the projector

Red River College's Student Newspaper
January 26, 2015

Forsyth fallout

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Old festival, new traditions

Festival du Voyageur returns with longer hours, new bar

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Nothing but net

RRC Rebels men's basketball team still perfect

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New Year's hangover
The Winnipeg Police Service's festive checkstop results show a trend in impaired driving.

ONLINE COLUMN
Visit our website at theprojector.ca for exclusive columns by sports columnist Stephen Burns.

Keep our players safe
Burns discusses player safety in the NHL in the wake of Dan Carcillo's crosscheck on the Winnipeg Jets' Mathieu Perreault.

Caitlin Boland is a student in the transforming futures program and has always wanted to write for The Projector.

PHOTO SUPPLIED

A day in the life

Transforming futures student talks about her program

By Caitlin Boland, Contributor

Caitlin Boland is a student in the transforming futures program at Red River College that gives people with intellectual disabilities a chance to get a college education. One of her goals was to write for The Projector and this is her first article published in the paper.

Today, I arrived at Red River College at 7:40 a.m. in the morning.
I took an elevator to the 3rd floor and walked to my locker so as to be organized before class at 8 a.m.
Heather Milne is my instructor for intro to college studies. Topics in the class are: transition to college, essential skills, learning styles, literacy, writing for school and work, studying and tests as well as time and stress management.
After, I walked to my next class for math. My instructor is Hal Lavery. Topics in math are: using a calculator, basic math skills, graphic information and numerical application, pay stub information, personal budget and taxes, money and measurement skills, metric conversion, weight, distance and volume.
After math, I walked to my third class for computers. My instructor is Hal again. The topics in computers are: work Microsoft applications, word, excel, Internet, and power point, Microsoft Office, Microsoft Windows and Windows 7. When working on spreadsheets, it is a good to type out a list of things to do.
I like to go to Starbucks for lunch, it's a very quiet area to sit and eat. I like to meet my classmates to talk about our hobbies and the weekend. On Fridays I treat myself to a salad or potato wedges and chicken strips for lunch.
My instructor for personal management is Melissa Granovsky.
I worked on an assignment for Winnipeg Transit. I learned to use notes, settings, calendar and Google maps. I learned about appropriate behavior at school and work.
My topics in personal management are: personality traits reflective journal, social scenario creation and role play, plan your own adventure, test, time management and agenda project.
Each day we have a one-hour study class for students to do their homework on math and other assignments. All students who are not finished their homework need to bring it home to catch up on their assignments.
I waited for my bus on Princess Street and I took my bus home.
I like going to college and I like all my instructors and classmates.
I want to get a paying job after college.

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Supplied by Red River College

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

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

RRC reacts to report on mispending

Interim RRC president David Rew answers questions during a Q and A session that was streamed live over the web.

PHOTO BY ASHLEY FIELD

College looks to put questionable expenses in the past following provincial report

By Michael Obendoerfer, Editor-in-Chief

A new report detailing how former Red River College president Stephanie Forsyth misspent college money on trips, meals and home improvements may not sit well with RRC students who work hard and make sacrifices to pay for their education.

"How do I know where my money is going?" asked culinary arts student Brittany Peto. "If tuition is like $4,500, how do I know the whole number is going to food, because I am in culinary arts, or equipment costs? Instead it sounds like we are renovating the president's kitchen."

"IF TUITION IS LIKE $4,500, HOW DO I KNOW THE WHOLE NUMBER IS GOING TO FOOD ... OR EQUIPMENT COSTS? INSTEAD IT SOUNDS LIKE WE ARE RENOVATING THE PRESIDENT'S KTICHEN."
– BRITTANY PETO, CULINARY ARTS STUDENT

A review published by the Government of Manitoba on financial and human resource practices at RRC found numerous problems with former president Stephanie Forsyth's expense claims. These problems include not approving expenses with the chair of the Red River College Board of Governors, submitting claims without proper documentation and reviewing and approving some of her own expenses that were paid and claimed by other staff.

The report also details some questionable claims Forsyth made, including expenses totaling $514 for events held at her home, with no specific documented business purposes, $2,219 for interviews for executive positions held at an upscale restaurant and a trip to visit a culinary institution in France. RRC interim president David Rew said the college has accepted the report's findings, has already implemented about half of its 45 recommendations and is in the process of implementing the rest of them.

"First of all, I would say we have to remember that this report covers a point in time, September 2010 to May 2014, and it deals with and addresses the actions primarily of a particular president," said Rew. "Students should continue to have every confidence in the college and our ability to provide excellent programing for them that will set them on the road to having very successful careers, and our graduates have."

While Forsyth's expenses have been publically disclosed online since April 2013, expenses pertaining to the president that were paid for and claimed by other RRC employees or directly through the college were not included.

Rew said students will be able to see the president's full expenses online and the college is making changes so there are more checks on the college president's spending.

"... WE HAVE TO REMEMBER THAT THIS REPORT COVERS A POINT IN TIME, SEPTEMBER 2010 TO MAY 2014, AND IT DEALS WITH AND ADDRESSES THE ACTIONS PRIMARILY OF A PARTICULAR PRESIDENT."
– DAVID REW, RRC INTERIM PRESIDENT

"Number one is our expenses. My expenses will be monitored both by our finance department and by the board," said Rew. "My expenses need to be approved by the board chair. In moving forward on the recommendations, how we handle the expenses will be tightened up and are already tightened up to make sure what happened in the past doesn't happen. In overall, there is much greater oversight on expenses."

Lauren MacLean, president of the Red River College Students' Association, said she is confident the board has the ability to implement the recommendations in the best way possible for the college, and RRC continues to provide students with a high-quality education.

"Lots of students get jobs in their employment area and I think that speaks for itself, that whatever you put into the school is worth it and that it has been working for the past several years regardless of what's going on," said MacLean.

While the report does not go into detail on the allegations that Forsyth installed marble left over from renovations at the Paterson GlobalFood Institution in her kitchen, RRC's Board of Governors released a statement saying they are turning the investigation over to Winnipeg police because they don't have the ability to investigate the allegations.

Peto said that the allegations have had a negative effect on her program, which is based in the Paterson GlobalFood Institution.

"It's bringing bad publicity to our school for sure, because it is a gorgeous building, they put lots of work and money into repairing it. Now it seems like it is not so good. It is not bringing the best publicity to our school right now, at least that campus."

Peto says she is still happy with her decision to take the culinary arts program and is confident in her job prospects when she graduates.

The provincial government's report says that excluding car-related claims, the president's expenses increased 19 per cent from $27,745 in 2011-12 to $32,993 in 2012-13. After the college initiated online reporting requirements in 2013-14, expenses dropped 26 per cent to $24,356.

In addition to her expense claims, Forsyth also received a car allowance for insurance, gas and repairs of $1000 per month ($650 prior to May 2013) and a discretionary expense allowance of four per cent of her base salary (about $10,000 per year).

The president's contract does not specify what specific expenses the four per cent was meant to cover.

Provincial minister of education Peter Bjornson has announced he plans to introduce legislation to ensure RRC follows the best administrative practices on financial management, capital project management and board governance. He has also called for a report on RRC's progress on implementing the review's recommendations by the end of its current fiscal year.

