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The New Students' Union Executive

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STUDENTS' UNION

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Twitter: @GauntletUofC

Editor-in-Chief: Melanie Woods 403-391-8138
ec@thegauntlet.caNews: Scott Strasser 403-988-4068
news@thegauntlet.ca

News Assistant: Saima Asad

Opinions: Tina Shayan
opinions@thegauntlet.caEntertainment: Rachel Woodward
entertainment@thegauntlet.ca

Entertainment Assistant: Gurman Sahota

Sports: Emilie Medland-Marchen
sports@thegauntlet.ca

Sports Assistant: Tommy Osborne

Humour: Derek Baker
humour@thegauntlet.caPhoto: Justin Quaintance
photo@thegauntlet.caVideo: Sebastian Jarmula
video@thegauntlet.caGraphic Artist: Samantha Lucy
graphics@thegauntlet.caWebmaster: Jason Herring
online@thegauntlet.caVolunteer Coordinator: Christie Melhorn
volunteer@thegauntlet.ca

Copy Editor: Kate Jacobson

Business Manager: Riley Hill
403-807-5201
business@thegauntlet.caContributors
Aurora Anderson • Gloria Beltran • Nikayla Goddard
Frankie Hart • Emma Hopper • Ian Kinney
Lorena Morales • Fernando Moreno • Davin Muenchrath
Kiana Negahdari • Clara Sadler • Jesse Stilwell
Drew Thomas • Natalie Wallace • Eli Wilkinson

Golden Spatula



Kiana Negahdari While we initially planned to award our volunteer of the week award to Robert McDavid — the elusive fired communications director of the Wilkose on Campus club — we opted instead to provide the award to a real person. Kiana's article shows she knows all about communications. McDavid could learn a thing or two from her.

"I am a certified real person."

Furor Arma Ministrat

Room 319, MacEwan Students' Centre
University of Calgary
2500 University Drive NW
Calgary, AB T2N 1N4
General inquiries: 403-220-7750
thegauntlet.ca

The Gauntlet is the official student newspaper of the University of Calgary, published most Thursdays throughout the year by the Gauntlet Publications Society, an autonomous, incorporated body. Membership in the society is open to undergraduate students at the U of C, but all members of the university community are encouraged to contribute. Opinions contained herein are those of the individual writers, and do not necessarily represent the views of the entire Gauntlet staff. Editorials are chosen by the majority of the editorial board. The Gauntlet is a forum open to all U of C students but may refuse any submission judged to be racist, sexist, homophobic, libelous, or containing attacks of a strictly personal nature. We reserve the right to edit for brevity. Grievances regarding the Gauntlet follow a three-step process which requires written decisions from the Editor, the GPS Board of Directors, and the Ombudsboard. The complete Grievance Policy is online at: thegauntlet.ca. The Gauntlet offices are located on treaty 7 land.

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Letter Policy

Letters must be typed, double-spaced and received by Monday at 4 p.m., and must include the author's name, student ID number, telephone number and signature. Letters will not be printed if they include attacks of a strictly personal nature, statements that discriminate on the basis of race, sex, or sexual orientation, or libelous or defamatory material. All letters should be addressed to "Editor, the Gauntlet," and be no longer than 300 words. The Gauntlet retains the right to edit submissions. Letters can be delivered or mailed to the Gauntlet office, Room 319 MacEwan Students' Centre, or sent by email to ec@thegauntlet.ca.

The Cover

Photo by Justin Quaintance

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STUDENTS' UNION »

2017 Students' Union election results announced at the Den

Melanie Woods
Editor-in-Chief

After a lively two-week campaign period, Students' Union chief returning officers Nolan Hill and Dianne Honorio announced the winners of the 2017 SU election at the Den on March 9.

Candidates and their supporters packed the dance floor at the Den to find out who will compose the 75th Students' Legislative Council.

To a raucous crowd, Hill and Honorio announced that current SU vice-president operations and finance Brandon Cave will be next year's SU president. In a tight race, Cave won 36 per cent of the vote. Graham Duff came in second with 33 per cent and third-place Steeven Toor took 31 per cent.

"This campaign was so close, it wasn't until we got to the last moments that it really started to feel real," Cave said. "I'm so excited to get another year to help students on campus."

Outgoing SU president Stephan Guscott said he's proud to pass on the mantle to someone who sat beside him on SLC all year.

"It feels really good," Guscott said. "Brandon's work [was] amazing this year and I think he'll make an amazing president just by the sheer amount of work he's done this year."

In the race for vice-president external, Shubir Shaikh edged out Kendra Toth, taking 56 per cent of the vote.

"I've put in so much work," Shaikh said. "I'm so glad it paid off."

Next year's vice-president operations and finance will be Ryan Wallace, who earned 70 per cent of the vote. Wallace came out on top over Briana Stallcup.

"I'm just so blessed to have an amazing campaign team," Wallace said. "I've had an amazing time running in this election and I'm looking forward to next year."

In the three-candidate race for vice-president academic, Tina Miller came out on top with 61 per cent of the vote. Courtney LeBlanc earned 25 per cent and Romina Soudavari earned 14 per cent.

Three candidates were also vying for the vice-president student life position. In the end, Hilary Jahelka won with 46 per cent of the vote over Matt Abalos with 27 per cent and Arshmin Kang with



The winning candidates celebrated the announcement results at the Den.

JUSTIN QUAINANCE

27 per cent. "I'm feeling ecstatic, overwhelming but awesome," Jahelka said. "Honestly, I'm looking forward to working with all the students on campus — to represent them on all of the committees I sit on. I just want to be an activist in this position."

// This campaign was so close, it wasn't until we got to the last moments that it really started to feel real.

— SU president-elect Brandon Cave

Sam Siriani will be next year's student-at-large for the SU on the University of Calgary Board of Governors. Siriani won with 57 per cent of the vote, topping Alicia Lunz.

Julie Le will return to sit on the U of C Senate with 39 per cent. Alisha Gordon will join her with 35

per cent of the vote. Over 6,000 undergraduate U of C students voted in total in this year's election — a 25.1 per cent voter turnout.

"I think with our high voter turnout compared to other campuses of our size, I think it shows a really high level of engagement

from our students," Guscott said of the turnout. The incoming faculty representatives were also announced. In a seven-candidate field, Frank Finley, Sumaira Islam, Nabila Farid and Puncham Judge were named as next year's arts representatives.

Kevin Dang, Kayla Huggard and Omer Mansoor were elected as science representatives.

Sagar Grewal will return as kinesiology representative, gaining 77 per cent of the vote.

Nik Golob and Lucas Ocampo will be next year's Haskayne School of Business representatives, while Chinmoy Ayachit and Manpreet Deol will represent the Shulich School of Engineering, Gurleen Brar and Sarah Park will represent the Cumming School of Medicine.

Only three positions were acclaimed. Bassam Saifeddine will be next year's law representative, Brenna Forde will be veterinary medicine representative and Jessica Revington will continue as nursing representative.

Two positions were not contested by any candidates — education representative and social work representative. A to-be-announced by-election will determine who represents those faculties.

Incoming SU president talks MacHall and campaigning to couples making out

Melanie Woods
Editor-in-Chief

Current Students' Union vice-president operations and finance Branden Cave will serve as next year's SU president after coming out on top in a tight three-candidate race. We sat down with Cave to discuss the campaign, next year and the best way to win over administration.

The Gauntlet: It was a tight race — you won 36 per cent of the vote, Graham Duff came in second with 33 per cent and Steeven Toor got 31 per cent. Did you feel any sort of a shift during the campaign? Was there a moment when you were like 'hey, I might win this'?

Branden Cave: I hoped the whole time that I would win, but I there was never a moment where I was like 'yup, this is in the bag, I got 'er.' It was more about, head down, keep going, talk to students, do whatever you can do and then just see how it goes. So that was my whole attitude for the whole two weeks — just head down, keep going.

G: Any particularly fun stories from the campaign?

C: One of the best moments was when I was walking in Murray Fraser Hall and it was about 5:00 p.m. on a Wednesday or a Tuesday. There was a couple on the other side of the Tim Hortons. So I see them and think 'oh, I'm going to go around to the other side to [campaign to] them, around this pillar in the middle.' And just as I was about to go around the pillar, they just started making out. There's no good way to retreat from that, you just kind of have to back up and then run as fast as you can. So that was one of the most memorable moments of the campaign.

G: This is technically your first SU campaign. You were acclaimed as vice-president operations and finance last year. Do you foresee any difference coming into the SU elected rather than by acclamation?

C: That was a thing I thought a lot about last year with being acclaimed. I had the opportunity to make a change last year — whether it was voted for or acclaimed, I had the ability to get in the sandbox and start working with it. So I think that this year, I do feel a bit more direction in what I'm doing. I do have a platform that students have gotten behind and they voted for. I feel a bit more of a sense of, not really responsibility, differing from last year, but more of a 'this is what students want.' And I know I can get it to them and use that when I talk to administration or implement programs in the SU.



