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**The Cover**  
 Photograph by Mariah Wilson

# Enjoy Calgary's arts and cultural festivals this summer season

Summer will be here before we know it, and with it, Calgary's festival season. In this issue, we bring you a preview of one of the city's biggest events, the iconic Sled Island Music & Arts Festival. In its 13th year, Sled Island brings a unique experience to its 30,000-plus attendees and utilises more than 30 venues. Over the last decade and then some, Sled Island has helped bring to the forefront some of the most underrated music, art, comedy and film.

Often, when people think of our city, they think of the Calgary Stampede. While 'The Greatest Outdoor Show on Earth' is a boon to the tourism industry and embodies the city's history, there is plenty more to see and do this summer. Far too frequently, I hear people say, "There's nothing to do in Calgary" or "There's no culture in this city." That couldn't be further from the truth.

Calgary is a great place to be for film lovers — the Calgary Underground Film Festival still shows

films year-round that don't quite fit into their festival season, and the Globe Cinema and the Plaza Theatre bring independent works, as well as old classics, to the screen all year long.

As Sled Island shows, we're a hot spot for music. Calgary Folk Music Festival, in its 40th year, brings together well-known folk and indie artists and provides a platform for up-and-coming icons and rising-star singer-songwriters. August's Chasing Summer provides concert-goers with the largest Electronic Dance Music festival in Western Canada.

Calgary is home to plenty of cultural festivals showcasing the rich heritage that makes up the fabric of our city. Fiestaval promotes the culture of Latin America, from food to sounds and everything in between, while Mexifest shows off contemporary and traditional Mexican culture. There are events devoted to Turkish, Korean, Japanese and Caribbean culture among many others.

Night markets, vegetarian food



MARIAH WILSON

festivals, beer sampling events, riverside BBQ competitions and so much more are available to fill your calendar. While you're making summer plans, look for the deep-cuts — the festivals and events that reside off the beaten path.

As music venues continue to close around the city, choruses of "We were going to go check them out — it's too bad they closed," can

be heard. Remember to support events and festivals that you've always wanted to attend. Your attendance helps to ensure their continuation long into the future.

Calgary has a thriving arts and culture scene — sometimes you just have to look under the cowboy hat to find it.

Kristy Koehler  
 Gauntlet Editorial Board





## TOP STORIES »

## Top five campus news stories you should know about

Gurman Sahota  
News Editor

The month of May saw some newsworthy events on campus such as the first 77th Student Legislative Council meeting, Engineering Students' Society funding qualms and the Ballroom finishing up its six-month renovation project. Here's some stories you should know about.

## 1. SLC recap: May 14 and May 21

On May 14, the 77th SLC held their first meeting where they read bylaw amendments, as well as swore in three new representatives. Councillors Marley Gillies, Barney Miao and Michael Nguyen were sworn into their positions as Faculty of Arts representative, Schulich School of Engineering representative and Faculty of Science representative, respectively.

Further, the appointment of the second Haskayne School of Business representative as well as the appointment of a Faculty of Social Work representative were discussed on May 14 and then discussed again during the May 21 meeting. Huzzaifah Abbas for Haskayne and Marie Beaupre-Olsen for Social Work were appointed unanimously for terms that will last until the by-election in October.

UBike, a campus bike-rental program, also saw a Quality Money project extension in order to use the QM funds that were in surplus for said project — the council voted in favour of extending UBike to March 31, 2021.



The fate of ESS funding is uncertain as new academic year approaches.

MARIAH WILSON

## 2. ESS funding arrangement still 'unresolved': Schulich

This has been an ongoing financial struggle since the University of Calgary stopped collecting a mandatory \$10-per-semester fee via tuition in September 2018. At the time of publishing, Schulich School of Engineering had not committed faculty funding to the Engineering Students' Society for the upcoming 2019-20 school year, according to a spokesperson from the faculty. At the time of the fee change, U of C vice-provost student experience Susan Barker said last year's faculty funding was meant to "ease the transition."

## 3. MacHall Ballroom gearing up for summer business

After receiving a \$2 million budget for renovations — a budgetary expenditure set aside by the 75th SLC — the MacEwan Student Centre Ballroom got a much needed facelift. With these renovations, MacHall can now host concerts and events simultaneously in the Ballroom and in MacHall A/B, as well as have more dynamic events in the space.

## 4. Festival promotes relaunch of Calgary's iconic feminist magazine

A Calgary-based grassroots feminist magazine has been resurrected with a new name after being discovered in writer Vivian Hansen's home. *New Forum* will pay tribute to the original *Forum* magazine and provide a platform for local writ-

ers and artists. The inaugural issue asked contributors to be inspired by the original *Forum*. The magazine is set to be published annually for now, and may change as demand increases.

## 5. Adjustment to admissions percentages

Admission percentages for new students entering the U of C are adjusted according to program demand and seating capacity, according to registrar Angelique Saweczko. Since there has been an increase in students applying to university, the entrance percentage requirements have also seen a slight increase in order to keep up with demand.

## HACK ATTACK »

## Bookstore target of credit card skimming

Gurman Sahota  
News Editor

The University of Calgary confirmed that its bookstore was hit by a hacking attack, making this campus one of nearly 200 across North America compromised by such attacks.

The attack included skimming of credit cards while users were making online purchases and taking personal information during transactions. As a precautionary measure, the Bookstore website has been modified to only allow shoppers to view products, not make online purchases, until the incident is resolved.

"The online Bookstore was affected by a security incident involving a third-party vendor," said director of ancillary services Shane Royal in a statement. "We are working to restore this service and the university will be taking steps to notify the individuals affected by this incident."

Little else is known about the attack thus far, as the university aims to address the incident.

This is the first known incident of cyber-security breaching since the U of C was one of many targets of a malware attack three years ago. At the time, the University was forced to pay a \$20,000 ransom to cyber attackers who hacked U of C computer systems over the span of a weekend in May 2016. The attack resulted in IT creating 9,000 new emails for U of C staff members.

## EVENTS »

## Science Slam YYC a slam dunk with attendees

Kristy Koehler  
Editor-in-Chief

Science Slam YYC's inaugural event was a smashing success and future events are already being planned. The event aims to provide an informal medium for the science community to share their knowledge with the public, as well as other scientists, in a non-traditional way.

Presenters are allotted five minutes on stage to present on any scientific topic that interests them, and to do it in an interesting and exciting way. According to organizer Nick Butt, there are "no bor-

ing Power-Point presentations."

"People can play music, rap, dance, tell stories, use puppets — almost anything," he said. "Someone danced their science. Someone used a Taylor Swift song to talk about all the stages of pregnancy."

Butt, a University of Calgary masters student, along with Cumming School of Medicine professor Jeff Dunn, are part of Science Slam YYC's organizing team.

Started in Vancouver, Science Slams are spreading across the country, bringing scientific topics to the forefront in a fun way.

"The slam format gives people

a manageable, approachable, less threatening, more fun way of getting some exposure to science," said Dunn. "I think it breaks down a lot of barriers and gives people a lot of ways of thinking about science."

Presenters are judged on their ability to convey their topic to the audience and the judges, who may or may not have a science background.

"You're judged on your scientific content, the audience participation — actually engaging the audience in some way — and your communication skills," said Butt.

What's on the line?

"Pride," he laughed.

During the inaugural Calgary competition, Butt acted as the 'sacrificial slam' — the opening act who primes the audience for what's to come. Butt says the sacrificial slam is a way to get more people involved who might not want to compete.

"They're not being judged in the competition but they're there to give everyone a sense of what it's going to be like," he said.

Attendees can expect to see six or seven presentations throughout the course of a Science Slam and plans to expand the event are in the works. It sounds like expan-

sion will be needed, as tickets sold out before the first event.

"We had people waiting in line at the door who didn't get tickets online," said Butt. "There were more people interested than we could fit."

Dunn says the group is always looking for new people to join as part of the organizing team, and are actively looking for science slammers who want to get creative with their own research.

Ticket prices are currently set at \$5. Event dates and more information are available on the group's Facebook page at Science Slam YYC.