The full report is available on the Government of Manitoba's website at www.edu.gov.mb.ca/edu/docs/index.html

MESSAGE FROM THE RRCSA EXECUTIVE

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Career Fair

On January 28th and 29th in the North Gym and Library Hallway at the Notre Dame Campus, the Students' Association is pleased to bring you the Career Fair! At the Career Fair, both the gym and the hallway will be full of booths from different companies looking for Red River students and graduates to hire. There will be every type of company there from construction companies, to accounting firms, to government departments and everything in between so bring your resume and get hired!

Career fair guides are available in the SA offices and around campus, so keep your eyes open for tables with guides on them and pick one up early! In the guide you will find a list of things you can do to be best prepared for the Fair to be successful in your job hunt.

This event is open to students from all campuses. There will be a shuttle bus running between the Exchange District Campus, Notre Dame Campus, and the VIA Rail Language Training Centre both days.

RRC	Arrive	Depart	Arrive	Depart	Arrive	Depart
	123 Main	123 Main	Elgin & Princess	Elgin & Princess	Notre Dame	Notre Dame
Group 1	x	9:30	x	9:45	10:00	10:05 empty
Group 2		10:30		10:45	11:00	11:05
Return 1	11:25		11:40			
Group 3		11:30		11:45	12:00	12:05
Return 2	12:25		12:40			
Group 4		12:30		12:45	13:00	13:05
Return 3	13:25 empty		13:40 empty			14:05
Return 4	14:25 empty		14:40 empty			

Meltdown Week

Coming up next from our programming department is Meltdown Week! The week of February 9th to 13th there will be events every day at the Notre Dame Campus, Exchange District Campus, and off campus for students to take part in and get a break and enjoy themselves.

There will be a kegger on Thursday February 12th from 3 to 7 pm in The Cave Lounge at the Notre Dame Campus. There will also be a poker tournament, glow bowling and other awesome events! Meltdown week guides are also available at the SA offices, so pick one up as soon as possible to find out when the events are happening so you can attend.

Reading Week

Sounds like things are getting busy this time of year! Who is ready for reading week yet? If any students are interested in seeing a fall term reading week happen at Rd River, please contact Lauren MacLean at sa_president@rrc.ca .

RED RIVER COLLEGE STUDENTS' ASSOCIATION

Notre Dame Campus – Room CM20 – (204) 632-2375
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Facebook: RRC SA **Twitter:** @RRCSA **Website:** www.rrcsa.ca

Nick Sabados smiles as he and other RRC students set up the newest version of Risk at a Tabletop Gaming Club meeting.

PHOTOS BY SAMANTHA SAMSON

Club snub

New college clubs forming despite Club Day cancellation

By Samantha Samson, Contributor

It's no secret that homework can become overwhelming for college students. Papers, tests, quizzes, assignments and required reading all have a way of turning up the stress factor for students and teachers. Add in biweekly club meetings that aren't for school credit? Some students say no way.

Club Day, an event to promote on-campus student clubs at RRC's Notre Dame Campus (NDC), was postponed indefinitely this month since most students weren't willing to miss class to promote their clubs, according to the RRCSA.

Benjamin McDonald is the president of the new human resources (HR) club, the only interest-based club at the Exchange District Campus (EDC). The business administration student said he thinks there's a lack of interest in clubs at EDC because students see meetings as a chore.

"The downside to clubs is that people think it's one more thing to worry about," said McDonald. You're looking at six classes, you've got work-life to balance, some people are parents and clubs end up looking like a stressful thing. But I'm personally pushing it because I think it's a de-stressor thing."

There are two clubs that might be forming at EDC this semester if enough students show interest. Jessica Brosi, a first-year business administration student at the EDC, said she's hoping to start a music club. Although she said she doesn't have an exact idea about what the meetings would entail, she said she wants to help other students take a break from homework through music.

"There's already enough stuff we have to do for school," said Brosi. "I think it's good to have fun. It's good to think about stuff we want to do and not stuff we have to do."

The last club hoping to form at the EDC is an extension of the Tabletop Game club at NDC. The club formed last semester.

"It's basically show up at meetings, play some board games and leave when you're done," said club president Alex Savoy. "It's not really formal."

The club meeting dates are decided by votes on their public Facebook page. Savoy said they're looking to hold a meeting at EDC since some students there have shown an interest in joining.

"It's just a club where you get together with a group of people who, after a short time, do become your friends," said Savoy. "Do something at school that's not related to school, so that not everything that's about school is stressful."

The RRCSA's website has a list of all active clubs at NDC and EDC for students looking for a place to meet people outside the classroom.

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Starting February 17, 2015 we will be in the Library hallway at the Notre Dame campus from 9am - 3pm.

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The RRC Tabletop Gaming Club's collection of new games.

Border barrier

RRC looks to curb "perimeteritis" by including regional campuses

By Adriana Mingo, Beat Reporter

Many Red River College students attending class in Winnipeg might not realize the college operates regional campuses across Manitoba — which may be why those campuses might feel disconnected.

RRC's satellite campuses are located in Selkirk, Peguis-Fisher River, Winkler, Steinbach and Portage la Prairie.

Lori-Ann Grenkow, interim director of regional services said there's a misconception, which she refers to as "perimeteritis", where people inside the city's perimeter view everything outside as rural, which isn't always the case.

"Students who attend the regional campuses hail from a variety of locations. They may already live in that specific community or region, they may commute in from Winnipeg, or they may relocate to the regional campus location to access the program," said Grenkow, who adds there are even a few international students enrolled at the regional campuses.

The Red River College Students' Association (RRCSA) also represents the needs of regional students, just as they do for students in Winnipeg. This year the RRCSA set up a representative from each rural campus.

Nicole Kraus, health care aide student at the Interlake Campus, is the regional campus representative and RRCSA board member. She lives in Winnipeg, but chose to attend school in Selkirk because she was able to get into her program quicker.

Kraus said one of the downsides to attending a rural campus is there isn't the same access to events and activities that students in Winnipeg have.

"What I think is a good idea going forward is once or twice a year to bring rural students to [events]," said Kraus. "Just because it's a different campus, doesn't mean it's a different college."

RRCSA president Lauren MacLean says the position is something they hope will continue.

"We are always trying to get more creative with rural campuses and making them feel included," she said.

Jordan Fehr, a second-year business administration student at the Winkler Campus, is an example of someone who experiences the disconnect between the regional and Winnipeg campuses.

"I don't get that much news about the college," said Fehr, who is also not aware of the RRCSA's presence on his campus. "I'd have to look up who the (college) president is."

The RRCSA is active at the regional campuses, however a lot of the relationships are still developing, as they are trying to have a greater presence on the campuses.

Both Kraus and Fehr said there are a variety of events on campus, but there is always room for improvement.

There are 482 full-time students and 1,517 part-time students enrolled in RRC's regional campuses. There are approximately 20 full-time programs being offered throughout the regional campuses, including many of the same programs that are offered in Winnipeg. regional campuses also deliver off-site training, sometimes called "community-based" training in other parts of Manitoba like Fort Alexander and Dauphin.

Students attending classes in rural campuses don't have the same access to events and activities students in Winnipeg have.

PHOTO BY TREVOR HNATOWICH

The world according to Karp

Changing the Cosby conversation

MOLLY KARP,
NEWS COLUMNIST

Have we talked too much about the whole Bill Cosby affair? I don't think so. At the very least, there hasn't been enough of the right kind of conversation.

For every new allegation of rape Cosby receives, there seems to be a tidal wave of denial and Cosby support that follows.

In turn, the public focus centers around the credibility of these alleged sexual assault victims, rather than the prevalent issue of powerful men taking advantage of women in subordinate positions. It's a trend in need of all the media attention it can get.

