the **projector**

Red River College's Student Newspaper
April 20, 2015

Winding it back

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Dishing out excellence

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Summer sport anything but leisure

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Events

Akina Ndinawaymagank: All My Relations

Aboriginal Student Support & Community Relations is offering a 7-week series facilitated by Elder, Jules Lavallee. Participants will learn 5 traditional songs and receive teachings on the meaning and directions.

April 21 **Review & practice the songs**
April 28 **Review & practice the songs**

All staff and students are welcome to attend. Sessions will start at 3 p.m. until 4 p.m. in the Aboriginal Support Centre - NDC Gathering Room F205

Red River's Luckiest Student

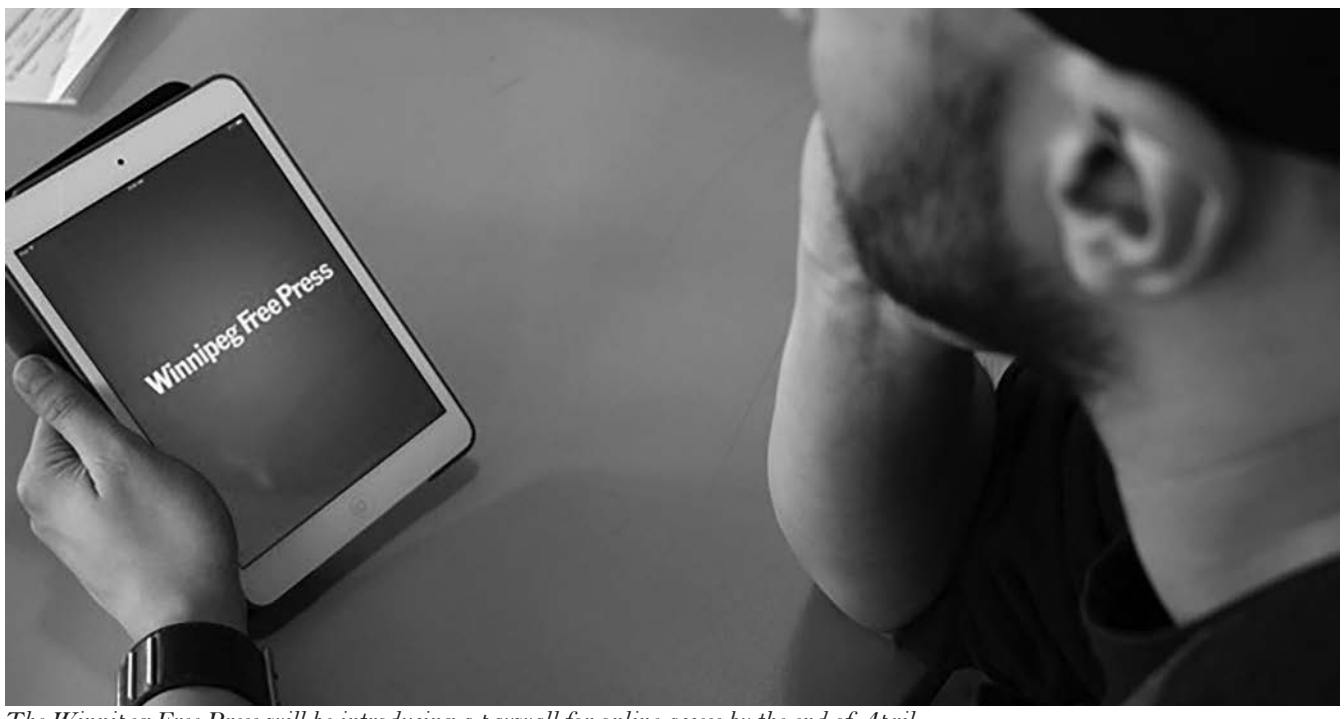
Sign up online at redriver.studentlifenetwork.com and you could win an iPad mini 2, cash and more.

Spring Group Fitness Programs

Coed classes run on Mon., Tues. and Thurs. from May 4 to June 25 at NDC.

Classes include yoga, 20/20 stack training, dynamic core, and cardio fusion. There's also a circuit-style boot camp combining strength, flexibility and cardiovascular endurance exercises held by Cameron Makarchuk, the founder of BOOM Body-Shaping Studio.

Fees and times vary for each class. You can download a registration form from blogs.rrc.ca/rebels, which must be submitted to the Student Service Centre.



The Winnipeg Free Press will be introducing a paywall for online access by the end of April.

ILLUSTRATION BY ERIN DEBOOY

The cost of news

Students reconsider news outlet with paywall

By Erin DeBooy, News Editor

The Winnipeg Free Press will be introducing a paywall on their website at the end of April, and students are unsure where they'll go for local news.

The Winnipeg Free Press payment structure is the first of its kind among newspapers, allowing you to subscribe monthly for $16.99 or pay 27 cents per article, much like you pay per song on iTunes. If you already subscribe to the daily print copy, you have the online access included.

"Our goal was to come up with a system that works. And in my mind, the key to a system that works is one that reflects the reality of online purchasing," Paul Samyn, editor of the Winnipeg Free Press, said in an email. "What we are doing is offering readers options that are a first for newspapers in North America that have some form of paid content strategy."

The feedback received so far has been encouraging, Samyn said, and even though some people say the newspaper is making a mistake, there are many more rooting for the change.

"Many not only see the value in the approach we are taking, but also want us to succeed because they recognize the importance of the Free Press to our city and province," said Samyn.

The importance of the publication, however, isn't enough to get some students to click and pay up.

"As a student, I'm always just trying to save money," said Connor Hemmett, a business administration student at Red River College. "If it's important news, I'll be able to find it elsewhere."

Micky Humphrey, a human resource management student at the University of Manitoba, is also wary of how the cost could add up.

"I like to read the local news and sports while I'm at work, and can sometimes have five to ten articles open at once," Humphrey said. "That can add up over time. Personally, I won't pay anything to read it online."

There are students who do see the value, and plan to sign up once the paywall takes effect.

"I think it's fair for the type of work the Free Press does," said Bailey Hildebrand, a Creative Communications student at RRC. "I understand what kind of work goes into reporting because I'm studying journalism. I feel it's important for me to read the content they put out."

Hildebrand adds she will be using one of the payment options the Winnipeg Free Press has to offer, but wishes they had a student deal. Samyn said some sort of student pricing isn't off the table.

"We are always listening to our audience. Readers not only give us feedback but also ideas for stories," said Samyn. "The student rate was one good suggestion that has been put in the hopper for consideration."

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WHO WE ARE
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Many students say they're surprised RRC offers a deaf studies program. Above is RRC in sign language.

ILLUSTRATION BY ERIN DEBOOY

You take WHAT class?

Three RRC programs you never knew existed

By Erin DeBooy, News Editor

Growing up, kids might say they want to become a teacher, a writer or a carpenter. But what about librarian, interpreter or funeral director? It's time to learn about the careers and RRC programs you might not know you want yet.

Library and information technology

Through elementary school, Christine Janzen's favourite place was the library.

"I loved being able to access all those books, and being able to take any of them that I wanted," said Janzen.

Janzen found a way to turn her passion into a career with RRC's library and information technology program, which will allow her to work as a library technician upon completion.

The program currently accepts only 14 students a year, and it usually has a wait list.

