Red River College
projector
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Red River College
projectorstaff

inside

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Thank You!

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Writers, Photographers, and Illustrators: The Projector Wants You!

The Projector is continually searching for new content and new points of view. If you've got something to say, an opinion or interesting story from on or off campus, or illustrations or photos, contact one of our editors with your idea. See your name in print! Contact The Projector today.

The Right Direction

Melody Rogan
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Red River College students and the business community will be coming together on Feb. 6 at the Victoria Inn to participate in the Red River College Business and Applied Arts Directions Conference.

The day-long conference features speakers from the local business community in the morning, as well as a breakout session with successful business people in the afternoon. The conference, which started up again last year after a brief hiatus, is open to all business and applied arts students from Red River College, including those from the creative arts, tourism and hospitality, and business programs.

Barry Balanduk, chair of the conference and Red River College accounting instructor, said that the conference is a great opportunity for students, regardless of their plans for the future.

"Students can network with the business community and get a feel for what a real business conference is like," Balanduk explained. "It's not set up like a pretend, mock conference. It's a real conference, with real businesspeople, and real presentations."

According to Balanduk, last year's conference drew approximately 400 students. He expects at least 400-500 students at this year's conference, which is being held at a larger venue than in the past.

Part of what makes the conference so special is the calibre of speakers brought in to mingle with students.

"We look for dynamic speakers who are relevant to the business and applied arts sections," Balanduk said. "We look for presenters who are in the news now, and if they have a college link, it helps the cause out that much more."

Jason Abbott is the director of business development at Cocoon Branding, and is the president and owner of the Toban Experience (tobanexperience.com), a travel company that specializes in backpacking tours of Manitoba and northern Ontario.

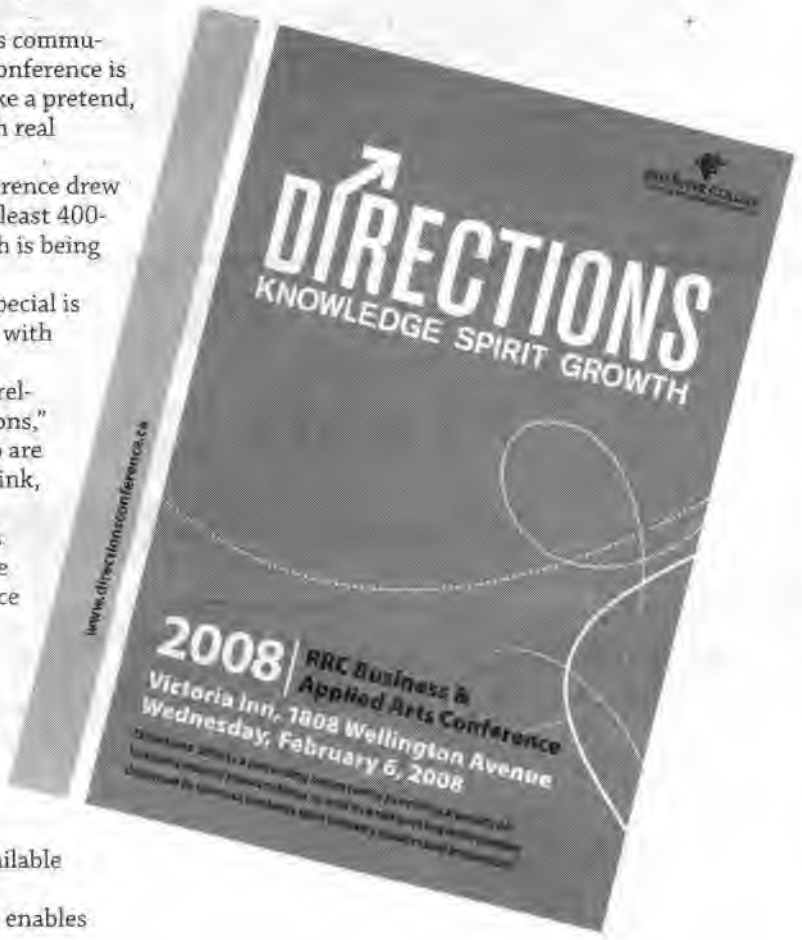
Abbott, who was a speaker at last year's conference, will again share information about his entrepreneurial endeavour during his seminar "Creating the Youth Tourism Market in Manitoba" at this year's conference. He will also be available to speak to during the roundtable session.

"This conference is important because it enables students to get a real sense of the world of business, including the potential successes and pitfalls involved with being an entrepreneur," Abbott said. "It also gives students an idea of local job prospects."

Abbott would recommend the conference to any student who is or will be graduating.

"There's relevance for anyone who will be working for a small or medium-sized business, or even a large corporation," Abbott explained. "It's a chance to network with businesspeople, as well as your peers."

Registration for the conference has already begun. You can check out the Directions website at www.directionsconference.ca and register online, or grab a brochure at the Student Services desk at either campus. Registration is $40 for students. Information packages will be available on Feb. 4 at the Princess Street campus, and Feb. 5 at the Notre Dame campus.



Looking Ahead: International News Briefs

Compiled by Chris Moskowec
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China, India and the Environment

With the booming economies of the world's largest populations comes growing concern about the environmental impact. Last year the Indian stock market had a growth of 47 per cent and the Chinese, 161 per cent; compared to Canada's at 7.1 per cent. With the rise in wealth has come the desire to live a more western and consumptive lifestyle. The concern of some is that with over two billion people adopting behaviours as simple as driving, it will be at the environment's expense.

U.S. Presidential Primary Elections Race On

The race to become the most powerful person in the world, so it is said, will continue to dominate American news and have fallout into the Canadian media. Early voting in Iowa and New Hampshire has been split for both the Republicans and the Democrats and parties seem to have a long way ahead of them. The race, and the coverage, is sure to be amplified with the approach of Feb. 5, known as 'Super Tuesday,' when over 20 states cast their votes.

Kenya Still Tense

Following a disputed presidential vote on Dec. 27, 2007, Kenyan violence is still raging. Over 600 people are dead as police clash against protesters who claim that opposition leader Raila Odinga was cheated out of winning due to vote rigging. The current president, Mwai Kibaki, maintains the vote was legitimate and is refusing to negotiate with the opposition despite 13 countries, including Canada, threatening to remove foreign aid from the country.

Winnipeg's Recycling Record at the Bottom of the Heap

Dan Vadeboncoeur
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Winnipeg's recycling program may be next on the list of environmental concerns for Winnipeggers after the plastic bag ban issue is resolved. While the city's recycling stats may look impressive at first, they pale in comparison to the numbers coming in from across the country.

"We have an excellent recycling program," said Coun. Bill Clement (Charleswood-Tuxedo), chairperson of the infrastructure and public works committee. "I don't have the conversion numbers in front of me, but I'm sure that they're well over 85 per cent."

According to Statistics Canada, 88 per cent of Manitobans who had access to a recycling program did actually recycle. It seems like a high number, but it is, in fact, the lowest in the country. Every other province in Canada has a conversion rate of well over 90 per cent, with P.E.I. and Nova Scotia topping the list at 99 per cent.

The Manitoba Products Stewardship Corporation (MPSC), which encourages recycling across the province, gave Winnipeg an A on its recycling report card of 2006. It states that Winnipeg recycled almost 68 kilograms/person, a number that matches Statistics Canada's information. However, Manitoba is near the bottom of this list when compared nationally. Nova Scotia and B.C. lead this category, recycling 157 kg/person and 144 kg/person, respectively. Only Saskatchewan recycles less at 54 kg/person.

So what are these provinces doing differently? In Nova Scotia, the largest recycler per capita in the country, all recyclable products such as cardboard, plastic, used tires, and leaf and yard waste are banned from provincial landfills. Recycling and composting are both mandatory, with stiff fines facing those who do not comply.

Coun. Justin Swandel says that those policies will not be implemented here in Winnipeg.

"It's a little Big-Brotherish to me," he said. "Education and communication are always better than forcing people to do things."

British Columbia is also one of Canada's recycling leaders, due partially to the fact that their municipalities give free blue boxes to their citizens. Here, the boxes cost $5 each at Canadian Tire. Only newly constructed homes in Winnipeg are eligible for a free blue box.

Swandel doesn't think that's the issue.

"The boxes are subsidized so that they cost next to nothing," said the St. Norbert councillor, who gives free blue boxes to anyone in his ward who asks for one. "I just pay for it out of my own pocket," he said.

He believes other city councillors may do this as well.

Swandel places the burden of responsibility on the next generation when it comes to the environment.

"Our children showed us how to use seatbelts; it will be the same with recycling," he said.

Red River College

STUDENTS' ASSOCIATION

Make it yours!

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Up Coming Events

Jan 21 - Feb 4

Jan 28 - Feb 1

Meltdown Week

FOR FULL SCHEDULE CHECK OUT MELTDOWN GUIDE

Find us on FACEBOOK "Red River College Students' Association"

CHECK OUT THE SA WEBSITE @ WWW.RRCSA.COM

Message from the Executive

The executive would like to remind you all to come out for the Meltdown Week events. The week is jam packed with fun stuff so check out the schedule with this issue and come out to enjoy these events with your fellow students.

We also want to remind you that the Students' Association will be holding its Elections soon. So if you are interested in running for any of the Executive positions, come to the SA offices to find out more information, or you can contact the VP Academic and Elections Chair, Dean Mary.

RED RIVER COLLEGE
STUDENTS' ASSOCIATION

FOOD BANK

Schedule – Winter 2008

Pick up is between **2-4pm** at the
Food Bank trailer outside building F. (North West of Campus)
Make sure to register by **Tuesday prior in CM20**
No late registrations will be accepter after **12:00pm**

January 17, 2008	March 14, 2008
January 31, 2008	March 28, 2008
February 14, 2008	April 11, 2008
February 28, 2008	April 25, 2008

MELTDOWN WEEK

eVeNiNG eVeNTS

MoNDaY	TueSDaY	WeDNeSDaY	THuRSDaY	FRiDaY
Glow Bowling Where: Academy Lanes When: 9:30	Snowboarding Where: Spring Hill When: 6:30-9:30	Floor Hockey Where: South Gym When: 6 - 10:30	Poker Where: PSC When: 7pm Cost: Free	Kickin it ol' Skool Where: Pubcrawl When: 8 - 2:00

Notre Dame Campus
CM20 - 2055 Notre Dame Avenue
Winnipeg, Manitoba

Princess Street Campus
P110-160 Princess Street
Winnipeg, Manitoba

CASA ACAE

Yes to Gay Organs

Jolene Bergen
jolene@mts.net

Before tearing up your donor card and accusing Health Canada of suffering from a severe case of homophobia, read the fine print.

Recent reports from reputable print and online sources have lead to much confusion with alternative sexuality groups.

CBC printed an article ("Sexually active gay men no longer allowed to donate organs," 1/7/08) stating "new Health Canada regulations that mean sexually active gay men, injection drug users and other groups considered high risk will no longer be accepted as organ donors."

"It is discriminatory to lump an entire group into a risk category, it should depend on high risk behavior," said Shelly Smith, executive director of Rainbow Resource Centre, located at 1-222 Osborne St. South, just off Confusion Corner. The centre has offered counseling and support services to the gay, lesbian, bisexual, transgendered, and two-spirited (GLBTT) community since the early 1970s.

The same comments were popular on various websites, including cbc.ca, where some pointed out that the limited risk of contracting a disease is worth the gift of life a new organ can bring.

"There's already a limiting pool and very healthy gay men are being eliminated just on the basis of being gay," said Smith. She would like to see sexual histories taken for all donors to determine who really is a high risk candidate.

Smith, who first heard of the regulations when contacted by reporters, feels that Health Canada "flew under the radar because they knew there would be a fair bit of backlash."

Others in the GLBTT community are still eligible to donate but are choosing to show their solidarity with those affected by these regulations.

"Gay men are only a portion and a part of our community. There are people who are eligible who won't donate," said Smith, adding she has heard a variety of opinions at the centre. "Some would choose to boycott on ethical, moral grounds...unfortunately people on the (donor) list are suffering as a result."

Smith estimates about eight per cent of the population are gay men and thus would be prohibited from donating. However, the amount could be higher as some men do not identify themselves as homosexual but still fall within the criteria outlined by Health Canada.

THE FINE PRINT: EXCEPTIONAL DISTRIBUTION

"Health Canada said in its regulations, gay males that have male partners (in the last five years) identify as high risk of transmission of HIV," said Dr. Peter Nickerson, referring to a study from the Centre of Disease Control.

HIV can remain dormant for a period of time, thus creating false results within the panel of tests completed on all transplant organs.

Nickerson is the medical director of Transplant Manitoba - Gift of Life program. He claims the new regulations will have little to no affect on the donor system.

"It wasn't as formalised...Up 'til now, transplant regulations were governed under provincial and hospital accreditation," said Nickerson. Since Dec. 27, 2007, transplant teams are required to register under Health Canada, and thus follow their regulations.

"We are obligated to identify gay men as high risk. This doesn't mean they can't donate, we can still use our discretion," said Nickerson, who still encourages everyone to fill out a donor card.

There is a process referred to as exceptional release or exceptional distribution where prohibited high risk cells, tissues, and organs can be used so long as the following criteria, taken from the official Canadian Gazette II report, are met:

"(a) a cell, tissue or organ that has been determined safe for transplantation is not immediately available; (b) the transplant physician or dentist, based on their clini cal judgement, authorizes the exceptional distribution; and (c) the transplant establishment obtains the informed consent of the recipient."