## SUSTAINABILITY »

# University of Calgary employee launches Zero Waste Festival for single-use plastics

Kristy Koehler  
Editor-in-Chief

University of Calgary employee Isabelle Couture is leading the charge against single-use plastics in Calgary. She, along with former U of C employee Briana Loughlin, co-founded Plastic-Free YYC, a non-profit devoted to reducing waste in Calgary, especially waste created by single-use plastic items.

"We strive to involve all sectors of society, whether it's Calgarians, businesses, governments — we do truly believe that we all have a role to play in addressing the issue," said Couture. "In terms of involving Calgarians we host a lot of educational, social events to build community and have people learn about zero-waste and reducing their waste in a safe, welcoming environment."

One of those events designed to engage Calgarians is the upcoming Zero Waste Festival. Scheduled for July 20 in East Village, the Zero Waste Festival is the first of its kind in Alberta. The festival will feature musicians, vendors and speakers, and will draw attention to Plastic-Free YYC's cause as well as providing funding for their continued operations.

"It's going to really help us set up for success for the remaining year and for the future so we can con-



The Zero Waste Festival is devoted to reducing waste in Calgary.

Courtesy PLASTICFREEYYC

tinue our operations," said Couture. "We're volunteer-based — we're all doing this out of sheer passion."

Couture stressed that the term 'zero waste' isn't about alienating anyone, nor is it about going cold-turkey on plastics tomorrow.

"It's about creating less waste and having a lower impact on our environment," she said. "We welcome everybody — no matter where you are in your zero-waste journey. We're wanting to build community in a fun way"

Plastic-Free YYC has already had some success — the team was responsible for launching last summer's Last Straw YYC campaign that aimed to have restaurants go straw-free for at least a day. The effort saw more than 60 restaurants, bars, pubs and other local businesses commit to the initiative with several staying the straw-free course permanently.

Couture and her team are also responsible for nudging the City of Calgary into considering a city-wide strategy for reducing the use of sin-

gle-use plastics.

For those concerned about the cost of going plastic-free, Couture says it's a fair comment and something she hears often from businesses and community members.

"What I would like to tell them is that yes, it's an investment. But then, you're saving money," she said, citing coffee shops that give you a discount when you bring along your own personal mug as just one example. "No matter what, when we think about waste, we are all paying

for it as part of our recycling and taxes that go into the waste management from our city. It is a cost on us whether we see it or not. If we were all to try to reduce our waste before it even happens, we would collectively save a lot of money."

According to Couture, the university has been incredibly supportive of her work — she and Loughlin won the institution's 2018 Sustainability Award.

"It was really exciting to be part of that and receive the award from then-president [Elizabeth] Cannon," Couture said. "When we first applied, we had been in operation for three or four months — we were just getting started. To be able to get the recognition already to show that we are providing something of value to the community and on campus was really nice, and to get the word out there and raise awareness about the issue."

Plastic-Free YYC's Zero Waste Festival is free for attendees — fundraising dollars are coming from vendor tables, donations and sponsorships. The group is still looking for additional sponsors.

"Any help will go a long way to help us host the event and help our operations for the year to come," said Couture.

For full details and a list of speakers, musicians and vendors, visit the festival's website at [plasticfreeyyc.com](http://plasticfreeyyc.com).

## EVENTS »

## Speakmasters promises stress-free public speaking

Mitali Pradhan  
Gauntlet News

Celebrating its 30th year as a club on campus, Speakmasters is continually striving to help students improve their public speaking skills. As a chapter of Toastmasters International, the club gives students the opportunity to speak in front of an audience in a safe environment.

Incoming president Faiza Farooq compared the experience to exposure therapy. She stressed that even if students are afraid of the idea of speaking to an audience, stepping out of their comfort zone and participating in the club can help them realize it's not as difficult as it seems.

The structured meetings begin with introductions and time for members to give prepared speeches. This is followed by Table Topics, which gives drop-in guests, along with members, an opportunity to

participate by giving impromptu speeches on a provided topic.

In addition to improving public speaking skills, Farooq stated that the meetings are also an opportunity to gain exposure to different ideas. The meetings, consisting of alumni, students and individuals not affiliated with the university, showcase different perspectives as a result of everyone's unique backgrounds.

"The good thing about being here on campus for a really long time is that we get alumni too," said Mendoza. "Those veterans can speak and motivate newcomers."

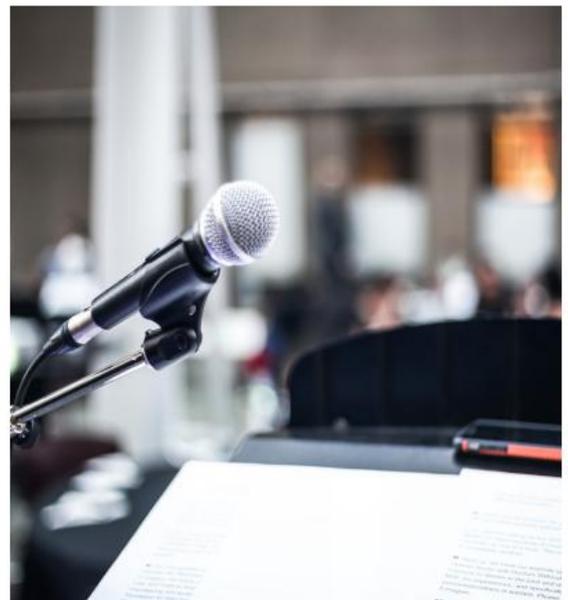
The multiple perspectives and wide variety of people present at each meeting also help to guide individuals towards improving as a speaker. Neliza Mendoza, the previous president of Speakmasters, stressed the importance of understanding other people's impression of you as a speaker as a way to improve in the future.

At the end of the meeting, each speech is evaluated with constructive feedback and awards are given to select individuals. The club offers several mentorship opportunities with alumni as well.

The club is currently looking for students to apply for executive positions, such as vice-president of education, vice-president of finance, and vice-president of administration. In addition to leadership positions, the club currently has 20 regular members and encourages new students to join.

The club encourages students to drop in to their Thursday meetings, running from 6:30 – 8:00 p.m. in the Executive Chambers in MacHall. In addition to contributing to Table Topics, drop-in guests and members can also volunteer for timekeeping roles and everyone is encouraged to write constructive feedback on ballots for others.

For more information, visit the Speakmasters ClubHub page.



Speakmasters hones skills in a safe environment. MARIAN WILSON



RESEARCH »

# 'When they became explainable': U of C prof talks serial killers

Gayathri Peringod  
News Assistant

Sasha Reid has become something of a celebrity.

A sociology professor at the University of Calgary, Reid has recently been in the news for her work developing a database of infamous serial killers from around the world. Her lesser-known database of missing and murdered persons led her to accurately predict that a serial killer was operating in an LGBTQ+ community in Toronto over the past decade, an action that garnered her even more media attention in 2018.

Reid seems bewildered by it all. "People make my life sound a lot more interesting than it is. I stare at a computer for 12 hours a day," she said.

Explaining how she got into her line of work, Reid recalls a moment well into her master's degree when she realized she couldn't study developmental psychology anymore — "I just don't like children," she explains. She went to her thesis supervisor and told her that she didn't want to work with children anymore because she was deeply interested in violent criminals and serial killers, a startling admission that Reid laughs about now. Her supervisor, knowing her well, told Reid that she'd be making a mistake if she thought that the development of serial killers was unimportant.

Reid now holds two master's degrees, one in applied psychology and child development and another in criminology and socio-legal studies. She is currently pursuing a PhD in developmental psychology at the University of Toronto.

The database for which she became known to the likes of CBC, VICE and *Maclean's* started as a nerdy hobby she worked on after her classes and quickly gained momentum, becoming part of her research at the U of C. Reid describes her database as a collection of information from journals and transcripts of serial killers, focusing specifically on developing the profiles of the criminals' childhoods. Her hope is to find a commonality among the profiles that may help to explain their later behaviour.

So far, she has one idea about what is common among them.

"One commonality is psychopathy," she says. "There's no causal link, but it does appear to be a common feature in the profiles we've built."

Reid admits the database is a strange hobby to pursue, but reasons that it likely stems from her own childhood.

"I've always been fascinated with dark things," she said. "I grew up



University of Calgary sociology professor, Sasha Reid, discusses killer database. MARIAH WILSON

living across from a forest with a best friend whose mother was a Wiccan. In many ways, horror has always been associated with safety for me."

