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## QUOTE OF THE WEEK

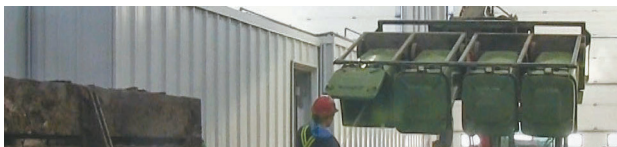
*“Diversity is a strength,  
not a weakness.”*

*-Joseph Aoro*

See how Lethbridge celebrates Black History Month on Page 6



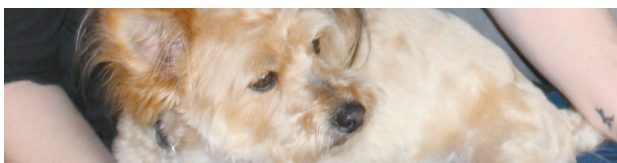
# endeavour



## BIOGAS

A Lethbridge company uses agricultural waste to generate electricity.

By Sarah Redekop Page 6



## PET RENT

Pet owners struggle to find affordable rentals in our community.

By Katelyn Wilson Page 9

## HURRICANES

As playoff season approaches, team members work to stay injury-free.

By Jonathan Guignard Page 11



March 4, 2016 Vol. 51, Issue 8

### Celebrating Black History Month



PHOTO BY CRAIG KAMBA

The University of Lethbridge Global Drum ensemble and dancers take part in Black History Month celebrations at the Galt Museum on Feb. 27.

# Albertans weigh-in on Ontario's free tuition plans

BY COLE SWIER  
@coleswier

The idea of free post-secondary education and student debt is something students living off student loans dream of. Despite this perception, the idea never seemed plausible in Canada's current economic state. The Ontario government is hoping to make these tuition dreams a reality for low-income families under the new Ontario Student Grant (OSG) system.

However, with this announcement, one question still remains unanswered. Is it worth making these dreams come true?

The OSG is being implemented for the 2017/2018 school year and is currently estimated that 90 per cent of college students, alongside 70 per cent of university students whose family income is less than \$50,000 a year, will be eligible for full tuition coverage.

Damian Nagasaka is a Lethbridge resident and comes from one such family. He has never had the chance to attend a post secondary institution and feels the end goal should be free post-secondary for all of Canada.

“I hope the end game is that everyone gets free post secondary, but I think that it is smart to start with the people that can use it most. The sad reality is that if you live in a low income family you grow up with the idea that college and university is probably not a possibility,” said Nagasaka

However, despite many positive reactions to proposed free post-secondary, there are still some concerns. Aliya Wheeler is a management and marketing student at The University of Lethbridge,

she feels the system could be taken advantage of.

“My issue with providing cheaper things to low-income families is that it's a great idea because they need education and this can help them get out of those low-income lifestyles. There will also be moochers, who register as low-income families and take advantage of the system and take help away from those who actually need it,” said Wheeler.

Another eyebrow raising aspect of the OSG, is why Ontario? Why didn't provinces such as Manitoba, Quebec, or even Alberta jump on the free post-secondary train first? Nagasaka explained that in his eyes Ontario being the first province to implement this new system is a good idea based on the high level of post-secondary education available and the high population.

“It makes sense because if you try it and you want it to succeed, you want it in Ontario first because it has the best chance of success,” explained Nagasaka.

Despite all the positive outcomes that may result out of this new system, Wheeler is still unsure about how she feels about it. She did admit to being mostly cynical towards the government, so her lack of faith in the system is evident.

“I do not think the government does anything to only help disadvantaged people. I think if they help disadvantaged people it's because it's some benefit to themselves as well,” she clarified.

With the system offering both positive and negative possible outcomes, there seems to be no definitive “yes or no” answer regarding free college and university. But in the coming years, the world's eyes will be looking at Canada to see if we join the already growing list of mostly European countries already offering free post-secondary education.

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PHOTO BY TAWNIA PLAIN EAGLE

Kasha Thurston puts up a sign in preparation for "Extreme Career Makeover."

## Extreme Makeover underway

TAWNIA PLAIN EAGLE  
@tawnya\_pe

One individual will receive the opportunity of a lifetime, when Lethbridge College announces the winner for the Extreme Career Makeover Mar. 9. The polls have been open to the public since Feb. 26 and will remain until March 4. The college came up with the idea to host an extreme career makeover to give one person the opportunity to seek education or change their career. Stephanie Savage, 27, one of six finalists says she wants to go back to school because she finally found a career she can see herself pursuing. Finding an interest in radio production, she said going back to school is worth the risk. "I like music and I like the aspect of being involved in the community," Savage said.

Kasha Thurston, the marketing

coordinator for Extreme Career Makeover says the college wants post-secondary education to be easier to achieve. By having this contest, it helps the cause in a small way. "This was one we thought we could reach out and really change the lives of our future students," Thurston said. Although this contest is open to 18-year-old students, Thurston says it is geared towards an older audience who are seeking a career change. "We are also noticing a shift in students who are more mature coming back to school," she added.

Kate Bollinger a student at Lethbridge College says it's a good opportunity for those seeking education who can't necessarily afford it. "It gives the opportunity for people to further themselves with education," she said. The winner of the contest will receive two years of paid tuition and books and the winner will be announced on March 9.

## Striking up donations

COLE SWIER  
@coleswier

Big Brothers Big Sisters of Lethbridge and District is hoping to strike up donations with its Bowl for Kids Sake event. The event is being held at Holiday Bowl and the theme this year is The Big Bowl Theory, where participants are encouraged to dress nerdy. Jen Visser is the executive director of Big Brothers Big Sisters of Lethbridge and District says one of the major aspects of the event is not only the awareness it brings to the program, but the fun times to be had as well. "We have over 50 kids waiting for a 'big' and our kids are amazing, they just need that little bit of help and support in their life. Events like this are great because we have lots of big's and little's come out to bowl and have a great time too," said Visser. For the event, participants broke into teams consisting of four to six bowlers and took to the alley as a way to raise money for the organization. Bowl for Kids Sake is one of the top fundraisers

that Lethbridge's Big Brothers Big Sisters organizes. Visser expressed not only the financial importance of the event, but the community aspect as well. "In order for a kid to have a mentor there is a cost obviously associated with that. Therefore having fundraisers brings the community together and they know why we're here and they think it's important."

Other events put on by BBBS are the Golf For Kids Sake, usually held in June and The Big Gala held in November.

