

the griff

2019
JANUARY



DISTRICT MOTO

Vintage Italian study spot
in downtown Edmonton

PAGE 3

TALE OF TWO SALADS

Two healthy & tasty recipes

PAGE 8

ROYAL ALBERTA MUSEUM

Fun & photogenic date night location

PAGE 5

JANUARY EVENTS

What is happening

PAGE 28

GROUNDING GRIFFINS

Perspectives of four leaders

PAGE 12

A DUET MADE FOR DISCOVERY

PAGE 21

the griff

Megan Lockhart
Managing Editor
managing@thegriff.ca



Marina Shenfield
Assistant Editor
marina@thegriff.ca



Sydney Upright
Assistant Editor
sydney@thegriff.ca



Lydia Fleming
Assistant Editor
lydia@thegriff.ca



Thai Sirikoone
Online Editor
thai@thegriff.ca



Devyn Ens
Copy Editor
devyn@thegriff.ca



Milo Knauer
Graphics Editor
milo@thegriff.ca



Derrick Ferry
Photo Editor
derrick@thegriff.ca



Thank you for reading the griff, MacEwan University's student magazine. We are funded by student fees and are considered a service under the Students' Association of MacEwan University. The griff published a weekly newspaper for four years before transitioning into a monthly magazine in 2015. Currently, we publish seven magazines between September and April, and our website is updated semi-daily throughout those months.

As the student media at MacEwan University, our foremost aim is to provide diverse, well-researched articles written from a student perspective. Our content is hyper-local, with a focus on issues affecting our university and the greater downtown area. We aim to create in-depth articles that promote well-being in our community. We want to engage in a dialogue about the things that matter to you.

If you are interested in volunteering for the griff, please join us at a volunteer meeting! Come to Room 7-297E (City Centre Campus) at 5 p.m. on most Thursdays between September and April.

JANUARY Contents



2 Letter From The Editor

3 Study Spot
District Moto

5 Date Night
Royal Alberta Museum

7 How-To
Workout In Your Living Room

8 Recipe
Tale Of Two Salads

9 Club Q+A
MacEwan Human Resources

12 Sports
Grounded Griffins

21 Culture
A Duet Made For Discovery

26 Events

28 Final Thoughts

3



5



8



9



12



21



Edmonton's professional contemporary ballet company finds their footing at MacEwan.

WELCOME

TO THE JANUARY ISSUE OF *the griff*

We hope that everyone had a relaxing holiday and is ready to take on the new semester. If you're looking to kick off the year with some resolutions, we have a few tips that might help.

Maybe your resolution is to get in shape. Marina Shenfield and Kianni Reynolds Lewis explain an easy way to work out in your living room — all while binging your favourite TV show. Eating right often goes hand-in-hand with a great workout. Marina and Lydia Fleming have some suggestions for salads that won't bore you into reaching for a bag of chips.

If you'd rather just focus on getting out of the house during the winter months, we've got a ton of ideas. Lydia checks out the new Royal Alberta Museum location for this month's date night idea, and Nikita explores District Moto as a study spot.

Maybe you'd rather support some MacEwan University initiatives. Sydney Upright checks in with the Edmonton Ballet, who have some upcoming performances at the Triffo theatre later this semester.

The Griffins are well into various sports seasons, and attending games is a great way to show some school spirit. Aiden Rai chats with the captains of the volleyball and hockey teams, and explains their very different journeys into campus sports.

We hope that everyone has a great start to the Winter term, and we'll be back on stands with a new issue in February.

— Megan Lockhart



STUDY SPOT

District Moto

Words and Photos
Nikita Case

Mamma mia! This spin-off Italian café and motor shop has history with Edmonton since 1927 and it's right across 107th street.

“OFFERS AN ECLECTIC MIXTURE OF DRINKS”

District Moto opened this past July and is both a café and Vespa dealer. Walking in, you're greeted with a 1950s and '60s vibe, with shiny, new Vespas stationed in a row and 1953 film classic Roman Holiday plays along a wall with famous star, Audrey Hepburn.

“We're going for the vintage Italian — we want comfort,” says Matt Trodden, District Moto's manager. “It's comfortable, it's cozy, we've got the classic record player” along with a café and an assortment of jackets, backpacks and of course, Vespas, Piaggios, and Wi- Bikes for sale.

Successfully merging a motor store and café, the store also plans to host symposiums.

“We're going to be doing events, whether that's a wine tasting, a scotch tasting, or different art or craft skill acquiring classes. One (event) we're trying to structure is getting people to learn to arm knit their own scarves; it's a pretty cool thing. You can make your own infinity scarf in the course of 45 minutes to an hour-long class,” says Trodden.

While refining Edmontonians' palates with wine or scotch and educating them in arm knitting is enough of an undertaking, District Moto also wants to go a step further and support Edmonton's local artists.

“We're working to fill up our walls with local artists, (but) we're still tracking some of that down. We'll be selling the art off the walls regularly — anything we think works and fits, we can find the space for,” says Trodden.

The café is also a great place for trying a variety of beverages. It offers an eclectic mixture of drinks, and the pistachio latte is one of District Moto's features. They branch out with the seasons too, offering an abundance of lattes to fit the time of year. If you need a bite to eat as well, the café offers sandwiches made from the Italian Centre Shop which are available in mild or spicy. Although the sandwiches don't come in a wide range, they are tasty and fresh!

District Moto wants to accommodate students every way they can for a comfortable study atmosphere. “We're open to hearing from people and what they're looking for,” Trodden says. And to all the students who are running late for a class but are in desperate need of coffee, District Moto has a great idea called Brew on Tap.

With a line of coffee pots (using locally roasted beans) with options of cream and sugar, patrons use a tap pad next to each coffee pot, so if you're racing to catch the bus or leaping off it to make class on time, and really need that cup of caffeine, Brew on Tap is a quick pour and tap to get your coffee fix.

If you're interested in biking (motorized or partly motorized), Alberta Cycle (the founder of District Moto) and District Moto are Northern Alberta's exclusive Vespa dealers.

“Piaggio is the founding company of Vespa, they’ve always been the founding company, right out of the gate. Vespa (is) still made in Italy with all the modern technology but still keeps that classic, retro charm.”

If you’re worried about driving motorized bikes in Alberta weather, you can shelve it with your pool floaty. The tires are durable in snow, but if “there’s a couple feet of snow, it’s best not to take it out that day,” joked Trodden.

“We live in a seasonal city. It means for six months a year we get to enjoy one thing and for (the other) six months a year we get to enjoy other (hobbies), whether that’s golf memberships in the summer or spending money in the winter on lift tickets. If (riding Vespas) is something that makes you smile...then it ends up being a pretty good endeavor,” Trodden says.

