the projector

Red River College's Student Newspaper
February 24, 2014
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PHOTO BY: DERPLAU

RRC and union in agreement

MICHAEL OBENDOERFER, COLUMNIST

New agreement to make college more flexible

Red River College (RRC) and the union that represents many of its employees reached an agreement which both sides said will affect RRC students.
The Manitoba Government and General Employees' Union (MGEU) represents RRC instructors and other college employees.
A majority of RRC and Assiniboine Community College union members voted in favour of a four-year collective agreement proposed by management. Currently, the two sides have a memorandum of settlement but the collective agreement is not yet finalized.
Michelle Gawronsky, president of the MGEU, said the agreement should be comforting to students as it ensures the college is able to maintain uninterrupted, quality services.
"We have management guaranteeing to provide the services they brag about," said Gawronsky.

According to the agreement, RRC and Assiniboine Community College members will receive a two per cent wage increase retroactive to June 29, 2013. They will also receive an additional two per cent increase in each year of the agreement, with the final increase occurring on June 25, 2016. The agreement also includes a no-layoff clause.
Lori Grandmont, director of human resource services at RRC, said this collective agreement will allow the college more flexibility compared to previous agreements. This includes the ability to schedule classes outside the traditional weekdays between 8 a.m. and 6 p.m.
"We always try and focus on what is in it for the students because that is the reason we are here," said Grandmont.
Grandmont said that RRC is not just competing with local academic institutions.
"There are so many different models now with distance educations and free courses at different institutions in the states. We just have to become more competitive to stay in business," said Grandmont. Dylan Fontaine is a business information technology student at RRC. He said that when he decided to go to the college he was hoping there would be more options for classes, especially online.
"If the college can provide more options it is a good thing, especially for people working full time," said Fontaine.
Fontaine is aware that the faculty associations at the University of Manitoba and the University of Winnipeg both almost went on strike during their last respective negotiations. Fontaine said he is glad there will be no interruption of classes at RRC.
"If it were interrupted it would throw a wrench in my education with the courses being as dense as they are."

The Projector is hiring!

Want to be the news editor? Arts editor? Sports editor? Interested in doing layout for the paper or taking photographs and doing social media?

Drop your cover letter, resume and three samples of work off in the Students' Association Office at the Exchange District Campus or email it to editor@theprojector.ca by Tuesday March 4. Make sure to indicate which position you are interested in.

- News editor
- Sports editor
- Photo editor
- Arts editor
- Layout editor

Email editor@theprojector.ca with any questions, including to get job descriptions.

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WHO WE ARE
The Projector is the official newspaper of Red River College and is published by the Red River College Students' Association (RRCSA) every second Monday. Opinions expressed in The Projector do not necessarily reflect those of the students' association or Red River College. *All material is herein copyrighted to The Projector, its contributors, and the RRCSA.*

WRITE FOR US
Anyone can write for The Projector, and Red River College students are encouraged to contribute. Simply pitch or submit an article to the appropriate section editor or join our contributors' list. Though we will consider all submissions, due to space restrictions, The Projector cannot guarantee that all articles received will be published. If you wish to respond to something you've read in this issue, letters to the editor can be emailed to editor@rrcsa.com. To ensure your chances of being published, letters should strive to be around 150 to 200 words in length. The Projector reserves the right to edit all submissions for length, as well as stylistic, grammatical, and legal guidelines. The Projector also reserves the right to reprint submissions at any time, in both written and electronic formats. The Projector will not publish content that it deems to be racist, sexist, or otherwise prejudiced.

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Student at stalemate with RRC staff

JESSICA BOTELHO-URBANSKI, CONTRIBUTOR

Denied accommodation request for invisible disability

PHOTO BY: JESSICA BOTELHO-URBANSKI

You wouldn't know it by looking at her, but Red River College (RRC) student Melissa Critch has a disability.

The first-year early childhood education student has an anxiety disorder that's linked with trauma from a previous marriage. She also suffered a concussion in November that led to significant memory loss.

"At the time, I didn't remember my partner's name, I didn't remember my kids' names and I didn't remember what classes I had. Thankfully I had [the information] all stored in my phone," she said.

After Critch suffered her injury, she said she put in a request with RRC's Counselling and Accessibility Services to receive assignments from her instructors instead of tests. Her significant memory loss and pre-existing anxiety disorder made taking tests extremely difficult.

Critch said the college denied her request for accommodation. She was told they lacked the resources necessary to comply with her request.

"I was given the option that I could voluntarily withdraw from the program and I had basically no other choice," said Critch.

She withdrew from her first-year practicum but returned in January for a second attempt at in-class work. She's worried about her second semester's raised stakes however, considering her condition.

"I can still get the PowerPoint notes from the class, but last term I only had two tests. This term there's a test that's worth 40 per cent of my mark."

Laureen Janzen, RRC's co-ordinator of Counselling and Accessibility Services, can't speak directly to Critch's case because of confidentiality agreements within her department. But Janzen said time is a factor when it comes to many accommodation requests she's seen in the past.

"Red River College's program instructors need a lot of time to plan ahead. To all of a sudden create new assignments at a moment's notice and ensure that a student is meeting all of the same learning outcomes as if they were taking exams or tests, that doesn't happen quickly. There's a whole process that's involved in developing new curriculum," said Janzen.

According to Janzen, RRC's Counselling and Accessibility Services currently has 900 students registered with disabilities. Approximately 90 per cent of these 900 students have invisible disabilities.

Invisible disabilities most commonly encompass (but aren't limited to) learning disorders or mental health problems such as depression, anxiety, bipolar disorder or schizophrenia.

Janzen said her department's focus has increasingly been on accommodating invisible disabilities within the last ten years. RRC is one of the few post-secondary institutions to provide learning assessments for students at no extra cost.

"If a student here has never been diagnosed with a disability before… it would be best for them to come here to get assessed because it won't cost them anything. At an outside source it can be $1,500 or $1,800 to be assessed," said Janzen.

