with vulgarity. But the DVD, courtesy of Comedy Central, is entirely swear-word free. Now if the four-letter words don't scare you away, his crass humour might. Tosh says, "I think pro-athletes should be forced to use steroids. I think we, as fans, deserve the greatest athletes science can create." Many may take insult from the bulk of Tosh's jokes but I imagine they would not pay to see a comic, nor would they be buying this set. The repetition between the CD and DVD may be a downfall but there are differing jokes on each and at least you have the visual. It's a great addition to a night of beer and pizza, if you are in the mood for some foul and insensitive jokes delivered fresh by a skinny white kid.

- Sara Calnek
sara.peach@hotmail.com



Langside Hits the Streets

BY AMIE LESYK
entertainment@theprojector.ca

Homegrown author Chris Walter releases his newest book *Langside* this week. He will be in town for a punk rock book launch at the Royal Albert on May 5. Walter will also be doing a reading at McNally Robinson Grant Park on May 8. This is his ninth book.

Langside is an infamous inner city street here in Winnipeg and Walter's latest story focuses on Sky, a 13-year-old boy growing up in impoverished West Broadway.

Walter who uses his own experiences to develop his stories takes on the perspective of Sky, and easily found similarities in the characters.

"I wrote from the prospective of an alienated youth, and I know all about feeling alienated," says Walter.

In the book, some of the pressures Sky deals with concern local street gangs who commit a large number of petty crimes. Gangs are common on Langside.

"I didn't set out to write about gangs," says Walter. "I wanted to write a book about Langside Street because I spent so much time there. Then I realized that any current story would have to include gangs."

Walter has gained popularity with each consecutive book, and now has fans across the country.

"I get fan mail from kids who tell me that they only read my books, and that they otherwise hate reading," says Walter. "It's kinda weird."

Walter was voted second favourite local author by readers of Vancouver's *Westender Magazine* (Douglas Coupland placed first). His passion for writing combined with his passion for tattoos made for a new flaming typewriter chest panel tattoo. He is not sure what his next tattoo will be. "Probably be some other symbol of my contempt for the established literary scene," he says. "Stuffy academics have ruled long enough."

Fans will be happy to know that even though *Langside* is just being released, Walter is nearly finished writing his next book. "*Welfare Wednesdays* is a dysfunctional love story set in Vancouver's Downtown Eastside," he says briefly.

As well, Walter has been working with production companies who are interested in making one of his earlier books *Punk Rules OK* into a movie. "*After Dark Productions* in Halifax is putting together the treatment right now," says Walter. "The deal could still fall apart, but we have cleared the first, toughest hurdles." A movie deal for another one of his books *Boozecan* is moving forward, he says. "I'm curious to see how it develops."

The launch at the Albert includes Winnipeg bands *The Insaniacs*, *Wife* and *The Disappointers*. Walter's new book will be available at McNally Robinson, and after May 5, at Osborne Village Ink, Into the Music and Kustom Kulture.

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The **PRAYER ROOM** will be used for "silent prayer, meditation and stillness". It is a place of **PEACE AND SERENITY**, amidst the busyness and many activities of college life. Our hope is that all those who enter there will find renewal and tranquility.

A **"Grand Opening"** of the prayer room will be hosted later this fall and will be announced as soon as it is scheduled . . . so be on the lookout for this upcoming event.

Everyone is invited to use the prayer room whenever there is a need for some "quiet time" and we hope you will enjoy this **"OASIS"** that we have been gifted with.

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Measuring Metric B

BY CARA LYTWYN
caradawn@gmail.com

Metric made the Burton Cummings Theatre its bitch at their recent Winnipeg performance. Playing with impeccable sound and hypnotic stage presence for over two and a half hours, Metric is a band of energy and sound that cannot be contained.

Promoting their latest album, the group played *Live It Out*, the title track and album name. The sexy silhouette of Emily Haines emerged in a clean white dress with innocent sleeves and a high cut. She leaned forward and wrapped her perfect thighs around the mic stand, making every male (*Ed: and probably females, too*) in the crowd suddenly wishing to be that four-foot steel rod.