Students' Union president-elect Branden Cave.

JUSTIN QUAINANCE

G: What do you anticipate your big challenges being next year?

C: I think the big challenge is always — and it will be until it gets sorted — MacHall. It's been a long year of working on building relationships as vice-president operations and finance and I've been working with [current SU president] Stephan Guscott on how we can find a solution that works well for students. And I think we've made a lot of progress but it has been a hard year with the results of the injunction decision. I mean, the first week of being in office as vice-president operations and finance, we went to court. I don't think I ever expected to do that when I started here at university, but it's been a good learning experience. I've had a lot of opportunity to work with and talk to administration and I think that'll be something we can kind of capitalize on next year. And as always, I hope that we can find a solution.

G: How do you see your relationship with administration next year?

C: I see it being very similar to what it's been this year. The thing that I found most valuable in the years that I've spent on campus working for students is that you can get so much more done when you're collaborating with somebody. When you're able to find common ground, work together and be moving towards a solution, you can get so much more done. I'm 100 per cent sure that's what students want. They want to see something get done. So that's the attitude I'm going into this year with. The fighting is making sure they understand the perspective and understand what we need. The fight is getting everybody moving in the same direction.

G: You'll be joined this year by four other executives. How do you see that team working together?

C: I think that team is going to be

absolutely phenomenal. All four of my vice-presidents have experience in these kinds of roles and are very competent in understanding the discourse of the roles they're going into.

[Incoming vice-president student life] Hilary [Jabelka] worked with the Consent Awareness and Sexual Education club before and has worked as a Community Advisor in residence — those are just two parts of the student life portfolio that she's going to be able to pick up and run with. [Incoming vice-president academic] Tina Miller's been focused on academics, she's a very strong student, she's been working with research and stuff at the science level, so I think she's going to be able to just step into that position. [Incoming vice-president external] Shubir Shaiikh's worked with the Board of Governors [and he] has talked to governments, stuff like that. And again, with [incoming vice-president operations and finance] Ryan [Wallace], he's been on operations and finance committee, he has a good understanding of the SU and how not-for-profits work. So I really think they're going to do a phenomenal job this year.

G: Are you excited to step into more of a leadership role in Students' Legislative Council?

C: I'm excited to lead a team. I've had the opportunity to be president of a club before. It's an entirely different animal — the SU versus a club. I'm looking forward to going into that role, setting the direction and making sure that everybody has the resources and support they need to succeed.

G: Is there anything you'd do differently or change compared to Guscott?

C: Stephan and I actually had our first transition meeting [March 10]

and one of the things I told him was I want to benefit from his hindsight now. Because he can look back as a president and see where he would change things [and] I can look back as a vice-president and understand what my vice-presidents need from me. I'm looking to make sure the summer is about them getting as much information as they need — the support, understanding the resources, what they're capable of. I don't think many people understand what the capabilities are of a vice-president. We have a lot of influence on campus — administration wants to hear from us and that's why it's important that students get out and vote in the election. So that's my focus — making sure they understand the breadth of what they can do.

G: We had fairly high voter turnout this year — 25.1 per cent, up from last year. Can you speak to that at all? Did you see any more engagement from students?

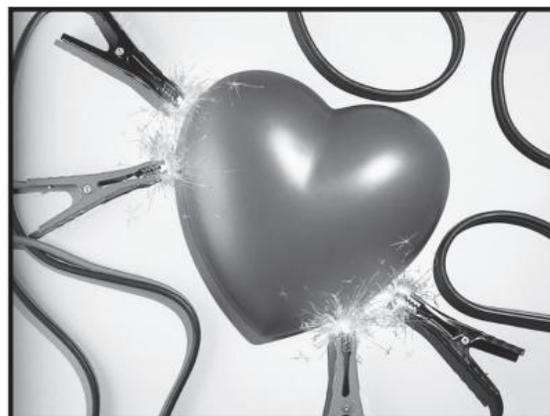
C: It's funny, you get to the voting days and you start asking students 'have you voted?' Because the whole time leading up to voting days you're going 'hey, can I talk to you about my platform?' But when it gets to Tuesday at 9:00 a.m., the question turns to 'have you voted?' And for some reason, every student we asked, except for maybe about 10 per cent of

them said 'yeah, we voted already.' And whether they were telling the truth just to get me to leave them alone or whether they were actually getting out and voting, I think it is very promising. I felt that there was more engagement with this election. There weren't any acclaimed positions in the executive. Unfortunately, we did have two vacancies, but I did feel students getting a little more engaged with this one.

G: Your campaign was all about "no bullshit" How do you feel you'll be able to fulfill that? What bullshit will you get rid of?

C: It started with the campaign. I wanted to make sure it was a very vision-focused campaign. I said a lot during the election that I want the 75th SLC to be a turning point for the SU and for students. And I want to clear the "bullshit" that's happening right now out of the way, so finding a solution to the MacHall dispute, trying new innovative ways to reach out to students through the Consultative Task Force and focusing so that in years to come it's just the results that people are focused on, they don't have to worry about clearing out some of the residue that's left behind.

Edited for brevity and clarity



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ROBERT MCDAVID »



Who IS ROBERT McDAVID?

Who is Robert McDavid? The mysterious scapegoat behind WROC's communications

Jason Herring
Webmaster

According to members of the University of Calgary Wildrose on Campus student club, an email sent to club members on March 6 saying that "feminism is cancer" was composed by the club's communication director Robert McDavid. Former vice-president external Kean Bexte and former vice-president membership Don MacLeod said McDavid, a first-year

student, was fired from the position following the incident.

McDavid had a Facebook account, with all visible posts dated March 7. The account identified McDavid as a U of C Schulich School of Engineering student, featured a profile picture of Pepe the Frog and had a single status reading "Going on lockdown. SJWs are prowling." McDavid's account was taken down early on March 8 after being reported to Facebook. The site said they removed the profile after finding it vi-

olated their Community Standards.

But after investigating the WROC controversy, one question still remains unanswered – who is Robert McDavid?

The U of C registrar's office searched for McDavid's name in their database of active students. After the search did not reveal any student by that name, the office said there were three possibilities – that the student is registered at the U of C under a different name, that the

student is in continuing education or that the person is not a U of C student.

When asked, the Wildrose Party confirmed that no one named Robert McDavid is a member of the party. The WROC constitution reads: "Members of the club shall be considered not to be in good standing with the club, should [...] they be considered not in good standing as members of the [provincial Wildrose] party."

Both listings for the McDavid surname in the Calgary Yellow Pages were unreachable. There are no McDavid listings in Grande Prairie, which is McDavid's hometown according to his short-lived Facebook profile.

The *Gauntlet* reached out to members and past-members of WROC to see if anyone knew McDavid. Former WROC president Jenn Galandy said she'd "asked people [herself], and no one seems to know him."

Anika Burmeister, the WROC's communications director until she quit due to the "incredibly misogynistic" atmosphere in September 2016, said she never met her successor and had never heard McDavid's name until March 7.

"As far my understanding was, I didn't even realize that there was a successor," Burmeister said. "I know that the individual who was fired [due to the email] was Robert McDavid, but as far as I knew I haven't been replaced and my position was being filled by Kean [Bexte]."

MacLeod declined to comment, saying his Facebook status speaks for itself.

"The words used were offensive and unacceptable," the post reads.

When asked about McDavid, MacLeod said, "he exists. I can guarantee he exists."

Bexte cited death threats against McDavid as his reason for not wanting to disclose any information about him. Bexte claimed the threats are currently being investigated by the Calgary Police Services.

When asked on March 9 whether any report of a death threat against Robert McDavid had been filed, the CPS said they were not able to find

any such report in their system.

"That's not to say that they couldn't show up on our system at a later time depending on when and how they were made," a CPS media representative said. "But at this time, I wasn't able to confirm that a similar report has been filed."

In a public Facebook post late on March 8, MacLeod clarified that he "cannot and will not guarantee that Robert McDavid exists." He said that in the time since asked about McDavid by the *Gauntlet*, he reviewed club documents and found he did not know of any member of the club named Robert McDavid. He says he was mistaking McDavid for a member of the U of C Conservatives club.

"Earlier this year, the U of C Conservatives appointed a new vice-president membership, who suggested a first-year friend of his join him on the exec," MacLeod said. "It was this individual I was thinking of when [the *Gauntlet*] approached me in the line at Tim Hortons and asked about McDavid."

MacLeod confirmed the first-year U of C Conservatives member is not McDavid. However, MacLeod mentioned McDavid by name in a since-deleted Facebook comment the day before, on March 7.

The since-deleted comment was posted around 3:00 p.m. on March 7.

In the comment MacLeod identified Robert McDavid as the fired WROC communications director. The Facebook post it was on is still online and is dated to March 7 around 2:45 p.m.

When asked about the comment, MacLeod said he deleted it when he realized it was inaccurate.

