

Controversial signs and names across Canada are being replaced. A proposal has been made in Regina, Sask. to replace the name Dewdney Avenue with Buffalo Avenue. Photo by Cory Coleman.

# The names they are a changin'

By Cory Coleman  
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Five places in New Brunswick used to have something unsettling in common: their names all included the word "Negro." On Feb. 28, which is also the last day of Black History month, the names of all five places were changed and the word "Negro" was removed, as part of a nation-wide trend to replace culturally offensive placenames.

Negro Lake in Grand Bay-Westfield will be renamed to Corankapone, which is the African name of Richard Wheeler. Wheeler, or Corankapone, is

known for bringing other black members in the community of Westfield to Sierra Leone in hopes of a better life.

Negro Point in Saint John will now be called Hodges Point. The new name pays respect to the Hodges family who were black loyalists.

Negro Head has been renamed to Lorneville Head, Negro Brook in Grand Bay-Westfield has been renamed to Black Loyalist Brook and Negro Brook Road has been renamed to Harriet O'Ree Road. Harriet O'Ree is a black woman who lived on the former Negro Brook Road in 1861.

New Brunswick isn't the only place in Canada that's replacing names.

The Langevin Bridge in Calgary, Alta. was recently renamed to Reconciliation Bridge. The bridge was initially named after Hector-Louis Langevin, who played a key role in creating the residential school system that saw roughly 150,000 Indigenous, Inuit and Métis children removed from their homes and forced to assimilate into European culture. Many of the children experienced physical, emotional and sexual abuse.

The name Reconciliation Bridge stems from the Truth and Reconciliation Report,

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## INTERNATIONAL WOMEN'S DAY

# Including those on the sidelines

By Janelle Blakley  
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There are 3.5 billion women in the world today. March 8, International Women's Day, is a day that aims to recognize every single one of them. Including everyone in movements like International Women's Day is a

challenge, but one that is essential to the day's success, say those who have historically been on the sidelines of the parade.

Trans women, for example, are often marginalized in society, seen as being less than male and less than female, according to Laura Budd, a trans woman and education coordina-

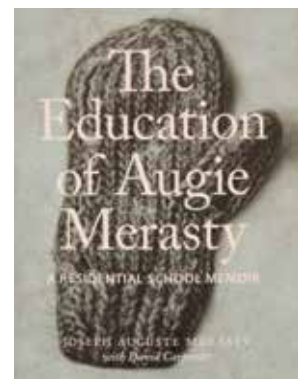
tor for Moose Jaw Pride. On International Women's Day she wants to see trans women recognized and not have their gender identity questioned, she said.

"I'd like us to start to step away from the fact that people still see trans women based on their genitals,

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Residential school survivor and author dies at age 87

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Feeling fidgety?



# Regina advocates rally for prisoners' rights

By Rebbeca Marroquin  
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A letter written by a Regina advocacy group is getting the public's attention.

Colonialism No More sent a letter to federal public safety minister Ralph Goodale on Jan. 17, asking for an in-depth investigation into a deadly riot that took place at the Saskatchewan Penitentiary in 2016. The letter noted that the Saskatchewan Penitentiary had over 400 complaints from prisoners in 2015, which is more than any other federal penitentiary in the country.

As of March 1 the minister had not replied, according to Colonialism No More's representatives, so the group held a rally outside Regina's federal building, organized jointly with the Saskatchewan Coalition Against Racism.

Colonialism No More member Andrew Loewen said prisoners face poor quality food, inaccessibility to medical services, physical abuse from authorities and overcrowded space.

"We do have concerns that this may not be getting the kind of attention that it ought to, and that's why we're out here in the street today," he said.

"Virtually everyone in a federal penitentiary at some point is released and enters society. If those people are locked up in overcrowded situations with sub-par food, with lack of adequate cultural programming, subject to excessive force and violence, the outcomes for those people but also for society at large are something

we'd like people to think about," said Loewen.

Mental health and addictions counsellor Bob Hughes, a member of SCAR, said he works with inmates nationwide and that complaints are very common. He said complaints also come from inmates' family members who are denied visitor access. He said he himself was denied access to a family member in jail. "I couldn't believe it," he said. "It creates unrest. It stops a connection with family."

Chris Kortright, one of the organizers of the rally, said complaints of people in prison are ignored because of how prisoners are viewed by society.

"I think unfortunately, in our society, prisoners are not taken very seriously and most people feel that they are a disposable population, which we do not agree with," said Kortright. "They're human beings and they still need to live with dignity."

Another issue highlighted in the letter is the inaccessibility to culturally appropriate events for Indigenous peoples.

In the Prairie provinces, 48 per cent of federal prisoners are Indigenous. In the Truth and Reconciliation Commission report released in June 2015, Call to Action number 30 reads: "We call upon the federal, provincial and territorial governments to commit to eliminating the overrepresentation of aboriginal people in custody, over the next decade."

Ralph Goodale declined to be interviewed. Ministerial press secretary Scott Bardsley replied by email, "Minister Goodale has been mandated to



Citizens attend a rally to advocate for prisoner's rights at the Federal Building in Regina, Sask. on March 1. Photo by Rebbeca Marroquin.

ensure that the Correctional Service of Canada enhances its capacity to provide effective interventions for Indigenous offenders, and that it works collaboratively with criminal justice

partners and community stakeholders to support the rehabilitation and safe reintegration of Indigenous offenders."

## Military journalism course offers something more



The Canadian Journalism Military Course is a scholarship program that gives journalism students an opportunity to learn about military reporting. Photo illustration by Kyrsten Stringer.

By Kyrsten Stringer  
@Stringky

Everywhere you look there are armoured trucks and soldiers dressed in green. At night you sleep on a cot, squished into a canvas tent with 19 other people. Privacy is minimal, if nonexistent.

It's not war, not yet, but if you're an aspiring journalist it is a small taste of what could be like to be a reporter in the military field.

"Journalism schools in Canada don't teach this," said Robert Bergen, former journalist and assistant professor with the Centre for Military, Security and Strategic Studies at the University of Calgary. "They teach students how to cover court. They teach students how to cover police. They teach students how to cover politics. Nobody teaches them how to cover the military, and the military is one of the biggest things going on in the world right now."