But there's more to being a library technician than a love of books, explains Kelly Stifora, program coordinator. He said library technicians need to be up-to-date on the newest technology.

"Libraries are not going anywhere," said Stifora. "They are adapting to new technologies and new needs within the community and will continue to do so as we move into the future."

"It did surprise me how technology-heavy our classes are," said Janzen. "It's been great, but I hadn't realized how many different aspects of technology can be used in the library."

Deaf studies

The deaf studies program is available for students who want to learn American Sign Language (ASL) and about deaf culture as a whole.

"We want to bring awareness to deaf culture, including the history," said Rick Zimmer, program coordinator. "We go far back in history and look at the perceptions of disabilities and how deaf people were perceived."

The program can be taken alone to achieve a certificate, or taken as part of a joint-degree program with the University of Manitoba, the ASL-English Interpretation Program (AEIP).

"THE PROGRAM REALLY OPENED MY EYES TO A LOT OF THE WAYS SOCIETY IS STRUCTURED FOR THE BENEFIT OF CERTAIN GROUPS."
— JESSICA CARROLL, ASL-ENGLISH INTERPRETATION PROGRAM STUDENT

Jessica Carroll is in her last year of the AEIP. She said the program has taught her more than just how to communicate without sound.

"The program really opened my eyes to a lot of the ways society is structured for the benefit of certain groups," said Carroll. "We talked a lot about things we take for granted, things that are natural for the majority of people. For example, simple things like fire alarm systems are auditory, not visual."

Being patient, flexible and motivated to learn are key in the deaf studies program, said Zimmer, as ASL can be complicated to learn. He also suggests having an open mind.

"People who are learning ASL sometimes really want to be in that helping role," said Zimmer. "Deaf people don't really need help, they don't consider themselves a helpless group. You are learning to become more of a facilitator than a helper."

Funeral director and embalmer certificate

This program prepares students to be funeral directors and embalmers in the funeral industry, providing technical and hands-on training, said Randy Lock, health sciences program manager at RRC.

"Students develop skills through a combination of instructor-led instruction, laboratory, and practicum experience under the supervision of licensed funeral directors and embalmers," Lock said.

Courses in the program, which range from the psychology of grieving to embalming theory and labs, are mostly done through distance education. But there are some classroom requirements.

Lock said a total of about 70 students have taken the orientation and are in different stages of completing the part-time program over three portions.

News Briefs

COMPILED BY ERIN DEBOOY

The votes are in

Red River College Students' Association (RRCSA) has announced the new executive team for its 2015/16 term. Benjamin McDonald has been elected RRCSA's new president. Adam Taplin was elected vice-president external, Chantel Reles was elected vice-president internal and Lindsay Rowan was elected vice-president academic. The new executive team will start their term in May.

Open forum, open minds

The University of Winnipeg is taking another step to end racism in Winnipeg. The University of Winnipeg responds to Maclean's Magazine: A Discussion of Race, Community and Possibilities is a free public forum on Monday, April 27. Nancy Macdonald, a journalist at Maclean's magazine, will be there to discuss her article, which labeled Winnipeg as "Canada's most racist city." The discussion between Macdonald and a group of other panelists will be moderated by Kevin Lamoureux, an instructor in the Faculty of Education's ACCESS program and an author of Inclusion in Partnership, a guide to include Aboriginal perspectives in classrooms.

Wish, Granted

The Canada Student Grant program will be expanding the number of training programs eligible for government help, according to an April 7 announcement from Prime Minister Stephen Harper. The program will include post-secondary programs that are 34 weeks and longer, which is lowered from the previous minimum of 60 weeks to qualify. Harper stated in a press conference shorter programs still prepare a student for a job, and he expects the change will help tens of thousand of Canadians find well-paying jobs.

MESSAGE FROM THE EXECUTIVES

It has been such an immense pleasure for all of the executive committee serving you this year. We have had a number of challenges, and a number of successes but we made it through and are now passing that wisdom along to the new executive team.

I want to say thank you to the students and faculty in the manufacturing department for starting up our most active clubs this year, the Table Top Gaming Club. They have hosted many events and even a tournament to get more students interested in the games. The students in the Great Northern Concrete Toboggan Race Club should also be recognized for their immense fundraising abilities. You guys should be very proud of yourselves!

Thank you to all the EP Groups and various clubs for getting so involved with fundraising at the Exchange District Campus. You have sparked a fire that I hope will last a very long time with the hot food fundraisers. We always want to do more and be better for students at EDC, and everyone made it very easy for us this year. We can't make the college bigger for you, but we can make it a little better!

There were many students who came in this year at both the Exchange District Campus and the Notre Dame Campus asking for help with appeals. It's been our pleasure helping you in these difficult times.

The executive were able to build many fabulous relationships with the staff and faculty at Red River in the past year, and those relationships don't end with us! We are all transitioning our incumbents to treat everyone with the same respect and honesty we would give you. We do not want any of those relationships to die because we all impact each students' experience here, and we always want to improve in all ways.

Everyone, please be safe and have fun wherever your life takes you after Red River. This place will always hold a special place in the hearts of the executive team and we hope it's the same for you.

In September we will be looking for board members for the Students' Association Board. If you are interested in getting involved with the SA, please stop by our office any time in the summer, or in September to find out what role would suit you best!

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Another year in the books

A review with Student's Association president Lauren MacLean

By Evan Matthews, Beat Reporter

The Projector: How do you think your past year went as president?

Lauren MacLean: I think this past year was enormously successful. We were able to reorganize the bylaws, making them more efficient, fluid and readable. A lot of the content stayed the same, and at this point it's become more cohesive.
Traditionally, the executive team includes business people, but I was exposed to a lot of students from different programs. It made it easier to represent everyone.
We created a new strategic plan this year. The previous student plan was poorly managed. We didn't use it well because we didn't know how to use it. As a team, we decided [re-writing the plan] would be the number one priority of our year. We accomplished our goal.

P: Do you feel your job as vice-president last year helped get you ready for this year as president?

LM: Absolutely. It was awesome because now I've gotten to experience both campuses. Everyone on the executive team last year was from the Notre Dame campus (NDC). I was the only representative from the Exchange District Campus (EDC), and I felt we were a little under represented. So this year, it was nice because we had three people from EDC.

P: Is there anything as president you're particularly proud of?

LM: My team. As vice-president last year, I was trying to push people to get involved and run for these executive positions. Chris has been so great, and Ben was someone who came out of the woodwork two days before the deadline, and he wanted to do it. The whole team has been great.

P: Is there anything in your tenure as president you think could have gone differently?

LM: I'm a very solution-driven person. Our mission is to improve the overall experience for every student. If we don't hear anything from students because they aren't engaged, how do we improve things? So communicating with students, getting them engaged and collecting data was something we worked at improving. There is still room to improve.

P: What are your expectations of Benjamin McDonald as he takes over the role of president?

LM: Passion. These jobs are not for the faint of heart. They aren't for people who want to leave work at home. You're an elected official. You have to believe in not just helping one person, but truly improving everyone's experience. There is no *I* in these positions. It's about being here for all students, whether it's EDC, NDC, Stevenson Aviation, Winkler, Steinbach, etc. It takes passion and dedication.

P: Do you have a favourite example of RRC students making a difference within the community in the past year?