These fundraisers help to not only bring awareness towards the organization, but can lead to sponsorships as well. Fergus Raphael is a Big Brothers Big Sisters board member and feels that Bowl for Kids Sake is incredibly

important to keep the organization running. "It's one of the three big fundraisers that they do in the year, so without events like this, the organization can't operate," said Raphael. Bowl for Kids Sake ran Feb. 26 and 27. The event takes to the alleys again on March 4 and 5 with the hopes to continue.



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PHOTO BY KATELYN WILSON

Jackson Knott is the winner of the 2015 Award for Undergraduate Research in Inorganic Chemistry (AURIC) at the University of Lethbridge.

## Knott receives national award

KATELYN WILSON  
@katewils14

Passion and results earned a University of Lethbridge student a national honour from the Canadian Society for Chemistry.

Jackson Knott, a 5th year bachelor of science student's unwavering appetite for chemistry can be felt as he glides his way through the lab explaining the equipment and conducting experiments.

Each year one chemistry student from one university across Canada is chosen as the recipient of the Award for Undergraduate Research in Inorganic Chemistry (AURIC).

As the recent winner for 2015 and a first for the university, Knott said it was a huge honour and still a lot to absorb.

"Just being able to put this on my CV will be huge for applying for various scholarships and grad school applications."

Knott has been working under research supervisor Dr. Paul Hayes for a number of years and Hayes said it was his enthusiasm coupled with results, which stood out earning him a nomination.

"I've given him progressively more challenging projects and he has excelled on projects that are medium to high level graduate students projects. He's gotten very good results, accomplished a lot. He works hard and has a good attitude."

Knott's research has been largely focused on an area that Hayes refers to as the epitome of basic science.

"We've been trying to make new molecules that have new types of what we would call functionalities. Basically new arrangements of atoms," said Hayes.

In particular Hayes added they are

interested in rare earth elements, which include the lanthanides and group three in the periodic table and forming multiple bonds between them and main group elements. Something that is almost completely unheard of.

Knott said he designs organic frameworks called ligands that bind to the metals and then tries to make exotic functionalities out of that.

"Specifically, I look at trying to make a metal double bonded to a nitrogen. Then we use that as catalyst to see what kind of reactivity we can get."

Another area of interest to Knott is CO<sub>2</sub> capture, where he said CO<sub>2</sub> can be captured and converted into other commercially viable small molecules.

His passion for science started in high school but it wasn't until he got to university that he realized his love for chemistry.

"When I took Organic Chemistry I that's when I knew that chemistry was the one. It was fun to go through and play with the different molecules and see what you could do."

But science isn't his only love. Growing up in the Crowsnest Pass, Knott said skiing and mountain biking quickly became favourite hobbies and combining the two would be his ultimate dream job.

"Being a professor at some place where there's good skiing would be my absolute dream. You get to continue to develop new chemistry and skiing and mountain biking are my hobbies."

As for right now, Knott is currently wrapping up his final semester of a bachelor of science degree, after taking a year off to work at a co-op placement at NOVA Chemicals and will start his master's in May.

## Rodeo hero returns home

AARON HAUGEN  
@ahaugie

As Lethbridge gets ready to host the Pro Bull Riding Challenge at the Enmax Centre this weekend, one of Alberta's homegrown stars, Scott Schiffner, took time last week to meet with locals at the Lethbridge Ag Expo.

A 14-time competitor at the Calgary Stampede, Schiffner said his time at the expo is a great promotion for his sport and event here in Lethbridge.

"It's a great opportunity to come here and sign some autographs for some people and let everyone know about PBR," he said.

Dallas Harty, the logistics manager at Bridge City Chrysler said Scott's presence at the expo is very beneficial to bull riding in Lethbridge.

"For us to be able to have someone of Scott Schiffner's caliber here to help us promote the event is just phenomenal," said Harty.

The 2013 Canadian Finals Champion has seen many changes in bull riding since his career began, most notably in the quality of bulls.

"The bulls have gotten better in such a short time, it's quite incredible how great the stock is," he said talking about how advancements in breeding and genetic engineering have made bulls stronger.

Improvements in safety equipment for riders also stand out for him as well with him.

"Come 1994 and we're all wearing flack jackets and that's been one of the things to really stop a lot of internal injuries," he said. "Now you're starting to notice that I would say 90 per-cent of bull riders now wear a helmet with a face mask."

While not a fan of the helmets when they first started making an appearance, their ability to prevent injury has grown on Schiffner.

"It's not nothing new, but it's now more accepted."

Now with a family and ranch of his own outside of Strathmore, Schiffner is starting to have to slow down and thinks about his future.

"The biggest thing when you get to my age is leaving the family behind to take care of themselves. So that's probably the biggest, probably the hardest," Schiffner said.

Harty, who has been following Schiffner's career said that despite cutting back on events, Schiffner always puts the most into the events he does make.

"Scott's one of these types of guys who never lets go of a dream. If he decides he wants to do something, he does it," Harty said. "He goes in with the intention to win and he wins a lot."

Schiffner will be riding in the Lethbridge PBR event coming up today and tomorrow.

He also hopes to make his 15th appearance at the Calgary Stampede this summer.

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# OPINION

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E-mail: [news@lethbridgecampusmedia.ca](mailto:news@lethbridgecampusmedia.ca)

Fax: 1-888-520-6143

## Mailing Address:

Endeavour Newspaper - TE3225  
c/o Lethbridge College  
3000 College Drive South  
Lethbridge, AB T1K 1L6



# Crowdfunding creations

## KATE'S KALEIDOSCOPE



KATELYN WILSON

Thanks to the Internet it's now trendy to give. Crowdfunding sites are popping up all over the place and full of people ponying up their money for various causes.

From weddings to vacations to poverty and devastation, it seems anyone can put up a page pleading with the public for donations. Here's the catch. It works. But it's not the cause people seem to be donating to, it's the popularity and attention a story gets. According to [Independent.co.uk](http://Independent.co.uk), a refugee named Abdul was selling pens on a street in Beirut to make money for him and his children.

Thanks to the quick snap of a photograph by Gissur Simonarson and a quick upload to Twitter, Abdul was thrust into the spotlight with thousands of dollars pouring in. In a matter of 30 minutes crowdfunding had helped raised \$5,000, with the number jumping to \$40,554, only 14 hours later.