"I was told by the exec that the email had been sent by a first-year named Robert McDavid. That is why I posted his name," MacLeod said. "I deleted the comment when I realized my information was incorrect."

MacLeod said he couldn't remember the name of the WROC executive member who told him about McDavid earlier this week.

If you have any information on McDavid, please contact us at eic@thegauntlet.ca.

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SU policy committee proposes scrapping monthly bonuses for faculty representatives

Kiana Negahdari
Gauntlet News

The Students' Union Policy Development and Review Committee (PDRC) has brought forward a proposal to repeal the \$50 monthly bonuses of SU faculty representatives.

According to SU vice-president operations and finance Branden Cave, who chairs PDRC, the proposal is a way to ensure the SU's money is spent efficiently and that an effective mechanism is in place to hold faculty representatives accountable.

"Why elected officials get paid is a matter of access," Cave said. "We don't get paid to do our work — we get paid so that we are able to do that work. As far as it being a motivation to help with work ethic, I am not confident that a \$50 bonus is going to make the difference between somebody who does their job really well and someone who does the bare minimum."

At the end of the month, each faculty representative provides a monthly report and the five SU executives review their performance.



Members of SLC debated the proposal for roughly 30 minutes on March 7.

If progress has been made regarding their personal goals, faculty representatives can be awarded an additional \$50 on top of their \$350 monthly honorarium.

PDRC's proposal was brought to SLC as a discussion item at their March 7 meeting. Council mem-

bers debated the merits of the proposal for roughly 30 minutes.

Haskayne School of Business representative Ryan Wallace said the current process of issuing and denying monthly bonuses "is flawed."

"It is important to note that this

proposition came forward as a discussion item so that PDRC could gather information and feedback from SLC on the bonus structure system. It is the duty of SLC to hold each other accountable and having executives doll out the bonus can cause tension and result in deci-

sions being made that should be made by the collective council," Wallace said. "SLC members are all equal and the current structure can make it seem as though they are superseded by executives."

Some of the alternative ideas brought up at the March 7 SLC meeting included creating a tiered bonus system and scrapping the bonus completely, while increasing the monthly honorarium for faculty representatives.

Though some members of SLC were in favour of PDRC's proposal, SU vice-president external Tristan Bray argued that the honorarium is already quite low and revoking the bonuses might affect the "economic accessibility" of SLC.

According to Cave, the idea has been open for discussion since mid-February. He said the March 7 discussion was very constructive.

"There were a lot of concerns and ideas that PDRC hadn't considered at this point. I'm really looking forward to taking that back to PDRC for discussion," Cave said.

SLC members will vote on the proposal's first reading at their March 21 meeting.

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March 27 at 8 p.m., at the University Theatre

OPINIONS

EDITORIAL »

Seriously, will the real Robert McDavid please stand up?

Last week was a busy one at the *Gauntlet*, as we hit what many in the business of using such a word would call a “scoop.”

On March 6, the University of Calgary Wildrose Campus student club came under fire for an email to its members that started with “you and I both know feminism is cancer.” The email went viral and representatives of WROC announced that their communications director had been fired as a result.

A perk of being a campus newspaper is our connections on campus. And on March 7, when we asked several WROC members for the name of that communications director, they answered — Robert McDavid.

But after a few days of investigation, a fake Facebook account, calls to the U of C registrar, statements from past and present WROC executives and a confrontation in a Tim Hortons line, we still aren't sure if Robert McDavid even exists.

But it's important that we try to find him. Because Robert McDavid isn't just a person. Robert McDavid — and the elaborate scheme to create or protect him — represents a lack of accountability. A lack of accountability that — unlike Robert McDavid — did not start with this email.

The world isn't Reddit. You can't hide behind your inflammatory statements, a fake name and a Pepe image. Saying something like “feminism is cancer” has consequences.



And if you're going to say that, you have to be prepared to face those consequences.

There are people in this world — and on our campuses — who have anti-feminist, anti-semitic, racist or xenophobic beliefs. We see it in the anti-Muslim and Holocaust denial posters hung around the U of C. We see it at a “free speech” rally at the University of Toronto in October that devolved into violence as anonymous attendees shouted slurs. And we see it in an email saying “you and I both know feminism is cancer.”

The election of United States president Donald Trump, the rise of alt-right figures like Steve Bannon and the surge in populist “Canadian values” politics instigated by figures like

Kellie Leitch and Jason Kenney have all likely contributed to the growing legitimization of these beliefs. But as people feel more comfortable stating these “anti-SJW” opinions, most still refuse to take responsibility for them. If you're going to be a racist or a sexist, you should face whatever feedback society affords to that.

In the past few weeks, former members have called WROC out for its misogynistic past and present. The Wildrose party has condemned the U of C student group and people of all political stripes have called for WROC to do something. The WROC executive's response? An anonymous statement from the club saying they were sorry and their director of communications had been fired — a director of

communications that, based on the evidence, is probably a fake person.

Not every person associated with WROC is a racist, a sexist or an alt-right troll. But someone sent that email and someone believes it's okay to assume the WROC membership agrees that feminism is cancer. And — in all likelihood — someone made up a fake person to fire so they didn't have to take the blame for it. That's a big problem.

Had the real Robert McDavid — or whoever sent that email — come forward and at least identified themselves, things would be different. But they didn't, so the WROC is crumbling and their executives have gone into hiding as the search for Robert McDavid continues.

The ideas behind Robert McDavid are real and they are on our campuses. Just like any other person, we must hold them accountable to their words and actions. Hiding behind a fake person won't last forever.

We're investigating Robert McDavid because the *Gauntlet* believes in an informed public. We believe people deserve to know the full story — whatever it is — and not be duped by someone who thinks creating a fake Facebook account will make their problems go away. Because it won't.

Wherever you are, will the real Robert McDavid please stand up?

Melanie Woods
Gauntlet Editorial Board

short form

What would you do in the event of an Aramark strike?



“I would just get coffee elsewhere. I'll live.”

– Muzammal Khawaja,
fourth-year engineering



“I would just go to off-campus Tim Hortons.”

– Juliana Castillo,
second-year law and society



“A strike would be upsetting and an inconvenience.”

– Lyden Hayes-Sparks,
first-year open studies



“I don't usually buy food on campus, anyway.”

– Jason Der,
third-year engineering

Photos: Justin Quaintance
Interviews: Gloria Beltran

STUDENT EMPLOYMENT »

No interview follow-up is poor practice

Saima Asad
News Assistant

For many students, university is a means to an end — and that end is getting a job. This endeavour is difficult in many ways, from creating that first application to attending the final interview and then waiting to hear the results.

We've all been in the situation where we put hours into a job application, rejoice at getting the interview and spend days preparing. But at the end of the interview we hear, “we'll let you know either way in a couple of weeks.”

So we wait, regularly changing our interpretation of what they meant by “a couple of weeks.”

Sometimes that waiting period never ends. Finally, the start date for the position rolls around and

you're left to accept the fact that you did not get the job. What can make the situation worse is when you didn't even get a call to follow up and tell you why they went with a different candidate.

It's poor business practice to not follow up after a job interview because it takes away the candidates' opportunity to learn from the experience, especially when an employer has explicitly told a candidate that they would “follow up either way,” effectively promising to give a conclusive reason why one candidate was a better fit.

For many students seeking employment, whether it's summer, full-time or part-time, their plans for the future are based around the decisions of employers. Applicants deserve to know their rationale as to why they were not suitable, so that they can work to better themselves in hopes

of becoming a better candidate. Calling or emailing to inform someone that they did not get the position is an employer's obligation. Simply letting someone know is the least they can do, and letting them know why is one step further.

The time we spend applying for jobs during our university careers can be a transformative experience that helps us hone our job-seeking and interviewing skills. Getting that feedback from employers is essential to guiding our development.

Unfortunately, many employers simply forego this process, leaving rejected candidates in the dark to figure out the results on their own. The waiting period can be gruelling and stressful. While it is difficult to hear that you did not get a job, it is much better than hearing nothing at all.

Sometimes, employers just say, “we'll let you know,” as a courtesy and don't seriously think of it as a commitment to giving you feedback. To prevent getting left in the dark, ask how you will receive this feedback, as in will it be a phone call or email, to imply you are expecting this seriously. This not only shows you're excited to hear from them either way, but that you value what they have to say.

In the end, sometimes hiring managers may simply want to avoid conflict. No one wants to be the bearer of bad news. This isn't acceptable or a good thing, but it's understandable. If an employer can't be trusted to take the hiring process seriously and understand how much an interview means to someone, they might not be someone you want to work for, anyway.

Alberta conservative parties must run more female candidates in future elections

Tina Shaygan
Opinions Editor

The backlash to the “feminism is cancer” email sent out by the University of Calgary Wildrose on Campus club was quick. Various Members of the Legislative Assembly took to Twitter and other social media platforms to denounce the email and demand an apology. Wildrose leader Brian Jean tweeted that the club’s words do not reflect the values of the party and that we must create a better environment for women in politics.

