MITER

BENEFIT CONCERT FOR UKRAINE—P4

WINNIPEG'S URBAN-SPRAWL PROBLEM—P11

DRUG DECRIMINALIZATION SAVES LIVES —P13



REDUCING CARBON FOOTPRINTS IN SUSTAINABLE HOMES





A Conversation with Christy Anderson

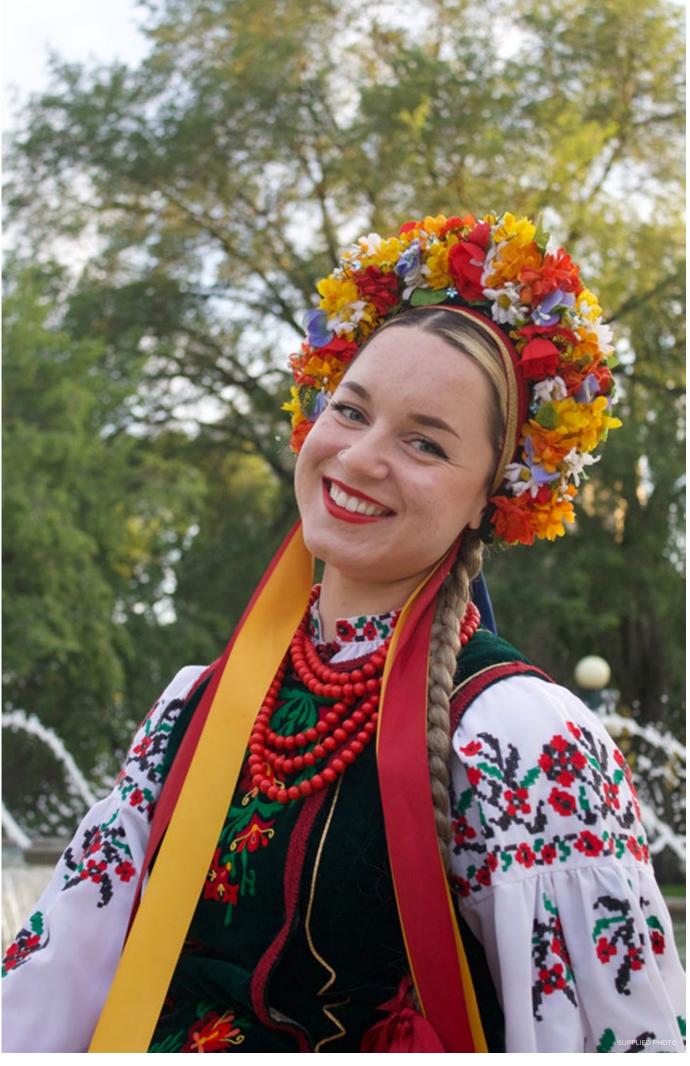
Unsettling the Criminalization of Indigenous Women

PhD candidate Christy Anderson offers an Indigenous feminist critique of settler policing and legal systems while examining decolonial futurities that have emerged from grassroots activism.

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 $Oksana\ Preachuk\ is\ one\ of\ the\ dancers\ taking\ part\ in\ the\ upcoming\ Stand\ with\ Ukraine\ benefit\ concert.\ Read\ more\ on\ page\ 4.$

SPRING HAS SPRUNG A LEAK

THOMAS PASHKO
MANAGING EDITOR



Spring has finally sprung in Winnipeg, although if you look at the sidewalks, you might think that Winnipeg has sprung a leak.

This past week, I was able to take my first springtime walk with a friend who was a frequent walking partner this same time last year. That walking season followed her first winter as a Winnipegger. However, the winter of 2020-21 involved a lot less snow than the one we are (hopefully) leaving behind us now.

Last year's strolls through newly visible sidewalks have been replaced by a game of hopscotch between butter-soft snow banks and ankledeep puddles of water. Abandoning sidewalks to wantonly stroll in the middle of residential streets offered some small respite, but only because streets are wider than sidewalks and have a little more room for dry spaces between puddles.

It's an especially wet spring that recalls memories from 25 years ago, when the army set up camp at the community centre next to my school in preparation for the flood of 1997. The heaviness of the scenario was lost on my seven-year-old self, observing soldiers and community members building sandbag dikes along the Red River in St. Andrews.

Truthfully, I felt a little bit like a seven-year-old again while we dodged puddles, stopped to pet a puppy out for her first post-winter walk and hung my wet socks over the edge of the bathtub when I got back to my apartment.

Stay dry out there, folks.

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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.



LOCAL PERFORMERS RAISE FUNDS FOR UKRAINE

Stand with Ukraine concert brings community together

REBECCA DRIEDGER | ARTS AND CULTURE REPORTER | 🍑 👩 REBECCADRIEDGER

Russia's brutal and unprovoked invasion of Ukraine has left some Winnipeg residents scared, horrified and searching for answers about whether or not their family members and friends are safe.

Many businesses and organizations have raised funds or collected items to send over to Ukraine, and some have more directly joined the fight.