While Critch continues a back and forth conversation with the college in trying to accommodate her studies, she said she still believes in RRC's capacities. Having grown up on campus while her mother was an instructor at RRC, Critch said she's seen better practices from the college in the past.

"The Red River that I know, that I've grown up around all these years, is the Red River that kind of sets us up for where we're supposed to be as a society," said Critch.

"I would hold Red River up to the highest standard. So far what I've seen, especially this year, has been a lot of instructors saying we need to understand other people's cultures and other people's abilities... but I don't see a lot of follow-through on what they're saying."

Critch is still working on regaining her memory, playing electronic games with her four-year-old daughter Rayne to try and move the process along.

"I've got long-term memory still and I'm doing as many activities as possible, basically children's memory games, to re-gain the short term," she said.

She hopes her circumstances might help other students with invisible disabilities realize they can and should have their needs met.

"I just want other students to have opportunities to become as informed as I have chosen to be," said Critch.

Out on campus

The questionable host

GRAEME COLEMAN, COLUMNIST

This year's Olympics is like attending an important dinner where everyone at the table hates the host but feels like they have to stay and finish their meals.

The Olympics should be about countries coming together with nothing but enthusiasm. But the thunderous cloud of controversy hanging over the Sochi 2014 Winter Olympics made that difficult.

Since Russian president Vladimir Putin passed anti-gay laws, being openly LGBT* in Russia has become a nightmare.

The International Olympic Committee didn't care to find a new host though. Apparently it's fine to have the Olympics in a country where allegedly some people hunt, attack and exploit gays for sport.

Fortunately, I don't think any of that was experienced by attendees, but I can only imagine how uncomfortable it must have been to be LGBT* there.

Beyond LGBT* issues, the Olympics being in Sochi showed us just how twisted Putin's Russia is.

Russia allegedly spent over $50 billion on the Games, which is the most expensive Olympics yet. To give you an understanding of how ridiculous that is, Canada spent roughly $7 billion for the 2010 Vancouver Olympics.

With a seemingly open budget, you would think the living conditions in Sochi would pretty much be paradise. But no—people posted photos online of some of the hotels that spewed water that looked like hazardous waste. Some hotels also had toilets paired together in single stalls so people didn't have privacy.

Even worse than the living conditions, Sochi officials hired exterminators who were reported to have killed thousands of stray dogs.

Despite the dreadful situations in Sochi, good people still managed to shine, such as LGBT* athletes winning medals and people rescuing hundreds of stray dogs.

And in the end, the Sochi Olympics brought Russia's controversial conditions to the foreground, which has built pressure and activism against Russia from around the world. Let's hope this continues.

What did you think of the Olympics? Tweet me at @instagraeme_ to let me know!

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Class Reps Wanted

We strongly encourage each class to appoint a representative – or volunteer yourself! – to attend monthly meetings to voice concerns, questions, or suggestions and get a free lunch! Come to one of our offices to fill out a registration form. The next meetings will be:

Exchange District Campus – Mon. March 3rd at 12 noon in Room P107
Notre Dame Campus – Tues. March 4th at 12 noon in the Black Lecture Theatre

Student Executive Nominations

Do you think you have what it takes to be the next President of the Students' Association? Or perhaps the Vice President Academic, Internal, or External? Call for nominations are only open until Friday, March 7th at 4pm! To find out more information on the nomination process or executive positions, please stop by your Students' Association office or contact one of the executives!

SA Elections – Online Voting Instructions

It's that time of year again when we are asking students to vote for the Executive Team for the 2014-2015 year. The voting period is **Friday, March 28th to Thursday, April 3rd**! All voting is done online. The Students' Association will be sending an email to all Red River College students to your preferred email address with a link to the voting page and a personalized password. Voting is simple – we've put it into three quick steps for you!

1. Find the Students' Association email in your preferred email inbox
2. Click the link and enter your personalized password
3. Vote for your 2014-2015 Executive Team and on the U-Pass referendum!

If you have any questions on SA Elections or the voting process, please stop by your Students' Association office or contact one of the executives.

Universal Bus Pass Referendum

What is the proposed U-Pass for Red River College?
The U-Pass is a Universal Post-Secondary Transit Pass that would give eligible Red River College students unlimited access to Winnipeg transit for the school year at a substantially reduced rate. U-Pass programs involve mandatory participation, making it similar to the Students' Association Health and Dental benefits program. While some individuals may benefit more directly than others, U-Passes work because they have substantial benefits for the student group as a whole.

How can Red River College get a U-Pass program?
The U-Pass must be approved by a majority (50% +1) vote of the student body through a referendum set out by the Students' Association Bylaws. The vote will take place online between March 28th and April 3rd along side the Students' Association executive election. Each student will receive an email to their preferred email containing a link to the online ballot, and their unique password allowing them to vote for both the U-Pass and the incoming executive.