Early in the set they pulsed out *Poster of a Girl*, The lyrics touch on sex, addiction, and had everyone singing along.

Haines spun around the stage, her arms out like a helicopter for the very techno driven *Hustle Rose* and headbanged her short blonde locks for the highly punkish *Combat Baby. Monster Hospital*, a song about schizophrenia, is the hardest song off of their latest album. Emily's usually delicate voice revealed a sharp slice as she screamed, "I've been bad!"

She threw some of the hottest tantrums I have ever seen, pounding the keyboard and jumping incessantly to the hard beats, while throwing the mic stand around like her own personal rag doll. Limbs flailing and dancing as if she was alone in her bedroom, Haines carried the performance component of the show, while the blessed Burton Cummings ensured a clear and balanced sound, all the way to the top of the second balcony.

Before heading back out for the typical fake encore, the band was treated to a chant. "Me-tric! Me-tric!" The crowd demanded more, and received an encore that went on for much too long. I believe they played four more songs but the show became so hazy with overly extended musical interludes and Haines sitting on the floor quietly repeating "Nothing but blue skies."

Some songs were stretched out and stuffed with too many solos and experiments.

The crowd was getting a bit worn. Metric are a must-see live band, but they will have to learn how to leave an audience wanting more.

from the cutting room floor

Changing Opinion

ALAN MACKENZIE, COLUMNIST
alanmackenzie2@hotmail.com

Well, kids, it's finally here – the end of another school year and the last issue of *The Projector* (for now). More importantly for me - this is the final edition of *From the Cutting Room Floor*. For two years I have written in this paper about my love (and occasional distaste) for the movies. As much as I hope people have taken the time to read my articles and reviews, I hope no one has taken them too seriously, especially the reviews.

That's right. I'm telling you, as a reviewer, that sometimes we get it all wrong.

A couple of nights ago I caught *Primer* – a film that I gave a mediocre two-and-a-half star review in late 2004 – and realized it's one of the smartest, most clever films in recent years. When I first watched it I questioned whether the tech-talk-heavy script written by Shane Carruth – an engineer with a degree in mathematics – was too intelligent. I called the film "confusing" but considered that it might deserve a second look. I should have followed that instinct then.

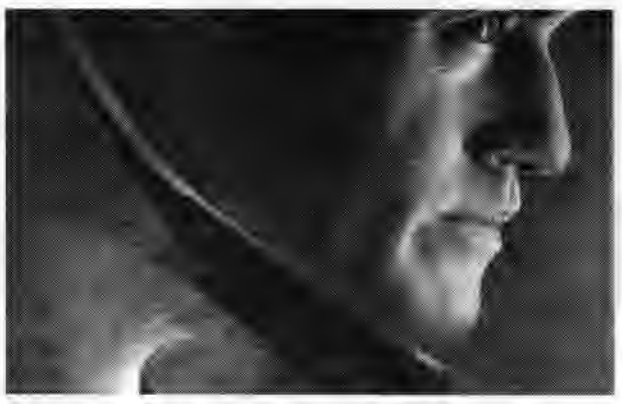
As a movie buff this was not the first time that I changed my opinion after a second viewing. In fact, some of my all-time favorite films didn't do it for me the first time.

The Big Lebowski, written by Joel and Ethan Coen, seemed like a disappointment after the brothers' highly acclaimed *Fargo*. I found the plot too convoluted and wrote the movie off. That was until I caught it on TV late one night a few years ago and discovered that it is not only the Coens' best film, but one of the funniest movies I've ever seen. I've since lost count of how many times I've seen it and still laugh any time I hear the words *nihilist* or *Pomeranian*.

Another example is David Lynch's *Blue Velvet*, a film that critics either hail as a masterpiece or toss away as a piece of trash. Personally I just found Dennis Hopper's nitrous oxide-inhaling villain screaming out "Mommy" too disturbing. On a friend's advice I watched it again and realized that while parts of the film are upsetting - they need to be, in order for the beautiful and funny moments to work as well as they do.

