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## \* ON THE COVER

Justin Ladia, volunteer illustrator, created this collage of all the categories from the Uniter 30.



Tyler Sneesby manages The Good Will Social Club, which won the favourite place to see live music category.

PHOTO BY CALLIE MORRIS

## THANKS FOR BEING AN EDITOR!

In this issue, we took our directives from you, the readers. The Uniter 30 showcases the winners from our annual readers poll - winners chosen by you! And though our editorial oversight was minimal for this issue, I must say, you've got pretty good taste.

This issue is a lot of fun to put together because we get to explore, discover and highlight 30 amazing Winnipeg people, places and things. While we work to keep the tone of *The Uniter* positive overall, this is a standout feel-good issue.

We've also brought back our readers survey, since it's been a while since we outright asked you for feedback. Check it out on page 18 and at [uniter.ca/vote](http://uniter.ca/vote).

After this issue, we take a little break in December and come back with fresh papers in the first week of January. In the meantime, though, there's still a lot going on.

Voting for the Uniter Fiver will start on Dec. 3 and run until Dec. 17. The new local bands who submitted to the contest will have bios and songs online for your enjoyment at [uniter.ca/uniterfiver](http://uniter.ca/uniterfiver).

It's up to you - again, I know - to choose your five favourites, which we'll profile in the Jan. 19 issue of *The Uniter*, and they'll play The Good Will Social Club the same night.

Maybe it seems like we're asking a lot of you, but you haven't steered us wrong so far. The bands chosen in past years of the Uniter Fiver have all continued to be awesome following their Fiver triumphs. And besides, this isn't a journalistic dictatorship. We're not making this paper just for ourselves and our friends.

For the Uniter 30, the Uniter Fiver and every issue in between, we always appreciate your input and direction for the paper. Don't forget (and don't let us ever forget) - we're doing this for you.

- Anastasia Chipelski

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**EDITORIAL NOTE:**  
We generally try to avoid putting *The Uniter* in the spotlight for this issue so we can share the love with as many locals as possible. But this issue is also directed by readers, not by us, and so we let Thomas Pashko's nomination stand. Thanks for your votes - he is a wonderful writer.

-Anastasia Chipelski



PHOTO BY KEELEY BRAUNSTEIN-BLACK

## FAVOURITE LOCAL WRITER

### 1. THOMAS PASHKO

- Melissa Martin
- Honourable mentions: Miriam Toews, David Bergen, Jen Zoratti

Thomas Pashko, features reporter at *The Uniter*, says he's been writing since he was a kid but never thought he'd get the chance to do it professionally.

"It was a fluke. Someone I knew who was working at *The Uniter* mentioned that they were looking for someone to do film reviews, and they knew that I had studied film," Pashko says.

So Pashko sent in a couple of writing samples and volunteered, and the following year, *The Uniter* hired him as a beat reporter. Pashko is now in his third year on staff.

Pashko is the energy behind Critipeg, a weekly feature on arts criticism, in which he always tries to move beyond discussions of emotionality or debates about good versus bad.

"I try to really engage with it and look for whatever ideas the author or artist is getting

at, not evaluating it or saying, 'This piece of art made me feel this,'" Pashko says.

Keeping *The Uniter's* diverse readership in mind, he says a goal of his writing is to raise awareness about up-and-coming local artists.

Pashko is also responsible for the weekly Whose House? feature, in which he goes and hangs out at a local celebrity's home.

He says his favourite Whose House? interview was with Fred Penner.

"After the interview was finished, he wouldn't let us leave. He's an incredibly sweet guy, but he's also really thoughtful and opinionated in a way that people who grew up watching him might not expect," Pashko says. "Going to his house and talking with him was like meeting Dumbledore."

Because of these sorts of experiences, Pashko says part of his success is due to the generosity of strangers.

"I don't know if this is a uniquely Winnipeg thing, but everyone has been so hospitable, and that comes across in those articles. If those articles are good, I can't take credit for them."

-Rachel Barber // @rachelbaeb

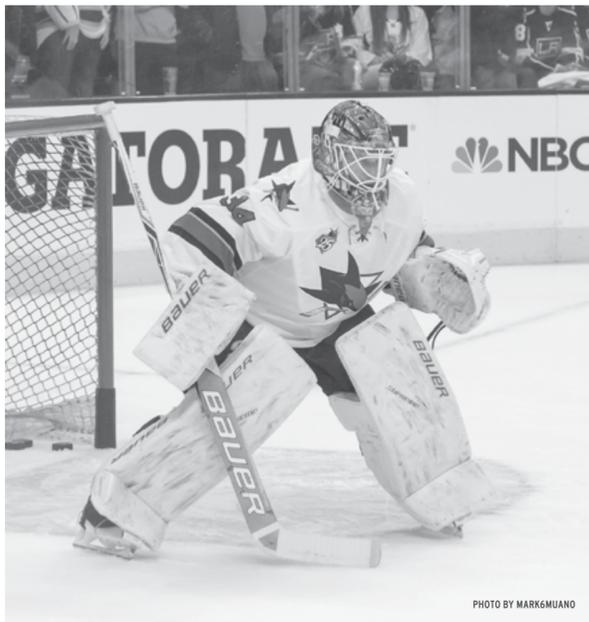


PHOTO BY MARKMIJANO

## FAVOURITE LOCAL ATHLETE

### 1. JAMES REIMER

- Jonathan Toews
- Honourable mentions: Desiree Scott, Mark Scheifele, Clara Hughes

Winnipeggers' favourite athlete is Florida Panthers goaltender James Reimer. The only thing that may be greater than his NHL career is his impact on the area around his hometown, Arborg, Man.

Reimer played for Manitoba's AAA Interlake Lightning for two years before moving to the Red Deer Rebels of the Western Hockey League (WHL).

Mike Christensen grew up near Reimer in Lundar, Man. He was also a goaltender and eventually played for the Lundar Falcons in Manitoba's Junior B League. Christensen says Reimer turned a few local heads when he made the WHL, but no one really talked until he made the NHL.

Christensen kept a newspaper article about Reimer "as a reminder that the small town kids could make it somewhere."

The Toronto Maple Leafs drafted Reimer 99th overall in 2006, and Reimer made his debut midway through the 2010-11 season. Reimer has also represented Canada at two World Ice Hockey Championships.

Back at home, Reimer is helping fund a new Arborg program aimed at giving kids a taste of hockey.

For roughly \$30, as opposed to around \$300 for equipment, parents can enrol children ages four to seven in an eight-week program where they learn hockey skills and love for the game. Children will borrow and return equipment, promising sustainability for new generations of dreamers.

Just before the 2016 trade deadline, the Leafs sent Reimer to the San Jose Sharks. In the off-season, Reimer signed a five-year, \$17 million deal with the Panthers.

Reimer is closing in on his tooth NHL victory.

Reimer is giving kids in small towns a chance to fall in love with hockey and a reason to believe their dreams are possible, too.

-Jesse Blackman // @jssblckmn



PHOTO BY DOUG KRETCHMER

## FAVOURITE LOCAL COMEDIAN

### 1. JANE TESTAR

- Tie: Mike Green / Benji Rothman

Jane Testar really, really wants to make it clear that she just started performing standup comedy. Absolutely, positively crystal clear.

"I've only kind of dipped my toe in standup," is how she responds to finding out she's been named favourite local comedian by *Uniter* readers.

Later, when asked about performing standup, she begins, "Preface: I've done like one per cent of my standup career, so I'm not claiming I know anything about it."

When the interview ends, she adds, "I do want to have it out there that I just started standup. I don't want comedians to think I said, 'Yes, I am a very good comedian! Correct!'"

It's an incredibly endearing (if somewhat paranoid) degree of humility from one of Winnipeg's most able and eclectic comedic performers.

In addition to her fledgling standup career, Testar has been performing with

her improv troupe Outside Joke for nearly 14 years, is a member of acclaimed sketch group Hot Thespian Action, writes a regular humour column for *The Uniter* and created the CBC Radio podcast *Comedy Factory*.

Needless to say, Testar has a finger in virtually every one of comedy's proverbial pies. She identifies "the desperate need for attention and validation" as the common thread between sketch, improv and standup.

"People always make the joke that comedians are really unstable and needy and very mentally damaged people," Testar says. "I had a pretty stable upbringing, so I don't really understand why I'm like this."