Here's why.

In the past few weeks, I've had friends argue the women who spoke out against Cosby are simply looking for their 15 minutes of fame, I've watched videos with other male celebrities like American radio personality, Charlamagne Tha God state the whole ordeal is a conspiracy, and I've spent more time defending the merits of these allegations than I have discussing why, as young men and women, we should care.

Yes, Mr. Cosby, these allegations are just that, allegations. But if nothing else, they have the power to generate a deeper conversation about violence against women. It's not every day us girls have the opportunity to have large-scale talks about this issue without being judged as overly sensitive feminists.

If Cosby was able to get away with doing the things he's been accused of doing for so long, without any real public scrutiny, we need to realize how powerful the powerful truly are. Whether it's Bill Cosby, America's dad, or the owner of the body shop down the street, silenced and unreported instances of abuse are a reality at levels of the working world.

According to Canadian organization, Women Against Violence Against Women, 50 per cent of women in this country will be raped, sexually assaulted or abused. And Canadian Labour Relations reports 90 per cent of women say they've experienced some type of sexual harassment over their working lives. This issue may be getting its 15 minutes of fame right now, but clearly, women have been enduring the repercussions of sexual violence for much longer.

So let's keep the spotlight on the Cosby affair where it belongs, with the women who need it, and away from unfounded denial of rape and victim blaming.

• • •

Let me know your thoughts on my thoughts. I'm @mollylkarp on Twitter and you can visit my blog, mollylkarp@wordpress.com, and leave a comment.

SHEday organizer Mary Jane Loustel addresses a room of nearly 600 female professionals.

PHOTOS SUPPLIED BY ECONOMIC DEVELOPMENT WINNIPEG

Encouraging future generations to find their inner leader

By Megan Redmond, Contributor

Lyrics from Beyoncé's Run the World (Girls) blasted as the final speaker walked on the stage for the SHEday 2015 women empowerment conference in Winnipeg.

Nearly 600 women professionals, and some men, attended the inaugural event meant to inspire current and future leaders with 11 speakers on Jan. 15, 2015.

The last speaker was Gail Stephens, once the first chief administrative officer of the City of Winnipeg – making Beyoncé's lyrics fitting.

If those in attendance were expecting speakers to match the singer's aggressive brand of empowerment they would be disappointed. The common objective among speakers was to motivate attendees to find their inner leader, be confident in their abilities and help one another achieve their aspirations – whether they are male or female.

"Nobody said SHEday was just for women," said Mary Jane Loustel, national aboriginal program executive at IBM Canada, chair of Economic Development Winnipeg, and one of the minds behind SHEday. "It's about ensuring the accountability and advancement of women, and really, a system that has gratitude for women."

"The system has been set up to network men, that's all there is to it. If we continue to allow that construct to exist without interfering with it here and there we're not going to be able to change it. "

Loustel, 50, began her career as a chartered accountant, experiencing the sometimes-exclusive nature of being surrounded by male colleagues early on.

"There was an organization I worked at where men regularly worked out together and went in the sauna," Loustel said. "One of my (male) staff actually came back every day to tell me what was going on. I quickly realized if I wanted to know what was going on I needed to know who to bring into my fold, and it didn't have to mean sitting in the sauna."

Though the corporate environment may have changed from when Loustel started her career, with workplaces becoming increasingly more gender-diverse, women still only hold 29.3 per cent of senior management positions in Canada. According to SHEday organizers, if we want to see the gender gap close further, women and men need to work together, even if it means divulging sauna insights.

"Men are a conduit to our greatness just as much as women are," said Marina James, co-chair of the event and president and CEO of Economic Development Winnipeg.

"In all of my experiences I've had good men alongside me," said Loustel.

Although girls are not quite "running the world" just yet, as Beyoncé suggests, women are getting closer to equality in the workplace.

"I'd like to see the women go out and tell the men that they missed out on something really great," said Loustel of the conference. "I'd like to see it double in size and see it be cross-gender – but I still want to see it 'SHEday.'"

The driving forces behind SHEday 2015 (from left) Brenda LaRose, Mary Jane Loustel and Marina James.

News Briefs

COMPILED BY AMBER MCGUCKIN

Smartphones act as comfort blankets to adults

Is your cell phone connection causing you problems?

According to a recent study, when people are separated from their smart phones they do worse on activities that require cognitive performance. The researchers at the University of Missouri got people to do a crossword puzzle and separated them from their smartphones. They had some of the phones going off periodically and found that people were anxious and had increased blood pressure when doing the puzzle. They also did worse on the puzzle when they were separated from their phone compared to people who had their phones beside them.

The study's advice? If you're performing a task that requires a lot of focus, keep your phone handy so you can perform at your highest ability.

Run for student president

Students wanting to join the Red River College Students' Association (RRCSA) executive team can apply between Feb. 2 and March 6, 2015.

All four positions, president, vice president internal, vice president external and vice president academic are up for grabs.

Campaigning will begin March 16 and run until the 27th with voting happening from March 27 until April 2.

Anyone interested can pick up a nomination package at any RRCSA office. In that package will be a form where they need to get at least 50 student signatures showing support.

Pitching for riches

Student entrepreneurs from Red River College (RRC) are getting ready to pitch their ideas at Ramp Up Weekend.

The event brings developers, designers, makers and entrepreneurs together to transform their ideas into cash.

Teams get 55 hours to plan out a pitch for a real business. There's a chance to be part of a startup and a chance to win up to $3,000 in cash prizes.

The event takes place from Feb. 6-8, 2015 at the Engineering Complex at the University of Manitoba.

Oh Doughnuts' features new flavours everyday, like jelly-filled ginger lime curd and vanilla cake cinnamon sugar doughnuts.

PHOTOS BY EVA WASNEY

Oh holey delights!

A popular local doughnut business is looking for permanent home

By Eva Wasney, Beat Reporter

Oh Doughnuts' fun take on fried dough has elevated Winnipeg's treat game to a new level, and according to owner and sole-baker Amanda Kinden, it's about time this city realized all its jelly-filled possibilities.

"Most other large North American cities have independent doughnut shops that offer more unique delicious things," said Kinden.

Kinden's creations are currently available at Parlour Coffee, Little Sister Coffee Maker, Thom Bargen Coffee and Tea and Folio Cafe, the on-campus coffee shop at the Canadian Mennonite University. She currently operates out of the community kitchen in the basement of Knox United Church, but she has her sights set on a storefront of her own. The space she's looking at is in the Osborne Village area, but it would require a lot of upgrades to meet her needs.

"Because there's not a lot of vacant kitchen spaces in Winnipeg, I would basically have to build my own kitchen," said Kinden. "I'm looking at over $100,000 for equipment and improvements."

To help fund her new venture, Kinden has entered a contest, put on by Automatic Data Processing, to win a $10,000 grant. Voting closes on Jan. 30 when the five businesses with the most votes will have their grant applications evaluated and a winner chosen.

So far, the response has been overwhelmingly positive: Oh Doughnuts has received over 400 votes.

"Amanda's doughnuts are top notch and we were blown away by her creativity and skill behind the fryer," said Nils Vik, owner of Parlour Coffee. "Our customers love the doughnuts, we are often sold out before noon and sometimes as early as 9 a.m."

Six days a week, Kinden fries up doughnuts with specialty flavours like French toast, chai glaze and pistachio cream.

"My favourites are the lavender glaze or the pink peppercorn glaze," said Kinden. "I'm not a trained chef, so I usually try to rely on things other people have tested."