"It comes down to the risk of sexual behaviour, whether gay or straight, I think it really comes down to case to case," said Nickerson.

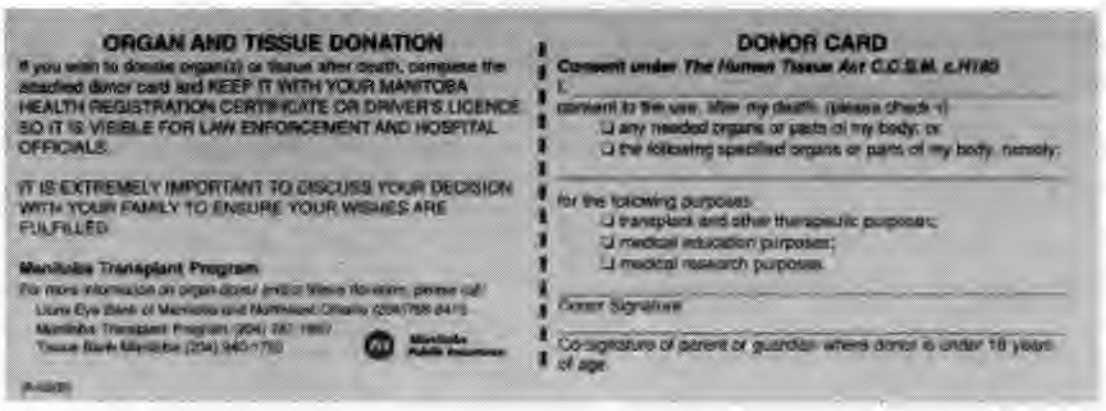
Canadian Blood Services has barred gay men from donating blood since the mid-1980s. Other limiting factors also precede the new regulations: intravenous drug use, prostitution for money or drugs, certain diseases and time spent in various high-risk geographical regions.

"They are doing what they have to do," said Michael Hyduk of Canadian Blood Services. The national regulation of Canada's blood supply was the initiating factor for the new policies for organ donors.

"We're moving forward and examining it," Hyduk said of CBS's plans to remove the restrictions on gay men. "We're actively engaged in developing research to get a safe blood supply."

A preliminary research report is expected before February 2009. Donor regulations will also be under a mandate to "constantly review and evaluate all scientific data available," said Nickerson. "There is a process in place through which standards would change."

Last November, four patients in Chicago were infected with HIV and hepatitis C after receiving organ transplants from a single donor in January 2007. The organs tested negative for both HIV and hepatitis at the time of transplant.



ORGAN AND TISSUE DONATION

If you wish to donate organ(s) or tissue after death, complete the attached donor card and KEEP IT WITH YOUR MANITOBA HEALTH REGISTRATION CERTIFICATE OR DRIVER'S LICENCE SO IT IS VISIBLE FOR LAW ENFORCEMENT AND HOSPITAL OFFICIALS.

IT IS EXTREMELY IMPORTANT TO DISCUSS YOUR DECISION WITH YOUR FAMILY TO ENSURE YOUR WISHES ARE FULFILLED.

Manitoba Transplant Program

For more information on organ donor and tissue donation, please call:
Lions Eye Bank of Manitoba and Northwest Ontario (204/788-8415)
Manitoba Transplant Program (204) 787-1997
Tissue Bank Manitoba (204) 940-1750

Manitoba Public Insurance

DONOR CARD

Consent under *The Human Tissue Act* C.C.S.M. c.H180

I,

consent to the use, after my death, (please check √)

- ☐ any needed organs or parts of my body; or
- ☐ the following specified organs or parts of my body, namely:

for the following purposes:

- ☐ transplant and other therapeutic purposes;
- ☐ medical education purposes;
- ☐ medical research purposes.

Donor Signature

Co-signature of parent or guardian where donor is under 18 years of age

Canadian Content Filling the Gap

Braden Alexander
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TV fans were finally affected by the Writers Guild of America strike in early December when popular television series like *Grey's Anatomy* ran out of new material and had to be replaced with reruns at the end of their season.

"I miss watching *Jay Leno* at night," says Kristin Sopotiuk, a first year University of Manitoba student.

The strike has even affected the Golden Globe awards. NBC is turning the awards announcement into a news event rather than a formal awards show to avoid a picket line of angry Writers Guild members. This would also allow stars to attend the gala that usually kicks off Hollywood's awards season.

A few new scripted series have hit the air on American networks to pick up the slack, including *Cashmere Mafia* (Wednesdays, ABC) and *Terminator: The Sarah Conner Chronicles* (Premiering Sunday, Jan. 14). And, of course, reality TV remains unaffected by writers on strike. Monoliths like *American Idol* and *Survivor* will be launching new seasons within the next few weeks.

But it's the Canadian television industry that is hoping to come to the rescue and capitalize on TV viewers' currently undivided attention. CBC has already introduced four new series in early January. *Sophie*, stars Natalie Brown and former Winnipeg resident Mimi Kuzyk. It follows the life of a pregnant woman seeking personal and professional success. *jPod*, is a show based on the bestseller by Douglas Coupland about four coworkers trapped in a basement office after the Y2K crisis. *MVP* is a drama centered on the personal lives of pro hockey players. *The Border* is a crime thriller focused on Canada's Immigration and Customs Security Unit, starring Winnipegger Jonas Chernick.

Other Canadian television networks are pushing Canadian content as well, like Citytv with *Murdoch Mysteries*. The question is, will anyone watch it?

"*MVP* sounds interesting," says Sopotiuk. "But I haven't seen any advertising for it. How would anybody even know it's on?"

Alicia Chikowski, a 20-year-old business administration student at Red River College, isn't so sure that Canadian television has what it takes to capture big audiences.

"It's just not that interesting," Chikowski says. "It doesn't have the glamour that American TV has. It always seems like poorer quality."

She, for one, will wait until the big American networks resume their regular programming.

College E-mail System Not Widely Known...Yet

Christine Mazur
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Since the start of second term, the first notice appearing on the Red River College website states, "MailSite Student Email Becomes Mandatory on Jan.18/08."

Despite that hard-to-miss announcement, some students – and faculty - remain unaware about the fact that the college even has an e-mail system.

John Baryliuk, director of Information Technology Solutions at the college, hopes that will change.

"We strongly encourage all students to use the new e-mail service as it will become an important communications medium between the college and the students," he says.

Until now, the college has used a system called MBOX that, according to Baryliuk, has only around 800 active student accounts. He reports that now over 3,000 accounts have become activated on the MailSite system.

While the college website warns use of the MailSite system becomes "mandatory" as of Jan. 18, it's mainly because MBOX will be discontinued after that date. It doesn't necessarily mean that it is mandatory for all students to sign up for MailSite.

However, Baryliuk advises, "It is in the students' best interest to use their college e-mail account, as this account will increasingly become the avenue for electronic communications between the college and the student. Students also have the ability to forward email from their college student e-mail account to other private e-mail accounts."

MailSite boasts certain improvements over the former MBOX, says Baryliuk.

"Under MailSite, students have a larger mailbox capacity, have the ability to forward their college e-mail to external e-mail addresses and wireless devices, and have personal and group calendaring services."

With all these improvements to the old MBOX system, it remains to be seen if Electrical/Electronics Engineering Technology (ET) instructor Alex McIlraith will be convinced enough to use it. An instructor for six years in the department, he says of MBOX, "We told students not to use it a couple of years ago because it didn't work very well."

He sees no need to change. "I'm happy with the tools I have now. Unless there's something it [MailSite] can do more than what I can do now."

Andrew Roncin, an ET instructor of four years, says not only is he aware of the college's e-mail system, but he teaches students to use it in the first year. Every ET student takes this course at the beginning of first year, he explains.

"The instructor requires students to e-mail them something," he says, "because all students will eventually be required to submit all their assignments by e-mail."

The program use, however, is not long-lasting.

"By the time I see them in second or third year, none of them are using it. They're using something else," he says.

STREETER

What do you think of the college email systems?

"I actually prefer it [MailSite] more because the other one [MBOX] had problems."
Trent Kursen, 18
First-year Electronic Engineering Technology.

"I don't go to the Red River site hardly ever. It hasn't affected me at all."
Josh Sawatzky, 22
First-year Graphic Design.

"I used to use it last year, now it'll just be finding out how this new one goes."
Elizabeth Ford, 26
Second-year Business Administration.

"I don't use it that often, mostly just with instructors or with other students for projects."
Moon Weidl, 40
First-year Business Administration.

Scotland's Favourite Son

Richard Bracken
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Robbie Burns Day is just around the corner, and all over the world Scots and fans of the great poet are preparing to honour him with a traditional 'Burns Supper'.

Since the death of the famous Scottish poet in 1796, Jan. 25 has been marked as the day to remember him by attending a big supper, reciting his poetry and singing his ballads throughout the course of the evening. Scotch and fine ales are usually drunk in large quantities, bagpipes are played and haggis is always served as the main course of the meal.

And although this may sound like a lot of fun, you may be wondering why people (the Scottish in particular) have such a profound appreciation for a poet you may have never even heard of.

Robert Burns was a Scottish farmer during the late 18th century, but was also fond of poetry and of the Scottish language (known as Scots). He travelled the country to document this language, which was slowly being lost each generation to the English language. Burns wrote down many songs and poems that had been recited to him by village elders, and returned home to write his own poems and songs in the Scots language.

His writing was very patriotic, and after his first volume of poems (written entirely in Scots) was published, Burns became well known throughout his country. He has long been hailed as a national Scottish icon, and has been credited as having a great influence on Scottish literature throughout the 19th and 20th centuries.

Burns Suppers can be found all over the world, including here in Winnipeg. Steve Kane of the Masonic Memorial Temple on Corydon Ave. is coordinating a Burns Supper this year. The black-tie event will be the first of its kind for the temple, and Kane seems enthusiastic about hosting such an event.

"There are many Scots and Scot-minded people in Winnipeg," says Kane. "People here love to attend different cultural events, and Robbie Burns Day is a great one to try."

Kane will also be making an address to the haggis (written, of course, by Burns) while also playing the bagpipes. There will also be other Burns Suppers throughout Winnipeg. The Robert Burns Club of Winnipeg (yes, there is such a thing) for instance, will be having a dinner at the Marlborough Hotel.

If you wish to host your own Burns Supper this year, check out the official Robert Burns website at www.robertburns.org. It's packed full of tips on how to host your own Burns Supper, along with poems, songs and literature from this iconic Scot.

And the Bloggie goes to...

Conor Lloyd
c.lloyd@mts.net

Since the beginning of blogs, Internet users have subscribed to them, commented on them, and contributed to them. And once again, one website is asking you to recognize bloggers' talents.

Created in 2000, the Bloggies have existed to showcase and award dedicated bloggers for their voluntary time and effort in providing everything from art, news, music, political commentary, or daily life musings.

The awards are a non-profit initiative aimed at awarding bloggers for their hard work throughout the year. According to the website, it's really just way to show avid blog subscribers the best of the best.

Brendon Sutton, a former blogmaster and web designer, doesn't believe there is any value or merit to such blog award websites.

"There truly isn't any value, blogging communities are very fickle and with so many awards it really takes away from the whole thought of a blogging award," says Sutton. "Really all you win is an icon for your blog, some bragging rights in your blogging community. It's a popularity contest."

But Wayne Nystrom, a web designer and IT manager for a local Winnipeg company, believes there is added value with blogging awards. "It means that your readers appreciate the work you are doing, it gives you an added level of respect in the blogging community."

Nystrom believes that credibility in blogging is just as important as credibility in print journalism.

"In print journalism, you need to have credibility. If you don't have credibility, you don't have readership. I think we are just seeing an evolution in the blogging community, they want to recognize credible bloggers for their work," he says.

Sutton does concede that the award can add credibility to the content of your blog, however he believes that it will take more of an organized effort for blog award websites to carry more weight.

"Right now there is a handful of blog award websites. Just Google 'blog awards' and you will have pages of different award websites. However, the Bloggies are number one on the list. Of all the awards, this one does carry more weight in the blogging community," he says.

The 2008 Bloggie Awards nomination process is now over, with the next step moving to a closed panel of 50 voters. They will narrow it down to the finalist, which will be announced Jan. 22 before final voting can be cast for the winners. To vote, see past recipients, and learn more about the Bloggie Awards, visit them online at bloggies.com. The winners will be announced on March 9.

Enriched Zoo Experience

Heather Bell
heathermariebell@hotmail.com

Have you ever gone to the zoo hoping to see interesting animal behaviour – only to end up watching tigers sleep and muskoxen stand in a motionless herd? Well, get ready for some action: the Assiniboine Park Zoo is kicking off 2008 with an effort to increase its animals' activity level. Zoo keepers spent the past week learning about techniques which can increase the health, happiness, and safety of captive animals.

"We can make a big difference," says expert Valerie Hare, who was in Winnipeg to lead the enclosure enrichment workshop with zoo staff. Hare is the co-founder of the Shape of Enrichment, a non-profit corporation which aims, through a quarterly publication and a number of workshops, to educate zoos about enrichment. The Assiniboine Park Zoo is the first Canadian organization to bring Hare north of the border for her expertise.