Testar says making the leap to standup from sketch and improv has given her a more direct way to explore ideas.

"If I have an idea for a sketch, you have to get three other actors, write it in dialogue form, block the scene and hide your thought or message in it," she says.

With standup, Testar says she can just say, "Man, I hate when people do this!" and share it immediately.

-Thomas Pashko // @thomaspashko



PHOTO BY CALLIE MORRIS

## FAVOURITE LOCAL FILMMAKER

### 1. KAYLA JEANSON

- Guy Maddin
- Sonya Ballantyne

For filmmaker Kayla Jeanson, dance was a gateway to film.

She started taking film studies classes in university but didn't pick up a camera until her third year.

"I hadn't had any interest in image-making outside of dance. But I immediately fell in love with it, particularly with documenting the creative activities of my friends. So I started following everyone around, filming as much dance as I could and just trying to find an interesting story," Jeanson says.

Jeanson has been prolific in her film and videography, working as a director, cinematographer, choreographer, editor or some combination of all. Her work spans documentary, dance film, art film and narrative fiction.

She stresses collaboration in her work. Many of her films credit her as a co-author with dancers, poets or other artists.

"I think I learn the most about filmmaking through the art of collaboration and trying something with someone new," Jeanson says. "I'm currently looking around thinking, 'Who can I work with next?'"

Not that Jeanson is short on work. She directed or co-authored three original works in 2016. *Mino Kii-Kii-Mah Ghe-Win*, a documentary about education for residents of Berens River First Nation, premiered at the Winnipeg Aboriginal Film Festival.

*Walrus Sausage*, a surreal animated poem, screened at F-Wordz, while *Shenanigans at Sunset*, a doc about an Oak Bank dinner theatre, will be released soon on MTS Stories from Home. She also worked as choreographer for Madison Thomas's upcoming *Exposed Nerves*.

Despite her varied portfolio, dance is still the primary fuel for her creative fire.

"The movement of the camera feels like a dance to me," Jeanson says. "Even in docs. I've done the talking-head style, but I've discovered that when I follow a subject, see them moving and talking, using their body, I'm more in the room with them."

-Thomas Pashko // @thomaspashko



PHOTO BY DANIEL CRUMP

## FAVOURITE LOCAL ACTIVIST

### 1. SADIE-PHOENIX LAVOIE

- Tie: Andrew Vineberg / Michael Champagne

In the fall alone, Sadie-Phoenix Lavoie has been to Standing Rock, Ottawa and Marrakesh, all as part of actions around climate justice.

They see a lot of intersections between struggles on and off campus.

"I'm very engaged with the external influences and also pushing out (the dialogues that are) really happening inwards in the University," Lavoie says.

Lavoie is the Vice-President External Affairs with the University of Winnipeg Students Association (UWSA). They intended to get an Indigenous Studies degree and then leave university, but then they connected with different movements.

"I have so much more invested in the student movement, I have so much more invested in the climate justice movement, in the Indigenous resurgence and move-

ment, that I feel needed here longer than I anticipated," Lavoie says.

They see a lot of work yet to be done around the divestment movement at the University of Winnipeg (U of W) and the areas of environmental and climate justice.

"When I went to Ottawa and was protesting the Kinder Morgan pipeline and got arrested on Parliament (Hill), I think that was a big big thing for me," Lavoie says.

"Being really roughed up by RCMP officers as an Indigenous person, and with other Indigenous people who were getting roughed up and everyone else wasn't... the way I saw it was like a small sacrifice with what was going on in Standing Rock."

Activism has been part of Lavoie's life long before their UWSA role. For example, they highlight the importance of work done with the *Red Rising Magazine* collective.

"Having young Indigenous youth voices is important, because there's a huge demand for it," Lavoie says.

For future activists, Lavoie says it's important to keep energy and passions going but remember that no one's working on these issues alone.

-Anastasia Chipelski // @Anachips



PHOTO BY KEELEY BRAUNSTEIN-BLACK

## FAVOURITE LOCAL VISUAL ARTIST

### 1. DANY REEDE

- Wanda Koop
- Honourable mentions: Adam Kelly, Takashi Iwasaki, Autumn Crossman-Serb

As he's spent the last year laying low because of his depression, being voted Winnipeg's favourite artist came as quite a surprise to Dany Reede.

"I kind of make art based on or with themes based on my depression and my anxiety, and people say they see that in my work," Reede says.

He sells prints, zines, patches, shirts and more with his paintings and drawings on them. His artwork often depicts images of strange creatures - think five-headed cats and people with Pinocchio-like noses - plants and vintage chairs.

He's painted several murals around Winnipeg, including the figures sitting on chairs on the west wall of Hunter & Gunn on Broadway.

In July 2015, Reede was part of a small works show at Tara Davis Studio Boutique

and in September of the same year, he had a solo exhibit titled Past Conduits at the Graffiti Gallery.

But over the past year, Reede's mental health has taken a turn for the worse, and he says he's spent most of his time at home because of his struggles with depression.

"It's been a pretty weird year," Reede says. "A bum year."

He says he's been keeping his artwork low-key, being more selective of the opportunities he jumps on and only posting on Instagram once every couple of weeks instead of every day.

However, it would seem the momentum from his 2015 ventures have kept him going. Reede says he's been contacted for several commissions, and, of course, his fans expressed their appreciation for his work through the *Uniter* 30 survey.

"It's a nice little pick-me-up. Like, oh, people notice me," Reede says.

His work - along with contact info for anyone wanting custom work - can be found at danyreede.com.

-Meg Crane // @MegCrane

## CKUW TOP 30

November 21 - 27, 2016

TW = This Week // LW = Last Week // ! = Local content // \* = Canadian Content



TW	LW	C	ARTIST	ALBUM	LABEL
1	1	!	Duotang	New Occupation	Stomp
2	2	!	Catamounts	St Nuomatac	Transistor 66
3	4	!	JD And The Sunshine Band	Soaking Up The Rays	Transistor 66
4	6	!	Royal Canoe	Something Got Lost Between Here And The Orbit	Nevado
5	3	*	Tanya Tagaq	Retribution	Six Shooter
6	7	!	A La Mode	Perfection Salad	Self-Released
7	5	!	John K Samson	Winter Wheat	Anti-
8	26	!	Moon Tan	The Faceless Knight	Self-Released
9	9	!	Big Dave McLean	Better The Devil You Know	Black Hen
10	11	*	Badbadnotgood	IV	Arts & Crafts
11	10		Moulettes	Praternatural	Pipe & Hat/Craft Pop
12	19	*	The Pack A.D.	Positive Thinking	Cadence
13	12		Drive By Truckers	American Band	ATO
14	18	*	We Are Wolves	Wrong	Fantome
15	8	!	Holy Void	For Everything Else	Self-Released
16	NE	!	Johnny Sizzle	Recovery	Awkward Reasons Inc.
17	27	*	Preoccupations	Preoccupations	Flemish Eye
18	24	*	Andino Suns	Madera	Self-Released
19	22		Toy	Clear Shot	Heavenly
20	13	!	Zrada	Legend	Self-Released
21	NE	*	Rory Block	Keepin' Outta Trouble	Stony Plain
22	NE	*	Monomyth	Happy Pop Family	Mint
23	RE		Jay Som	Turn Into	Polyvinyl
24	17	!	Lanikai	Lanikai	Hidden Pony
25	29	!	Papa Mambo	El Swing De Papa Mambo	Self-Released
26	16	!	Will Bonness	Halcyon	Self-Released
27	NE		Steve Hauschildt	Strands	Kranky
28	NE		Lee Fields & The Expressions	Special Night	Big Crown
29	RE		Sao Paulo Underground	Cantos Invisiveis	Cunieforn
30	NE	!	Various Artists	Beach Station Blues V	Real Love Winnipeg



PHOTO BY KATE STRELSOV

## FAVOURITE LOCAL DANCER

1. BRETT OWEN
2. Brianna Ferguson
3. Tie: Carol-Ann Bohrn / Jill Groening

Brett Owen is a big fan of the dance scene in Winnipeg and hopes that it starts to get the recognition it deserves.

"There's this whole hip-hop crew scene, there's this whole studio scene, all these up-and-comers who are so amazingly talented," Owen says.

And he's no exception. Owen dances full-time with the Winnipeg Contemporary Dancers (WCD), works with Rainbow Stage in the summer and has choreographed and performed in many Winnipeg Fringe Festival pieces.