Vespas, Piaggios and Wi-bikes are ordered from Italy, assembled when delivered, displayed, and then sold. Renting will soon be an option for the Vespas and Wi- bikes.

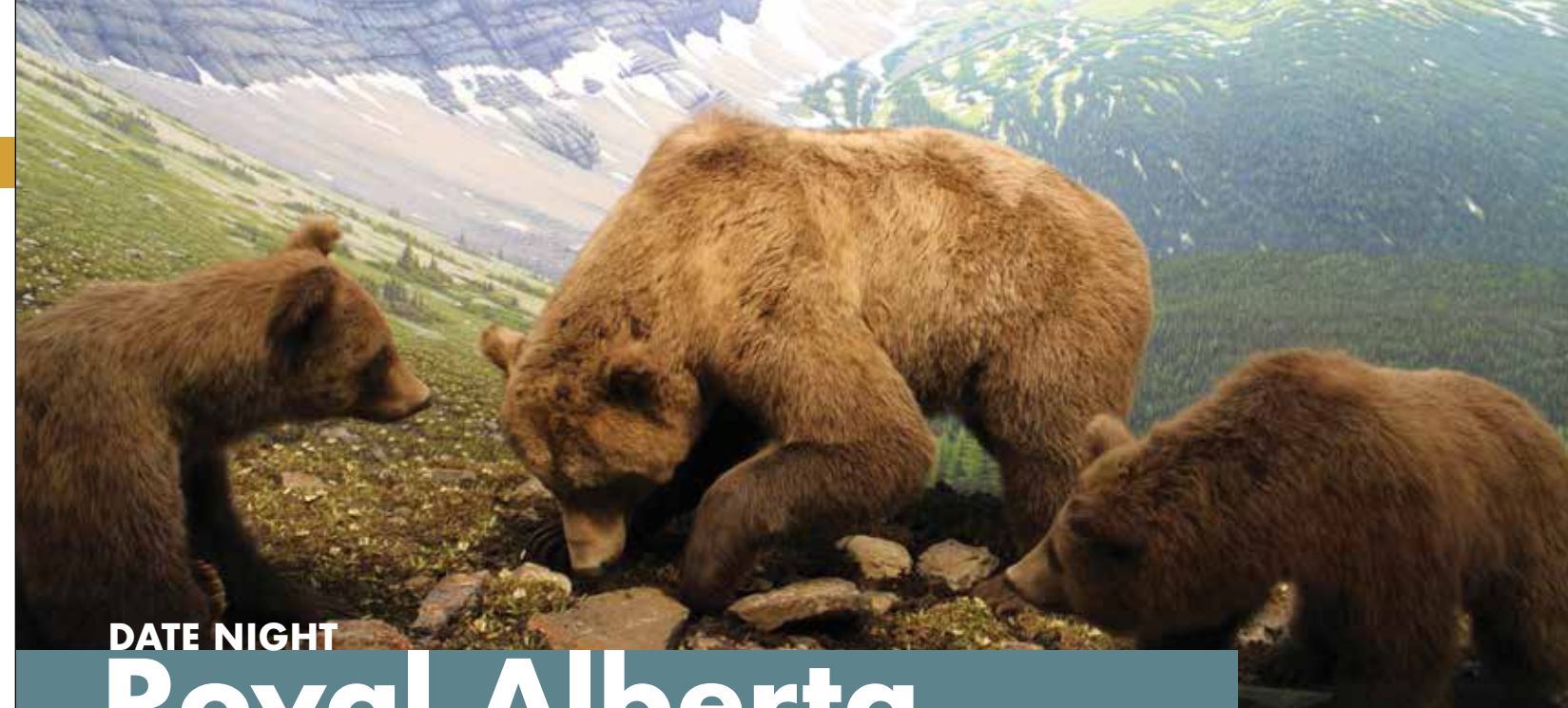
The white chocolate latte is a delight during the cold, snowy weather. Rather than choosing the typical vanilla latte, opt for the creamier option and enjoy this chocolaty drink. Almond milk is also used as a substitute for those with lactose intolerance.



TO TRY & TO DRINK



The Mild Panino sandwich is a delight for taste buds! With just the right amount of spiciness, this feast is made from the Italian Centre Shop in Edmonton. And if the spice isn’t up to your standard, try the Hot Panino to feel the burn.



DATE NIGHT

Royal Alberta Museum

Words and Photos
Lydia Fleming

The Royal Alberta Museum’s (RAM) new building opened its doors in October of last year, and the new features are a sight to behold. The museum is open until 8 p.m. on Thursdays, making it a great choice to shake up your date routine. “The museum covers millions of years of history of the landscapes, animals, and people that made up Alberta,” says Kelsie Tetreau, communications officer for RAM.

There are five galleries: a bug gallery, children’s gallery, natural history gallery, human history gallery, and a feature gallery. At this time, there is nothing in the feature gallery, but an exhibit will become available in Spring 2019.

“My favourite, the natural history area is really cool, because you have our giant mammoth, mastodon casts, and the wildlife dioramas that a lot of people really like,” says Tetreau.

The natural history gallery has four separate sections. The first section to the far left of the entrance covers gems and minerals. The central space to the left focuses on ancient Alberta and has information on how the Rocky Mountains were formed, different fossils, etc. To the furthest right of the entrance to the all is the Alberta wildlife section which contains dioramas and other information about animals living in Alberta. The fourth section of the natural history gallery is one of the more spectacular sights of the museum.

The Ice Age section contains large casts of animals — from mammoths and saber tooth tigers, to giant sloths the size of minivans — and they are amazing to see.

“The Ice Age area is very ‘Instagrammable,’ a lot of people like to come and take pictures here,” Tetreau says.

The human history gallery covers all the people that helped shape Alberta into the province we see today. The gallery is a large space where, if walking clockwise from the entrance, goes chronologically from the earliest peoples 15,000 years ago, all the way to Alberta becoming a province and being shaped to the modern view — with European settlers colonizing and the near extinction of the buffalo in-between.

“There’s a lot of Indigenous content in this area, and those stories are woven in throughout all the different areas, there’s not separate galleries in here, it’s all just kind of one big hall,” Tetreau says.

The children’s gallery is geared towards children ages eight and under, and has a large amount of hands-on activities. The bug gallery contains the only living exhibits and allow patrons to see the creatures in their natural habitats. There are anywhere from 150 to 300 different species of bugs to see from Alberta and all over the world.