Bergen is the designer behind a military journalism course sponsored

by the University of Calgary and the Canadian Global Affairs Institute. Journalism students across Canada in at least their third year of study are eligible to apply to this scholarship program. If accepted, they're shipped to Calgary where Bergen packs 25 years of experience into 10 days of training.

The Canadian Journalism Military course started out of a desire to educate young journalists, and to improve the relationship between journalism and the military across the board.

This spring 10 students will have an opportunity to study media-military theory in a hands-on certificate program that runs nine days. Training starts April 30 and ends May 10. Transportation to and from Calgary, accommodation, meals and ground transportation in Alberta are all included.

Taylor Blewett, a fourth-year journalism student at Carleton University, won a scholarship in 2016.

"This was not something you would be able to do as a reg- Continued on page 3



# Moving to small towns bucks city living



Downtown Pense, Sask. in the winter of 2017. Photo by Brenna Engel.

By Brenna Engel

@BaBrenna

Small towns. The friendly, peaceful and slower paced way of life. To many people, that way of life sounds like heaven, yet the population of many towns in Saskatchewan is in decline. There are still some people, though, who are willing to buck the trend and give small town life a try.

There are those born and raised in a town, and then there are those, like Loree Lawson, who move from the city to a small town.

Lawson and her husband had always talked about the idea of leaving the city, but never acted on it. Then in 2012, after stopping in Wolseley on a road trip, Lawson was smitten with the town. She started looking at houses online, found one she liked, and then Lawson and her husband went to take a look at it. Two months later they were moved in, adding to Wolseley's population of 854.

"We felt like life was too short to be doing jobs and just working to pay bills," said Lawson. She now works part-time at the bank in Wolseley.

One of the biggest attractions of moving to Wolseley was housing prices. "We got a house that was bigger than the one we had in Regina, it has three-quarters of an acre," said Lawson. The Lawson's sold their house in

Regina for \$390,000 and bought the house in Wolseley for \$168,000. According to her, the low housing prices makes up for the price of commuting to Regina when needed.

"I don't think I'd go back to the city, Wolseley is far enough that you get out of the city and you're not subject to all the business of the city but it's close enough that you can commute easily. The atmosphere is different, everyone is friendly and stops to take time and talk when you're walking down the street" said Lawson.

Lawson believes city dwellers might be resistant to moving to a small town simply because of a fear of the unknown. She said it depends on your lifestyle, but that that small town life could benefit almost anyone.

Towns may fluctuate in population size said Randy Widdis, a geography professor at the University of Regina who specializes in historical, rural and population geography. He said that change in a town's population depends on the location of the town; towns closer to cities like Regina have maintained and even grown in population simply because the commute is shorter and housing is cheaper.

However, towns further from cities are greatly declining in size.

According to Statistics Canada some towns such as Indian Head, Sin-

taluta and Wolseley have decreased in population. Between 2011 and 2016 they dropped by: 11.6, 0.8 and 8.1 per cent respectively.

"For young people, the opportunity of staying in these small towns is not so great anymore...a reason people leave is because of changing social trends. Young people are more attracted to move to the cities, the bright lights, so to speak," said Widdis.

Widdis said this starts a snowball effect: with more people leaving there are fewer tax dollars, so fewer services. Governments close schools and hospitals because of a declining population, so people have to drive farther and farther to get these services, which is costly.

Those factors affect people who are thinking of moving to a smaller town. People will think, "Why would I go there when there's no school for my kids?" said Widdis. And what is left behind are older people.

"For a remote small town, the picture isn't looking good," said Widdis.

Despite this decline of residents in small towns, there are those who still flock to nest their homes in rural communities.

Sintaluta, Sask. is a small town with a population of 119. It is about 10 minutes away from Wolseley. Sam Strain lived in Kitchener, Ont and his

wife was born and raised in Toronto. In 2010 they moved to Sintaluta, a move that many people would not expect from a young couple.

The main reason for moving is that housing prices are so much cheaper. When Strain left Kitchener, the average price of a home was \$1 million compared to the \$60,000 they paid for their home in Sintaluta.

Services in town consist of a gas station, liquor store and post office. Residents drive to either Wolseley or Indian Head for basic services such as healthcare.

Many people might not want to take the time to commute to the city for work, but according to Strain, 45 minutes with no traffic is a dream compared to driving in Ontario.

Strain worked in Regina managing a tea shop when he first moved to Saskatchewan and he made the daily commute. He said as long as you have a car that's good on gas it's not bad, and the low housing and taxing prices compensate for the cost of commuting.

Strain no longer works in the city. He is now an ordained minister who reaches out to Indigenous youth in his area.

Strain said he would move back to a city if he got a really great job offer, but for now he likes living right where he is.

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ular citizen," said Blewett. "The high point of the entire experience was our placement at the Canadian Forces base at Wainwright in Alberta."

Wainwright is where Blewett slept in tents alongside her classmates, and where aspiring journalists have an opportunity to familiarize themselves

with large equipment like military tanks and ask questions that they might otherwise never be able to.

"I absolutely loved it," said Blewett, who sees a future for herself in this world. "I think it's a niche beat in Canada that isn't receiving a lot of attention. This year I've continued to write pieces that look at the CF and

the Department of National Defence and what's going on in that portfolio in the government and in Ottawa."

For retired colonel Brett Boudreau, context and perspective are the most important tools military journalists can equip themselves with.

"It is unfair to criticize media and journalism when they get it wrong if

nobody has tried to help them get it right," said Col. Boudreau. "To inform your reporting you need that context and perspective that's born out of good working relationships with people over a course of time."

For students interested in the program, postmarked applications are due March 20.

# Survivor and author Merasty remembered



David Carpenter, co-writer of the *Education of Augie Merasty*, signs copies of the memoir at the First Nations University in Regina. Augie Merasty passed away on Feb. 27, 2017. He was 87 years old. Photo by Madina Azizi.

By Madina Azizi  
[@azizi\\_madina](#)

On March 1, hundreds of people gathered at First Nations University of Canada to honor the death and legacy of Joseph Auguste Merasty (Augie), a residential school survivor and author of *The Education of Augie Merasty: A Residential School Memoir*.