She starts making dough from scratch at midnight and is ready to deliver eight to 10 dozen doughnuts by seven in the morning. The all-nighters ensure her treats are made fresh every day.

"There are like 700,000 people living here, I do believe Winnipeg can sustain a local doughnut shop," said Kinden.

And although Oh Doughnuts has developed a strong fan base so far, it will take more than doughnut love to make her dream a reality.

The best 15 for 2015

The Projector lists its top 15 local spots for twenty-somethings

By Ashley Field, Arts Editor

Tallest Poppy
Formerly located on Main Street, this local favourite serves up home-made meal — some from old family recipes.
Location: 103 Sherbrook St.

West End Cultural Centre
The WECC regularly hosts local shows, but plenty of international acts come through these doors too.
Location: 586 Ellice Ave.

Lasertopia
Shooting your friends has never been so fun. Laser tag, unlike Trix, isn't just for kids.
Location: Unit 5, 1140 Waverley St.

The Goodwill Social Club/Little Pizza Heaven
Formerly Pop Soda's, The Goodwill Social Club is located less than a block from the University of Winnipeg. It's part bar, part music venue and part pizza place.
Location: 625 Portage Ave.

Cinematheque
Located in the heart of the Exchange District, this small theatre plays movies you aren't likely to catch on the big screens.
Location: 100 Arthur St.

Yellow Dog Tavern
Nestled in a strip of buildings behind the Burton Cummings Theatre, the Yellow Dog Tavern is quiet, comfortable and has a great selection of beer.
Location: 386 Donald St.

Graffiti Gallery
This gallery doubles as a community youth art centre that uses art to encourage social, economic and individual growth.
Location: 103 Higgins Ave.

Osborne Village Café
Don't let its rough exterior fool you — this café does a very good breakfast.
Location: 160 Osborne St.

Le Garage Café
At this St. Boniface café, you can catch a band while you eat their famous poutine (which they boast is one of the best in the country).
Location: 166 Provencher Blvd.

Meiji Sushi & G. Martini Bar
It's a favourite for people who enjoy martinis, because you can pretty much get whatever flavour martini you like.
Location: 454 River Ave.

Cousin's Deli & Lounge
West Broadway's Cousin's Deli has staple menu items — like their yummy clubhouse sandwich — in a relaxed atmosphere.
Location: 55 Sherbrook St.

Little Sister Coffee Maker
This Osborne Village specialty coffee shop is connected with the folks behind Parlour Coffee — and if you know either, you know they know how to make a good cup of coffee.
Location: 470 River Ave.

EPIC ESCAPE & The Real Escape Canada
New to the city, these places will lock you in a room, and you have to get out before 60 minutes. To escape, you must decipher a number of clues, riddles and puzzles.
Location: 112 Market Ave./2003 Portage Ave. – Unit B

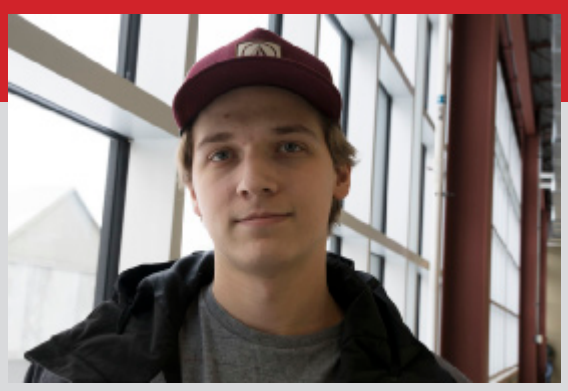
Across the Board Game Café
All you board game lovers now have a place to go to play (over 100 games to choose from), eat and drink all at the same time — and for as long as you want.
Location: 93 Albert St.

The Park Theatre
At one time an old movie theatre, this all-purpose venue was voted "Venue of the Year" at the Western Canadian Music Awards in 2014.
Location: 698 Osborne St.

Across the Board opened in 2014 in the Exchange District near RRC's The Roblin Centre.

PHOTO BY EVA WASNEY

Students weigh in



Carson Pankratz, 18
Electrical Engineering Technology
"I'd probably say Triple B's. It's close to where I live and a lot of friends can come out and play pool."

Sam Janz, 23
Business Admin
"I like going to Peasant Cookery. It's cute and they have really good food — I always get the pulled pork sandwich."

Kelsey Mitzok, 24
Business Admin
"The Legislature! You can just pack a blanket and chill out on the grounds and watch people play ultimate. It's kind of like a little haven in the middle of all this metropolitan stuff."

Doc draws drove

Film about entrepreneurs in Winnipeg garners heavy support at screening

By Riley McDonald, Contributor

There were around 800 people in the Burton Cummings Theatre on Jan. 16, and the scene was abuzz with drinks and chatter — but people weren't there for an opera, a concert or a comedian — a documentary coerced this crowd.

Hundreds of local businesspeople, entrepreneurs and students gathered to see a screening of Innovation Alley, a documentary about the titular street. Preceding the event, Mayor Brian Bowman officially re-named a section of Adelaide Street to "Innovation Alley." The mayor has been supportive of the area even before he entered the office.

"That's really the secret of Winnipeg, is that we've got a rich history—we've got a much brighter future," said Bowman. "People are working together to get things done for Winnipeg."

The documentary, which profiles the Alley's inception, mantra and the people who made it happen, is an over-18-month project for local filmmaker Dirty T Shirt Productions. Despite this, producer and director Steve Langston said the story all but told itself.

"I stumbled onto this awesome story," said Langston. "It was pretty easy to just kind of show up and point a camera at them."

Master of Ceremonies Greg Macklin speaks to a crowd of over 800 at Friday's Innovation Alley screening.

PHOTO BY RILEY MCDONALD

The Alley is designed to help entrepreneurs start up their own businesses. For a small membership fee, aspiring businesspeople have access to high-grade prototyping equipment, office space and a network of people who want to help.

"The entrepreneurship community in Winnipeg is second to none," said Langston.

In the last year, Innovation Alley made headlines after Prince Charles toured the facility. Chris Johnson, a featured entrepreneur in the documentary and a major Alley advocate, thinks it's about time their work turned some heads.

"England literally had us on the front page of the news," said Johnson. "Royalty visited us before the freakin' city—who's right across the street—had ever set foot in the door."

The documentary will be available on MTS Video On Demand, and free for MTS Ultimate TV subscribers.

The Mayor hopes this will shed more light on his commitment to the city's burgeoning business sector.

"I've seen we've had this golden gem for some time," said Bowman. "What I'm really happy about is more about people who haven't had a chance to be exposed to it are going to see it now, which is amazing. It's really cool."

Pop Culture Cornucopia

Inherent Vice vs. Big Lebowski

BRETT MADILL,
ARTS COLUMNIST

I can admit my bias: I was probably going to like Inherent Vice no matter what. I've loved every film by director Paul Thomas Anderson. This is a man who, with 2002's Punch-Drunk Love, made an emotionally satisfying movie that starred Adam Sandler. He should become a film legend for the sheer degree of difficulty of that feat.

He's also made Mark Wahlberg look like a good actor, and he got away with making a movie about Scientology. The dude's not messing around; he can make a movie.

Inherent Vice is a shaggy-dog detective story where Larry "Doc" Sportello (Joaquin Phoenix) searches for two missing people: the lover of his ex-girlfriend (Katherine Waterston), and the declared-dead Coy (Owen Wilson), who is maybe not dead.