The Troyanda Ukrainian Dance Ensemble decided to step up.

"Manitobans have so many personal ties to Ukraine, whether it be that their families immigrated in years past, they immigrated themselves or they have family still living in the country," Carina Romagnoli, chairperson of the Troyanda board of directors, says. "When the invasion happened, we all felt it deeply. So many of us feel helpless from here and want to do anything we can to help."

"When the devastation hit Ukraine, our creative director, Jennifer Doroniuk, contacted me, and we agreed we needed to do something to help our ancestral homeland,"

Romagnoli says.

The Troyanda Ukrainian Dance Ensemble created the Stand with Ukraine benefit concert that will take place on Apr. 3 at the Seven Oaks Performing Arts Centre. All proceeds will go toward the Ukraine Humanitarian Appeal, launched by the Canada-Ukraine Foundation and the Ukrainian Canadian Congress.

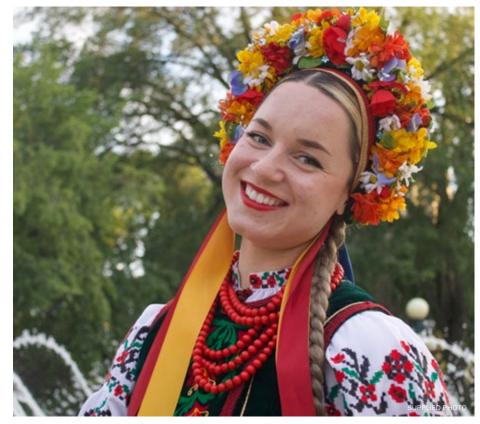
"I don't think there are enough words to say how much these concerts and fundraisers mean to me. In such a dark time for us, it's so heartwarming to see people come together and work so hard to help Ukraine," Oksana Preachuk, a local Ukrainian dancer, says.

Preachuk has danced with Rusalka Ukrainian Dance Ensemble, another group set to perform at the Stand With Ukraine concert, since December of 2016.

"Rusalka is performing our pryvit (welcome dance) called Kalyna at the Stand with Ukraine benefit concert. The dance portrays the ladies as a Kalyna bush and the men as soldiers of Ukraine," Preachuk says. "The soldiers are lifting the Kalyna bush back to its former glory, just as they (and all Ukrainians) have lifted Ukraine out of hard times in the past and present."

The show will also include performances from the Hoosli Ukrainian Male Chorus, O. Koshetz Ukrainian Choir, Lyra Ukrainian Music, Sopilka Ukrainian Dance School, Selo Ukrainian Dancers, Romanetz Ukrainian Dance Ensemble, Vitretz Ukrainian Dance Ensemble and Zoloto Ukrainian Dance Ensemble.

"My favourite part of Ukrainian dancing is how connected it makes me feel, not only



Oksana Preachuk is a member of the Troyanda Ukrainian Dance Ensemble, one of several groups performing at the Stand with Ukraine benefit concert on April 3.

to my culture, but to the people I'm dancing with and the audience I'm dancing for," Preachuk says

Preachuk had the chance to travel to Ukraine in July 2019, the summer before the COVID-19 pandemic limited travel op-

"It was everything I could've imagined and more. Being part of the Ukrainian community in Winnipeg is one thing, but to be fully submerged in Ukrainian culture in Ukraine was an unbelievable experience,' Preachuk says.

There has been an overwhelming re-

sponse from the Manitoba community. The first show at 3 p.m. sold out within 2.5 days, and when we announced a second, (the) 7 p.m. show sold out within 23 hours. A livestream of the event is being offered," Romag-

The Stand with Ukraine benefit concert will stream live on April 3. Tickets for the livestream are available for \$20 via bit.ly/34VsWov.

'CINEMATIC, NOSTALGIC AND **PERSONAL'**

Local artist Cassidy Mann set to release debut EP

ISABELLA SOARES | ARTS AND CULTURE REPORTER | >> BELLASOARES0601 | © BELLA_SOARES16

Navigating relationships is rarely easy. Whether starting something new or reminiscing on the good old days, Winnipeg singer-songwriter Cassidy Mann translated her own experiences into her debut EP, If It's Not Forever, which comes out on April 1.

Although Mann has maintained a strong ground in the Winnipeg music scene, it took relocating to Toronto and overcoming heartbreak to inspire her first fully formed project through her label, End Times Music.

"It was the first time that I co-produced a batch of songs, but throughout the pandemic, I produced a lot on my own. By the time we worked on these songs, I already had a lot of demos," Mann says.

After finishing the tracks with the help of friend and co-producer Roman Clarke, the singer noticed a prevalent theme throughout the EP. Focusing on relationships in their different phases through what she calls a "cinematic, nostalgic and personal" approach, Mann used wistful melodies and honest lyrics to connect with people who've had similar experiences.

It's called If It's Not Forever, because it talks about all this journey of relationships by sifting through and letting go of old memories," she says.

While each song speaks for itself and contributes to the cohesive result, one in particular summed up the EP's message like no other. The yet-to-be-released title track explores bittersweet moments in love.

