

THE **U** N I T E R

THE THERAPEUTIC BENEFITS OF ART—P5

PET BYLAW CHANGES RATTLE CAGES—P11

STRAP ON A DILDO!—P13



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ILLUSTRATION BY GABRIELLE FUNK

THAT IS A TASTY BURGER!

THOMAS PASHKO
MANAGING EDITOR

THOMASPASHKO

This week has been marred by deep frustration for downtown residents. The noise assault from the convoy protest by the Legislature has been nonstop. Even I, safely on the other side of the river, heard the obnoxious blaring of horns from this childish parade of right-wing whiners as I took a walk to the pharmacy on Wednesday.

In other words, we all need a little pick-me-up. Allow me to make a suggestion: burgers.

I know, I know. If you live on Broadway and can't walk to your bus stop without being harassed by anti-vaxxers, a cheeseburger isn't going to solve that problem. But we all need to find joy in the little things wherever we can, especially these days. And dagnabbit, there's fewer things more joyful than a tasty burger.

In this week's cover feature, city reporter Callum Goulet-Kilgour delves into the history and culture of burgers in Winnipeg. It's a scrumptious bit of writing that certainly made me hungry while editing it.

It's a topic close to my heart. When I first became a vegetarian 18 years ago, the meatless options at local restaurants were much fewer and farther between than they are now. Typically, when out for dinner with friends, my options were "french fries" or "nothing, don't eat and just let my stomach grumble loudly until I get home."

That's why I've always had a soft spot for the places that offered veggie burgers. Junior's, the King's Head, Pangea's Kitchen at the U of W, even fast food chains like Harvey's, A&W and Burger King were my ace-in-the-hole.

The landscape has improved significantly over the last few years. The proliferation of Beyond Meat, Impossible Burgers and other less-processed, more-homespun veggie patties means I can now get a decent veggie burger at virtually every local burger spot. But I still cherish a little extra love for the places that have had my back (and my stomach) for nearly two decades.

Arts and culture reporter Isabella Soares examines some of the people facilitating art therapy in Winnipeg. Read more on page 5.

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Submissions of articles, letters, graphics and photos are encouraged, however, all new contributors (with the exception of letters to the editor) must attend a 45-minute volunteer orientation workshop to ensure that the volunteer understands all of the publication's basic guidelines.

In-person volunteer orientations are currently suspended due to COVID-19, but over-the-phone and remote orientations can be arranged. Please email volunteer@uniter.ca for more details.

Deadline for advertisements is noon Friday, six days prior to publication. The Uniter reserves the right to refuse to print material submitted by volunteers. The Uniter will not print submissions that are homophobic, misogynistic, transphobic, ableist, racist or libellous. We also reserve the right to edit for length/style.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Michael Redhead Champagne's upcoming children's book, *We Need Everyone*, launches in September with illustrations by Tiff Bartel.

EMPOWERING CHILDREN THROUGH STORYTELLING

Champagne's new book teaches kids about their gifts

REBECCA DRIEDGER | ARTS AND CULTURE REPORTER | [TWITTER](#) [INSTAGRAM](#) REBECCADRIEDGER

Public speaker, community organizer and writer – is there anything Michael Redhead Champagne can't do? After penning several articles, books and reports, he can now add "children's book author" to his long list of accomplishments.

We Need Everyone is a children's book written by Champagne, illustrated by Tiff Bartel and published by HighWater Press, an imprint of Portage & Main Press in Winnipeg. It will be released in September 2022.

The book, written for children ages two to six, seeks to empower children and help them identify what makes them truly special, talented and gifted.

"I think we always hear young people and kids saying, 'I'm not good at anything,'" Champagne says. "We hear that from kids all the time, and when we hear that, that's an invitation for us as adults who love them to remind them of their gifts."

Champagne says the idea for the book came from the disheartening truth of Canada's suicide rates among Indigenous youth. He hopes *We Need Everyone* will not only empower children, but also help their parents understand and engage in di-

alogue with them.

"I know that amongst Indigenous children, the average age that a child will first contemplate suicide in Canada is age 10. And so this book is for ages two to six. And that's on purpose, because I want to speak to children at that age range," Champagne says.

Champagne explains that he took a lot of his own experiences in life and incorporated them into the book, making sure to include his furry feline friend, Sushi.

"Our pets have gifts, too. And so it was important for me to have my cat with me on the cover of the kids' book. And so it's nice to be able to, you know, celebrate, celebrate Sushi, my cat," Champagne says. "But there's also a celebration of 'Michael the child' in the book ... a character that wears blue rubber boots."

Champagne goes on to say that, as a child, he refused to take off his blue rubber boots – even to sleep. He says it was amazing to have a character in the book honour his childhood.

From looking at the front cover, it is obvious that stars play a prominent role in the book. However, Champagne delves a

little deeper into the significance of these stars and talks about why they are truly important to him.

"For me as a person from Northern Manitoba and Shamattawa First Nation, we have teachings about how we are the star people and that our people come from the stars. And so it's really personally significant to me that gifts are represented by stars in the book," Champagne says.

While this was a big project for Champagne over the last two years, illustrator Bartel worked on the first sketches in April 2021 and handed in her final artwork a couple of months ago.

"I was working on a few other things, but this was kind of my big project while I'm on maternity leave. This has kind of been my big pandemic project," Bartel says.

"The first illustrations I ever had published were actually for *The Uniter*. I have been doing illustrations for a long time, but I have only started drawing for children's books in the last few years," Bartel says. "This is the third kids' book I have done."

One of the great things about working on the book while on leave is that communications were done over email and Twitter DMs. However, it also meant she worked with minimal in-person contact.

"You email your stuff, and you get some feedback, and then you fix it. You send it back – but ... I haven't seen anyone in person," Bartel says. "Michael is very nice, and he gives really nice feedback."

Bartel was excited for the opportunity to work with Champagne, and it all happened because he happened to like her work.

"He saw my art online, and we have some mutual friends. But I was approached by the publisher after they saw some of my artwork, and I was requested to work on this book," Bartel says.

Champagne was impressed with Bartel's final product, saying she "did an amazing

job of being able to capture energy on a flat page."

"Every step of the way, they wanted the book to be a reflection of my personality and the energy that I bring, and so I feel like this is an authentic representation of who I am," Champagne says.

Champagne's personality and energy are on full display in whatever he does, and it feeds into his storytelling and public speaking. The first time he practiced his love of storytelling was in kindergarten when he created a story about someone named "Mr. Big Face."

"The Adventures of Mr. Big Face' gave me a venue to practice storytelling for the very first time under the watchful eye of my kindergarten teacher," Champagne says. "That, I think, just showed me that it was possible for a little kid to write a story – and if I learned that in kindergarten, that really opened the doors for every kind of subsequent story that I told. Because if I can tell a story as a kindergartener, there's nothing stopping me."

Champagne explains that he was bullied as a child, and he hid in the library to escape. This experience and "Mr. Big Face" helped him realize how important stories are, especially to young children.

"I learned at a young age that stories can transport us away from our current realities and help us to imagine different possibilities," Champagne says.

***We Need Everyone* is currently available for pre-order at portageandmainpress.com and will be released in September 2022.**

For the month of February, Champagne is launching a Buy a Book, Give a Book program. Participants can pre-order a book, and it will be sent to a child who needs it in an inner-city, isolated, rural, remote or northern community.

ARTS BRIEFS

CIERRA BETTENS | ARTS AND CULTURE EDITOR | [TWITTER](#) [INSTAGRAM](#) FICTIONALCIERRA CIERRABETTENS

A field trip through Black History

To celebrate Black History Month, the Manitoba Museum is offering a free, virtual field trip. Community Voices: Black History in Canada takes viewers through a live, historical look at the contributions and challenges of Black people and communities in Canada. Register for a tour on Feb. 19 or 23 by visiting manitobamuseum.ca/programs-and-events.

Honour and Reverence

On Feb. 17, cre8ery (125 Adelaide St.) will welcome Yukon-based artist Pat Bragg for her *Honour and Reverence* exhibition. Bragg's portfolio combines beaded photography and wearable art to draw artistic connections to the land. A beading on photography workshop with Bragg will take place on Feb. 22 from 1 to 4 p.m., with supplies included in the \$75 cost. Visit cre8ery.com for gallery hours and more.

Rediscovering Rooster Town

Emmy-nominated independent journalist Terry MacLeod will join Darrell Sais to present a talk on the Rooster Town, a former Métis community. The talk is the final chapter of the Rady JCC's Music 'N' Mavens speaker series. Participation is free via Zoom, and advanced registration is required. Visit radyjcc.com for more details.

FUNdrive!