The story is heart warming and I'm sure for this man and his family's world is now a much better place, with his children better cared for. But what about the thousands of others who find themselves in similar situations?

Crowdfunding masks the root of societal problems, in this case poverty and the displacement of people from their homes. It provides an instantaneous solution for one person

in a sea of thousands who face similar circumstances.

Then there are others who use the platform to erase bad decisions. Take a woman in New York for instance. According to [dailymail.co.uk](http://dailymail.co.uk), Tabitha West raised over \$1,000 to get a 420 tattoo removed from her forehead. Some offered to pay for the entire procedure and others were angered. "Just use cover-up and take this down. This site is for people who have house fires or need life saving operations," said one comment.

But thanks to the popularity of her story, donations came in. The Internet has made it all too easy to donate anywhere and to anyone.

Take for instance, Zack "Danger" Brown. According to [techcrunch.com](http://techcrunch.com), Brown started a campaign with the goal of raising \$10 to make potato salad. However, he nearly raised \$10,000. Another man raised nearly \$7,000 to hire a plane to write "OMG I'm flying!" and "Tweet me bro!" in the sky.

At the end of the day all of these examples have one thing in common, popularity. Thanks to social media and the media, people and their stories become overnight sensations. This is not to say that some aren't deserving, but rather underlying problems in society which cause the devastation in the first place become masked.

In other words, helping one person won't fix the root of the problem, but rather it offers a Band-Aid to a much larger and complex issue. At the end of the day thanks to the Internet it's now become trendy to give, even if it's \$10,000 just to make a potato salad.



# Bullies beware

MEAGAN WILLIAMS  
@Lili\_Gean

A silent and highly infectious disease has been eating away at our youth for years. An act previously reserved for the schoolyard, bullying now occurs in the safe haven of a child's home. Cyber bullying has tormented and dissolved confidence amongst youth with devastating consequences. Shocking effects of the faceless crime motivated one local organization to focus its awareness efforts on the destructive societal issue.

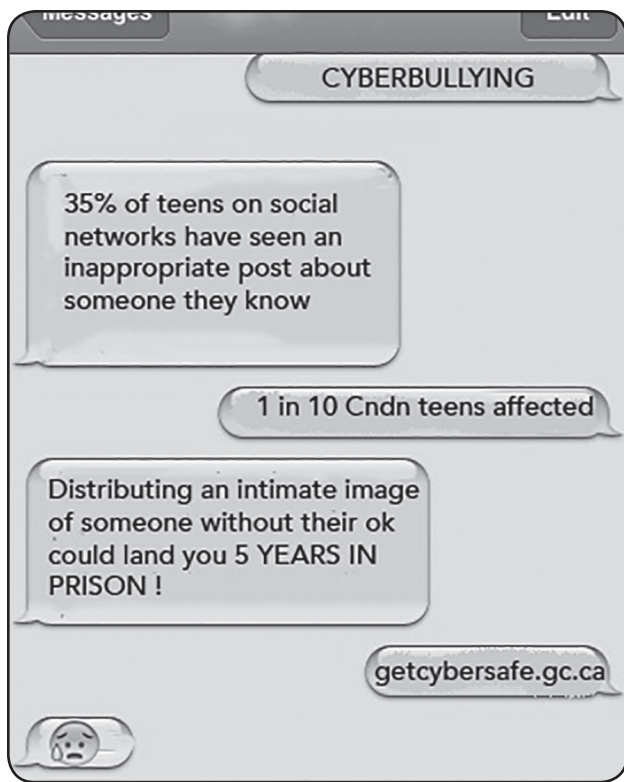
The Boys and Girls Club of Lethbridge hold an annual awareness campaign that focuses on the effects of bullying and provides information and support to assist those looking for help. Byron Dent, executive director of youth services believes in ensuring the youth have a voice when it comes to resolving issues that affect them. *I Stand Against* is an initiative that started in Lethbridge created by the youth within the club.

"I really believe the strength to end bullying, abuse and discrimination comes from empowering the young person who is facing abuse and discrimination and empowering the community around them."

The support of young voices was made clear at the *I Stand Against* campaign evening, held on anti-bullying day on Feb. 24. The youth who spoke at the event held the attention of their peers and elders with stories and solutions to help combat the effects of bullying.

Manisha Neopaney and Suzana Berisa were in attendance to support their peers. These young girls felt strongly about the issue of cyber bullying and in particular, the abuse of those in the LGBTQ community. "If everybody was the same, it would just be boring and everyone would look the same, there are no perfect people and it's OK to be different," said Neopaney.

Lethbridge College celebrated its



INFOGRAPHIC BY MEAGAN WILLIAMS

Infographic highlighting basic statics of cyber bullying.

support of the movement by selling pink t-shirts on campus with the proceeds going towards the Boys and Girls club amongst other local organizations.

Student Sharyn Moore showed her support proudly wearing the colour pink to show how she feels about those that abuse and discriminate others.

"My twin sister got bullied a lot in school so it's always kind of been my thing to defend and stand up for people who get bullied," said Moore.

With the digital age advancing further, Dent believes it's vital to educate people on the importance of cyber bullying and how devastating it can be to young minds.

"You have Facebook groups that are targeting people, you see harassment in gaming and basically we live in a digital world so wherever there's a digital society you're going to have abusers and victims and bystanders just like in the real world," said Dent.

The *I Stand Against* campaign is just one of the resources available to educate and help those who have been affected by bullying. The anti-bullying movement has grown exponentially and Dent says they'll now be looking for a bigger venue to hold future events.



PHOTO BY AARON HAUGEN

Supporters of LCSA presidential candidate Ronald Degagne congratulate him after the final round of campaign speeches on March 1 in the Centre Core.

## LCSA supports mental health

AARON HAUGEN  
@ahaugie

When students vote on the new executive for the Lethbridge College Students' Association, they'll also be asked to vote on a funding referendum.

The referendum is asking students to approve the reallocation of two per cent of LCSA student fees for a stable source of funding for mental health.

For the past three years, the LCSA has had access to a grant from Alberta Campus Mental Health Innovation to fund the programs.

The grant is currently used to fund programs like Wellness Wednesday, the Compliment Couch and Give a Compliment, Get a Compliment.

With the current grant expiring this year, the LCSA is looking for a way to

keep the programs going.

Current LCSA President Emmerson Reyes said the passing of the referendum will allow the association to provide stable funding for mental health initiatives.

"We see the importance of all the mental health initiatives that we've been doing and we want to be able to maintain and have those initiatives," Reyes said.