It is good that politicians from both sides of the spectrum denounced the email. But public apologies aren’t enough to address the problem of systematic gender-based harassment in Alberta politics. To actually create any change, provincial party leaders must pledge to run slates of equal number of men and women in the 2019 election.

Alberta has a problem. Rachel Notley has received the most threats of any Alberta Premier to date. Sandra Jansen and Donna



Justin Trudeau appointed Canada’s first gender-balanced cabinet in 2015.

COURTESY ADAM SCOTT

Kennedy-Glans — the only two female candidates for the leadership of the Progressive Conservative Party of Alberta — both stepped down from the race due to harassment. And prior to Stephanie McLean giving birth while sitting as an MLA, the question of maternity leave for MLAs had never been discussed in Alberta legislature.

While politicians often publicly ask for a more inclusive political environment, there has been

a lack of action to include more women in Alberta politics. In 2015, the PC party had 22 female candidates out of a total of 87. The Wildrose party ran 16 female candidates out of a total of 86. Currently, the Wildrose party has two female MLAs — Angela Pitt and Leela Aheer. There are no female PC MLAs in the legislature since Sandra Jansen crossed the floor to the New Democratic Party a few months ago.

This problem isn’t limited to Alberta, as the Liberal Party of Canada had only 31.1 per cent women candidates in the 2015 federal election and the Conservative Party of Canada had a slate of 19.5 per cent female candidates in the same election.

There are different ways to create a more inclusive environment for women in politics, like changing party leadership and candidacy rules, as well as shifting

party policies to include women’s issues. But for now, Alberta’s best bet is to actually get more women involved in government first. And electing more women starts with more women running in elections.

Research shows that recruiting female candidates may take more time than recruiting men. But it is worth the wait. Out of the 25 women elected as NDP MLAs in 2015, 17 beat out PC incumbents. The NDP ran 46 female candidates out of a total of 87.

It is positive that politicians of all sides are saying they want to see a better environment for women in government, but they must do more. By pledging to run more female candidates, politicians would be doing just that — creating a better environment for women in politics.

Brian Jean, Jason Kenney — whose statement about the email from a student club that has endorsed him is noticeably absent — and all other potential future leadership candidates of political parties in Alberta must commit to recruiting more female candidates. Otherwise, these apologies are nothing but empty words.

STUDENTS’ UNION »

Lack of support for labour union shows the SU has no vision

Kate Jacobson
Gauntlet Opinions

Students’ Union president-elect Branden Cave endorses strikebreaking. Aramark — the U of C’s official food service provider — is currently negotiating a collective agreement with its union. The negotiations are stuck on issues of staff scheduling and dignity in the workplace. Union officials believe that negotiations are reaching a boiling point and have stated that a strike vote is more and more likely.

During the election’s presidential candidate forum, Cave, along with the other candidates, said that in the event of a strike by Aramark workers, he would do everything he could to work with the corporation to break the strike and keep Aramark locations open.

I freely admit that I asked the presidential candidates about this because I wanted to hear a specific answer. It is my view that unions are one of the best ways for workers to protect themselves from being exploited by large companies like Aramark. In my wildest dreams, the SU is an ardent supporter of workers movements. I am not, however, stupid. I ex-

pected to hear the presidential candidates vow neutrality in the event of any labour dispute.

Their actual answers — that they would spend student time, effort and money to help a corporation undermine organized labour — were not only morally wrong, but indicative of the SU’s focus on minutiae instead of improving student life on campus in the long run.

It is fundamentally misguided of the SU to work with a corporation to solve — at the expense of workers, many of whom are students — that corporation’s self-created problem. This myopic convenience-pandering speaks to an organizational culture that is more concerned with making sure that students don’t have to go without Tim Hortons for a single day instead of a long-term advancement of student conditions.

This is an endemic problem in the SU, which struggles to express any kind of compelling vision for the future. Current SU vice-president external Tristan Bray recently criticized the provincial government’s tuition freeze, saying that the price should have gone up by the rate of inflation to avoid a gap in the university’s budget. If the SU’s vision for the future is



Union representatives have said the chances of a strike is becoming more likely. JUSTIN QUAINANCE

one where already expensive tuition rises every year and workers fighting for better conditions are thrown under the bus so we don’t have to go without a specific brand of coffee for a brief period of time, then count me unimpressed and uninspired.

Of course, the SU doesn’t need to take an ideological position on every issue. I don’t want them taking stances on the Israel-Palestine conflict or the seal hunt. But I do expect the SU to react to things happening on its campus with a clear and articulated vision for the future. Vowing to help a corporation break a strike

is the opposite of that.

And, while we’re on the topic of labour disputes — strikes are important because if you are poor, all you can bargain with is your labour and refusing to work shows that your labour has value. Breaking a strike, as the SU would help Aramark do, means taking away the ability of workers to negotiate with their employer on a level playing field.

The SU plans to do this because they think convenience is more important to students than justice. If Aramark cannot provide services because its employees are so unhappy

with how they are being treated that they feel they have no other choice but to withdraw their labour, that’s a problem with Aramark.

Punishing workers for Aramark’s failure to negotiate fairly is spineless and unprincipled. It reveals a lot about the SU that the temporary lack of amenities on campus is more of a problem to them than a corporation that fails to treat its workers with dignity and respect. And what it reveals is a student organization that has no vision for the future beyond preserving a failed and insipid status quo.

ON CAMPUS »

Faith & Spirituality Centre brings *What I Be Project* to U of C campus

Rachel Woodward
Entertainment Editor

From March 13–17, the Faith & Spirituality Centre (FSC) is hosting various events to celebrate Pluralism & Religious Diversity Week. One of these events — the *What I Be Project* — intends to capture University of Calgary students' insecurities and turn them into art.

The *What I Be Project* has a worldwide presence and has featured celebrities like Jackie Cruz from *Orange is the New Black*. The project is taking place over the course of this week at the U of C. Photographer Steve Rosenfield spends 45 minutes with individual students, getting to know them and discussing their insecurities. At the end of each session, the subject writes their insecurities on their body for a picture.

"The process is cathartic and universally empowering. Each portrait is immortalized for the entire world to see. Subjects are putting their insecurities out in the open and exposing a side of

Jackie Cruz from *Orange is the New Black* participated in the project.

COURTESY STEVE ROSENFELD

themselves that nobody has seen before," FSC program coordinator Jessica Burke says. "By stating 'I am not my ___', you are claiming that you do struggle with this issue but it does not define who you are as a person. They are not denying their insecurity — they are owning

it."

The photos are showing on screens in the Taylor Family Digital Library and the FSC. Burke says it is important for the FSC to provide students with something to take away from the project.

"We [are] the pluralism hub

during the week. People can stop by all week long for food, snacks [and] information," she says.

Burke says the event highlights the FSC's mandate.

"We work under the vice-provost — specifically the student life portfolio," she says. "So [it's about]

creating an interculturally competent campus, destigmatizing the idea of religion and spirituality on campus — most people don't feel comfortable being a person of faith or religion on campus — as well as the Campus Mental Health Strategy in general."

Burke acknowledges that opening up to a large audience about insecurities is not easy. She says the FSC is providing access to student advisors or counsellors throughout the week to support those involved. She says they are hoping for a positive outcome for the subjects.

"If even one person leaves feeling empowered, if they feel more supported by the university in general, if they have networked, if they have made a connection, if they feel a sense of support and community and intercultural competency, I will consider that a huge success," Burke says.

Students applied online to have their photo taken.

For more information, visit
ucalgary.ca/fsc

LOCAL FESTIVAL »

Puppet festival showcases the life of animated objects

Fernando Moreno
Gauntlet Entertainment

The International Festival of Animated Objects will come to Calgary from March 16–19. The festival features shows consisting of puppetry and mask, as well as shows that utilize different puppet techniques to create live action theatre.

According to founder and co-artistic director Xstine Cook, the festival will reach a wide demographic.

"Most of the work in the festival is actually geared more towards adult audiences and it has computer shows and films," Cook says. "The interesting thing about puppetry is that it does span all demographics and age groups."

Cook says her background and training in puppetry and theatre positively impacted her passion for puppets.

"I trained at [the] Dell'Arte School of Physical Theatre in Blue Lake, California and I was,

at that time, a mask maker," she says. "I wanted to learn how to perform with mask and so I have been making masks since high school."

The festival is sponsored by the Calgary Animated Objects Society, a non-profit organization. Cook hopes the festival will spark inspiration in audiences.

"Our hopes and dreams are that we continue to grow and develop the art form as well as [develop] an audience for the art form. There are very strong puppet and mask traditions in Calgary," she says. "I think puppetry and masks really speak to an ancestral-like, primordial understanding about storytelling where all cultures have some form of mask. At some point in their history."