CKUW 95.9 FM, the University of Winnipeg's campus radio station, is hosting their annual fundrive from Feb. 11 to 25. The radio station relies on community donations to cover 25 per cent of their yearly budget to keep their coverage on air and ad-free, and to cover equipment fees and operations. Donations over \$35 are eligible for thank-you gifts and incentives. Visit a.pledge.

Kickstarting the Dead Work Collective

A collective of nine Canadian comic-book artists in the recently formed Dead Work Collective has launched a Kickstarter campaign to fund their forthcoming *Dead Work Anthology*. The collective members hail from Winnipeg, Oshawa and Calgary and includes recent nominees for the Sequential Magazine Awards: Jordan Patrick Finn, Steven Kaul and Lyndon Radchenka. The various pledge tiers offer copies of the anthology, discussions with the artists, a custom comic and more. Visit bit.ly/3LnM26T to donate and learn more.

GETTING THE SHOW ON THE ROAD

Begonia releases new music ahead of North American tour

ISABELLA SOARES | ARTS AND CULTURE REPORTER | [BELLASOARES0601](#) [@BELLA_SOARES16](#)

Cancelling shows, closing down venues, rescheduling events. This cycle has haunted music makers and admirers for the past two years, but things are starting to look up for Alexa Dirks, better known as Winnipeg indie-pop artist Begonia.

With fresh tunes and a tour across Canada and the United States beginning in March, Dirks is excited about returning to her happy place: the stage.

“There is nothing like getting in the van with your pals. With all the things that are still happening with COVID-19, my band and I are very conscientious, and we are doing everything as safe as we can,” she says.

Begonia has released two new singles that lean toward “a lighter and more introspective sound,” titled “Heaven” and “It’s Too Quiet.” “Heaven” came out on Dec. 1 accompanied by a music video with a pink aesthetic.

“When I was first thinking about the music video for ‘Heaven,’ I wanted something set in the rural Manitoba environment. I felt like it suited the song. (Director Gwen Trutnau) expanded on all of my ideas and made them mystical,” Dirks says.

In 2020, Begonia was set to hit the road for a tour. She was also looking forward to participating in SXSW with songs

from her 2019 EP *Fear*. While the festival was cancelled due to COVID-19, the singer-songwriter is back on the lineup for summer 2022.

“Two years ago at this time, I was preparing to go to SXSW, so it is weird to say that this is really happening now,” Dirks says.

The artist also released acoustic versions of the singles alongside friends in the industry: Diaphanie, Leith Ross, Gabriela Ocejo, FONTINE and SNACKIE. She also collaborated recently with Anthony OKS in one of the tracks of his latest EP, *In the Garden*.

“Collaboration is important to me to keep my morale up. Anthony hit me up and was like ‘hey, I’m working on my new EP, and I would really like you to listen to it.’ I was feeling a bit depressed during the period he reached out to me, and I almost said ‘no.’ I’m glad I pushed myself to do it, because it really formed a strong friendship between the two of us now as well as the musical friendship,” she says.

The artists performed together during a show at The Good Will on Dec. 11, just before the venue had to cancel end-of-the-year events. The night gave Dirks the opportunity to return to the stage and kick-



SUPPLIED PHOTO

Winnipeg indie-pop mainstay Begonia has new songs and tour dates in the works for 2022.

start the excitement for her next shows moving forward.

“We played that show right before venues shut down again, so I felt very fortunate to do it, to have that energy and be surrounded by those caring and kind people. It was a really fun release to me,”

Dirks says.

Visit helloworldbegonia.com for information on tour dates, merch and more. Listen to “Heaven” and “It’s Too Quiet” on all major streaming platforms.

RECOVERING THROUGH ART

Art therapy promotes pathways to wellbeing

ISABELLA SOARES | ARTS AND CULTURE REPORTER | [BELLASOARES0601](#) [@BELLA_SOARES16](#)

Acknowledging mental-health struggles is often the first step toward treatment. The second is finding ways to cope with these challenges. For creative types, art therapy is a valuable outlet to express thoughts and nurture a balanced lifestyle.

According to art therapist Adriana Leinberger, art therapy involves creating art whenever needed (like during therapy sessions), instead of drawing, painting or otherwise crafting on one’s own.

In addition to being a counsellor at St. Amant, Leinberger has been involved with Sprucewood Art Therapy Services for more than 12 years. Throughout this time, she has seen art therapy significantly impact youth.

“I have worked with a lot of teenagers, and what I have observed is that they have to use art as a container for their thoughts and feelings. It can often be easier for them to express themselves creatively (as opposed to) having to find the right words when communicating,” she says.

Artbeat Studio, another art program in Winnipeg, helps people struggling with their mental health through an artist-residency program. This course happens twice a year, with up to eight artists involved at a time. The small class sizes enable participants to work collaboratively when transferring their ideas to visual concepts.

“Students stay with us for six months, and at the end of this period, there is a group show where they can display all of the art that they have worked on. It is a great opportunity for them to meet other artists who are also struggling with their mental health,” Uyen Pham, Artbeat Studio’s executive director, says.

After the art show, program participants also have the chance to sell their projects at the Artbeat Studio shop in Portage Place called Upbeat Artworks.

“They volunteer for a shift at the store once a week to sell their art and tell their story. It’s a great way for them to gain employability skills and overcome anxiety when talking to customers,” Pham says.

The executive director has seen firsthand how these opportunities are to help people move past their fears. She recalls a particular student who was initially reluctant to participate because the bus ride seemed dangerous.

“There was one artist who didn’t want to come to our centre, because they had to take the bus there. This person ended up connecting with the group and volunteers with us twice a week,” Pham says.

Apart from the residency, the studio has installed another creative space in Portage Place. Studio Central offers free workshops for anyone over 18.

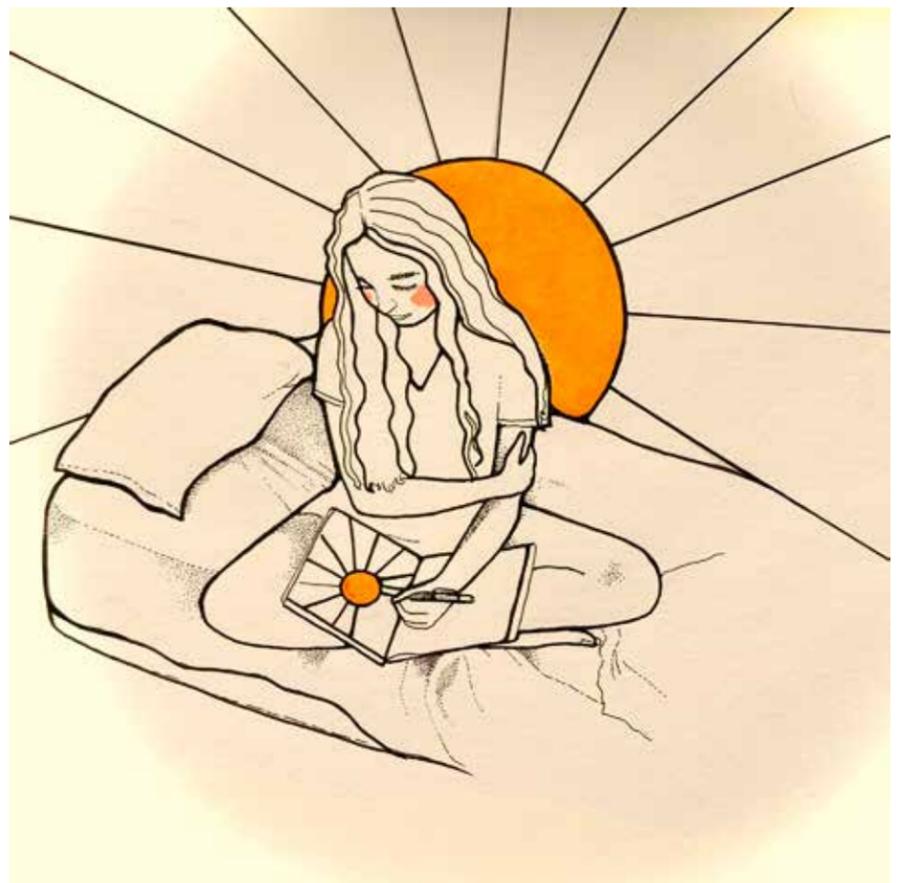


ILLUSTRATION BY GABRIELLE FUNK

“We have an average of 14 people coming daily to our workshops. People have really made this part of their routine. There is a participant who joined us for one of the workshops and enjoyed it so much that now it has become a daily activity after work,” Pham says.