Doc's investigation takes him to massage parlours, dentists, Nazis, a rehab facility and many points in between.

Starring as a hippie private eye, Phoenix demands acknowledgement as a great actor, and I'll place him right up there with Billy Bob Thornton and Russell Crowe at the top of the list of Great Actors I Don't Want To Know.

I can't avoid making comparisons between Inherent Vice and the Coen brothers' 1998 film The Big Lebowski. Both take place around the same time, around the same place, include shaggy-dog mysteries and feature protagonists that are living in the '60s while the world has passed them by.

I love these movies. Lebowski's John Goodman is one of my favourite actors, and Josh Brolin brings a lot to the table as straight-laced cop Bigfoot in Vice. Vice has a lot more comedy in it than I expected.

I especially loved the over-the-top contempt the police have for Doc's hippie life, shoving him in the street, beating him and hassling him mercilessly. I swear the police brutality plays for laughs.

When it comes down to it, between the two, Vice is the more complete and satisfying film. The Big Lebowski is a fun ride, with absurdist elements and fantasy sequences, but what Doc has over The Dude is some actual detective proficiency, obscured by marijuana smoke. Inherent Vice has a story to tell, which is an idea that Lebowski just isn't as concerned with. Lebowski meanders along from one improbable scenario to the next, relying on the ample skill and craft of the Coens to keep the ship afloat.

I'm not making the comparison to point out any weaknesses in either film, but there are a lot of similarities. Fans of either film should enjoy both.

• • •

Brett Madill is the host of the new podcast *The Little Shows That Couldn't* and is @brettmad on Twitter.

The Sorin family is the Official Voyageur Family for the next two years.

PHOTO BY ASHLEY FIELD

New addition to Manitoba tradition

Festival du Voyageur introducing outdoor bar to February festivities

By Ashley Field, Arts Editor

Come February, the temperatures will likely be cold and the homework will likely be piled on thick, and according to Manitoba's beloved winter festival, that's the best time to head outdoors.

For its 46th year in a row, Festival du Voyageur (FDV) returns to St. Boniface from Feb. 13 to 22.

This year, the festival will feature all the classic winter activities, like horse-drawn sleigh rides, slides and snowshoe workshops, but it will also introduce something new.

Fort Gibraltar — the festival's main hub — will be open late, from 9 p.m. to midnight, to introduce the brand new Bar Gibraltar. Fort Gibraltar would normally be closed at 9 p.m., so the extra hours in the evening give party-goers a place to dance along to music, enjoy some drinks outdoors and well into the evening.

"I think the Fort Gibraltar bar is exactly what the people need," said Barney Morin, a first-year Creative Communications student and a historical interpreter for the FDV. "Normally the Fort closes at 9 o'clock, you sort of miss that historical aspect."

Morin, 23, has been attending the FDV since elementary school, but has been an avid festival-goer for the past five years. He dresses up like a voyageur and teaches visitors the rich history of Manitoba.

"Out of all the things that are good this year — 130 bands playing, 100 are local — the bar is going to be the highlight," said Morin.

Ginette Lavack Walters, executive director of the festival, said the outdoor space at Fort Gibraltar is going to now be programmed with fire jugglers, fire pits, voyageurs singing songs, DJs, and of course, Bar Gibraltar.

She said although many people would rather hide from the cold and their homework, it's important that they come out and experience the festival.

"I've been through university, and I've done that reading week, and sometimes you just need a break," said Lavack Walters.

"You need to change your environment and you need to change your frame of mind. A great way to do that is to grab a couple of friends and come out."

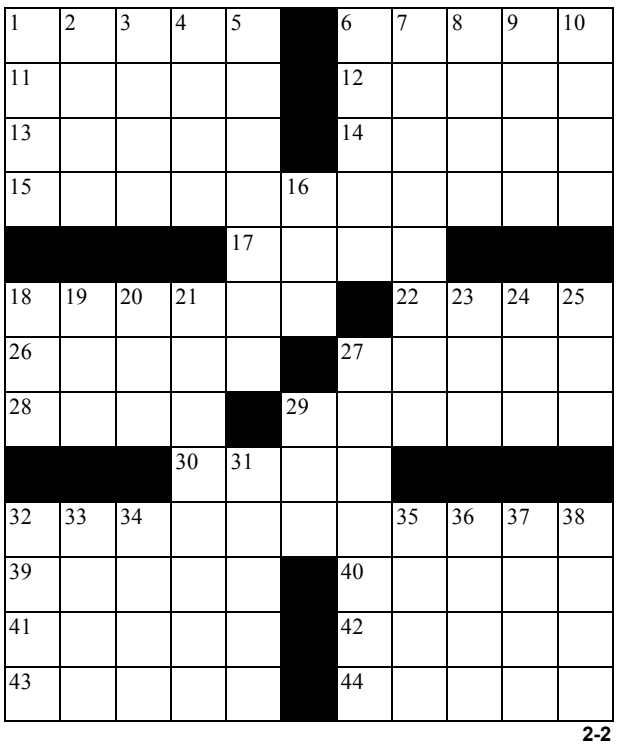
More than 130 musicians or musical acts of all different genres will play during the 10-day festival.

"If you want something that helps to kind of get you loosened up and not thinking about everything else that's stressful in your life, Festival is a great way to do it," said Lavack Walters.

Other FDV events include the 33rd beard growing contest, a mascot competition and jigging and fiddling competitions.

Words, Crossed.

By Shane Gibson (@tsgibson)



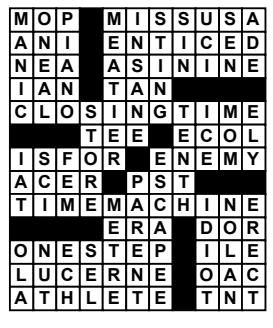
2-2

Across

1. HBO series set in New Orleans
6. Spartacus, for one
11. Monopoly buy
12. Goddesses of the seasons
13. On the ocean
14. Making radio
15. Scapegoat
17. Notices
18. Beat in wrestling
22. Liver disease, briefly
26. Step on it
27. Marina sights
28. Little bit
29. Scrabble unit
30. Perlman of "Cheers"
32. Fashion model
39. Caesar's tongue
40. Ford or Mancini
41. Fat
42. Sugar suffix
43. Flowery verse
44. Protagonist in a John Irving novel, and others

Down

1. Springtime occurrence
2. Tim of "Rob Roy"
3. Although, to Tacitus
4. One of two words said by Wile E. Coyote's foe
5. Passed by, as time
6. Gleamed
7. Slim chance
8. Spirited horse
9. Laptop made by Sony
10. Spooky
16. Roadside bomb, for short
18. Greek letter
19. Wall St. offering
20. Earnings, after expenses
21. Close but no cigar
23. Have dinner
24. Rank below cpl.
25. Call centre employee, for short
27. Wraparound greeting
29. Romanian monetary unit
31. Sweetheart
32. Gooey stuff
33. French perfume maker with "Le"
34. Fits to ___ (precisely)
35. Sicilian port
36. "Are you ___ out" (2 words)
37. Financial planning letters
38. Caustic cleaners



PREVIOUS ANSWERS

Hana lulu is one of 40 different acts playing at venues around Winnipeg Jan. 28 - Feb. 1 for Big Fun Fest.

PHOTO SUPPLIED

A Big Fun day for music fans

Electic mix of acts headline local music fesitval

By Kris Sorensen, Contributor

Midway through the winter, you might expect Winnipeggers to be hibernating, but last year, Big Fun Festival saw about 90 per cent of the 600 spots per evening filled with diehard local music fans.