LM: I'd have to say when the culinary arts program sent students to Siloam Mission over the holidays. The students prepared meals, and it was cool because the students were actually learning. That's a real teaching moment, and I loved that it was helping the community. RRC is a community within Winnipeg, and I think the RRC community touches so much of Manitoba.

P: What's next for you?

LM: I got a job with Richardson [International], the agricultural company. I'll be working downtown in the Richardson Building and hopefully moving into a coordinating project manager's role.

P: Is there anything you want to say to your team members, to new staff or to RRC students before you leave?

LM: I've loved every minute of this. I love every student I've been able to interact with. As much as I may have been stressed or overworked, this experience has been so fulfilling. I never thought I'd be able to accomplish this, and there were times I thought I'd crash and burn, but it didn't happen. Being elected on two separate occasions, to two different positions and making it the whole way has blown me away. I'm so grateful to all the students, staff and faculty for making my time here possible.

Don't take shortcuts

When you hail a cab this summer, make sure you're ready for anything.

PHOTO BY LIGIA BRAIDOTTI

Staying safe on summer cab rides

By Ligia Braidotti, Contributor

Summertime. Party time. Let's-call-a-cab time.

Taxis are lifesavers in more ways than one during hot summer nights. Calling one can get you and your friends home safely, but not all rides go as planned.

"Did you hear that story about the woman whose cab driver took her to the wrong place and made her pay a hundred bucks?" Abegail Rose asked her friend Daniel Marte.

The two business administration students from Red River College said they use cabs a lot during the summer, but tend to be cautious because of negative stories they've heard.

Rose said to avoid becoming the star of these stories, she tries to be observant whenever she gets into a cab.

"I usually look at what's on their dashes," said Rose. "I ask if the cameras are on, for their names and I always leave my windows open."

While Winnipeg Police spokesperson Constable Eric Hofley said he believes the vast majority of cab rides are completed in a "courteous and professional manner," it might not be a bad idea to take some precautions.

Const. Hofley suggested sitting in the back seat if you are riding alone and making note of the cab company and cab number. The WPS's website advises you to direct the driver to where you want to go, and Const. Hofley said keeping talking points light will also keep you safe.

"Avoid having too personal a conversation with the driver," he added. "Talk instead about daily events as opposed to family or friends."

Raquel Doyle, a business administration student, said she's heard more advice about what you should say when you get into a taxi.

"My friend's mom used to tell her that as soon as she got into a cab, she'd pretend she was calling her mom or dad," said Doyle. "She'd say, 'hey mom. I'm riding cab number X from company Y' to show the driver that other people were taking care of her ride."

But Marte said there is another person's safety to keep in mind — the driver's.

"I think both the driver and the passenger have some fear. Drivers are also afraid of what we may do to them," said Marte. "They can't tell if the passenger is a bad person."

Cab companies provide their cars with many devices to ensure the driver's and the passengers' safeties. Cameras, GPS and microphones record everything that happens inside the cab. GPS is supposed to give drivers the shortest routes, so they don't spend too much time with the passenger.

Const. Hofley said there isn't a specific sign to look for when you get into a cab, but if something doesn't feel right or isn't going as planned, take care of it right away.

"If a person feels something inappropriate happened during a cab ride, ensure that it is reported to police," he said.

Fitting the bill

Another click through the paywall

SCOTT BILLECK, NEWS COLUMNIST

It's not often the newspaper becomes the news.

There's been a lot of talk lately about paywall systems, both in Winnipeg and abroad. The Toronto Star abandoned its paywall system at the start of April, citing its readers and advertisers' concerns among the reasons to back off the unpopular system.

The Winnipeg Free Press, on the other hand, is gearing up for a pay-per-view style system that will allow users to pay 27 cents per article read. Alternatively, users can get full access for a monthly fee or through a print newspaper subscription.

It's an interesting concept we haven't seen in Canada yet. The idea of paying only for what you want works well in other mediums like TV, but it also comes with a host of opponents who have taken issue with the proposed platform.

Why? News is so easily accessible everywhere now, and for no extra cost. There are more "journalists" now than ever before and breaking news is on Twitter, for instance, well before you watch it on the six o'clock news or read it in the paper the next day.

But a lot of this new journalism, or pseudo-journalism as it's sometimes referred to, is missing a key component: credibility. Most of these self-appointed reporters are not well-rounded, experienced and educated journalists who have the expertise and know-how to bring quality information to the news every day.

The decline of print news has raised the stakes for newspapers. Now, they have to ensure they do the work of the public while meeting their immediate satisfactions. They try new methods to increase revenue via other streams so that the quality of the journalism can remain intact, and the jobs of those who produce it, alive.

I have no doubt the Winnipeg Free Press spent egregious amounts of time and money to come up with a plan that was better than the status quo. I can't imagine they would choose a route that wasn't a viable option. They've also made it quite clear they are open to suggestions.

There are some successful paywalls out there, like for the New York Times and other major publishers in the United States. Additionally, a report from the Guardian in 2013 suggested young people are willing and have been paying for digital news.

Attitudes are changing slowly.

Good journalists need to be paid. They deserve to be paid for their job, just like good doctors, dentists, police officers and firefighters do.

Good journalism promotes good democracy.

And people deserve to have both.

• • •

Read more of Scott's opinions on his blog scottbilleck.wordpress.com or tweet him @scottbilleck.

Hats off to the chef

RRC's Tim Appleton wins Chef of the Year

By Evan Matthews, Beat Reporter

Watch out, Food Network Canada. Red River College has its very own top chef.

The Canadian Culinary Federation named Tim Appleton, a culinary arts instructor at RRC, Provincial Chef of the Year.

"It's pretty humbling," said Appleton. "It's your colleagues and your peers putting it out there and looking at you in this manner. It means a lot."

The Canadian Culinary Federation's mission is to unite chefs and cooks across Canada in a dedication to professional excellence, and Appleton clearly fits the bill.

"This all happened through networking," said Appleton. "This is how a career grows. Food is a gift we have, and so many people go without. If we can utilize that gift to give a bigger gift, it's a no brainer."

A committee of members within the Canadian Culinary Federation vote on Chef of the Year, Appleton said. The winner of the award should demonstrate commitment to their local branch of the Canadian Culinary Federation and to the local community.

"I've always tried to be very involved in community," said Appleton. "When Hurricane Katrina came about, Dave Bergmann from Bergmann's on Lombard gave me a call and said, 'hey, can we do something?' So we pulled together and raised funds. We've done the same thing for the Children's Hospital, and Siloam Mission. Whatever we can do, we definitely try."

The Chef of the Year, RRC's Tim Appleton perfects a dish at RRC.

PHOTO BY EVAN MATTHEWS

Appleton added he is currently working on a black tie event with an organization called Share Our Strength, who they've already raised over $1 million for over the years. But it's not just the Canadian Culinary Federation who has noted Appleton's good work. He leaves a lasting impression with some of the most important people: his students.

"I liked how he explained things simply and professionally. I could easily understand and use what he wanted us to learn," said Joonwoo Song, a former student of Appleton's and 2014 RRC grad. "He is a great advisor who taught me how to become a great chef for the future. I'm proud to say he taught me."

INFOGRAPHIC BY CHYNNA HILDEBRANDT

Get decked

Young musician presses play on cassettes

By Riley Chervinski, Contributor

Micah Visser wasn't even alive when cassette tapes were at their most popular, but he's releasing 50 of them to sell his newest tracks.