Merasty passed away on Feb. 27 at the age of 87.

Jerri Wood, a member of University of Regina's senior writing group, came to the event mostly because her friend insisted, but she was intrigued by the speeches that were made in honor of Merasty.

"I have a very powerful sense that I need to know more. I need to listen more and so that was reconfirmed in what I heard tonight. It was inspiring but sobering as well," said Wood.

"It really speaks to the need, even at my age, to begin the process to support reconciliation," Wood added.

When the memoir was in the making, Merasty used to tell people that he was writing a book but it was hard for most to believe him because he was a heavy drinker and was sometimes found on the streets.

David Carpenter, co-writer of Merasty's memoir, referred to Merasty as a "hopeless alcoholic." He added though that Merasty's physical and mental states were deeply rooted in the experiences he had in the residential school.

Merasty's self-esteem and self-image boosted when people found out about his book. "Suddenly everybody showed him efforts that he never really experienced before. And a lot of people who would treat him as the town's drunk really started to treat him with respect, and he really felt that," said Carpenter.

"And suddenly Augie goes from

the town's drunk to the town's celebrity," Carpenter recalled.

Merasty was five years old when he went to attend the St. Therese Residential School in Sturgeon Landing, Sask., and spend almost a decade there. In his memoir, Merasty recalls the severe punishments, the sexual assaults and the unsuccessful revenge that he and his friends would plot against the staff members.

There is one incident in the

memoir Merasty recalls very clearly, which puts into perspective the abuse and trauma that he had faced while attending the residential school.

Merasty was about 11 or 12 years old when he and a friend were made to walk 12 miles into the wild on a very cold winter day in search of two mittens that they had lost. After hours of searching and coming across fresh wolf tracks, the two decided to accept failure and make their way back to the

school. When they told Sister St. Mercy, whom Merasty refers to as the meanest of all the sisters, about their failure in locating the mittens, both got 20 straps across each hand.

The memoir is not only an account of the traumatic experiences that Augie went through in residential, but also the aftermath of surviving that trauma.

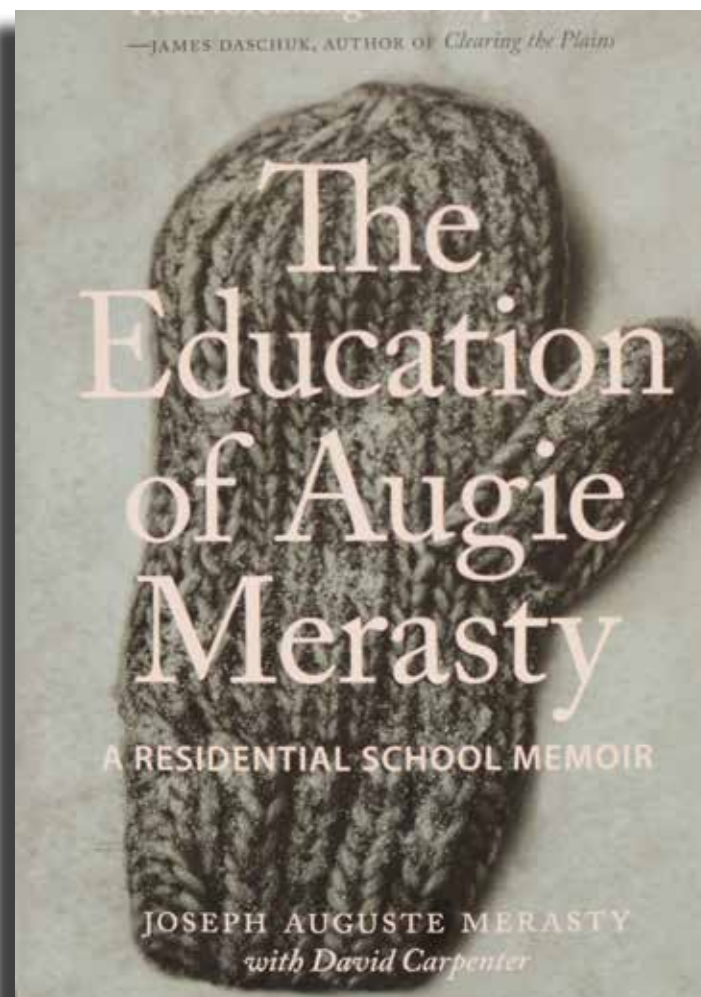
Carpenter said that Merasty's own family wasn't aware of his time in residential school. Only after reading the memoir did Merasty's family close the distance they had kept from him for years due to his addiction.

Blair Stonechild, a residential school survivor and a professor of Indigenous studies at the First Nations University of Canada, gave a speech in memory of Merasty. He said that survivors often turn to alcohol to deal with their traumatic experiences, adding that emptiness, lack of meaning and lack of spirituality leads survivors to alcoholism. However, Stonechild praised Merasty for completing his mission, even as an alcoholic.

"The elders tell us that everyone is born for a mission and, for Augie, his mission was to tell his story, and he did. Maybe that is why he is gone now because he has fulfilled his mission and now he is on to fulfilling his spiritual mission," said Stonechild.

In his closing remarks before stepping off the stage, Carpenter said, "When I was a kid, I thought of heroes as athletes or maybe handsome like movie stars. But I think honestly that Augie is the first person I've ever met who is a real hero, because the courage it took him to go back to his nightmares and to write his story is extraordinary."

The University of Regina Press in collaboration with the Saskatchewan Library Association and FNUUniv hosted the event to honor the legacy of Augie Merasty.



When Augie Merasty called the University of Saskatchewan in the spring of 2001 looking for someone with "a good command of the English language" he was put in touch with David Carpenter. He asked Carpenter to help him write his memoir. Photo illustration by Kyrsten Stringer.



# New location for Carmichael approved



Carmichael outreach is a non-profit organization that helps Regina's homeless population. Carmichael is moving to the corner of 12th Avenue and St. John by the fall of 2017. Photo by Michaela Solomon.

By Michaela Solomon  
@MichaelaYQRNews

The home for the homeless will be moving into new digs. Late on Feb. 27, Regina's city council approved the relocation of Carmichael Outreach Inc. The organization's future location, which has been vacant in the Heritage community for over a decade, is just a few blocks from their current space on Osler Street.