"I wrote 'Tropical Sour Candy' a couple years ago and worked on different versions for the song. We had the five other songs already when I texted Roman saying that I thought that this was the missing piece to the collection. It worked perfectly this time around. That one was about eating sour candy by myself after having eaten it with someone else. I just thought it was an interesting metaphor about the sweet and sour parts of a relationship," Mann says.

For the Winnipeg-born musician, songwriting is the most enjoyable aspect of the composition process. She hopes listeners will pay attention to her lyrics and her ability to tell stories that hit close to home.

"The lyrics have always been my favourite part of doing songs. I love playing with words and flipping phrases around. Being specific and vague. I always like to answer questions about lyrics and what they mean," she says.

Reflecting on the EP, Mann is proud of her accomplishment and values the time and energy she dedicated to it.

"I think sometimes when you work on



Singer-songwriter Cassidy Mann's debut EP If It's Not Forever comes out on April 1.

a project, you might get that sense that something is unfinished, but in the case of this one, I really felt like it was done, and I was satisfied with that piece. I love every song (on) it, and I feel really proud of what we did."

To celebrate the upcoming EP release, Mann will play at the Times Change(d) High & Lonesome Club on March 24. Tickets are available on eventbrite.ca.



A COMING-OF-AGE TALE IN A FOREIGN LAND

Nancy Chislett releases debut novel

ISABELLA SOARES | ARTS AND CULTURE REPORTER | > BELLASOARES0601 | BELLA_SOARES16

After travelling to more than 50 countries, local author Nancy Chislett was inspired to write her first novel, which is set in Nairobi, Kenya. *Bombing the Moon* tells the story of 24-year-old Devin Rush, whose grandfather gives him a one-way ticket to Nairobi, where Devin hopes to flee from family pressure and determine his goals for the future.

Although many things drew Chislett to tell this story, she primarily wanted to break down stereotypes about visiting Africa. Having travelled to Nairobi before writing the novel, she felt it was important to highlight her transformative experience through the protagonist's journey.

"Part of it was because a lot of people think that going to Africa seems scary. I thought that I might use this as an advantage to enlighten them a little bit. I really wanted to shed that first-world gaze. As a writer, I am challenged with writing things as they are and talk(ing) to people that are there, (being) transformed by that and (using) it in a responsible way," Chislett says.

Throughout the novel, Devin learns to become independent and make important decisions during the politically tense 2007 election in Kenya. He is also faced with the

question of either staying or returning to Winnipeg and reconnecting with his family after not talking to them for a long time.

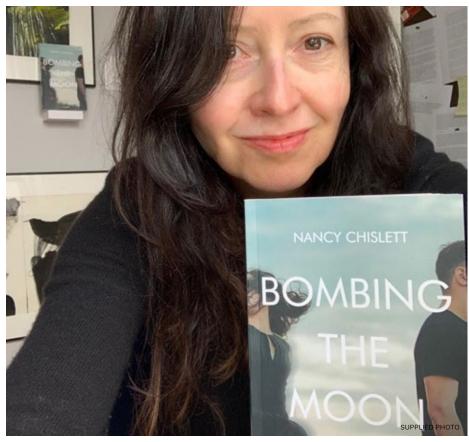
"By the end of the story, he has been through a lot in over the span of a year," Chislett says.

Although the focus is on the protagonist, the novel was written from four different perspectives. Chislett says giving a unique voice to each character was one of the greatest challenges she encountered as a new writer.

"When you have four different characters, they have to sound different, so I spent a lot of time trying to find out voices and define (them) for myself. I used my experience with music to figure out the pace and rhythm of their conversations," she says.

The narrators include Devin's family members, who play a significant role in the protagonist's decision to go to Nairobi and prove himself to them. The novel's focus on family dynamics was another theme Chislett wanted to explore.

"I believe that there is something primal for parents to think that they gave you a life and everything that they could give you. I also thought about how we all live under one roof but might not know each



Nancy Chislett's novel *Bombing the Moon* is a story of youthful self-discovery set against the backdrop of Kenya's tumultuous 2007 election.

other all that well," Chislett says.

In addition to making sure that Devin had a different perspective than his family, the author wanted to write about young adults who are still trying to figure life out.

"Looking around, I'd notice people would have kids who are at home and don't seem to have a plan, so I started to think about that," she says.

Bombing the Moon comes out on April 15, and its book launch event takes place on April 22 in person at the McNally Robinson Grant Park atrium. Lara Rae will host, and the book launch will be streamed to YouTube on the McNally Robinson Online Events channel.

NEW MUSICAL SEEKS AUDIENCE FEEDBACK

Walk&Talk launches staged reading at the WECC

REBECCA DRIEDGER | ARTS AND CULTURE REPORTER | 🎾 👩 REBECCADRIEDGER

Many theatrical groups were hard at work during the COVID-19 pandemic, preparing performances to show off once venues reopened.

Walk&Talk Theatre Company went a little further by starting a pre-pandemic project, taking a break from it, then bringing it back to life.