Keepers spent the week applying Hare's knowledge and techniques with several of the Zoo's 400 species, although they hope to eventually enrich the lives of all of the Zoo's animals.

Their goal with the red-footed tortoise was to increase locomotion and natural feeding behaviour by varying the types of foods and where the food was put. Lion-tailed macaques were given toys that incorporated food in hopes of increasing their activity level. Zoo staff kept a close watch and tracked animal behaviour to determine the effectiveness of different techniques. While keepers noticed many positive changes with these species and others, the bison had the most enthusiastic and dramatic response to the toys, such as tasty blocks of grain, that were added to their enclosure.

Designing and maintaining animal enclosures is not an easy task.

"We have to make sure it works for the keepers, the animals, and the public," Zoo curator Dr. Robert Wrigley explains.

The type of enclosure that is built will depend on the facilities available and the animal's behaviour and abilities. For example, the muskox created an interesting challenge.

"They love hitting things," says Wrigley, explaining that the animals would have tried to charge any large fence, and that the visitors' view would also be obstructed. Instead, the zoo erected a small fence which visitors can see past, and put large boulders between the animals and the fence so it could not be charged. In this way, both the animals and visitors are kept safe.

Although the recent escape of a tiger from the San Francisco Zoo has raised questions about visitor safety, Wrigley says that people should feel safe at the Assiniboine Park Zoo.

"Cats are great climbers," says Wrigley, "so all of the big cats have fully enclosed roofs on their exhibits."

With visitor and animal safety secure, the Assiniboine Park Zoo will continue enriching the lives of its animals – and the enjoyment of visitors.

O-P-R-A-H

Kim Kaschor
kaschoroni@hotmail.com

> "Gee Brain, what do you want to do tonight?"
> "The same thing we do every night, Pinky—Try to take over the world!"

OK. Fastforward a decade and replace the genetically enhanced rat with a big head: beautiful and perfected by god knows how many surgeries. She tells you how to work through your marriage troubles, what shoes to wear, how to be green, how to lose weight, what books to read, how to stop the AIDS epidemic ...and now, she is trying to take over the world.

So identifiable, she is on a first name basis with, and I don't have numbers here but I'm going to say, a solid majority of the universe. Thy Name beith Oprah, and she reaches her audience via television, radio, two magazines, a boutique (that's about to reach you through cyberspace) and a number of activities under the heading of "O Philanthropy". If things go her way, soon she'll be reaching you from the White House.

I have to give it to her, it's brilliant, really. Prior to the last presidential election, the media tapped into an "Oprah for President" movement that generated some discussion about her chances at a win. If nothing else, it made plain her popularity and influence in not just the United States but the world.

Oprah didn't run for the presidency, but why would she? That would involve democracy, and democracy is likely to interfere with world domination.

A better idea would be to script your way to the top—a Hollywood movie with just the right amount of suspense, heartbreak, and heroism. A movie whereby the underdog, who is also the visionary, surmounts all obstacles, making way for an unprecedented rise to glory for that heart-wrenching, tear-jerking, Hollywood finish. Oprah has put her weight behind Democratic hopeful Barack Obama who, if successful, would be the first African-American president of the United States of America.

Now of course I'm not suggesting any kind of puppetry here. Obama is a well-educated, well-spoken gentleman who seems passionate about his own concepts of democracy and their influence on domestic and international politics. But what Oprah has done is strapped her giant tractor to the front of that bandwagon, hoping for this dramatic story to end with Obama at the top. If he wins, Oprah will be able to do her politicking from inside those towering pillars of democracy (choke) as an insider, and we all know that is a much more effective way to do business.

The best part of this conspiracy is simply this: if Obama doesn't win, it's at no loss to her. The headline on the morning paper isn't "Oprah's Presidential Dreams Flushed Down the Toilet," it's something succinct like "Obama Loses Race." Oprah doesn't have to suck anything up, nor does she have to face the percentage of people who hate her, or at the very least disapprove of her policies. I wouldn't call it a win-win situation, but it's certainly not win-lose.

Just like Brain, there's always tomorrow. And what do you want to do tomorrow, Brain?

Well, we already know the answer to that.

Getting Capital for Culture

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Winnipeg is a city with a rich culture and no shortage of contributions to the Canadian cultural landscape; after all, we've all seen the bumper stickers declaring us the Slurpee capital of the world. Despite earning that prestigious title, city hall recently gave its approval to Winnipeg's bid for an even more illustrious honour: the Cultural Capital of Canada in 2010.

"Winnipeg deserves it," says Carol Phillips, the executive director of the Winnipeg Arts Council, the organization which prepared the proposal submitted to the federal Department of Canadian Heritage. "We are the cultural capital whether Ottawa recognizes it or not."

City council seemed to agree with Phillips' optimistic assessment when, on Dec. 19, it approved the proposal, which included a commitment of $150,000 if the title comes to Winnipeg. The money would be part of a joint effort between all levels of government, as well as the private sector, to generate funds for the schedule of events already being planned to celebrate the title. The federal government alone would contribute $2 million in the form of the Canadian Cultural Capital of Canada Award.

"The best money we can spend is money that leverages money from other levels of government," says Coun. Gord Steeves (St. Vital Ward), chairman of the committee which brought the proposal before council.

With $2 million and bragging rights on the line, nobody is sure just which other Canadian cities are in the running, but there have been rumblings that Halifax and Calgary are likely competition. It's not clear which cities will hold the title in the next few years, but some of the past winners include Edmonton in 2007 and Saskatoon in 2006.

Despite enthusiasm from all parties involved with the proposal, there is no guarantee Winnipeg will be able to bring home the title. It will require an extensive evaluation of all candidates, but supporters cite internationally recognized festivals, such as the Winnipeg Folk Festival, as well as the city's thriving aboriginal community as some of the most appealing cultural fixtures in the country.

"The timing is perfect for the title to come to Winnipeg," says Stuart Duncan, president of Destination Winnipeg. "It would be the perfect complement to our Manitoba Homecoming event in 2010."

Manitoba Homecoming, a joint program between Travel Manitoba and Destination Winnipeg, is designed to bring in visitors and former Manitobans alike by showcasing Manitoba arts, entertainment, and business. Even though it hasn't been officially announced, Duncan believes it would be an excellent opportunity to integrate the Cultural Capital title into the marketing strategy for the City of Winnipeg.

The decision likely won't be made until at least the end of 2008, but with a little luck Winnipeggers may have something new to put on their bumper stickers.

WINNIPEG:
MORE THAN JUST A SLURPEE CAPITAL?

UN Falls Short

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This year marks the halfway point for the United Nation's Millennium Development Goals. Drafted in 2000 as a means to provide a measurable framework for global development, the MDGs serve as a global response to what was decided as the world's most basic needs. But as the reports regarding progress are being compiled, the results so far are falling behind schedule.

The Millennium Development Goals consist of eight targets ranging from eradicating extreme poverty and providing universal primary education, to combating the spread of HIV/Aids and environmental sustainability. To date, there has been progress under each objective, especially in numbers regarding education, but overall the collaborated effort has continued to fall short.

"If they [the MDGs] are to be met, it will be because people will want them to be met," says Ashok Athavale, president of the United Nations Association of Canada Winnipeg branch. "Countries like Canada and the U.S. will have to put their money where their mouth is and not turn their backs. If the people educate themselves on what the issues really are, rather than see things as an unsolvable problem, they will be able to pressure their leaders into proper action. The government listens when people come to them with knowledgeable concerns."

One of the significant outcomes of the recent reports has been the lack of progress made in Sub-Saharan Africa. While most countries have continued to make advances close to the targets of the Goals, some parts of Africa have seen little, and in some areas no progress at all since 2004.

"Our country is turning its back on Africa," says Athavale. "There is great work being done by reputable NGOs [non-governmental organizations] if people are willing to learn about them. The government needs to stick to what it has already promised and not lose focus, and people need to make themselves aware."

Crystal Deschamf, the education for development programs manager with UNICEF in Winnipeg, says that teaching people about the MDGs and the role they play for Canadians is a steady concern.

"We are still a long way off. There is a lot that we can be happy about, but the more we can teach people about what is going on, even here in the province, the more we can get done," she says.

The next meeting on the Millennium Development Goals will be held in New York, in autumn of this year.

THE MILLENNIUM DEVELOPMENT GOALS

1 Eradicate Extreme Poverty and Hunger

2 Achieve Universal Primary Education

3 Promote Gender Equality and Empower Women

4 Reduce Child Mortality

5 Improve Maternal Health

6 Combat HIV/AIDS, Malaria and Other Diseases

7 Ensure Environmental Sustainability

8 Develop a Global Partnership for Development

(Source: www.mdgmonitor.org)

I Write What I Like

I've got the privatization blues again Sam!

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I'm angry. Not because conservative forces are trying to de-stabilize Bolivia, not because Bush has the audacity to speak about peace between Israel and Palestine, and not because the Winnipeg Free Press thinks The Economist is the greatest thing since moveable type.

I'm angry because in Winnipeg we have forces trying to de-stabilize democracy, we have a mayor that dares to speak about progress and development, and we're on our way to see an elected body run this city like a chamber of commerce.

In the report released last summer by the Economic Opportunity Commission, the mayor, along with some large players in the private sector, outline their dream for a "competitive city." So, tell us Sammy, just what does competitive mean!

Well, we have to cut the business tax of course. We don't want to take money from them, they're sensitive souls with their profits and all that. So where will we make up the money, Sam? Well, according to plans that have been at city hall since 1997, we start closing libraries, selling public pools and gyms to private companies, closing community centres and privatizing civic building maintenance. Heck Sam, you don't even want to cut the grass in graveyards anymore? Sure don't.

So, basically, privatization en-masse of services that are meant for the public good and accountable to public interest through our, however faulty, democratic system. But, when you head over to the Nike swimming pool, will you be able to hold city hall accountable? Nope, it's not ours anymore. Besides closing libraries and replacing paid staff with volunteers, the city wants to brand property with corporate slogans in order to receive advertising dollars.

But one of the truly worrying parts of this report is a clause that says the city cannot stay "competitive" because its contract with CUPE500 employees—the city's largest union representing over 6,000 workers—doesn't allow them to fire workers without finding them equal employment first. Basically, the city wants to be able to fire public, unionized employees at will. So less job security + no business tax = more Best Buys, right Sam?

CUPE is currently in contract bargaining with the city, and it's likely that management will table these demands soon. Solidarity with these civic employees is desperately needed.

We're a clash of ideologies, Sam and I. While he thinks crime is eradicated by more cops and tougher sentences, I see crime being prevented by the very things that he wants to get rid of: community-oriented programs like libraries, swimming pools, gyms and after school programs that are accessible to all, not just those who can afford it. But most importantly, poverty isn't eradicated by making a city more "competitive," it's safe, well paying, unionized jobs that people need to feed their families and make communities safe.

The whole nasty bit is online. Just Google: "Winnipeg economic opportunity commission."

Victim of Circumstance

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This is a letter my future self wrote to my present self at the end of 2008.

Hey Sexy!

Well, we made it through another year, and what a year it was.

You continued your dominance on the Internet Checkers League (or the I.C.L. as all the young kids call it), with a rating of 1298. But I think you relied too much on the "Bollea Opening" as I'm sure you can recall the trouncing you received at the hands of "NoFatties4Life@yahoo.com." One of these days, "NoFatties4Lifel," one of these days.

You also got closer to actually cleaning up the "bidness" of your dog, "Sussudio." While you still gag at the sight and smell of doggy "bidness," this year instead of making the dog do his "bidness" while you're pulling him along, you brought a snow shovel and scooped the "bidness" onto your neighbor's lawn. By the way, you're going to want to send a sorry note to the neighbor in April when the snow melts. Also, in 2008 according to Wikipedia, the word "business" will be replaced by "bidness." Thank you Snoop Dogg!

Professionally, you continued to write the column "Victim of Circumstance" for the Projector to great acclaim. However, you insulted a great number of people when you wrote an article exposing that true love, professional wrestling, and people who actually like and enjoy the company of cats, are fake.

One thing to look forward to this year is connecting with some friends from your past. There was your old elementary school chum, Andrew Gregory. Technically more of an invisible person than an actual living human being, Andy seems to pop back into our life whenever you were feeling any stress. And you will go through stressful times this year.

You were involved in a paternity suit with your former girlfriend, Francie Stevens. The trial lasted months and personally cost you thousands and thousands of dollars, leaving you on the brink of bankruptcy, and unfortunately Francie won the lawsuit. She successfully and unequivocally proved that 1. She is not, and never has been pregnant, and 2. She was never your girlfriend and she has not, and never will, actually have sex with you. Your pathetic attempt to show that somebody finds you physically attractive failed miserably. Again.

There are lots of things I didn't mention, but we both know you're not a good actor and couldn't fake being surprised. Just make sure that you shower every day this year and don't try to pass off your "bidness" as your dog's "bidness."

Yours In Sunshine,

Trevor

A Sircus for the Longest Night of the Year

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Many characters wandered the Pyramid Cabaret on Dec. 21. A warrior, a couple of peacocks, several fairies, people plucked from the '80s, and dozens of masked individuals all attended the 11th Element Sircus. And that wasn't including the performers for the night.

"We want to reach out to different groups of people," says Element Sircus co-founder Dave Fort. "The costume idea is a way of people letting their guards down."

The founders of the Sircus say that it's a celebration of the mind and the body featuring musical and physical performers. It has taken place on the summer solstice, as well as the winter solstice, for the past five years.