"I love Fringe. It's the best frickin' time of the year in Winnipeg, isn't it?" he says.

His love for dance has also led to some unconventional collaborations. He'll be dancing with the Winnipeg Symphony Orchestra in February, and he is working with local improv troupe Outside Joke, preparing for a performance in May.

"They're going to be improvising the songs and lyrics, and we're going to be improvising the scene and the choreography," Owen says. "We had a rehearsal already and, honestly, we were peeing our pants laughing."

The diversity in Owen's dance projects is a strength of his career, he says.

"That's the nice thing about dance is to make a living, you have to do lots of different things, so the more versatile you can be, and the more well-rounded you can be, the better."

He also teaches four spin classes a week at Saikel Cycling Studio, but that doesn't mean he's leaving dancing at the door.

"It's a dance party on a stationary bike. My class is all to the music, there's choreography that you do, so it's very related, and it's super fricking fun."

At the moment, Owen is preparing for a WCD production, *As Though I Had Wings*, that premieres on New Year's Eve and will also be shown four more times in early January.

-Anastasia Chipelski // @Anachips



SUPPLIED PHOTO

## FAVOURITE LOCAL POLITICIAN

1. ROBERT-FALCON OUELLETTE
2. Wab Kinew
3. Brian Bowman

Since Robert-Falcon Ouellette was elected Winnipeg Centre's MP in October 2015, he's kept busy.

"I dream of sleep when I'm sleeping," Ouellette says.

Ouellette's trying to set up a guaranteed annual income pilot with PEI's premier. "He would be interested in pairing with the federal government to see if there's a possibility of doing a pilot project in Prince Edward Island," Ouellette says.

He hopes the project would then make its way to Manitoba.

Ouellette made the news recently for questioning the Site C dam project in B.C.

"My problem with the Site C dam is I don't believe the communities who are directly impacted have given their prior, free and informed consent to the project, which falls under the United Nations

Declaration on the Rights of Indigenous Peoples," Ouellette says.

While this isn't directly related to Winnipeg, it's part of his larger vision of a nation-to-nation relationship between the federal government and Indigenous communities.

"That's a long-term project that I'm figuring out how I can actually influence the decisions that are being made in Ottawa a little bit more," he says.

Issues that he's working on closer to home include reducing clawbacks to the Canada Child Benefit.

"The idea was not to enrich provinces, but to make sure that families had enough to be able to feed their kids," he says.

He's also working to do away with pay-day lenders, diversify Canada Post's revenue streams and develop an Indigenous version of the Canada Food Guide.

Still, Ouellette says he is "not busy enough," though he is grateful to be named a favourite local politician.

-Anastasia Chipelski // @Anachips

## FAVOURITE U OF W PROF

1. MANISH PANDEY, DEPARTMENT OF ECONOMICS
2. Honourable mentions: Roewan Crowe, Jim Silver, Rick Skene

For Manish Pandey, economics is a way of thinking about and approaching the world and a way to examine complex problems.

He's taught economics at the University of Winnipeg (U of W) for the last 12 years and is the chair of the department.

"The study of economics provides a way of thinking about complex issues related to allocation of scarce resources across competing needs," Pandey says. "My favourite part of teaching is when students start appreciating the economic way of thinking ... (and they) can use what they have learnt and apply it to understanding and evaluating economic policies and discussions."

Pandey's research examines a wide range of topics through an economic lens, including manufacturing in India and China,

agricultural production in Europe and high school completion levels in Northern communities, specifically in Nunavut.

The courses he teaches have had a wide range of applications for his students.

"Over the last 12 years of my teaching at U of W, a number of my students have gone to work in academia, banking, government and economic policy institutes. It is a great feeling to know that my teaching contributed to a student's success," Pandey says.

One of Pandey's specialties is macroeconomics, and he teaches courses like intro, intermediate and advanced macroeconomics, as well as two other fourth-year courses in similar topics.

He provides clear expectations in each course and believes students appreciate this.

"I appreciate that I am approachable and will do my best to figure out solutions for any problems that they may be facing," Pandey says. "When I meet students, I make it a point to discuss their plans after they graduate from U of W."

-Anastasia Chipelski // @Anachips



PHOTO BY SHREZLEN MISKIOI

## FAVOURITE LOCAL YOUNG ACHIEVER UNDER 30

1. MICHAEL CHAMPAGNE
2. Honourable mentions: Devin Bray, Christina Hajjar, Madison Thomas, Mike Green, Ian Bell

Michael Champagne is well known for his role in founding Aboriginal Youth Opportunities (AYO!) and starting Meet Me at the Bell Tower, a weekly gathering that happens on Selkirk Avenue every Friday.

This year, Meet Me at the Bell Tower celebrates its fifth year. "There's also several other groups that are implementing Bell Tower-like gatherings in their communities. So that's exciting," Champagne says.

In other achievements this year, Champagne was part of a Bank of Canada advisory committee that came up with a short list of women who could appear on a bank note. He'll also be participating in a nation-wide initiative called the Expert Panel on Youth Employment.

"In the future, I would like to have different sectors to address our shared

challenges, including non-profits, unions, governments, private sector," he says.

While Champagne appreciates being selected as a readers' favourite, he's also eager to share the credit.

"I'm humbled by the acknowledgement, and I'm relieved because this is the last year that this is possible, 'cause I'm 29," Champagne says.

He sends shout-outs to Ramona Harper (from the Bell Tower), Atticus McIlraith (a 13-year-old who organizes a yearly baby formula drive) and Shania Pruden (a community organizer who talks about mental health).

"They're such amazing young people that I get to work with, and I'm excited for them to also start getting these acknowledgements too," Champagne says.

"The way that Aboriginal Youth Opportunities has always looked at it is 'visibility is responsibility,'" he says. "And we believe strongly in leading by example. So we want other young people in other communities to see what we're doing. Our hope is that they'll be inspired to take action."

-Anastasia Chipelski // @Anachips



PHOTO BY DANIEL CRUMP



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PHOTO BY BRYCE CREAMY

## FAVOURITE LOCAL PERSON BEHIND THE COUNTER

1. PAUL HEWAK (BURRITO DEL RIO)
2. Cory Ralke (The Tallest Poppy)
3. James Brown (The Cavern)

If you've ever been served by Paul Hewak at Burrito Del Rio, you may have been impressed by his eye for presentation.

When people notice how straight his lines of ingredients are, Hewak says it's nice to know they appreciate the small things.

"When I was learning how to do this job, I did care about how the food looked, even though you roll it up," he says.

He says he cultivated his skills while working in a hotel.

After working at Burrito Del Rio for just over a year, Hewak says he finds he enjoys it more than previous day jobs.

"It's been a really refreshing experience," he says.

Hewak says other kitchens have had a negative or hyper-masculine atmosphere that he didn't feel comfortable in.

"I never lasted at any of them very long," he says. "I'm not going to say any of the specific kitchens, but I quit all of them."

While Hewak is happy at Burrito Del Rio, he says he isn't always in an outgoing mood, and some people he served may have not thought of him as a candidate for favourite local person behind the counter based on what time they came in.

"I don't think I have a terrible view of myself as an employee, but I would say they must have caught me earlier in the shift," he says. "I will fully admit that I kind of get frustrated sometimes."

He says he would never take that frustration out on a customer and is flattered to think most have had an exceptionally pleasant experience being served by him.

When he's not preparing your burrito, Hewak is a student at the University of Winnipeg. He is currently enjoying an urban inner city studies course and would like to further pursue that subject.

-Melanie Dahling // @sugardahling



PHOTO BY KEELEY BRAUNSTEIN-BLACK

## FAVOURITE LOCAL BAKERY

1. TALL GRASS PRAIRIE BREAD COMPANY
2. Oh Doughnuts
3. Tie: Sleepy Owl / A L'Epi de Blé

The Tall Grass Prairie Bread Company has been around for 25 years. In that time, they've expanded to two locations and other ventures, all while making sure they're treating their farmers, workers and customers with love and respect.

Tabitha Langel, one of the founders, says their bakery is successful because the ingredients are fresh and homegrown.

"The connection to the land comes through in the product," Langel says. "I think people sense it ... I think the authenticity comes through in the product, and it speaks for itself ... what people taste is the prairie."