The 19-year-old Winnipeg singer-songwriter plays across the city accompanied by a four-piece band.

The cassette launch for his latest album titled *ok night* will be at The Park Theatre on April 23.

Cassette tapes, which were used heavily in the 80s and 90s for music and books, are a novelty item for fans, according to Visser.

"I released my last album on CD and after a few months realized everyone was mostly listening to it on their computers and iPods anyway," said Visser. "I decided that if people were mostly buying it to support me, I might as well have something collectible and interesting."

Visser describes his sound as alt-folk and his songs combine stirring melodies with strong lyrics.

The *ok night* cassettes were a best-seller on Bandcamp for three weeks in a row, an accomplishment Visser chalks up to the small number of bands producing cassettes for their music these days.

In 2013, Sony discontinued the production of its cassette players and recorders from the market, but cassette players can still be found on Kijiji.ca or in cardboard boxes at garage sales.

But local record company Dub Ditch Picnic wants to bring back the plastic since they only release cassettes.

"Cassettes are always niche and a curiosity," said Dub Ditch Picnic representative, Chris Jacques. "They appeal to certain segments of music fans — experimental, noise folks, black metal, punk rock — all these genres have long histories with cassettes and continue to do so."

Jesse Hardie, a former Red River College culinary arts student and the drummer in emo/math rock group Sit Calm, said he thinks tapes might be the next comeback trend.

"If a band can sell cassettes and know that there is a market place for them within their community or scene, then all the power to them," said Hardie. "Vinyls have made a huge comeback, so who knows what the future holds for cassettes."

Micah Visser will release his latest songs on cassette tapes at The Park Theatre on April 23.

PHOTO BY JOSEPH VISSER

Visser said he hopes to sell out of cassettes, which were made in a small manufacturing plant in Montreal, at his launch.

Putting on the glitz

Manitoba Book Awards tries on retro look

By Rachel Carlson, Beat Reporter

The historic Marlborough Hotel will light up with talent (and maybe some pearls) during the 2015 Manitoba Book Awards.

"We decided to do something a little different this year," said Manitoba Writer's Guild event coordinator, Rhiannon Maskiw-Connelly. "This is our first year introducing a theme and little bit more formal of a venue. We're moving toward more of a gala."

This year's 1920s theme means more than flapper dresses and fedoras — it celebrates Manitoba's literary history, according to Maskiw-Connelly.

"Sir Arthur Conan Doyle visited Winnipeg in 1923, but it wasn't actually for literary reasons. He was going through his phase of spiritualism," she said. "When he came to Winnipeg in 1923, he stayed at The Marlborough Hotel."

People are encouraged to come in 1920s-themed costume, although it's not mandatory.

The awards, however, are firmly rooted in the present with the introduction of two new awards: the Beatrice Mosionier Aboriginal Writer of the Year Award and the Chris Johnson Award for Best Play by a Manitoba Playwright.

New awards help raise interest in the arts and keeps people in-the-know, according to Rory Runnells, artistic director of the Manitoba Association of Playwrights.

Rhiannon Maskiw-Connelly, Manitoba Writer's Guild event coordinator peruses the Manitoba Book Awards' shortlisted works.

PHOTO BY RACHEL CARLSON

"Every award increases knowledge in the public about its intent, hence more attention is paid to the theatre and literary community," said Runnells. "People become interested in reading the play or going to see another play by the same playwright."

Attendees can mingle with this year's nominees including award-winning authors Joan Thomas, Katherena Vermette and Red River College graduate David Bergen.

"It will be a great event to meet with some of the industry's top people and for anybody who's interested in a career in writing," said Maskiw-Connelly. "Whether someone is interested in journalism, poetry or fiction, this will be a great place to learn a little bit about the process."

The awards will be hosted by award-winning author and broadcaster, Rosanna Deerchild.

"Rosanna's such an interesting person who's been prominent in the media over the last year," said Maskiw-Conelly about the first-time host.

The 2015 Manitoba Book Awards will be held on April 25 at The Marlborough Hotel with cocktails at 6 p.m. and the awards at 7 p.m.

Fresh to the festival

Setting the stage for newcomers

By Brittany Hobson, Arts & Culture Editor

You could be missing out on your new favourite band if you don't go to local summer music festivals, according to Paul Nolin, the executive producer for Jazz Winnipeg.

"I like to think that we present a lot of great music that won't otherwise be heard by the community at other times of year," said Nolin. "Every year, I do my best to put together a line up that is exciting and has artistic integrity."

This year's lineup includes artists like Esperanza Spalding, Buddy Guy and Charles Bradley.

But, for festival newcomers, choosing from the wide range of festivals in Manitoba can be overwhelming. Should I go to Folk Fest or Jazz Fest? What should I bring? What should I wear? Lucky for you, we've got the inside scoop on these outdoor concerts.

For those camping at the Winnipeg Folk Festival for the first time, be on the look out for themed campsites, like this Peanuts one from 2014.

SUPPLIED PHOTO

Step 1: Get to know the festival

"I will listen to the artists and plan a schedule of who I want to see and when, in case there is overlap," said Neila Carmichael, 25, who has been attending the Winnipeg Folk Festival for over a decade.

Many festivals have shows that overlap with one another and research is the best way to avoid colossal disappointments. Jazz Winnipeg, the Winnipeg Folk Festival, Folklorama, Winnipeg Fringe Theatre Festival and MEMETIC all have websites that provide useful information like prices, venue information, tips and lineups.

Step 2: Bring proper survival tools

Always check the weather. There is nothing worse than being caught outside in a downpour or without that SPF 50.

"Bring summer essentials, lots of water and tons of sunscreen for us pasties," said Carmichael. "Also, wear fun clothing. Make a Value Village trip. You always want to look good, stand out and be an individual, but it's also about comfort and functionality."

Step 3: Stay connected

The Winnipeg Folk Festival and Jazz Winnipeg both have an app that gives users maps, schedule information, artist information and many more useful tools. This is perfect for those looking for information on the go.

And for last minute changes, these festivals have a live Twitter feed going throughout the festival to provide up-to-date information.

Step 4: Embrace the unknown

"I think it's a simple matter of approaching the festival with an open mind, a spirit of adventure and a willingness to discover and experience new music," said Nolin. "The Jazz Festival offers music fans a unique opportunity to do this right in our own downtown."

For those not quite ready to make the commitment, check out all the free stuff other festivals put on in Old Market Square — perfect for those not willing to shell out some cash for their live tunes.

Students say...

Sang Bui, business adminstration

I go to Summer of Sound. I went last year, and it was so amazing. I am looking forward to Martin Garrix this year.

Nicole Melvin, business administration

I live in Selkirk, so it's kind of a commute. Unless the festival's something I would be interested in. I don't generally go to those things. I would go to something like Rock on the Range, mostly just heavy metal stuff.

Ryan Checkley, business administration

During the summer, I am always at my lake at Grand Beach, so I normally don't come in for [festivals]. I go to Pride and that's fun. I guess that counts.