Presidential candidate Ronald Degagne, a psychology major, believes mental health is an important issue.

"I strongly believe the LCSA should allocate money to support the mental health and well being of the students," Degagne said. Results of the election will be released today with the new executive taking office before the fall semester.

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# BioGas facility continues to be underutilized

SARAH REDEKOP  
@slreed

As you enter Lethbridge from the east on Highway 3 you may notice some large green silos to your right.

These large green tanks are busy transforming organic waste into power.

This is a new form of green energy taking place in our city. The facility, called Lethbridge BioGas, is the largest of its kind in Alberta.

They are in the business of sustainable energy and it's goal is to see southern Albertans adopt this technology.

Lethbridge BioGas sends out trucks to pick up feed and manure from local farming operations.

This waste is brought back to the facility and converted into electricity.

The waste is emptied from trucks into the large tanks, which are anaerobic digesters.

Organisms naturally break down the substances in the digesters, which in turn, creates methane gas.

The gas that is produced runs engines that convert the product into electricity.

Stefan Michalski is the Operations Director at Lethbridge BioGas, who came here from Germany 12 years ago.

Since then he has been working to develop the biogas industry in Alberta.

"This technology we have employed here in the plant comes from overseas, largely from Germany, where biogas and anaerobic digestion has been part of the landscape there for the last two decades," said Michalski.

He explains that the biogas industry has been tested and perfected in Germany for many years and it is his goal to bring that knowledge to Canada.

Because southern Alberta is home to many livestock, feed and farming operations, there is a lot of waste in the area that can be recycled at the facility.

There is a problem though- Lethbridge BioGas is not receiving enough waste to run its facility at full capacity.

Currently Lethbridge BioGas is only powering about 1,500 homes, yet the

facility has the ability to power just over 4,000.

Michalski says it hasn't been easy getting farming operations on board.

He explains that it is relatively inexpensive for them to deposit waste at the landfill in Lethbridge and many of these companies don't have the urgency to change their ways.

Some companies are getting on board with going green though and Richardson Oilseed Limited in Lethbridge is one of them.

Dave Shannon is the operations manager at Richardson.

She says Lethbridge Biogas is a reliable company they will continue to work with.

Shannon explains there are a lot of benefits to working with them.

"There's definitely a financial benefit to using biogas. Their disposal costs are cheaper than the landfill," said Shannon.

"The other benefit is that this material is being reused for fuel."

He explains that this technology impacts the environment in a positive

way by using a renewable energy source.

"As industry I think we have to have an increased awareness on the environmental impact we're having," said Shannon.

Although biogas has become a mainstream form of energy in Europe, southern Alberta is just becoming aware of this technology.

Lethbridge BioGas is here to stay and is working to promote the importance of this green form of energy in our community.

"From a community perspective, what we're doing here is largely contributing to climate change goals.

We see ourselves as an alternative method to dealing with waste, which in this part of the world is largely landfilling.

We can take a good chunk of the material out of the landfill, which prolongs the life of the existing landfill.

We keep methane out of the atmosphere. This all helps to have a more sustainable community in the big picture," said Michalski.

## Black History Month Community gathers to celebrate

CRAIG KAMBA  
@craigkamba

The month of February marks Black History Month and for the third year in a row residents were invited to the Galt museum.

The event was filled with live music, singing, dancing, entertainment and history.

The event attracted over 600 residents this past weekend.

African Drummer Adam Mason studied music at the University of Ghana and is now a teacher of Global Drums program at U of L.

His group of students learn to play traditional music cultures found around the world.

"[Drumming] and music is at the heart of almost every African cultures, not just the ceremonial life but actually woven through the daily fabric of

life as well," said Mason.

The African music and dance ensemble were given the opportunity to play for the crowd on Saturday.

ROY Pogorzelski, co-organizer in the event and member of the Coalition Against Racism and Discrimination (CARD), believes the event helps promote awareness surrounding ethical and cultural diversity.

CARD has partnered with African, Caribbean, and Nigerian Associations to make the celebration what it is today.

"All of these events just bring that education out. You can feel the vibrancy and celebratory spirit. Everyone is just pumped and jacked to be here," said Pogorzelski.

Among attendance were prominent members of the community including Mayor Chris Spearman and Joseph Aoro, President of the African Society in Lethbridge.



PHOTO BY CRAIG KAMBA

Lethbridge residents gather at the Galt Museum in celebration of Black History Month March 27.

Black History Month was put into the political arena in 1995.

Every year since then, it has been a celebrated in tribute to black Canadians across the country.

"The purpose is to discover the black community, who they are and their part of the diversity we talk about in Canada. Diversity is a strength, not a weakness," said Aoro.

He explained how Canadians are enriched by the blacks and their history and how other communities help to contribute to our culture.

Events included live traditional dancing and a fashion show, authentic food and traditional history storytelling.

Those who attended the celebrations came from all walks of life and every ethnicity.



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# e LIFE

## Religion in all forms

MEAGAN WILLIAMS  
@lili\_gean

A suburban street is lined with freshly cut grass, manicured garden beds and sparkling clean cars in almost identical driveways. A peek inside the spotless window reveals an attractive, clean-cut family of four, sitting down to their regular Sunday roast dinner and reciting a quiet prayer before tucking into the lovingly prepared meal before them. Having spent the better half of the day at church, this family is what you may picture when you conjure up a traditional religious family.

This description may have been true of an earlier time, but today in the Bible Belt of Alberta, those who attend church look a little different. Tattoos and piercings, a penchant for rock music and perhaps the taste for the occasional craft brew is the look of the new parishioner scattered amongst the pews.

An article in the *Huffington Post* by Maham Abedi discusses the idea of generation Y'ers and millennials moving away from the strict rules and traditional roles in religion or the institution altogether. In an exclusive survey, the results showed of over 1,000 Canadian millennials, 51 per cent of the respondents said they'd never attended a religious institution. Twelve per cent attended weekly service and the highest attendance rates amongst millennials was shown in central Canada at 23 per cent.

With southern Alberta playing host to several religious denominations, one may expect a vibrant population of religious youth. Catilin Mitchell attends Evangelical Free Church and says while studies may show young people moving away from religion, she's witnessed the opposite.

"I have seen growth in our young adults group at my church. There is commitment to the community they are a part of," said Mitchell.