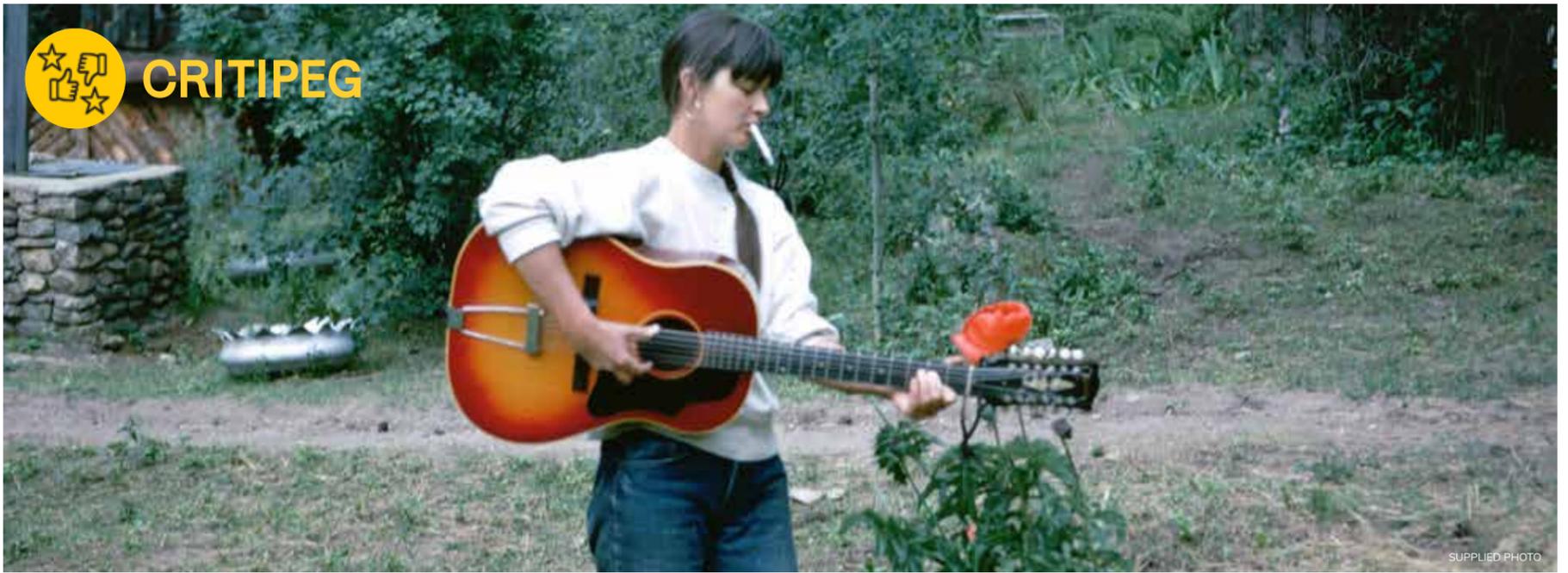
A catalyzer for in-depth conversations

and coping with stressors, art therapy isn’t a cure, but it’s a valuable resource for maintenance.

For more information about hours, services and upcoming workshops at the Artbeat Studio, visit artbeatstudio.ca.



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SUPPLIED PHOTO

KAREN DALTON: IN MY OWN TIME

Streaming on Cinematheque at Home until
March 13



ARMANDE MARTINE | FEATURES REPORTER | 1MANDE7

The life of folk singer Karen Dalton is a woeful and tragic tale. If you're looking for an upbeat story, this is not it.

Nick Cave, interviewed for the documentary, is one of Dalton's biggest fans. Her work had a profound effect on the musician. "Her music puts a demand on you, like it or not. You're forced to enter her world. It's a despairing world. It's a dark world," he says.

After leaving home at age 15, Dalton promptly married the first of a string of spouses. Dalton is the name of her second husband, with whom she had a daughter.

She rejected the notion of traditional marriage early on, embracing the budding feminist movement, gravitating to artists and ultimately allowing her authentic self to emerge. "I'm working on my own direction and destiny, not my mother's," Dalton wrote in her journal.

Intent on following her soul's deep yearning to make a career in music, she left two small children behind and headed for New York. She rarely spoke of her son, but eventually guilt made her return for her four-year-old daughter,

Abbe Baird.

"Part of her was a sweet, nurturing, loving person. The other side was an entirely different person altogether. She didn't like that dark side," Baird says.

A sensitive soul, Dalton felt deeply. An authentic artist, "she lived her songs," conveying that heartfelt emotion to listeners. It was characteristic of her not to look at her audience. Instead, her eyes were cast downward, and her focus was inward.

The documentary is interspersed with clips of a radio interview with Bob Fass, who is heard telling Dalton that he cannot classify her gloomy, blues genre. "I'm going to start a new category for heart singers," he says.

Dalton transforms her voice into a plaintive instrument. The sound is eerily similar to Billie Holiday's voice. Holiday's songs, including the controversial anti-lynching number "Strange Fruit" were part of Dalton's repertoire.

The folk singer had a preference for older obscure traditional songs with no documented author.

She rejected the promotional aspect of the music business and moved with her third husband, Richard Tucker, to Colorado. "She was frustrated with the mechanism of getting known," Tucker says.

Though her album *In My Own Time* has endured the test of time as a cult album, it did not initially sell well.

By the mid 1960s, the music scene changed from folk to rock. Santana enrolled Dalton to headline their act. The two genres couldn't have been more disparate. It was the beginning of the end of her musical career.

Contributing to her career's downward spiral was the increased use of hard drugs to cope with depression. Dalton died alone in her home at 59 in 1993.

A new generation has discovered her music, including her granddaughter Becky Baird. "I'd tell my friends, you should check out my grandma. She's this really cool blues singer." Turns out, they were already listening to her music.

Dalton spent her career keeping distant from starmakers. This is the first I've heard of the folk singer who was part of the Greenwich Village scene in the early '60s. This documentary attempts to ensure her talent and music are not forgotten.

I see love that is not felt. I see truth that is not spoken. Someday it all shall return. Right now, I just can't bear it.
(Karen Dalton journal entry)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6AM	MORNING BREATH	!EARSHOT 20	Cafecito Latinoamericano	FLY Travel Radio ★	FANTASTIC FRIDAY World - Island music	THE MAN IN THE GREY FLANNEL SUIT SHOW	CKU-SPEAKS	
7AM				CANQUEER				
8AM	CKUW MORNING NEWS / FRONT BURNER (CBC)						WOODEN SPOONS	
9AM	DEMOCRACY NOW!			DEMOCRACY NOW!		MUD PUDDLE RADIO For Kids (Adults too)	SHADES OF CLASSICS Classical and New Age	
10AM	DEPARTMENT 13 POP/ROCK	This Way Out WINGS	VOYAGE Jazz	PLANETARY RADIO Cheeze Pleeze	SUNNY ROAD Roots Music		INDIGENOUS IN Music	
11AM		BOOTS & SADDLE COUNTRY		ACCESSIBILITY MATTERS	NO FIXED ADDRESS LIVED EXPERIENCES OF HOMELESSNESS	THE ELECTRIC CHAIR	TEMPLE OF JAZZ	
NOON	The Sean Show			FEARSHOT DAILY	HOW TO SURVIVE A TORNADO		NEON BEIGE SOUND EXCHANGE	
1PM	TALKING RADICAL RADIO Truth Before Reconciliation	THE GREEN MAJORITY	ALTERNATIVE RADIO	RADIO ECOSHOCK	GLOBAL RESEARCH NEWS HOUR	THE IVORY TOWER Eclectic Mix	YOU CAN'T HIDE FROM GOD Gospel	
2PM	GROUNDSWELL New Classical	Your Show Here	Classical Kaleidoscope	BARKING DOG Past 'n Present Folk 'n Roots	What's Up Winnipeg?		Classical Delights	
3PM	PSYCLE RADIO	Winnipeg Arena is on Fire	SPACE CADET MUSIC, OUT OF THIS WORLD	WHAT ON EARTH IS GOING ON?	Chart Noises CKUW's Top 30	THE TRIP PSYCHEDELIC ROCK	The Shortwave Report Bikini Drive-In	
4PM	INNER CITY VOICES	THE GREEN BLUES SHOW	SYSTEM KIDZ Youth in Care	AMATEUR HOUR So Bad, It's Good	PAGES	PEG CITY PLAYLIST	Jokes On You Local Comedy	
5PM	THE WORLD World	Lost Chunes	TWANG TRUST Country/Roots/Big, Dumb Rock 'n' Roll	TAWNY, THE BRAVE Pop/Rock	THE HOW DO YOU DO REVUE	WE BUILD HITS Hip-Hop	THE C.A.R.P. The Completely Asinine Radio Program	
6PM	THE TONIC Garage, Punk, Surf, and R&R	BLUESDAY PLAYING THE BLUES	S.A.N.E. * RADIO Local Experimental Music	Adult Kindergarten	CHECK CA Funky	RED BOX Hip-Hop	Rank and File Radio: Prairie Edition	
7PM	DESTINATION MOON Sock-Hop-A-Go-Go		Your Show Here	Dub City Steppers	QUADRAFUNK Electric Dance Party		THE GASHLYCRUMB TINIES	
8PM	FEARSHOT DAILY	FEARSHOT DAILY	FEARSHOT DAILY	PHASE ONE Electronic	Brain Drainer Radio	DANCE HALL FEVER Dancehall and Reggae	ISLAND VIBES Caribbean	
9PM	FEARSHOT DAILY	MONKEY SPARROW	Two Princes					
10PM	BREAK NORTH RADIO ★	LISTENING PLEASURES						
11PM	METAL MONDAY	NIGHT DANGER RADIO	HURLEMENTS SUR LA TOUNDR	THE WONDERFUL & FRIGHTENING WORLD OF PATRICK MICHALISHYN	MANITOBA MOON	CRYSTAL PALACE	Rainbow Country	
MIDNIGHT	MODERN JAZZ TODAY	The Motherland Influence	THE SENTINEL'S MARVELOUS KALEIDOSCOPE				Your Show Here	
1AM	AMPLIFIED RADIO	Old Parlour Radio	DEEP THREES					
2AM			CELT IN A TWIST					
3AM								
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12 Some programs are on hiatus and/or airing different content due to university closure for COVID-19.