After Hours, Martin Scorcese's only attempt at comedy, also didn't leave a very good first impression with me or anyone else that saw it. When it was released in 1985 the movie bombed with audiences and reviewers alike. When I first rented it - expecting a light-hearted comedy - I didn't care for it either. However, it was just marketed wrong. The second time I saw it was in a university film studies class on horrors and comedies from the 1980s. It was shown as a bridge between the terror and the funny and it worked. If I had been expecting a paranoid thriller the first time around, I might not have thought the way I did.

Ultimately many outside factors come into play when a reviewer watches a film – perhaps he/she was tired, in a bad mood or just expecting something different – so my parting advice is this: don't listen to the critics. See what you want to see and make up your own mind about it. Cut and print.



The Rocket Review

BY BRANT BATTERS
bbatters@shaw.ca

A

544 career goals.

The first person to ever score 50 goals in a season.

Eight Stanley Cups.

All amazing stats, but the worth of a person has never been measured in stats.

The Rocket: The Story of Maurice Richard, a film by director Charles Binamé, tells the story of the life of hockey ledgend Maurice Richard. It is a beautiful film starting with Richard's early struggle to bolster the storied Montreal Canadiens franchise, to when fans in Quebec rioted in the streets of Montreal after he was suspended for the remainder of the 1955 NHL season.

Binamé pays close attention to detail, and includes actual players and coaches from the era. The most hardened sports fanatic will be hard pressed to find fault. But that is not to say that non-sports fans won't appreciate this movie as well.

Binamé also explores the underlying social issues of the time. Richard is a French superstar playing in an English dominated league where he is often treated like a second-class player. Richard is torn between what the right the thing to do is. But right for whom-Himself? His family? The Canadiens? His culture?

Roy Dupuis (*The Barbarian Invasions, La Femme Nikita*) delivers a solid performance as the stoic legend. Richard was famous for his intensity, and Dupuis is able to bring the Rocket's famous stare to screen during his many on-ice battles. But when Richard's first child is born, Dupuis is able to capture Richard's quiet emotion without saying anything.

The Rocket also stars Stephen McHattie (*A History of Violence*), as Canadiens head coach Dick Irvin. McHattie portrays a coach who reveres Richard, but also does everything in his power to unleash Richard's furor. McHattie researched the role by speaking with Irvin's own son, and retired Hockey Night in Canada broadcaster Dick Irvin Jr.

Audience members who may be apprehensive about subtitles should not worry as the movie blends in both French and English. It also becomes part of the story, as players are unable to speak French on the bench, lest the English coaches not understand what they are saying.

The Rocket is a must see for any sports fan, but also for any Canadian that wants to see the history behind the some of the division between French and English Canada.

Richard is the famous NHL Hall of Famer from the Montreal Canadiens hockey franchise.

His career lasted 18 years through 1942-1960 during which he amassed numerous records and accomplishments. Some also credit him with beginning the Quiet Revolution in Quebec.

The Rocket made its English debut at the NSI Film festival in March. It opens in theatres April 21st.

NORTH AMERICAN OCCUPATIONAL SAFETY & HEALTH WEEK
April 30 – May 6, 2006

Red River College along with other Canadian organizations will be celebrating the 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.

Red River College will be sponsoring the following activities at all campus' during this week.

April 28	National Day of Mourning – lowering the flag at half-mast in recognition of those who have been injured or died on the job.
May 1	Kick Off of the Spot the Hazard contest where students and staff can identify workplace safety and health hazards, possible solutions and win an opportunity for a prize. Watch for drop off boxes in the following cafeteria locations: • Voyageur • Stevenson Student Lounge • Princess Street Food Court • Buffalo • HETC food kiosk A workplace inspection by the Notre Dame JWSHC members, Jeff Zabudsky and Cathy Rushton will be conducted in one of our facilities.
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 3	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.