She adds she feels it comes down to the understanding of the relationship religion plays, as opposed to rules and regulations. "It is about knowing who Jesus is and his love over the do this and do that. That is important too, but if you have no relationship, there is no point," says Mitchell.

If you believe in a higher power or something greater than just yourself, but don't believe in God, it could be argued this is also a form of religion.

Aubrey Boehr is one local woman who would classify herself as spiritual as opposed to religious. Defining the difference between religion and spirituality, Boehr believes in listening more and talking less so you can be open to the signs that nature may present to you.

"Religion is told to you, spirituality is experienced," she adds.

Raised in a strict Christian Reform household has given Boehr a look at both sides of the religious coin. Boehr says her former faith used fear and shame to



PHOTO BY MEAGAN WILLIAMS

Aubrey Boehr reconnects with nature and ponders the concept of spirituality on Feb. 29.

ensure parishioners returned every week which left her uneasy.

"The more that I read about shame, the more I realize that this is what was feeling uncomfortable for me. People's shame was exploited in churches and so you got a glimpse of somebody's shame. Not because you want to have empathy for them, but in order to fix them," added Boehr.

Perhaps one common theme religion and spirituality share is community. Some may say bringing people together by sharing ideas harbours connectivity. With traditionalist seniors aging and the millennials finding their stride, it will be interesting to see what a Sunday church service will look like in 10 years. What is clear is looks and age are no longer defining factors in who will be lining the pews on a Sunday morning.

## Mindful Meditation makes time for a meeting with the mind

SARAH REDEKOP  
@sleered

The sun begins to rise on Thursday morning as a group gathers for some spiritual awakening. Their purposes for meeting may be different, but they have one common goal: becoming more self-aware. The group, called *Mindful Meditation* is made up of Lethbridge residents of all ages and different walks of life. They meet every week for an hour, beginning with a half-hour of meditation led by Rachael Crowder, who organizes the sessions. The second half-hour is reserved for the group to express their thoughts on their awareness of self.

Crowder has her PhD, is a registered social worker and is also a professor at the University of Lethbridge teaching social work.

"The main thing about mindfulness is learning to pay attention. When you think about your daily life, we're often on automatic pilot," said Crowder. She goes on to explain how familiar routines can cause our mind to wander and we miss what is happening in the present. "We're mostly living in the past or future," she said. Crowder believes learning how to be more aware of the present enables people to make better decisions in their day-to-day life.

Meditation is one way this group is

working to become more in-tune with the present. Crowder leads the meditation encouraging individuals in the group to focus on how they are breathing, how their physical body feels and how their current environment feels around them. "Seeing your thoughts as just thoughts, your emotions as just emotions, and not as you, that's very powerful," said Crowder.

Judi Forbes has been attending the group for about two years. She explains how often she feels as though her thoughts are always running in circles. She goes on to say, "I come here because it's an hour of peace and it helps to teach my mind to calm down."

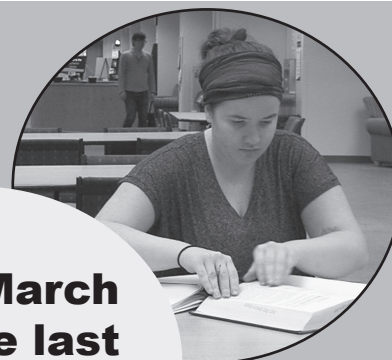
Scientists and scholars are gaining interest in the benefits of meditation. The Mind and Life Institute has been bringing scholars and scientists together since 1986 to start dialogues on contemplative practices and its relation to health. Over the years, the group has held various dialogues and conducted research on topics like addiction, ecology, ethics, attention, neuroplasticity, destructive emotions, altruism, and economics. Their mission is to combine contemplative traditions and integrate it with scientific methods to improve on and learn more about the practice of mindfulness.

If you would like more information on mindful meditation you can visit [uleth.ca](http://uleth.ca).

### We're asking because we care!

Next week is your last chance to complete the National College Health Assessment Survey. By answering questions on your health behaviours and perceptions, you could win one of ten \$100 gift cards, or one of five massage vouchers. Any questions, contact [studentexperience@lethbridgecollege.ca](mailto:studentexperience@lethbridgecollege.ca)

**Friday March 11 is the last day to withdraw**



### Bridging Cultures March 30. Tickets on sale March 9.

Wednesday March 9, tickets go on sale in the Centre Core for the great event celebrating cultural diversity on campus. \$5 gets you 5 delicious food items.



# Tilted Kilt enforces zero-harassment policy for employees

JONATHAN GUIGNARD  
@guij26

With some restaurants in Lethbridge pushing the boundaries on what they have their servers wear, sexual harassment has crept into the daily lives of some of those servers.

A former server at the Tilted Kilt in Lethbridge, Emma Martin, worked there for approximately three months and is all too familiar with the issue.

What started off as a friendly conversation turned into one customer's attempt to capture pictures under her skirt, unbeknownst to her.

"One of my tables told me they saw him taking pictures of me as I walked by him to check on other tables," said Martin.

She told security and the man accused of taking inappropriate pictures was escorted out of the building.

Martin can't help but wonder what ever happened to those photos.

"I can't help to think if he got a good photo or not and if he still has it," she said.

It wasn't the first time something liked that has happened to her.

"I had a guy try to take pictures up my skirt by placing his phone on top of his shoe," she said.

Alison Strand, manager for the Tilted Kilt, says it rarely happens, but there have been similar incidents like Martin's and she believes it's very unfortunate.

She ensures the management team at the Tilted Kilt



PHOTO BY: JONATHAN GUIGNARD

Sarah Yanciw, server at the Tilted Kilt, pours a cold beverage for a patron on Monday.

takes those kind of things seriously and they do their best to avoid those types of situations.

"We make it known to staff that those kind of things aren't tolerated. We have a really open management team in terms of making sure the staff are comfortable about coming to a manager if anything happens to them that makes them feel uncomfortable. We strictly enforce that."

Tilted Kilt is not the only restaurant in Lethbridge that takes sexual harassment seriously.

Joseph Poirier, general manager for Mr. Mike's Steakhouse Casual, also believes sexual harassment is a subject that can't be taken lightly.

"It's just not tolerated. It's really cut and dry, keep things appropriate and don't cross lines. If my staff feel they are being harassed, we encourage the staff to stick up for themselves in those types of circumstances. If the harassment doesn't stop, they can report it directly to me," said Poirier.