"We'd like to develop life skills programs that suit the needs of our folks here," said Cora Gajari, executive director at Carmichael Outreach. Currently unable to implement life skills programs due to lack of space, Gajari said the move will help immensely in providing space for more programs. "Other programs don't suit their needs because some of the life skills that they need to learn are quite basic. Even talking about budgeting can go beyond the scope of some of their capacities," she said.

In favour of the rezoning, Regina city councillor Barbara Young cited some other benefits to expect with the move. "People won't be congregating in the front on the street as they do

now," said councillor Young. "They'll be able to come in and sit down for meals, and they have a lot of programming now, too, that they'll be able to do inside the building, which they couldn't do in the old building."

Carmichael Outreach has been dedicated to ending poverty and homelessness in Regina for 28 years. They assist those in need by providing meals, clothing, art programs, and support for both housing and harm reduction. The mission of the organization is, "To foster empowerment through dignity, respect, and advoca-

cy in our community."

The Heritage Community Association board of directors wrote in a statement that residents look forward to welcoming Carmichael Outreach into the area, and to see life brought back to an old building. "They want Carmichael to be able to expand and

improve the quality and dignity of their services, and they see this property as being a suitable new home for the organization," wrote the Heritage Community Association.

Gajari explained that the most beneficial part of the move will likely be the changes to the food recovery program because clients will no longer have to line up outside the building for meals. "Currently we cannot serve inside the building because of health codes, and people have to line up, which is bad enough when you need to get a meal, and worse

**People won't be congregating in the front on the street as they do now. They'll be able to come in and sit down for meals."**

- Cora Gajari

when you have to stand out in -40 C weather," said Gajari.

The Heritage Community Association board also noted in their statement some concerns that have come from community members. "The main concerns we have heard are: decreased property values (and a

resulting increase in absentee landlords), increased crime and litter, and decreased safety."

Also in favour of the move, councillor Joel Murray explained the wariness of some community members. "I think the concerns that were brought forward to city council were valid concerns," said councillor Murray. "They talked about infrastructure and heavier traffic in the area, and they didn't say they don't want it there, all they said was, 'Are you sure this is the right location, and do you have enough information to make this decision?' As a council, we appreciated the concerns."

Last year, Carmichael Outreach helped 440 adults in the city. Fifty-nine per cent identified as Indigenous, 38 per cent as non-Indigenous, and three per cent as newcomers to Canada according to their annual report.

"To have the dignity to be able to sit down and have a meal and be social if you like, that's going to be immeasurably better," said Gajari. Carmichael Outreach hopes to move into their new location on the corner of 12th Avenue and St. John Street by fall 2017.

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which studied the abuse Indigenous, Inuit and Métis children experienced in Canada's residential school system.

In Port Alberni, B.C., there's a call to change the names of two streets: Indian Avenue and Neil Street. N.W. Neil, whom Neil Street was named after, was an Indian agent, mayor, MP and a well-known supporter of Japanese internment. Port Alberni councillor Chris Alemany said he believes the street names do not coincide with reconciliation between Indigenous and non-Indigenous people. No final decisions have been made.

Saskatchewan has seen two high school team names changed in as many years. Bedford Road Collegiate in Saskatoon changed its team name from the Redmen to the Redhawks, while Balfour Collegiate in Regina changed its team name from the Red-

men to the Bears.

The most recent push for a name replacement is a change from Dewdney Avenue to Buffalo Avenue in Regina.

Dewdney Avenue is named after Edgar Dewdney, who was a lieutenant governor and Indian Commissioner in Canada. Dewdney also played a pivotal role in setting up Canada's reserve system. Dewdney was known for his harsh policies, which included withholding rations from Indigenous people.

Joely BigEagle-Kequahtooay is leading the movement in changing Dewdney Avenue to Buffalo Avenue. She said it's about more than simply replacing a name. "We need to change Dewdney Avenue because of who Dewdney was, the history of who he is, and what he did." Said BigEagle-Kequahtooay.

Dewdney is considered an instrumental person in developing Western

Canada, but BigEagle-Kequahtooay said the harm he committed against Indigenous people has been largely ignored. "That history is never shared, it's just swept under the rug," said BigEagle-Kequahtooay.

BigEagle-Kequahtooay said replacing Dewdney Avenue with Buffalo Avenue would be a way to promote reconciliation by highlighting the history of Regina's origins, which includes mass killings of buffalo. "When you talk about reconciliation, it's about acknowledging the truth of how the city of Regina came to be, and that meant the decimation of the buffalo, and the starvation of Indigenous people and moving them to reserves," said BigEagle-Kequahtooay.

The name change would pay homage to both Indigenous people and buffalo, according to BigEagle-Kequahtooay. "The least the City of Regina can do is rename Dewdney avenue to something that holds more

importance to Indigenous people and the original inhabitants of this area; the original inhabitants of this area are truly the buffalo," said BigEagle-Kequahtooay.

A meeting is being held on Monday night at the Indian Métis Christian Fellowship to gather support and start a petition. BigEagle-Kequahtooay said nearly all the feedback she's received so far has been positive.

A written statement from the City of Regina said, "The City is working with interested parties. At this time it would be too early to speculate on the outcome."

Although the Dewdney Avenue name replacement is yet to be decided, Regina city councillors recently voted in favour of renaming a part of Tower Road after Glen Anaquod. Anaquod is a late Indigenous elder, residential school survivor and member of Muscowpetung First Nation. He died in 2011.

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whether or not you're feminine enough to be in feminine space," she said.

As a trans woman, Budd said she's constantly having to prove herself to be seen and heard as female, noting that she no longer has the same presence she did when she was seen as male.

"Because I used to have voice in spaces that I now realize if I stand up and speak I'm not heard, I'm not seen. As a woman that's obvious, but as a trans woman it's blatantly obvious that I don't have the voice I once had when I was seen as male. I'm definitely seen as less than in the feminine area, I'm not welcomed into female space and I don't have the voice I once had," said Budd.

In Canada, Indigenous women are also looking to find space in the International Women's Day movement. Brenda Dubois, a Grandmother at the Aboriginal Students Centre at the University of Regina, says on International Women's Day Indigenous women should acknowledge that they're matriarchs and stand up for their obligations to be good parents, partners and people in the community.