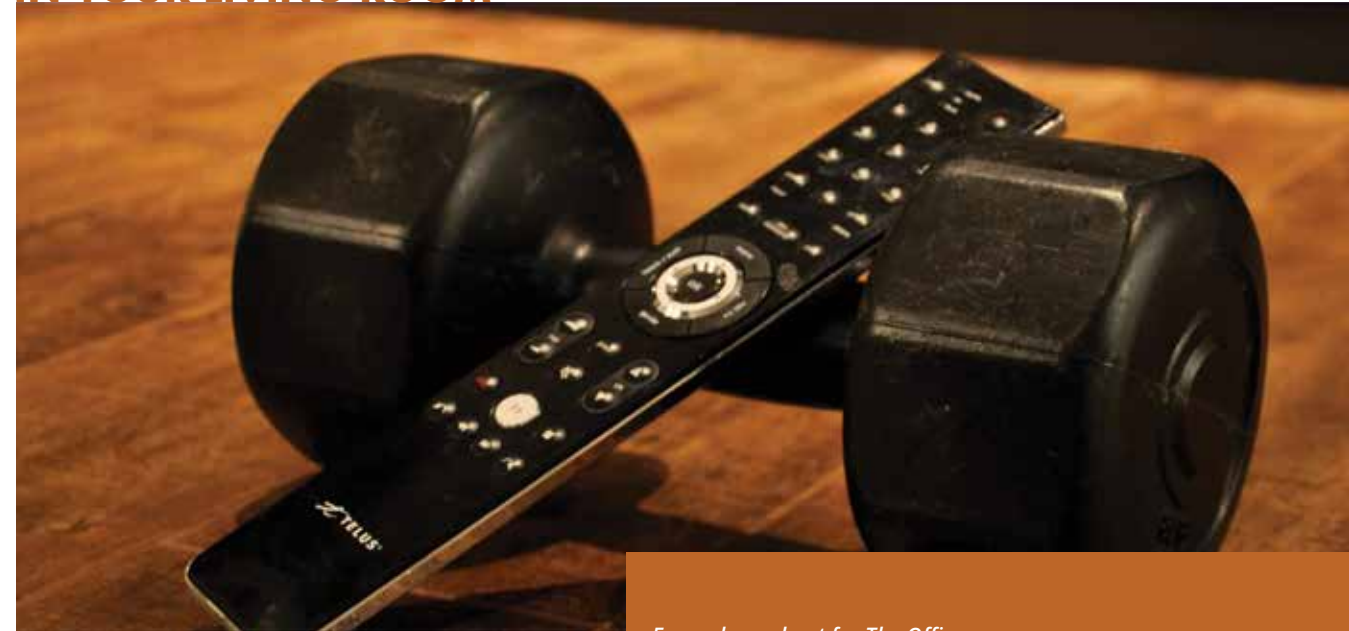
LEARN MORE: www.royalalbertamuseum.ca



HOW-TO Workout

IN YOUR LIVING ROOM

Words
Marina Shenfield & Kianni Reynolds-Lewis
Photos
Marina Shenfield



Example workout for *The Office*

Jim looks at the camera.....10 burpees
Dwight says "assistant regional manager".....20 jumping jacks
Michael says something offensive.....20 sit ups
Michael disses Toby.....20 lunges
Stanley rolls his eyes or sighs.....15 push ups
Creed or Meredith says something shady.....1 minute plank
Pam looks horrified because of Michael.....1 minute side plank
Andy signs a cappella.....20 squats
Angela does anything cat related.....20 triceps raises
Kevin says something dumb.....20 side lunges

It is the new year and many of us have made resolutions. One of the most common resolutions people make year after year is to get in shape or start working out more. But if you hate the gym and love Netflix, this can seem an impossible task to maintain. Until now, because you can do both. At the same time. It's the dream.

What you'll need

- A TV or your computer
- Enough space to comfortably do burpees, jumping jacks, etc.
- Your favourite TV show
- A piece of paper and a pen
- Workout wear

Begin by watching an episode of your favourite TV show. Take notes on each of the main characters' common mannerisms or sayings. Choose five to 10 that occur most frequently on the show. Assign an exercise with a specific number of reps to each mannerism or saying. Proceed to watch the next episode of this show, completing the assigned exercise each time it occurs in the episode.

Optional

Weights or other home gym equipment — the use of weights will depend on your abilities and if you choose to bring them into your workout (using them for bicep curls etc.). Different equipment can be a great tool and works well with these types of workouts because you can easily tailor them to fit your personal fitness goals. However,

equipment is not necessary. Though if you believe adding them in would be of a benefit to you, but don't have the right resources, a quick hack would be to use any canned goods you have around the house (canned soup, vegetables, fruit, etc.).

New year's fitness resolutions are difficult to maintain and sometimes you can't bring yourself to drag your butt to the gym when it's snowy and cold. So for the days that you feel like staying in, but also want to get some kind of workout in, TV workout games are perfect. They get you up and moving without feeling like you are taking time to workout. Alternatively, if you have no interest in working out in your living room, this can be a great way to create new drinking games with friends. Because, priorities.

RECIPE
THE TALE OF

Two Salads

Words
Marina Shenfield & Lydia Fleming

Photos
Supplied

Eating healthy can be hard. Especially when veggie platters make you sad. But, eating healthy doesn't have to be boring or tasteless. Here are a couple of salad recipes guaranteed to please your taste buds and your conscience.

To add some protein, season two chicken breasts with salt, pepper, garlic, and Dijon mustard. Bake at 400 F for 25 minutes. Let the chicken cool slightly before serving on top of your salad.

Caesar Salad

 Serves: 4-6  Prep time: 15 min

INGREDIENTS

- 4 heads of romaine lettuce
- 2 to 3 tsp anchovy paste
- 2 cloves of garlic, minced
- ½ tsp salt
- 1 to 2 tsp ground black pepper
- 2 tsp Dijon mustard
- 3 tsp vinegar
- 2 tsp Worcestershire sauce
- Juice of one lemon
- ¾ cup of oil
- ½ cup mayonnaise
- ½ cup Parmesan cheese
- Grated Parmesan and croutons for on top of salad

DIRECTIONS

Soak your romaine in cold water for five to ten minutes. Rip or cut the lettuce into bite-size pieces, and dry the lettuce before putting in a large bowl. Add all your Caesar dressing ingredients except for the oil, mayo, and cheese to a bowl and mix well. Add the oil and mayo and whip until the dressing no longer separates, then mix in the cheese. Toss the salad together and sprinkle with Parmesan and croutons to serve.