Now entering its seventh year, the festival will feature several distinguishing attractions. Workshops including "Creating Newspaper Marionettes" and "Puppets Build Bridges with Deaf and Hard of Hearing Community" will allow audience members to

interact with hands-on puppet creating.

Shows like *Loon* — a love story between a man and the moon — will likely be popular among festival attendees this year.

"This year's festival is different in that the festival is growing up and going out on its own," Cook says. "People who are attending should expect to see some very innovative and interesting work from Calgary as well as from across the country and to really experience puppetry in a way that they maybe weren't expecting."

The International Festival of Animated Objects will run from March 16–19 at the Southern Alberta Jubilee Auditorium. The festival also offers free shows throughout its run for new attendees interested in puppetry. More information and schedule can be found on their website. Tickets are available online.

For more information, visit
puppetfestival.ca



The festival features puppets and masks.

COURTESY ANDREW PHOENIX

Inside Out brings accessibility to the theatre with *Assassinating Thomson*

Nikayla Goddard
Gauntlet Entertainment

Experiencing the creation and exploration of another world filled with its own characters and quirks at the theatre should be an enjoyable experience for anyone.

Since its creation in 1993, Inside Out Theatre has evolved to facilitate actors and audiences with mental and physical disabilities. The company premiered *Assassinating Thomson*, at the Glenbow Museum on March 14.

Inside Out Theatre serves Calgary and the community by providing drama classes for people with disabilities, showing plays performed by people with disabilities and making performances accessible for all audiences. Inside Out artistic director Col Csecke says these performances are regular plays where all the rules are relaxed.



The theatre has evolved to be as accessible as possible for audience members. COURTESY INSIDE OUT
"If you don't want to sit, you don't have to sit," he says. "You don't have to be silent and still."

Additionally, technical adjustments are made to tone down volume and light and there are "chill out zones" that allow audience members to take a step away if needed. American Sign Language is offered and "touch tours" for the visually impaired allow patrons to get up on stage prior to the show

to feel props, explore the setting, meet the actors and have the world described to them to give them a good handle on the feel of the play.

Assassinating Thomson fits the mandate of Inside Out — the performance is written and performed by Bruce Horak, an artist with only nine per cent vision. The play itself is unconventional, as Horak sits in front of the audience and paints. While painting, he describes his

unresolved murder to highlight the unique way he sees the world with a disability.

"It's an opportunity to challenge some of the ideas and preconceptions of what people with disabilities can do, for both the able-bodied and others with disabilities," Horak says.

The play is hosted in one of the Glenbow Museum's Canadian exhibits, alongside a collection of famous paintings much like the ones Horak talks about when he delves into Thomson's work. The idea was originally Horak's as a way to use a less traditional setting for the play instead of an empty stage.

"It's quite an opportunity to open up the accessibility to theatre," Horak says.

Assassinating Thomson will play at the Glenbow until March 18. Tickets are available online.

For more information, visit
insideouttheatre.com

CAMPUS STYLE »



JUSTIN QUAINANCE

Mixalis Issakidis conveys photographer-chic at its finest in this posh blue and tan ensemble. The fifth-year history major pairs a Brooklyn sweater and jeans with Reigning Champ outerwear for a streamlined uniform. Chippewa boots add an industrial flair while maintaining a practical comfort level. The all navy-blue threads are simple while still maintaining a splash of personal style. But the real draw to this outfit is the Leica M2 — with the chrome body contrasting a deep-set blue background, Issakidis makes this vintage camera a standout accessory.

Emilie Medland-Marchen

LOCAL DANCE »

Go down the rabbit hole with Alberta Ballet's *Alice in Wonderland* ballet

Aurora Anderson
Gauntlet Entertainment

Alberta Ballet is revitalizing a classic that they hope will wow audiences both young and old. Based on an original production from 2004, *Alice in Wonderland* is set to take the stage from March 16–18.

Edmund Stripe, the artist in residence who choreographed the piece, is excited for "the innovation, forward thinking, versatile dancers" that the production offers to audiences.

"[Alberta Ballet] is Canada's second-largest ballet company and is world-renowned for the contemporary and classical productions that encompass its repertoire," Stripe says.

Stripe was contacted in 2004 by Alberta Ballet artistic director Jean Grand-Maitre to stage a version of Lewis Carroll's stories. He encompasses both *Alice's Adventures in Wonderland* and *Through the Looking Glass* into one ballet, accompanied by music from William Walter, Kurt Well, Dmitri Shostakovich, Claude Debussy, Maurice Ravel and Percy Grainger.

"The story is well-known, but this version is different. It's comedic, light-hearted, family-oriented,



The show features a classic tale with a ballet twist. COURTESY ALBERTA BALLET
[with a] universal appeal," Grand-Maitre says.

Stripe says Carroll's stories are heavily based on language, word-play and puns, making it difficult to adapt for a ballet. He says he chose characters from *Alice's Adventures in Wonderland* "that worked visually."

Audiences can expect to see the Red Queen, the Caterpillar, Alice, the White Knight and the beloved Rabbit in this production.

Stripe hopes *Alice in Wonderland* will be popular, as he says it offers a family friendly environment to take a break from the

stress of life.

Stripe was involved in the original production and says there are a few returning cast members that starred in the debut shows 13 years ago. He is excited to see it produced again.

"To see the production again as a whole, it's a favourite production of mine," he says.

Alice in Wonderland will show at the Southern Alberta Jubilee Auditorium from March 16–18. Tickets are available online.

For more information visit
albertaballet50.com

Q&A »

Matthew Gagnon of We Honest Men talks U of C GIG club and making set lists

Gurman Sahota
Entertainment Assistant

When two University of Calgary Battle of the Bands rivals came together, We Honest Men was formed. With influences from a variety of sources, the band's music is a mix of indie rock with a heavy dash of '90s alternative. The group features Matthew Gagnon, Andrew Young, Miguel Torres and Manuel Roldan. With a show coming up on April 14 at the Blind Beggar Pub, the *Gauntlet* sat down with Gagnon — who plays rhythm guitar, bass and vocals — to talk about gigs, set lists and musical relationships.

The *Gauntlet*: How did We Honest Men form?

Matthew Gagnon: It started last year, but the way we all got to know each other was years ago [when] there was a Battle of the Bands. I was in a different band called Spiderman's Cavalry and there was another band called Bear Fight — we were all friends and part of the [U of C Guys/Girls Into Guitar (GIG)] club. After the years [went] by, the bands split up. We all loved playing music and we all hung out — three out of the five members are from Bear Fight. They added me and one of my friends into the mix.

G: How does the band come up with songs?

MG: Sometimes, we'll just be like, 'all right, we should write a song' — some person will have a riff written, me and one other person will write lyrics or someone else will write lyrics. It really depends. One person can really bring a song to the group. The way

it works is almost like a democratic decision where one person will put forward an idea and then everyone will tweak it until it sounds like We Honest Men.

G: How do you come up with set lists?

MG: We only know x-amount of songs and we only have a 45-minute set. We all sit down and write out the set list and this is the way we'll play it. We change instruments sometimes. We try to keep it within the realm of a theme. We try to plan out the emotions that we try to tell in each show. The songs themselves are pretty dynamic, so it's important to place them next to different songs. It's important that we really consider the emotions that we're evoking in the audience when we're playing our music.

G: Why do you go back to Battle of the Bands?

MG: We started at Battle of the Bands. We actually didn't do a lot of shows prior to this year. It's this year that we've been doing it once a month, almost a little bit more and I personally [think it's] a lot of great exposure and self serving. To me, the GIG club — the club that puts [Battle of the Bands] on — was like our home in university. That was our community. I want to support that community in every way we can. There's almost a sense of duty [to support the club], also I enjoy doing it. It's cool though, because I get to play with a room full of my friends. It's neat.

G: What future endeavours are planned for the band? Would you guys ever record something?

MG: This past year, we did some scratch tracks. We've been kind of slacking on the mixing though, because we're all perfectionists and we keep tweaking. We have one song that is predominantly done, but we can't for the life of us just agree on the very final things. We want to record an EP, we want to get it out this year possibly. And then just doing more shows as much as possible. As far as the direction goes, it's still up in the air.

G: Have you come across any challenges since this is a band predominantly made up of university students?

MG: Especially when we started out with five people, it's hard to get five people in a room together, even just for two hours a day. One of our members, he's a PhD candidate, so that keeps him very busy but he still makes time for the band. All of us also work and have other obligations. That was probably our biggest hurdle, just getting into the room.

Bands are a lot like dating. When you enter a band, you're pretty much entering a dating relationship where it's like, 'all right, we need to physically meet this amount of space in a time frame, we need to communicate our needs and wants, we need to make sure everyone is feeling heard and their emotions are considered in this relationship.' Once I started personally treating it more like a relationship — a romantic one — that's when I noticed there's a shift and it kind of got better. It's weird because it's both treating it like a romantic relationship and a business relationship at the same time. It's a really weird mix and that's a challenge to do. You don't mix



The group's next show will be on April 14.