Fore more information, please visit: **http://rrcsa.ca/upass**

RED RIVER COLLEGE STUDENTS' ASSOCIATION

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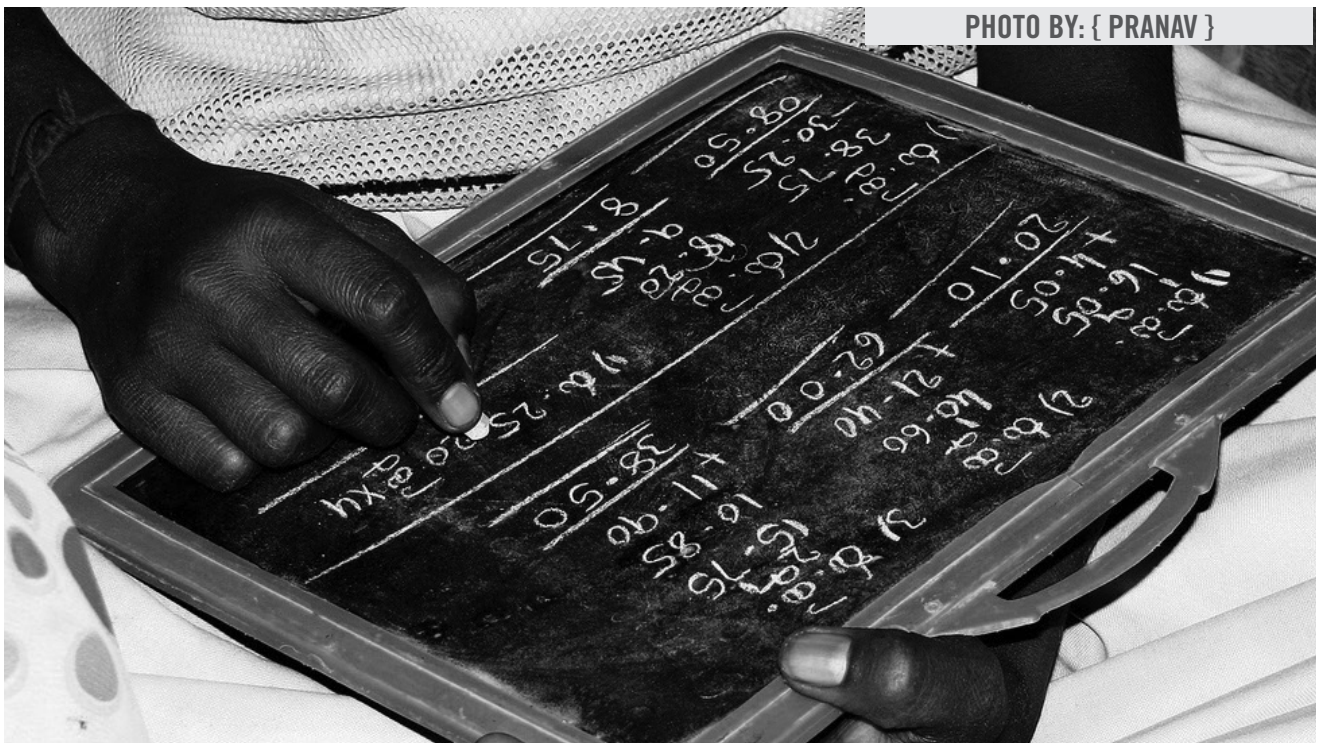

PHOTO BY: { PRANAV }

Adding up the grades

AMBER MCGUCKIN, CONTRIBUTOR

New math approach helps students catch up on skills

For some Red River College (RRC) students, math class is a challenge.
"I received a mark of three out of 20 on my math evaluation test, so I didn't do very good," said Angela Jones, a first year business administration student majoring in finance.
She is one of the business administration students who are guinea pigs for a new approach to teaching math that RRC has set up this year. It's essentially an alternate math class, called integrated math, for students who need a high school math refresher.
Jones said the integrated math program is good for older students. She graduated from high school in 1998, so coming back to school as an adult learner was challenging.
"I decided to go back to school because I did a lot of work in personal services. I decided it was time to get a real job and make some money," she said.
The course was set up to boost Manitoba's status from a province with poor math skills.
Every three years the Organization for Economic Co-operation and Development (OECD) conducts a test called the Programme for International Student Assessment (PISA).
The last test in 2012 assessed 510,000 randomly selected students aged 15. These students were meant to represent 28 million students from across 65 countries.
The mean score was 494, while Manitobans score was only 492.
According to OECD's measuring system, Manitoba ranked at the bottom. The number of students that failed at the most basic math skills doubled.
RRC's integrated math program aims to challenge these numbers.
The program was introduced because the first month of the college's math course was spent reviewing junior and high school math, leaving less time to study the college's course material.
"It was not the best path to success," said John-Paul Olivier, math committee leader and business administration instructor at RRC.
There is also a support program where students can get one-on-one help with instructors daily.
"There are few students and many instructors, because we know it can be hard for students to connect with us instructors," said Olivier.
Patrick Hofmann is a first-year business administration student. He was fairly confident with his math skills coming into the program. "Most of my math skill comes from my applied math in Grade 12. If I took pre-calculus in Grade 12, I would not have been prepared for this program at all. When I took pre-calculus in [Grades] 10 and 11, I learned nothing."
Hofmann went to one of the math help sessions.
"It didn't help at all." For Jones, the changes to the math program at RRC are positive.
"It was suggested to me that I take the integrated math. At first, I didn't want to switch, but now I'm glad I did. If I hadn't, I would have totally failed."

News Briefs

COMPILED BY DANELLE CLOUTIER

U-Pass plan approved

The proposed U-Pass plan has been approved. The plan would let students at the University of Manitoba and University of Winnipeg pay $260 for an eight month bus pass, according to Metro Winnipeg. The U-Pass would be mandatory for all students, starting September 2016, and the cost would be included in tuition. City council needs to approve the plan at its February meeting and both universities need to hold a referendum by November. The Red River College Students' Association is working on holding a U-Pass referendum this year.

Head shop association

Head shop owners across Canada are discussing the possibility of starting an association after the police cracked down on head shops. Head shops sell tobacco, pipes and other smoking paraphernalia. About a month ago, police arrested Hemp Haven owner Jeremy Loewen. He was "charged with selling an instrument for drug use and possession of property obtained by crime after a couple purchased a water pipe at his shop," according to the Winnipeg Free Press. But his lawyer told the Winnipeg Free Press that there's nothing to prosecute. The trade association would have rules and a code of practices for head shops that could help ease the worries of community members and lawmakers.

Winnipeg welcomes Bitcoin

Winnipeg, among the first to adopt a new digital way to pay, is now home to its first Bitcoin ATM and the fourth of its kind in Canada. The currency only exists online. Banks and government don't regulate it. Customers can use the ATM, located at Santa Lucia Pizza on St. Mary's Road, to convert traditional currency to the digital currency. Anyone can make an account and use Bitcoin at businesses that accept it. So far there are only four companies in Winnipeg that use Bitcoin including Santa Lucia Pizza, Best Sleep Center, Eddie Creek Airsoft and Winnipeg Technology and Computer Renewal.