She hesitates to say more, and moves on. Only later does she divulge that her step-parents were psychopaths.

"For a long time, I believed in monsters," she said. "My step-parents were monstrous, and I always thought they were monsters. Later, when I became interested in psychopathy, I started noticing its characteristics — guilt, remorse, lack of empathy."

It suddenly dawned on her that her step-parents were not monsters,

rather than the victims, are far more numerous, she chimes in, her eyes flashing with indignance.

"It's remarkable," she says. "I don't mean to disparage the media because they only cater to their audience but it is surprising."

Reid believes this has much to do with the identities of the victims.

"The missing and murdered victims in my database are often Indigenous," Reid says. "They are also often deemed not as noteworthy."

When I am skeptical that the news channels of this country can be so overtly racist, her eyes flash once

Her identity has always been a complex road. Reid describes how she learned that she was Métis, finding it out much later in life than most.

"I grew up as the definition of privilege. I lived in a beautiful home on the lake and didn't take notice, really, of what was happening around me," she said. "In high school, the racial tensions escalated. I remember Indigenous kids being escorted around by police. Again, nothing struck a chord."

"It was only when I was applying to university that my stepfather mentioned that I should apply as Indigenous because I was Métis. It came as a shock. I realized that I was basically complicit to the racism my entire life." Soon thereafter, she decided to quietly devote herself to the Indigenous cause, becoming a sworn ally ever since.

Reid tells me all this as we sit in The Den on a sunny Thursday afternoon as Calgary defrosts and slips into spring. Sipping a beer and chatting to me as though we were old friends, Reid carries an air of humility and self-awareness that makes her professorship at the university and her career success all the more impressive.

When asked about what awaits her in the future, Reid shrugs.

"I have no idea how I got here," she says, and then chuckles. "That'll be a fun revelation for your article — 'Professor has no idea what she's doing with her life: Welcome to adulthood, we're all still trying to figure it out.'"

**// In many ways, horror has always been associated with safety for me.**

— Sasha Reid, University of Calgary sociology professor

rather, they were psychopaths. It was an oddly comforting realization — "when they became explainable, they became understandable."

She takes this attitude towards those she studies as well.

"These people are not monsters," she said. "They are deeply troubled — they need help."

This empathy she has for the killers she scrutinizes does not lessen the empathy she has for their victims. When I point out that the number of articles devoted to the killers in her

STUDENT SERVICES »

## Academic Turnaround fee incoming

Kristy Koehler  
Editor-in-Chief

The Academic Turnaround program (ATP) at the University of Calgary will now come at a cost of \$500. The program is intended for students whose grade point average is not sufficient to continue in their program and as a result, are facing a Required to Withdraw notice.

Students in participating faculties who may be required to withdraw from their programs due to their GPA falling below the threshold currently receive a letter from the dean or designate inviting them to participate in the ATP program. Up until this point, the program was offered free of charge to students.

U of C vice-provost student experience Susan Barker said that the program has become more extensive and thorough over the last four years. As a result, it necessitates charging a fee.

"The support provided in the program has increased," she said. "It's become more systematic. We've got more faculties involved in the program and what we've found is that, when a more systematic approach is taken, that the success rate of the students is much more significant."

"It's been this organic development of the program and so it's come to the point now where it is a really comprehensive suite of workshops and one-to-one support that, in order for us to sustain it, we are implementing a fee."

Barker says that the fee keeps the U of C consistent with the academic landscape across North America, citing fees from \$500–\$1,500 at other institutions offering similar programs. There are also alternatives such as upgrading at other universities, but Barker notes that there are costs associated with those as well.

The financial investiture would also make sure that students are committed to the program and to their eventual success, according to Barker. She noted that ultimately, ensuring students succeed is the main goal.

"We want our students to get that extra support to be successful and go on to complete their degrees," said Barker.

Students registering for ATP in the fall will have the \$500 fee assigned to them in their student centre.



## SEXUAL VIOLENCE SUPPORT »

# Sexual violence support advocate situates role within university eco-system

Gurman Sahota  
News Editor

Created two years ago, the role of sexual violence support advocate provides critical support to those affected by sexual violence. The *Gauntlet* sat down with Carla Bertsch, to talk more about her prior work experience, how the role works within the university and how students can acquire help through her.

**The *Gauntlet*: How did you get into this role?**

**Carla Bertsch, sexual violence support advocate:** I've done a lot of work in the justice system. I used to work with young offenders, an incredibly marginalized group of people. I've worked with the homeless population, done mental health and forensic mental health work. Most recently, before this role, I was working at a domestic violence shelter, as an associate director. I have a trauma background with fairly extensive training in trauma and I'm trained in Eye Movement Desensitization and Reprocessing therapy. It's psychotherapy predominantly used for folks who have experienced trauma and was developed mostly with war vets in mind. And now, it's used for quite a few things, including sexual violence. All of these things have really brought me to be able to do this work in a way that I think helps situate moments in time for people in a bigger way than they can do on their own.

Being able to listen to a conversation and hear racism and how somebody was treated, that they might not have recognized because we're so conditioned to [...] think it's not a big deal and we should just move on. Especially people who are mistreated, those of a different culture, different race, religion, gender, sexuality — whatever it might be — you're so conditioned by the dominant group to just put your head down and keep going. I think that's where a lot of my education background has really helped me pull out those moments in time for people and say, 'No, I just want to show you what I'm seeing.' I can just see the weight lifted off people's shoulders. It's one thing to tell somebody it's not their fault — which is true. It's another thing to be able to say, 'Let me situate this moment in the past hundred years.'

People have said to me, 'No one's ever given me that perspective.' And I think it helps people process that moment a little bit better, because there's so much internalized victimization happening still, people experiencing sexual violence, really believing in something that they did to cause that event to happen. They shouldn't have been drinking, they shouldn't have been walking alone, they shouldn't



Carla Bertsch aims to ground role in client-centric practices.

Courtesy RILEY BRANDT

have invited so-and-so over. None of these acts have anything to do with it. I think we've lived in such secrecy and shame around sexual violence that so many people are still internalizing it and doing a lot of their own victim-blaming.

**G:** What goes into your role?

**CB:** I always say there's two parts to it — one is the support and advocacy piece. The policy points to this role as being the first point of contact for people. For a couple of reasons, I think the training and education that I come with helps facilitate a conversation in a different way than say, security, might

side that's watching the process and giving them some guidance on what is in their best interest and making sure that their rights and their needs are being taken care of. I know who to connect with, who to talk to. If they need an outside supporter or we want a quick question answered, I can call up a friend who's in legal somewhere — things that maybe students don't have access to — and get some really strong, accurate answers to some difficult questions.

I'm doing this day in and day out. It's all I do. It's all I read. It's all I talk about. I'm seeing victims and survivors all

to 48 hours. It's usually really quick.

**G:** Due to the nature of your role, how do you combat things like burnout while being in such a critical role?

**CB:** I subscribe to a theory and an opinion of an academic from UBC, her name is Vikki Reynolds. It is not the people that cause me burnout. People are beautiful and brilliant and resilient. And the stories I hear — I am honoured every day that somebody would share their story of resistance, because that's really what these stories are about. It's not the clients that make this work hard, it's the systems. And so Vikki Reynolds talks about vicarious or

“The victims and survivors who, as much as I shouldn't have to qualify or quantify my work, they shouldn't have to qualify or quantify their existence.”

— Carla Bertsch, Sexual Violence Support Advocate

be able to — not that they're not well intended, or have their hearts in the right place. It's just a different training or skill set, really being able to have that initial conversation with somebody in a way that even fosters them to want to think about reporting or healing, and what that might look like.

Sometimes they need academic support. They might need accommodation of some kind. They may be missing an exam or paper, so I facilitate conversations with faculty that can be pretty tricky for a young person to want to talk to an older professor about, who often might be male, while the victims might be female. It's a pretty awkward conversation to have with that power differential.

And then the other piece is just advocating for their rights in the process. We know the rates of conviction in the criminal system are almost zero — it's 0.1 to 0.3 per cent of these things that are convicted — so just making sure that they've got somebody on their

day long every day, talking to professionals. Whatever question you might have, I've probably got an answer to and if I don't, I know somebody on speed dial who does.