According to the Alberta Human Rights Commission, Alberta employers are responsible for maintaining a work environment free from sexual harassment for all employees. It states management is responsible to take prompt and appropriate action towards complaints of sexual harassment from employees and can be liable under the Alberta Human

Rights Act if they don't comply to appropriate actions.

They add, having an effective sexual harassment policy in place can decrease an employer's liability if a human rights complaint is made.

Strand agrees employees have the right to feel safe in their place of work and believes the correct measures have been put in place inside the four walls of the Tilted Kilt.

"We absolutely have a zero tolerance policy when it comes to sexual harassment," Strand said.

Despite the two cases of sexual harassment. The Tilted Kilt encourages their servers to be friendly with customers and have no problem with their dress code.

“However  
parenthood  
comes to  
you, it's a  
miracle.”  
-Valerie Harper

[www.adoptionoptions.com](http://www.adoptionoptions.com)



# The high cost of living with a pet in Lethbridge

KATELYN WILSON  
@katewils14

Finding an ideal home to rent in Lethbridge can be challenging, but pet owners say high costs due to extra fees are making it impossible to find affordable rentals.

The Residential Tenancies Act in Alberta says landlords can decide if animals are allowed in their properties or not.

The act also allows landlords to charge additional fees for having pets. But some say these fees are just too high.

Local resident Tyreene Martin has been looking for a place to rent for 10 months, but has been finding it difficult thanks to her two dogs, Loki a Yorki cross and Thor a Chihuahua.

She says the cost of renting with pets is high and has been living with her mom until she can find an affordable place.

"They say you can move in with pets, but then you have a pet deposit which is anywhere from \$250-\$500 a month and then you have a month to month fee which makes living there impossible."

Others in the community have expressed similar concerns and have taken to social media to express their grievances about the cost of renting with pets.

"It's awful looking for rentals right now. The cost has just sky rocketed over the last little while and it makes a single person really not able to afford to live out on your own," said a member of Lethbridge Area Swap and Buy.

Another member of Lethbridge and Area Roast and Toasts, said in Alberta it's been a huge problem for her.



PHOTO BY KATELYN WILSON

Local resident Tyreene Martin said additional pet fees are making it impossible to find affordable rentals in the city.

"I've never had much of an issue as I have in Alberta. B.C. was never as bad."

According to the Ontario Residential Tenancies Act, it's illegal for landlords to refuse pets.

In Alberta landlords reserve the right to accept pets in their rentals.

Landlords also reserve the right to charge a pet fee in addition to a damage deposit, along with added monthly fees known as pet rent.

Property Manager Don Wickens said how much extra a property owner can charge is up to them.

"There is no restriction on what they can charge, whatever the market will bare or whatever they feel the property justifies, so if someone is willing to pay it, then they can charge it."

Wickens added some tenants have spoiled it for others and said at the end of the day the owner has all the risk.

"There's no way of knowing if someone is a responsible pet owner and the property can be damaged considerably by pets and there's very limited recourse."

But high costs are leaving some pet owners with no other choice but to find alternative options for their pets.

Skylar Plourde, Animal Control Officer said they estimate 25 per cent of all animal surrenders are due to housing issues.

"It is not uncommon for people having to surrender animals because of housing situations. Whether they are currently living somewhere and that place is not allowing pets or they're trying to move into a new apartment or townhouse," said Plourde.

However, Martin says getting rid of her dogs is not an option.

"This is a lifetime commitment, it's their lifetime. 15-20 years I got going, there's no way I'm getting rid of my dogs."

Martin adds if there were regulations put in place on the amount landlords could charge, it would make life with pets easier.

"The cost of rent is already really high and when you add a pet deposit or anything like that it makes it unliveable, you just can't do it," said Martin.

Plourde added if anyone has any questions about pet rentals or is thinking of surrendering an animal, Lethbridge Animal Shelter is always available for questions.

## Shaping First Nations future through technology adoption

TAWNIA PLAIN EAGLE  
@tawnya\_pe

Shaping the minds of First Nations youth in a creative way is exactly what southern Alberta's Blood Tribe did when hosting a Media and Arts summit for the local youth.

Approximately 120 youth ages 10 -18 attended the summit where they had the opportunity to learn theatre production, podcasting, filmmaking, public relations, graphic design and music.

Sarah Tailfeathers was a participant in the summit and has learned a lot of the ins and outs regarding media, she didn't know prior to attending the three-day event.

"It seemed pretty exciting to see new things and talk to other people," Tailfeathers said.

Very shy Tailfeathers said learning public relations helped her get a better idea of what she wants to accomplish after finishing high school.

She expressed her interest in journalism and said

learning how to properly write strong news articles was something she admits will help her in her everyday life.

Cowboy Smithx from Iniiitsi Treaty Arts Society is a filmmaker, producer and curator for the speaker series known as Redx Talks.

Smithx and his Redx Talks team came together to provide insight to the variety of areas that are important to Smithx's work.

"It's really great to see all of the different performances and workshops, sort of source form each other and work symbiotically," Smithx says.

He adds that the goal for this youth summit is to inspire youth to pursue their dreams and eventually show the world what they have invented and created.

Learning the importance of media at the young age of 15 created a fun experience for Tailfeathers.

"A journalist from Cardston came and interviewed some of the kids, and faculty. I got to see him interview and write down (answers)... it was fun," said Tailfeathers.

She adds being able to experience that for the first

time was exciting.

Missy Fox, an employer for Kainaiwa Children's Services says her goal was to bring in a unique conference that will show the youth in her community there is a variety of opportunities that will get them out of a familiar path a lot of community members follow.

"You don't have to be the next hockey great, you can be the next journalist great," said Fox.

Having high school students at the conference, Fox sees this as an opportunity for the youth to get introduced into a new industry that will allow them to expand their creativity in areas such as photography.

Fox expresses it has been really great seeing youth, especially shy youth engage and be willing to perform and participate in the summit.

Having the youth including Tailfeathers have a life changing experience was both Fox and Smith's goal with the summit.

Fox says from the success and feedback the summit has received, she is willing to bring back Smithx and his team for a bigger summit in the future.

## Extinguishing the flame of mental illness

HALEN KOOPER  
@koop\_kulture

Not every career path is one just anyone can follow, some are not for the faint of heart but their importance to society means someone has got to do it.

The Galt Museum is honouring civil servants by presenting *We Are Here to Serve*, the history of firefighters and EMT's in Lethbridge.

The most devastating part of the job for Platoon Chief Ken Mercer has always been the loss of a life, but some hold a larger significance over others.