Decorated with curtains, a teepee, an archway, and a piñata, the Pyramid Cabaret was nearly unrecognizable compared to the previous night. Every performer had some sort of costume on, like Poor Andy, a guitarist and singer dressed as a Charlie Chaplin-like 1930s hobo, and Kram Ran, who performed in briefs. A rack of costumes was available to individuals who hadn't dressed up, and some took advantage of it, putting on feather boas and marching band hats. It was hard to tell who was about to take the stage, and who was there for fun, which made the night surprising.

The night featured Poor Andy, Tigerrr Beat, Big Trouble in Little China, and Mahogany Frog on the main stage, which was the Pyramid's actual stage. Dancers and musicians performed on the dance floor in between the main acts. Having acts perform at the same level as the audience blurred the line between performer and audience member even further.

As if the organizers of the Sircus hadn't decorated the stage and performers enough to please the audience's senses, live video being captured by a group named the Image Farmers was projected behind the performers later on in the night.

Rob Menard, another co-founder, explains that the origins of the Sircus came from when he and Dave worked at a kids' camp.

"We thought, 'How do we get this energy and continue it for the rest of the year?' Then we started watching the Rolling Stones, and we knew that a circus was the answer."

Fort and Menard then founded the Element Sircus. They chose to have the event on the winter and summer solstices, because, being the shortest and longest days of the year, they affect everyone.

"We're not pagans though," Fort says, and the other co-organizers of the Sircus laugh. "I've heard people say that it's a pagan celebration, but it's not. It's just a time to have fun."

Grady delivers a "cup of cold poison"

Sam Karney
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Heavy metal and the blues had a baby, and they called it Grady.

The days of Big Sugar may be long gone, but Gordy Johnson has refused to simply fade out of sight. With his new band Grady in tow, he paid a visit to the Zoo on Sat. Dec. 8.

The near-capacity crowd was teeming with excitement when the power trio, consisting of Gordy Johnson on guitar and lead vocal, Ben Richardson on bass, and Nina Singh on drums, took the stage at midnight, wearing cowboy hats and Wrangler jeans.

The show had initially been scheduled for sometime in September, after the release of the band's second album, *A Cup of Cold Poison*, but they were forced to reschedule when original drummer Billy Maddox departed from the band due to health reasons.

Without saying a word, Grady launched into the old Big Sugar classic, "Ride Like Hell," which contained enough low-end punch to rattle the chest cavity of the most seasoned concert-goers and set the stage for a two-hour-long set that had the energy of a heavy metal concert and the skill of a Sunday night blues jam.

In between chugging a jug of orange juice and switching guitars (Gordy used five different axes), Johnson and company played a solid set that pinged back and forth between their debut album *Y. U. So Shady?* and their latest album. The tracks "Hammer in My Hand" and "Joe Louis" had the crowd singing along with the veteran of the Canadian rock scene and showed why he is one of the most recognizable vocalists our country has to offer-- not to mention an absolutely fantastic guitar player.

It was undeniable that the crowd was there to see Gordy Johnson, but much respect was paid to the thundering rhythm section who kept perfect time. At certain points, they looked as if they were about to faint from exhaustion.

Edmonton's Murder City Sparrows opened the show with an hour-long set that featured fedoras and honcho moustaches, if nothing else. The front man's nasally squeal placed him somewhere between Hedley and Geddy Lee. Their overall aesthetic and sound did not do a good job of setting the stage for what was to come.

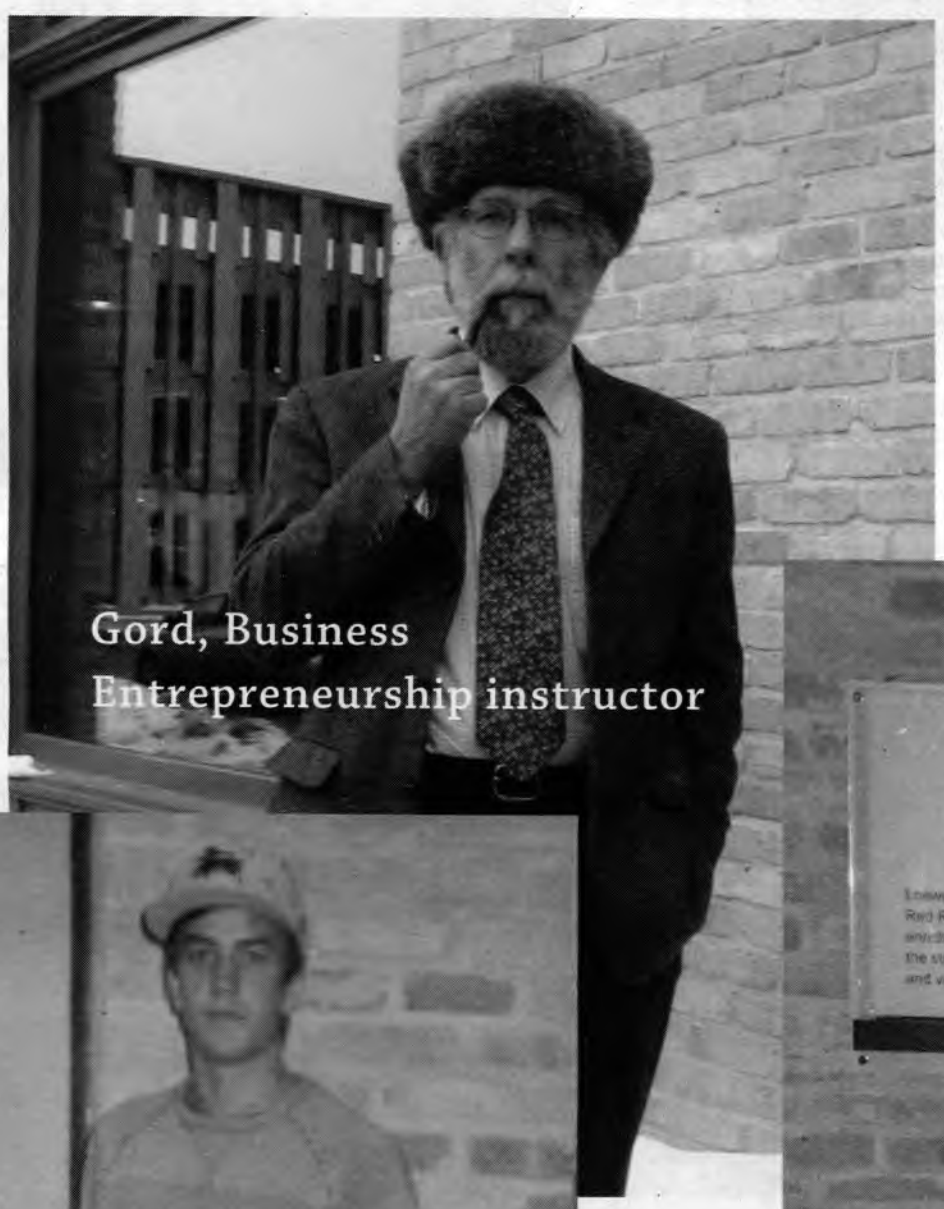
Opening act aside, Grady delivered a boot stompin' good time that appealed to both metal heads and blues aficionados alike.

Five tuning pegs out of six.

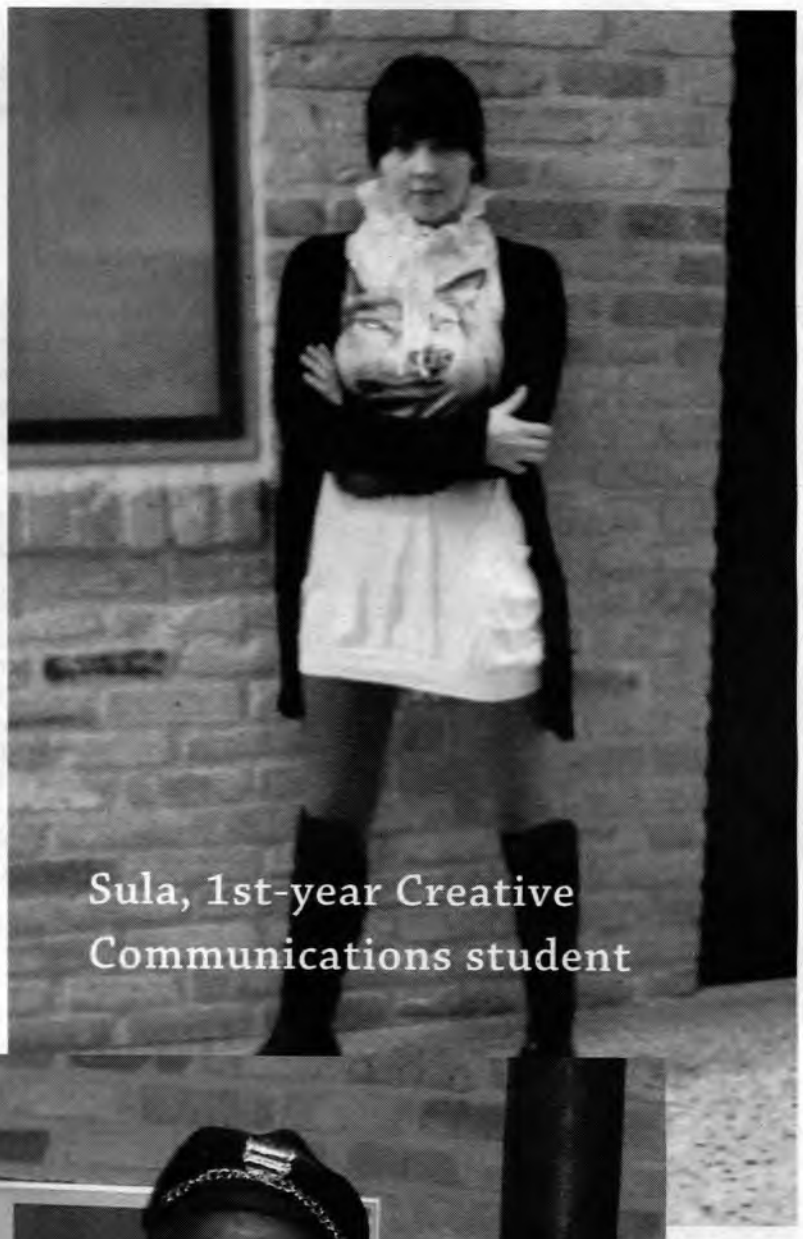
Style Stalkin'

WITH JULIJANA CAPONE

Red River College certainly has no shortage of style, from bold, to well... unusual. Here are some of the Princess Street Campus's most eye-catching ensembles.

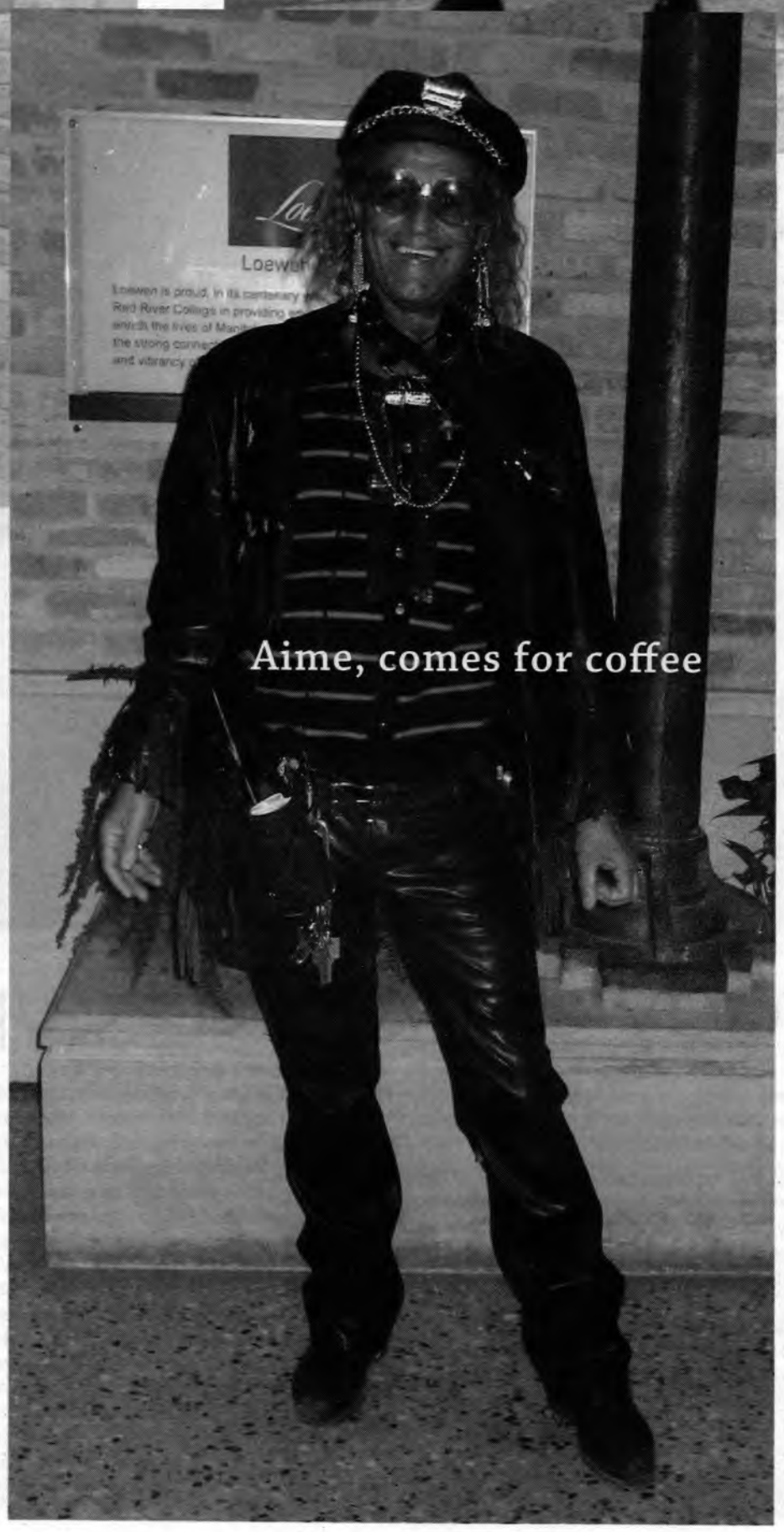


Gord, Business Entrepreneurship instructor



Sula, 1st-year Creative Communications student

Jason, 2nd-year Business Administration student



Aime, comes for coffee

Legal Walls: Graffiti Battle Gives Forum to Artists

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DECADE, a local graffiti artist who has been painting for 11 years, feels "privileged" to be able to take part in the Edge Skate Park's graffiti battle, Get Up Or Get Out, on Jan. 25.