COURTESY WE HONEST MEN

business and pleasure. But when your music is a very pleasurable thing to do, I really enjoy it.

G: Does the audience factor into the shows?

MG: With the band, we do take into consideration the audience we're speaking to. But for the most part, I know when I go into a show, it's a very self serving thing. When I'm playing music, I look for what sounds good for me, what am I comfortable singing, how am I going to display the emotion that I am trying to convey. If people don't like it, that's fine, it's like a relationship, they're not always going to work. But it doesn't mean it's bad, it means they just don't like who I am, that's fine. It's very hard because you want to stay true to yourself and I think that's the biggest thing, we're trying to really nail down what is our sound,

what are the things we're comfortable playing — it just happens that people seem to like us. It's nice. It just feels lucky. We'll talk about an idea we want to convey and then we'll use music to convey that idea.

Honestly, when I started out, I just wanted people to see us once. But I've been really happy and kind of blown away with the how supportive our friends and our fans have been. And just coming out to these shows, especially since this year we've been having a show a month, it's almost demanding. We're just really stoked that people feel motivated enough to come listen to our music. It's really cool. It seems really genuine that they actually are enjoying themselves and enjoying the time they have. I feel really thankful.

Edited for brevity and clarity.

This Week in MacHall

Monday, Mar. 20

Cinemanía in the Den: Lion

Cinemanía: now in The Den! Great sound system, big screen and comfy couches... the SU presents free movies at 7 p.m. on Monday nights in The Den. This week: *Lion*.

Wednesday, Mar. 22 at 5 p.m. in Escalus

Sexual and Gender Minorities in Sports

Wonder what it would be like to be an LGBTQ+ athlete? Have sports become more inclusive since a number of high profile athletes have come out? What role should allies play in inclusive sport? Hosted by William Bridel, this panel event will feature Lindsay Alcock, Mike Bell, and Jon Cornish.

Now until Apr. 7

Get Your Taxes Done for Free

SU Volunteer Services presents the Volunteer Tax Program. Get your taxes done for free Feb. 27 - Apr. 7. See www.su.ucalgary.ca/vtp for eligibility and to make your appointment. (New clients accepted until Mar. 31).

Now until Apr. 10

The SU is hiring!

We're looking for: Event and Program Assistants, Volunteer Program Coordinators, Chief Returning Officers, a Clubs Office Assistant, a Social Media Coordinator, and a Deputy Speaker for the SLC. Applicants must be undergraduate students. For more information visit www.su.ucalgary.ca/employment

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Complete listing of student events, concerts and more:
www.su.ucalgary.ca/events



The Students' Union advertisement is provided by the SU and published without *Gauntlet* editorial revision.

Q&A »

Retiring Calgary speed skater discusses LGBTQ inclusion in sport and next steps

Emilie Medland-Marchen
Sports Editor

Anastasia Bucsis is a long track speed skater from Calgary, who has represented Canada twice at the Olympics. She has been a voice for change in the sporting community throughout her 24-year career, advocating for LGBTQ rights as an ambassador of You Can Play and Athlete Ally, along with protesting the anti-LGBTQ laws in Russia during the 2014 Winter Olympic Games in Sochi. While the 2016-17 season may be her last, her impact in the sporting community has been invaluable in improving the recognition and vocalization of marginalized athletes in sport. The *Gauntlet* sat down with Bucsis to discuss her celebrated career and her plans as an activist following her retirement.

The *Gauntlet*: How has your season been going so far this year?

Anastasia Bucsis: Yeah, 24th season at the Oval. I've been very lucky. I'm pretty nostalgic because I am retiring after this season. Unfortunately a chronic knee injury has kind of derailed my plans of making a run for [the 2018 Olympics]. That was really in my plans and it's not in the cards. It's been overwhelming, but when I take a step back, I'm just so grateful for everything that's come into my life because of speed skating. I'm just trying to focus on the positives.

G: What originally drew you to speed skating?

B: I'm from Calgary — I was born in 1989, so I'm absolutely the product of the Olympic spirit that's left in this city. I'm very grateful to be afforded that opportunity to chase my dreams. I'm humbled because not a lot of people get that. I wanted to be a figure skater and I'm 5'10", so my parents kind of steered me away from that. They knew that I wasn't going to have the physiology to be successful in that sport. My dad just wanted me to learn how to skate and instead of putting me in hockey, he put me in speed skating. It isn't really a sexy story — I just didn't quit. There were a few low years, I don't think I was born with two left feet, but I probably wasn't born with any crazy talent over the general population, I just kind of stayed the path.

G: What is it about speed skating that you love and what is it that has allowed you to stay for so long?

B: Sport is absolutely a microcosm

of life. I have a huge appreciation for all the lessons that have come into my life because of speed skating. But it's not even really about winning — it's about my hatred of losing, the hatred of losing against myself. Throughout my career I've really just held myself accountable to certain goals and accomplishments. I've always wanted to be competitive with myself. It's not like you're playing a sport — it's very intense and very physiologically hard. You're racing against yourself and you're competing against yourself at all times. So I think that that pursuit of excellence and holding myself accountable to certain standards, that is really what drove me.

G: In the past, you've mentioned that you've struggled with some mental health issues leading up to Sochi. Can you tell me a little bit more about that?

B: I was unfortunately diagnosed with clinical depression in January of 2013. To be completely candid — I'm gay. I really struggled to accept my sexuality. Growing up Catholic [and] Conservative from Calgary, some denial and repression really came easily. And I just really struggled to accept it. I'm almost embarrassed to say that now, but I feel as though I owe it to kids that are struggling, the LGBTQ community, to admit that struggle. Because I think that if we don't talk about the struggle we continue to suffer in silence. We suffer from silence and further stigma, and every-

|| Sport is a huge microcosm of life where you learn about the world around you. We need to make sure that it's an inclusive place for everyone.

thing else that comes with it. I really struggled to accept my orientation, my identity. I was very ungrounded, very lost. And unfortunately, after years of thinking negatively of myself, I was diagnosed with clinical depression. That is something that is part of my story and I realize that is something that's a part of my life — and I'll always kind of struggle with that. But I'm proud to say that I've learnt a great deal from that and I've learnt a great deal about myself.

G: You were involved in the movement protesting the anti-LGBTQ rights laws in Russia during the Sochi Olympics. How did you



Anastasia Bucsis spent 24 years skating at the Olympic Oval in Calgary, Alberta.

COURTESY RICHARD HUGEN

get involved in that initiative and what did that mean to you personally?

B: Everyone throws around the word initiative — and to be com-

pletely candid, I didn't know it was really necessarily an initiative when it came out. I just knew it was right for me to stand up for what I believe in, because I lived with so much anxiety. When you're in the closet and you want to be out and you're scared, it's all-encompassing. I can't imagine, just drawing from my experiences, how anxious I was, how unhappy, how much I struggled, how lonely I was, confused, everything, growing up in Calgary in a country that prides itself on acceptance and diversity, with the best parents, best family, best friends, amazing teammates. I just imagined my own struggles and I just can't imagine if I was an LGBTQ youth in Russia and linking my

G: You're also involved in organizations with the You Can Play Project and Athlete Ally. Can you tell me how you got involved in those?

B: You Can Play is very close to my heart. I'm very lucky to be part of such a wonderful organization that fundamentally, we're just trying to say — if you can play you can play. I love how straight-forward that message is. You Can Play has definitely become part of my daily life and I'm a huge advocate for that simple message. Because it shouldn't be based upon any other merit or anything besides the ability to play. Sport is a huge microcosm of life where you learn about the world

around you and it's a huge agent of change. We need to make sure that it's an inclusive place for everyone.

G: Do you think sport is a safe space for LGBTQ individuals, or is that perception changing more slowly?

B: It's changing slowly — and I wouldn't want to ever discredit the progress that we've made — but to even look at it on a macro-level, you only have to look at LGBTQ suicide rates, the disproportionate amount of homelessness that identify, to recognize that this is still a huge problem in society. And the only way we're going to bring about this education, and further this discussion and eliminate those boundaries and stigmas of locker-room homophobia is to talk about it. I do think that it is getting better, but we still have a long way to go. Sport is a heteronormative, gender-policing area of life — and as much as it is an agent for change, it still is a very conservative, old-boys' club. I am proud to be Canadian, and I think the Canadian Olympic Committee has made strides to make it a more inclusive place, but the discussion is far from over.

Edited for clarity and brevity.