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Contact: editor @theprojector.ca

PHOTO BY: BRAIDEN WATLING

Laugh it up for mental health

MARGARITA VAILAS, CONTRIBUTOR

RRC student group brings in comedy troupe for stress relief

From the organization that brought you a relaxing painting break and a whole bunch of cute dogs to pet and play with in the halls of Red River College (RRC) comes the Make Laughs comedy event.

Mind it!, RRC's mental health awareness group is giving students something to laugh about on Feb. 25, because laughing is good for everyone's mental health.

Meghan Franklin, a current student in the creative communications program at Red River College started an awareness campaign, Mind it!, in August.

"I've found it's not existent at the college. No conversations, and no student leadership around mental health, and so I thought it was important to bridge that gap," Franklin said. "I felt passionate about the topic of mental health because of the lack of awareness. I think the community has good resources for people but the students were lacking that facilitator."

In Canada at least 20 per cent of the population will experience some sort of mental illness which are often discovered in people's twenties and thirties – the age of many RRC students.

"I think that the project is really bringing the mental health awareness to the students," said Tessa Blaikie, youth mental health promotion worker for the Canadian Mental Health Association (CMHA). "More people are wanting to talk about their experiences, and more people have mental health issues, so by the time they're 18 it's also easier for recovery."

From the start of the campaign, Franklin worked with Blaikie and other associates of the CMHA to come up with ideas for events, including a comedy event. CMHA has made donations to support the events that have been put on for the campaign.

The Make Laughs Comedy Event will be happening on Tuesday, Feb. 25, with Ace Burpee as the host at the RRC Exchange District Campus. The show will feature Big Daddy Tazz, who has also dealt with mental illnesses. As a comedian he talks about this topic and helps others feel comfortable and open about dealing with mental illness.

Other local comedians, Paul Rabliauskas, Dan Verville, Cara Lytwyn and students of RRC will also perform.

"I think that the project is really beneficial. Its good to give your brain a break from school," Blaikie said.

"To laugh is good for the mind and body," said Franklin.

Make Laughs is happening in room P107 and is free and open to everyone. A free lunch will be served from 11:30 to noon. Comedy from noon to 2:00. Feel free to come and go!

FOOD BANK DAYS

DONATIONS ACCEPTED!

DATE

NDC	Feb.28/14	EDC	Feb. 26/14
Jan.17/14	March 14/14	Jan. 15/14	March 12/14
Jan. 31/14	March 28/14	Jan. 29/14	March 26/14
Feb.14/14	April 11/14	Feb. 12/14	April 09/14

WHAT YOU NEED TO KNOW:

1. Fill out a form no later than **12:00PM,FRIDAY(EDC) or 12:00PM Tuesday (NDC)** before the food bank date.
2. Student and medical card numbers MUST be on request forms to complete applications.
3. *The SA also accepts non perishable food or cash donations in the office.*

NOTRE DAME CAMPUS HOURS:
Fridays
2:00PM—4:00PM
LOCATION:
Food Bank Trailer
(North/West parking lot)

EXCHANGE CAMPUS HOURS:
Wednesdays
2:00PM—4:00PM
LOCATION:
Massey Building
(across from The Roblin Center)

SIGN-UP IN THE SA OFFICE, P110 (EDC), CM20/F209 (NDC)
ONLINE AT www.rrcsa.ca
OR
STUDENTS' ASSOCIATION

The Show with Shyiak

On jobs vs. hobbies

SARA SHYIAK, COLUMNIST

Jobs and hobbies are not the same thing. And I don't want them to be. There are some people who can blur the line. Prima ballerinas, pro hockey players and rock stars are usually people who took something they really loved, got good at it and turned it into a living.

But it's not for me.

As an aerialist, who's gotten paid to perform before, I've been tempted to make that my full-time job. Making a living doing the thing that you love sounded pretty good. But I don't think so anymore.

Hobbies and stuff that you do on the side is on the side for a reason. It's your down time. After going through school and working pretty hard to graduate I have found a definite need for something on the side, something just for you. You don't have to impress people with it; you just do it for fun.

If you do what you love for a living, what do you do to have fun? Do pro hockey players go play a pick-up game at the local rink to relax? Probably not.

I don't want to have this issue. Aerial is my escape. I love to perform. But if it was my only source of income it would be much less fun.

When I do aerial I pick my own choreography. I pick my own music. I pick my own apparatus and costume. If I did it for a living my client would pick all of that. A few gigs here and there are fun. But I don't want to be performing for the paycheck.

I believe in loving your work too, and the schooling that takes you to that career. I want to wake up everyday excited to go to work. That's not realistic, I know some days I won't want to work, just like some days I'd rather lay in bed and watch Mad Men than go to school. I still enjoy it though. I also want to leave work at work and my hobby on the side so that I'm just as excited to come home. I think you need both a job and a hobby or you're missing out.

It comes down to finding a balanced life. Do a job you like. Have something on the side you love. Find people you love to make it all worth it.