"After painting trains, billboards, rooftops, narrowly escaping the police, hiding out and being chased with weapons, it's a breath of fresh air," says DECADE.

Jarrett Bogue, a volunteer at the Edge Skate Park and organizer of the event says that writing illegally can be risky. The fear of getting arrested is always looming for writers, not to mention "CN dogs and gangs."

In 1999, Winnipeg began to prepare for the Pan Am Games and an expected 10,000 visitors from all over the world. In an attempt to stifle the city's surge in graffiti, a removal operation called TAG (Together Against Graffiti) began a clean sweep of the city. "Street galleries," including legal murals, began to disappear almost overnight.

"People came down from Germany to paint and they were forced to clean everything. It demoralized a lot of graffiti writers and put them into hiding (in fear of being arrested). The next five years were a struggle to find legal walls, but recently it has been getting better. People are more accepting of the fact that graffiti is an art form, not just vandalism," says DECADE.

Battle style formats allow artists to paint without the risks normally associated with graffiti. Montreal hosts world-class battles every year at events such as Meeting of Styles and Under Pressure.

"Battles are a way to enhance your skills, get people together as a community and bring it away from some of the negative aspects." They can bring about "unique collaborations by different writers, they push you, make you try harder," says DECADE.

However, the idea of painting legally is sometimes scoffed at by other writers. Some argue this form of graffiti is not the same, that it compromises the essence of the art.

"Some people in the graffiti scene have shitty attitudes. I've caught flack for selling out, even though I don't usually make any money," says DECADE.

ESÉ, a graffiti writer who has been painting for nine years, doesn't agree with the selling out mentality.

"Even the most successful artist in Winnipeg doesn't have a lot. You might get a couple of murals commissioned by the city. No one's cashing a check from Marc Ecko," says ESÉ.

DECADE's work will be featured as part of the Walls Deep exhibit at Label Gallery, from Jan. 10 to 20. To register for Get Up or Get Out, email getuporgetout@hotmail.com or call 990-9957.

MOTS

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Eric Lesage and Alexis Lagimodière-Grisé are two up-and-coming Winnipeg French artists, only one features English words in his work, and the other tries to eschew words completely.

Lesage has taken a dictionary apart and has woven it into several panels that have been installed in concentric circles, and Lagimodière-Grisé has taken photos of his family in settings outside of the typical family portrait and has captured emotions ranging from silly to aggravated.

Even when talking, the amount of words that Lesage and Lagimodière-Grisé use reflects how many they've chosen for their art. But despite the amount of words in Lesage's project, he sees it as a visual piece of art.

"I learned to weave three years ago, and the idea of text and textile has always intrigued me."

Lesage's work is purely structural, and the panels he created were for visual patterns. "People bring any other meaning themselves," said Lesage.

Structurally, the panels are based on a certain size, and then each panel has a visual motif, like a wave that pops in and out, or boxes that stick out towards the viewer.

Lagimodière-Grisé isn't as open when talking about his work.

"Yeah, that was pretty hard," he says after watching his slides with his family and some friends. "When I look at my photos, it's usually myself in the living room."

He mentions that Sara Anne Johnson, a University of Manitoba alumnus that taught photography at Yale, was attending the opening. "I want to talk to her, but I haven't yet... I'd say that I'm pretty timid."

Lagimodière-Grisé says that he observed his family, rather than provoked them, but his photos aren't completely voyeuristic. In some photos, it seems like Lagimodière-Grisé as the photographer is still involved in the action of the photo. When one of his family members looks directly at the camera, the viewer can see how Lagimodière-Grisé sees them, and, through their expression, how they see him.

As for being a French artist using an English dictionary, Lesage says there wasn't much choice in the matter. "When I started this project, I had few dictionaries to choose from. The beautiful thing about mid-century American books is that they are built to last. They're over-engineered."

Lagimodière-Grisé uses few words, but there is a sense of bilingualism in some photos. One photo shows a sign that Lagimodière-Grisé's father wrote and put up in their house, cautioning not to use a certain door. "He wrote it twice in French, and once in English. God knows why, he knows that we all speak French."

The exhibit, called Talents Émergents, is showing at La Maison des Artistes from Jan. 10 to Feb 7.

More Than Scribbles

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Before I arrived at the opening of the Walls Deep graffiti exhibit at the Label Gallery, I observed the creation of some graffiti on Winnipeg Transit. A young man sat on the opposite side of the aisle. He inched towards the seat in front of him, pulled a magnum marker out of his pocket and began scribbling a tag, keeping his head up to prevent being caught. However, the bus driver somehow saw the scribe and promptly kicked him off the bus.

Because of occurrences like this, it's easy to see why some refuse to see some graffiti as art.

What, then, distinguishes the pieces hung in the Label Gallery from the squiggle on the bus? However memorable that tagger was, his tag didn't leave a lasting impression. Most of the pieces, like the name Walls Deep, elicit a response, even if it's one of immaturity or shock.

The show is a collaboration of Winnipeg street artists whose work you can normally see in the Exchange District, Osborne Village, or elsewhere on Winnipeg streets. They've come together to put their talents on canvas and other mediums. Some artists altered their own trademarks or names for the gallery, as one's name plays a large role in graffiti.

REET directly translated his common motif of a robot from label stickers to much larger canvases. Although all of REET's robots are roughly the same in composition, lush colours and gradients made these robots stand out.

SAZE humorously wrote his name several times on a piece with colours flowing between them. The caption reads, "I wrote this when I was high."

Some artists explored subjects other than their name within the style of graffiti art. POUR tagged over a picture of airplanes, and painted bombs falling from beneath them with a caption reading, "Bombing the prairies."

KRK incorporated a photo and an article of Sam Katz from a newspaper into a painting, singling out lines of the article that are about the culture of graffiti artists.

Artist Pradel notably moved away from traditional graffiti style, and created technically sound paintings, which still fit in with the rest of the exhibit due to their graffiti-like colour palettes.

Stickers created by the artists were up for grabs in a corner of the gallery. Should the take-home versions of the canvases be considered as art as much as what's hanging on the wall?

It's hard to say for sure, but the artists of Walls Deep showcased their distinctive styles, which normally comes first in graffiti.

Walls Deep showed at the Label Gallery from Jan. 10 to Jan. 20.

An Interview with Calvin Yarush

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With his dark, varnished monoprints covering half the walls at Winnipeg's Martha Street Studio, Calvin Yarush greets people at the door. His collaborative partner, Frank Mikuska, whose prints fill the other half of the space with colour, is not available to chat, but Yarush assures that he will represent both collections of work.

The exhibition, called Restructuring the Past, is showing from Jan. 10 to Feb. 15. Both collections have fragility about them, despite the fact that each collection is bold and raw in its own way. Mikuska's and Yarush's work each have its differences, but as you journey through the exhibit, the dark spaces and the prisms of light in each piece flow together as if the same artist created them. Yarush speaks of his connection with Mikuska, and the process of delving into his memory to recreate his past.

Projector - Your pieces are dark, and Mikuska's are colourful. Is that on purpose?

Yarush – Frank is dealing with colour in a way that I'm not.

Projector - Why aren't you attracted to colour right now?

Yarush – Well, the exhibit is called Restructuring the Past and both Frank and I are

dealing with memory in quite different ways. I've gone back to places where I have been in the past looking for something. Knowledge, love, understanding, sex, whatever it was. I've taken physical embodiments from those memories. This one is from Minaki where I spent many summers with my mentor. The embodiments are taken from the rocks. The paper is wet and you physically beat it on a rock. The idea is that as you move through life our skin takes on the impression of things we have interacted with. Scars, tattoos, wrinkles, change of hair colour, all these experiences mark you in a way. Starting with those marks, I've gone into them with different materials - ways of keeping records.

Projector - When you work with memory, does it come to you through emotion? Or is it a specific visual memory you are working with?

Yarush - For the most part, my work is collective memory. I guess the short answer is that it's emotion that I'm working with. I go over my piece again and again and again with different materials. For example, there is India ink because it's used for permanent record keeping, graphite because it's used for making plans. Builder's chalk because it's used to mark lines and starting points, and each layer is a different set of experiences over top of the initial recollection and in that way colours it. If you look carefully, there actually is a lot of colour in my work because it's layered over and over and over until it's almost obscured. Then the varnish makes shiny and matte areas, and the idea is that you choose, in your filtering of memory, to remember certain aspects and maybe not others. That way the reality of it is coloured too. It changes what's underneath. The activity of remembering, it changes the fact of the original experience. It's always an interpretation. The way you remember the event is usually not how things actually unfolded.

Projector - Why did you two decide to collaborate on your work?

Yarush - It was mostly by association through the studio that we got to know each other a little bit. Together we just had a connection through the work, and personally. I can look at Frank's work and see things in it that he's been thinking about and he can look into my work and see things that I've been thinking about. We don't have to exchange words. It's really interesting. There is that kind of spiritual connection, or whatever it is but somehow we get each other.

Projector - Interesting. Quite a healing process.

Yarush – It can be. It's a way of dealing with some ideas and memories that aren't altogether pleasant. All the pieces are meditations of the

past and the place. Because having gone to those places, and taken those impressions, and coming back with them to another location, you tend to use those as triggers for other memories. All the thoughts that are happening as I'm drawing or painting on the surface are related to that surface, or to the impression of that surface.

Projector - Have you ever thought about any of this emotion, or memory coming from a different place, a different lifetime?

Yarush – It's difficult to say. With my dreams, I have felt things that I have never visited in reality. Who knows? There is so much that is unexplained in the world generally. Whether it's past life, or things that happen simultaneously, I don't know.

Even if you make the relationship of how you remember things occurring, they are coloured in so many ways by the space between when they occurred and when you recall them to be sure that any of them are actually accurate at all.

Projector - How does it feel to sell a piece?

Yarush - Usually it's a good feeling. When you make a piece of work it's a form of communication. It's really only finished when somebody receives it. The idea that someone connects to a piece to the extent that they would like to own it, it's very gratifying.

Cinematheque turns 25

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Cinematheque is celebrating its 25th anniversary this year with 25 special events held throughout 2008.

January will see Andy Jones, a Canadian playwright, filmmaker, and actor, introduce three of his comic films on Jan. 11. On Feb. 9-11, Cinematheque will premiere *Muskeg Special* by Greg Zbitnew, a documentary on northern Manitoba finished in 2007 but actually filmed 28 years ago along with early Winnipeg Film Board members Victor Dobchuk, Ed Ackerman, John Paskievich, and Leon Johnson. And on Feb. 15, Guy Maddin (whose film *My Winnipeg* won best Canadian feature film at the Toronto International Film Festival last year) will introduce Greg Hanec's *Tunes A Plenty*.

The 25 special events won't necessarily involve work from members of the Winnipeg Film Group, but they will all definitely be Canadian, says Kier-La Janisse, Cinematheque's marketing and operations assistant.

"Cinematheque is one of the few places in Canada that has done more promoting of Canadian film than anywhere else in Canada," says Janisse. "Many Canadian films are tightly tied to Cinematheque because they had their first showing here."

She provides acclaimed Canadian director Atom Egoyan as an example. According to Cinematheque's January/February programming calendar, Cinematheque was one of the first places that showed Egoyan's second film *Family Viewing*.

The rest of the year's events haven't been announced yet, but one will feature 25 commissioned short films by filmmakers connected to Manitoba. They will show in a single program that will run for a week in the middle of March, says Janisse.

"There will be a broad range of filmmakers. There will be some from Winnipeg Film Group history, some founding members, and some newer members."

Along with anniversary celebrations have come some changes to the Cinematheque venue. The theatre was closed for two weeks in December for renovations to the box office and theatre entrance.

The renovations have given the theatre a more "professional face," says Jordan Crosthwaite, the Cinematheque house manager.

"There is increased ability for concession sales and a new ramp at the front entrance for wheelchair accessibility," says Crosthwaite.