Spinach Salad

 Serves: 2-3  Prep time: 15 min

INGREDIENTS

- 5-6 cups spinach
- ½ cup crumbled feta
- ¼ cup dried cranberries
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ⅔ cup candied pecan halves (pecan halves, 1½ tsp butter, 1 tbsp brown sugar)
- ⅔ cup poppy seed dressing or balsamic vinaigrette

DIRECTIONS

Wash and dry spinach, place in a bowl, set aside. Candy pecans by melting butter in a pan on low heat, dissolving sugar into butter, then adding pecans and stirring until coated. Remove from heat and pan. Place on a plate in the fridge to cool. Add dried cranberries, sunflower seeds, pumpkin seeds, and dressing to spinach. Mix well. Remove candied pecans from fridge when cool and sprinkle with feta over top. Serve or eat.

CLUB Q+A

MacEwan

Words
Devyn Ens

Photos
Supplied

HUMAN RESOURCES

Sit down with club co-presidents Brianna Madron and Christina Saccomanno.

How long has the club been around?

Brianna Madron: We're MHRC right now, the MacEwan Human Resources Club. We used to be called HRMSS (Human Resources Management Student Society), and that started I believe five years ago-ish. Then we rebranded to MHRC around two years ago by Tiana, she was our old club president.

What do you do within the club?

Brianna Madron: If you're not an HR student, I guess the goal is to provide opportunities to practice interviewing skills and meeting and networking with professionals. If you are an HR student, then we're trying to give you more of an opportunity to meet individuals who work in the profession and kind of see what was their journey, how did they get there.

Christina Saccomanno: HR is very broad but there's lot of different branches of it, so another opportunity for students in HR is to see where they want to go and what each branch actually looks like, because our classes are pretty general, so meeting with professionals and seeing what their journey was really helps students choose where they want to go.

What have you two gotten out of the club?

Brianna Madron: Jobs. HR in Edmonton is actually very, very small, if you go to enough HR events you see the same people over and over again, so just having the opportunity to constantly see all of these HR professionals and make really valuable connections within the community has probably been the biggest part. As well, just being a part of clubs, you meet cool people who are in clubs, it's a really awesome experience.

Christina Saccomanno: There's been lots of volunteer opportunities as well that we've been able to do as part of the club.



“MEETING AND NETWORKING WITH PROFESSIONALS”

Are you looking to increase your membership or just spread the word about the club right now?

Brianna Madron: I guess a little bit of both, I think that we offer something to students that not many other clubs can. At the end of the day, once we graduate we all need to go get jobs and you're going to be dealing with HR at some point in your life for sure, so I guess just the opportunity to either get your resume looked at, or practice interviewing, just meet HR professionals and dig inside of their head a little bit to see what kind of things they look for in candidates, regardless of which industry they're hiring for, it's just spreading the word about that and letting students know that we're here to help if you are looking for advice in that area.

Do you hold networking events on campus?

Brianna Madron: We're hosting a case competition this month, and a case competition is basically just an opportunity for students to solve a business problem in a given time and then they present to judges and stuff, so it's a really good opportunity to practice your critical thinking, teamwork, presentation skills, and then in March we host a conference and bring in a bunch of professionals and they have break out sessions and it's a really good opportunity to meet a lot of people, whether it's students or professionals. Earlier last year we hosted a bake sale for Ronald McDonald (House).

Christina Saccomanno: We do a LinkedIn and resume workshop, where students can come in and learn tips and tricks on how to make their resume and LinkedIn stand out.

Why is HR interesting to you?

Brianna Madron: What drew me to HR was in business you're always thinking about profiting, and lots of people are like, "Money!", and "maybe we should increase inventory to make more money," there's all these different ways to increase money and profit that a business is bringing in, and to me, focusing on the people, and figuring out how we can make the people in the organization happier so that naturally they're more productive and naturally are making more money, but at the end of the day, you're working for a very extensive period of your life, and I just want to be a part of making that experience a little bit better.

Christina Saccomanno: For me, I think the whole thing about mental health is really big right now, and traditionally HR was always seen as coming in when something was wrong, but I think it's really interesting that HR can be the whole happiness of your organization and make people satisfied, and also bring in profits in a totally different way, but I think that the main thing for me is personally seeing how people can grow with the organization.



MHRC will be hosting their Organizational Behaviour Competition on January 26. For more information about the club, contact the club via their Facebook page or on their website, macewanhrc.com.

smooth
start for your day



Building 7

MacEwan University

10700 104 Ave NW, Edmonton, AB T5J 4S2

hours

Monday-Thursday 7:30a.m.-8p.m. | Friday 7:30a.m.-5:30p.m. | Saturday 7:30a.m.-4p.m. | Sunday Closed



GROUND Griffins

THE MAKINGS OF A LEADER

Words
Aidan Rai

Photos
Supplied

MacEwan Athletics boasts a plethora of competitive teams. Taking in an inexpensive volleyball match in the gym or a hockey game at the rink is one of the perks of being a member of a school community. At the helms of each team is the team captain. These unique student athletes are often seen in the gym or on the playing field, but they are rarely understood or heard about outside of athletic spheres. Four MacEwan University captains welcomed shared their stories and experiences and have offered thoughtful insights on what a strong leader is composed of. These four men and women are: Cam Gotaas, Hailey Cornelis, Nikki Reimer, and Max Vriend.

Cam Gotaas
Men's Hockey Captain

The son of former NHL player Steve Gotaas, Cam Gotaas began playing hockey from the age of four and has consistently excelled at a high level throughout his career.

“(Hockey) has always been a big part of my life and at some points it was my life,” Gotaas says.

Before coming to MacEwan, Gotaas played four seasons in the Alberta Junior Hockey League for the Camrose Kodiaks. When speaking on why he was drawn to MacEwan, he attributed some of his fellow Griffins teammates such as Brett Njaa, who played with Gotaas while he was in Camrose, and Nolan Yaremchuk.

“(University hockey) itself is bigger and faster than junior,” Gotaas says. “Players typically turn to university hockey once they have aged out of junior, so a lot of the players are in their mid-20s.”

This makes the 23-year-old Gotaas a relatively young captain for university hockey, but he stresses that the strong bond the team shares allows for their leadership structure to operate smoothly.

“We have built a persona here over the last few years of trying to carry ourselves as professionals. They are all really supportive of me which makes my job easy,” he says.

Another major factor of university hockey Gotaas notes is the balancing act of trying to earn a degree as well as perform on the ice. The team does a good job at ensuring that the academic aspect is taken care of before they turn their focus to hockey, he says.

Gotaas’s parents as well as his sister, who plays hockey at Saint Francis Xavier University in Nova Scotia, played important roles in shaping his philosophy. The advice that Gotaas gives to young athletes is to enjoy the game as long as possible because “you could snap your fingers and it could be over.” Gotaas still thoroughly loves playing hockey and is looking to lead the Griffins to a third straight ACAC championship.