PHOTO SUPPLIED

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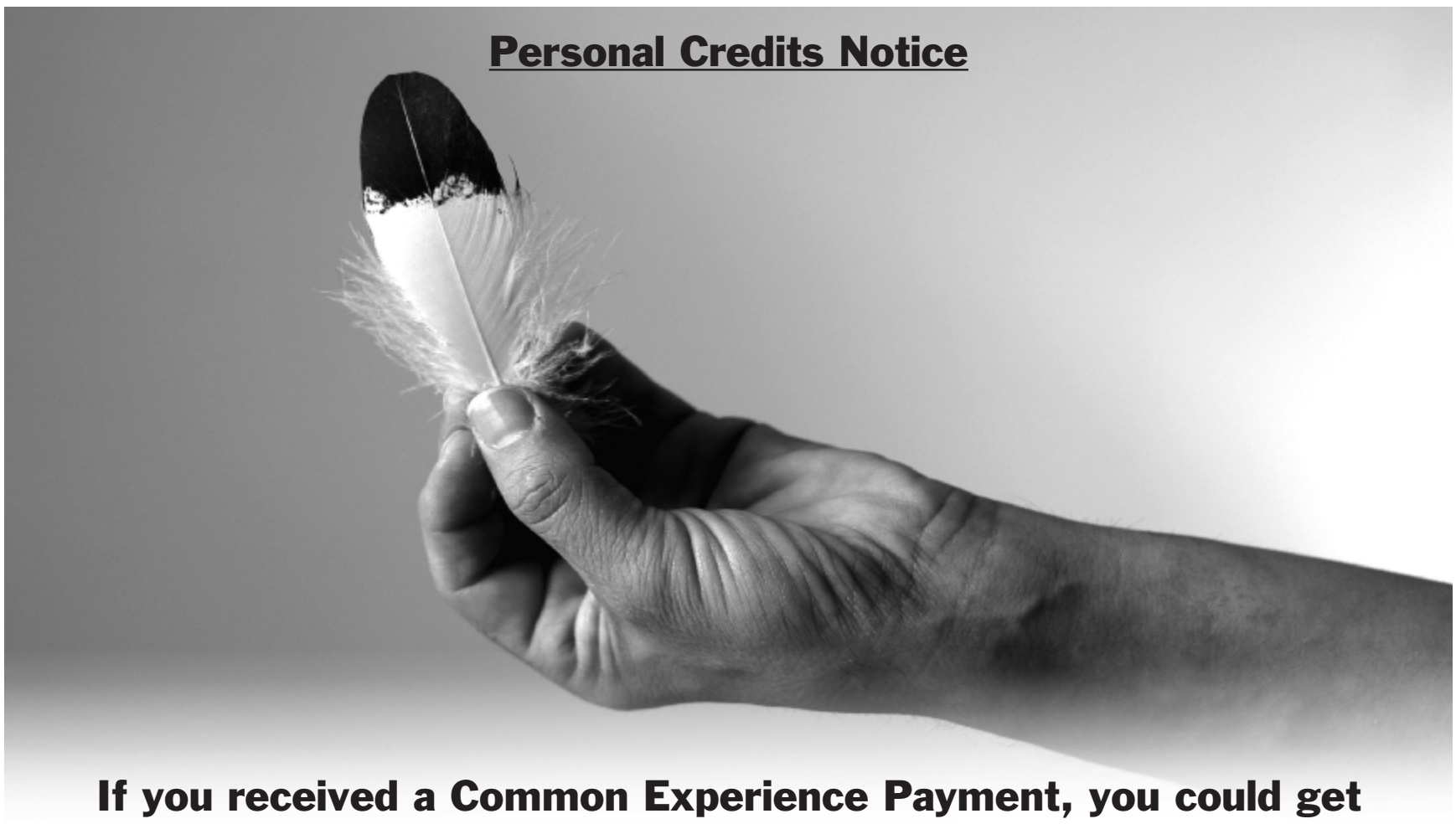

Personal Credits Notice

If you received a Common Experience Payment, you could get $3,000 in Personal Credits for educational programs and services.

The Indian Residential Schools Settlement Agreement. The healing continues.

Since 2007, almost 80,000 former students have received a Common Experience Payment ("CEP") as part of the Indian Residential Schools Settlement Agreement. CEP recipients are now eligible to receive non-cash Personal Credits of up to $3,000, for either themselves or certain family members, for educational programs and services.

What are Personal Credits? Personal Credits may be used for a wide range of educational programs and services, including those provided by universities, colleges, trade or training schools, Indigenous Institutions of Higher Learning, or which relate to literacy or trades, as well as programs and services related to Aboriginal identities, histories, cultures or languages.

How much are Personal Credits?
Adequate funds are available for each CEP recipient to receive up to $3,000 in Personal Credits, depending on your approved educational expenses.

Which educational entities and groups are included? A list of approved educational entities and groups has been jointly developed by Canada, the Assembly of First Nations and Inuit representatives. If an educational entity or group is not on the list, please consult the website for more information.

Will I receive a cheque? No. Cheques will be issued directly to the educational entity or group providing the service.

Who can use Personal Credits? CEP recipients can use the full amount themselves or give part or all of their Personal Credits to certain family members such as a spouse, child, grandchild or sibling, as defined in the terms and conditions. Personal Credits of multiple CEP recipients can be combined to support a group learning activity.

CEP recipients have the option of sharing their Personal Credits with certain family members, such as:

- **Children**
- **Spouses**
- **Grandchildren**
- **Siblings**

How can I get Personal Credits? Each CEP recipient will be mailed an Acknowledgement Form. If you do not receive an Acknowledgement Form by the end of January 2014, please call 1-866-343-1858. Completed Acknowledgement Forms should be returned as soon as possible and must be postmarked no later than **October 31, 2014**.

How do I redeem my Personal Credits? Once approved, you will be sent a personalized Redemption Form for each individual using Personal Credits at each educational entity or group. Once the Form is received, provide it to the educational entity or group listed. The educational entity or group must then complete and mail back the Redemption Form postmarked no later than **December 1, 2014.**

What happens to unused Personal Credits? The value of unused Personal Credits will be transferred to the National Indian Brotherhood Trust Fund and Inuvialuit Education Foundation for educational programs.

For more information, including how Personal Credits can be redeemed by certain family members of CEP recipients that are deceased, visit www.residentialschoolsettlement.ca or call 1-866-343-1858.

The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

1-866-343-1858 • www.residentialschoolsettlement.ca

PHOTO BY LARISSA PECK

PHOTO BY JOEL ROSS PHOTOGRAPHY

RRC grads feeding community

LARISSA PECK, ARTS & CULTURE EDITOR

St. B's newest addition could be your new favourite spot

Comfortable, home-style dining options in St. Boniface are growing, thanks to the big dreams of Red River College (RRC) grads Melissa Hryb and Laneil Smith.