**G:** What are some steps that a student can take to access you or your resources?

**CB:** It's not much of a process at all. Right now, people are just emailing me personally asking to meet and then we set up an appointment together. I do discourage people from just showing up. Only because I'm so busy that often, if you just show up, I'm probably not available, and it would really, really be hard for me to ask somebody to come back. So I do try to ask people to book an appointment. Outside resources, and even our counseling here are sometimes three weeks or longer to get in. You can get in with me in 24

secondary trauma, not by the people we serve, but the systems and the barriers. And it gets so hard — the criminal system is not perfect. When someone is suffering secondary victimization from [those systems] or institutional betrayal, either by us or by the police or by the medical system, those are the pieces that can cause burnout. You know what's right, and you want to help somebody. And when I can't — since I don't have enough power to influence some of these larger systems — when this is the end of the road and I just can't make it happen, that's the part that weighs heavy.

I think systems are trying to do their best, but it's an imperfect process. I try to have those conversations really honestly with people so they know what they're getting into because I think we believe systems were created to help us. If you go in with that attitude, not realizing that there's a chance it might not work out the way you hope, that can be really devastating for people —

and it's super hard on me. What causes burnout is constantly feeling like you're running up against roadblocks with particular supports.

**G:** How do you feel about providing metrics to justify your role?

**CB:** With this software, not only can I better collect information on how many people I'm serving, but what types of services I'm offering. Are they asking for things I can't offer? I want to track some of the consequences — what are you experiencing as a result of this trauma? Are people having sleeping disruptions? Eating disruptions? Are they suffering job losses? What are some of the data that I can pull out to support not me, but the people I see. The victims and survivors who, as much as I shouldn't have to quantify or qualify my work, they shouldn't have to quantify or qualify their existence and their pain and their struggle. I think because we live in a patriarchal society, and this often affects women, that probably plays into a little bit of that added emphasis of needing to prove. That being said, I think lots of people who are asking for funding still have to prove the need is there.

The other piece of the software is that I can track hours, in terms of asking for support and asking for support in the role for a couple years. If you can't prove how much time you're putting into the work, then it doesn't really justify bringing on another person. I can also write down every presentation I do — who's in the room? At the end of the year, we know how many students received a particular amount of training — how much faculty? how many staff? — so we can see, are we reaching our students? Do we need to reach faculty more? It's an incredibly robust system, and I've got a multi-factor authentication system on my computer, so it's super protected. We can use that data to improve our process, to improve our services, to lend support.

**G:** Finally, what would you like students to know regarding your role?

**CB:** I still don't think enough people know the role exists. So many times I see somebody, and they're two months into a process, and they'll say, 'Why didn't I start here?' I think having a central place to start is what I would call client-centric, or trauma-informed. Otherwise, you're going to so many different people and getting so much different information, and for the most part, I should have answers to almost any question, so you just have to deal with one person.

To reach out for support regarding sexual violence, or to get more information, email Carla Bertsch at [svsa@ucalgary.ca](mailto:svsa@ucalgary.ca).



## ARTS &amp; CULTURE »

REVIEWS »

## New Music: The Mountain Goats

Nikayla Goddard  
Archivist

Riding a fine line between enchanting and haunting, nostalgic and expectant, The Mountain Goats' seventeenth studio album *In League with Dragons* provides a patchwork quilt of emotions in all of its twelve tracks. Channelling strong and occasionally discomfiting essences of tabletop roleplay games like *Dungeons and Dragons*, the album captures a fantastical escape from reality. Much like how games like D&D speak of humanity through metaphors and adventures in fantasy worlds, *In League with Dragons* does the same, with style.

One component of the album that is particularly exceptional is how distinct each song is from another while still maintaining a thread of hopefulness and underlying unease. The album swings between more upbeat songs like the title track or "Doc Gooden," and somber, disquieting tracks like "Going Invisible 2" and "An Antidote for Strychnine." This odd sensation is encapsulated in the opening track "Done Bleeding," recalling a dreary reality pocketed with wished moments of escapism in the piano and guitar riffs between a steady drumbeat.

The next track "Younger" transports us into a fantasy world,

conjuring a darker setting that is readying for war. The tension that the imagery creates through the paced but foreboding music is captured in the lyrics "Big smile on my face / Capsule just in case / Underneath my tongue" that gives an otherwise normal D&D adventure snapshot an unnerving bite. "Done Bleeding" and "Younger" together set the tone for the rest of the album, which picks up in mood but carries the subtle undercurrent of a blurred reality and fantasy world.

Other songs that reference D&D include "Clemency for the Wizard King," "Possum by Night," the titular "In League with Dragons," and "Sicilian Crest." These tracks are performed in different styles but hold a fascination with fantasy other songs in the album can't hold a candle to in terms of simple but vivid imagery. "Clemency for the Wizard King" in particular strikes a balance between light guitar and simple two-toned lyrics that transports you to that forest glade the referenced characters stand in.

Not all the songs in the album are inspired by D&D — "Doc Gooden" recalls the former-Major League Baseball pitcher with a catchy riff, and "Waylon Jennings Live!" channels the titular singer-songwriter through modernized Western vibes in a similar manner to the shades of country music in the title track.



*In League with Dragons* was inspired by tabletop game *Dungeons & Dragons*. Courtesy JEREMY LANGE

The Closing track, "Sicilian Crest" encapsulates the 'call to adventure' of many fantasy stories. It's also a final pull from reality into this new world — the lyrics urge you to "Wait all your life to see what you see" and "Open up your eyes and be free." With synthesizer beats reminiscent of the

'70s and '80s when tabletop role-playing games were coming into their own, this hopeful song finishes off the album beautifully.

It's commonly acknowledged among those who play D&D that any character you play is a piece of your own essence. Regardless of how your characters act in

comparison to you in real life, because you take the time and effort to play them they are a part of you as much as you are a part of them. I have no doubt that the heart put into this album is much the same for both The Mountain Goats and anyone entranced by the variety and power of each song.

FESTIVALS »

## Decimate Metalfest coming to Calgary

Kristy Koehler  
Editor-in-Chief

Calgary metal fans can say something other than yahoo this Stampede season. Decimate Metalfest takes place July 5-7 this year and aims to showcase the best of the underground metal scene.

Festival organizer Sloan Voxx, also the singer for local metal band SYRYN, says that there will be something at Decimate for everyone.

Twenty-five bands are scheduled to take the stage over the three-day festival. Friday and Saturday's shows are adults-only but Sunday's lineup is an all-ages affair.

"We've got progressive metal, we've got thrash, death metal, power metal, metalcore — it's an array of metal subgenres," she says.

Now in its second year, Decimate Metalfest takes place at the County Line Saloon.

"Hopefully we appeal both to people who aren't really all about Stampede and then also the people who want to party afterward," says Voxx.

Metal fans in country attire? "Why not?" she says. "I think it'll be fun. With the new bus line that's straight up 17th Ave., it's super easy to get to."

Decimate has plenty of bands in the festival's lineup that have never played in Calgary before.

Saskatchewan's Into Eternity are the main headliner, touring with their new album for the first time. Calgary band Hammerdrone headlines Friday and Planet Eater is the feature draw for Sunday's all-ages event along with a roster of other local metal bands.

Decimate has plenty of bands in the festival's lineup that have never played in Calgary before.

"We thrive on the opportunity to showcase these bands for the first time in our city," says Voxx.