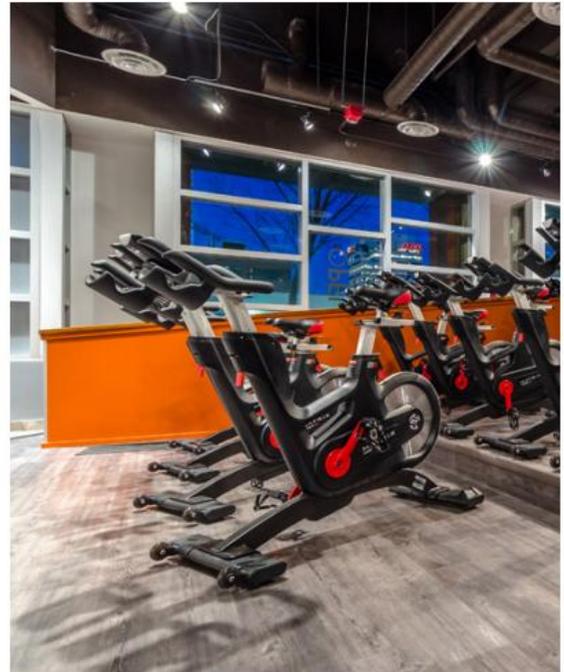
FITNESS SPOTLIGHT »

Spin class provides a satisfying endorphin kick

Christie Melhorn
Volunteer Coordinator

The teasing bouts of warm weather in Calgary hint at the coming of spring. On those sunny, above-zero days, I feel an urge to release my bike from the corner of the garage. But until the snow and ice turn into harmless puddles, I generally prefer to keep my workouts indoors. To scratch my itch for a bike ride, I recently tried a spin class at Peloton Cycling. My first experience at Peloton not only satisfied my craving but gave me a quick, killer workout that deserves a place in a student's schedule.

Located just off 10 Ave. and 10 St. SW, Peloton's proximity to the downtown core charges it with liveliness. The excitement of this buzz definitely helped as I rolled in for my 7:00 a.m. class. With its wooden furnishings and dark blue colour scheme, Peloton is a humble yet sleek studio that welcomes people of all skill levels to go for a ride. In the main part of the studio, rows of high-end stationary bicycles are arranged at different levels to ensure that riders at the back can view the instructor. These face a large screen behind a solo stationary bicycle where an instructor guides the class. Parallel to the bikes is a long wall of floor-to-ceiling windows that invite natural light and great people-watching during recovery intervals. However, privacy is



Peloton Cycling Studio is located just off of 10 Ave. and 10 St. SW in the heart of downtown Calgary. COURTESY PELOTON CYCLING

maintained by a slanted wooden wall between the bikes and the windows, which offers a nice compromise between feeling engaged with your surroundings without being put on display.

Before my class started, our instructor assisted me and the other new spinners with adjusting our

bikes to an appropriate level. She explained that the simple act of adjusting your seat can greatly affect the enjoyment and effectiveness of your workout. As the class began, we spent the first few minutes entering basic information about age, gender and workout goals into the machines. This is where I messed up – I entered unnecessary information about my target heart rate that ended up throwing off my ride a little bit. I still had a great workout, but this illuminated the importance of following the instructor's directions.

Once we were all set to go, we kicked off our High Intensity Interval Training cardio session. We began with a warmup that helped loosen the legs, engage the core and elongate the spine. During this time, our instructor showed us how to read the numbers on our machines' screens to know our intensity levels. She used these numbers to guide us through the intervals of high and low intensity that constituted our ride. Mentally and physically, this prepared me for an engaging workout.

The "sprint" intervals threaded with more moderate cycling created a nice heart rate fluctuation. According to bodybuilding.com, exercises that elevate and dip your heart rate speed up the fat-burning process, offering optimal results from your workout. This is an added bonus, as I find that it also keeps a workout from feeling repetitive.

At Peloton, the music and visuals on the front screen lined up nicely with the flow of our ride. Our sprints matched with fast

segments of a song and our approach to the "top" of a steep incline tied in with the build-up to a satisfying chorus. This effective mind-body engagement was fun, rewarding and made time fly by.

Healthandfitnessrevolution.org explains that the low-impact nature of spin makes it easy on the joints without being too easy of a workout. Depending on how hard you go, it is possible to burn 700 calories in 45 minutes to an hour of spinning. I clocked in at about half of that number. However, 350 calories is still nothing to scoff at, especially considering I botched my machine at the start.

On top of that, I found the social environment not only offered an extra surge of endorphins to fuel my workout, but also made me feel accountable to work hard. I wanted to keep up with the others around me. Some friendly competition is always a motivating and engaging way to pump up a workout.

However, as I was slightly unprepared for the class, this also came at a small cost to me. I was pretty groggy when I showed up and didn't realize I could rent shoes to clip into the pedals of my bike. I had a couple of hilariously cartoonish moments where I would get a little ahead of myself and send my feet flying right off the pedals. I sheepishly had to bring my legs up to avoid the wind-milling pedals below me. While riding in your runners is fine, clipping in would have offered a smoother workout and allowed me to channel my aggression properly.

My morning spin at Peloton

gave me a satisfying endorphin kick that set me up for a successful day. The warm and thorough guidance of our instructor made me feel welcomed despite my minimal experience. The social element simultaneously offered a sense of comfort and challenge – I enjoyed sharing the experience with others and also wanted to prove I can work hard. Between the studio's downtown location, positive energy and the early time slot of my class, I felt both connected to Peloton's spinning community and to city as a whole.

If you're keen on trying a class, the drop-in rate is \$19 for a one-time session. However, the studio offers newcomers two weeks of unlimited classes for \$50. This would be a great way to destress during exam period, which is not too far off. Monthly passes are available from \$130–\$450 depending on the length of time you purchase. As students with unpredictable schedules, numerous class bundles ranging from \$85–\$290 are also appealing. These allow you to attend class whenever it's convenient for you without worrying about an expiry date.

A free class can also be earned if you volunteer for a four-hour shift at the studio. While this may seem like a large time commitment, especially with papers and exams looming, this could offer just the right social and physical break. Volunteering and taking the class could introduce you to a new, vibrant community and equally nourishing form of exercise that can alleviate the pressure of student life.

G

The Gauntlet's Annual General Meeting

The Gauntlet will hold its annual general meeting on April 11, 2017 from 2:00 p.m. – 4:00 p.m.

The Editor-in-Chief and Business Manager will give reports and we will elect our new student-at-larges and staff representatives.

All members are welcome to attend.

TRY THIS »

Try swimming for a solid low-impact workout

Tommy Osborne
Sports Assistant

Swimming can be one of the most rewarding ways to exercise and a quick glance will show you that the University of Calgary campus pool is never as busy as the gym. While there is nothing wrong with working out at the gym, here are four reasons why you should give swimming a try.

Swimming is a total body workout:

Unlike most cardio workouts, swimming works out your whole body. While running and cycling only provide a workout for your legs, swimming can work out your legs, core and upper body. Depending on what strokes you choose, you could work a variety of muscles in one swimming session. The front crawl is an excellent workout for your arm and back muscles — specifically the deltoids, triceps and biceps. On the other hand, breaststroke is great for the pectoral chest muscles and the trapezius muscles in your back. While you may not feel much happening in your core, it must work to keep your body balanced in the water. Finally, your legs are always

kicking, giving them a great workout as well. Personally, I like to alternate between front crawl and breaststroke when I swim, so that all my main muscle groups are getting a good workout.

Swimming promotes joint health:

Your joints don't suffer a lot of impact from swimming like they do on a long run. Swimming is especially great for your knees, since weight is not placed on your legs during a swim. The United States Water Fitness Association says that 90 per cent of your body is buoyant, giving your joints a rest. And according to the University of Nevada School of Medicine, moving your knee while kicking is good for the fluid that cushions your knee and it also promotes muscle strength. Give swimming a try — your joints will thank you.

Swimming is therapeutic:

Swimming is an activity where you can tune out all the distractions of the world and just focus on your swim. For the most part, the only sounds you will hear are your breathing and the sound of your body gliding through the water. It can be a very relaxing experience, which is great for students



Because of its low impact, swimming is the perfect cardio workout for all ages.

who have to endure the hustle and bustle of everyday university life. According to swimming.org, swimming for half an hour three times a week can lower stress levels, improve mood, lower incidences of depression and anxiety and improve sleep patterns. On top of being an excellent workout, it can be a very calming experience.

Swimming is good for heart health:

When swimming, oxygen isn't as readily available, so your lungs will be sucking in as much air as possible. Because of this, your maximum oxygen uptake will increase with training. Swimming for 30 minutes three times a week for six months can in-

crease VO₂ max — our maximum oxygen uptake — by 15–20 per cent. Your lungs will also be able to use oxygen more efficiently. On top of all this, livestrong.com notes that swimming will slow down your heart rate and also improve your blood pressure, reducing the likelihood of heart issues in the future.