Show your commitment to safety and health, have a toolbox talk with students or staff, hold a meeting and discuss safety and health issues, or set up a training session on any topic on safety. Call the EHSS department for more information at 632-2017 or 632-2395.

view from the ridge

DARREN RIDGELY, COLUMNIST
ridge2@yahoo.ca

Seeing as this is the very last *A View from the Ridge*, I had thought that I should come up with something profound to leave you with. Then it occurred to me that given the previous topics I've discussed in this space, profound and inspirational words would have been very out of character. So what I'm going to do is speak on behalf of a humble, irritated subclass of humanity: the gas station attendant.

I happen to be a gas jockey. I have been for nearly a year now and from those experiences I have this to say: gas station customers are vicious, stupid mongrels. If you think that the smiling guy/girl across the counter actually likes you, there's an incredibly high chance that you are wrong. They have simply been exposed to too many bad customers to assume you may be a good one. So what I'm going to do is help you out, and tell you what not to do as a gas station customer in a little section I'd like to call *Four Guidelines for Not Being an Insufferable Oaf.*

1. Don't complain about gas prices. Prices fluctuate practically week-to-week and employees spend entire shifts listening to your perpetual whining about it. It's not our fault, there's nothing we can do, and we don't particularly care. If you really don't like it that much, you should stage a protest by not buying gas. But don't hand us your credit card and then grumble about it.

2. Have your stuff ready. There is nothing more irritating- to both employees and the other customers- than to know that you stood outside filling your tank for many minutes and are now slowly sifting through your wallet to find the appropriate cards and coupons. You're holding up the line, you're wasting everybody's time, and you have probably done this a million times so don't act like you've forgotten what you need to present in order to get your precious discounts.

3. Note that we are a gas station - not a mechanic's shop. We are paid to pump your gas and wash your windows. If you want your oil checked, your washer fluid refilled, etc - do it yourself. It's your car. Most places don't require their employees to do such things because of liability issues. Try not to be so lazy.

4. Do not try to cover up your own stupid misconceptions by yelling at us to make it seem like our fault. Once, a man saw that two of twelve pumps had been blocked off by pylons - they were broken - and he took this to assume that we were closed. I suppose all the lights and the two people standing behind the counter were not enough to provide evidence to the contrary. He came inside later after realizing his mistake and pumping his own gas (heaven forbid!) and yelled at us to find a new system other than pylons so that it would "look like you're still in business".

If you've done such a thing, you know who you are. How are you allowed outside your house unattended? Try to keep hold of your common sense when you go through basic retail routines.

I'd just like you to keep these things in mind. Try. Try hard. If you all do your part and change the face of that mass consumer crowd you may have employees smile at you because they actually like you, and not because of a corporate mandate that they do so.

Around Town

BY AMIE LESYK
entertainment@theprojector.ca

Shows

Arch Enemy – This Swedish metal group hits town on April 18. They are playing with Chimara, God Forbid and Hate Eternal and the show is at The Venue.

Minus the Bear – Hailing from Seattle comes rock band Minus the Bear playing alongside Fractal Pattern and Sylvie on April 18 at the West End Cultural Centre.

Much Does Winnipeg – The tradition lives on. This year's line-up features Sick City, Lives of Many, The Afterbeat and Birdapres. The show takes place on April 19 at the West End Cultural Centre.

Protest the Hero – These political-minded punks from Toronto come to town on April 19. The show is happening at the Collective Cabaret and also features With a Wilhelm Scream, Bayside and Spill Canvas.

Big John Bates & The Voo Doo Dolls – This "hot rod blues" band plays Winnipeg on April 22 at the Pyramid Cabaret.

Mobile – Mobile comes to town on April 27 at the Pyramid Cabaret. They will be joined by Stabilo.

Young & Sexy – Y & S plays with locals Novillero at the West End Cultural Centre on April 27.

Saves the Day – Punk O' Rama presents Save the Day with Circa Survive and Moneen at The Venue on April 27.

Balanced Record Five Year Anniversary Party – This celebration features eight DJs for five dollars. Happening at the Winnipeg Art Gallery on April 28.

92.9 KICK Home Spun CD Releases – Red River College's own KICK FM launches its new Home Spun CD on two dates with eight different bands. The dates are April 28 and May 5. Both shows will happen at the Pyramid Cabaret. Details available at kick.fm.