KEN Mode, Mise En Scene, Panamax and Smoky Tiger will be joining 40 other bands, Jan. 28 to Feb. 1. The bands will play at eight locations around the city, including hotspots like the West End Cultural Centre, Thom Bargen Coffee & Tea and newly-opened The Goodwill Social Club.

For local band Hana lulu, this will be their first year playing the festival. "We've got a good show at the West End Cultural Centre with a band called Operators and a local band called Will to Power," said Kevin Desjarlais, a member of Hana lulu. "It's our first time. We're really excited."

Desjarlais said while other musical festivals, like Jazz Fest and MEME share the same downtown, multi-venue format, Big Fun is different.

"There are some local bands for Jazz Fest, but Big Fun — I think from what I've seen, how they curate their event — they take pride at finding new bands in the city," said Desjarlais. "I think they do a good job of keeping a local flavour to it."

Big Fun started one morning when Stefan Braun and Lauren Swan were out for breakfast. Braun had come back from tree planting and told Swan about his idea to bring local bands together for a festival. Swan had just graduated from a marketing program at The University of Winnipeg and decided to give it a shot. "What's the worst that could happen?" she thought.

This year will be the fourth annual Big Fun Festival.

"Walking into an event you're putting on and you're seeing a whole group of people you've never seen before in your life — that's really cool," said Swan.

"I have the experience and the schooling to do that. Why don't we just give it a shot?" said Swan. She had just graduated from a marketing program at The University of Winnipeg. "What's the worst that could happen?"

For the final day of the festival, The Good Will Social Club will be host to The Big Fun Hungover Breakfast.

"It's just real nice to be able to sit down and have a caesar or mimosa with somebody and listen to some music and eat some breakfast," said Swan. "That's always my favourite show. It brings the community aspect of the festival into play."

BIG FUN FESTIVAL LINEUP + SCHEDULE

Wednesday Jan.28th

The Ballroom
218 Roslyn Road
Well Sister – 8:00 p.m.
Andy Shauf – 9:00 p.m.

Thursday Jan.29th

West End Cultural Center
586 Ellice Avenue
Co-presented by the WECC
The Will To Power – 8:00 p.m.
Hana Lulu – 8:45 p.m.
Operators – 9:45 p.m.

The Good Will
625 Portage Avenue
The Uniter Presents:
Camp David – 10:00 p.m.
Animal Teeth – 11:00 p.m.
Canon Bros. – 12:00 p.m.

Friday Jan.30th

Thom Bargan
64 Sherbrook Street
Twin – 3:30 p.m.
Micah Visser – 4:15 p.m.

Handsome Daughter
61 Sherbrook Street
Half Pints Presents:
BABA YAGA – 4:30 p.m.
Cloudfight – 5:15 p.m.
Panamax – 6:00 p.m.
Holiday Monday – 6:45 p.m.
Basic Nature – 9:30 p.m.
The Hours – 10:15 p.m.
Tropic Harbor – 11:00 p.m.
Powder Blue – 12:00 p.m.
Absent Sound – 1:00 p.m.

The Good Will
The Bargains – 10:15 p.m.
SMRT – 11:00 p.m.
Surprise Party – 11:45 p.m.
BA Johnston – 12:45 p.m.

Sherbrook Inn
685 Westminister Avenue
Tunic – 10:30 p.m.
Animal Lover – 11:30 p.m.
KENmode – 12:30 p.m.

Saturday Jan.31st

The Good Will
Manitoba Music Showcase:
Slow Leaves – 8:40 p.m.
Rayannah – 9:25 p.m.
Yes We Mystic – 10:10 p.m.
The Moas – 11:00 p.m.
Mise En Scene – 12:00 p.m.

Rudolph Rocker
3rd Floor, 91 Albert Street
The Zorgs – 10:00 p.m.
Slurs – 10:45 p.m.
Party Dress – 11:30 p.m.
Vampires – 12:15 p.m.

Natural Cycle
91 Albert Street
Audio Works Presents:
Lukewarm – 10:30 p.m.
Animal Lover – 11:30 p.m.
Conduct – 12:30 p.m.

Windsor Hotel
187 Garry Street
Northern Palm Presents:
Gold Mountain – 10:15 p.m.
Triggers – 11:15 p.m.
The Ripperz – 12:15 p.m.

Sunday Feb.1st

The Good Will
The Big Fun Hungover Breakfast featuring:
Odanah – 12:00 p.m.
The Catamounts – 1:00 p.m.
Human Music – 2:00 p.m.

Arts Briefs

COMPILED BY ADRIANA MINGO

A surreal party at the WAG

The Winnipeg Art Gallery (WAG) is dreaming in surrealism for its annual Art & Soul costume party fundraiser. This year's theme, The Lucid Dream, was inspired by Salvador Dali's two exhibits currently featured at the WAG: Dali Up Close and Masterworks from the Beaverbrook Art Gallery. Four floors of the gallery will be transformed into a series of dreamscapes, celebrating the arts, artists and ideas of the Surrealist movement. The music for the evening will be by Attica Riots, DJ Hunnicut and DJ Co-op. The 18+ event is on Jan. 31from 8 p.m. to 2 a.m. Tickets are $55 each.

The Queen of Comedy returns to Winnipeg

Canadian standup comedienne Debra DiGiovanni — who is often referred to as the Queen of Comedy — will perform four shows between Jan. 29 to 31 at Rumor's Restaurant and Comedy Club. Her work has been featured on Canadian TV channels MuchMusic and the Comedy Network, she's hosted The Genie Awards, and she's won Canada's Comedy Award. You can find her comedy special, Single Awkward Female, on Netflix USA and she currently stars on The Comedy Network's revamp of Match Game. Tickets are $20.

New pub draws ire

The Pint Public House is receiving criticism on social media for a poster that has been called sexist by many. The sports pub just recently opened it's doors at the 93-year-old Norris Block building at 274 Garry St. In response to the controversy, the owners decided to take down the offending poster. The Pint is part of a Vancouver-based chain with locations across Western Canada. The downtown location is only a block away from the MTS Centre, offering a new place to grab some food and drinks before, after or during Winnipeg Jets games.

The pampering chef

RRC grad heads kitchen at Thermëa spa

By Danielle Doiron, Contributor

Despite a -20 wind chill and blanket of snow covering the ground, Winnipeggers donned their bathing suits test the waters of Thermëa spa.

While visitors relaxed in the steaming outdoors pools and gathered around crackling fireplaces, Thomas Stuart was busy in the kitchen, preparing for Thermëa spa's grand opening.

Stuart, a 2005 Red River College culinary arts graduate, is head chef at the Resto Bistro at Thermëa, a new European-style thermotherapy spa and relaxation complex located off of Pembina Highway.

"For me, cooking is all about tasting the ingredients that you're using, and not making anything too complicated," he said.

For Stuart, that means using local ingredients to have the freshest possible products, something he said he learned while travelling in Europe.

"Just seeing the local product out there on the streets with the vendors and then tasting the food that they make from the product just blew my mind."

While Stuart said his time in Europe sparked his passion for cooking, he thanks RRC for helping him hone the skills he used to run the kitchen at Fude Inspired Cuisine and Food Bar for seven years after his graduation.

Now, he's using those skills to create a full menu for the spa restaurant that incorporates Manitoba-grown produce, because, as he said, "A tomato in the middle of August in Winnipeg is a heck of a lot better than anything you can get shipped from California."