Arts Briefs

COMPILED BY ERIN HILL

Goon goes for two

The sequel to Manitoban-shot film, *Goon*, is in the works.
Canadian actor Jay Baruchel confirmed *Goon 2* would begin filming this summer. The first film was written and produced by Baruchel and Canadian producer Evan Goldberg, one of the writers behind *This Is the End* and *The Interview*.
There's no official release date for the sequel, but according to Baruchel, fans can expect everything they loved from the first one and more.

"I'm no angel" gets wings

A new lingerie campaign takes a dig at Victoria's Secret Angels, and women on social media are loving it.
The Lane Bryant campaign for the new Cacique line features the "Cacique Girls" in the lingerie, describing what they believe is sexy. It ends with the women announcing "I'm no angel" and shows the hashtag #ImNoAngel, asking women to share what they love about themselves on social media.
People have taken to Twitter, Facebook and Instagram to share the video and their opinions about accepting of all body types.
Victoria's Secret has made no comment on the campaign.

This is a Rodeo song

Interstellar Rodeo, a new three-day music festival, will be coming to Winnipeg this summer.
The festival features Irish singer Sinead O'Connor as the headliner and features other artists like Tanya Tagaq, Blue Rodeo, July Talk, The Lone Bellow, Elliot Brood and more.
Interstellar Rodeo will be at The Forks from Aug. 14 to 16 and offers weekend passes and single-day tickets.

Hansen won Recording Package of the Year and Landreth won Roots Traditional Album of the Year at the 2015 Juno Awards.
PHOTO BY SAMANTHA KATZ

First comes Junos...

RRC grads feel the love after awards

By Brittany Hobson, Arts & Culture Editor

Every couple has special memories they look back on and smile. They might start with, "remember that camping trip?" or "that's the booth you had the weird salad in."
For Roberta Hansen and Dave Landreth, it might go a little more like, "remember that time we both won at the Junos?"
Both Hansen and Landreth were recognized at the 2015 Juno Awards for their involvement in the arts community — Hansen for her design work on singer-songwriter Steve Bell's 25-year anniversary box set, and Landreth for his work as one quarter of the band The Bros. Landreth.
"It was very exciting," said Hansen of the duel win. "We were awarded at the gala dinner and it was beautiful. We were sitting there for about three hours before the awards were announced."
"I feel particularly fortunate that we were able to share that together," added Landreth. "It's the kind of thing that you almost can't explain to somebody. I did it, and then she got to experience it 15 minutes later."
Hansen's rise to fame has been a fast one. Before turning to graphic design, she was pursuing a career in psychology.

"IT ADDS A CERTAIN DEGREE OF LEGITIMACY TO YOUR CAREER."
— DAVE LANDRETH ON HIS JUNO WIN

"I got my degree, and I was going through the whole program to be a psychologist. I realized to get your PhD, you have to do 10 years of math. And I don't like math," said Hansen. "I [thought] if I'm going to spend all this time doing something, I should do something I love. And I love art."
Hansen decided to enroll in RRC's graphic design program. Since graduating in 2012, she has worked at local advertising agency Honest Agency, and has started Treehouse - Design by Roberta Hansen, her own graphic design business.
"I was very nervous leaving my job, but this [Juno] legitimized my career," said Hansen. "I feel extremely fortunate to make a living off being independent."
The same can be said for Landreth and his band. Since releasing their debut album *Let it Lie* in 2013, The Bros. Landreth played the 2014 Winnipeg Folk Festival, signed with American label Slate Creek Records, planned a two-month tour across America and now can call themselves "Juno winners."
"[The Juno] doesn't change anything necessarily. It adds a certain degree of legitimacy to your career. It catches people's attention and gets a conversation going," said Landreth. "But at the end of the day it doesn't change what you're doing."
And what the couple is doing — apart from touring and working on new projects — is planning a wedding social and enjoying their "power couple" status.
"We've got to get matching track suits," said Hansen.

Moving forward

RRC celebrates Pride with *One Gay City*

By Rachel Carlson, Beat Reporter

Red River College will open the 2015 Pride Winnipeg festival with a celebration of Winnipeg's LGBT history.

On June 11, RRC will host a screening of *One Gay City: A History of LGBT Life in Winnipeg*, directed by Aaron Floresco. The film looks at the struggles and triumphs of Winnipeg's LGBT community through archival footage and interviews.

Listening to the personal stories of gay and lesbian people in Winnipeg was a deeply meaningful experience, said Floresco.

"It was interesting to hear about the communities they formed," he said. "Whether it was moving around from seedy night clubs, meetings by the riverbank or going to costume balls in drag, there was a fair bit of gay life in the city during the mid-20th century."

It's the spirit of community building and celebration that prompted the *One Gay City* screening, said RRC's Diversity Initiatives coordinator, Bradley West.

"This film celebrates the history of our city and our community," said West. "It is a story worth sharing. This year's Pride theme is evolution, and this was a perfect fit for that theme — how we have evolved as a city."

Evolution is a theme that celebrates the continued development and realization of human rights achievements, according to Pride Winnipeg's website.

Documenting the struggles and achievements of Winnipeg's LGBT community was one of the central motivations for making the film, said Floresco.

"[I wanted] to give people today a sense of how our culture changed from, in a general sense, a homophobic society, to one that is much more open and tolerant," he said. "The changes didn't happen overnight, and they didn't happen without a struggle."

The screening is the result of a collaboration between RRC's LGBTT* Initiative and the University of Winnipeg Students' Association LGBT* Centre.

The screening begins June 11 at 6:30 p.m. at The Exchage District Campus, but you can visit the event's Facebook page for more information about the film itself.

"It will be a fun event to learn about a Winnipeg you might not have heard of," said West. "The evening is free of charge and a great way to interact with students from other educational institutions and our broader community."

"WHETHER IT WAS MOVING AROUND FROM SEEDY NIGHT CLUBS, MEETINGS BY THE RIVERBANK OR GOING TO COSTUME BALLS IN DRAG, THERE WAS A FAIR BIT OF GAY LIFE IN THE CITY DURING THE MID-20TH CENTURY."
— AARON FLORESCO, DIRECTOR

Aaron Floresco, director of the documentary, says he wanted to show how Winnipeg evolved.

PHOTO SUPPLIED BY AARON FLORESCO

The status update

Keep it in your pants

RILEY CHERVINSKI, ARTS COLUMNIST

I'm a firm believer that the main purpose of Instagram, Twitter and Facebook is to help me avoid eye contact with strangers while I stand alone at house parties. The second purpose is to distract me from learning anything useful in the classes that I pay thousands of dollars to be in. The third is to creep on pictures of my ex and make sure he didn't suddenly grow a six-pack and a man bun since he dumped me last December.

I will admit I'm always on my phone. I have to charge it at least twice a day, and I'm that person who's always plugging her cell into hard-to-reach outlets like on ceilings, behind beer-soaked countertops at bars or into other people's laptops.

But summer is here. And maybe it's just the overworked student in me talking, but it seems like it's time to hit pause on the constant search for Wi-Fi zones and power down until September.

Camp Grounded, an adult summer camp in Northern California each year, bases its weekend getaway around the idea of going off the grid. They don't let campers bring in digital electronics of any kind, and absolutely no networking is allowed. People can't even use their real names.

Last year, over 300 people attended Camp Grounded. This year, early bird tickets for both sessions are already sold out. The appeal of going sans iPhone for the summer is strong.