"End of the Line started off as quite a different show five years ago," Tanner Manson, a founding member of Walk&Talk Theatre Company, says. "About three years ago, Theatre Projects Manitoba commissioned us as company-in-residence, and it was through the pandemic, surprisingly enough, that the show really found what it was."

The latest version of *End of the Line* includes a staged reading at the West End Cultural Centre (WECC) on Apr. 6. A staged reading is a rehearsed reading of a script for an audience without sets, costumes or stage movement.

The new musical written by Duncan Cox, Ben Townsley and Manson is about how eight characters navigate an apocalypse known as "The Flood."

"It is an epic tale of the end of the world of biblical proportions – but with lots of songs and oddball characters," Michelle Boulet, artistic coordinator for Theatre Projects Manitoba (TPM), says.

The staged reading will be used as a way to move the project forward by looking for feedback. Manson says Walk&Talk is excited to dive back into the production after the reading to incorporate the notes they receive. Then, they hope to finally produce the show.

"Sharing with an audience is such an important milestone in the development of a new work. In all our previous projects, we have always shared work with small audiences at a certain point of development before doing a run of a show," Manson says.

"Working on a project as creator-performers, it's hard to see or hear things with fresh eyes. You learn so much from audience reactions and from feedback, both as performers and as creators."

Through the creation process, Walk&Talk has had the support of TPM and Brian Drader, the executive director of Manitoba Association of Playwrights (MAP).

"TPM (have) been fabulous supporters both financially and as mentors. Brian Drader at MAP is the dramaturg for *End of the Line*, a guiding light that has supported our playwright, Ben Townsley, as well as our collaborative creation process," Manson says.

Manson adds that the relationships



Tanner Manson is one of the co-writers of End of the Line.

Walk&Talk has with TPM and MAP are important and meaningful, especially for young producers of a new work.

Walk&Talk is "all very self-motivated. They are very much the creators and developers of the script. They have put together a great group of young, emerging artists to round out the cast," Boulet says.

The staged reading will involve actors and musicians from Winnipeg. The actors include Cox, Townsley, Manson, Victoria Hill, Mon-

tana Lehmann, Hera Nalam, Kamal Chioua and Jean van der Merwe. The musicians are Josh Bellan, Matt Kozicki, Brendan Thompson and Paul de Gurse.

To attend the staged reading of *End of the Line*, purchase tickets from TPM, the WECC or Walk&Talk's website at bit.ly/EndoftheLineWECC.



TYPICAL TOEWSIAN TROPES

The Way She Closed the Door **Miriam Toews** The New Yorker, Feb. 7, 2022

CHARLIE MORIN | FEATURES EDITOR | O MILLENNIAL.DIGS

It's fitting that a narrative about walking along the Red and Assiniboine Rivers would be published in early February, when the frozen river trail is abuzz with patrons. It is, after all, one of the most brag-worthy facts about Winnipeg, unimaginable to audiences from just about any other climate - which happens to be a young Parisian man in The Way She Closed the Door.

The essay by Miriam Toews begins with a conversation Toews had with Luc, the young man, in a café in Paris. Looking back on this memory, Toews realizes she failed to describe Winnipeg adequately, focusing on the extreme cold.

She reimagines the conversation, reflecting on her ties to the city and her relationship with her mother.

Toews tells Luc about a couple winters ago when she was caring for her mother while they visited family in Winnipeg. She describes nighttime walks on the river that gave her time to reflect on motherhood and her relationship with her aging mother.

Unsurprisingly, the tale is teeming with typical Toewsian tropes: dialogue blending with narrative, long-gone fathers, the mother-daughter relationship and, of course, the eclectic mother herself.

There's a certain melancholy in the way

aging is woven into the essay. Toews talks about taking care of her mother, her son being grown up and her joy and fatigue in taking care of her granddaughter.

This weariness permeates the piece, carrying over to the topic of writing. Toews talks about the impossibility of retiring from her writing, describing the fingers in her mind typing compulsively since she was young in a way that makes it sound exhausting. She is both simultaneously embarrassed to be a writer and ashamed to not have been a good mother. Walking along the river is both respite and penance, a quiet in-between world apart from the city streets where she can rest and reflect.

The narrative is written in a disjointed fashion, split between reality and imagination, between Winnipeg and Paris, between familiar and unfamiliar. Overlooking the Seine (the French one, not the Winnipeg one), the location of the café calls back the idea of a city split by a body of water. The narrative is centred around the act of walking on the frozen river trail, as though Toews is writing the essay in her mind as she takes one of these nighttime walks.

Toews describes a disenchanting encounter with an old lover on the river trail. She seems homesick - not for the city itself, but for a different time. She

eventually leaves the conversation to keep walking, keep moving forward, both physically and emotionally.

When Toews climbs back up the riverbank to reality, she begins to frantically name-drop streets, landmarks and neighbourhoods with the ease of someone talking to a friend who's also familiar with the area.