Freshness, Stuart says, enhances flavour and the overall experience.

"Eating is so much more than just putting food in your mouth," he said. "It's the people you're with and the places where you eat that make it so much more than just surviving. It's more about the work that went into it and the presentation and the whole overall experience."

Thermea is all about enhancing experiences and taking time out of your everyday life to spend a day relaxing with loved ones, said spokesperson Marianne Trotier.

"When you go into the spa, you cannot bring your cell phones. You cannot bring anything electronic," she said. "Right here, people take a break from all that."

The spa, which opened Thursday, Jan. 15, uses thermotherapy (cycles of heat, cold and rest) to help relax sore muscles and relieve tension, something Trotier said is beneficial for athletes and anyone who works at a desk or just wants a spa getaway without leaving the city.

Cresent Drive Golf Course lights up for Thermëa spa's grand opening on Jan. 15, 2015.

PHOTO BY DANIELLE DOIRON

What's the story, Dorie?

Warning sign number one

LINDSEY DORIE,
LIFESTYLE COLUMNIST

In the wake of a breakup, you may find yourself looking back on certain things you overlooked at the time. All the red flags you either didn't see, or chose not to. We're all guilty of it, or at least anyone I've talked to has been.

I've dated enough people to know the major warning signs.

In fact, it's the reason some of my relationships haven't lasted. Friends have eventually spilled the beans about the naked girl on their ex's phone, and the way they fixed the issue simply by "working on it."

Love will do that to you. No matter how many warning signs you see, they may never compare to how much you love that person, and often they don't. But the next time you see these signs again, hopefully you'll run.

There's one sign in particular, one red flag that rings the loudest, and that's to do with cell phones.

Ah, the locked cell phone. Locked in two senses of the word: locked with a password (that you don't know), and locked in the gripping hand of your significant other. It leaves the table when they leave the table; they go to the bathroom together; they are placed facedown on the table, and they are often shut off once you start glancing over at it. This is never a good sign, especially when your cell phone password is already imprinted in your partner's brain, and they have free reign to look at it whenever the hell they want because unlike them, you leave it at the table.

You may not feel like this is a big deal at first. You don't feel a "need" to look at their phone because you trust them, wholeheartedly. But eventually, you'll start to wonder why your partner needs their phone to take a shower. And if your feeling of not needing to look at their phone becomes one of not wanting to, then you're in trouble.

Don't deny your fears and curiosity, take it as intuition, and follow it!

I'm not saying couples should rampage through each other's phones every day. I'm an advocate for privacy. But I do believe I should be able to pick up my partner's cell without them snatching it away in a panic.

So, if you must trust anything, trust your gut, it's rarely wrong. You're not being a "crazy" boyfriend or girlfriend for having a genuine fear of your partner being sneaky, and if they make you feel that way, then that's warning sign number two.

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Lindsey Dorie is opinionated and honest, and enjoys a good conversation about dating, sex and relationships. Let her know what you want to read about in her column on Twitter at @DorieLindsey

Sports & Lifestyle Briefs

COMPILED BY
MICHELLE PERRON

Winnipeg's favorite winter festival

Whether it's beavertails or beard growing that pulls you in, Festival du Voyageur is a favorite for many and it's fast approaching. The 46th edition of the festival kicks off on Feb. 13 and runs until Feb. 22.

When most think of the festival, they think of good music and sweet maple syrup sticks, but on top of those, there are also some physical activities that people can try. From the ice-climbing contest, to snowshoeing, to the great toboggan slide, the festival offers patrons the opportunity to get active outdoors in winter. Reading week offers RRC students a great chance to go and check out the sights, smells, music and activities of the festival.

Winter obstacles

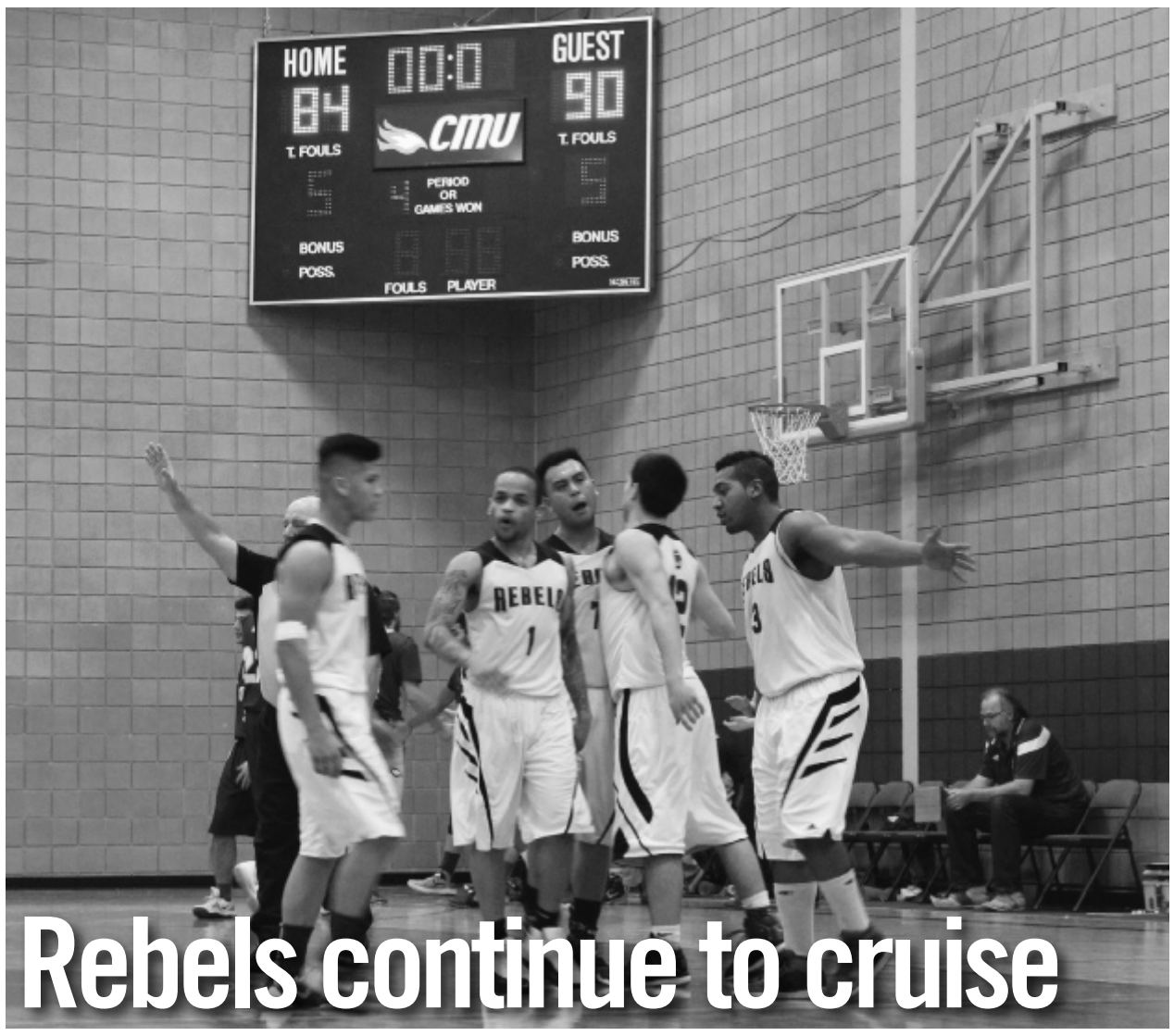
Looking for ways to take advantage of the mild winter weather. Snow lovers come together for the Ice Donkey Winter Adventure. The adventure is a five kilometer winter obstacle challenge. You can register with a team or as an individual and compete against others in the winter obstacle challenge.