Dubois also wants others to recognize the sacrifices grandmothers have made in Indigenous communities.

"The other piece for International Women's Day is to acknowledge the kokums for their continued dedication and support and 'sticktoitiveness' to not give up on themselves or their families...(it's) through the strength of the grandmothers that our families are still together today, that we're still doing what we need to do today, and still fighting systems that try to break us apart," she said.

As a collective society, Dubois said it's important for women from diverse cultural and economic backgrounds



**Brenda Dubois, Grandmother at the University of Regina, emphasized that it's important for women from diverse backgrounds to gather together to find common ground on International Women's Day. Photo by Janelle Blakley.**

to sit together to discuss and discover commonalities between each other.

There are also number of local organizations that are calling for increased participation and recognition of women on International Women's Day.

Amnesty International Saskatchewan is asking people to stand in solidarity with Indigenous women across Canada. They are also encouraging people to get involved by advocating for the release of Narges Mohammadi, an Iranian human rights activist who is serving a 16-year jail sentence in Iran.

Crystal Giesbrecht, a fieldworker for Amnesty International Saskatchewan, said International Women's Day is a chance to spread awareness.

"We think it's an important time to reflect and acknowledge the good work that has been done, but it's also a time to be aware of and inform people about what they can do to stand up for the rights of women and girls," she said.

The Provincial Association of Transition Houses and Services of Saskatchewan is also calling on people to take action. PATHS is organizing a rally on International Women's Day.

Jo-Anne Dusel, executive director of PATHS, wants attendees to be vocal about why it's important to celebrate women.

"One of the things we really wanted to do with our gathering is that we want it not to be bringing in speakers and telling you why you should be here, we're encouraging people to come and to bring a sign that says what does International Women's Day mean to you," said Dusel.

The rally will be held at 12 p.m., March 8 on Scarth Street in Regina.



# Regina students explore social issues through improvisation



Daya Madhur reflects on postcards and letters created by students. Each one gives a glimpse into the student, their community and their heritage. Below, a selection of students' postcards. Photos by Jennifer Ackerman.

By Jennifer Ackerman

@JenAckermanYQR

Imagine a classroom where the students not only get to learn by reading and writing, but also through movement and sound. By using their bodies to create images and soundscapes a group of Regina students have used art to address important social issues.

Racism and immigration are themes that were explored by Grade 7 and 8 students at École Connaught Community School with their teacher Tara Dryburgh, and at George Lee Elementary School with their teacher Tammy Kadler over the past several weeks. Their work is part of on-going project being led by Daya Madhur. Madhur works as a substitute teacher, but when she isn't doing that, she works with students as an artist.

The project is part of a conference and festival called Improvisation and Mobility presented by the International Institute for Critical Studies of Improvisation, which has a Regina branch at the University of Regina. Madhur was asked to create a piece that centred on the theme of mobility and will be performed at the conference in May.

"I wanted to look at the human aspect of mobility and I was particularly inspired by the idea that Saskatchewan is landlocked and that everybody that has come here has come here for

a reason," said Madhur.

Immigration became a large part of the conversation at Connaught and George Lee, which began when the two classes exchanged hand-drawn postcards and personal stories about their families, heritage and communities. The students then brought the

about their story of immigration, their story of coming to Saskatchewan. Some of them speak to the hardship that they've seen and experienced, but others almost make light-hearted jokes and comments," said Madhur.

Madhur said some of the stories students have shared speak to the rac-

said Madhur.

"I hope that if we can create critical thought here, that we can see these larger impacts in our community," she said.

The next stages of the project is to go through all the art created by the students, including their postcards, journal entries, and poetry, and to create a script that the students will bring to life through movement, dance and drama. Through the experiences and ideas of the students, the piece will represent what Madhur calls the "prairie heartbeat." Students from each school who wish to be involved in the final piece can volunteer.

Tara Dryburgh works at Connaught and has been a teacher for 19 years. She has been working alongside Madhur to create a safe space for the students to express themselves.

"I want them to know what's going on and I want to do it in a way that's engaging and interesting for them," said Dryburgh.

She said she has also worked to incorporate the themes explored with Madhur into other aspects of the curriculum.

"If they can get it through the arts, languages, and social studies, and incorporate all of that into learning something that expands their horizons and broadens their awareness of the issues surrounding our communities in Canada, I think it's a win-win situation," she said.



stories to life through improvised tableaux, body percussion and soundscapes. Madhur also had the students explore what they thought Saskatchewan sounded like.

"There were so many amazing and beautiful lessons that came out of even just hearing these students talk

ism and fear of racism that still exists in Saskatchewan.

"I hope that we can have students that are a little more self-aware of what's happening in our world, but also can show empathy and compassion for one another and can see past race or colour or religious beliefs,"



# The Last Wife brings historic drama to modern stage

By Caitlin Taylor  
@caitlinitaylor

“Zero stuffiness.” That is one thing director Anita Rochon makes clear about the Globe Theatre’s latest production – *The Last Wife*.

The play, which previewed March 1 and officially opened March 2, explores the marriage between King Henry VIII and his sixth and final wife, Katherine Parr. Yet what sounds like a cliché historical play is anything but, according to Rochon.

“It doesn’t resemble a Shakespeare; it doesn’t resemble a historical drama. It resembles interpersonal, domestic drama with really smart, incisive writing,” she said.

“We’re looking at a husband and wife trying to navigate their domestic relationship. It’s just, instead of figuring out who is going to pick up the kids and who is going to care of an ailing parent, they’re figuring out who is going to run the country when Henry is gone and who is going to be queen,” said Rochon.

According to Rochon, *The Last Wife*’s themes of power and gender are important in today’s society.

“We’re in a moment of incredible political upheaval,” she said. “We are at a precipice where people are asking huge questions around power – this play is asking huge questions around power and how we can harness our own power to empower others.”

Rochon also points to the exploration of gender relationships within

the play. “When looking at inequality that exists within this time period, it allows us to perhaps look at it in a more overt way, so we can confront what we are actually dealing with right now,” she said.