Hryb graduated from culinary arts at RRC in 2005 and Smith is a 2007 grad of hospitality and tourism management.

The pair met in Winnipeg while headed to Saskatoon. They ended up staying in the same hotel with adjoining rooms.

They later worked together at Bergmann's on Lombard. This solidified their friendship and working relationship.

Smith went on to work at the family business, the Marion Hotel, which had always been her dream.

"I just love the community and the family business and I want it to do well. And I want the people coming here to feel good," she said.

Smith and Hryb made the decision to embark on the Marion Street Eatery endeavour together while they were kayaking at Lake of the Woods.

"And then Melissa fell in the lake," laughed Smith.

Since then, Smith and Hryb have been hard at work, gutting the old space and creating a cozy place for people to enjoy.

One of the walls features a Manitoba photo collection. No two chairs are the same – Smith has been picking them up at different antique stores and flea markets over the last few months.

"I just want people to have an amazing experience here," said Smith.

"St. Boniface has so many good restaurants and spaces and the people in the community love new adventures and new things and we really want to just bring them back home here."

Marion Hotel: review

MARSHAL FRIES, BEAT REPORTER

Hidden gem in St. Boniface

Since opening, the quaint restaurant inside the Marion Hotel has been gaining attention. Don't be fooled by the fact that it's in a bar. The gorgeous, wood-floored and wide-windowed dining room is perfect for a nice Sunday brunch with someone special or lunch with a client.

Though the kitchen is open until 9 p.m. most nights, the restaurant's focus is on breakfast and lunch. The menu boasts comfort food done right. The mac & cheese has Bothwell cheddar, broccoli and bacon for $12.75. Bison chilli, topped with havarti cheese and served with baked bannock and jalapeño butter, goes for $13.75.

For lunch, they offer an assortment of pub favourites, including pulled pork and steak sandwich. For vegetarians, a delicious roasted vegetable baguette with melted havarti cheese, served with homemade soup-of-the-day, salad, crispy hand-cut fries or potato wedges all for $11.25.

The breakfast menu should give St. Boniface staples like the Seine River Café some healthy competition, with items like the Denver wrap and served with hash for $8.75, and eggs Benny with maple sugar ham and a croissant served with hash for $11.95.

Though the food is great, the most memorable feature of the Marion Street Eatery is the atmosphere and décor. The warm, rustic room has a friendly ambience and good acoustics. It is a nice place to sip on an Americano or have a beer with a friend.

The walls are decorated with works of art from local painter Kristina Dimitrova, adding an extra edge of style.

At the Marion Street Eatery you aren't going to find the cheapest breakfast in town or the fastest lunch. What you will find is a beautiful room with exceptional eats and smiling service. Breakfast is served starting at 7 a.m. seven days a week.

Arts & Culture Briefs

LARISSA PECK, ARTS & CULTURE EDITOR

Sargent & Victor & Me

Theatre Projects Manitoba's latest, Sargent & Victor & Me depicts Debbie Patterson's bold new work which showcases an intersection of core-area residents with a disabled food bank volunteer in an attempt to unlock the mystery of how neighbourhoods evolve and how we cope with unstoppable processes of destruction. Artists John K. Samson and Christine Fellows are key collaborators on the project, creating ambient sound design in an original church basement style.

Fusing recording locations such as the food bank at the First Lutheran Church with Patterson's original excerpts from interviews with area residents, this sound team also brings personal experience as long time volunteers at the Sargent and Victor food bank. See the show Feb. 27 to March 9 at the Asper Centre for Theatre and Film – University of Winnipeg campus. Tickets are $15-25 and are available by calling the box office at 204-989-2400 or by visiting www.theatreprojectsmanitoba.ca.

Get Empowered

Pursuit Events presents the first of the Empowerment Speaker Series, being held at Canad Inns Polo Park at 7 p.m. on Wednesday, Feb. 26. The event is designed to remind women aged 16 to 65 that it's never too early or late to follow your dreams.

The speakers will share their journeys, successes and how they overcame adversity along the way. TSN reporter Sara Orlesky will be the keynote speaker. Other speakers include Prairie Yogi Magazine's Rachelle Taylor and Monique Pantel and Happy Monkey Club's Carol Ploen-Hosegood.

Tickets are $30, which includes coffee and refreshements and are available by contacting PursuitEventsWpg@gmail.com Phone: (204) 990.8582

Spay-ghetti Dinner

On Saturday, March 8, get ready to eat spaghetti and support Craig Street Cats while you're at it. The ticket, which is $12, gets you a plate full of spaghetti (no meatballs, in keeping with the "spay" theme), salad, rolls, pop or tea/coffee and dessert. Vegan options are available upon request. There will be two seatings, one at 5 p.m. and another at 7:30 p.m. Energy 106's Frankie Hollywood will be your host all night, which includes a silent auction and entertainment by local country artist Jerry Sereda. Get your tickets at Craig Street Cats Adoption Centre 489 Madison or online at craigstreetcats.ca.

Obie's Corner

Michael Sam a trailblazer

MICHAEL OBENDOERFER, COLUMNIST

Professional sports associations need to do more to support gay athletes.

This month, University of Missouri football player Michael Sam announced he is gay, something his team has known all season. The defensive Player of the Year in the Southeastern Conference (SEC) is set to become the first openly gay player in a National Football League (NFL), Major League Baseball (MLB), National Basketball Association (NBA) or National Hockey League (NHL).

Sports Illustrated interviewed eight NFL executives and coaches under the condition of anonymity. All eight predicted that Sam's revelation would negatively affect his position in the NFL entry draft, which could jeopardize his career and future earnings.

From a business perspective, these executives and coaches make some valid points. Drafting the first openly gay player may bring media attention and scrutiny that could distract the team from its goals in the game.

Also, some other players may not accept Sam. Football can be a very politically conservative sport and some players are clearly not comfortable having a gay teammate. The CFL has already fined Arland Bruce of the Montreal Alouettes and Bryant Turner Jr. of the Winnipeg Blue Bombers for comments they made on social media about Sam's announcement.