Coming up in the year will be new air conditioning, infrared earphones for the hearing impaired, and possibly a new video projection, according to the calendar.

Founded and run by the Winnipeg Film Group, Cinematheque has been showcasing Canadian independent and experimental film since January 1983. They have been located at 100 Arthur Street in the Exchange District since 1986.

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Superficial Rantings of a Celebrity Gossip Junkie

Andrea Danelak

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Writing a gossip column makes me feel like I personally know the people I'm writing about. Truth is, I'm not sure I would actually want to (with the exception of maybe Johnny Depp and Hugh Jackman).

After all, these people are shallow. And stupid. Very, very stupid. I like to think of myself as a reasonably intelligent human being, so why would I want to associate with people whose shoe sizes are higher than their IQs?

Because my life is boring, for the most part.

None of my friends have been arrested for impaired driving à la Paris, Nicole and Lindsay (and now, Mischa Barton).

None of my friends have gone to rehab multiple times (I could list off the growing number of celebs paying what seems like weekly visits to Betty Ford, but that would take all day).

None of my friends got pregnant at 16 (ahem, Jamie-Lynn).

None of my friends got strapped to a gurney after a four-hour stand-off with police (she-who-shall-not-be-named, for shame!).

And you know what? I am perfectly happy with that.

There was a big hoopla over the holidays over whether Jennifer Love Hewitt is overweight. Seems as though a few unflattering pics of the former *Party of Five* star made their way into the hands of a celebrity photo agency. All I have to say is: big flippin' deal. Sure, J.Love isn't an anorexic waif like most other actresses, but she shouldn't be signing up for Jenny Craig just yet.

It's things like that that make me happy I'm a nobody. I shudder to think what the gossip mags would say about my body in a bathing suit.

And heaven forbid someone be pictured frowning next to his or her significant other (Jessica Alba, you listening?). The tabloids have been having a field day with the actress, especially now that she's knocked up and lacking that happy pregnancy (and engagement) glow that, according to photogs, is indicative of a relationship's status.

Again, I'm glad I blend in with the other plebs, because sometimes I just don't feel like smiling. It's not because of relationship woes; it's usually because I ate a bad clam or something.

> "I shudder to think what the gossip mags would say about my body in a bathing suit."

Wow, could I actually be sympathizing with the celebs whose lives I scrutinize day after day? Do I feel the slightest pang of guilt insulting these people on a regular basis?

Nah, I'm just in a really, really good mood.

The Biblio File
"Can't Hurry Love"

Jennifer Ryan

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"A book is a gift you can open again and again."
– Garrison Keillor.

Well, the holiday season has finally died down, leaving little trace but for a few houses and apartment balconies still decked out in Christmas lights. At my house, the only indication that Christmas was here is the leftover candy canes discarded in the fruit bowl. And even though the holidays are over, gone into hibernation until the day after Halloween 2008, I am not done my Christmas shopping. Not the frantic did-I-get-everyone-on-my-list kind of shopping that happens in mid-December, but the delightful I-got-a-gift-card-I-can-buy-whatever-I-want kind of shopping. The best kind of shopping. The only thing that could top it is if my card is for a bookstore. And it is! (Thank you Auntie Emma, Uncle Murray, and the girls – I wasn't exactly subtle with my hints, but still, you are the only ones who picked up on them.)

My gift card is nestled safely in my wallet. I've visited the bookstore twice since I received it, but still I have not spent it. I do not take book buying lightly; it is a very serious business which deserves careful thought and thorough investigation. I'll browse, I'll skim, I'll scour, and then maybe, just maybe, I'll buy. There are many considerations I'll make before carrying that one special book up to the till. Do I want the new novel that everyone's talking about? Dare I risk a debut novel from a promising new author, or go with one of my tried-and-true favourites? Should I splurge on a glossy, hardcover book of advertising to add to my small (but growing!) collection of coffee table books for my future corner office? Am I in the mood for trashy romance, or nail-biting thriller? Poignant slice-of-life, or titillating tell-all? Oh, the possibilities! I can almost feel that little gift card quivering in the slot next to my buy 10, get one free Booster Juice card. I keep my library card in a separate compartment. If cards had personalities, I imagine the ostentatious gift card would be a tad on the snooty side compared to my humble and loyal library card.

And therein lies the real reason I take so long to buy a book. I love the library and all the options it offers. I can take out as many books as I can read in three weeks, and if a couple of them aren't that great, no love lost. But buying a book? Buying a book is forever. Going to the library is like dating – courtship, even. If you find a book you like so much you could live with it forever, then you can choose to go buy it. But just buying one outright? That's like jumping head-first into an alcohol-induced quickie wedding in Vegas!

Sharing this page with the superficial rantings of a celebrity gossip junkie has taught me one thing: I'm no Britney Spears. No, I think my gift card and I will take it nice and slow. And in the meantime, I will continue my investigation with several arms-full trips to the library, and a couple more empty-handed visits to the bookstore.

The Wretched Hive of Scum and Villainy

Shawn Houde

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Turning Japanese One Film at a Time

Barely entering 2008, I already know it's going to be a great year for movies. Just look at the lineup we can expect: P.T. Anderson's *There Will Be Blood*, Chris Nolan's *The Dark Night*, Jon Favreau's *Iron Man*, Steven Spielberg's new *Indiana Jones*, and, yes, even the Wachowski brothers' *Speed Racer*.

But as great as 2008 is shaping up to be, how could I forget just 10 years ago when two of my favourite films hit theatres.

On March 6, 1998, Joel and Ethan Coen released arguably their best film, but easily their funniest film in *The Big Lebowski*. Yeah, it's been 10 years (and I feel old). Happy 10-year anniversary His Dudeness (or, uh, Duder, or El Duderino if you're not into the whole brevity thing).

Not only has the character of The Dude (Jeff Bridges) made his impact on pop-culture, but I'd like to think his love for bowling, some Creedence tapes, the occasional toke and a sip of a White Russian has made us all appreciate the simpler things in life.

The Big Lebowski is just the type of film that will be quoted and worshipped easily for another 10 years. And if there's one comedy in 2008 that might achieve the same kind of success and cult-status, it just might be director Michel Gondry's *Be Kind Rewind*.

If you're not familiar with Gondry's latest film, just know that after every VHS tape is erased in a video store, Jack Black and Mos Def must "re-make" every film – including *Back to the Future* and *Robocop* – in the store themselves.

The trailer is online and *Be Kind Rewind* will be in theatres mid-February.

On the other end of the film spectrum, Steven Spielberg's Saving Private Ryan is also celebrating its 10-year anniversary.

Not since *A Bridge Too Far* or the classic *The Bridge on the River Kwai* has a Second World War film hit with such honesty and realism.

Saving Private Ryan is not only one of the greatest war films of all time, but it's the type of film I've watched with family members who served in the military and were actually brought to tears. Sure, it's an over-fantasized Hollywood drama, but you can tell the authenticity is there.

So what can we expect in 2008 to be the next great war-epic? I'm going to have to go with former X-Men director Bryan Singer, with his Second World War bio-pic, *Valkyrie*. The film stars Tom Cruise as Col. Claus von Stauffenberg, a high-ranking German officer who plotted the 1944 assassination of Hitler to gain control of Germany.

While *Valkyrie* is still in post-production, and not expected until October, I have the feeling Singer will not only put Second World War films back in demand, but Cruise back in the spotlight instead of the tabloids.

The Forks Comes Alive in Winter

Christine Mazur
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Bears may be hibernating and birds may have flown south but Winnipeggers are turning out in droves to play outdoors at The Forks this winter.

"You think people disappear into their homes for the winter," says Marilyn Heidebrecht, a cross-country skier enjoying a balmy Sunday afternoon on Jan. 7, skating with friends at the Olympic-sized rink. The rink is part of The Forks' Arctic Glacier Winter Park. "It's a playground," she says. "I think it's great."

"This is the first time we've been here because it's been so cold," says Debbie Purganan, 31, pulling 20-month-old Jacob on his sled at the busy toboggan hill. She explains she and husband Rick de Guzman, 33, didn't want their son's first encounter with winter to be unpleasant. "We wanted to have his first real fun day in the snow."

The family had come to The Forks completely unaware of the winter park after originally intending to go to a park near their North End home.

"I'm surprised at how many activities they have out here," says Purganan. "We just came to The Forks just to come to The Forks, 'cause there's always something going on, right?"

Now that they have discovered this "winter wonderland," as de Guzman calls it, they plan to return.

"It has a really good assortment of activities here for people of all ages," he says. "Sliding for the young kids, hockey, snowboarding, so, for sure, we'll always come here."

Clare MacKay, manager of marketing and communications for The Forks North Portage Corporation, says the idea for the winter park came about five years ago after the river failed to freeze, preventing the usual river-surface skating rink and trails from being made.

"Winter is a big part of who we are," she says. "We're a year-round site and wanted to use all that space year round."

The Forks plans to make even more use of the space in the as-yet undeveloped but snow-filled skateboard park. "We will be putting a drop-in structure soon in the skateboard park for the snowboard team and the general public to use," says MacKay, "but we're still figuring out how to use the skateboard bowl."

FAST FACTS ABOUT THE FORKS ARCTIC GLACIER WINTER PARK

Rent skates at The Mini Donuts Factory in The Forks Market 10 a.m. – 10 p.m., $2 children and seniors, $3.50 adults.

Free activities Sunday afternoons from Jan. 13 to Mar. 2:

Horse Drawn Wagon Rides departing from in front of Explore Manitoba. 12 p.m. – 4 p.m.

Great-West Life Snow Sculpting Workshops in front of The Pancake House at The Forks Market. 1:30 p.m. – 3:30 p.m.

Investors Group Teepee Story Telling and Art Program just past The Forks Market. 1:30 p.m. – 3:30 p.m.

Snowboard Clinics – see the certified instructor at the top of the snowboard hill. 1:30 p.m. – 3:30 p.m.

Source: http://www.theforks.com/40/330/121

Lend a helping hand

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The holiday season may be long over but this doesn't mean volunteer opportunities have decreased within Winnipeg. Organizations are always looking for volunteers and whether you are trying to gain experience for future employment or just want to do some community service, volunteering is the most rewarding way to go.

Volunteer Manitoba is a great resource if you are interested in volunteering but don't know where to start. They provide information and training for people who are new to volunteering, and can set you up with a certain group or organization.

"It is the conjugate between volunteer and agency," says Dennis Dyck, executive director of Volunteer Manitoba.

An initiative of Volunteer Manitoba is Manitoba Youth Volunteer Opportunities, which is dedicated to helping people ages 13 to 30 find volunteer work within Manitoba.

Noreen Mian is a Youth Outreach Worker and describes volunteering as "the foot in the door for employment."

Noreen is a graduate from McGill University in Montreal and has found that with post-secondary education you do not always get the hands-on experience you would like, which is why volunteering is a great opportunity. Noreen described the Manitoba Youth Volunteer website as a great way to meet people in different organizations that you are interested in and may work for in the future.

"When anyone goes to volunteer it is like applying for a job," says Mian. "We help youth prepare resumes and get in contact with organizations we think they would be interested in."

Siloam Mission, which is located at 300 Princess St., is one of the organizations continually looking for volunteers. At Siloam Mission, they strive to be a place of care and comfort for the homeless in Winnipeg.

Stefanie Laing is a volunteer coordinator at the Mission.

"We welcome students all the time and our website is a great resource if they are wanting to find out more information," says Laing. She stresses that help is always needed, no matter what the season. "A lot of help is needed in the meals and clothing programs."

Volunteering truly does make a difference. It gives you a chance to give back to your community and at the same time build relationships that could last a lifetime. And remember, it could be a step towards the job of your dreams.

> "Volunteering truly does make a difference. And, it could be a step towards the job of your dreams."

Other places that are looking for volunteers right now are Big Brothers and Big Sisters of Winnipeg, The Sharon Home Inc., Canadian Cancer Society, and The Heart and Stroke Association of Manitoba, just to name a few.

Visit the Volunteer Manitoba website at www.volunteermanitoba.ca , Manitoba Youth Volunteer Opportunities at www.myvop.ca and the Siloam Mission website at www.siloam.ca .

Diversity @ RRC

Diversity and Immigrant Student Support Office At Notre Dame Campus has moved up a floor to D206

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- Visit our office to learn about the Cultural and Language Mentor Program, Canadian Professional Skills Series, Sights in the City, Learning to Love Winter and other events.

Canadian Born Students...
Want to enhance your cross-cultural skills and knowledge, learn some phrases in a new language, and make a friend? Join our Cultural and Language Mentor Program where you will be partnered with an immigrant or international student for cultural information exchange, language learning and friendship.

Faculty and Staff...
Need resources on how to create an inclusive learning environment? The Diversity office assists with cross-cultural issues, offers ways to alleviate academic challenges immigrant and additional language students encounter, provides resources to maintain an inclusive classroom and delivers customized diversity awareness workshops.

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Bryan Krahn CSCS
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A no-numbers, no-nonsense approach to rapid fat loss

For many, the holiday season is a hectic time of year. Family get-togethers, work Christmas parties and a few dozen invitations from friends to hook up for drinks are all too common in December. While this all may be very enjoyable at the time, the cold reality of several weeks of high calorie indulgence usually hits home in early January, when we're sporting a few more pounds of fat than we had in November.

Fortunately, there is a plan for dumping those holiday pounds just as swiftly as they went on. It requires no calorie counting and no special supplements, just a healthy supply of self-control. Ready?