"Catastrophic accidents are certainly things that can keep you up at night, but anytime you lose a child is something that is really tough to recover from," said Mercer. "It's one of those things you think about in silence."

Recognizing the nature of the work and what can happen if mental health goes unchecked, Mercer focuses on support for his officers.

"Everybody in our job does face post traumatic stress disorder. We take the steps to help our members. We

teach it, recognize it and talk about it," said Mercer.

Even though the scenarios might be unsettling and distressing, EMT and firefighter Ryan Ito feels how someone deals with it can show them if they're cut out for the work.

"Probably my third day in, I lost a child. It was a difficult one to deal with. It's one of those things where it happens and it gives you an indication on if you can do this. It's always tough, it's never easy to deal with," said Ito.

Although the department supplies many services to help with the mental health of its officers, their brotherhood is another major part for senior firefighter Brendon Pyne.

"We get a lot of support from our loved ones, just being open with them. Even at work we'll go for a beer, go golfing or hunting and just talk about it," Pyne said. "We're very open here, that's the most important thing I believe. If something is bothering you to talk about it, we're family."

In the fire department, they do not believe in failure

and the word doesn't exist among their ranks. They practice a motto of how they can do their job better and more efficiently next time.



PHOTO BY HALEN KOOPER

The Galt Museum will host the *We Are Here to Serve: Fire & EMS* from Feb. 6 to May 23.



# Out of this world advice comes to Lethbridge

Halen Kooper  
@koop\_kulture

The qualities of a space shuttle commander and the future of space exploration were the topic of discussion as residents lifted off on a journey into the final frontier.

Last week, the *Greatness in Leadership* conference was held at the ENMAX Centre and featured guest speakers from a variety of backgrounds to speak on leadership.

As a leadership consultant who helps firms develop better management-employee relationships, CBC radio host and author Chester Elton spoke at the conference and gave his thoughts on what makes a good leader.

“They’re willing to jump in and roll up their sleeves. There’s not a lot of hierarchy. The titles are there but everybody pitches in,” Elton said. “One of the biggest differences I found is they share the credit. They have the ability to cheer for their teams, so your success is my success.”

Being sure to check in with his wife to ensure he is an example of these qualities, Elton also believed these were qualities shared among all the guest speakers of the day.

As the first Canadian to ever space walk, Commander Chris Hadfield played an important role in Canada’s

global leadership and shared what it takes to go from a nine year-old dreamer to commander of a space shuttle.

“To challenge yourself to do something that is extremely complex and has huge repercussions if you don’t do it right, takes a complex set of skills and developed methods of dealing with things,” Hadfield said. “By pushing yourself to that level, you come up with ideas that are applicable across the board.”

Hadfield was not the only astronaut on hand to discuss how vital a great leader is on a space shuttle and the importance of a space program to a country’s global position.

Buzz Aldrin, one of the men who accompanied Neil Armstrong on the first moon walk, joined the speakers and believes space exploration can lead us towards world peace.

“I have stuck with a desire for a better space program. My obligation to serve my country has extended to the space-fairing world, in resolving international friction while working together in space,” Aldrin said. “The same thing can continue to happen in low-earth orbit, human space flight for peaceful purposes.”

The future of space exploration lies in settlements on the moon and Mars for Aldrin, who outlines his plans in his new book *Mission to Mars*.

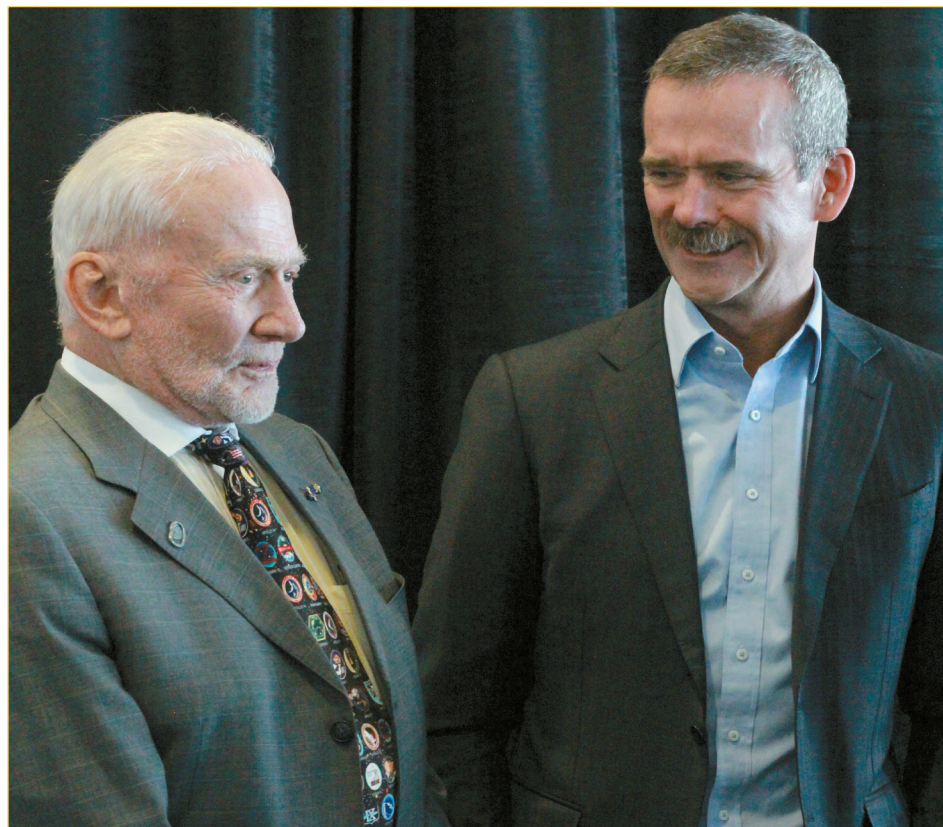


PHOTO BY MEAGAN WILLIAMS

Buzz Aldrin and Chris Hadfield share laughs at the Enmax Centre during the second annual *Greatness in Leadership* conference at the Enmax Centre Feb.23.

## Can't I just have a drink?

I’m not sure if you’ve noticed, but it seems as though many local pub taps are being taken over by craft beers. It seems the days of domestic beer at the bar are becoming few and far between lately. I enjoy a good craft beer here and there, but sometimes I just want to have a plain tasting, light beer.