Toews names so many locations along her path that it would be easy to map out her trip. There's something both exciting and comforting in recognizing street names, businesses and neighbourhoods in the pages of a magazine that must surely regard Winnipeg as ignominious – but maybe that's just True Winnipeg: the excitement of being recognized, being given value, by a larger and more important outside world, and the feeling of always being one step away from something familiar.

In a scene near the end of the essay, Toews overlooks the frozen river, facing out toward the Legislative Building and the Golden Boy, as iconic as the river path. The river suddenly starts to crack, and the city is divided again, no longer connected by this ephemeral pathway. The loss and change are overwhelming, which is maybe what's so tiring, after all.

ARTS BRIEFS

CIERRA BETTENS | ARTS AND CULTURE EDITOR | > FICTIONALCIERRA | O CIERRABETTS

Investigations into motion capture

This Sunday, March 27 at 4 p.m., a group of artists will share their knowledge gained from experimenting with motion-capture technology at the Video Pool Media Arts Centre (100 Arthur St.). Tickets to Motion Capture Creative Laboratory can be reserved via bit.ly/3D5BFRy.

Bushland Series at cre8ery

Patrick Treacy's Bushland Series is the latest exhibit at the cre8ery gallery (125 Adelaide St.). Treacy's work depicts imagined or non-existent places that manifest in dreamy, painted landscapes. The exhibition opens on March 31 and will run until April 12. For more information and gallery hours, visit cre8ery.com.

Calling all green thumbs

Whether you're a houseplant enthusiast or a seasoned gardener, the Winnipeg Home + Garden Show promises exciting panels of industry experts, as well as workshops and exhibits. The event takes place at the RBC Convention Centre from April 7 to 10. Adult tickets are \$13 and can be purchased at bit.ly/3Ni8HCw.

WCD presents in between here and now

For their first full ensemble work since the COVID-19 pandemic, Winnipeg's Contemporary Dancers will perform artistic director Jolene Bailie's critically acclaimed work in between here and now. Tickets are on sale for the show, which takes place at the Rachel Browne Theatre from April 22 to 24. To purchase seats, bit.ly/3D7ZtnH.

Decolonizing Lens: Tia and Piujuq

The Winnipeg Art Gallery (300 Memorial Blvd.) is hosting an in-person and virtual screening of Tia and Piujuq on March 27 from 1 to 3 p.m. The film chronicles the friendship of Tia, a young Syrian girl, and Piujug, an Inuk girl, who meet through a magical portal that takes Tia to Igloolik. The screening is free with no RSVP needed. Stream the film virtually via bit.ly/3wwiSO8.

Apply for Plug-In **ICA's Summer** Institute

have Applications opened for the Plug-In Institute of Contemporary Art's (Plug-In ICA) Summer Insitute 2022, a free, multidisciplinary artist research program. Running from Aug. 8 to 19, this year's Summer Institute is led by artist KC Adams around the theme of Water Knowledge. The application period closes on April 19 at 5 p.m. To apply, fill out the application package here: bit.ly/3wwsbh5.



"The majority of emissions from building construction are in the manufacturing of the materials that are used. We go a step further and incorporate organic materials, which sequester carbon in the building over its lifetime." - Evan Proven

Kim Chase has lived in many homes, but none as unique as her current residence. The sustainable house is mostly buried into the ground.

In October 2020, Chase moved into the Earthship house, which was built in 2013. Located about an hour from Winnipeg in the rural municipality of St. Andrews, the distinct house took two years to build with the help of volunteers.

Nicole Bennett, the original owner, and her husband Chris Plantz built the Earthship home and helped Chase transition into the unusual dwelling, demonstrating the house's operation.

There are many reasons to build greener houses, and key is the

use of recyclable materials to help reduce carbon emissions.

Research shows that a greater percentage of carbon emissions come from the manufacturing of construction materials than the amount of emissions in the operation of a building.

There is a benefit to low-income residents living in energy-efficient buildings, giving incentive to harmonize sustainable and affordable housing. As heating costs rise, there is a cost-effectiveness to using renewable energy and building airtight, well-ventilated homes.

The increasing cost of heating homes for vulnerable citizens creates an urgency to retrofit older units and support new builds to meet high performance standards in terms of energy efficiency.

Home to Earthship

The construction of an Earthship is dramatically different from a traditional North American house.

"The south wall is all glass. The (other walls) are all earth-filled tires. Those are completely landscaped into the wall and up to the roof. On the inside, that is sort of concrete and plastered over, so you don't see the tires," Chase says.

The house is heated by solar gain. The sun hits the south-facing window and walls to increase the temperature inside.

The birth of the Earthship house is attributed to American architect Michael Reynolds around 1969. Based in New Mexico and fresh out of architecture school, Reynolds created the first Earthship home. His concerns surrounding a lack of affordable housing and sprawling landfills inspired the project.

The first Earthship houses were constructed with walls made from discarded steel or unflattened tin cans. This earlier prototype using "garbage" garnered public attention at the time. Today's Earthship models are more complex in design, although they still use "garbage" (recycled tires).