“ENJOY THE GAME AS LONG AS POSSIBLE”



Nikki Reimer
Women's Hockey Captain

Unlike many MacEwan athletes, Nikki Reimer was not originally recruited to play hockey at MacEwan. Reimer instead began her university hockey career as a Panda at the University of Alberta. However, Reimer did not feel at home at the U of A and eventually found a successful position at MacEwan as an elite defenceman and fifth-year team captain.

“U of A wasn’t a good fit for me, (and) my sister was already at MacEwan so once I found out all of my courses could transfer over then the decision was a no brainer,” Reimer says.

Reimer’s sister, Jordyn, is a fourth-year forward on the team who has spent her entire career as a Griffin. The Reimer sisters have always been close, and they often played on the same hockey teams while growing up in Winnipeg. Despite the tight bond the two share, Nikki does her best to not let their relationship get in the way when work needs to be done.

“(Jordyn and I) can be a little blunter with each other, but our team is so close that we are all each other’s best friends. At this point, I treat Jordyn basically the same as I would treat any other of my teammates,” she says.

Reimer was named captain at the beginning of the season and had no issue adjusting to her new role. She does not attribute the team’s leadership and functional success only to herself though, and remains modest about the extent to which she can accomplish things alone.

“Hockey has taught me that you don’t need to have it all,” Reimer says. “You don’t have to be the best at everything because everyone brings something different. Hockey is not an individual thing, and neither is the captain role because every- one on the team brings something important that helps keep us on track and disciplined.”

Reimer and the rest of the team will be looking use their discipline to claim a third straight ACAC championship this season.

“EVERYONE BRINGS SOMETHING DIFFERENT”



GRIFFINS

ATHLETICS

JANUARY EVENTS



MacEwan University
GRIFFINS
VS University of Calgary
DINOS

FRIDAY JANUARY 11 2018

WOMEN 6 P.M. MEN 8 P.M.

Wear white or maroon to support Griffins Basketball and help Whiteout the David Atkinson Gym!

OTHER UPCOMING GRIFFINS HOME GAMES

WOMEN'S & MEN'S VOLLEYBALL	MEN'S HOCKEY	WOMEN'S & MEN'S VOLLEYBALL
FRI, JAN 18 & FRI, JAN 19 vs Mount Royal Cougars 18: v 6 P.M. n 8 P.M. 19: v 5 P.M. n 7 P.M. <small>@ ATKINSON GYMNASIUM</small>	MAKE SOME NOISE FOR MENTAL HEALTH FRI, JAN 25 vs SAIT Trojans AT 7 P.M. <small>@ DOWNTOWN COMMUNITY ARENA</small>	 Let's Talk FRI, FEB 1 vs U of C Dinos WOMEN 6 P.M. MEN 7 P.M. @DAG <small>@ ATKINSON GYMNASIUM</small>

TICKETS

MacEwan University students with current student ID can pick up a ticket for **FREE** from the Welcome Desk (Building 8) from Monday to Thursday.

12/Under Free Students/
Adults \$5 Seniors **\$2**



#GRIFF@f
 NATION



FOR ALL THE LATEST SCORES, SCHEDULES AND INFORMATION VISIT MacEwanGriffins.ca

Hailey Cornelis

Women's Volleyball Veteran

Contrary to most teams in university athletics, the women's volleyball team at MacEwan does not assign a team captain. Although this approach to leadership is unconventional, Hailey Cornelis, a fourth-year psychology major and outside hitter for the team, preaches that their team structure has been solid and consistent over the time she has spent as a Griffin.

"All the veterans on the team take on a leadership role," Cornelis says. "All of our fourth and fifth years are responsible for leading."

When seen through Cornelis's eyes, the role of captain can be seen as a fusion of the six players in their fourth or fifth year: Janna Ogle, Haley Gilfillan, Zoe Cronin, McKenna Stevenson, Lauren Holmes, and Cornelis herself. The unified nature of the team's structure reflects strongly in Cornelis's attitude as she consistently noted the admiration she holds for her teammates such as former Griffin Cassidy Kinsella.

Cornelis grew up in Morinville, Alberta, where she played multiple sports at Morinville Community High School. Although she enjoyed playing several different sports Cornelis was powerfully drawn to volleyball as she grew older.

"Volleyball was my passion. I really took to it, and I had some relatives who played so it feels good to keep that tradition going," Cornelis says. Her brother Kellan, who played in the Alberta Junior Hockey League, made a monumental impact on Cornelis. "Seeing (Kellan) go places with his hockey was a bit of a driving force for me to work hard for a university opportunity," she says.

This passion to succeed has not faded in Cornelis, and she underscores a good work ethic as the most important quality in a young athlete. "It is the most important thing when it comes to anything in life. The amount of work you put in is what you are going to get out of it."

Cornelis' work ethic can be seen on display on game days, where she encourages students to come out and support her team.

"FEELS GOOD TO KEEP THAT TRADITION GOING"



Max Vriend
Men's Volleyball Captain

Growing up in Barrhead, Alberta, a small town north of Edmonton, Max Vriend was no stranger to trying new things. Vriend played basketball, hockey, ran track, and even took part in hip-hop dance classes. However, it was volleyball that gave Vriend the opportunity to both excel as an athlete and grow as a person.

"Everyone at my junior high played volleyball, so that's kind of where it started," Vriend says. "(Coach Poplawski) saw me play for Team Alberta when I was in Grade 11, and he was super excited about me and wanted me to come play for him here at MacEwan."

Five years later and Vriend has become a vital asset to the volleyball team, as well as a successful student. Vriend was named one of the two team captains at the beginning of last season and continues to lead the team as a more experienced leader this year. Although Vriend is one of the team's official captains, he feels that leadership comes from many other sources within the team.

"Every veteran is a bit of a captain. Whatever I do reflects on the whole team and whatever the team does reflects on the whole school, which is not something that I take lightly or anyone on our team takes lightly," he says.

A combination of intelligence and effort shapes Vriend's philosophy on success and leadership. As opposed to working hard, Vriend prefers the term "working smart." To him, working smart means minimizing wasteful effort to maximize production.

"You can be the hardest working guy in the gym or on the ice, but if you keep making the same mistake because you're not thinking, then not much is going to get accomplished," Vriend says.

Vriend's curiosity to always try new things led him to volleyball and, ultimately, to MacEwan. This is why he preaches to, "put yourself out there," and not be afraid to fail, because the reward far outweighs the risk.