Langel grew up in a Hutterite colony, where she would work and bake using the bare essentials. As much as technology advances, the bakery rarely updates its

methods, choosing to keep the old techniques and traditions of baking alive.

"We use technology sparingly ... appropriately-scaled technology is important to us," Langel says. "We used to hand roll our buns, we'd all get together and gossip ... but when the scale grew to a certain point, and we all started getting tendonitis, we very reluctantly gave it up."

That connection to the land also influences the business side of the bakery. Tall Grass Prairie considers itself a social enterprise, which to them means making sure they obtain their goods through fair trade.

"Our goal has always been fair trade, fair pay for the farmers, for our bakers," Langel says. "We're not going to get rich, none of us are, but that was never the goal. The goal was a decent living for all, in the circle ... our goal has always been a livable wage."

Tall Grass Prairie Bread Company has two locations: 859 Westminster Ave. in Wolseley and at The Forks Market.

-Justin Luschinski // @scholarj



PHOTO BY KEELEY BRAUNSTEIN-BLACK

## FAVOURITE LOCAL PLACE TO EAT

1. STELLA'S CAFE & BAKERY
2. Tallest Poppy
3. Deer + Almond

You are hungry. You want delicious, home-style, from-scratch cooking – possibly with a creative multicultural spin – and you'll do anything to get it.

Go back to 1999. Preheat your oven. Take out your bowls and sifters and spread them out over seven restaurant locations, plus a bakery and a catering commissary.

When choosing ingredients, remember that they should always be fresh and of the best quality, sourcing locally when possible and keeping in mind issues of organic and sustainable food practices.

So soak your dried chickpeas, because buying canned chickpeas requires shipping water across the country, and that's an extra strain on the environment.

Make this a team effort, by collaborating with others who are a part of the process. When you make changes, ask everyone involved to give feedback.

When you start creating some interest and loyalty, just keep doing your thing, consistently understated. Let your product speak for itself. After all, it is way tastier than a marketing campaign.

Now take a break and have a cocktail or two. Cooking is hard work, but it's going to be worth it.

Turn on the oven light and have a peek. It's looking good. It was totally worth it.

Now think about the dining room decor. What aesthetic are you going for? Dark colours and wood paneling? Or sleek and urban, with dashes of brightness? Go for both, or either, depending on your mood and the neighbourhood.

Remember, ambience affects flavour too. When the oven timer beeps, turn it off.

Congratulations! You made a tourtiere with grass-fed beef and ground pork in a flaky, buttery crust with a maple cream sauce! And just in time for Christmas!

Or, you know, you could just go to Stella's. Because they've already made this recipe for you.

-Rachel Barber // @rachelbaeb



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## FAVOURITE LOCAL COFFEE SHOP

1. THOM BARGEN
2. Little Sister Coffee Maker
3. Forth

Thom Bargaen opened four years ago as a new adventure for owners Thom Jon (TJ) Hiebert and Graham Bargaen. Their dream came true when they opened a coffee shop in their favourite neighbourhood, West Broadway.

"We treated the process with a lot of romance," Bargaen says. "To our surprise, it started to work, and we transitioned into treating it like a business."

Bargaen says that since opening, the shop's growth has been steady and consistent. The pair focuses on maintaining community values and their passion for coffee while expanding their catering business.

"We really feel honoured to be a part of so many people's lives," Bargaen says. "Many of our baristas have designed menus, murals you see on our walls (and) product collaborations. It's the people that grow connection."

The pair expanded their business this past March, opening a second location

on Kennedy Street and Graham Avenue. Bargaen says that the energy from the downtown location is an exciting contrast to that of their original location on Sherbrook Street, and the new community has been receptive to their work and environment.

"Our favourite part about our work is the product. We opened the shop because we were coffee nerds," Bargaen says. "We love coffee, and we love learning how to improve the brewing process."

Hiebert and Bargaen had the opportunity to travel to Colombia with their roasters Phil & Sebastian to learn more about the origin and production of their coffee. Bargaen says the experience was incredibly valuable.

Baristas from Thom Bargaen will participate in the Prairie Regional Barista Competition, previously held at Festival Hall in Inglewood, Calgary, which is another dream come true for the duo.

"We love our city, and we know we can continue to be a part of its growth in the core of our town," Bargaen says. "We really hope to be a catalyst for growth in core density, as that is the future of Winnipeg."

-Talula Schlegel // @talulacora



(L to R): Brock Peters (Strong Badger), Megan Heke (Forth), Amanda Kindel (Oh Doughnuts), Dustin Marks (Saikel).

## FAVOURITE LOCAL NEW INDEPENDENT BUSINESS

1. TIE: SAIKEL INDOOR CYCLE STUDIO, OH DOUGHNUTS, STRONG BADGER COFFEE HOUSE, FORTH PROJECTS

Winnipeggers love their independent businesses so much that they couldn't choose just one. The four-way tie for this category is proof that the days of us being a one-horse town are far behind us, and that there's definitely enough love to go around.

"I think we're all tapping into this new phase of Winnipeg where we are becoming this really fascinating and unique city," Megan Heke, executive director at Forth Projects says.

"We're sort of (like) Portland. We're weird and interesting, we're finding out what works here, and we're able to do that because of the support of people who are asking for it, who are spending time in all of these four places."

Amanda Kinden, the one-woman force behind Oh Doughnuts, agrees that Winnipeggers' support for a wide range of small businesses is starting to exceed their pre-conceived notions of our city.

"We have this mentality that we're so tiny because everybody knows each other, but we're not that small," Kinden says. "Winnipeg is a little slow on the uptake for things that happen in larger

cities like Toronto, but I think once we accept something, it's sort of, 'ok this is how it is now.'"

If seeing (and celebrating) a variety of cool, independent new businesses every year is how it is now, well Winnipeg, we're in for some treats.

### SAIKEL INDOOR CYCLE STUDIO

LOCATION: 2-920 Lorimer Blvd.  
OPENED: April 2016

Co-owners Dustin Marks and Mike Booth met a lot of raised eyebrows when they began pitching this concept. Marks works in real estate, and Booth is a fitness guy who's won a few Manitoba Marathons and owns Massage Athletica, a sports massage therapy clinic. Bankers especially wondered, what business does this pair have opening a spin studio?

"Mike and I are very competitive, so it just drives us to be good and to be great, so when we saw challenges, we just kind of overcame them and (said) 'let the haters hate,'" Marks says.

He acknowledges that they're not doing something new, just new for Winnipeg. Marks was inspired after hearing about spin studios through his girlfriend, who is from Calgary.

After talking to Booth, "we both felt like Winnipeg could really benefit from it, and so we rolled with it," Marks says.

"We have 30 bikes inside a 20-by-30 room, led by one instructor, and we go to the beat of the music," Marks says. "We have our leaderboard technology, which actually tracks your performance throughout the class. So you're in a group setting, it does get a little bit competitive in a fun way, but it's very motivating through the instructor and through the music."

The summer was slow, as the pair expected, but Marks says that since early November, they've been reaching their projections for class attendance.

"It's been a good response since we've been open," Marks says.

### OH DOUGHNUTS

LOCATION: 326 Broadway Ave.  
OPENED: May 2016

Oh Doughnuts began as a wholesale operation, but after Kinden saw the response to her product, she realized that there might be enough demand to open a shop. She closed her business temporarily to prepare for the move to retail.

Location was one of the biggest challenges.

"There's a lot of little niches ... People won't walk further than two blocks for their cup of coffee, so choosing a location was the hardest thing to do," Kinden says. "I knew I wanted to be downtown, but there's like zero good spots downtown, certainly no empty commercial kitchens."

Others were sceptical that a shop selling doughnuts and doughnuts alone could make it, but Kinden says that once people try them, they can tell the difference and will come back.

"People are yearning for more simple quality goods ... I think we'll probably see a lot more cheese shops and bakeries and things, especially in the downtown."

Another practice that took some getting used to (for customers) was closing down the shop once the doughnuts sold out. "We've sort of been taught that doughnuts are just readily available and cheap and easy to get," Kinden says. "It takes four hours, at least, probably five, from start to finish, to make and decorate a doughnut."

While Oh Doughnuts is not the only independent doughnut shop in town, what makes it special are the values Kinden follows: "To minimize waste, and to source locally where possible, (to use) fair trade organic chocolate, and even bigger than that, our hiring practices. We have (a) very diverse staff here."