*The Last Wife* centres around Parr – a smart, confident woman. This leading role is played by Sabryn Rock, an accomplished stage actress who is a graduate of the National Theatre School of Canada. Rock was born and raised in Regina, but has since lived and performed across the country.

Rock believes her character to be an early feminist of her time period, citing that Parr cared deeply about women’s rights and education.

“She was particularly unique because she had a really strong mind and was highly educated,” said Rock. “She’s really well-read and she seemed to be a really good match for Henry’s wit and temper.” Director Rochon also points to the intricacies of the relationship between the two.

“The really interesting part about their relationship is how Kate is able to accept, understand and encourage the whole of Henry and who is and who he has to be,” she said. “His struggle is around accepting her full spectrum of who she is as a human and what she wants from life.”

Other characters in the show include Henry VII, played by Oliver Becker, and Henry’s children: Eddie played by Jaire Olmos; Bess, played by Robyn Sanderson and Mary, played by Anna Seibel. Donny Ready plays Thom, the man Parr falls in love with



Sabryn Rock (right), who plays Katherine Parr shares a kiss with Oliver Becker (left) who plays Henry VII in *The Last Wife*. The play previewed on March 1 and runs until March 19 at the Globe Theatre in Regina. Photo by Caitlin Taylor.

before she is obligated to marry the king.

*The Last Wife* was written by Katherine Hennig, an award-winning theatre artist based in Stratford, Ontario. The play first premiered at the Stratford Festival in 2015, where it received high praise. The play has since been reproduced several times across Canada and the United States.

Rock believes that Hennig’s writing is what sets this play apart. “The language is really, really deep and rich

and complex and it’s really funny as well,” she said. “There is some really great word play and (Hennig) has such a biting wit and sense of humour, that it really comes alive in this piece.”

Rochon also points to the excellent writing. “It’s a juicy script that these actors get to dig their teeth into.”

*The Last Wife* premiered March 1 and runs March 2 to 19. Tickets are available at [www.globetheatrelive.com](http://www.globetheatrelive.com).



From left to right, Oliver Becker, Donny Ready and Sabryn Rock during a scene from *The Last Wife*. Photo by Caitlin Taylor.



# Dance gets students of all abilities moving and learning



**Kathryn Ricketts (right) and Natasha Urkow discuss choreography at a seminar hosted by the Faculty of Education. The seminars will continue for the next three Wednesdays in march beginning at 12p.m. By Kate Doke Sawatzky.**

By Kate Doke Sawatzky  
*@Kdokesawatzky*

A University of Regina professor is sharing ideas about how teachers can work with students with different physical abilities in the classroom.

“My students have been very nervous about teaching with difference in classrooms” said Kathryn Ricketts, an assistant professor in the faculty of education. She was referring to people with mixed abilities, a term she uses instead of “disabled” or “handicapped.”

In the most recent talk for the faculty of education’s Theory and Method Seminar Series, Ricketts gave examples of dance projects she’s done with the elderly and people in wheelchairs and what it’s taught her about teaching in the classroom.

A dancer by trade, she’s run dance companies in Toronto and in Copenhagen over the past 30 years. Knowing that she wanted to work with people from marginalized groups and pass that knowledge on, she pursued graduate studies in Vancouver before coming to Regina.

There’s a dance component in the arts education program at the U of R and that’s where Ricketts’ specialty lies. Her goal is equipping students

who will soon be teachers themselves.

“I think the most important thing that we can do is create the holistic learner and the holistic teacher,” she said.

In the seminar, Ricketts talked about some of her projects, including a creating a dance with a group of elderly Chinese women and choreographing a duet between a professional dancer and a wheelchair user who is a figure skater. She spoke about the importance of presence, awareness and something she calls “deep listening” when working with people with mixed abilities.

With the duet, Ricketts asked the person in the wheelchair if he felt the chair was “an extension of his body” or a tool he used to get around. When he answered that it felt like a part of his body, she choreographed motions for the dancer that treated the chair as such so that it wasn’t just a platform for the dancer to use. The person in the wheelchair played an active part in the choreography too.

With this type of dance, “able-bodied and disability would disappear,” she said.

Natasha Urkow has taken some theatre classes with Ricketts, who is guest instructor in the university’s theatre department. Urkow is a third-year theatre major student and helped

Ricketts demonstrate her choreography at the seminar. For the demonstration, Ricketts asked Urkow, who is in a wheelchair, which side of her was stronger before locking arms with her for several poses. Ricketts and Urkow also moved across the room together with Ricketts behind Urkow’s chair, communicating where she wanted her to go by gently squeezing Urkow’s shoulders. They took turns leading each other.

Since the majority of students in her theatre classes aren’t in wheelchairs like her, Urkow regularly notices how they aren’t sure how to interact with her or even talk about her. Ricketts’ methods help bridge the gap.

“Among all the labels that the world and the community has, that’s the biggest thing I think we need to push away from, and projects like Kathryn’s are making space for that to happen,” she said.

In Ricketts’ education classes, she teaches her students about the importance of movement. The routine of sitting in desks and listening to the teacher at the front doesn’t interest her.

Kathryn Ricketts, University of Regina.

“Teaching in this class would be disembodied,” she said gesturing to

the desks and chairs in the classroom where the seminar took place. “I’m interested in getting rid of all the furniture, getting rid of the hierarchies, creating spaces of exchange that are more vital, with people moving around more so that there’s blood flow.”

If we don’t get moving, “it’s like chopping off a part of our understanding,” she said.

Ricketts teaches students how to use movement in many disciplines, like arts, science and math. For instance she teaches concepts in grade 11 math with a math instructor from University of British Columbia. For graphing, she’ll use big elastics across the room and create an x and y axis that students will move around. She also gets them to tape pens to their elbows to create the graphs.

At the end of the session, “(the students) are all hot and sweaty, (the instructor) will take them to the blackboard and do a straight up lecture on absolute value and they’ll be engaged and they’ll get it and be a grade level higher because they’ve already done it in their body in some way.”

The seminar series happens on the next three Wednesdays in March at 12 p.m. in the education building.



# Regina Pats encourage young athletes to discuss mental health

By Céline Grimard  
@celinegrimard

On Feb. 28th, 2017 Talk Today, a program aimed at improving the mental health of young athletes made its first appearance at the Regina Pats home game against the Lethbridge Hurricanes.