Despite the risks, I am in full agreement with NFL Player's Association executive director DeMaurice Smith who called these executives and coaches "gutless."

According to a 2012 poll commissioned by the National Post, five per cent of Canadians identify as gay, lesbian, bisexual, or transgender. With this in mind, it is statistically suspect that there are currently gay players in the NFL, MLB, NBA or NHL. Clearly there is a culture that dissuades gay athletes from coming out, or even discourages them from playing professional sports.

While sports have the potential to aid social change, they can also be a place where homophobic language and attitudes are normalized. Whether intentionally or not, professional sports leagues, like the NFL, play a part in creating and maintaining this culture.

It is not enough for league executives and teams to observe the problem and be passive; they have a moral responsibility to promote equality and support gay athletes who choose to come out.

Sam has shown he is courageous, confident and a leader. Hopefully at the draft there will be an NFL team that shares these qualities along with a desire to be on the right side of history.

. . .

Obendoerfer is the co-host of The Triple Deke, a radio show that airs on Red River Radio Monday evenings at 6.

Captain crowned

PHOTOS BY NATASHA WOLOSCHUK

NATASHA WOLOSCHUK, CONTRIBUTOR

Adrian named athlete of the week

The Rebels women's basketball team saw its captain named athlete of the week. Brittany Adrian has played for the team for four years and this is the first time she has been given the title from the Manitoba Colleges Athletic Conference.

"It's kind of strange seeing my face come up on Facebook. It's nice to be recognized and a lot of my friends and family congratulated me all week, so that was a good feeling," said Adrian.

Her teammates are not surprised to see their captain named athlete of the week.

"If I had to vote, automatically it would be her," said Selamawit Andu, the assistant captain.

"She is a great overall player. She's consistent in every game which is very hard, and she has this quiet confidence about her. She's not very loud but her playing shows how talented she is."

Coach Jaenas Pangilinan praised Adrian's versatility and leadership as the team's captain.

"Brittany is probably our most well-rounded player," said Pangilinan. "She's a leader on the court, she has a good shot, she can play inside or outside, and she plays all five of our positions. We like everybody to be able to play all positions, and she does it the best out of all of our players," he said.

The women's basketball team are preparing for the finals taking place March 7 and 8 at Providence University College (PUC).

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TAXES DONE YET?

Starting February 18, we will be in the library hallway at the Nortre Dame campus from 9am - 3pm

MONDAY - TUESDAY - THURSDAY

STUDENT & STAFF RETURNS ONLY
$40.00 INCLUDING PST. & GST.
(Basic return)

After hours please call
204.885.5280 for an appointment.

PHOTO BY NATASHA WOLOSCHUK

Struggling to make buttons meet

ADRIANA MINGO, CONTRIBUTOR

Eating healthy without a kitchen

Healthy eating on a budget is never easy, especially for students living in residence facing limited options.
Red River College's (RRC) student residence in the Paterson GlobalFoods Institute (PGI) is located in the centre of the Exchange District—a hotspot for delicious grub.
"When I first moved here I gained weight because I was eating a lot of crap," said Delayn Smigelski, a business administration student who lives in PGI.
Smigelski's has dietary restrictions and needs to plan her meals around her allergy.
"I can't eat bread, butter and salt because I get really sick from it. The chefs are usually good about it if you ask them. I had someone cook my vegetables in water instead of butter," she said.
"Sometimes I just get a fruit cup because of the limited choices."
RRC offers a meal plan for students who live in residence, which Smigelski said allows them about $12.50 per day to spend on meals in the cafeteria.
"Always load up on vegetables first," said nutritionist Carmelle Kokonas on how to eat healthy and stay within budget while living in residence.
Stay away from cream-filled sugary beverages.
"Avoid juices. Stay away from slushy and cappuccino machines because they are full of sugar," said Kokonas.
"Instead, drink water. Fill up your water bottle on campus at a water fountain. It's free and good for you."
Kokonas said to order half sizes of meal when possible because it's cheaper.
"If not, ask them to pack up half of your meal and eat the rest for lunch the next day," said Kokonas.
Kokonas said to be aware of what is in each meal. Make sure to hit all the food groups and avoid salt.

You're asking good questions.

› When should I visit a QuickCare clinic?

You can visit a QuickCare clinic for a range of health needs, including:

- Sore throat, earache, colds and flu, cough, hay fever or nose bleeds
- Birth control
- Infections
- Rashes or sores
- Immunizations
- Stomach pain
- Stress or anxiety

QuickCare Clinics are there to meet your health care needs during times when most other clinics are closed.

They are staffed by nurse practitioners and registered nurses who can help prevent, diagnose and treat minor health issues. Because they are **open evenings, weekends and holidays**, they can save you a trip to an emergency room or having to wait for regular clinic hours.

If you don't have a regular health care provider when you visit one of these clinics, staff can also help you look for one.

Find the *QuickCare clinic* nearest you

WINNIPEG – 363 McGregor • 204-940-1963
WINNIPEG – 17 St. Mary's Road • 204-940-4332
STEINBACH – Clearspring Centre • 204-326-7569
SELKIRK – Unit 3, 1020 Manitoba Avenue • 204-482-4399

manitoba.ca/BetterHealth

Focused on what matters most

Manitoba

Tips for living healthy in residence

Erin McIntosh is a first-year student in the deaf studies programhe has some advice for her fellow students living in residence.

1. Be cautious of the cafeteria food. It's really easy to get caught up in the pastas and fries and avoid the healthier options.

2. Make sure you manage your time so you still get lots of sleep. Since you have friends around you constantly, it's really easy to get distracted or put your homework off until late, which leads to bad sleeping habits.

3. Watch your alcohol intake. It's pretty well known that living in residence can be a bit of a party. You can have fun without alcohol, and the residence plans fun things that don't revolve around drinking.

Big Brothers MENTORING

What we do today makes a difference tomorrow!