### STRONG BADGER COFFEE HOUSE

LOCATION: 679 Sargent Ave.  
OPENED: August 2016

Owner and sole employee (on most days) Brock Peters is very up front about the fact that he has no business training and hasn't worked in a coffee shop before.

He enjoyed visiting coffee shops but found that a lot of his faves "seemed very much to be inspired by a similar aesthetic, which was that of the very minimal, very perfect cup of coffee focus." He says that after whining to his friends, they challenged him to make it happen.

"I thought if they could start these types of things, maybe I could start something that reflects what I kind of like."

Peters built the tables for the shop himself and did most of the renovations DIY-style on a shoestring budget that surprised many of the people who reviewed his business plan.

Strong Badger serves good coffee and also hosts an open mic night every two weeks "where developing musicians can get on stage in front of a really casual

house," Peters says. He hosted the *Dear Journal* launch and has a small selection of zines on consignment as well as a shelf of books for visitors to read.

"I use the word coffeehouse intentionally, it's almost an old-fashioned word for this previous concept of a coffee shop that's a gathering place and place for different ideas, music, books," Peters says.

"Fitting into that concept is being in a diverse location where lots of different folks from different walks of life can feel comfortable coming in."

### FORTH PROJECTS

LOCATION: 171 McDermot Ave.  
OPENED: February 2016 (Cafe)  
April 2016 (Bar)

Unlike the other three winners, Forth's mission and services are quite diverse. "We're doing all of the things," Heke says.

It took some time for a vision to solidify for the wide open space in the building. "We knew it was a coffee shop and cafe-fare style restaurant and that there would be a cocktail bar in the basement. The tenants were on at that point," Heke says of last summer, when she joined the project.

Tenants include Lisa Kehler Art Projects, Tipping Canoe Limited and Dogwood Coffee, who roast the beans for coffee served at the cafe.

Every element of Forth is carefully considered and kept local as much as possible. For example, they use Beeproject Apiaries honey in the kitchen, held a Beeproject workshop on beekeeping in the space and are planning to put hives on the building's roof in 2017 to start producing their own honey. Forth also showcases a few local artisans on their retail shelf.

"We're bringing people in to participate in the space in as many ways as possible, and so our retail shelf definitely reflects that," Heke says.

Those who hang out at Forth may have noticed that those who work there are familiar names in Winnipeg's creative community. For Heke, it was important to carefully select the staff and give them not only a job but an opportunity to participate in planning programming and events in the space.

"They feel good about coming here, it's not a default place where they have to make money and then do that thing they love. We work very hard to make sure that they love being here too," Heke says.

-Anastasia Chipelski // @Anachips



## FAVOURITE LOCAL BOUTIQUE

1. TINY FEAST
2. Foxy Shoppe
3. Out of the Blue

When Tiny Feast opened three years ago, it was a dream come true for those who have always loved back-to-school shopping.

The Exchange District shop offers up a curated selection of stationery, greeting cards, home goods and terrariums. Couple and owners Danika Bock and Drex Serduletz arrived just as the Exchange District saw a wave of businesses and restaurants move in and were at least partly responsible for its revitalization.

"When we opened, we took a chance on the neighbourhood knowing what we wanted it to become," Bock says. "In the years since we've opened, heaps of businesses, tons of condos have opened. That's dozens if not hundreds of people, families, couples coming into the neighbourhood that we didn't see before."

Despite the thousands of apps intended to organize and manage our daily lives,

Bock says there's still something charming and inspiring about paper and pen stationery.

"There's something hopeful about a fresh notebook and a sharp pencil," she says. "It sounds kind of cheesy, but it is kind of just a chance to take a deep breath before digging into something ... it's a chance to kind of slow down and get off the computer and off your phone for a bit. It's a really tactile thing."

A cell phone can be a rabbit hole, Bock says. Before even making it to your calendar app, there are websites and notifications to stop and look at.

"If I open my agenda, I will find six-to-do lists, but it's different than opening your computer and finding 20 emails," she says.

The whole business thing is still a learning process, she adds.

"We're always definitely still learning things so it's never like, yeah, I'm a pro at what's happening here."

Tiny Feast is located at 217 McDermot Ave. Search @tinyfeast to follow them.

-Alana Trachenko // @alana\_wpg

## FAVOURITE LOCAL CHARITY / NON-PROFIT

1. WINNIPEG HARVEST
2. Lake Winnipeg Foundation
3. Resource Assistance for Youth

For 31 years, Winnipeg Harvest has provided local families with somewhere to turn when they might not have much else.

While having to access a charity is never a pleasant experience, it's easy to see why Harvest's dedication to community support is being recognized.

Communications manager Chris Albi has been with the organization for seven and a half years and says that things are constantly changing for Harvest.

"Since I've been here, there's been an increase in food bank use, a decrease in food bank use, then an increase, so it's been up and down," Albi says. "What we're really seeing now is definitely more people coming from unstable situations."

"Low income people that don't have affordable housing, people on welfare that rates haven't increased in over 20 years ...

we're seeing more newcomers, immigrants, so we're seeing a plethora of different people. More seniors than we've ever seen before. Students are a percentage of our population as well."

To meet the demands, Harvest moved into a larger building in 2012 and incorporated a training centre that offers sessions in safe food handling, forklift certification and computer skills. The company also has a large garden on site, which not only contributes to the food bank but also provides a space to teach the community about growing their own food.

Albi says the food bank is still the No. 1 most-used program, but that Harvest also collects and distributes baby formula, pet food, feminine hygiene products and toiletries.

"For every \$1 (we receive), we move \$20 of food," Albi says. "Your donation goes a long way."

-Alana Trachenko // @alana\_wpg



  
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## FAVOURITE LOCAL THEME NIGHT AT A BAR

- 1. BANDS AS BANDS**
- Soul Night at the Cavern
- Honourable mentions:  
Pity Party at The Handsome Daughter, Trivia Night at The Handsome Daughter, Karaoke at The Good Will Social Club

Do you have dreams of Fleetwood Mac playing an intimate Winnipeg venue? Do you want to shake it off at a Taylor Swift show without breaking the bank? The Good Will Social Club has it covered with Bands as Bands.

Bands as Bands features three local acts covering big-time bands that range from the likes of David Bowie to Beach House. Since the first event in October 2013 drew a crowd of over 200 people to the now-defunct Union Sound Hall, Bands as Bands events have been held three to four times a year.

The recent Bands as Pop Bands was a sold-out Halloween show with Sc Mira as Britney Spears, Micah Visser as Taylor Swift and Kipp Kocay as John Mayer.

David Schellenberg, booker and talent buyer at The Good Will, is excited by the success of the events, especially for the bands.

"I love paying these bands a lot of money to do it, because it's really hard to make money as a local band," Schellenberg says. Local bands also get invaluable exposure at these events, playing to crowds that may know the band they're covering but don't necessarily know them.

Schellenberg was inspired to start the series by similar events popping up in other cities like Edmonton.

In past editions of Bands as Bands, Schellenberg highlights Departures (now Conduct) performing as Devo. "They did the whole jumpsuit thing and the coordinated dancing and jerky movements that Devo did. They had a costume change mid-set, and everyone kept playing," he recalls.

"It's a really good party," he says. "It's very joyous."

Sad to have missed the party? The first ever Best of Bands of Bands is coming up on Dec. 21 at The Good Will.

-Stephanie Berrington // @BephSterr

## FAVOURITE LOCAL BREWERY

- 1. HALF PINTS**
- Barn Hammer
- Fort Garry

When Half Pints' head brewer Chris Young started out with the company, he didn't know he was launching a 10-year career.

"I answered an ad in the paper back when people used to put want ads in papers," Young says. "I wasn't really working a job that I liked at the time, and I was a beer fan. So, as a 20-something-year-old, it sounded great to work at a brewery for a while."

Young has seen a lot of change in the beer scene since Half Pints started up in 2006.

"Selection of beer was pretty limited at that point, which is kind of why Half Pints started," he says.

Canadians have had an increasing taste for craft beer since the mid-2000s and there are currently more small breweries in this country than ever before.

Young says he loves seeing what other brewers are putting out there.

"It used to be very boring to go to the LC and pick up beer. I would often end up just leaving with my own," he says. "Now, I can go there every other week and there'll be something new that I want to try."