Harmonizing sustainable and affordable

Sun Certified Builders focuses on high-performance housing. Evan Proven, the worker co-op's vice-president, explains that this model focuses on maintaining the total amount of energy required to operate a building.

"Research is showing that the majority of emissions from building construction are in the manufacturing of the materials that are used. We go a step further and incorporate organic materials, which sequester carbon in the building over its lifetime," Proven says.

Earthship homes are built into the earth and use the natural heat from inside the ground to buffer the building from the external temperature. The use of recycled building materials helps assuage carbon emissions.

Manitoba's extreme temperatures make for a challenging building climate. Insulation is crucial to protecting solar-powered buildings from overheating in the summer and being too cold in the winter.

"Instead of investing money in slightly more efficient heating systems, we're investing our money in insulation," Proven says.

Earthships are designed to buffer the building from the elements outside. However, Proven says such homes typically don't incorporate an adequate amount of insulation into their construction to compensate for colder climates in Manitoba.

Building into the ground in Manitoba is not appropriate, as Proven says we have an average ground temperature of about 5°C.

"În Manitoba, when doing a Greener Homes Grant assessment, for instance, the first areas to address are the attic and the basement. The cold temperature year-round creates an issue of heat loss from the building," Proven says.

Earthship homes use tires packed full of earth, which form a solid wall of dirt. During the daytime, the heat slowly works its way through that layer of dirt.

This system works well in warmer climates, but in Manitoba, the ambient night temperature outside cools off significantly, offsetting any heat gained during the shorter winter days.

"By the time the heat moves through and the cool from nighttime moves through the walls at the same rate, it's daytime again, and you have a cool mass of earth around the exterior of the house," Proven says.

Jino Distasio is a geography professor at the University of Winnipeg. His research focuses in part on housing issues.

"There's two parts to (sustainable housing). For new construction, we want to have significant support in place to create the best-possible housing that is affordable and sustainable. We need, increasingly, retrofit programs to support existing homeowners to make their properties much more efficient than they are now," Distasio says.

"Think of right now, with energy costs going through the roof and having a city with a large number of homes that are in excess of 100 years (old). Home heating costs will put an increasing number of households in a difficult predicament," Distasio says.

From construction to innovation

Executive director of Sustainable Building Manitoba Laura Tyler says the use of recycled building materials can reduce the carbon-emission impact, depending on from where materials are derived.

"If a forest has been clear-cut, or you are using old-growth for wood, that is more ecologically damaging than more environmentally friendly harvested wood," Tyler says. "Also, construction can result in a lot of waste."



Evan Proven, owner of Sun Certified Builders



Sun Certified Builders specializes in high-performance housing



Dr. Jino Distasio is an environment expert and a geography professor at the University of Winnipeg.

Construction, renovation and demolition account for 12 per cent of all solid waste generated in Canada, according to Statistics Canada.

in Canada, according to Statistics Canada.

According to a video provided by Sustainable Building Manitoba, a circular economy would offset environmental waste generated by the construction industry.

A circular economy is described by the Canadian government as an "economy which retains and recovers as much value as possible from resources by reusing, repairing, refurbishing, remanufacturing, repurposing or recycling products and materials."

Proven says an obstacle to building sustainable housing in Manitoba is the difficulty often encountered when acquiring permits. The delay is due to a lack of specialized knowledge that hinders the administrative process.

"There are usually challenges (to) securing permits for the construction of off-grid or energy-efficient buildings. Vancouver overcame that difficulty by assigning a specific person with the required expertise to process special types of building permits," Tyler says.

Proven agrees that Manitoba lags behind other jurisdictions, impeding the construction of sustainable homes.

"We're behind the pack in Canada in terms of adopting national building codes. Manitoba still uses 2010-2011 national building codes. Other jurisdictions like B.C. have actually adopted the passive-house standard as their minimum building code," Proven says.

ing code," Proven says.

A passive house is a building standard that is simultaneously energy-efficient, comfortable, affordable and ecological. This is achieved through airtight insulation and a ventilation system with high-efficiency heat recovery.



Laura Tyler is the executive director of Sustainable Building Manitoba.



"Solar gain" heating uses the sun's natural warmth to heat homes

Hybrid solutions

Chase encountered adjustments to living in the unique home early on, as well as when COVID-19 hit. The learning curve involved using various systems efficiently.

"It doesn't work like a regular house, so you have to learn about batteries and pumps (that) need replacing or fixing," Chase says.

The hot-water system in the house was too large to be supported by solar power. With the help of friends, Chase installed two small point-of-use water heaters, which hold six gallons each. Both are on

their own breaker and used separately, so as not to overload the system.

"That is enough hot water so that I can have a lovely shower. I usually just boil water for my dishes," Chase says.

When needed during shorter days in winter, Chase taps into the electricity that comes from an old barn on the property to heat her Earthship.

"You do need to supplement that in some way, shape or form. I started off with a generator but had to fill the propane tanks regularly," Chase says.

Manitoba's extreme temperatures re-

main an important factor when retrofitting or building new homes. Distasio expresses his concern on the impact of these temperature shifts on vulnerable citizens.