I like to believe the weekend getaway is doable. It likely gets people back in touch with nature while they practice yoga and paint rocks or whatever. But there is another part of me that would be tempted to hide batteries in my pockets and climb trees for phone signals.

But really, why the fascination with technology? The only thing we'll be missing on social media from now until September is Valencia-filtered photos of semi-buff boys in tank tops playing beach volleyball.

Sadly, no phone means we'll also miss out on shakily recorded footage of some alt-folk band playing the Spruce Hollow stage at the Winnipeg Folk Festival. I suppose, instead, we could go to the festival ourselves and hear the music live. Crazy, right?

If the very thought of putting down your digital electronics makes you break out into a nervous sweat, at the very least put your phone in your pocket while on a date. There's nothing worse than a man who would rather play Bejeweled than stare deeply into my eyes as I complain dramatically about bathing suit season.

Which I may or may not be tweeting about.

• • •

Riley Chervinski is a journalism student, soccer player and reader of cringe-worthy chick-lit. Follow her @rileychervinski, or read her observations on her blog allrileydup.wordpress.com

Andrea Wazney conducts a proprioception exercise with a Rebels athlete.

PHOTO SUPPLIED BY THE ATHLETIC THERAPY CLINIC

Touched for the very first time

Students lack knowledge of athletic therapy on campus

By Danielle Doiron, Sports & Lifestyle Editor

When athletes are injured during games, they often have trainers close by in case they need medical attention. But when other students get sports-related injuries, they might not know where to go.

"It depends on how bad the injury is," said Mike Lempen, a second-year business administration student. "I'd either have to just try and sleep it off or go to the hospital."

Lempen hasn't had any major injuries since he badly sprained his ankle in elementary school, but he was never properly treated. Because of that, he said his ankle still bothers him "from time to time."

Stephanie Smith, one of the athletic therapists at Red River College, said a lack of education about athletic therapy and proper injury treatment is one of the biggest reasons for re-injury.

Along with Andrea Wazney, Smith treats Rebels athletes and patients referred by Manitoba Public Insurance and the Workers Compensation Board of Manitoba. She said she doesn't see many non-athlete students, likely because they haven't heard services are available on campus.

"I had no clue there was athletic therapy here," Lempen said. "I don't think too many students know about it."

The students who do know are Rebels athletes, like Anderson Pereira, who receive personal sessions and on-field treatments for ankle and groin injuries while playing men's soccer and futsal this past year.

"My ankle was already kind of weak before the soccer season started. In my third or fourth game, I got hit on it, and I pulled my groin a few games later," he said. "At one point, I couldn't play without taping my ankle."

Smith and Wazney led Pereira through massage therapy sessions, exercises to strengthen his muscles and stretching activities that he said helped him regain his strength and become more confident on the field.

"We are there when the injury happens, we treat them on the sidelines, we rehab them in the clinic and we get them back in the game," the athletic therapists said in an email.

But the pair also treats people with non-sports-related injuries, meaning RRC students are welcome to pop by if they've popped something out of place.

"We help people overcome their injuries by finding the source of the pain," they said. "We see a lot of people with neck and back pain from sustained postures like studying or working at desks all day."

The Red River College Athletic Therapy Clinic is located in the North Gym at the Notre Dame Campus. Services are open to everyone, and all appointments last for about an hour. Initial assessments cost $65, and follow-up treatments are $55.

The athletic therapists said they can help people get rid of those aches and pains, they just need students to walk through the door.

"We have the opportunity to work with people from all walks of life and have a direct, positive effect on their lives. How can you pass that up? We just wish more people knew about us."

Students say...

Justin Gauthier, carpentry

I've had MCL tears in my knees from playing hockey, but I just went to Pan Am. I've only been here for a month and a half, so I don't really know the school yet.

Lexa Postlethwaite, business administration

I know about massage therapy, but not athletic therapy. I've never heard about it on the campus before.

Francisco Avalos, business administration

I'm not really sure what athletic therapy is. I've had some ankle injuries playing basketball, but I just took care of them myself.

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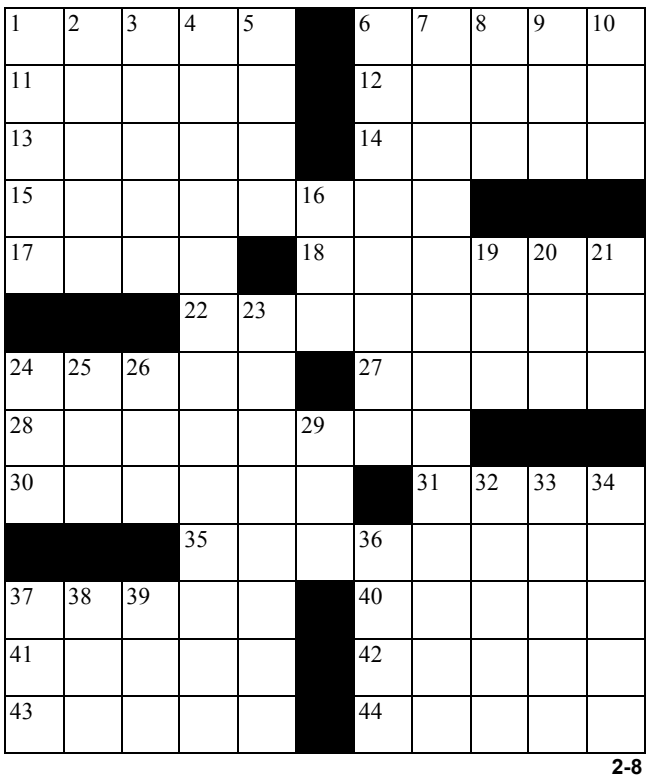
Words, Crossed.

By Shane Gibson (@tsgibson)



2-8

Across

1. Squabbles
6. Based on eight
11. Chevrolet truck model
12. "Ta-da!"
13. Then, in Quebec
14. Like some promises
15. Jenkins and McLaughlin comic strip
17. "___ saw Elba"
18. A drunkard might be in one
22. Line on a map
24. Canary sound
27. Doled out
28. Orthodontist's creation
30. Bet on one-two finish
31. Los Angeles gang member
35. Axes
37. Use
40. Ranchero's rope
41. Longstocking of kids' literature
42. Disney world attraction
43. Theresa's nickname
44. These, in Tujuana

Down

1. Set up
2. Blanch, in France
3. Real S.O.B.
4. Like Doritos
5. Use pot, in slang
6. Bonus for working late
7. PC parts
8. Give thanks to a waiter
9. PC key
10. Put down
16. East, in Berlin
19. Word with up or down
20. Rhyming tribute
21. Visibly embarrassed
23. Name on the runways of Milan
24. Uno plus due
25. Murphy of the CBC
26. Call ___ day
29. ___ King Cole
32. Do a double take
33. Have one's cake and eat ___
34. U.S. tests for high school jrs.
36. Plains tribe
37. Appropriate
38. Try
39. Advanced tests for high schoolers in the U.S.

B	O	L	T	■	P	A	R	A	D	E
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PREVIOUS ANSWERS

Getting Ahead with Hedley

Crop out the party

RAEGAN HEDLEY, LIFESTYLE COLUMNIST

If your online persona were a product, your profile picture would be the packaging.