"WORKING SMART MEANS MINIMIZING WASTEFUL EFFORT"



These four leaders offer a unique perspective on the life of a MacEwan student-athlete. While all of them portray sturdy leadership qualities, each one sheds light on different approaches to the role. Gotaas's friendly confidence, Cornelis's competitive edge, Reimer's modest understanding, and Vriend's versatile nature earn them the respect and faith of their teammates, and will most likely continue to bring them success throughout the remainder of their careers.

"ALL OF THEM PORTRAY STURDY LEADERSHIP QUALITIES, EACH ONE SHEDS LIGHT ON DIFFERENT APPROACHES TO THE ROLE"



EXPLORE OUTDOORS

Ice Castle
Opening January 4, 2019



Hawrelak Park, 9330 Groat Road, Edmonton
WWW.ICECASTLES.COM



Words
Sydney Upright
Photos
Supplied



A Duet

MADE FOR DISCOVERY

On June 5, 2018, a special collaboration came to life between MacEwan University and Ballet Edmonton, which is Edmonton’s contemporary ballet company.

The professional ballet company was searching for additional space in Edmonton to expand the outreach of their company. But more than just a physical space, Ballet Edmonton was interested in finding a location that would allow for collaboration with the community. That’s where MacEwan came in.

“I did not want an institutional rental, I wanted a home base for our company. And so I thought, there’s so much that we could offer these kids or integrate with the stuff that everybody (at MacEwan) is learning. And not just the fine arts department, because Ballet Edmonton has other outreach goals into the community,” says Sheri Somerville, executive director of Ballet Edmonton.

As a graduate of an opera program that was offered at MacEwan before the fine arts moved to the Centre for Arts and Communication (CFAC), it makes sense that Somerville would be interested in partnering with the University. She is grateful for the time she spent at the institution and believes in the fine arts program here. “It launched my career and I’ve always recognized that. I’m grateful for that education.”

**“IN MANY CULTURES, DANCE
HAS LONG BEEN A WAY TO
COMMUNICATE IDEAS”**



Another leading factor in the partnership is MacEwan's proximity to Ballet Edmonton. "Our studios are a block north and a block west from MacEwan, and I watched this building be built. It occurred to me that, here we have an institution where there's going to be all this young energy and talent moments away from my rehearsal facility where young professionals are already engaged in their career," explains Somerville. The company still operates out of the Ruth Carse Centre for Dance on 107 Avenue, however, regular season performances now take place at Triffo Theatre at MacEwan's Allard Hall as opposed to the Timms Centre for the Arts at the University of Alberta.

Of course, MacEwan was enthusiastic about the idea of merging with the city's professional contemporary ballet company. The announcement of their new relationship was made inside MacEwan's Triffo Theatre, the stage that is now the company's performance home. According to an article from MacEwan, University President Deborah Saucier stated that "the partnership is certainly about far more than space."

Likewise, Ballet Edmonton is about far more than dance. The not-for-profit company has been involved with the Edmonton community for many years, teaching dance classes to inner-city kids and offering dance as a therapy tool for seniors and people with cognitive issues. The company underwent significant changes this summer as it rebranded itself from its former name, Citie Ballet. They've also introduced a new artistic director, Wen Wei Wang.

Wang is an award-winning Chinese-Canadian choreographer whose work unites movement, music, and visuals with ideas around cultural and social identity as well as personal growth. His choreography was featured in Ballet Edmonton's first performance at MacEwan's Triffo Theatre called "Where We Are," which centered on the sudden death of Orville Chubb, a friend of the company and husband of Trudy Callaghan, who is Ballet Edmonton's board chair.

The difference between classical ballet and contemporary ballet can be seen through the style's ability to tell emotional stories like "Where We Are."

"Our movement vocabulary is different," says Somerville. Although each dancer at Ballet Edmonton is classically trained and the performances are done en pointe, their dance movements reach beyond classical ballet traditions. "We want them to have additional language physically so that they are able to do stuff that is aesthetically connected to movement that people can relate to," explains Somerville.

In many cultures, dance has long been a way to communicate ideas. With emphasis placed on inquiry in university, collaborating with a professional dance company offers a unique opportunity to make new discoveries. Ballet Edmonton is especially excited about the opportunity for interdisciplinary work with a variety of MacEwan's departments and faculties.

“MacEwan has a nursing department, a sociology department, a psychology department, a social work department,” says Somerville. “I thought, in the big picture, we could probably integrate some wellness with arts, medicine, kinesiology, social work, and I could access all of these bright young minds to come in and have some experiences with us, (and) use us as part of a tool for exploring different methodologies.”

After their first performance in November, Somerville reflected not only on how the venue, theatre, lobby, and crew worked to create a very warm experience and an exciting beginning for the company but also, on the fact that the new space facilitated community interest towards the arts.

“Our audience came over and are only (now) discovering the Triffo and this building (Allard Hall) and I watched all these people marvel and come early and walk around upstairs and I thought that’s great marketing for MacEwan to have the public discover ‘wow this is where our young artists get to learn’,” says Somerville.

MacEwan was once well known for its dance training program at the cfac building until it was removed in 2005. The school’s new collaboration with Ballet Edmonton is a gleam of hope for students hoping to pursue a career in dance or theatre, especially those who want a more immersive dance experience than what their regular classes offer.