Burger time!



Tony Valias, co-owner of Daly Burgers on Corydon Avenue, puts the finishing touches on a Bacon Deluxe Burger.

Winnipeg's love affair with the happiest meal

Warning: this article contains mouthwatering descriptions and images of some of Winnipeg's finest burgers. Enjoy!

Food culture in Winnipeg has many facets. One of the hallmarks of a city made up of many diasporic communities is the

variety of restaurants that pop up around those communities. However, even with pizza and perogies, pho and curries, there's one menu item that Winnipeggers can't seem to get enough of. This city loves hamburgers.



Tony Valias, seen here with a Bacon Deluxe Burger, Greek salad and french fries, co-owns Daly Burgers with his father.

The Fat Boy

No discussion of Winnipeg burger history would be complete without mentioning the Fat Boy. And no discussion of the Fat Boy would be complete without mentioning the importance of post-World War II Greek immigrants.

A thorough CBC article by Cory Funk, published in 2019, traces the history of the Fat Boy. For the uninitiated, this term refers to a hamburger covered in chili meat sauce that was invented in Winnipeg.

Three brothers – Gus, George and John Scouras – likely invented the Fat Boy. The trio of Greek immigrants founded many restaurants still active today, including Junior's and RedTop Drive In. They also founded the Winnipeg Big Boy location, which served hamburgers covered in chili.

The Scouras family, however, did not name the Fat Boy. Mike Lambos, another Greek immigrant, bought Dairi-Wip in 1959 after working at Big Boy. He was the first to give the Fat Boy its name.

The Fat Boy is still an integral part of the Winnipeg burger scene, being served at Greek diner-style burger joints across the city.

Tony Valias co-owns Daly Burgers on Corydon with his father. They proudly feature chili burgers on their menu.

"That's a staple, and that is our flagship ... and our number-one item," he says.

"My dad ... had his start in 1986 or '87 and had a Junior's restaurant on Henderson Highway, which eventually became Great Burgers and Fries," Valias explains. He and his father have been involved with various Winnipeg restaurants, and Daly Burgers is the most recent.

Valias says working with his family is a special experience, and he "wouldn't trade it for anything."

Mrs. Mike's, located in St. Boniface,

has been owned by Greek immigrant Steve Mikos since 1969.

"As a young man, I tried to figure out which way to go," he says. "My brother was working for the previous owners, and there was an opportunity to buy the place. He asked me to join him, and I did. No regrets."

Winnipegger and self-proclaimed burger lover Maxim François says he loves Mrs. Mike's classic look, which evokes mid-century hamburger stands.

"The sign tells you everything you need to know," he says in an email to *The Uniter*.

"This place serves hamburgers, fries and hotdogs, and they do it well," François adds. Mrs. Mike's, of course, serves a version of the Fat Boy.

When asked about why Mrs. Mike's remains so popular after 50 years and attracts everyone from the "bottom to the top" (referring to the plethora of celebrities, politicians and athletes who have stopped by – though Mikos proudly does not remember their names), Mikos' answer is simple.

"Quality and hard work and respect for the customer," he says.

Beyond burgers

In addition to the well-established burger institutions, many more modern restaurants have emerged in recent years, such as Nuburger.

They have everything from a "Blueberry Yum Yum" (blueberry BBQ sauce, goat cheese, balsamic onions) to a "Drunken Aussie" (grilled pineapple, candied bacon, egg, beets).

François says they have "unparalleled variety."

"I mean, what other joint serves a burger with a name like 'Obi-Wan Pierogi?'"

he says, referring to their Star Wars and Ukrainian-inspired beef burger topped with "Bothwell cheddar, candied bacon, caramelized onions, potato thins and herb sour cream."

This chain – which changed its name from Unburger to appeal to meat-eaters – has four locations: on Stradbroke, Kenaston, Regent and at The Forks.

"What other joint serves a burger with a name like 'Obi-Wan Pierogi?'"

Expanding upon the traditional beef patty, many restaurants in Winnipeg have a bison burger on their menu.

Prairie Ink Restaurant & Bakery, located inside the McNally Robinson bookstore on Grant, serves a bison burger with "caramelized onion aioli, fresh tomato, lettuce and shaved red onion" and served with either "crispy bacon and cheddar" or "sautéed mushrooms and Swiss cheese."

Bryan Baker, executive chef of Prairie Ink, says this is one of their top-selling items and explains why they have opted for bison over beef.

"We (have) chosen bison because it's something different, not as common but still delicious," he says in an email to *The Uniter*, adding that it is leaner and has a slightly different taste than beef.

Bison is a traditional Indigenous food, which may explain its prevalence on menus

in Manitoba. First Nations-owned Feast Café Bistro has a bison burger on their menu, which comes with "Bothwell cheddar, wild blueberry BBQ sauce, shredded lettuce, tomato, red onion, dill pickle, mustard and mayo" and is served on a bannock bun. Bannock and wild blueberries are staples of Indigenous cuisine.

Another way restaurants have been moving beyond the traditional burger is by offering meatless patties. Prairie Ink, for example, has a vegan burger on their menu: a "blackbean and butternut squash patty with curry, cumin and lime" topped with "spinach, cucumber, peach chutney and tofu cheese on a grilled hamburger bun."

While these vegan and vegetarian options are found at many restaurants around Winnipeg, it is much more difficult to find gluten-free burgers. Although many beef patties and basic toppings are naturally gluten-free, wheat buns and cross-contamination in kitchens often prevent individuals with celiac disease from ordering a burger.

Cocoabeans Bakeshop & Café, located on Corydon, is one of the few local restaurants that is entirely gluten-free. Founder and owner Betsy Hiebert says she is proud to be able to offer this to her customers.

"As a dedicated (gluten-free) bakery and kitchen, it's extremely rewarding to be able to supply a (gluten-free) burger and bun," she says in an email to *The Uniter*, adding that "our customers trust us, and that makes all the effort worthwhile." Hiebert notes that, aside from her restaurant, it is quite difficult to find a 100 per cent gluten-free burger in Winnipeg.

Cocoabeans currently offers two burgers. "The OG Burger" is served with "spicy mayo, avocado, kale, onion rings and alfalfa sprouts." The second comes with "stewed mushrooms, Swiss cheese, pickles, bacon and mayo."

“When your customers express gratitude and love our products, that keeps me focused on creating the best (gluten-free) food we can and using local ingredients when possible,” Hiebert says.

Le Burger Week

The “Olympics” for burgers in Winnipeg is, without a doubt, Le Burger Week. This annual festival takes place across Canada (and, surprisingly, Haiti) and encourages restaurants of all kinds to create and promote a burger. Like a Folklorama for burgers, customers are encouraged to visit as many restaurants as possible, sample the different offerings and vote for their favourites.

In 2021, there were 216 entries in Manitoba, and most were quite creative and unconventional. The winners included items like Carlo’s Cucina “Smokey Barrel,” consisting of a beef patty, apple butter beef brisket, smoked pork belly, dijon mustard, sweet clover honey horseradish aioli, smoked gouda and red pepper jelly.

For restaurants, Le Burger Week can be a big boost for

business. Baker says Prairie Ink’s participation in 2020 was especially successful.

“We sold just over 1,000 burgers in six days,” he says.

While last year’s Burger Week was not as successful, Prairie Ink will continue to participate. “It still was good for the business and helped hopefully to bring in some new customers that might not have known about us before,” Baker says.