Swamp Donkey Adventure Racing is known for its highly successful Dirty Donkey Mud Run and is now taking to the snow as well. The event will be held on Saturday, Feb 7, at The University of Manitoba Southwood Lands (former Southwood Golf and Country Club). For more information visit: swampdonkeyar.com/ice-donkey

A school day tradition

For many, when they think of floor hockey they think back on the good old days. Whether you played it in high school or middle school, or still play it now, most can say they have tried floor hockey at some point in their life.

It's time to bring out your gear and get your team together. The Rebels Floor Hockey tournament takes place on Feb. 7 at the North and South Gyms at the Notre Dame Campus. You can come as a free agent or team. The event is being put on by RRC's athletic and recreation services along with the Red River College Students' Association.



Rebels continue to cruise

RRC Rebelscelebrate together after completing a late fourth quarter comeback.

PHOTOS BY EVAN MATTHEWS

Men's basketball team set their sights on championship

By Evan Matthews, Contributor

Donning a Red River Rebels sports-jacket rather than his jersey, basketball co-captain Taylor Brown sits watching his teammates anxiously.

"There is a rule in our college division stating a player is only eligible to play a week before their full-time classes start," said Brown. "My course starts on Jan. 20, so I'm not eligible to play until the 13th."

The top seeded Rebels played the Canadian Mennonite University Blazers, putting their perfect record on the line on Jan. 10.

"There's always pressure being the number one team. Everybody wants to beat you," said Brown. "We have to come into every game knowing they want to win, and be prepared."

Although trailing 46-39 at the half, the Rebels took control when it counted by hitting a three point shot late in the fourth quarter to pull ahead, ultimately winning the game 90-84.

"An undefeated season would mean we've gotten better every game," said Brown. "We try to work on one specific area for every game and just get better at it. If we play and we win, that means we're getting better."

Studying public and justice safety, Brown said he's been trained to stay calm in high intensity, and often-violent situations. Brown tries to preach the same message to his teammates during times of adversity.

"This was our toughest game so far this season. Today was one where the guys just toughed it out," said Rebels Head Coach Sukhvir Singh. "[Brown] showed some senior leadership — even from the bench. It's going to be a dogfight from here on out, as there are some tough teams in this league."

With each team in the league playing a different style and consistently improving, the Rebels are forced into changing the way they match up their players against the opponent.

"You work hard in practice, but sometimes you have to do stuff on your own," said Brown. "It could mean reading over the plays, or visualizing what to do on offense, or defense. It's a commitment."

With the players buying in to coach Singh's systems, the Rebels are setting their sights on a championship.

"The most important thing is getting wins. We've been successful so far this season, and anything less than getting to the end and giving ourselves a chance to win won't satisfy us," said Singh. "We have to work for everything we have, but if we work hard and play our style we have the guys to be successful."

Jonathan Wilner takes a three-point shot late in the game. The Rebels defeated the Canadian Mennonite University Blazers to stay undefeated.

New year, new experiences in Banff

Skiers and snowboarders get ready to go at the top of a run in Lake Louise.

PHOTOS BY ANDERSON PEREIRA

RRC students rang in the new year in the Rockies

By Amy Jean Maclean, Beat Reporter

Picture a lovely little village, full of cute little shops and friendly people. It's nestled in the mountains with a beautiful view, and up a steep slope, there's a grand, castle-like hotel.

It's not a fairy tale or some far away land. It's right here in Canada, two provinces away. It's Banff. And while it's real, Kiera Mirza — one of about 75 Red River College (RRC) students to travel there over the winter break — says it was a dream.

"Going to Banff is such a surreal experience that coming back to reality was hard," Mirza said. "It's almost like waking up from a really good dream, and you just want to go back to sleep."

This trip is an annual tradition, organized through RRC and the University of Winnipeg. This year the vacation spanned from Dec. 27 to Jan. 4, giving students the opportunity to snowboard, hike, explore the area, and take in New Year's festivities.

For Mirza, this isn't the first time she's lived the dream in Banff. She also went last year, and said that coming back this year, she wanted other first-timers to have as much fun as she did the year before.

"My roommate this year was someone that's never snowboarded or skied ever, and I mentioned the trip and she decided to come. So I was excited to give her the same experience I had the year before," she said.

Mirza still considers herself a beginner when it comes to snowboarding, and says every year there's a group of students who've never gone snowboarding or skiing before.

Anderson Pereira would be one of those students. He's an international student from Brazil, and not only was the trip his first time snowboarding, this is his first winter in Canada.

"The first day was frustrating because it's really hard (to snowboard)," Pereira said. "But the last day when I could go down the hill and do the right thing, it was really good because it was an achievement."

The trip encompassed more than just the ski hill. For both Pereira and Mirza, New Year's Eve was a highlight.

"I walked through the crowds and made friends with so many people," she said. At one point she was singing with a group of Australians. "I watched the fireworks and then had the best time with my friends."

As Mirza adjusts to coming back from this dream to her regular life, Pereira returns to his new life in Manitoba.

"I love Winnipeg. I think that people here from Winnipeg, they kind of complain about it, but they don't know what they have," he said. "Actually, I'm going [snowboarding] again next weekend."

Nitsky's Notes

The Big One

DUSTIN PERNITSKY, SPORTS COLUMNIST

It's all about the Super Bowl right now.

This space is usually reserved for thinking about how sports relate to culture as a whole, but I can't resist the opportunity to break down how the two teams in the big NFL match up.

The line hasn't been set while I'm writing this, but if I'm Vegas, I'm putting the Patriots down as a 3.5 point favourite. That makes Seattle the underdog. What do they have to do to repeat as world champions?

There are three things I think the Seahawks need to do to upset the Patriots and win their second straight Super Bowl.

First off, and most importantly, Seattle has to run the ball effectively. If the Seahawks can control the ball, and more importantly, the clock, they'll be OK. Getting first downs on the ground and keeping the ball out of Tom Brady's hands is key for a Seattle win. If Seattle can get Marshawn Lynch going against a suspect Patriots' defense, it's going to be a long day in Arizona for New England fans.

The Seahawks also have to control the Patriots' best weapon, Rob Gronkowski. Gronk — as he's known to the fans in Boston — has been an absolute beast since he got healthy this year, challenging defenses who don't know whether to cover him with a linebacker or a defensive back. Seattle has a great secondary, but are they going to devote one of their all-star corner backs like Richard Sherman to cover a tight end? That might leave a Patriots wide receiver like Julian Edelman or Brandon LaFell open for a deep play down the field.

The biggest key to this Super Bowl, though, will be the turnover battle. The Seahawks won their game against the Green Bay Packers despite four Russell Wilson interceptions; they won't be able to do that against the Patriots. Whichever team takes care of the football better will have a huge advantage on Super Bowl Sunday.

After everything's said and done, I don't think Seattle has enough to get by New England. I expect Gronkowski to have a huge game, Tom Brady to do his thing, and Russell Wilson to show the same nerves he did against Green Bay.

My prediction: New England 27 Seattle 18

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Dustin Pernitsky is the host of *Fantasy204*, a fantasy sports resource and community for Winnipeggers. Check it out at www.fantasy204.com or tweet him @DPernitsky.

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