Art & Culture

Hiroshima Diary: Mayor for Peace Art and Education Exhibit – This event features a 30 poster set of art, photographs, and educational materials concerning the atomic weapons used on Hiroshima and Nagasaki. It also features a weekly speaker. The Millenium Library until April 28.

Nomenclature – Robert Houle's exhibit, Apache Bombs & Helicopters, is at Urban Shaman Gallery until April 29. It showcases Houle's bold style art with subtle messages about the brutality of war.

Chris Walter – Walter launches *Langside*, his ninth book, at the Royal Albert with three Winnipeg bands on May 5. Walter will also perform a reading at McNally Robinson Grant Park on May 8.

Ursula Burke – Burke, hailing from Northern Ireland, is currently the artist-in-residence at Platform Centre for Photographic and Digital Arts, 100 Arthur Street.

RED RIVER COLLEGE
STUDENTS' ASSOCIATION

Employment Opportunity

Graphic Designer Wanted!!

The RRC Students' Association needs a skilled design artist to help us complete our 2006-07 Weekly Planner & Guide. Applicants must be familiar with QuarkXPress and able to work from an existing design. The successful candidate will be working closely with one of RRC's staff designers.

Specific Requirements:

* Design and make ready for print a new guide cover
* Create and design a dynamic yet functional calendar portion of the guide
* Integrate calendar design with text portion
* Complete work, as required to a firm deadline

The successful candidate will be reporting to the SA's Advertising Director on a regular basis.

Application Deadline: April 28, 2006 **Wage:** *$600*

Submit application with samples of your work to
Mr. Guy Lussier, c/o RRC Students' Association,
P110, Princess Street Campus,
or CM20 Notre Dame Campus, Fax. 632-7896.

RED RIVER COLLEGE
STUDENTS' ASSOCIATION

NOW HIRING
FOR NEXT SCHOOL YEAR

Events Coordinator - Notre Dame Campus
Events Coordinator - Princess St. Campus

Rate of Pay: $9.00 per hour
Hours per week: casual, approximately 12 hours per week
Application Deadline: Friday, May 12, 2006

Position Summary
Get paid to bring fun events to campus. As an employee of the Red River College Students' Association (RRCSA), the Events Coordinator will help plan, implement and evaluate social, cultural, and educational programs to meet student needs. This person will work on a casual basis as needed and will be expected to work at times with minimum supervision. Must be a Red River College student within the 2006 / 2007 school year. For more information, drop by Room DM20 or P110 for a full job description.

To Apply:
Drop off resume with cover letter, by Friday, May 12, 2006 to:
Michael Blatherwick, Program Director
Room DM20, 2055 Notre Dame Avenue
Winnipeg, Manitoba, R3M 0S4
or
Michael Blatherwick, Program Director
Room P110, 160 Princess Street
Winnipeg, Manitoba, R3B 1K9
or
email: saevents@rrc.mb.ca