Prairie Ink’s Le Burger Week 2021 offering was a “bison patty with leaf lettuce, tomato and red pepper aioli” topped with “beer-battered jalapenos, cheese sauce and spicy fried onions.”

Hiebert says Cocoabeans has only officially participated in Le Burger Week once but has always had a special burger available during that time.

“It’s been really great but doesn’t give us a huge boost in business,” she says, adding that they sell more than usual but not as many orders as some of the bigger restaurants.

For Le Burger Week 2021, Cocoabeans served a “coffee-rubbed beef and goat-cheese patty with bacon jam,



SUPPLIED PHOTO

Maxim François, Winnipegger and self-proclaimed burger lover



SUPPLIED PHOTO

This scrumptious little number is the Fried Chicken Burger at Cocoabeans Bakeshop & Café



Daly Burgers on Corydon Avenue is the latest restaurant venture for the Valias family.



Prairie Ink Restaurant and Café offer bison burgers with a choice of crispy bacon and cheddar or sautéed mushrooms and Swiss cheese.



The Cocoabeans veggie burger is made of sweet potato and, like all their menu items, is gluten-free.

Swiss cheese, grilled peach and crispy fried dill pickles on a sourdough bun.”

A burger buffet

A quick glance at the Le Burger Week website reveals that most burgers on offer cost somewhere in the \$15 to \$20 range. Conversely, almost all of Daly Burgers’ or Juniors’ dishes cost under \$10.

While this difference in prices differentiates the “classic” Winnipeg burger joints from the new slate of offerings, there certainly does not seem to be any antagonism between the two groups. The fact that places like Mrs.

Mike’s have persisted for more than 50 years while many new and unconventional restaurants have emerged in recent years shows that, if anything, their relationship is symbiotic.

Surprisingly – or, perhaps, unsurprisingly – there is so much more to the Winnipeg burger scene that was unable to be included in this article. For instance, Salisbury House and its “Nip” are beloved Winnipeg institutions steeped in history. The Winnipeg burger scene also saw the rise and fall of the vegan Boon Burger, which closed its doors in 2019.

More recently, Monstrosity Burger has made headlines for repeatedly and proudly violating public-health orders,

as well as promoting racist theories. This establishment is an exception, as the overwhelming majority of restaurants have dutifully trudged through a pandemic that has not been kind to them.

What has kept them going during the past two years – and during the past 50 years – is passion. Passion for excellence and quality. Passion for creativity and experimentation with new ingredients. Passion for allergen-free food.

Hundreds of thousands of Winnipeggers have surely helped these restaurants survive as well. After all, who doesn’t love a good burger?



CITY



ILLUSTRATION BY GABRIELLE FUNK

FIGHT OR FLIGHT?

Exotic pet owners apprehensive about potential bylaw changes

MEGAN LYNNE RONALD | VOLUNTEER | MEGANLYNNRONALD

For many bird owners in Winnipeg, their feathered friends are more than pets. They are companions, even family members.

This community was threatened by the possibility of new bylaws that have the potential to drastically alter the homes and lives of Winnipeg's bird lovers.

In May 2021, the City of Winnipeg began an evaluation of the Responsible Pet Ownership By-Law and released its recommendations for review shortly after. The summer saw the start of public engagement, as stakeholders were invited to give feedback and share their own ideas.

In response to the proposed recommendations, Jessie Christianson created "Protect Winnipeg Pet Parrots, Finches and Canaries," a growing petition that currently has over 8,000 signatures. Christianson has also been a contributing member of the Manitoba Canary and Finch Club for the last 12 years.

She describes the community of bird owners in Winnipeg as a close-knit group working together to "assist people in caring

for their animals." Clubs such as the Manitoba Canary and Finch Club and the Manitoba Parrot Club are active in the community, eager to educate the public and ultimately working to ensure the wellbeing of Winnipeg's domestic birds.

How this close community will be affected by the proposed bylaws is unclear. But for Christianson, the prospect of any adjustments is worrisome.

"We don't want anything to change in the current bylaws," Christianson says. The City's current recommendations include the introduction of an allowable list, with the goal of reducing the exotic species that can be owned as pets.

However, the allowable list has proved to be quite divisive, forcing the city to seek additional engagement before updating the bylaw.

For Christianson, the decision is clear. "There is no need to ban or greatly limit what bird species can be owned here in Winnipeg," she says. For others, the allowable list is pivotal to ensuring the protection

of exotic animals and improving animal welfare.

Leland Gordon, general manager of Animal Services, says the City is working to find a compromise between the pet industry and animal-welfare community regarding the keeping of exotic animals. "There's two different philosophies, and they're diametrically opposed," Gordon says.

The recommended bylaw changes propose possession limits for exotic animals, including birds. For Christianson, these limitations do not address situations of abuse or mistreatment, which can occur regardless of the number of birds owned. She believes that issues of animal neglect would be better addressed through husbandry-based bylaws, as opposed to a species ban or limit.

Christianson emphasizes that, for exotic animals, every situation is different, and each species requires its own distinct set of guidelines. "There are many circumstances where owning more birds than, say, cats or dogs makes sense, because birds are flock animals," she says.

She argues that the proposed bylaws lack the needed time and research and that the City has failed to properly consult interested stakeholders. "(We're trying to) help them understand that there's a little more science that goes into choosing which breeds are good or what qualifications are being met for their livelihood," she says. The City held two consultation meetings with the Manitoba Canary and Finch Club.

Based on public feedback, such as Chris-

tianson's petition, it was determined that further review of the proposed exotic animal recommendations was required. On Jan. 20, the City posted a survey asking for additional engagement regarding exotic-animal legislation. The City website states that it is continuing "to meet with stakeholders representing the pet industry and animal-welfare organizations to gather feedback."

"I really would hope that (the City) would turn to us as the experts to give them the answers they're looking for when putting the bylaws in place," Christianson says. She was also disappointed by the format and wording of the survey in presenting the allowable list as a largely positive idea.

The City received a number of submissions regarding updates to the exotic animal bylaws. A summary of public feedback notes supporting possession limits, alongside requests that the suggested limits were far too low.

"The City is engaging both the industry and animal owners," Gordon says. "We're also engaging local animal-welfare groups." He encourages any residents who would like to be involved to take the survey currently listed on the City website. The survey will be used to determine the formal recommendations that the City will present in the spring.

To take the survey on Winnipeg's responsible pet ownership bylaws, visit bit.ly/3B75H6x.

CITY BRIEFS

ALEX NEUFELDT | CITY EDITOR

All sports for all people

On Feb. 9, Accessible Sport Connection Manitoba launched its new website, ascmanitoba.ca. The website is a comprehensive resource for information on accessible sports and recreation programs from over 30 organizations covering more than 20 sports.

Skywalk lectures return

The annual Skywalk lecture series hosted by Virtuosi Concerts Inc., the University of Winnipeg, Winnipeg Public Library and Canadian Heritage is returning virtually this year. There will be lectures held on Feb. 9, 16 and 23 and March 2, 9 and 16. Visit wpl.libcal.com to register.

Evaluating EDI in physics

On Feb. 14, the University of Winnipeg physics department is hosting a Canadian Association of Physicists event on the first national equity, diversity and inclusion survey of the Canadian physics community. The event is free on Zoom and those interested in participating can register on the department website.

Occupation update

At the time of publication, there is still a group of people using trucks to block traffic, making excessive noise and harassing West Broadway residents in the Legislature area, which the Winnipeg Police Service is allowing to continue. A counter-protest is planned for Saturday, Feb. 12 at noon on the north side of the Legislature.

Winnipeg submits review to UN

United Way Winnipeg and the International Institute for Sustainable Development have submitted a new report, *Winnipeg and the SDGs: A Voluntary Local Review of Progress 2021*, to the United Nations. The report is a voluntary local review of the implementation of the United Nations sustainable development goals. The report and data are available at mypeg.ca.

Elections looming

The University of Winnipeg Students' Association's annual executive election cycle has begun, with the nomination period open until Feb. 17. There have also been developments in the upcoming Winnipeg mayoral election, which will happen in October 2022. Sitting city councillor John Orlikow has announced his intentions to run for mayor in fall, while his fellow councillors Scott Gillingham, Markus Chambers and Kevin Klein have also publicly said they are considering running as well.



STUDENT SERVER GOES LIVE

UWSA forms Discord server to foster campus community

ALEX NEUFELDT | CITY EDITOR

After two years of the COVID-19 pandemic, many University of Winnipeg students have had a drastically new experience of the academic programs provided by the institution. While courses and exams have been adapted to the virtual space, many elements of the typical university experience, particularly the social elements, have grown in a much more piecemeal manner.