For the next two weeks, only consume foods that would either run, fly, swim, or are green.

Got that? That means 'yes' to lean meats, fish, seafood, eggs, poultry and virtually any leafy or green vegetable with the exception of peas. That also means a resounding 'no' to any grains, wheat, corn, potatoes, sugar, bread, even dairy products and fruit. (Relax; it's only two weeks!) Don't worry about portions or calories or the like, provided you limit your choices to the approved list above you are free to eat until you feel satisfied.

Skeptics may scoff at such recommendations and say that it is merely a form of calorie restriction, as many widely consumed foods are suddenly off limits, resulting in a net calorie deficit.

My response to such criticism is: so what? Any effective fat loss diet is based upon a calorie deficit or consuming fewer calories than burned and this plan achieves this with no calorie counting required. It also provides considerable nutritive value if plenty of alkalizing healthy veggies such as broccoli, spinach, and asparagus are included with each serving of lean protein. (Most "healthy" high carb, grain based diets are in fact very acidic.)

The first four or five days are the toughest as the body adapts to burning fat as fuel as opposed to all those yummy carbs you've been indulging in. Suck it up, buttercup! After a rough first week, your energy levels will soar, and after two weeks, you'll probably be down anywhere from five to ten unwanted pounds of holiday cheer. How cool is that?

At the two week point, I would start to slowly add healthy carbs back into the diet, starting with a piece or two of low glycemic fruit a day (apples, oranges, blueberries, etc.)

These won't be the most enjoyable two weeks of your life, but it can't be Christmas all year, can it?

Becoming More Flexible with Yoga

Lisa Magnusson
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If a teen today followed in the footsteps of a pop star, the results could be devastating.

Almost a decade ago that's what Meghan McCrea did and it changed her life.

The transformation seemed to happen overnight. McCrae, 25, saw Madonna performing on television and being a big fan, she was enamoured by what she saw.

"She was doing yoga and she made it look fun," says McCrae.

Becoming flexible is no small feat whether it is in your own life or on a yoga mat. But at 16 years old McCrae decided that this is what she wanted to do. She tracked down one of only two yoga studios in Winnipeg, she signed up the next day and began practicing.

Now, with over two-dozen choices of studios and nearly as many styles of, there are endless possibilities when it comes to practicing yoga in Winnipeg.

McCrae says she was the least flexible person in class and her teacher thought she'd never come back. Not only did McCrae go back to a second class, she went five days a week, and within two years she began to teach. She now teaches at Yoga Centre Winnipeg.

Unlike going to the gym for the first time, yoga leaves many with a different experience. McCrae lights up the room when she speaks about how she felt after that first week of yoga as if it were yesterday. "This feels great; this makes me feel alive," she says.

McCrea adds that getting over that static form of being an inflexible person – and thinking this is just for those who are flexible - can hold us back. "We can open to new possibilities of who we choose to be," she says.

Rebecca Elish, a yoga student visiting from North Carolina, says "this is the first thing that ever gave me confidence." The native New Yorker is full of bliss when she recalls the changes that yoga has brought into her life.

Today there is a yoga class for any shape, size or age. An average class is $15, or many centres offer unlimited classes for a flat fee. Most studios are not dedicated to one particular style.

Lululemon Athletica, a yoga clothing store located in Polo Park Shopping Centre, offers a free yoga class every Sunday at 10:30 a.m. for beginners. They are a great resource to connect to the yoga world and help people find the right style of yoga to fit their lifestyle.

Rebecca Horan, a floor manager at the store, says "there are a plethora of styles from relaxation classes to all levels of intensities out there."

Interestingly, yoga not only increases flexibility, it carries through into your life.

Meghan McCrea is a great example of how you can recreate your life. She has dedicated her life to yoga and says "it offers a renewed energy and a clearer sense of purpose."

Easy, Healthful Recipes Using Winter Veggies

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Health conscious consumers know that our bodies require a variety of fresh fruits and vegetables for optimum health. In the winter months it is a little more challenging to find something fresh.

Roots and tubers are plentiful this time of year, but many of us walk straight over to the familiar broccoli and cauliflower because we don't know what to do with them or think that they may require more preparation. These hearty vegetables are packed with nutrition and are not only tasty, they are a great comfort food.

If you don't own a steamer, the little silver gem that fans out into the bottom of any pot, one can be picked up at most grocery or dollar stores. Using this handy gadget helps vegetables retain their colour, flavour and nutrients, as long as you don't overcook them.

If you want to get the most out of your veggies stop using a microwave and stop boiling them. With a steamer the veggies will come alive and surprise you with a burst of flavour.

The simplicity of steaming will have you navigating the produce section with a renewed sense of vigour and delight for all your senses. Learning to enjoy your vegetables *al dente* **(retaining firmness) is the best way to gain the nutritional benefits.**

Use just enough water in the bottom of a lidded pot to touch the steamer basket. Most vegetables only require you to bring water to a boil and turn the element off. The steam will continue to cook them until you're ready to eat.

Ensure water has not evaporated for longer steaming. Beets and other firm veggies may require at least 15 minutes of steaming.

With less than five ingredients on hand, veggies come alive.

Steamed Vegetable Recipes

Steamed Cabbage
Prepare steamer in pot, steam for 10 minutes and turn off heat. Serve with olive oil, sea salt, pepper, a splash of balsamic vinegar and sesame seeds.
*If using red cabbage, add white vinegar to water to keep it from turning blue.
*Add carrots to steam for added flavour and colour.

Parsnip & Carrot Combo
Parsnips are related to the carrot and when steamed together add an interesting sweet and nutty flavour. Serve with honey and thyme.

Sweet, Rich Beets (high in antioxidants)
Steam beets, whole stem on, as mentioned above. Once tender, the skin slides off easily, slice or cube to serve.
*Beets require no more than a small amount of butter and salt. They are great cold.

Rutabaga and Kale
A rutabaga is a cross between a turnip and the cabbage according to the book *On Food and Cooking: The Science and Lore of the Kitchen*. It can be steamed but requires more time, similar to a beet.
Cut rutabaga into cubes, steam until almost tender. Add chopped kale, continue steaming until kale is tender – turn off heat. Sauté a sweet onion in olive and sesame seed oil in frying pan, toss together and continue heat for 3-5 minutes.

Chop parsley and dill into salads.

Make a fruit smoothie and add beets, carrots, celery or cucumber.

Read labels on prepared dressings, avoid sugar and glucose laden types.

Add sunflower sprouts and nuts to salads.

Tamari, a healthful Japanese soy sauce, is delicious on frozen green beans served with toasted almonds and olive oil.

Toss green onions or parsley to any dish upon serving.

Roasted Vegetable Recipes

Roasted Veggies Combo One
Cut onion, fennel bulb, red pepper and carrots into strips and lay evenly on cookie sheet. Drizzle with olive oil, sprinkle the fresh feathery tops of the fennel bulb on top and add a small amount of dried herbs, minced garlic and sea salt. Roast on middle rack for five minutes then move to top rack, broil for five more minutes.
*Fennel and carrots take more time to soften. Cut into thinner strips to have a more uniform texture.

Mashed Sweet Potato
Pierce a sweet potato, wrap in foil and bake for approximately 25 minutes (depends on size.) Peel skin away and mash lightly. Serve with maple syrup or butter. If baked less and the flesh is still firm, slice into rounds and serve.

Roasted Veggies Combo Two
Cube sweet potato, Jerusalem artichoke, and any yellow squash.
Add ¼ cup of maple syrup and small amount of sea salt.
Bake in covered dish for approximately 20-25 minutes.
Serve with melted butter.
*Agave nectar can also be used, is also a delicious and healthy sweetener, lighter than maple syrup. Agave (uh-gah-vi) nectar is available at most health food stores or Harry's Foods.

Get your 7-12: fresh winter produce

Jolene Bergen
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Fresh imported vegetables can break a student's budget in only one tour around the supermarket. But not to worry, Winnipeg grocers are stocking their shelves with affordable winter produce options.

Graduate dietician Candice Comtois has a few simple ideas to help student meet their dietary needs and keep some change in their pocket.

Comtois, who works in the C. W. Wiebe Medical Centre in Winkler, Manitoba, recommends buying produce that is in season to stretch the student budget.

"Beets, turnips, parsnips, carrots, cabbage, rutabaga, radishes, and squash are the main ones in season in the winter," said Comtois. "Compared to types of extra food, which can add up quite quickly (price wise), vegetables can be quite reasonable, especially if going for canned or frozen."

Both frozen and canned veggies are good options to reach the Canada Food Guide requirements for a balanced diet. Comtois advises rinsing canned vegetables to reduce sodium but preparing vegetables without adding water. Steaming, roasting, and microwaving are all good options.

Freshly dug-up sunchokes, also known as Jerusalem artichokes, are expected this week at Organza Natural and Organic Market at 320 Osborne St., according to produce clerk Shereen Ramprashad.

"We have fresh hydroponic tomato, basil and squash from last fall," said Ramprashad, who has maintained a strictly organic diet for three years. "All other vegetables come from California and B.C."

Ramprashad notes that imported fresh foods

are more expensive, so she ensures that the produce is the best quality for the money that is spent.

"If you want to eat local, do preservation and freezing. Just blanch and freeze," advises Ramprashad. Organza does sell organic frozen vegetables, but they are imported from B.C.

Safeway carries a variety of frozen and imported produce, including some imported hydroponic vegetables, reported Lisa Christiuk, a part-time produce clerk at the River and Osborne location.

"It depends on the produce, carrots and potatoes we get from Peak of the Market, most others come from the US," said Christiuk. As for affordable produce, "your best bets are bananas, green peppers, and bagged carrots."

Safeway also offers a selection of organic produce, which are sold at a premium price point.

"Of course you pay more because you can't have a 4,000-acre farm and expect handpicked, chemical-free products. But the food tastes better, you can taste and see the difference," said Ramprashad in favour of organic food.

Trade-off

Derek Jory

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The business world could learn something from the National Hockey League.

No, I'm not talking about brawls in the workplace or mandatory uniforms, although that would be sweet.

I'm all for trades.

In the NHL, if you don't perform, you're gone. It's a what-have-you-done-for-me-lately industry, and if players don't show up on a semi-regular basis, they're gone.

A career year one season is great, but failure to pull the trigger the next season will have a player packing their bags quicker than the Maple Leafs give up goals.

"Sorry Derek, you weren't performing, so we've traded you to Columbus."

No player wants to hear those words and as a result, I think players work harder, and therefore, play better. The threat of ending up somewhere like the Buckeye State lights a bit of a fire under one's ass.

If it works in the NHL, why not try it on Wall Street?

Everyone's worked in that typical stale office environment. There are mind-numbing florescent lights, lame real/plastic plants, a friendly secretary that secretly hates you, the photocopier that doesn't work and of course, that one person who does nothing. Most people have a day now and again when they show up, but don't really show up, but this slacker is in a league of their own. They work just hard enough to stay on board, roughly three-and-a-half hours a week, yet they are still employed. Do you see where I'm going with this one?

"Sorry Trevor, you weren't performing, so we've traded you to the Swindon branch in Hamilton. Good luck with the smell."

Bosses capable of pulling off blockbuster trades to rid the office of sloths will see increased productivity and a better overall office moral.

Heck, maybe you even get a budding young intern in return to complete the deal. Perhaps one willing to do anything for some industry experience that could help land them a job. I think I know about 75 of them that would fit that profile right about now...

My only advice for bosses looking to shuffle things up: trade with confidence but also with caution. Landing a Roberto Luongo is great – please report to Derek's fist if you just asked someone who Roberto Luongo is – however trading away Wayne Gretzky will always be frowned upon.

Bibles and Broomsticks

Shannah-Lee Vidal

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Like many students, I have been feeling the pressure that comes with spreading oneself too thin. I suspect I have also made myself sick because of it. I don't have a cold or the flu, but I know I'm far from my best.

And that's the whole key: me. I haven't had any time for myself. OK. Correction: I've had the time, but not the energy.

So maybe there comes a time in everyone's life when the battery needs to be boosted. But now I'm coming to realize that some of us may not know how. It's my opinion that health is something that connects both the body and the mind. And if those things fall out of harmony for a long time, it can be a tricky thing getting them back together.

I once had friend who was probably the emotionally strongest woman I have ever known. She was the mother figure that everyone would run to in a crisis. It was as if by saying the comforting words that others needed to hear, she added another layer to the invisible shield around herself.

There is nothing wrong with saying those comforting words, but there is definitely something wrong with neglecting yourself. For all of her outward composure, I one day came to realize that my friend had many more vulnerabilities than any of the people she had helped, myself included. It was just that no one realized it.

One day my friend confided in me that she had so much pain buried deep inside that she was terrified she would fall apart if she ever brought it to the surface. What was worse, she truly believed that she would never be able to put herself back together again.

Forty decades of built up issues eventually crashed down on my friend when something happened that she couldn't control: her cat, her one confidant, died suddenly. I know she felt she was alone, in the strange kind of exile that leaves you surrounded by loved ones, but without a friend the world.

I miss my friend. She left my circle two years ago. And, although I have tried to be there for her, as she was for me, she has chosen to go off on her own. The last time I'd heard from her was a month ago. It seems she is still in the process of repairing herself.