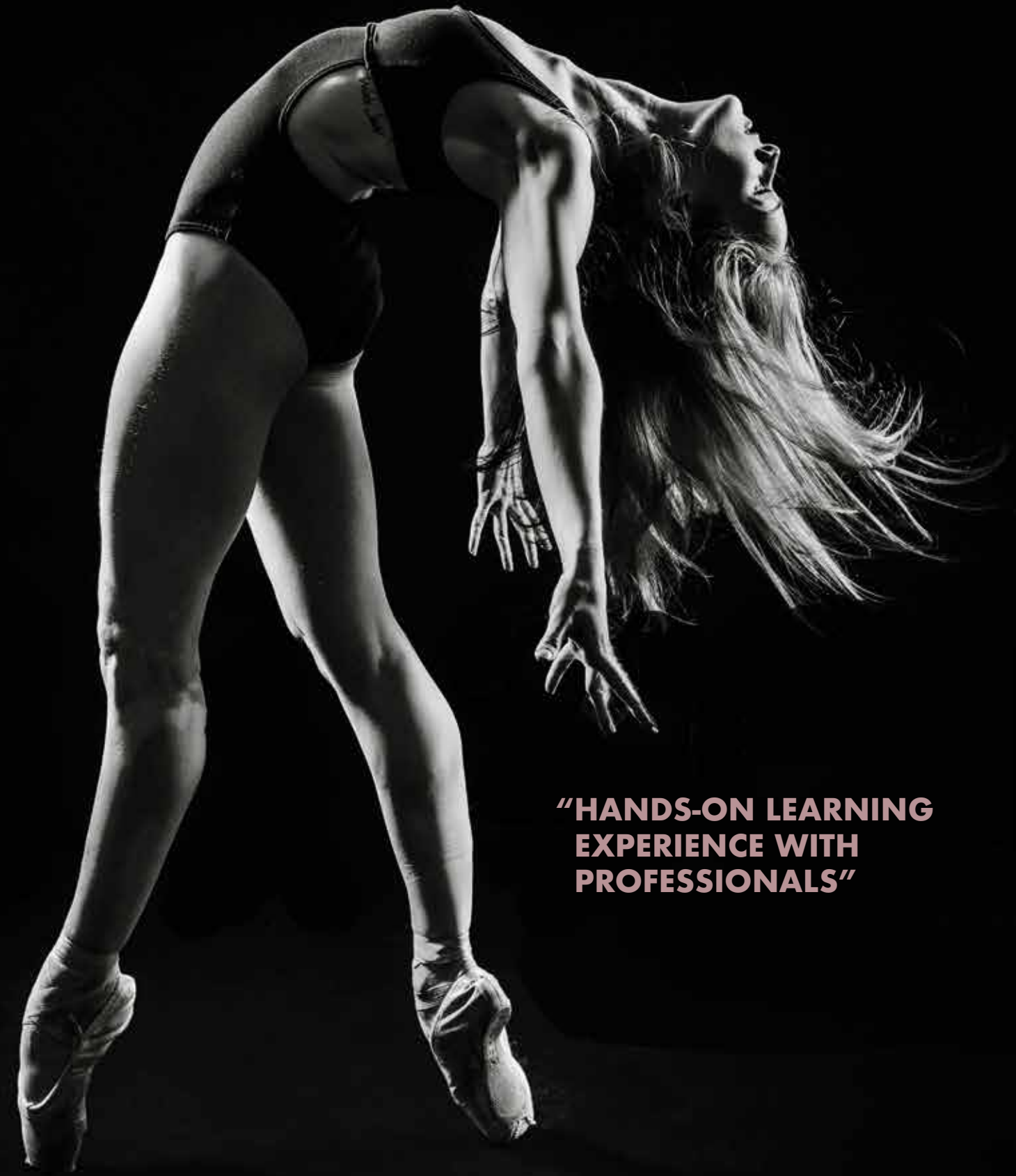
Fine arts students are also welcome to work and learn from the dance company outside of their season’s regular scheduled performances. Students who are interested in partnering with Ballet Edmonton are welcome to submit their writing, compositions, and designs for possible collaboration. The opportunity will give fine arts students a hands-on learning experience with professionals. It’s also a way to encourage students and young professionals to work within their community here in Edmonton.

With the new year comes a number of exciting performances both by MacEwan students and Ballet Edmonton. Ballet Edmonton’s “I’m Still Here” will feature the choreography of Joshua Beamish and Rachel Meyers and run from March 1 to 3, and “Now I Know” will end off the company’s performance season on May 3 to 5, with work from both Gioconda Barbuto and Wen Wei Wang.

MacEwan’s collaboration with Edmonton Ballet is just one of the many advantages the Fine Arts and Communications Faculty’s new downtown home has allowed.

“By having a series of professional companies in the building, it’s a way to really speak to the broader community of Edmonton who maybe don’t have kids who are in this program, that young artists have a place to learn, and it’s a serious business, the business of learning how to be an artist or a journalist or a writer or a designer,” says Somerville.

“I think that there’s a respect when you walk into an institution like this and see the thought put into the design, how big the building is — therefore, it must have a great number of students. And I think that for the average person, that’s just good for them to understand that arts and arts education is an integral part of their community.”



**“HANDS-ON LEARNING
EXPERIENCE WITH
PROFESSIONALS”**

JANUARY
Events

Tue Jan 1, 2019

NEW YEAR'S DAY

University closed. MacEwan Sport and Wellness open for holiday hours.

Fri Jan 4, 2019

ORIENTATION

New student? Get your school year off to a great start! Spend the morning learning about the resources and services available to first-year students. Spend the rest of the day exploring the hallways, and getting ready for the term to begin.

Mon Jan 7, 2019

WINTER SEMESTER

Regular session classes begin. Welcome back!

Thu Jan 10, 2019

AT THE ROOT

A screening of short films and discussion about how racism and advocacy have shaped Canada in the past, the present and the future.

Fri Jan 11, 2019

INFO SESSION

In this short information session, students can learn more about the new Gender Studies minor, including program and course requirements, as well as 2019/20 course offerings.

Fri Jan 11, 2019

INFO SESSION

Education Abroad. Come learn about exciting opportunities are available to MacEwan students who are curious about studying, volunteering or working as an intern in another country.

Sat Jan 12, 2019

BAND CONCERT

The Showcase Bands are among MacEwan Music's high profile ensembles.

Wed Jan 16, 2019

ADD/DROP DEADLINE

Last day to add or drop regular session classes for the winter semester.

Thu Jan 17, 2019

MOTHERING SPACES

Reception and celebration of the opening of exhibition, Mothering Spaces, featuring a performance by The Ephemerals.

Sat Jan 19, 2019

MOTHERING SPACES

Symposium: explore Indigenous motherhood ideas, cultural sector relationship and communal significance at the exhibition.

Tue Jan 22, 2019

INFO SESSION

Exciting opportunities are available to MacEwan students who are curious about studying, volunteering or interning abroad.

Wed Jan 23, 2019

TEDX MACEWAN

Truth Told is a response to MacEwan's calling as a university — to explore truth in its many forms: from historical to scientific; mathematical to moral.

Thu Jan 24, 2019

CANADIAN AUTHORS

Join Marcello Di Cintio, as part of Canadian Author Series, as he reads from his works at this free and open to the public event.

Fri Jan 25, 2019

RESEARCH FORUM

Join the Office of Sexual Violence Prevention and Education to hear MacEwan students present their innovative scholarship on the topic of sexual violence.

Fri Jan 25, 2019

FILM NIGHT

Writer in Residence, Jaspreet Singh, will introduce Iranian director Abbas Kiarostami's acclaimed film, Close-Up (1990)

Sun Jan 27, 2019

LITERACY CARNIVAL

This free event offers fun interactive literacy activities for families with pre-readers and readers of all ages.

Mon Jan 28, 2019

GLOBAL AWARENESS

Week Opening Ceremonies. Join us as we celebrate our diversity and gain a deeper understanding of what global citizenship looks like on campus.