First impressions are visual, and your profile picture can be the only shot you get at putting a face to your online persona. It only takes 40 milliseconds to make a judgment about a photo, according to a 2014 study for Psychological Science about misleading first impressions. If you think about it, your profile picture is actually a great opportunity to show yourself off at your best angle. I can't count how many times I've met people in real life for the first time and had a huge zit, smudged makeup or looked like something somebody dug up and dressed in my clothes.

That being said, context is key. This study also said tailoring your picture to the social media platform you're using affects the type of impression you make. Different platforms have different purposes, so you shouldn't use your Tinder profile pic on LinkedIn.

With summer coming soon, you might be tempted to change your profile picture on social media to reflect how much sangria you've been drinking, how hard you've worked to get that slammin' booty or how much you partied with your crew on vacation — you might be draping your arms around them because you're so drunk, or because of how much you all love each other. No context, however, can justify any of these.

A good exercise is to read your status updates, captions or tweets in the voice of your profile picture's version of you. Do you sound like a drunker, more self-absorbed or more obnoxious version of yourself? Yes? Then you should probably change your profile picture.

When someone reads your words in combination with your photo, it creates an idea of you in their mind, and you want that idea to be consistent with how you are in real life.

The good news is every time you change your profile picture, it's an opportunity to reinvent your personal brand. When I cut off my dyed-purple locks to a soccer mom-length bob, it helped me come into my voice as a young writer. And now I'm here.

So go forth and smile in your profile pictures.

But please, no selfies on LinkedIn.

• • •

Raegan Hedley is a sassy millennial who aspires to someday become a kick-ass business professional. In the meantime, she writes about sweets on her blog at raegjules.com and tweets way too much (@raegjules).

Sports & Lifestyle Briefs

COMPILED BY MICHELLE PERRON

Pump my tires

Bike Week Winnipeg (June 13 to 19), is back for another year of two-wheeled fun, culminating in Bike to Work Day Winnipeg. The week-long celebration is bringing back some favourites like A Moveable Feast, outdoor spin classes, a free waffle breakfast kick-off and group rides. Events will happen all around the city throughout the week and will end with a BBQ at The Forks. Also returning this year is Pedal Pusher Ale, a Half Pints brew made exclusively for Bike Week Winnipeg, which will be sold at the BBQ party. Registration is still open for volunteers, pit stop hosts, event hosts and sponsors.

Taking a stand

Next month, six Canadian cities will unite to fight violence against women. The Canadian Women's Foundation is hosting the pledge-based fitness event Move for Hope 2015 in Winnipeg, Calgary, Halifax, Montreal, Toronto and Vancouver on May 30. In Winnipeg, personal trainers from GoodLife Fitness will lead a one-hour workout at 11 a.m. at the University of Winnipeg's United Health & RecPlex. Registration is at 10 a.m. that day. Participants may register and collect pledges individually or as part of a team. This year's pledge goal is $400,000.

Who run the soccer world?

This summer, Winnipeg will host seven games of the 2015 FIFA Women's World Cup. The Group D matches will be at Investors Group Athletic Centre every other night from June 8 to 16. Tickets are almost sold out for the Winnipeg games, but fans can visit the FIFA Women's World Cup Trophy on display at Polo Park Shopping Centre from May 8 to 10.

Greens wanted

Golf courses struggle to attract students

By Jordan Haslbeck, Contributor

There's a lot of grey on the fairways, and it's not just the dead grass.

Golf is a popular sport with our parents' generation, but the game doesn't seem to be making par with university and college students.

Jason Munroe, the general manager of River Oaks Golf Course, said he believes there are many reasons why younger generations aren't picking up the sport.

"Young people have a lot more interests," Munroe said. "They have other ways to spend their entertainment dollars."

Munroe knows golf is a slower game, and it often takes around four hours to play a full round. He said young people often have part-time jobs with non-business hours, and many don't know how to play.

"Unless the student was brought up to be a golfer, they probably aren't even thinking about golf," Munroe said.

Not only does learning the game take time, but buying equipment can also be pricey.

Daniel Stefura, 21, works full-time as a landscaper and only golfs a couple times a year. He said he can't afford to pay rent and buy a new set of clubs.

"All my clubs are hand-me-downs from my father," Stefura said. "Until a year ago, my only irons were a five, a seven and a nine."

And once you have the clubs, you still need to pay green fees to play.

"Chemicals, wages and equipment all factor into what you set your green fees at," Munroe said.

Munroe admits another reason many young people don't golf is because they may feel unwelcome, especially when sharing courses with more experienced — and sometimes impatient — golfers.

Golf carts at River Oaks Golf Course sit waiting to be taken out for the first round of the year.

"A lot of those folks that need the cheaper rate also get in the way of the more experienced golfers," Munroe said. "You have to balance your customer satisfaction."

There are currently no golf courses in Winnipeg offering student rates. Munroe just introduced a rewards program for golfers at River Oaks, and said he's thought about introducing a student rate but doesn't have the okay from owners yet.

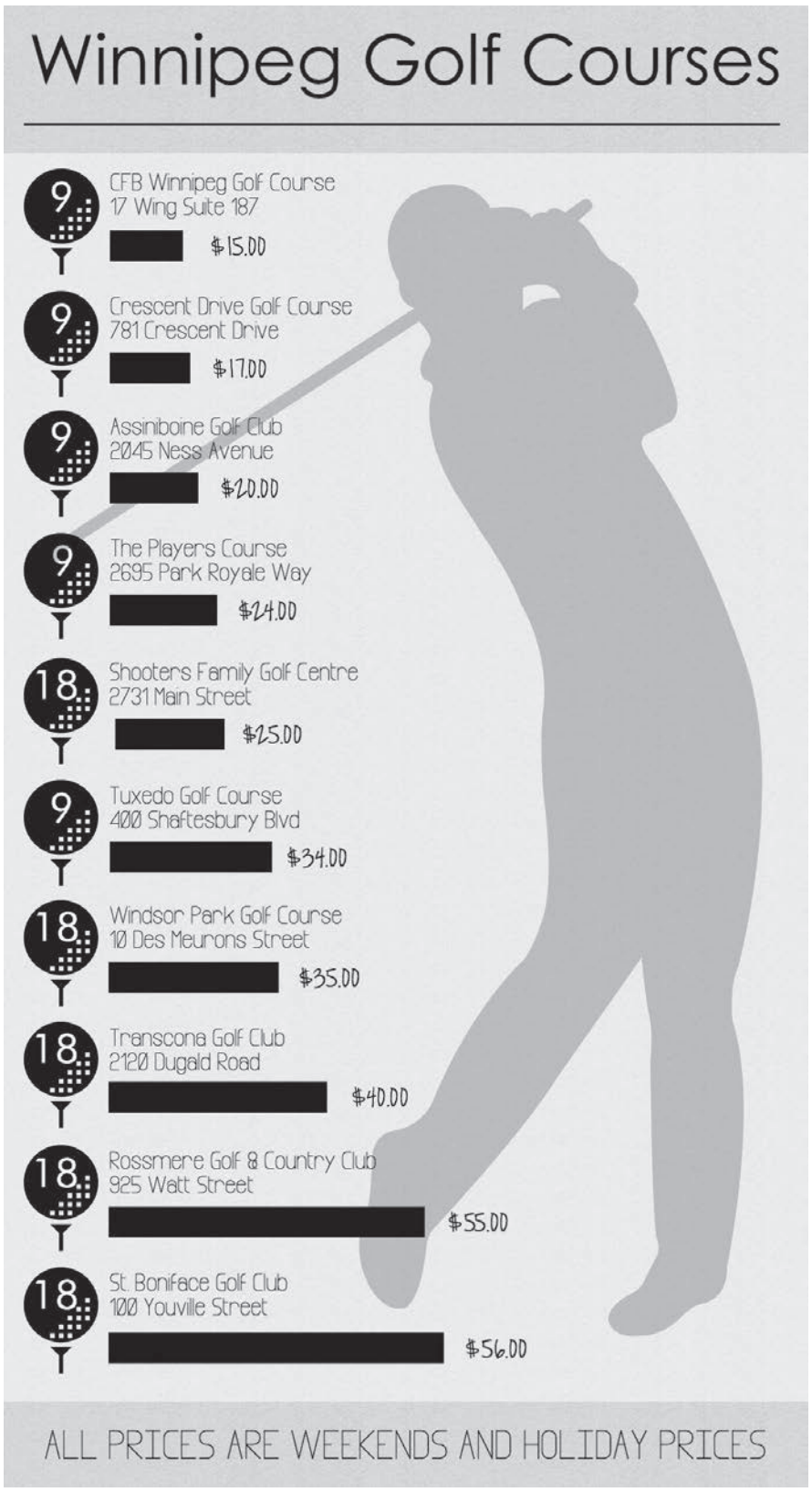
This season, Munroe plans to use social media to attract new golfers and existing young players like Adam Litwin to his golf course.