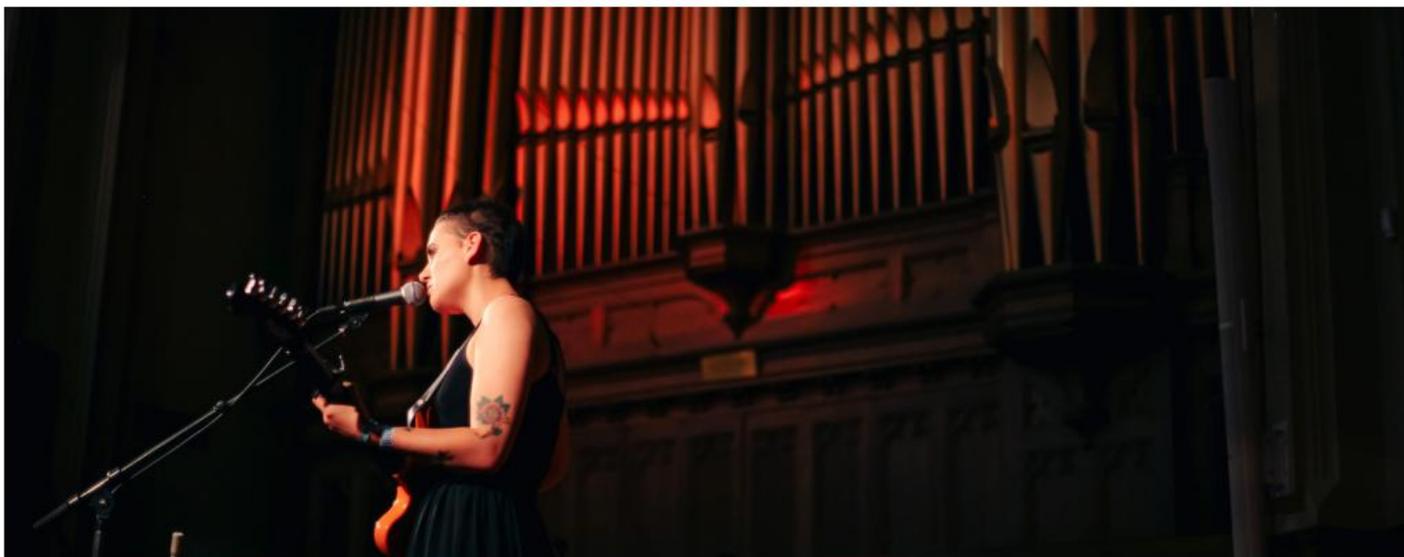
Tickets are available on showpass.com and in person at Sloth Records and at New Level Brewing. Partial proceeds from Decimate go to Little Mutts Rescue Society. See the full lineup on Facebook at Decimate Metalfest.



Decimate Metalfest will run July 5-7.

Courtesy GABRIEL BARLETTA





MARIAH WILSON

## Your day-by-day guide to Sled Island

Troy Hasselman  
Arts & Culture Editor

The Sled Island Music & Arts Festival, a Calgary festival and cultural institution, has grown to be one of the biggest draws in the city's busy festival season as the downtown core is transformed into a playground for lovers of music, film, art and comedy. With countless bands, art installations, comedians, films and special events to choose from, the large lineup can be intimidating and overwhelming. To help you with that, we spoke to Sled Island executive director Maud Salvi about the numerous things to see and do during the expansive festival that runs from June 19–23.

### Tuesday, June 18:

The action begins with a rollout on Tuesday of Sled Island traditions such as Quiz Shoe, the Sled Island-themed trivia night at Broken City and the first concerts of the week at the Sled Island Kick-Off Party at Commonwealth Bar & Stage. The Kick-Off Party will take over both the main floor and basement of Commonwealth. This will showcase many of the local bands featured in the festival, including Sled veterans Crystal Eyes, Carbolizer and Sunglaciers, while also including first time Sled acts like NETRVNNER. This focus on local acts is a trademark of Sled Island's lineup and a major part of what makes it such an important festival and community fixture.

"We want Sled to be representative of Calgary. It's really a community festival," Salvi says. "For us, it wouldn't make sense to have local musicians deeply involved with us. It's really good to nurture the

scene in the sense that it gives local artists a really good platform to play in front of more people than they would the rest of the year. It also gives them a chance to have them play with artists they really look up to and have influenced them.

"Also having them play with other Canadian artists from other provinces gives them a chance to build relationships," continues Salvi. "Say, a band from Alberta and Quebec play at the festival and really get along they could help each other book tours and play together beyond the festival."

The first days as well give festival-goers their first chance to look at the many art installations that will be open throughout the festival. These include multimedia works, pieces inside Sled Island music venues and partnerships between Sled Island and local galleries and arts organizations and staples of the festival such as the annual Sled Island Poster show which will be held in the rumpus room of Pin-Bar again this year.

"The poster show is definitely an institution within Sled Island — we've had it since year one and it's always really nice to be able to pair our local illustrators with artists," Salvi says.

Tuesday will also showcase art exhibitions such as *your one & only* by Skylar Eyre and Gabby coates at the Marion Nicoll Gallery. *Translated landscapes is curated* by Richelle Bear Hat and will be on the main floor of the Memorial Park Library and a multimedia piece called *Meshes* by Anna Semenoff and Jordan Schinkel at TRUCK Contemporary Art.

### Wednesday, June 19:

Wednesday is the first official day of the festival and will involve numerous art exhibitions, a dizzying amount of shows, events and even a movie to watch.

Some notable headlining shows on Wednesday include indie-pop introvert Japanese Breakfast at #1 Legion, who is a selection of guest curator Julien Baker. Garage-rock experimentalists, Obnox will bring their unique and chaotic show to Broken City. Haunting singer-songwriter Cass McCombs will play the Central United Church. Queer-rap innovator Lelf will play Commonwealth and New Jersey riff-rockers Screaming Females will headline Dickens. Local favourites 36? will headline a CBC showcase at the King Eddy and post-punk child-prodigy-turned-veteran dancefloor powerhouse Chandra will play the Palomino while local swamp-punks Calisthenics headline upstairs.

These are some notable names among countless other headliners at venues across the city. These shows complement the many more art exhibitions that will open on this day during the festival. *Getting ready for my haunting* will open at the ATB art vault on Stephen ave. *Strike, Dip, Spin* by Yuli Savage will open upstairs at the #1 Legion with video installation *A Monster and An Animal* by Miguel playing in the basement. All of these installations will continue throughout the festival.

"This is something we really like having — art directly inside the music venue — because it makes it really easy to enjoy multidisciplinary art in the same space," Salvi says.

Sled Island's film lineup will also debut Wednesday with *Recorder: The Marion Stokes Project* play-

ing at the Globe Cinema. The film is a work by Matt Wolf who scored acclaim for his 2013 documentary *Teenage* that explored youth culture. Recorder follows the titular Marion Stokes who recorded television 24 hours a day for 30 years and amassed a collection of 70,000 VHS tapes. The film includes music from Sled Island alumni Owen Pallett and is sure to be a highlight of the festival.

### Thursday, June 20:

The festival continues on Thursday with another packed day of shows including a double-bill at the #1 Legion of reunited experimentalists Fly Pan Am and the prog-influenced instrumental rock of the Messthetics, which includes the rhythm section of post-hardcore legends, Fugazi. The jamming continues upstairs at the #1 Legion with a set from Vancouver jazz-funk trio Yep.

Broken City will be headlined by singer-songwriter and Julien Baker selection TORRES while Los Angeles singer-songwriter Jessica Pratt will bring her soft-spoken songs to Central United Church.

Miami's TORCHE will headline Dickens Pub while Commonwealth will play host to a highly anticipated set from the abrasive noise rapper and guest pick of curator Julien Baker, JPEGMAFIA. Salvi recommends passholders show up early to get inside the venue before capacity is hit.

"JPEGMAFIA is already sold out from individual tickets but definitely people should be showing up early to make sure they get in," Salvi says.

Hifi will play host to a multimedia show from the dance duo of Sinjin Hawke and Zora Jones

while Screaming Females will play the King Eddy. The Grammy nominated Rapsody will headline the Palace Theatre while Detroit indie-rockers Stef Chura will play the Palomino basement. The Ship & Anchor will play host to melodic pop-punk from Julien Baker selection Worriers in a show presented by the Gauntlet. Tubby Dog will host another set from Obnox while the Studio Bell Performance Hall will host Ukrainian pianist Lubomyr Melnyk in a rare performance.

"That's been a really long time coming," Salvi says. "He is from Ukraine originally, but has lived in Canada for part of his life, it should be a really special show."

Thursday will as well be the opening night for Sled Island's comedy lineup at The Tea House hosted by Amy Edgar in a showcase of local comedians.

"Comedy is always such a highlight of Sled," Salvi says. "Evan Wilson, who is our committee curator, always does such a great job and has such a diverse lineup which is really great."