Young likes to be inspired by trends but also prides himself on having fun with traditional beer styles, naming Half Pints' stout as an example.

"It's a fairly standard Irish stout, but we also throw in a whole bunch of coffee in the end of it to give it that extra kick of coffee-roasted flavour," he says.

As for future recipes, new changes to Manitoba's liquor laws have allowed Half Pints to open their own tap room where customers can try test batches and give feedback on site.

Young says he is excited for the new level of interaction the tap room will create.

-Melanie Dahling // @sugardahling



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## FAVOURITE LOCAL PLACE TO SEE LIVE MUSIC

- 1. THE GOOD WILL SOCIAL CLUB**
- The Handsome Daughter
- Honourable mentions:  
The West End Cultural Centre, The Park Theatre

Based on how many nights University of Winnipeg (U of W) students have collectively spent at The Good Will, it's hard to believe it only opened two years ago.

The Good Will's seven owners have made it a goal to provide some kind of programming essentially every night of the week, whether it's a band, karaoke or a storytelling night. The maxed-out schedule, adjoining Little Pizza Heaven and selection of coffee and beer have made it a chameleon of a venue.

"It's a challenge, but it's a fun challenge," co-owner Tyler Sneesby says of finding performances. "The criteria is, is it good music, is it music that people want to see, is it diverse?"

"Obviously, indie rock is the dominant genre that comes here, but the subcultures of music in Winnipeg, there's not one subculture that's big enough to sustain itself. There's so much crossover. Even though we could have a hip-hop act on a Friday and maybe rock on a Saturday, you may see the same people at all three events."

The Good Will's been forward in promoting a safe space for LGBTQ+ folks, a value that Sneesby says is a reflection of what the community was asking for.

"I think we sort of exposed ourselves and opened ourselves to the community and to scrutiny," Sneesby says. "We want it to be a community hub and an ongoing conversation, and we're asking for help so we can ultimately sort of grow with the community. I think people responded to that in a way that makes us proud and even more willing to do right by the community."

He adds that being so close to the U of W has made it a haven for students.

"For better or worse, we've seen students here spend entire days," he says. "They can have their lunch and dinner and merge into party mode, all in the course of the same spot."

-Alana Trachenko // @alana\_wpg



PHOTO BY ALANA TRACHENKO



## FAVOURITE LOCAL ALBUM

- SOMETHING GOT LOST BETWEEN HERE AND THE ORBIT (ROYAL CANOE)**
- Tie: *Winter Wheat* (John K. Samson) / *Forgiver* (Yes We Mystic)
- Rushing River* (Tin Can Bandits)

Releasing *Something Got Lost Between Here and the Orbit* has been a long journey for Royal Canoe.

"We're very proud of it. We're happy with how it turned out. It took a little longer to get it out in the world than we had hoped," Brendan Berg, bassist and synth player for the group, says. "Originally, we had envisioned it coming out as much as a year prior to when it actually came out, but such is the nature of the business."

However, this proved to be fortuitous for the band, as they ended up writing and recording the song for their latest music video, "Walk Out on the Water," during the delays.

## FAVOURITE LOCAL RADIO SHOW OR PODCAST

- WITCHPOLICE RADIO**
- Couch Surfin'
- HUNKS Comedy

Witchpolice hasn't lost the magic. Co-hosts Sam Thompson and Rob Crooks have been interviewing local musicians since 2009.

Since then, the podcast has expanded to include live shows. Thompson is happy the show is starting to go in that direction.

"It's a cool way it worked out, because it went from just talking about music to actually being involved in promoting and presenting live music," Thompson says.

They have a semi-regular show at the Park Theatre, where they take local musicians and throw them into confusing situations, like having to improvise a song. They also do live Q&A shows, giving up-and-coming bands the chance to play their music in front of a larger audience.

Thompson says he enjoys a lot of what he does on the show, but his favourite

"We were like, 'oh, we're kinda just at home, so let's just keep writing and see, maybe something will fit,'" Berg says.

The group produced the record with Atlanta Producer Ben Allen, who's worked with artists such as Animal Collective and CeeLo Green. Having come from producing hip hop, he lent a helpful perspective, Berg says.

He says it was important to work with someone who is familiar with hip hop in order to keep them from moving away from their sound.

After the delays that beset the record and having their trailer containing all their equipment stolen, the band remains upbeat and hopeful going forward.

"It's amazing that Winnipeg has continued to support us after all these years and still cares about the art that we make," keyboardist Matt Schellenberg says. "Sometimes you wonder as a band goes along whether you're still relevant."

He says having *Something Got Lost Between Here and the Orbit* named favourite local album in the Uniter 30 makes him feel like they should keep playing.

The album is available on Nevada Music.

-Paul Hodgert // @paulhodgert



ILLUSTRATION BY GABRIELLE FUNK

## FAVOURITE LOCAL POLITICAL MOMENT

- STEINBACH MARCH FOR EQUALITY**

2. Honourable mentions: Judy Klassen named as interim Liberal leader, Robert-Falcon Ouellette tweeting he was against pipelines, civilian oversight of police, coverage of U.S. election at local bars

Michelle McHale expected a few hundred people to show up when she organized the first-ever Pride event in Steinbach, Man. Instead, thousands took to the streets on July 9 as part of the March for Equality.

"I think that amount of people anywhere would have been overwhelming for any organizer," McHale says, "but that amount of people to have shown up in Steinbach, Man. for the reasons that they were – I think there was a feeling of anything is possible."

She says planning for the event started in April, after she raised concerns about discrimination against LGBTQ+ people in local schools.

"I was just so happy that whether people chose to come out and participate in that event or whether they didn't, it was going to be in the news, and it was going to be very apparent to them that there was a lot of love and support," she says.

She notes former Steinbach residents came from across the country to attend the march. People from Winnipeg – where there have been annual Pride events since 1987 – also joined in.

"If there's people who are being discriminated against somewhere that isn't safe, people who do feel safe will rise up and come together to support people," McHale says. "That's a beautiful thing no matter how you look at it."

While the event marked a new chapter for the staunchly Mennonite city, there was still pushback. The march was originally denied street access. Conservative MP Ted Falk refused to take part, and Steinbach's mayor and MLA both cited prior commitments as reasons for not attending.

"There are rights that we're fighting for here that are not present everywhere," McHale says. "What we'd like to see is for the elected officials to show up ... We need to see those folks show up, and we need to see them support all the constituents in their communities."

The Steinbach Pride Facebook page will post updates about the next March for Equality, which is set for July 15, 2017.

-Danielle Doiron // @dmdoiron



## FAVOURITE LOCAL BLOG

- WINNIPEG LOVE HATE**
- SCREAMING IN ALL CAPS
- Witchpolice

There's a lot to love about Winnipeg Love Hate.

Winnipeg's favourite local blog has captured moments in Winnipeg for several years. But now, photographer Bryan Scott is expanding his project to cover the rest of Manitoba.

"There's so much of Manitoba that I've never explored and always wanted to," Scott says. "I just finally decided to take the opportunity. There's so much to see."

In order to get these photos, Scott makes long one-day trips to certain cities. He's out the door at 6 a.m. and back home by 6 p.m. According to him, as long as there's light in the sky, he's still driving. He's travelled to places like Flin Flon, Thompson and Holmfield, exploring towns and buildings around northern and southern Manitoba.

"It's definitely opened my eyes to the rest of Manitoba," Scott says. "What I now consider a misperception is that Manitoba

episode is an interview with Propagandhi.

"It's nice to get to talk to someone who I grew up listening to. On our 100th episode, we had Chris from Propagandhi on our show, and that was a big deal. That was a band that constantly comes up, no matter who we talked to," Thompson says.

Thompson doesn't have any concrete plans for the future of Witchpolice, only that he wants the show to continue for as long as it can and to see what opportunities come next.

He wants to explore the themes of the local music scene more and even look at new genres the show hasn't covered yet.

"I'm 34 years old. The era I started going to see bands is early to late '90s," Thompson says. "A lot of my deep knowledge of the music scene is from that time period. There's a lot of people who are 18 or 20 years old playing in bands now ... They might be playing the music I love, but they're coming at it from a different direction."

Find their podcast at [witchpolice.com](http://witchpolice.com), where new episodes go up every Wednesday.

-Justin Luschinski // @scholarj

is completely flat. I think Winnipeg is just in the flattest part ... Southern Manitoba is hilly and beautiful, and I think a lot of people have never taken the time to see it.