Tue Jan 29, 2019

REEL

Learning with MacEwan University and Metro Cinema. Dig a bit deeper into current issues and events through thought-provoking films and conversations with professors and industry experts. MacEwan and Metro Cinema present this series of films to get us thinking and talking about topics that affect us all.

Tue Jan 29, 2019

SPIRIT BEAR

Indigenous ways of knowing and being in our community. Join us for the first educational forum of this year's Interdisciplinary Dialogue: Spirit Bear Dialogues.

Fri Jan 18, 2019–Sat Mar 30, 2019

MOTHERING SPACES

Mothering Spaces explores Indigenous methodologies of motherhood and the visibility of the mother within contemporary contexts, featuring new works from The Ephemerals (Jaimie Isaac, Niki Little and Jenny Western), Faye HeavyShield, and Tiffany Shaw-Collinge, and guest curated by Becca Taylor.

Thu Jan 24, 2019–Tue Apr 16, 2019

CANNIBAL FEMALES

An exhibition of insect photographs depicting the bizarre mating system of hump-winged grigs (genus Cyphoderris).

Mon Jan 28, 2019–Fri Feb 1, 2019

ACTS OF ACTIVISM

A MacEwan U-SOLVE display sharing some of their favorite activism initiatives.

Mon Jan 28, 2019–Fri Feb 1, 2019

PHOTOVOICE

Voices of Sex Trafficking Survivors in Nepal. Survivors of sexual violence from Nepal share their experience and healing journey in this impactful art installation.



Photos
Supplied

paws
for a study break

Wednesdays
12 p.m. to 1:30 p.m.
Students' Lounge, 7-297



FINAL THOUGHTS

Should We

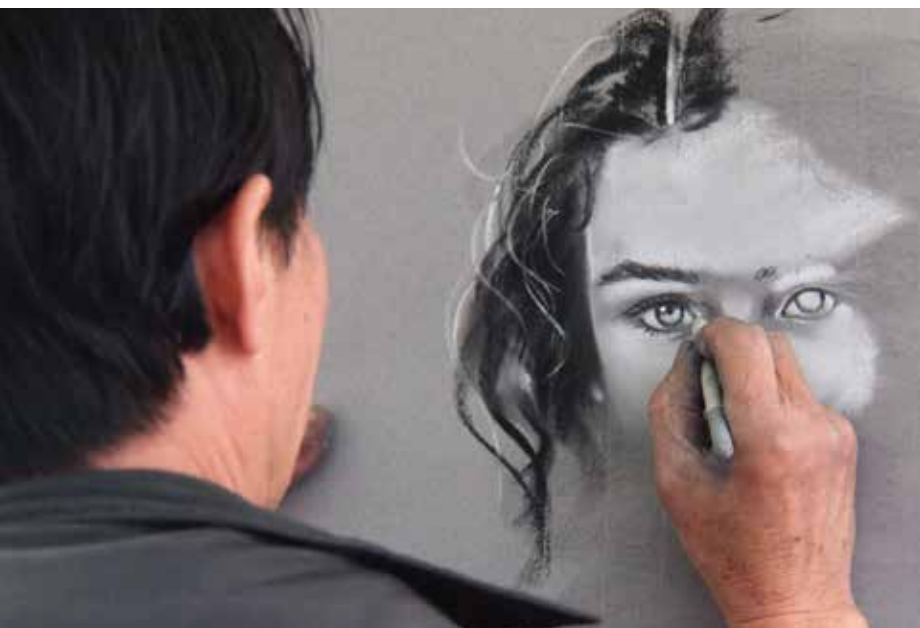
SEPARATE THE ART FROM THE ARTIST?

The era of activism brought on by unfolding stories of sexual assault victims has raised a great deal of concern towards celebrity authority figures. When it comes to accused Hollywood celebrities, one question that has become heavily debated is whether or not it's possible to separate the art from the artist.

On the one hand, the long list of men in the entertainment industry who have been "cancelled" by the #MeToo movement should be enough proof that the obvious answer to the question is "No." On the other hand, there's also a great amount of art that is still listened to, watched, and celebrated despite the fact that the songs, films, or paintings were created by artists who have undoubtedly shown intolerable behaviour.

Acceptance or rejection of art on the basis of its author poses an issue that holds both political and social significance, especially today. It's an issue that has become difficult to ignore when picking out a film or TV show to watch, or even when listening to certain music.

The possible reality of our favourite art being forever tainted just because of an artist's horrible life decisions is pretty upsetting. And, whether or not we continue to support that art, there's no denying that the artists' actions will influence the way we digest it, especially if we're aware the artist has been abusive, prejudiced, racist, sexist, or anything along those lines.



With that being said, the question still looms in the air: can we truly separate the art from the artist? Maybe it would be more helpful to approach the issue as one that's centred on the form of art itself, and how humans have evolved to perceive it.

Looking back to 1936, German Jewish philosopher Walter Benjamin mulled over the presence of art in a time where mass reproduction began to flourish. In his essay "The work of art in the age of mechanical reproduction," it seems at times that Benjamin is speaking directly to people from 2018. His concerns are not far off from the modern cries of people in the era of digital and social media, especially when it comes to the concern of us putting art on a pedestal away from everyday life, or looking to art as a place to escape from reality altogether.

Benjamin would argue that art is embedded in our history and in our reality. He stated that "the manner in which human sense perception is organized, the medium in which it is accomplished, is determined not only by nature but by historical circumstances as well."

Since we shouldn't escape from the processes of our world, we shouldn't escape from art or the way it's produced. The artist then ought not to be separated from our world whether we exclude them by worshiping or disowning their status.

Maybe it sounds complex, but Benjamin's theory underlines a simpler concept. As much as we might dislike the artist because of their personal actions or motivations, completely exiling them from society would only be another way to ignore the root of the problem. I don't agree that we should accept the wrongdoings of horrible people, but I do agree that we should use these issues as a tool to discuss the power art and artists have in our everyday lives.

The #MeToo and Time's Up movements have worked to create a conversation surrounding the art world. But, in some ways, certain social movements have also had the power to make us too eager to disregard certain forms of art. It's important to be mindful of what we're consuming and what that means for our world, but let's not let our hyper-social awareness censor the necessary synthesis between the art, the artist, and the audience.

Words
Sydney Upright
Photos
Supplied

the griff

get involved

VOLUNTEER WRITERS AND PHOTOGRAPHERS WELCOME



thegriff.ca



@thegriffmag

WEEKLY VOLUNTEER MEETINGS

Thursdays at 5 p.m. in Room 7-297E
Email: volunteer@thegriff.ca