The Globe Cinema will screen the 2018 documentary *Echo in the Canyon*, which explores the impact of the Laurel Canyon singer-songwriter scene of the late '60s and early '70s.

### Friday, June 21:

Friday will have another double-bill at the Legion with garage rockers, Kid Congo Powers + the Pink Monkey Birds, led by the former-member of legendary groups, such as The Gun Club, the Cramps and Nick Cave & The Bad Seeds with a set from blues-punk firebrands Oblivians. Berlin art-rockers, GYM Tonic will bring their noisy, new-wave influenced sound





Sled Island's lineup consists of 150+ acts at venues across downtown.

MARIAH WILSON

to the upstairs of the Legion.

Broken City will host two separate showcases on Friday, with an early-day slot from local heroes Melted Mirror and a night-time headlining slot from Los Angeles' Death Bells. The Commonwealth main floor will play host to an afternoon showcase from legendary Vancouver punk label Mint Records. The King Eddy will have a drony but dancy set from Toronto's Ziibiwan. The Palace Theatre will give the one-two punch of Bully and Hop Along, both selected by Julien Baker in what promises to be a highlight of the festival. The Palomino main floor will have bands playing all day while the basement will be headlined by Oakland sludge-rockers Kowloon Walled City.

Pin-Bar will host another set from Worriers, while R&B merry prankster Har Mar Superstar will play a set at the Ship & Anchor. Black Belt Eagle Scout will headline the Studio Bell Performance Hall in the second set of the festival for the Julien Baker selected singer-songwriter who will also be playing at Broken City the night before. Patricia A. Whelan Performance Hall at the Central Public Library will make its debut as a Sled Island venue on Friday with a set from ambient veteran, William Basinski, in what Salvi believes will be a highlight of the festival.

"The William Basinski show should be really cool because William Basinski is great and it will also be our very first show at the new Central Library in their performance hall," Salvia says. "The direct opener for William Basinski is Muqata'a, whom I'm excited to see because I think he's the first Palestinian artist we've booked and I think his music is amazing."

Friday will host another comedy showcase at The Tea House with sets from an all-Canadian lineup that includes *This Hour Has 22 Minutes* contributor Adam Christie.

A showcase of short films from the ImagineNATIVE Film + Media

Arts Festival — in another collaboration between Sled Island and the Indigenous film festival — will screen on Friday.

"We started collaborating with them last year as part of National Indigenous Day programming which was really successful and we thought they had really good content so we partnered with them again for two different screenings," Salvi says. "One is short packages and the other is feature length."

**Saturday, June 22:**

Saturday will include sets from the ethereal singer-songwriter Cate Le Bon on the main floor of the #1 Legion while a showcase from the Pop Montreal festival will play upstairs. Broken City will again host two showcases, with afternoon sets as part of the CTR/Discorder showcase at Broken City, while the Natural Selection DJ's will spin the night away later on. The Commonwealth basement will play host to electronic music from Leucocuta, while upstairs will have the space-age UK jazz of the Comet Is Coming in what Salvi believes will be another highlight of the festival.

The science-fiction influenced surf-rock of Man or Astro-Man? will come to Dickens while bass duo My Nu Leng will play the Hifi Club. Ian Blurton's Future Now will bring their stoned take on garage rock to the Palomino basement while bands will fill the main floor for the full day on Saturday. Pin-Bar will have two showcases with an afternoon headlining set from Kowloon Walled City and an evening show from the Shiverettes.

Kid Congo Powers + the Pink Monkey Birds will play another set at the Ship & Anchor while the Sled Island Block Party will have sets from festival highlights including Har Mar Superstar and My Nu Leng. Tubby Dog has all-ages shows throughout the day on Saturday while guest curator Julien Baker will headline the Palace Theatre in what promises to be a breathtaking show.

Saturday will also include another film showcase from ImagineNATIVE with the feature length Tia & Piujuq playing at the Globe Cinema.

The Patricia A. Whelan Performance Hall will have another comedy showcase that will be headlined by bona-fide comedy legend, *Everybody Loves Raymond* star and *Late Show with David Letterman* staple Andy Kindler.

Saturday will also include special events within the festival such as the Music Lover's Weekend from the Central Memorial Library.

"We've been working quite closely with the Memorial Park Library. They do a lot of great things for music on a year round basis, they have an instrument library that is available to people all year round," Salvi says. "The weekend of Sled, there will be a lot of free workshops for people who want an easy introduction to playing an instrument. For people who already have a basis of primary music-making skills, or full-on beginners, you can just

drop by — the workshops are pretty quick so you don't have to dedicate a whole day."

The *We are Not an Island* Queer Zine Fair will take place at the new Central Library this year that will compound a panel discussion on spaces for queer art and a workshop on how to create zines.

"This year, we're having the Queer Zine Fair at the Central Library, which is exciting because I think it will open it up to a whole new audience and so in correlation with the fair we're doing, we're having a panel discussion around queer art spaces on the Saturday," Salvi says. "On the Sunday we have a zine-making workshop so people who've always looked at zines from afar and want to get hands-on can start doing their own zine. We're also working with Pink Flamingo to have a little after party with people in the Lukes cafe attached to the library to end the festival on a high note."

People looking to get some exercise during the week of Sled Island are in luck — the post-apocalyptic themed Mad Max ride going from north of the Stampede Grounds to Inglewood encourages goers to dress up in post-apocalyptic garb as they journey to the Sled Island Block Party. As well, yoga will be happening on the lawn of the Memorial Park on Sunday morning for anyone looking to wind down and relax after a packed week of music.

**Sunday, June 23:**

The festival wraps up on Sunday with shows at the Central Memorial Park Library and the traditional Sled Island Pig Roast at the Palomino with bands playing both floors throughout the day, including sets from Kid Congo Powers + the Pink Monkey Birds, Har Mar

Superstar and GYM Tonic.

More events will take place at the Memorial Park Library as part of their Music Lovers Weekend and the festival will close off with the traditional Sled Island karaoke party at Broken City.

"I would say for anyone who is able to make it to the karaoke on Sunday night, it is always such a fun event because it doubles as our staff closing party," Salvi says. "Though there is still some work to do, it offers everyone a chance to let loose a bit and talk about the last week of shows. It is a really big tradition that we very much love."

If you are unable to make it to the festival this year, keep your eyes peeled for events presented by Sled Island, as the organization is a community fixture involved in the music scene on a year-round basis. The festival is currently collaborating with the National Music Centre.

"This year, we launched a seasonal concert series at the National Music Centre, which we're really happy about. We had our first edition earlier in May with William Craig," Salvi says. "The second one will be in September with Sarah Neufeld from Arcade Fire and Bell Orchestre, which will be really cool and there will be one each season after that."

Passes for Sled Island can be purchased online through their website or picked up at Sloth Records or Lukes Drug Mart. Individual tickets are also available for Sled Island shows and the festival has introduced day passes this year, for people interested in doing single days of the festival.

**NOTE:** The Gauntlet is a media partner of this years Sled Island Music & Arts Festival



Aside from music, Sled Island offers a variety of activities, like Yoga.

MARIAH WILSON

ARTS



UPCOMING EVENTS »

# New York music scene veteran Chandra performing in Calgary

Troy Hasselman  
Arts & Culture Editor

Decades after making a splash in the New York music scene of the late-'70s and early-'80s at the age of 12, art-funk wonderkid Chandra Oppenheim is back performing and will play the basement of the Palomino Smokehouse on June 19 as part of the Sled Island Music & Arts Festival.

Oppenheim is the daughter of famed conceptual artist Dennis Oppenheim and began performing under the name Chandra after forming a group with Eugenie Diserio and Steve Alexander of No Wave band Model Citizens. She performed her first show at the legendary Mudd Club in 1979 to a receptive crowd and shared a rehearsal space with Madonna. Chandra released her debut EP, *Transportation*, in 1980. The EP — a collection of four jittery, danceable post-punk songs that recall New York-scene contemporaries like ESG and Liquid Liquid — can be found in the DNA of New York dance-punk acts of the 2000s like LCD Soundsystem, The Rapture or Liars.

After the release of the EP, the first version of Chandra's band dissolved and a new group, the Chandra Dimension, was formed in 1981, which added younger players closer to Oppenheim's age to play in the group. This group recorded an EP that was shelved and Oppenheim put music aside to focus on her schooling.