"Not only do we need to manage an increasing number of -30°C days, but, likely, we will need to manage a growing number of 30°C days. Both extreme heat and cold can have devastating effects on populations that can't afford new technologies or heating/cooling systems to be able to survive," Distasio says.

The Earthship home continues to be a viable and current idea. A recent post on

the Manitoba Earthship Facebook page advertises an offer to sell land (143.5 acres) for the purpose of building an Earthship home.

Newer Earthship homes include modifications which are an improvement on solar power efficiency in comparison to earlier Earthship models built within the province.

Chase had been contemplating living in an Earthship home for years. Now that she has taken the plunge, she doesn't regret living off the grid "at all. It's a beautiful home, aesthetically," she says.

For more information on building a sustainable home, visit Sustainable Building Manitoba at sustainablebuildingmanitoba.ca, Sun Certified Builders at suncertifiedbuilders.com or Earthship Manitoba at @manitobaearthship on Facebook.

CITY BRIEFS

ALEX NEUFELDT | CITY EDITOR

Vegan market returns

On April 9, the Vegan Handmade Market will be held at 980 Palmerston Ave. The event will take place from 11 a.m. to 4 p.m. Admission is free, and the event will feature local artisan goods and vegan food.

Floodcast

The provincial government has projected that if the province receives average-to-low precipitation, flood levels should be on par with those of 2020, with a risk of the Red River and its tributaries experiencing more major flooding. If precipitation is higher than average, there is a risk of more major flooding, and use of the Portage Diversion may be necessary.

Alternative grade applications

Because the UWSA's Motion on Alternate Grade Options passed in the University of Winnipeg senate on Jan. 28, students have the option to apply to have the grade for one winter or fall/winter course excluded from their GPA. Applications for the exclusion will open in May, after final grades have been released.

UWinnipeg Ukraine solidarity

The University of Winnipeg has supports in place to assist students impacted by Russia's invasion of Ukraine, including financial assistance, fee waivers and advice regarding the Canada-Ukraine Authorization for Emergency Travel temporary residence pathway.

UWSA election limbo

The 2022-2023 University of Winnipeg Students' Association (UWSA) general election included three complaints to the Elections Accountability Board regarding the conduct of incumbent presidential candidate Kirt Hayer. A coalition of student groups have also written an open letter regarding Hayer and the handling of the complaints. The UWSA will address the situation at the board of directors meeting on March 30.

Police policy updates

The Government of Manitoba has released proposed amendments to the Police Services Act that would allow for increased information sharing between law enforcement-related organizations. The amendments would also introduce a provincial Code of Standards for police officers and increase the monitoring and compliance responsibilities of the Manitoba Police Commission.



WINNIPEG'S URBAN SPRAWL

A look at causes, consequences and solutions

CALLUM GOULET-KILGOUR | CITY REPORTER |

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A recent report found that Winnipeg is growing – both in geographic footprint and population. However, from 2001 to 2021, the city's land expansion far outpaced population growth, which led to a nearly 13 per cent decrease in density.

Experts such as Mel Marginet, who works at the Green Action Centre, believe this should concern Winnipeggers. She says in an email to *The Uniter* that a "major fallout from our car-oriented sprawl is that (it) has ruined our transportation system."

"Running a bus around loopy streets in sprawl development is very inefficient," she says, adding that "anyone who lives on the edge of the city will tell you how impossible it is to use public transit."

"Not only is this a huge financial burden for families, it also means that kids, teens, seniors and those who cannot drive are unable to do much of anything unless there is someone to drive them door to door," Marginet says, adding that "most money people put into their vehicles leaves the local economy."

Marginet says it is important to understand the historical context of urban and suburban development.

"Winnipeg, like most cities across North America, radically changed its growth pattern after the Second World War," she says, explaining that city leadership "saw the ability to develop land on Winnipeg's outer edge as a way to increase the tax base."

ge as a way to increase the tax base. While this was initially a successful formula, Marginet notes that "to make this type of growth sustainable, the amount of tax has to not only pay to maintain all of this new infrastructure, but to rebuild it once it crumbles."

"The major problem is that once these issues began to reveal themselves, cities like Winnipeg didn't adjust the growth pattern, nor the property-tax rate," she says.

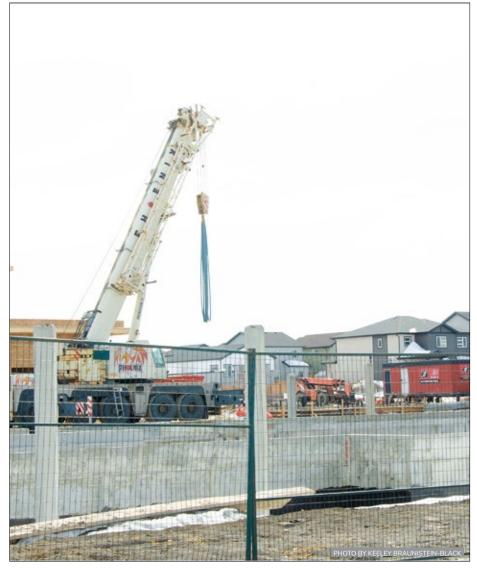
Dylon Martin is the spokesperson for Yes in My Backyard (YIMBY) Winnipeg, an organization that advocates "for an affordable and sustainable Winnipeg that grows up, not out." He says residential infill housing (new housing in older neighbourhoods) has a lot of benefits and is a good alternative to outward expansion.