JUSTIN QUAINANCE

DEN LAGER
GREAT BEER, GREAT PRICE
A NEW TRADITION

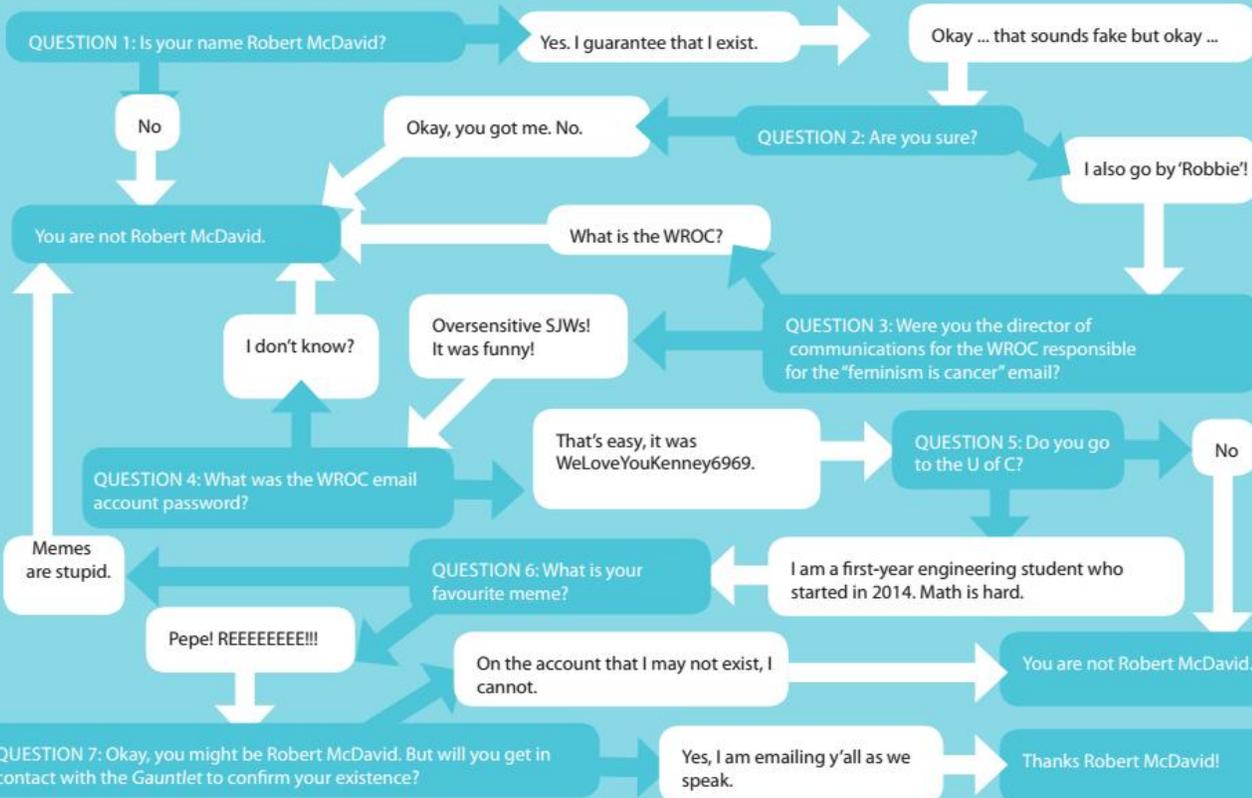
YOUR CAMPUS BEER

THE DEN EST. 1969

GO WITH THE FLOW »

The Gauntlet presents ... ARE YOU ROBERT MCDAVID?

After the University of Calgary Wildrose on Campus (WROC) student club faced intense backlash over sending an email to their mailing list stating "feminism is cancer", the club claimed they fired their director of communications, Robert McDavid. Though the Gauntlet can neither confirm nor deny the existence of Robert McDavid, we crafted this handy flowchart to check whether or not you are Robert McDavid. Text by Derek Baker. Design by Samantha Lucy



HOROSCOPES »

Your future is cooler than cool — it's ice cold

Derek Baker
 Frozen solid

Pisces
 (Feb. 19 – March 20)
 You will accidentally leave the heating pad on your bed plugged in all day. Alongside the obvious fire hazard, you will burn your ass when you crawl into bed that night.

Aries
 (March 21 – April 19)
 You will lick a metal pole on a -20 C day just to see if it's actually cold enough to stick. Yah — ith sthickths!

Taurus
 (April 20 – May 20)
 Your car will not start

one morning because it's so damn cold out. You will place multiple George Foreman Grills underneath the car in an attempt to warm it up. It won't work.

Gemini
 (May 21 – June 20)
 Refusing to believe that no two snowflakes look alike, you will start a collection by converting your basement into a deep freezer. You will finally find a match in the year 2042.

Cancer
 (June 21 – July 22)
 You will be inexplicably zapped into a parallel dimension that holds every mitten you've ever lost. See mom — I told you they had to be somewhere.

Leo
 (July 23 – Aug. 22)
 After making a snowman, he will spring to life. However, this isn't Frosty — this is Frosty's cousin Snowy and he's a real jerk.

Virgo
 (Aug. 23 – Sept. 22)
 While walking back to your car after school, you will contemplate why you live in a place where the air hurts your face in the middle of March.

Libra
 (Sept. 23 – Oct. 22)
 There's only one thing in Calgary that saves us from freezing solid throughout the entire winter. Though you will

rejoice at the sight of a chinook arch over the mountains, you will be bedridden with a pressure migraine the next day. We can't all be winners.

Scorpio
 (Oct. 23 – Nov. 21)
 After seeing the thermometer dip below -40 C, you will miss your midterm after declaring that no self-respecting person should go outside. Your professor, unfortunately, won't see things this way.

Sagittarius
 (Nov. 22 – Dec. 21)
 You will get frostbite on the tip of your nose. The next time you blow your nose, it will fall off. Unsure what to do, you

will attempt to superglue it back on your face, but will accidentally put it on upside down.

Capricorn
 (Dec. 22 – Jan. 19)
 While on a ski trip in Banff, you will run into a moose. The moose will find this very rude and kick you straight in the nuts. The park ranger will ban you from all national parks in Canada for a year.

Aquarius
 (Jan. 20 – Feb. 18)
 After going outside with your hair still wet, it will be so cold out that your hair will freeze and parts will snap off. Luckily, you've wanted a fringe haircut for a while now.

The eight types of professors you can expect to survive the impending apocalypse

Drew Thomas
In a bunker somewhere

Though the jury is still out on whether it'll be zombies, aliens or a nuclear winter resulting from United States president Donald Trump's hand hovering over the missile "launch" button, one thing is for sure — we are all preparing for the end of the world as we know it and that includes our professors. Here are eight types of professors who are most likely survive when everything goes to shit.



they're almost guaranteed to be published, since there's no one left to give them a poor peer review.

Likelihood to survive: 90 per cent.

The newly-minted professor:

With a freshly printed PhD in hand, this prof just left the mould and still smells like a graduate student — and undergraduate students attempting to survive the apocalypse can tell. This professor's attempts to please everyone will cause them to be taken advantage of, giving their students the last of their bullets in attempts of approval. Sadly, this one doesn't have a chance.

Likelihood to survive: five per cent.

The thoughtful and effective professor:

This professor, like a mutant race of mole people, is just another wasteland myth and doesn't actually exist. While we encourage you to still believe in fanciful creatures to stave off the despair of the apocalypse, this creature is just too beyond belief. We can all dream, though.

Likelihood to survive: undefined.

The ancient history professor:

We don't mean an actual history professor, but rather, that prof who makes Betty White seem like a spring chicken. They've seen so many academic revolutions that — compared to this armageddon — they remain unfazed in the face of change. Their vast arsenal of particular knowledge and self-assuredness from years in the ivory tower makes them an effective road warrior-esque leader.

Likeliness to survive: 70 per cent.

The perfectionist professor:

This one is pretty obvious. If

Someone really pissed off Trump on Twitter the other night. Whoops.

you thought they were awful when they only had a small amount of power over your grade, you have no idea what power they'll wield now. These profs will become all-powerful wasteland warlords. Good luck — and don't miss the deadlines to file your ration report.

Likelihood to survive: 80 per cent.

The sessional professor:

Being dropped into the middle of a group of students with little to no prep time has made these instructors the perfect survivalists. While they might not know what the heck is going on half of the time, they

will always defend their improvised decisions.

Likelihood to survive: 60-80 per cent, depending on whether they receive tenure.

The tenured professors:

These professors ain't afraid of no ghosts. Tenured profs will carry their smug indifference into the apocalypse. They're the wisecracking background characters who seemingly never die or change.

Likelihood to survive: 100 per cent — they have fucking tenure.

The absent-minded professor:

This prof loses every piece of

student work submitted, never responds to your emails and still has the audacity to give you a C-. Balls like that will help them stare down any issue until the end of times, but they will be destroyed when it comes down to student evaluations of their leadership.

Likelihood to survive: 60 per cent.

The research professor:

This professor doesn't even know the world is coming to an end since they're so far buried in their research. They're still pipetting as the bombs go off around them. If they do manage to survive,

Simon and Hayden - Lorena Morales



It goes without saying - Dawn Muenchrath