After finishing school, Chandra worked as a real estate agent and continued to write music but didn't perform or release her work. She began to resurface musically after the *Transportation* EP was reissued in 2008 and began performing live again a few years later with a group of Toronto musicians that have toured with her now for the last few years.

"There was an initial reissue in 2009 from Aaron Levin of Cantor Records in Edmonton. He did the first version of the reissue where he just did the first EP and then he unearthed the second EP that had never been released before and put that on the B-Side," says Chandra's drummer Jesse Locke. "A couple years later, the record had come out of print and Chandra wanted to reissue it again so she got in touch with Aaron but he was way too busy so he passed the project on to me. We did the second edition of that reissue in 2012. Around that time, Chandra wanted to start performing live again and we put together a band of musicians from Toronto.

It's been growing ever since."

Chandra has gained strong momentum since the initial reissues came out nearly a decade ago. The band's audience is growing further with the use of tracks in films such as *Teenage*, a 2013 documentary film with a soundtrack from Deerhunter's Bradford Cox and the prominent sampling of the song "Subways" in a track of the same name by the famed Australian electronic group The Avalanches, a single off their 2016 release *Wildflower*.

"After the early-'80s, it went into hibernation for three decades and had pockets of a cult following around the world but was very much an underground, outsider work," Oppenheim says. "It started with Aaron Levin reissuing that record and through that I met Jesse and all of the other people in the band. The Avalanches came along and that was big. I wouldn't say it directly increased the audience but it was part of this momentum and last year Telephone Explosion did this deluxe reissue [of the original EP's] and things started really growing a lot from there."

While Chandra's story is certainly captivating, Locke notes the story can only carry the music so far and the quality of the music is ultimately what is leading Oppenheim's resurgence.

"New York was such an energy flash at that time from the birth of hip-hop to post-punk to No Wave to filmmaking and all of these different

**// I tend to automatically click into [my younger self] when I'm onstage. I really relate to all of the songs.**

— Chandra Oppenheim

things," Locke says. "It was such a crazy hotbed of culture, to have her kind of in the mix of that, there's certainly a fascination with that historical aspect. I think in anything like this, a good story can only go so far, you need to have the music to match it too. As far as I'm concerned, the Chandra EPs are just these long lost classics that stand next to anything like ESG or the B-52's."

In spite of the decades between when Chandra wrote and recorded the songs and their performances now, she finds that she's mostly able to embody the songs she plays and still connect with them.

"I tend to automatically click into it when I'm onstage. I really relate to all of the songs. There's only one



Chandra began releasing music at age 12 and will perform in Calgary on June 19. Courtesy KATE YOUNG

song that comes to mind that I have a hard time relating — "They're All Alike" from the brand new reissue. It's very middle school and seems more evocative to that and less universal and less of an old soul type perspective." She says. "I feel I was already starting to move beyond that at that time."

Keeping with the connection to childhood in Chandra's music, her 11-year-old daughter Issa has joined her band when her schedule permits and is set to join her mother

Oppenheim credits her upbringing and the artistic background she came from with inspiring her to pursue creating music at such a young age.

"I think it had to do with the environment I was growing up in with my dad and working on his art pieces from a young age. Before I even knew I was walking I was integrated into them," Oppenheim explains. "The very first drawing I ever made was something that he used in one of his pieces. There were other things that were actually involving me and there was a participating and we would create them so they had an element of performance since I was already doing that. My mom plays many instruments. There was always some music stimulus in the house — she was really inspired by the music of the '60s and that's what I grew up on. I was born in '68. Somehow I gravitated to music from performance, conceptual art and I don't know why that suddenly ended up becoming my medium and once I discovered it I latched on forever."

In spite of the momentum the project has gained in the last few years, Chandra is reluctant to record and release new material under the project name. Instead she is reworking previously written material from around the time period of the release of the *Transportation* EP based on demos or rehearsal tapes from the period.

"I feel that the people that are interested in this band are interested in *Transportation* specifically," Oppenheim says. "If we've added anything it's been demos from that era or things we've gotten off rehearsal

tapes so in that sense there are new things. There's a song we play from a demo and one from a rehearsal tape from 1981 that we do live now and we're just about to work on another one that's from '82 or '83. In terms of new, new stuff I'm thinking of doing that and I'd still use the lyrics that were written between 1980 and 1985 and I wouldn't go beyond that, probably not with this band and the music we would do in this genre"

Chandra has been playing live more frequently at increasingly higher profile venues, having just performed at the prestigious Primavera Sound Festival in Barcelona, Spain. The group is going to play shows at cities across North America in mini tours spread out over the coming months and is looking at going on a longer tour of Europe in 2020.

"After this June mini-tour we're playing in Detroit and Cleveland in the fall and New York in December and we'll do a WFMU session while we're there," Oppenheim says. "I live in Portland, Maine, so we're going to play there. Now there are other things going on too because we met so many people at Primavera and other things may develop. Beyond that, the next thing in the works is a tour in the spring of next year in Europe."

Individual tickets are still available to Chandra's June 19 performance at the Palomino Smokehouse. Entry can also be gained by purchasing a Sled Island festival pass or a pass for the Wednesday of the festival on the Sled Island website or at Sloth Records at 736b 17 Ave. SW. and Lukes Drug Mart at 112 4 St. N.E.



## SPORTS &amp; WELLNESS »

HANGOVER CURES»

## Counter your next hangover with these tricks

Tori Taylor  
Sports and Wellness Editor

With summer weather in full swing, it's hard to not end up on a patio, drink after drink in hand. If that sweet, sweet vitamin D is raining down on me and margaritas are \$5, I have the self control of a kid in a candy shop. It's not difficult to end up more tipsy than intended. However, for every up, there is also a down. Waking up the morning after a night — or day — of social drinking can be hell. This summer, don't let your hangover get the best of you. Here are a few tips to ease your throbbing head and queasy stomach. Let's have our cake and freaking drink it too.

**Drink Less:**

The first trick to avoiding a hangover is the most obvious. Drink less. I know this may not be a crowd-pleaser, but there is definitely something to be said for deciding on your own personal last call and sticking to it. Deciding to switch your drinks to water or mocktails after midnight can make an enormous difference the next morning. And, to be honest, the only difference it'll likely make to your evening will be lay-



A vodka or gin soda has fewer congeners and can reduce hangover intensity.

MARIAH WILSON

ing down to sleep in a bed that isn't spinning.

**Pick Your Poison:**

We all have opinions on which types of alcohol will lead to the worst hangovers. And each person seems to have a slightly different belief. But there is an actual science behind this, other than personal experience. According to the American National Institutes of Health, the key is to avoid congeners. Congeners are toxic by-product chemicals that occur in small traces during alcohol's fermentation process. Different spirits have different levels of these

chemicals. Studies have shown that congeners likely increase the intensity and frequency of a hangover. Vodka, gin and rum contain almost none of this chemical. Tequila, whiskey, cognac and bourbon contain some of the highest amounts. Knowing this, you may decide to choose drinks that have a lower congener percentage if you want to feel alive the next morning.

**Hydrate:**

Alcohol is a diuretic. It will make you a restroom frequenter and you'll end up dehydrated by the time you fall asleep, especial-

ly if you've spent any time with your head in the toilet. Prepare a bedtime water bottle and chug that bad boy before you close your eyes. You can also alternate alcoholic drinks with a glass of water during your evening out. Adding electrolytes — any sport supplement company will have these available — to your water bottle before bed can be a true godsend.

**Eat:**

Brunch. Always brunch. Eating a good breakfast can save your dragging ass by lifting your blood sugars back up and getting your metabolism going. Blood sugar

can be lowered after a night of drinking, and low blood sugar is a huge contributor to nausea, headaches, fatigue and moodiness. An eggs benny with hash browns can help replenish the depleted minerals and vitamins that are responsible for the sorry state you woke up in.

**Hair of the dog:**

While at brunch, grab a mimosa or a Caesar. This theory has been called "hair of the dog." Based on how many people swear by this method, it's worth trying out. It's actually a solid theory, according to science. The methanol in alcohol begins to convert to formaldehyde as you experience a hangover. But, if you drink a small amount of alcohol the next morning it may be possible to stop or slow this conversion, preventing the production of formaldehyde and allowing the methanol to leave the body. It should be noted that this method, while potentially effective, may lead to some unhealthy drinking habits and shouldn't be used regularly.