What if... Every child fulfills his potential? Every child is set on the right path today?

Wouldn't that be something?

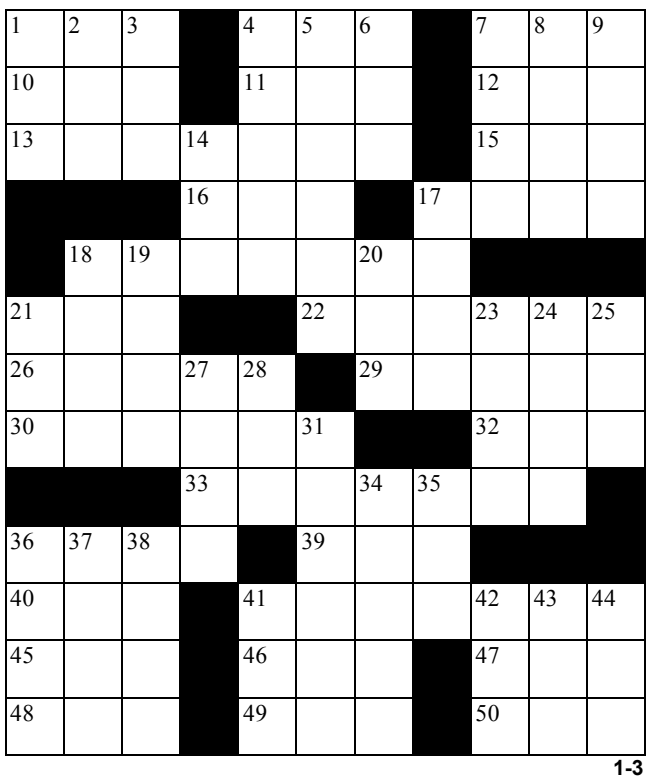
The Big Brothers Mentoring program provides boys and young men with a role model and a friend to talk to and share the experiences of growing up with. Through regular outings, a relationship is developed between the mentor and the mentee that is built on trust and common interests, and is supported by our experienced case-workers. The result is a life-changing experience for both the mentor and the mentee.

We currently have over 100 youth waiting to be matched and from that 80% are boys. We need male volunteer mentors! If you or someone you know would be a good male mentor contact

Kayla Chafe 204-88-8663 kayla.chafe@bigbrothersbigsisters.ca

Words, Crossed.

By Shane Gibson



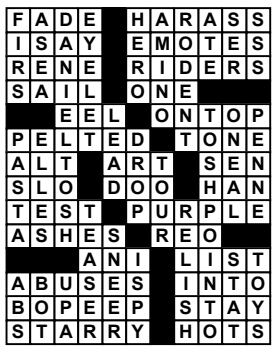
1-3

Across

1. Grab
4. 4 Down's TV network
7. Vote in favour
10. Exploit
11. French street
12. Latin sun
13. Exact (2 words)
15. US tax org.
16. Be sick
17. Steal
18. Team from 8 Down
21. __ Alai
22. Team from 8 Down
26. Actress Hamilton
29. UPS colour
30. Focused (2 words)
32. Silent yes
33. Team from 8 Down
36. Team from 8 Down
39. Tiny bit
40. Bull fighter's yell
41. Cries of horror
45. Pub order
46. Alias letters
47. La. based university
48. Shade of 29 Across
49. Cdn. sports channel
50. Get older

Down

1. Bolt's partner
2. Tap a smoke, maybe
3. "Is there a __ in your bonnet?"
4. Ferguson of late night
5. Injured standing limb? (2 words)
6. Get
7. Columbus' intended destination
8. Home of 18, 22, 33, 36 Across & 31 Down; with "New"
9. Otherwise
14. __ Antonio
17. Like terrible Ivan
18. Wet weather
19. Aren't, in slang
20. Chest bone
21. P. Diddy's ex
23. One less than one
24. Low cards
25. Cell phone button
27. "__ of our Lives"
28. "Fit __ fiddle" (2 words)
31. Team from 8 Down
34. Sacred text of Islam
35. Wind dir.
36. Castle circler
37. Jazz's Fitzgerald
38. One aged 13-19
41. Used a chair
42. Montgomery's state, briefly
43. Venue for 18 Across & 31 Down, for short
44. Take to court



PREVIOUS ANSWERS

Sports & Lifestyle Briefs

ZACH PETERS, CONTRIBUTOR

Ice Donkey

Over 350 racers braved the cold for this year's Ice Donkey race Feb. 8. The five kilometre race raised funds for the United Way. This was the first year that Swamp Donkey Adventure Racing made the Ice Donkey an obstacle course race, similar to their summer race, the Dirty Donkey. The obstacles included the Arctic Monkey Bars, the Quinsy Crawl and the Snowplow Tire Flip. Those looking for more winter adventure racing should check out the Triathlon Manitoba Windchill Race Series. Races run March 1, 8, and 15. For more information visit www.purewinnipeg.com.

Winter cycling talk

Winnipeg hosted the Second Annual Winter Cycling Congress on Feb. 12 to 14. Attendees from all over the world participated in discussions on how to increase winter cycling participation. The topics included building a culture of winter biking, infrastructure needs and winter cycling fashion. The conference ended with two winter cycling events, Actif Epica and Ice Bike. Actif Epica, a 130 kilometre ultra-endurance bike and running race from St. Malo in southeastern Manitoba to The Forks, took place on Feb. 15. And Ice Bike, a race series held at The Forks, took place Feb. 16.

Winnipeg to host soccer

The Canadian Soccer Association has announced the Canadian women's national team will play the United States on May 8 in Winnipeg. Investors Group Field will host the international event. The game comes a year in advance of the 2015 FIFA Women's World Cup hosted in Canada. Winnipeg is set to host seven games as part of the World Cup. The rivalry between Canada and the United States peaked at the 2012 Summer Olympic Games when the two teams played each other in a nail-biting semifinal. The Canadians haven't beaten the Americans in their last 40 match-ups. Tickets are on sale at Ticketmaster.