"We work with the teams and provided them with some information on suicide prevention and awareness. We provided them with a mental health coach, so if they're having troubles they've got someone they can call," explained Stacey Carmichael, executive director of the Canadian Mental Health Association Regina Branch.

A component of the program is training in safeTALK, which educates people to recognize suicidal characteristics and how to take action to prevent suicides. The program is mandatory for all WHL players and is also open to parents, coaches and team staff.

It has been six years since former Pats player Rick Rypien was found dead in his Alberta home. "Rick having played for us, this takes on extra importance for us to be a part of these types of things," said Mark Rathwell, vice president of communications for the Regina Pats.

Throughout the game, there were public announcements and videos featuring Pats players speaking about the importance of mental health. "One in five Canadians are affected by mental illness, the Canadian Mental Health Association is there for you; you are not alone," said goaltender Tyler Brown in his video clip.

"Just remember your mental health is just as important as your physical health," said team captain



**Craig Heichert, a dedicated fan of the Regina Pats, purchases pucks to raise money for Talk Today, a mental health awareness program . Feb. 28th, 2017. Photo by Céline Grimard.**

Adam Brooks in his clip.

The CMHA also set up an information table and a video booth for fans to record messages for social media.

The partnership between the WHL and CMHA was launched in the spring of 2016, with an agreement that each WHL team would host a Talk Today event at one home game. The Feb. 28 game was "an extension of that and getting awareness about mental health and the importance of talking about it, as the first step in treatment," said Rathwell.

A Chuck-a-Puck was held in support of the CMHA Regina Branch with all proceeds going to them. It

involves fans who purchased a puck the chance to win a signed hockey stick by the Pats. Fans chuck a puck at the centre ice and whoever hits the target wins.

Craig Heichert, a 12-year season ticket holder, purchased six pucks. "My dad suffers from mental illness and so for me, this is a big cause, it's a good cause to spend money towards," said Heichert.

Most WHL players live with host families and are away from their hometowns, family and friends for the better half of the year, noted Carmichael. They are also under a tremendous amount of pressure to be better and play better in order to have the

chance at making the NHL.

They are a "high-stress group of kids," said Carmichael.

The Pats currently have six drafted players on the team. The night of the event, they suffered their second loss in a row.

Carmichael said that when watching WHL games, "lots of us forget 15-16-year-old boys that skate like men (may be) experiencing a lot of the same stuff that lots of adolescence are experiencing with mental health."

"We would like to reach out to all sports teams in Regina and Saskatchewan," said Carmichael.

## Pie in the sky for Saskatchewan skydivers

By Céline Grimard  
@celinegrimard

When you think of skydiving, pie does not usually come to mind.

In almost every sport there is some sort of tradition that an athlete receives when they have achieved something remarkable. In skydiving, it is no different. Once a skydiver has completed 100 jumps they receive a pie in the face.

"Everyone knows that once you get to 100 jumps you get a pie and everybody sort of tries to avoid it, so they try to sneak around, but there's no getting past it, there's just too many people around," said Mark Ehrmantraut, chief instructor and part owner of Skydive Saskatoon.

At 1,000 jumps, you receive champagne in addition to the pie. "It's a celebration of your achievement," said Ehrmantraut, who has over 6,600 jumps.

If jumping out of a plane sounds like an adrenaline rush, it is, but the

sport of skydiving has evolved over the years to being more than just an item to check off on a bucket list. "We are in an era where this (sport) is becoming mainstream."

Mark Ehrmantraut took his first jump in 1997 with his wife and friend at Indian Head, Sask. Ehrmantraut said that he was addicted to the sport on his first tandem jump. "It was all fear of the unknown, but once you're open under the canopy, it's like, 'Yeah, I want to go again.' I even remember telling him, 'Can I go again tonight?' and he (the tandem master) goes, 'Dude, you're not even on the ground yet, how about we wait until we land and see if you like it?' So, yeah, it was addicting," said Ehrmantraut.

The sport is ever-evolving, as the technology behind the equipment advances. "The canopy that I am jumping now was not around 10 years ago, there was nothing like it," said Ehrmantraut.

At the moment Ehrmantraut is focused on free flying, which he said

is "flying with your feet down, head down." Ehrmantraut is also focused on flying under the canopy, which is achieved once the parachute is open and attaining high speeds.

"When I started in it (sports parachuting), there was no major people going super-fast right near the ground. Now when we are turning near the ground we're going over a hundred miles an hour," said Ehrmantraut.

Ehrmantraut is the vice-president at Skydive South Sask, a non-profit organization located just outside of Moose Jaw. He along with some fellow members of the club decided to open up Skydive Saskatoon in 2014.

The team at Skydive Saskatoon uses humour to ease the nerves of their first-time clients. The Internet makes it easier for people to purchase because there is no need to phone anymore. "You can just click and buy," said Ehrmantraut.

It also makes it possible for clients to view past skydives by the instruc-

tors and clients.

Ehrmantraut is a member of the Canadian Sport Parachuting Association. He has been a competitive skydiver on a provincial level for multiple years. "Last year I missed the hit and chug by two-hundredths of a second or five-hundredths of a second," said Ehrmantraut.

Every year Ehrmantraut goes down to the United States to skydive. This year it is the 50th annual Lost Prairie Boogie which takes place Aug. 5 to 13. "It's sort of a big party, celebration and lots of jumping going on," said Ehrmantraut.

Ehrmantraut teaches in Regina, Sask. but once the snow melts he works at Skydive Saskatoon.

To Ehrmantraut skydiving is much more than just a sport. "It's a family, as well, you've got friends at the drop zone that you go out and see every-weekend," said Ehrmantraut.



# Clearing the smoke on cannabis culture

By Jared Gottselig  
@jgottsel

Canada is on the brink of legalizing cannabis, and many users feel the stigma against it will fade over time; however, the proposed legislation has been met with some resistance.

“I don’t appreciate how mainstream it is becoming for someone to use cannabis,” said Jane Doe, a source who wishes to stay anonymous, and who doesn’t think cannabis for recreational use needs to be legalized. “There are some very successful, intelligent people that use cannabis... (but I have yet to come across someone that smokes marijuana (and) blows me away with their motivation and work ethic.”