Summer festivals and patio tacos are equally fun as a sober participant. Alcohol is never needed. But if you choose to imbibe, make sure you do so responsibly.

JUICING »

## Hydrating fruit juices for the summer heat

Tori Taylor  
Sports and Wellness Editor

Hydration can come in all sorts of fun forms. Enjoy your summer with a plethora of fresh-squeezed juices that will keep you cool, hydrated and replenished. Fruits and vegetables contain high levels of antioxidants that fight off toxins. As well, fresh juices are packed sky-high with the vitamins and nutrition that your body needs to counter the dehydrating heat.

**Watermelon:**

Watermelon is easily a juicing favourite and, eaten raw, this fruit is an awesome hydrator as it's made up of mostly water. It's high in vitamins A, C and B6 — properties that are excellent for your skin and blood circulation — and lycopene — a powerful antioxidant that improves heart health and fights free radicals.



Fresh juices are packed sky-high with nutrition.

Courtesy BELLE HUNT

Lemon contains a blend of amino acids that strongly benefit your immune system. If you're looking for a great DIY recipe, then try blending or juicing apple, lemon,

orange, broccoli, spinach and as much watermelon as you'd like.

**Lemon:**

Lemon juice is among the best for

your whole body. It has many detoxifying properties and adds zest to any beverage. Lemon is high in vitamin C and is a great digestive aid. You can add lemon and a teaspoon of raw honey to your next ice water or squeeze it into an iced tea.

**Cucumber:**

Cucumber is a well-loved water accessory. But cucumber water and juices are much more than a fancy flourish at an expensive spa. This vegetable is fibre-rich and detoxifying. Cucumbers have anti-inflammatory properties that play big roles in your physical and mental health. Cucumbers are high in all of the B vitamins, a group of vitamins that contribute to healthy stress management and mood stability. Try out a juice recipe heavier on the vegetables — blend or juice kale, kiwi, lemon or orange, celery and more cucumber than you can find in your spa's waiting room.

**Coconut:**

Coconut water is a must-have. It's full of electrolytes and micronutrients and has higher potassium levels than a banana. Because of how electrolyte-packed it is, coconut water will give most sports drinks a hydration run for their money. Adding coconut water to your water bottle on a hike, or into a smoothie for a snack, will keep your body replenished in the heat. Staying hydrated will go a long way in avoiding heat stroke and dehydration headaches or fatigue.

**Orange:**

Orange juice is one of the most popular juices year-round. Like lemon, this fruit has several benefits. Oranges are high in vitamin C and anti-inflammatory properties, making them a valuable fruit for strong immune system function and digestion. Oranges can be fresh-squeezed and drunk on their own. Or, you might choose to add oranges to your water bottle for an extra citrus pop.



FESTIVALS »

# Photo recap: Lilac Festival 2019



PHOTOS BY MARIAH WILSON

## Crossword

Jason Herring  
Gauntlet Contributor

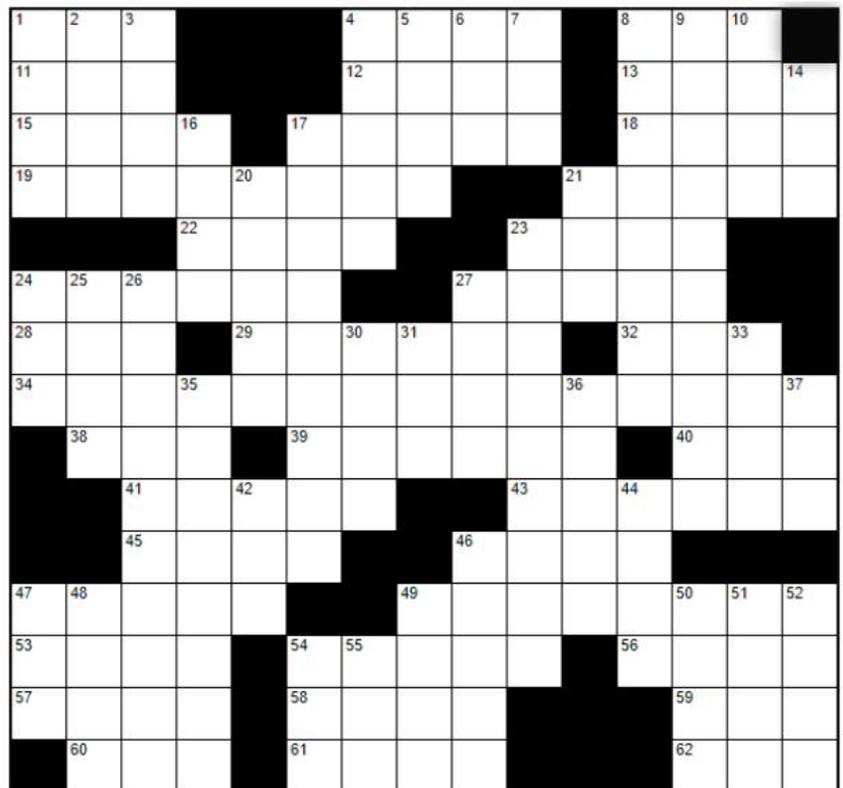
**ACROSS:**

- 1. Certain postal carrier
- 4. Takes care of, à la Corleone
- 8. Sheep bleat
- 11. Youngster
- 12. Prepare
- 13. *Pokémon* and *Final Fantasy*
- 15. If you're busy, what you have on your plate
- 17. Detects, as noise
- 18. October birthstone
- 19. Instruction to get a rabbit moving
- 21. Twitter tormentor: 'Cyber \_\_\_\_'
- 22. Peeve (off)
- 23. When doubled, a tropical fish
- 24. Have impact on
- 27. Shrub that often causes rash
- 28. Boss's title, for bootlickers
- 29. Cranial soccer move
- 32. *Green Eggs and \_\_\_\_*
- 34. What each of 19-, 21-, 47- and 49-Across are
- 38. Opposite of wsw
- 39. More bummed than
- 40. Symbols following brand names
- 41. Gives in
- 43. Woodcutting tool
- 45. Common sweetener initialism
- 46. Heckle
- 47. Street home to Holmes
- 49. Anxious ones
- 53. "It's \_\_\_\_ for the home team"
- 54. Slangily, montages of gaffes
- 56. What 1-Across delivers
- 57. Gardening hydration tool
- 58. Period of quiet
- 59. Metric used to measure inflation rate
- 60. Drug that's quite a trip

- 61. Like Hans Christian Andersen's duckling
- 62. Hem

**DOWN:**

- 1. Home state of Romney, other Mormons
- 2. "Marco!" response
- 3. "Hold it right there"
- 4. Works the first shift of the day
- 5. Calgary's has a cowboy hat
- 6. Not near
- 7. Tin(II) sulfide
- 8. Commotion
- 9. Those vying for a position
- 10. Jazz staple: "\_ \_ \_ in Calico"
- 14. As a fox
- 16. Record
- 17. Female flight attendants
- 20. Chinese berry (alt. spelling)
- 21. Batman onomatopoeia
- 23. Killers
- 24. Butt
- 25. Queue orderly
- 26. Play tonsil hockey
- 27. Unleash a text
- 30. C'est la vie
- 31. Pops
- 33. Molly
- 35. Had hearing damaged
- 36. Curling championship
- 37. Fernie, to Calgary
- 42. Pre-DVD movie format
- 44. Proper
- 46. Like Santa
- 47. "\_\_\_\_ humbug!"
- 48. Like a hightailed solider
- 49. Drive to achieve
- 50. Both
- 51. Ready for consumption
- 52. \_\_\_\_ Shady
- 54. HINI was one strain
- 55. Mth. named for Roman leader



Congratulations to everyone who submitted last month's puzzles!

Send a photo of a completed crossword to [eic@thegauntlet.ca](mailto:eic@thegauntlet.ca) to be congratulated in our next issue. Be the first submitter to win a Gauntlet toque! Perfect for Calgary's summer snow.



Previous puzzle solution:



DIVERSIONS