"After 40 years of living in the province, it's about time I did it."

How has Scott's photography style changed over the years?

"These days, I'm focusing on the relationships of objects in a frame, rather than just a single object. So for instance, in the past, I might have photographed a single building in the middle of the frame," Scott says.

"But these days, whenever possible, I'm more likely to try to establish a relationship between that building and its environment. Things that I might have tried to crop out in the past now become an integral part of the composition – power lines, cars, trees, etc. – in an effort to tell larger stories about subjects that are portrayed."

You can find his blog, Winnipeg Love Hate, at [winnipeglovehate.com](http://winnipeglovehate.com).

-Justin Luschinski // @scholarj

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## FAVOURITE LOCAL NEIGHBOURHOOD

1. WOLSELEY
2. The Exchange District
3. West Broadway

As neighbourhoods go, Wolsley is more of the quiet, underrated part of the city that inspires heartfelt devotion but doesn't often get brazen shoutouts.

But this is the second year that readers have chosen the so-called Granola Belt as their fave. Wolsley's charm unseated the previous winner, the jam-packed and bustling Osborne Village, but not because Wolsley is the new Osborne.

Those who choose Wolsley are often looking for that calm community feel.

"There's a sense of openness and inclusion," Grant Pastuck says. Pastuck is the owner of Prairie Sky Books, which has been holding down a Westminster Avenue storefront since 1978.

"There's a lot about Wolsley that attracts people that are ... interested in a more human level of existence," Pastuck says.

Though he's next to the busiest intersection in all of Wolsley, Pastuck enjoys

looking out his window to see trees and people walking their dogs, not car traffic.

That sense of connection is what drew Giorgio Mantas and Rob Bohay, co-owners of Verde juice bar, to Wolsley.

"We didn't want the busy, busy, crazy street and everyone going wild. We wanted to get to know the neighbours in the neighbourhood and become friends with people," Mantas says. "You don't just know your next-door neighbour here, you know everyone on the street."

Verde is the newest kid on the small stretch of Westminster that houses most of Wolsley's commercial ventures. It's full of "shops with business owners from Winnipeg, making a living," Bohay says.

Bohay and Mantas have made fast friends with many of the other shopkeepers. In Wolsley, it's not a competition.

While other neighbourhoods move and change rapidly, Wolsley is subject more to "the will of the people, rather than the will of the city," Pastuck says.

"There's no other neighbourhood in the city like it."

-Anastasia Chipelski // @Anachips



## FAVOURITE WINNIPEG WINTER ACTIVITY

1. SKATING ON THE RIVER TRAIL
2. Festival du Voyageur
3. Staying inside

Through a cold climate that puts locals at odds with the outdoors, Winnipeggers are resilient and thrive with winter activities despite the chill.

The Red River Mutual Trail is a go-to Winnipeg winter destination found in central downtown at the intersection of the Assiniboine and Red rivers, starting just under the Norwood Bridge. According to The Forks' website, it holds the Guinness World Record for longest naturally frozen skating trail in the world. It has a connected skating rink and an interactive art gallery.

Spokesperson Chelsea Thomson says the trail is a way for people throughout Winnipeg to connect.

"The thing we've noticed most is it connects communities," Thomson says. "It's an opportunity for people from different parts of the city to come to The Forks on skates or walk or pushing a stroller."

In the past, the trail has been as long as 10 kilometres, though on average it's been about six kilometres in length. In the last few years, it's stretched all the way to St. Vital. Skaters access the trail from throughout the city, but Thomson says The Forks still sees the most skaters - up to 20,000 in one weekend.

"It's easy to complain about the cold, but what we do is make it fun," Thomson says. "As soon as the river is frozen, we are out there. Our river trail crew guys are working really hard to clear the snow, and then we maintain it until spring."

The Forks also offers extended skating time with lighted trails and rinks on land, and this will be the first winter that The Common is open.

"It's a great opportunity for people to grab a beer or glass of wine after their skate," Thomson says.

For ice conditions and trail openings and closures, visit theforks.com/rivertrail.

-Alana Trachenko // @alana\_wpg with files from Talula Schlegel // @talulacora



## FAVOURITE LOCAL THEATRICAL PRODUCTION

1. SHREK THE MUSICAL
2. Heavenly Bodies (Gislina Patterson)
3. zahgidiwin/love (Frances Koncan)

Beginning as a storybook written in 1990 by famous New York cartoonist and author William Steig, this tale made its way from an animated movie all the way to Broadway as a production, *Shrek The Musical*.

In August 2016, *Shrek the Musical* came to Winnipeg's Rainbow Stage.

"I was really excited when I heard that Rainbow Stage was doing *Shrek*," Carson Natrass, Shrek in *Shrek the Musical*, says. "I love doing shows that my (family) can come to see ... particularly ones where I play such a significant role that's both hilarious and moving."

Natrass says that before he saw the Broadway production of *Shrek*, he had his

doubts on the *Shrek* franchise expanding into the musical realm. After seeing the show, he was on board.

"(It) is a fantastic show," Natrass says. "It took an edgy cartoon for its time and blasted it open to be one of the funniest musicals of its time and one of the most socially relevant musicals of its time."

Natrass found a few favourite scenes in the production.

"(The song) 'I Think I Got You Beat' ends with a hilarious fart and burp competition between Shrek and Fiona," Natrass says. "I got the most out of a song called 'Who I'd Be,' a trio between Fiona, Donkey and Shrek where they dream about their fairy tale endings, not aware that they are currently the heroes of their own beautiful tale."

Natrass expresses his gratitude in being selected as this year's favourite theatrical production.

"When I heard about this, I was so flattered," Natrass says. "I love being a part of every show I do. I think *Shrek* had the most to say, and so I am thrilled to see that it reached its audience."

-Talula Schlegel // @talulacora



## FAVOURITE LOCAL REC LEAGUE OR CASUAL SPORT

1. DODGEBALL WINNIPEG
2. Ultimate Frisbee (Winnipeg Rec League)
3. Softball

Dodgeball Winnipeg is just over a year old. Stacy Huen, founder and coordinator, says he had been playing in a different league when he decided to strike out on his own.

"The players went to a tournament in Barrie, Ont. and experienced the international rules and the different balls that they use," Huen says.

After having a private event in Winnipeg using those rules, Huen found he preferred it.

"I asked the current league if they would use those rules. They said no, and so I started my own," he says.

Huen says many people have fond memories of dodgeball in gym class, and the league taps into that while also being a more organized sport.

"I remember I spent about six months trying to find a league to play dodgeball in, and it didn't even occur to me back then to start one of my own," he says. "When I found out about it five years later, I was super gung-ho about it."

Huen says dodgeball also owes its popularity to how accessible it is.

"You don't have to be in shape to get into dodgeball, and it's an easy way to get yourself into shape," he says.

The game's structure allows players to sit out on some rounds, so it's less intimidating for newcomers, and there's room to grow.

Beyond being a fun way to get moving, dodgeball is relatively affordable. Registration for solos is only \$60 for a 10-week season. Teams can sign up for \$495.

For those who want to try before committing, there are drop-in options for \$5.

Registration is now open for the new year, and Huen says it isn't hard to get started. All that's required is payment and a pair of indoor shoes.

-Melanie Dahling // @sugardahling



## FAVOURITE LOCAL ACTIVITY FOR A DATE

1. MOVIES
2. Eat food
3. Visit the Forks

"Anything but a movie!"

Most people who've used a dating app have seen this refrain on potential dates' profiles. Maybe you've typed it in your own. The section in which people describe their ideal date night frequently inspires a shocking degree of animosity toward the very idea of visiting a movie theatre.

Which is why it's so heartening to see that readers of *The Uniter* have proclaimed that the movies are your favourite date activity. It's a practice that's under siege and needs to be defended.

"Anything but a movie!" the Ideal Date Section protests. "You can't even talk during the movie."

Of course you don't talk during the movie, unless you're some kind of monster. No, you watch the movie. You pay attention to it. Then when it's done, you and

your date go for coffee or drinks and talk about the movie.

Because, what are we really doing on a date? We're judging the other person. Intensely and cynically. We're deciding if this is the type of person we want to share time and romantic energy with. Movies are a perfect barometer for that judgment.