I’ve been to a few local pubs recently and as the server spouts off what’s on tap, not one of them is familiar. Most of the time, if I’m at the bar drinking draft, my intention is not to have a double hop, apricot-flavoured beer. In my opinion, these crafty beers should be saved for the bottle, where you can appreciate the full experience of their flavour profile. When I really want to enjoy a beer, I prefer to have it out of the bottle. It’s smoother, more refreshing and has a much cleaner taste.

While on the topic of draft beer, this brings me to my next point, what’s up

with the beer at our local sports games? The baseball stadium and hockey arena usually serve domestic beer, but their draft is unlike any other. I’m not sure if it’s the lack of upkeep on their lines due to the sheer volume of beer they hand out, but it’s not your average draft.

Some of my friends refer to it as heroin beer. If you want to feel the effects of beer like you’ve never before, have a few cups of these. You’ll be slurring your words and staggering in no time.

So I guess my point in all of this is... if I’m drinking draft beer in the first place, it’s probably not completely for the taste. If I’m out for a night with my friends putting a few back, I want to keep things light and simple. My intentions are not to enjoy the beer, but rather to enjoy socializing with my friends. Perhaps the local pubs could reserve one line on their tap for a plain old Canadian.

### SARALOSOPHY



SARAH REDEKOP

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# eSPORTS

## Hurricanes roster healing for playoffs



PHOTO BY JONATHAN GUIGNARD

Giorgio Estephan participates in some light skating drills with the direction of his coach at practice Feb. 25 inside the Enmax Centre. Estephan has been out of the lineup with a lower body injury.

JONATHAN GUIGNARD  
@guij26

The Lethbridge Hurricanes are hoping to get healthy before playoffs with their top two centremen returning to the ice in the next couple of weeks.

Giorgio Estephan and Justin Gutierrez have been out of the lineup for weeks but are working hard for a quick return.

Estephan, who is suffering from a lower body injury, has been on the ice participating in light skating drills.

Gutierrez, is day to day with an upper body injury and has yet to be back on the ice.

The two centremen have missed a total of 29 games.

Captain Tyler Wong said it's been a huge loss, but is still confident with the current lineup.

"They have put up really good seasons. They are

obviously leaders on this team and we do miss them, but I think with or without them in the lineup, we still have the talent to be a top tier team in this league."

With injuries comes opportunity, something Wong feels strongly about.

"It gives the other guys a chance to step up, our younger guys and even some of the older guys need to fill a bigger role and take on that responsibility," Wong said.

Head coach Brent Kisio is staying positive with the current situation and even thinks the injuries to Estephan and Gutierrez may benefit the team somewhere down the road.

"It's not a bad thing for us to face that adversity, we've had to move guys into the centre spot and if that happens in the playoffs, we've been there, done that," he said.

The Hurricanes have clinched a playoff spot due to their hard work all season.

According to Kisio, it's important not to rush them back and is confident his two centremen will be healthy in time for the first round of playoffs.

"We are definitely not trying to rush them back and we are making sure we follow the right process and if anything, be a little more cautious to make sure they are ready for playoffs."

With just under 10 games to go, the Hurricanes are in the hunt for first place overall in the WHL standings.

The Lethbridge Hurricanes are headed back to the WHL playoffs for the first time since 2009.

The team will be looking to become WHL champions and have the opportunity to participate in the Memorial Cup for the first time since the 1996-97 season where they were runners up to the Hull Olympics.

## Kodiaks claw their way to provincials

MEAGAN WILLIAMS  
@Lili\_Gean

The Kodiaks dulled the roar of the Ambrose Lions over the weekend with both the men's and women's basketball teams showing how lethal they can be on the court. Securing their places in the ACAC provincial playoffs, the men will head off to Olds College and the women to Lakeland College this week to start their championship campaign.

The Kodiaks women who are the top ranked team in the nation continue their undefeated streak remaining on top of the south division after downing the Lions 78-33 at the Val Matteoti Gym. The men chalked up a 98-64 win over the Lions and improved their defensive game according to third year forward, Grady Taylor. Taylor said it was a nice way to finish off the regular season at home.

"There was a lot of excitement and intensity was high which is a great way to head into playoffs," said Taylor.

The last regular home game of the season was also an emotional one for the team, honouring two of their senior players who will bid Lethbridge College farewell at the end of this season. Guards Chaz Johnson and Travis Butt were presented with tokens of appreciation by coach

Ryan Heggie and their fellow teammates. Flanked by his mother, sister and fiancé, Johnson thanked his home team crowd in the Val Matteoti gym for their support over the past two seasons.

Johnson's fiancé Brittney Adams spoke about how wonderful Lethbridge has been for herself.

"I'm so proud of him and it's so fun to watch him play, but at the same time it's kind of sad to think it's all going to be over because Lethbridge has been a really special place for us," said Adams.

With playoffs now firmly in sight, both teams say they'll need to keep focused and keep up the intensity as they face their first opponents. Men's assistant coach Peter Danielson said the team is well placed to keep up the momentum they've been building this season.

"We've come together well on the defensive end, it's been a lot better. We had a little mental lapse in the last two minutes of this game, but I mean the guys who we need to play and who will come to play in the playoffs, played fantastic defense both nights this week," said Danielson.

The Kodiaks women faced the University of Augustana in the first round while the men looked to topple their initial playoff challenge as they faced Keyano College on March 3.



PHOTO BY JONATHAN GUIGNARD

Kodiaks guard Chaz Johnson drives up the court during a game against the Ambrose Lions.



# STREETS ALIVE MISSION FUNDRAISING WALK

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PHOTOS BY  
AARON HAUGEN



Streets Alive Mission founder Ken Kissick leads the Coldest Night of the Year walkers from their starting point outside the grandstand of Exhibition Park.



Shayna Slingerland from The Optia youth group of Three Grace Fellowship Church helps hand out toques for participants at the Coldest Night of the Year walk at the Exhibition Park Grandstand.



Shayna Slingerland paints a snowman on the cheek of six-year-old participant Abby before the start of the Coldest Night of the Year walk at Exhibition Park.



Leisha Hansen (left), Gillian Klappstein (centre) and Michelle Ney (right) get ready for the start of the Coldest Night of the Year walk at the Exhibition Park Grandstand.



Shauna Blenkin and her children Jettaya (left), Hutch (centre) and Jesanna start out on the Coldest Night of the Year walk from the Exhibition Park Grandstand. Despite its name, the evening and night were quite mild for the walk with temperatures above zero.