EXAM CRAM
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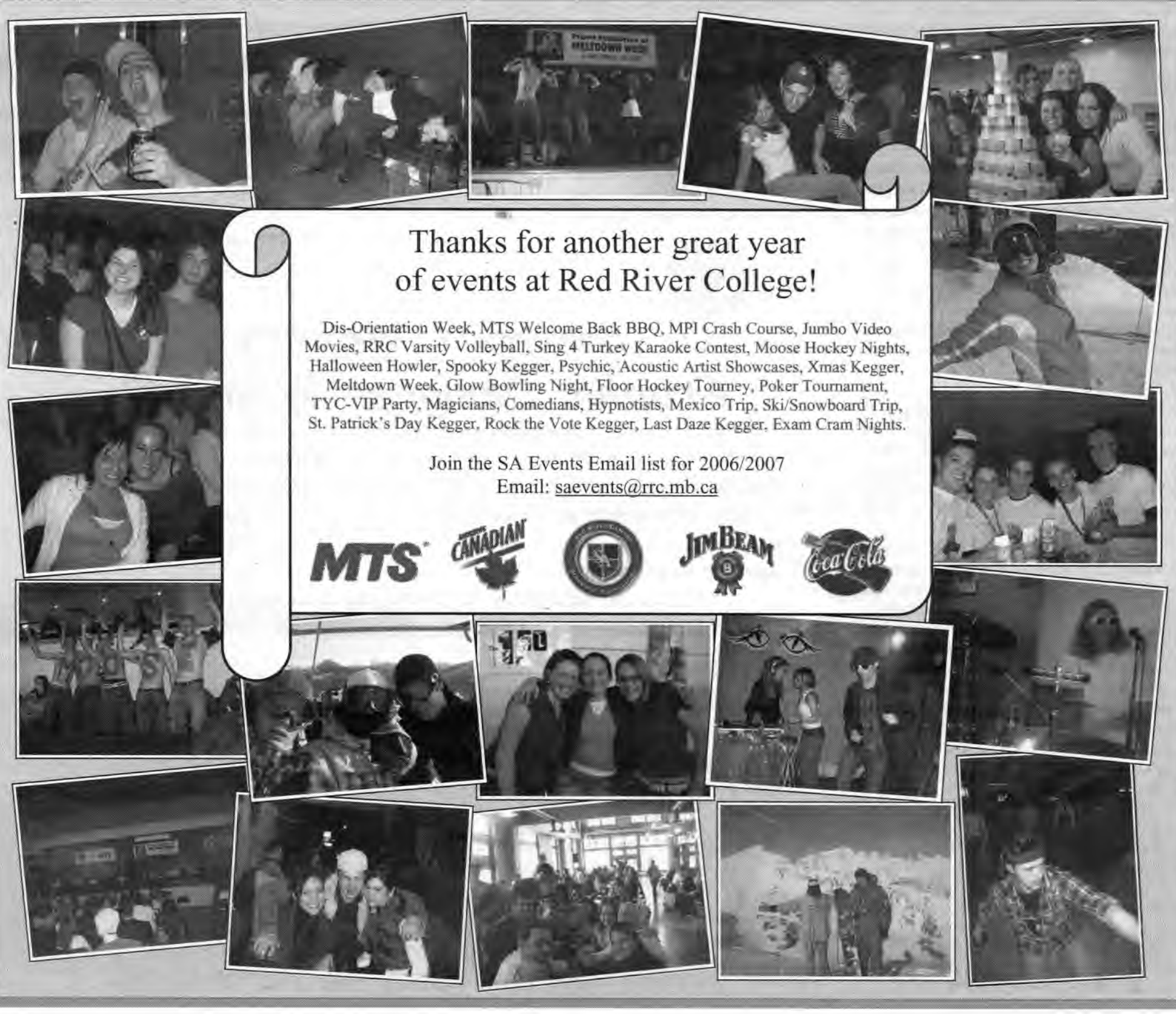
NOTRE DAME CAMPUS

- Wednesday, April 19
  8:00 am - 9:00 am
  Library Hallway
- Monday, April 24
  6:00 pm - 8:00 pm
  Library Hallway

PRINCESS ST. CAMPUS

- Thursday, April 20
  8:00 am - 9:00 am
  P110 (Atrium)
- Tuesday, April 25
  6:00 pm - 8:00 pm
  P110 (Atrium)

GOOD LUCK WITH FINAL EXAMS



Thanks for another great year of events at Red River College!

Dis-Orientation Week, MTS Welcome Back BBQ, MPI Crash Course, Jumbo Video Movies, RRC Varsity Volleyball, Sing 4 Turkey Karaoke Contest, Moose Hockey Nights, Halloween Howler, Spooky Kegger, Psychic, Acoustic Artist Showcases, Xmas Kegger, Meltdown Week, Glow Bowling Night, Floor Hockey Tourney, Poker Tournament, TYC-VIP Party, Magicians, Comedians, Hypnotists, Mexico Trip, Ski/Snowboard Trip, St. Patrick's Day Kegger, Rock the Vote Kegger, Last Daze Kegger, Exam Cram Nights.

Join the SA Events Email list for 2006/2007
Email: saevents@rrc.mb.ca

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