Cliff Stornel aimed to change that when he introduced a motion to create a University of Winnipeg Students' Association (UWSA) Discord server at the UWSA Board of Directors Meeting on Sept. 29, 2021.

Stornel, who is also the part-time/mature students director with the UWSA, says "the idea behind it was that, as students, we didn't have the same sense of community that we would have had at a non-COVID time."

"We go to class, we don't really see each other, there's not a lot of opportunities to interact with people, especially people who are in our same department but not in our same classes," he says. "So when I started thinking about it, I wanted to figure out a way to get some sense of community, because that was important to me as a student, and one of the best options I saw was (through) something like Discord."

A Discord server is a virtual community

space that can include group chats and moderation roles. The UWSA Discord server is private and can be accessed by students by filling out a survey on the UWSA website.

The server includes channels for different academic programs, departments, student groups, a doggo days channel (where group members upload photos of their dogs), a general channel, a channel for Board of Directors information and community spaces. Elected members of the UWSA are serving as moderators.

Adhiraj Majumder, environmental ethics co-director and one of the moderators, says moderating has been "pretty fun" so far.

"I wasn't able to connect with many students because of COVID," he says. "Now, I'm able to connect with all of the students participating. Talking with them every day and introducing myself to them makes me feel like I'm back on campus at university again."

Stornel notes that with the uptake of Zoom and the initial digital spaces on Nexus, the efforts to move university online were more focused on individual classes than the larger social community. He notes that for many student groups and spaces, such as the Accessibility Lounge, creating community space for students with shared experiences is



Adhiraj Majumder, environmental ethics co-director at the UWSA, is one of the moderators of the organization's new Discord server.

especially important.

"I started classes the January before COVID hit, so I had two months as a student on campus, and since then I haven't been back," he says. "It's an important step to help building community. As the UWSA, we can build both an in-person and online community. The two don't have to be separate from each other."

Majumder adds that "right now, university culture is so wide and so huge, and we can help people connect and have that university experience and make friends in a way that we're missing."

To sign up for the UWSA Discord server, visit surveyMonkey.com/r/MFFXMMJ.

PROFile

NO BARRIERS TO MOVEMENT

Andrea Smith, Instructor, Department of Kinesiology and Applied Health, U of W

ARMANDE MARTINE | FEATURES REPORTER | [1MANDE7](#)

Andrea Smith has a bachelor of physical education degree and has been a kinesiology instructor for the past 13 years. She has lived within a 10-block radius from where she was born in River Heights all her life.

Smith says she wanted to specialize in seniors' health and fitness, "because both of my grandparents learned how to swim in their 70s, and I wanted to help other seniors become more active."

Smith brings the aspect of inclusivity to her teaching. "Inclusive physical activity means that anyone and everyone – no matter their skill or ability – can participate. There should be no barriers to movement for anyone," she says.

Interacting with students from different backgrounds brings Smith the most joy in her work. "I truly enjoy the varying perspectives based on students' different lived experiences. To open the eyes of someone else through class discussion and study is extremely valuable," she says.

Regarding the challenges of the COVID-19 pandemic, Smith asks "How

are we spiritually connected to our communities? What about our occupational and environmental health? Our interpersonal health has been rocked by COVID and technology, and the most salient health topic at the moment is our mental or brain wellness!"

Smith's course content focuses on holistic health based on the seven dimensions of wellness. They include spiritual, intellectual, environmental, vocational, social, emotional and physical.

"I show students these aspects and help them understand how to be balanced in the dimensions," Smith says.

"Students should be leaving my courses with an understanding of holistic health for themselves and how they can help others."

What do you like to do in your spare time?

"I spend time at my cottage, training my dog (who is a jerk) and with my six chil-



PHOTO BY KEELEY BRAUNSTEIN-BLACK

dren and husband. Also, (I'm) currently hooked on *The Good Place* on Netflix."

How do you incorporate wellness in your own life?

"I am very aware of all aspects of my personal wellness and put behaviours in place that help me stay balanced. Activity and sleep are priorities, as are continued learning, serving others and being a steward to the environment."

Where do you see yourself in five years?

"I will be in the exact same space in five years! Still teaching these or similar courses (and) ensuring students are aware of all populations that they are able to work with."

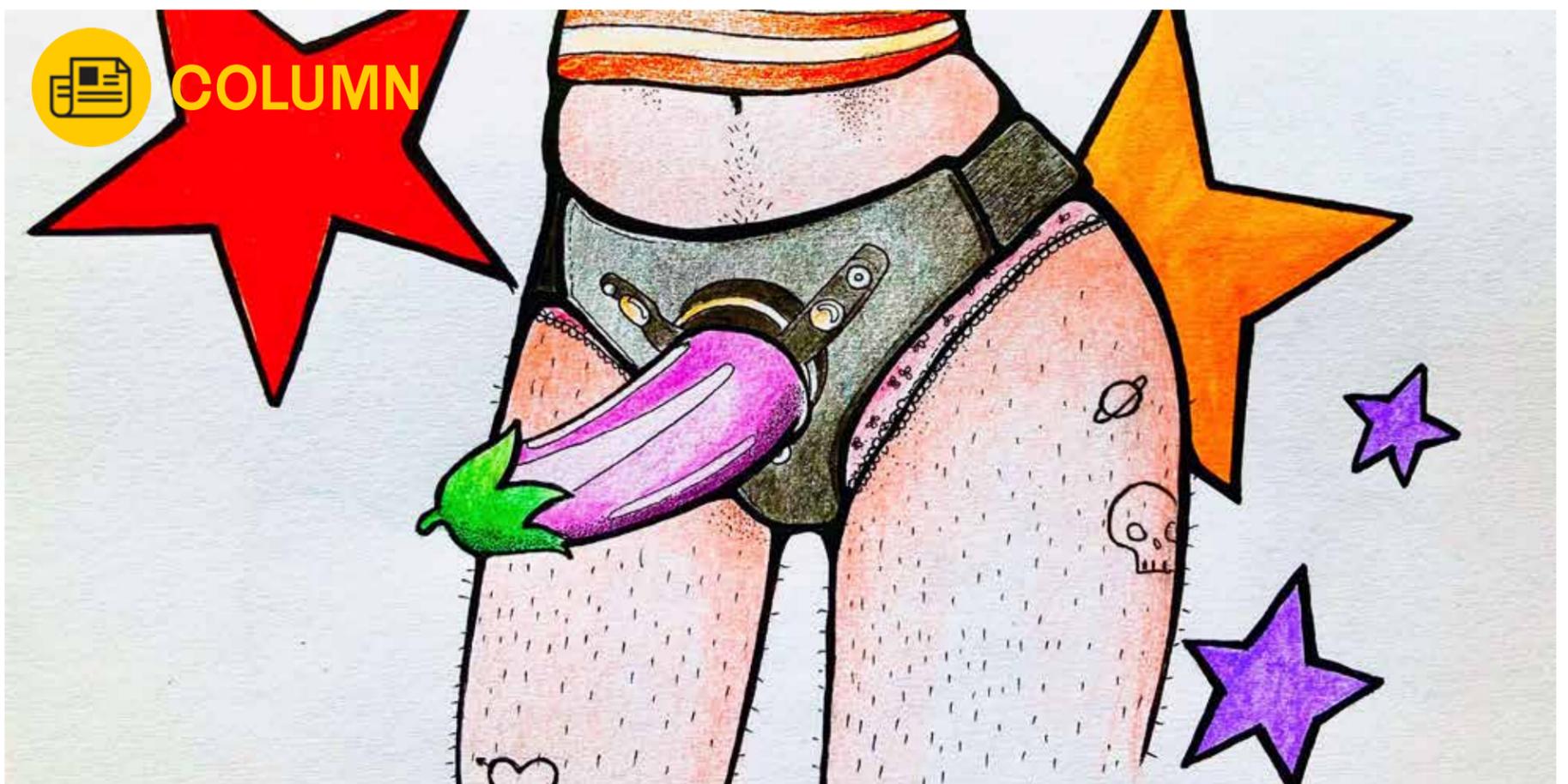


ILLUSTRATION BY GABRIELLE FUNK

MOTHER OF GOO

Strap in and strap on

MADELINE RAE | COLUMNIST | MOTHEROFGOO

I like to put my fake suction-cup cock in my jeans sometimes, sticking out through the open zipper, buttoned at the top to hold it in place. I admire my hard cock in the mirror, poking through my jeans. I slick my long hair back and curve my body in the mirror, topless, like a horny punk admiring his engorged member, dreaming of who he desperately wants to fuck. It makes me feel powerful, sexual, outside the male gaze. Now I *am* the male gaze.