A plumbing student at Red River College, Litwin said his father taught him how to golf when he was young. Last year, he shot a hole-in-one at Fantasy Lake Golf Course.

"I couldn't believe it when it happened," he said. "Now I'm going to spend the rest of my life trying to do it again."

Experienced golfers wrap up the front nine at River Oaks Golf Course.

PHOTOS BY JORDAN HASLBECK



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Hassles and beaks

Working overtime

JORDAN HASLBECK, SPORTS COLUMNIST

The best part of the Jets making the playoffs may not be longer overtimes and no shootouts, but those are definitely perks.

I like the shootout. I like the highlights it produces. I like the intensity I feel watching a shootout and, most of all, I like that one team is a winner at the end of the game.

Because ties suck.

Ties are my biggest beef with soccer. If I'm going to sit down and watch a 90-minute match, it better not end in a 0–0 tie. At least there aren't any draws in the knockout stage. But to anyone who complains about the shootout in hockey, there's no way you can tell me penalty kicks are any better. At least in hockey, a Stanley Cup could never be won in a shootout.

The NFL has an interesting overtime procedure. In playoffs, the teams play until there is a winner. Plain and simple. But during the regular season, if two teams are tied after 60 minutes, they play an extra quarter. If neither team scores by the end of the extra quarter, the game ends in a tie. Do you know what sucks more than a game ending in a tie? Overtime ending in a tie.

Baseball's got the right idea: play extra innings until someone's a winner. Sure, the games can go on forever, but extra innings are exciting, just like any other playoff game that goes to overtime.

The only thing I like better than the shootout for settling a tie is sudden death overtime. I was excited to hear that next year, the NHL will implement an additional 3-on-3 overtime if ties aren't settled during the current five-minute 4-on-4 overtime.

Some GMs are pushing to have a seven-minute 3-on-3 overtime instead of the expected five.

I'm torn.

On one hand, seven minutes means even more overtime, but on the other hand, seven is such a strange number. After all, I only change the volume on my TV in increments of five.

"What do you mean the TV is on 13?"

Either way, I'm pro overtime, and I'm not afraid to admit it.

I've heard people say the players will get tired skating extra minutes, but really, the only person who'll be tired is me since I'll have to stay up later to watch the end of the game. This isn't my beer league team I'm talking about — these guys have a heavier workout plan than lifting chicken wings.

And if you think 3-on-3 is changing the game too much, you know what else breaks tradition? Wearing a helmet.

• • •

Jordan Haslbeck is a reporter for Bison Sports and a mediocre beer-league hockey defenseman. He co-hosts Not Even the Press Box, a weekly radio show about the Winnipeg Jets at radio.rrc.ca.

Dust off those discs

The battle for a disc at 2014's Canadian University Ultimate Championships in Montreal.

Students shut down ultimate stereotypes

By Danielle Doiron, Sports & Lifestyle Editor

The start of the outdoor ultimate season is less than a month away, and some players say the jokes are coming right on schedule.

Jesse Greenberg said he's been teased and bugged for playing ultimate, but he normally just chirps right back.

"I'm used to the flak I get from some of my close friends," he said. "I usually just go with the joke and say it really is just throwing a Frisbee around, and that we often pull up dogs as substitutes. Then I invite them out to watch or try it out."

He said most newcomers are shocked when they experience a game for the first time.

"The people who do are often blown away or gassed after only playing a few points."

Greenberg knows firsthand how intense ultimate can be. He's been playing as a handler since his freshman year at Kelvin High School and now plays year-round as part of three competitive teams.

Last year, he played on the international stage and represented Canada as part of the Winnipeg General Strike, the provincial men's team, and competed in Lecco, Italy for the 2014 World Ultimate Club Championship.

Over the last four seasons, he's helped lead the University of Manitoba men's team to two gold medals, including one for the 2014 Canadian University Ultimate Championships held in Montreal.

Greenberg said both recreational and competitive ultimate is "the fastest-growing team sport in the world," because of its openness and affordability.

"Teams often won't turn players away who are willing to learn and try the sport for the first time," he said. "And the equipment is essentially a uniform, cleats and a disc."

He said ultimate is most expensive at the competitive level when teams often rely on sponsorships to fund tournament fees and travel costs.

As the sport gains popularity, it's becoming easier for teams to gain sponsors, but Greenberg said ultimate is still considered an alternative sport, likely because it's self-refereed.

While competitive games often include an "observer," who will help teams settle disputes around rule infractions, most games rely on the honour system, which Greenberg said is one of the best parts of the sport.

"Everyone needs to hold themselves and their teammates accountable," he said. "You think people will simply cheat every game because there are no refs, but it's pretty fascinating when you see the honesty and respect players give each other on the field."

But this respect isn't always extended to players off the field.

Like Greenberg, Emily Forrest has heard her fair share of people question if ultimate is a real sport, but she has an answer ready.

"It's in contention to be an Olympic sport," she said. "It's fun, inclusive, inexpensive and anyone who has played can't deny how physically demanding it is."

A former soccer player, Forrest admits she originally started playing in high school because of the "promise of hot boys," but she really fell in love with the athleticism and affordability of the sport.

She played for Masters of Flying Objects, the formerly coed Winnipeg-based junior team, for three years. She then joined Fusion, the provincial women's ultimate team, five years ago.

Her Fusion teammate Elan Chochinov started playing ultimate for the Singapore Management University team while on an exchange program in 2011, and said she hasn't stopped playing since.

"When I came back, I got off the plane, ate a sandwich and was off to my first practice with Fusion within the hour."

Chochinov said involvement in high school is drawing more people to competitive teams, and she expects to see more players this year for the university season, which begins in September.

Zach Goldberg makes the catch for the University of Manitoba at the Canadian University Ultimate Championships in October 2014

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