I must say this: It's important to take care of yourself, especially if you are one of those helpers, like my friend. Repair can be a physically and emotionally costly thing. When the time comes when you are down and close to breaking, take time out for yourself. You know what you need to do to get back your charge.

We have so many responsibilities to other people. Sometimes we may need to cut that off for a day or two. In my situation, I've asked others to pick up a bit of the slack so that I can have some time for myself. I will be there the next time they need me to take on an extra duty.

openhouse
Open our doors. Open your mind.

Student Ambassadors Required

Interested?

We are looking for energetic Red River College students to act as Student Ambassadors on February 20 during the Open House at both the Notre Dame and Princess Street campuses.

Hours of work are 8:30—3:00 and 4:30—9:00.
Duties will include greeting and tour guiding.

If interested contact Carolyn at cjjohnson@rrc.mb.ca, please state which Campus you are studying at in your e-mail.

Application deadline is January 25, 2008

A MESSAGE FROM RED RIVER COLLEGE PARKING SERVICES

Did you know...?

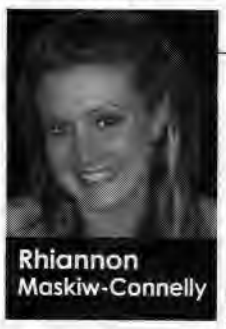
R.R.C. Parking Services routinely tows vehicles?

It's unfortunate, but sometimes necessary to tow a vehicle off of Red River College property. Towing offences range from unpaid parking tickets to forged or altered parking passes and dispenser tickets.

Please don't risk it.

Pay for your parking and if you do get a ticket, do yourself a favor and pay it in the first 15 days. After that they can go up to as much as 3 times the amount.

There's no place like home...


Rhiannon Maskiw-Connelly

rhiannonmaskiw-connelly@hotmail.com

When it comes to home, I'm usually the first to complain about it. I complain about the weather, the roads, the lack of good shopping and that there is never anything to do. So when I was able to arrange my work placement in England, I couldn't have been more thrilled. It meant I would get out of boring old Winnipeg and see the places I had always wanted to see.

I've been out here for two weeks now, and I have to admit that I'm homesick. Never in a million years would I have thought this would be my experience. But it is.

I've seen London and Paris and both were absolutely incredible. Paris was by far the most beautiful city I have ever seen. I must have taken hundreds of pictures of virtually every building I passed by; the city itself was amazing.

But as for the people, no one understood English very well, and my French just wasn't up to par. People were snooty, rude and unhelpful and it got very lonely after a while. I started to miss the friendly people back at home, and realized how uncomfortable it is when you are in a country where you don't know the language.

I'm in Southampton now and the people are better here. Most are friendly and a lot more helpful, but strangers don't say 'hi' the way they do back at home when you pass them in the street.

I'm working at a radio station and although they speak the same language, my pronunciation of things sometimes makes communication difficult. They have a completely different court system and everything is split into 'counties' and it's all very confusing. I constantly have to look things up or ask questions about things I know so well back at home. Frustration often sets in as everything takes twice as long and is twice as difficult. It really is a challenge- and for that I am very glad I stepped out of my comfort zone. The experience I've gained out here is more valuable than I ever could have thought.

Even though there is so much to see and do, I miss my friends and family, my boyfriend, and even my dog. The places I go just aren't as grand without those people standing beside me, and there's no one waiting to hear about my day.

It's funny how I am in the place I've always dreamed of being, the place I always thought (and still do think) I may choose to settle down in, yet I'm missing boring, cold, pothole-filled Winnipeg. Who would have thought?

The best lesson of all has nothing to do with the educational experience. It was learning to appreciate the little things- the comfort of home, the company of those I care about, and the sunny skies that make every day seem a little brighter.

Set-ups can be let-downs

Zach Regiec

zachregiec@hotmail.com

Zach Regiec is a single 32- year-old student, who has run the gamut of dating and relationships. He has been the dumper, the dumpee, broken hearts, and had his heart crushed. He has been rejected, done the rejecting, and he is here to share his stories, thoughts, and ideas about the dating scene in Winnipeg.

The Good

Someone thinks you are enough of a catch to set you up with their friend, which is quite a compliment. I like when my friends set me up because it shows that they are thinking of me and that I have potential to offer their friend a quality relationship (a brief apology in a published newspaper about the one I most recently messed up – sorry Dave).

When you are being set-up, be extra cautious of the feelings of the person who has set you up, and also of the person who you have been set-up with. It's a good idea to get their home number and e-mail address in order to get in contact with them on your own. It's a super-bad idea to let your friend do all the communicating for both parties. You definitely do not want a third party or "middle-person" in your dating life, except if it is a threesome, but that is another article altogether. Set-ups can work out really well, but be prepared to put in extra effort so that things go smoothly.

The Bad

Be prepared for it to not work out. Chances are your friends don't know you as well as you thought and it's very possible the date, dating, or the relationship won't work out. It's a good idea to pay for the first couple of dates because then nothing can really be held against you. You don't owe anyone anything, if you pay then he or she can't complain about you being cheap or that you were trying to get a free meal. NEVER let her or him pay if you don't intend for there to be another date. Going dutch is an okay middle ground.

The Fugly

Ok, you went out and it didn't go so well. Either she bad-mouthed your best friend or you have different opinions on whether George Bush is a good president or not. Don't panic, and make sure to not be a total jackass. Remember, your friend has set you up and Winnipeg is a very small city, so do your best to be respectful to each other.

So to recap, set-ups are good. They are a validation from your friends that you are a decent human being. Don't hold your breath though, because set-ups are just as likely to fail as Kyoto.

The truth is dating is sort of like golf. The harder you try and the more effort, strength, and power you put into it - the more likely you are to mess it up. Believe me when I say, if you try really hard to make the green on every shot, you'll end up chasing your balls in really messy bush all day. Set-ups are a good start, but be overly cautious and concerned with the feelings of all parties involved before getting into the thick of it.

A Slam Dunk for Red River Rebels

Tania Kohut
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It's only the second season Red River College has had women's and men's basketball teams, but the Rebels mean business.

Ogo Okwumabua is the coach of the men's team.

"Anyone can try out for our team, as long as they're enrolled in school. This year we have about 13 players," said the tall coach, wearing a bright red RRC Rebels polo shirt. But with the College's sometimes-irregular class schedules, a player doesn't always stick around through a whole season. "It's a good number, but it's kinda tough, we have some high fluctuation rates."

Try-outs are in September. Games begin a month later, with about 20 in all, including exhibition games. The teams compete in the Central Plains Athletic Conference. CPAC consists of college and university teams from southern Manitoba. This March, the college will host the CPAC finals.

"We've won a number of our games. At the end of the year, hopefully there's only one winner, that's us," said Okwumabua. He encourages RRC students to come to the Rebel's games and support our players. "We get a lot of parents, the girlfriends. I think it would be a lot more exciting for the players, help them get geared up for a game if we had a little more fan support."

Cheryl Jean-Paul is the coach of the women's team, which has six determined members.

"We've talked all year about not letting our situation determine our attitude," said Jean-Paul about the women's team players. "We've had six, we've had eight, we've had injuries to starters. We've basically seen everything this year, and we've been competitive that entire time, we're not going to feel sorry for ourselves only having six players."

"I've been coaching for the last number of years," said Jean-Paul, explaining how the Rebels teams are just like any other. "We practice, we have tournaments, we travel. Fans help, but I think it's mental games you play with yourself."

"There's definitely that comfort level of playing at home," said Jean-Paul of the CPAC finals.

Just because the season is in full swing, doesn't mean it's too late to get involved with the teams.

"That's the thing with Red River, people are starting classes at all points in the year," said Jean-Paul, who welcomes students to come to a practice. "I've had an open door policy, if people want to check out our program, see if it's something they want to do."

The Rebels' Julia Anning (number 22), a project management student along with team-mate Sarah Yip (number 24), a human resources management student, is undeterred by the small team.

"We have the motivation, as far as us six [team-members], we're a close group and we work as hard as we can and do what we've got to do," said Anning. As for support from RRC students, "I think that could help us potentially win it."

"It would be great to see people out," agreed Yip.

Both women have years of playing experience. They practice two to three days per week with the Rebels and both enthusiastically agree they play for the love of the game.

"I think if we didn't have a team at our school, we definitely would feel a little depressed, we'd look somewhere else. As time-consuming as it is, it's great. It's well worth it for sure," said Anning, describing her team's commitment. "We have six players, but it's been going great. We've come out and surprised ourselves by demolishing teams, and fighting to the very end to try to win our games."

Both agree they will be on the team again next year.

"It's great to represent our school. It's different in that aspect, as opposed to playing regionally," said Yip of the RRC's teams. "We're kind of struggling with recruiting people right now, but the more and more we get out there, will be better for the years to come."

Colin Tibbs is a business administration student and wears number 4 for the men's team. He is looking forward to the CPAC finals, pointing out the men's team's solid track record.

"We had a tournament in December with the other conference teams; we won," said Tibbs.

You still have the chance to support the Rebels basketball teams. Bring a friend and check out one of these upcoming games.

WOMEN'S SCHEDULE

Date	Opponent	Time	Place
Feb. 4	Swoosh	8:30 pm	Elmwood Collegiate
Feb. 15	Providence	6:30 pm	RRC
Feb. 16	Swoosh/Jr Wesmen	1:30 pm	RRC
Feb. 29	CMU	6:00 pm	RRC
Mar. 13-15	CPAC Final Four	TBA	RRC

MEN'S SCHEDULE

Date	Opponent	Time	Place
Feb. 2	Jr Wesmen	2:30 pm	U of W
Feb. 15	Providence	8:30 pm	RRC
Feb. 16	Swoosh/Jr Wesmen	3:30 pm	RRC
Feb. 29	CMU	8:00 pm	RRC
Mar. 13-15	CPAC Final Four	TBA	RRC

TOP 8 LIFE-CHANGING TRIPS FOR 2008

1. Volunteer in incredible Ghana
2. Italian courses in Florence
3. Australian Surf School
4. Photo Vietnam with a professional
5. River cruise through the Amazon
6. Polar Bears up close
7. Climb Kilimanjaro (you can!)
8. Thai Cooking courses in Bangkok

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RED RIVER CIVIL CLUB
EST. 2007

The Red River Civil Club Charity of Choice Hockey Tournament

"GET INVOLVED"

Set to take place on February 16th, 2008 at The Forks on the river trail rinks. Registration is $100.00 per team, each team chooses a local charity to play and raise funds for. Closing date for teams is February 15th at noon. There are a limited number of spaces so enter as early as possible. Teams can hand in registration fees to the civil engineering office in AB building. For more information call 679-6770 or email redrivercivilclub@gmail.com.

Details:

- Games will be four on four style (three players and one goalie)
- All players will play with shoes (no skates) and a tennis ball
- Physical contact will not be tolerated, helmets required
- Three, Five minute periods will be played, straight time
- Playoff periods will be same length but with stop time
- Each team is guaranteed three games
- Prizes will be awarded to top teams

For more info there is also an event link
http://www.facebook.com/event.php?d=7894266835

Idling your car gets you nowhere

Mike Ambrose
m.ambrose@mts.net

If you're doing it for 30 seconds, you're probably doing more harm than good, but Canadians do it on average five to ten minutes each day.

Not doing it can save money, preserve the environment and protect the health of the community. And the solution is as simple as turning a key.

What's the problem? Idling your car.

According to Natural Resources Canada Office of Energy Efficiency (OEE), idling a car keeps it from running at its peak efficiency. Fuel doesn't combust completely, causing a residue to build up in the engine. This can lead to engine damage, and a decrease in overall fuel efficiency.

Research done by the OEE indicates that Canadians idle their cars on average of five to 10 minutes each day, when no more than 30 seconds is necessary. If each Canadian reduces his idling time by five minutes each day, it's estimated that would reduce fuel costs by $646 million annually, based on the price of $0.95 per litre. And when's the last time you paid $0.95 per litre?

For Susan Lindsay of Climate Change Connections, reducing the time Winnipeggers spend idling is more about the health and environmental impact than impact on your wallet.

"It's very hard for Winnipeg to talk about air quality because we don't have the same issues as Toronto," said Lindsay.

With Health Canada's estimate that 5,000 Canadians die prematurely each year because of air pollution, Lindsay has made reducing idling a top priority.

To do so, Climate Change Connections has been giving away signs marking idle-free zones. Since 2003, they have given away close to 3,000 signs to various businesses, schools, churches and community centres.

"The signs are a great reminder for people to turn off their cars. Overall, awareness of the issue has increased," said Lindsay.

Natalie Landry is a graphic design student at the Red River College Princess Street campus. Although Landry is aware of various anti-idling campaigns around the city, like the recently adopted policy of the Winnipeg School Division, she admits to idling only when it's very cold outside. She hasn't noticed the "Healthy Communities Don't Idle" signs given out by Climate Change Connections, but she could see why they may not work.

"It's something that a lot of people would ignore because it's minus 40 here sometimes," said Landry.

Letting cars run just for the comfort of the driver is something Lindsay wants to see change.

"People like the comfort of warm vehicles and cool vehicles, we get those extremes. I don't think people understand the benefit, whether it's saving money, saving the environment, or saving their health," she said.

Climate Change Connections provides signs free of charge (a donation would be nice) to businesses, community groups, and government agencies. Contact Susan Lindsay at (204) 943-4836, or e-mail climate.connection@mts.net to place your order.

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