When I wear this cock, with the head just a little too bubblegum pink to be realistic, my internal self-gaze changes. It feels unfamiliar and titillating. As much as I've committed myself to my feminism and my rejection of

patriarchal religious purity culture, I grew up being taught a very specific view of femininity and the narrow role meant for a 'godly' woman. I developed an ever-present awareness of who and how I was supposed to be in order to please both god and my future husband.

"A woman must continually watch herself ... Whilst she is walking across a room or whilst she is weeping at the death of her father, she can scarcely avoid envisaging herself walking or weeping. From earliest childhood she has been taught and persuaded to survey herself continually ... Men look at women. Women watch themselves being looked at." (John Berger, *Ways of Seeing*)

There is the feeling of wearing my cock, and then there is the feeling of using a cock inside a harness, with a lover.

"I hope you don't find this presumptuous," they said, watching my face for its reaction. "I bought something for us today." My lips turned into a smile, and I felt my anticipation build, intuitively knowing that they had brought something to fuck me with, to love me with.

To bring a cock and harness into queer sex holds so much meaning at once. It is an acknowledgement of desire to penetrate into the other, to touch the G-spot and pleasure in ways the fingers and tongue cannot. Yet, it is also an acknowledgement that queer sex is expansive beyond heteronormative ideas of what sex can be. The cock is irrelevant, its lack of necessity expressed in the very purchasing of it.

Strap-on sex is dismantling whatever remains of my own internalized homophobia toward my own queerness.

"...queer, as being about the self that is at odds with everything around it..." (bell hooks)

I am at odds with internalizing how I view myself as simply a woman to be gazed upon by men. I am at odds with resisting my desire for anyone who is not a cisgender man. I am at odds with not recognizing myself and who and how I want to love. I am at odds with needing to place myself into a definable box. I am at odds with explaining how I know my own sexuality to someone who feels they deserve an explanation.

Madeline Rae is a sex educator and writer living on Treaty 1 territory. She holds a BFA in performative sculpture and a BA in psychology, and she is pursuing schooling to specialize in sex therapy. Rae is trained in client-centred sex education, reproductive and sexual-health counselling and harm reduction. She works locally in both feminist healthcare and community support work.



THE UNIVERSITY OF WINNIPEG

Student Services

Fall/Winter Term Courses – Final Withdrawal Date

The final day to withdraw from a Fall/Winter Term (U2021FW) class is Feb. 16. No refund is applicable. Courses are dropped through WebAdvisor using the "Student Planning/Registration" link.

Webinar Wednesdays

Student Services staff share some valuable strategies and tips to help you succeed at UWinnipeg. Upcoming dates/topics for these Zoom webinars include:

Feb. 16 - Building Resiliency, 12:30-1:00 pm

March 2 - Preparing for Spring Term Registration

March 9 - Developing your own Personal Brand: Part 1 "What makes me Unique?"

March 16 - Developing your own Personal Brand: Part 2 "How to Brag about Yourself"

March 23 - Applying for Loans and Bursaries

March 30 - Planning for Spring Term

All sessions are from 12:30 to 1:00 pm via

Zoom. For more information and to register online, please go to: [uwinnipeg.ca/student-services/webinar-wednesdays.html](https://www.uwinnipeg.ca/student-services/webinar-wednesdays.html)

Reading Week

Winter Term Reading Week is **Feb. 20 – 26**. No classes all week. The University will be closed on Louis Riel Day, Feb. 21.

Student ID Cards

New students for Winter Term and others who need an ID card: The next deadline for ordering your card is coming up on March 2 (for pick up March 4). For instructions, please go to: [uwinnipeg.ca/accepted-students/getting-ready/student-id-cards.html](https://www.uwinnipeg.ca/accepted-students/getting-ready/student-id-cards.html)

UWinnipeg Award Applications Now Open

For current students:

- UWSA Student Conference/Travel Fund Award - Online application deadline March 15. <https://www.uwinnipeg.ca/awards/apply-for-awards/index.html>

For new students:

- 2022-23 Entrance Awards - Online application deadline March 1.

<https://www.uwinnipeg.ca/awards/apply-for-awards/index.html>

2022-23 President's Scholarship for World Leaders – web application form now open; deadlines vary by term start and program of entry (PACE, ELP, Collegiate, Undergraduate, Graduate Studies). <https://www.uwinnipeg.ca/awards/awards-bursaries-and-scholarships/international-students.html>

Winter Term Courses – Final Withdrawal Date

The final day to withdraw from a Winter Term class is **March 16**. No refund is applicable. Courses are dropped through WebAdvisor using the "Student Planning/Registration" link.

End of Winter Term

April 6 is the last day of Winter Term 2022, except for courses that had a class on the first three days of term, which were cancelled due to concern about the surging Omicron variant:

- class cancelled Thursday, Jan. 6 --> make-up class is Thursday, **April 7**
- class cancelled Friday, Jan. 7 --> make-up class is Friday, **April 8**
- class cancelled Saturday, Jan. 8 -->

make-up class is Saturday, **April 9**

Student Services Continues Remote Service

Departments in Student Services are continuing to offer their services remotely. No appointments for in-person meetings are available. Please see this webpage for details about each department: [uwinnipeg.ca/student-services/](https://www.uwinnipeg.ca/student-services/)

Use the myVisit App

Need some help from staff in Student Central and/or Academic & Career Services? Download the myVisit app today. The myVisit app enables students to add themselves to a virtual line for drop-in Zoom sessions at Student Central. The app can also be used to book appointments for a Zoom meeting with an academic or career advisor. Appointments with advisors can also be booked through the website: www.myvisit.com.

Klinic Health Services

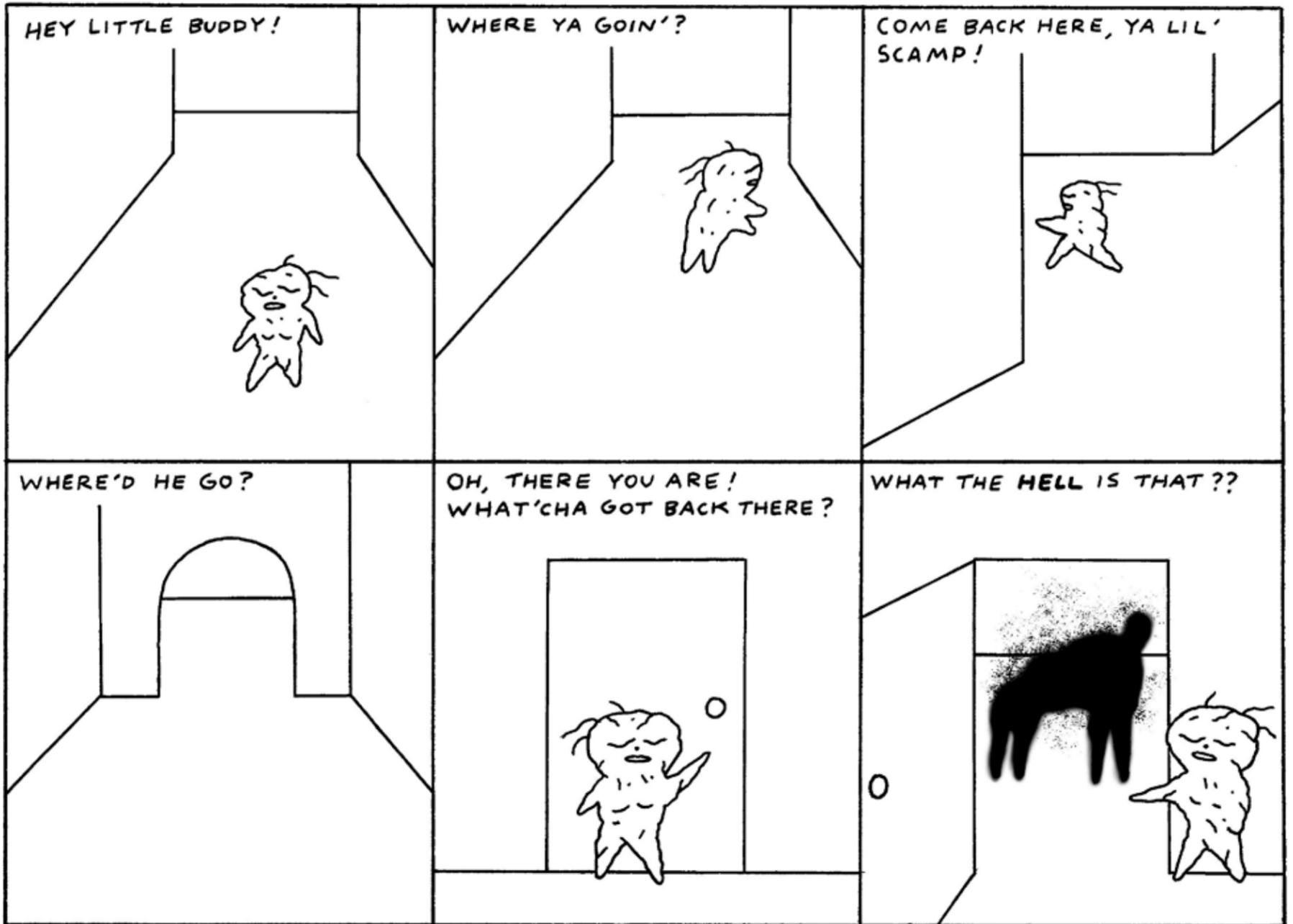
Klinic on campus is once again available to provide virtual appointments to the University community. For more information, please visit: [uwinnipeg.ca/student-wellness/health-services.html](https://www.uwinnipeg.ca/student-wellness/health-services.html)

PHONE: 204.779.8946

| EMAIL: studentcentral@uwinnipeg.ca



DIVERSIONS



K. STEELE 2022





HOROSCOPES

Mercury enters Aquarius on February 14.