On the other hand, Erik Zawislak, a recreational cannabis user for approximately nine years, argued these stigmas aren’t as prevalent as cannabis detractors believe. “The biggest support for the stigma is lack of education due to either a lack of resources, religion, upbringing or ignorance,” said Zawislak. “The spotlight needs to turn away from the ‘dirty hippie’ stereotype and focus more on the other side of the spectrum. (There is also) the business man or woman with a house and a family who go out for a smoke after the kids are in bed and are about to watch a movie.”

According to Zawislak, there are several benefits to the legalization of recreational cannabis beyond legally getting high. “It would add a huge increase to the GDP. Creating jobs, helping medical patients... and I wouldn’t have to worry about losing my future over something so trivial,” he said. “It would have to be regulated and taxed of course, but at least that way the government still reaps the benefits.”

Lisa Levos, a license holder for medical marijuana, also praises the medical properties as one of the most important benefits she has found in cannabis. “I was diagnosed with scoliosis and PTSD; therefore I have a prescription to smoke marijuana for two grams a day,” said Levos. “I do smoke (cannabis) with THC (the psychoactive agent in cannabis), but I also order it online with just the CBD for days that I have to work to consume the medicinal benefits without

getting high.”

However, Doe argues it’s not as great of a treatment as some think. “I don’t like how cannabis seems to be the ‘all natural’ cure for everything and everyone these days, because it’s not,” she said.

Aside from the dispute of medicinal properties, users are largely in agreement that the most prominent feature of cannabis culture is a sense of community among users. “The social aspect is definitely huge for sure. For instance, if you don’t have any (cannabis) at the time, someone is more than happy to front some to you for a little bit,” said Levos. “There’s this saying ‘buds for buds’ (my friends and I) have, and sharing is never a big deal. It’s a communal thing where

we want to share that time with each other and have that moment where you guys get together.”

Zawislak shares a similar mindset as Levos on the topic of community. “It brings people together on a different level. It allows creativity to flow more easily, which helps you learn a lot about people,” Zawislak said. “I cannot think of a time when I sat down with a group of friends or random (people), lit a joint or a bowl, and didn’t leave with new friends or a positive encounter.”

Although cannabis use is frowned upon by some, Levos thinks people should respect user’s choices. “I’m just tired of having to defend it,” she said. “I believe everyone should have a right to their own opinion.”

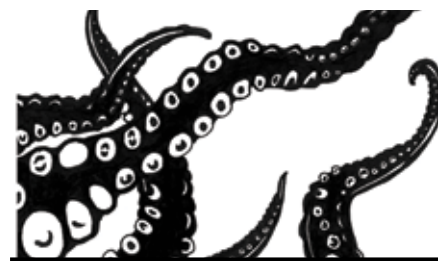
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# INK

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# A new way to fidget



Logan Case holds his limited edition Kickstarter-themed black and green Fidget Cube, available for pre-order from the Denver-based company Antsy Labs a variety of colours. Photo by Josh Diaz.

By Josh Diaz  
@joshdiaz4

After a long wait, one of 2016's most anticipated desk toys has finally made its way into the hands of a small number Regina residents... Who have immediately started fidgeting with it.

The Fidget Cube is a desk toy developed by brothers Matthew and Mark McLachlan, owners of Antsy Labs, a Denver-based technology design house. The toy was designed with one goal in mind, to address people's desire to fidget.

The product launched on the crowdfunding platform Kickstarter on Aug. 30, 2016, and quickly gained a massive following. Surpassing its initial goal of raising US\$15,000, the campaign raised almost \$6.5 million from over 150,000 supporters.

Tentative plans were made for anyone who supported the project before November as "December tier" backers, to receive their cube before the Christmas holiday.

Unfortunately, for some backers that wasn't the case.

A series of delays stemming from

product quality evaluations and legal disputes regarding counterfeits meant that not all early supporters would find their Fidget Cube under the tree.

"I waited a bit longer than I expected, but as soon as I got it I forgot about that," said Fidget Cube backer Logan Case, a computer science student at the University of Regina. Case pre-ordered the cube in October and received his package in late February.

"Oh I love it," said Case. "I don't really consider myself an anxious person, but I've always been the type to click my pen or shake my knee while I work, so when I saw this product I knew I had to pick one up."

While some backers have waited patiently for their cube, many have taken to social media and Fidget Cube's kickstarter page to voice their displeasure. Complaints about product quality, shipping times, and lack of communication about their shipping situation have been identified as the biggest issues among backers, prompting some to ask for their money back.

Antsy Labs announced on Feb. 7 that 75 per cent of the December tier pre-orders had been shipped,

with hopes to have the rest shipped by early March. With the Kickstarter campaign over the Fidget Cube can be pre-ordered for \$CD29 in 10 different colours directly from Antsy Labs, although no shipping date has been confirmed for those who have ordered the cube since November.

The cube is a dice-shaped object, each side designed with different fidgeting activities in mind; your fingers can move from button-pressing, to switch-flicking and ball-rolling. There is no game-aspect to the Fidget Cube, compared to a more traditional cube-shaped fidgeting object like a Rubik's Cube. Every button press, or flick of the switch causes no effect, as the cube's developers say simply performing the actions helps fidgeters focus while doing other tasks. The developers also claim the Fidget Cube can reduce stress, similar to a stress ball, but without the implications.

There are many theories as to why some people fidget.

"Our brains are always seeking activity, it's only natural then when we do something that requires us to sit and focus on one single thing, for our brains to desire that extra

stimulus. Fidgeting is a natural way of searching for that stimulus," explained psychologist Donald Sharpe. "As for the cube, I could see it working on a case-by-case basis. Ultimately, you have to determine what works for you in terms of relieving stress and maintaining focus."

Whatever the case, for those still waiting for their Fidget Cube, it looks like you'll have to fidget the old fashion way a little while longer.

The Fidget Cube is Kickstarter's 10th most popular campaign. Other popular campaigns include:

Pebble Time  
Coolest Cooler  
Exploding Kittens  
OUYA  
MaKey MaKey  
Remee  
Twine  
Brydge  
World's Best Travel Jacket  
Shenmue 3  
PonoMusic  
Mystery Science Theater 3000