Firstly, there's the discussion itself. Does your date have a thoughtful response to the movie? Its themes? Its style? Reading movies, like reading people, is complex. The way your date responds to a film tells you something about them.

Also, do you really want to spend a couple of nights a week with someone who thinks *Dirty Grandpa* is funny?

When you're scrolling through Netflix looking for something to watch, do you want your co-pilot to be the person who says, "Oh, let's watch that Adam Sandler cowboy movie!"

My last fling was with a wonderful person, but when she said *Star Wars: The Force Awakens* wasn't as good as *Jurassic World*, I should have known we were doomed.

-Thomas Pashko // @thomaspashko



## FAVOURITE LOCAL INDEPENDENT PUBLICATION

1. WINNIPEG FREE PRESS
2. Red Rising Magazine
3. Stylus Magazine

It was in 1872 - two years after Manitoba joined confederation and two years before Winnipeg was incorporated - that the first copies of the *Manitoba Free Press* rolled off the presses on to the Main Street of an emerging prairie hub.

Winnipeg's population was only 1,467, and its growth was by no means assured. But the *Free Press* would go on to chart the city's boom years, the internationally reported general strike of 1919, two world wars and nearly a century and a half of prairie culture and politics.

John W. Dafoe, the paper's editor for over 40 years, had a reputation as a bit of a curmudgeon, but, by the Second World War, it was clear his trademark pessimism about global affairs was on point.

Cora Hind, who held the agriculture beat at the turn of the century, was one of

the top female journalists of her time.

In 1931, the paper took on the name of its home city, and it remains the *Winnipeg Free Press* or *Freep*, colloquially, today.

Recently, the paper has been forced to navigate the decline of print media and the rise of free online news. In the last couple years, it's rolled out an upgraded web presence and introduced a paywall online.

Bartley Kives, who started as a junior music writer decades ago and eventually became the city's top political reporter, left the paper this year for CBC Manitoba, and reporter Mary Agnes Welch moved to a marketing firm.

Despite all this, *Uniter* readers still chose the *Freep* as their favourite local publication.

And more impressive still, in an age when traditional media is dominated by mega-corps, the *Winnipeg Free Press* remains relatively independent along with its sister periodical the *Brandon Sun*. In fact it's the largest independent newspaper in Canada.

-Tim Runtz // @timruntz

# YOUR FEEDBACK. YOUR UNITER.

We make *The Uniter* for our readers, both on campus and in the community. So we want to hear from you. What do you like? What do you want to see more (or less) of? We also want to know that you're getting the paper and know where to find it (including online).

You can also fill out this survey at [uniter.ca/vote](http://uniter.ca/vote). Paper copies of the survey can be dropped off at or mailed to *The Uniter* office: Room ORM14, University of Winnipeg, 515 Portage Avenue, Winnipeg, Manitoba, R3B 2E9.

#### Are you a post-secondary student?

- Yes  
 No

#### How often do you read *The Uniter*?

- Every issue  
 Most issues  
 Occasionally

#### How do you read *The Uniter*?

- Paper copy  
 Online  
 Both in paper and online

#### Where do you pick up a copy of the paper?

\_\_\_\_\_

#### Is *The Uniter* distributed at convenient locations for you?

- Yes  
 No

If no, where would you like to see it delivered?  
\_\_\_\_\_

#### What's your favourite section of *The Uniter*?

- Arts and culture  
 City  
 Campus  
 Comments and the column  
 Diversions

#### Would you want to see an event listings section in *The Uniter*?

- Yes  
 No  
 Doesn't make a difference to me

#### Would you want to see a full page of comics in *The Uniter*?

- Yes  
 No  
 Doesn't make a difference to me

#### Would you want to receive a weekly newsletter with highlights from the paper and updates about upcoming events?

- Yes  
 No  
 Doesn't make a difference to me

If yes, what's your email address?  
\_\_\_\_\_

#### What would you like to see more of (or less of) in *The Uniter*?

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#### Do you follow *The Uniter* on social media (check all that apply)?

- Facebook  
 Instagram  
 Twitter  
 Nope, I don't follow you

#### What would you like to see more of from *The Uniter* on social media?

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## DIVERSIONS



### SLEEPYHEAD



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## Student Services

#### STUDENT SERVICES

The Student Services staff of The University of Winnipeg provides the student body with current information and opportunities. This information is updated weekly.

#### ABORIGINAL STUDENT SERVICES CENTRE

The Aboriginal Student Services Centre annual Christmas Ornament sale is on now! Lots and lots of new items this year, including raffles for three handmade quilts! All proceeds go directly back to help students throughout the year.

#### AWARDS AND FINANCIAL AID

The Awards and Financial Aid Office is still accepting applications for the Fall/Winter 2016-17 Work-Study Program.

- Work about 5-10 hours a week
- Get valuable research and employment experience
- Work flexible hours
- Build your résumé

For more information, deadlines and applications, visit the Awards and Financial Aid website: Go to [www.uwinnipeg.ca](http://www.uwinnipeg.ca) Click "Student" Click "Awards and Financial Aid" Click "Work Study Program"

APPLY NOW!

#### STUDENT CENTRAL

##### Winter Term Tuition Fees

Pay tuition the easy way (through your bank) and be entered to win prizes!

Every student who pays for Winter Term (U2016W) courses by January 4, 2016 either

- 1) as a bill payment through their financial institution (online, telephone, in-person at a branch)
- 2) via Flywire, or
- 3) through WebAdvisor with a credit card.

will be entered into a draw.

Prize packages include gift cards, UWinnipeg bags, water bottles, and more!

##### Dropping Courses

The final day to withdraw from a U2016FW class for 50% refund of the base tuition, UWSA and UWSA Building Fund fees is December 5, 2016. No refund is applicable from December 6, 2016-January 19, 2017. Courses are dropped through WebAdvisor using the "Register/Drop Course Sections" link.

##### Waitlists

Don't lose out on a seat in a waitlisted course! Remember to check your University Webmail for permission to register every Monday and Thursday. Changes to SC's Hours

SC will be closed at 2:30 pm on Friday, Dec. 2.

SC will be open 9:00-4:15 on Friday, Dec. 16.

SC will be open 8:30-4:30 on Thursday, Dec. 22.

SC will be closed from Dec. 23-Jan. 2. We will re-open with regular hours on Jan. 3.

SC's regular hours are 8:30-5:30 Monday-Thursday and 8:30-4:15 on Fridays.

##### Exams

The Examination Period is December 8-21. Please check the exam schedule online and notify your professors of any time conflicts immediately.

##### U2016F Grades

Grades for Fall Term classes will be posted on WebAdvisor about the week of January 23, 2017.

##### Rent a locker

Need somewhere to store your coat and scarf? Rent a locker today!

##### To rent a locker:

- choose a locker location & type - see below - or specify a couple of locker numbers
- choose a rental time frame - see below
- go in-person to Student Central, OR fill out the form online at [www.uwinnipeg.ca/lockers](http://www.uwinnipeg.ca/lockers)

Locker Locations & Types (Student Central rents various sizes and types of lockers including full or half size, single or two-person):

- Riddell Hall Tunnel - full-size

• Lower level Manitoba Hall - full-size

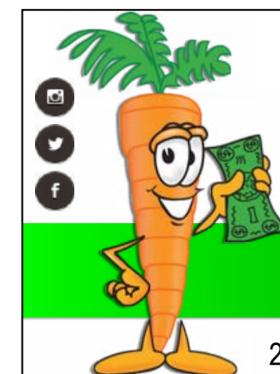
• Third floor Richardson College for the Environment and Science - half-size

##### Lockers Time Frames

• Winter Terms (January 4, 2017 - April 21, 2017) - \$20.00/person

##### Locker Regulations

- All locker assignments are FINAL and NON-REFUNDABLE. No switching permitted. Choose your preferred locker area(s) or number(s) before you request a locker.
- All full-sized lockers can be rented by up to two people. If you have a locker partner, they MUST pay the \$20.00 per student per term fee and register as your partner with Student Central. They will need to be able to tell us the locker number and location, as we cannot pair people up only by name.
- Lockers are to be provided by students. We advise that you invest in a good-quality lock.
- Unauthorized use of a locker will result in the lock and contents being removed.
- Check your locker and contents as often as is practical.
- Lockers must be emptied at the end of each rental period.
- Unauthorized use of a locker will result in the lock and contents being removed.



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