Intense conversations take place, but a more cool and detached energy flows around communication. Mercury in Aquarius may also bring communications or paperwork concerning money, belongings, and security.

SOURCE: ASTROLOGY.COM

ARIES

The Gemini moon forms unbalanced connections with Mars and Venus in the early hours this morning, which could bring disruption to your sleep, leaving you tossing and turning as sunrise grows nearer and nearer. While you may start the day a bit disheveled and perhaps a touch unrested, you'll feel better in the afternoon when Luna blows a kiss to refined Saturn. Use this energy to slap yourself into focus, prioritizing any tasks that may be seen to. As the witching hour nears, you may feel tempted to turn to your phone for some late-night entertainment, but you'd be better off settling on a nice book, or you could end up with another night of insomnia.

TAURUS

This morning might feel a bit overstimulating as the Gemini moon bounces around some frantic energy in the sky, which could lead to choppy waters as you begin the workday. Luckily, structure will find you by mid-morning, when the moon finds stability through Saturn. These vibes will help you take on the workday like a pro, even if you felt like a hot mess the second you rolled out of bed. Tonight, good vibes will flow between the sun and moon, giving you permission to engage in a bit of luxury and relaxation after a solid day of hard work at the office.

GEMINI

The moon continues its journey through your sign today, dear Gemini. While Luna's glow is often therapeutic, you may feel heavy or intense energy hanging in the air as you begin the day. Try not to let yourself read too much into the emotional disposition of others, or you could become paranoid about whether or not someone is mad at you when they're likely just having a rough morning. Luckily, these wonky vibes will mellow out by mid-morning, helping you find your mental and emotional center. Take some time out for your spiritual practices this evening, when the moon sends some love to the sun, supercharging your connection with the other side.

CANCER

You could feel a little self-conscious within your romantic relationships this morning, dear Cancer, as the Gemini moon enters unbalanced aspects with Mars and Venus. Try not to take it personally if your crush seems a little distant, as it's likely not a reflection of how they feel about you. Luckily, no matter your relationship status, you'll feel more secure within yourself by mid-morning, when the moon connects with Saturn. Good vibes will continue to flow into the evening when Luna sends some love to the sun, giving you a chance to shake off any funk that manifested earlier in the day.

LEO

You could become overwhelmed by your friends this morning, dear Lion, as the Gemini moon forms a series of destabilizing connections in the sky. Don't worry about answering your messages or picking up the phone while you're busy getting ready for the day, or it could throw a wrench in your routine, causing you to arrive late for work. If a loved one continues to reach out at inconvenient times, you may need to set a boundary by mid-morning, explaining that you can't talk at the moment. Luckily, the vibe will be much more conducive to socialization this evening when the moon blows a kiss to the sun.

VIRGO

The Gemini moon forms unbalanced connections with Mars and Venus this morning, which could leave you feeling a little self-conscious, especially when it comes to your career. Try not to beat yourself up if you've made a few mistakes on the job lately, as they're likely to blow over sooner than later. Luckily, you'll have a chance to redeem yourself by mid-morning, when the moon connects with Saturn. These vibes will remind you of your professional strengths while giving you a chance to impress your colleagues and superiors. Give yourself permission to celebrate a day well spent this evening, when the sun and moon share some love in the sky.

LIBRA

The temptation to call into work in favor of staying in bed will be real this morning, as the Gemini moon forms an unbalanced aspect to Mars and Venus, causing your motivation to take a slight hit. However, you should avoid using a sick day right now, as these vibes will pass by mid-morning when the moon and Saturn conspire to help you reconnect with your responsible side. A creative energy will manifest as the day comes to a close, and Luna blows a kiss to the sun, inspiring you to get artsy before bed. Just make sure you don't stay up too late, or you could end up reliving the sluggish energy from this morning.

SCORPIO

The Gemini moon forms unbalanced connections with Mars and Venus this morning, which could leave you feeling a little self-conscious, especially when it comes to your career. Try not to beat yourself up if you've made a few mistakes on the job lately, as they're likely to blow over sooner than later. Luckily, you'll have a chance to redeem yourself by mid-morning, when the moon connects with Saturn. These vibes will remind you of your professional strengths while giving you an opportunity to impress your colleagues and superiors. Give yourself permission to celebrate a day well spent this evening, when the sun and moon share some love in the sky.

SAGITTARIUS

While the day could kick off with a slow start, try not to look at it as an opportunity to get some online shopping done, or you could end up spending more than you intended to. You may also feel a little out of sync with your partner right now, which could bring insecurities to the surface. Luckily, you'll get a chance to talk these issues out by mid-morning, when Saturn rushes in to set the record straight. Harmony will be fully restored this evening, giving you a chance to embrace love in all of its forms before bedtime rolls around.

CAPRICORN

Time will seem to slip by faster than you want it to this morning, as the Gemini moon throws some unbalanced energy your way. Staying on top of your responsibilities while catering to your own needs could feel like a pipe dream as you scramble to stay on track. Luckily, a grounded vibe will wash over you by mid-morning, when the moon enters a supportive aspect with your ruling planet, Saturn. Use this energy to catch your breath and find your center, and your day will unfold with much more fluidity. Before the evening comes to a close, try to have your outfit, work materials, and lunch for tomorrow prepared in advance, ensuring an easy morning when you wake up.

AQUARIUS

You'll find yourself deep in thought as you begin the day, dear Aquarius, thanks to some unbalanced energy floating around in the sky. These vibes could begin to weigh you down, leaving you a bit uninspired and feeling unlike your normal self. Luckily, you'll get a chance to snap out of this haze by mid-morning, though it'll be important that you acknowledge the things that make you unique. Lift your spirits with fashion, food, music, and all of your other favorite things, even if it feels a bit superficial. As the day comes to a close, look for ways to continue this party by getting together with one of your best buds for dinner.

PISCES

Your home could feel a bit crowded or disorganized this morning, little Fish, especially if you've gotten behind on a few chores. Piles of dishes and clothes that need washing will grate on your psyche, prompting you to roll up your sleeves to tackle such chores. If you share your space with a roommate or two, be sure to ask for their help by mid-morning, when the moon connects with responsible Saturn. Just don't expect instant results, as the people you cohabit with might have other duties they must tend to first. Luckily, you'll be able to relax and enjoy the fruits of your labor this evening, as the moon brings you back to your zen.

It's Aquarius season!

Aquarius is the eleventh sign of the zodiac, and Aquarians are the perfect representatives for the Age of Aquarius. Those born under this horoscope sign have the social conscience needed to carry us into the new millennium. Those of the Aquarius zodiac sign are humanitarian, philanthropic, and keenly interested in making the world a better place. Along those lines, they'd like to make the world work better, which is why they focus much of their energy on our social institutions and how they work (or don't work).

Aquarians are visionaries, progressive souls who love to spend time thinking about how things can be better. They are also quick to engage others in this process, which is why they have so many friends and acquaintances. Making the world a better place is a collaborative effort for Aquarians.

Dates— January 20 – February 18	Ruling Planet— Saturn & Uranus	Tarot Card— The Star
Symbol— The Water-Bearer	House— Eleventh	Colors— Silver & Blue
Mode + Element— Fixed Air	Mantra— "I Know."	Body Part— The Shins

Those born with the Water-Bearer as their rising, sun, or moon sign have a clear objective, yet intelligent and inventive energy in their core personality, like the icy heart of winter.

As a fixed sign, The Water-Bearer holds the qualities of being a sustainer, making those with Aquarius prominent in their charts great at dedicating themselves to projects, and tenaciously sticking to their social principals. Ruled by Saturn, Aquarians can be thought of as the "reformers" of the zodiac that challenge and test the societal conventions we have built to see if they are still relevant and inclusive.





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