"It allows us to more optimally use our existing infrastructure, provides homes for people in areas where there's already access to public transportation and amenities within walking distance and increases the livelihood of existing businesses so that they can survive and thrive in an area," Martin says.

He adds that it can create a "diverse array of housing types within a neighbourhood, so that people of all ages, abilities and stages of life can find suitable housing for their needs."

Martin is hopeful that these issues will come to the fore of public discourse in the upcoming municipal election, scheduled for Oct. 26

"We at YIMBY Winnipeg are certainly



Winnipeg's infrastructure and developments continue to sprawl outward from the city centre at a rate that far outpaces population growth.

going to try to ensure that (infill housing and urban development) is an election issue

that people pay attention to come fall," he says.

DATA FOR THE PUBLIC GOOD

When 'doing your own research' is actually a good thing

CALLUM GOULET-KILGOUR | CITY REPORTER | ** CGO

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A Winnipeg Free Press story by Ryan Thorpe published in February 2022 made a big splash, revealing that "Winnipeg's public works dept. wastes millions of tax dollars on unnecessary projects." What was unique about this investigation was that it was based on the meticulous research of Christian Sweryda, a private citizen.

In an age when mistrust of science and institutions is widespread, this situation shows the role that legitimate independent researchers can play. This work has been especially present during the COVID-19 pandemic, where many have taken to social media to share their expertise.

Winnipegger Matthew Froese has shared his COVID-19-related data analysis on his Twitter account (@Matthew_Froese) since Oct. 29, 2020, when he posted his first chart.

"I'd noticed that cases were climbing and made a spreadsheet to compare our trend against a simple exponential growth curve," he says in an email to *The Uniter*.

While his first post only got one like, Froese's subsequent posts gained more traction as Manitoba's cases increased.

"I think people who were more interested had plenty of reasons to be: parents worried about keeping their kids safe, people worried about protecting vulnerable family members, people worried about the impact of restrictions on their ability to pay their bills or get together with loved ones," he says.

Many, including universities, have recognized the growing importance of data science, called the "sexiest job of the 21st century" by Harvard Business Review. In fact, as previously reported in *The Uniter*, the University of Winnipeg launched a data science program in 2020.

Jeff Peitsch, a third-year student in this program and a Wesmen volleyball player, says it's an exciting time for his field.

"It's good that the public is seeing (the importance of data) now, so that we can be better in the future," he says.

Peitsch, who hopes to obtain a PhD in statistics, is currently interested in infectious-disease modeling.

"At the end of my second year, I actually got a job working for one of my statistics professors researching infectious-disease systems," he says. "Doing research that can be applied to COVID-19 or other pandemics is really exciting for me."

Froese, who is a mechanical engineer, says "analyzing data from building systems and mechanical equipment" is part of his work, and "COVID has a large intersection with



ventilation and indoor air quality," which is part of his area of practice.

"Throughout the pandemic, I think many people were interested in seeing more information than was made available, and I think the expectation that data should be publicly available is growing," he says.

Throughout the COVID-19 pandemic, Manitoba's government has come under fire for a lack of publicly available data and pro-

jections (or skewed data due to limited testing capacity). In August 2021, one doctor even described the situation as "driving with a blindfold."

"There have been so many unknowns in the past few years, and we'd all like to be more confident in the decisions we're making for ourselves and the people we love," Froese says.



STUDENT GROUPS: **ALIVE AND WELL**

UWSA student groups continue despite pandemic conditions

GRIFFIN PARAGAS | CAMPUS REPORTER

Although the University of Winnipeg (U of W) has eschewed almost all public events since the beginning of the COVID-19 pandemic, student groups did not disappear. Many are still alive and active, and the University of Winnipeg Students' Association (UWSA) continues to assist student groups in different ways. The UWSA website lists these student groups and allows leaders to advertise what their group does and who potential members may contact for more information.

Before the COVID-19 pandemic, many student groups hosted in-person meetings on campus. These groups were advertised in classes and on physical posters. When the university introduced COVID-19 restrictions on March 13, 2020, these meetings moved online. As computers and phones became the main method for members of student groups to communicate, group dynamics changed, and leaders had to adapt.

Being limited to virtual meetings and activities is especially hard for a witch group," Kendall Pratap, the leader of the University of Winnipeg Wiccans student group, says in an email to *The Uniter*. "For example, I've tried holding meditation sessions online with my group but canceled it, since it was a bit awkward."

Another group leader, Iolicoeur, coordinator of the Pre-Veterinary Club, says in an email that she has advertised her group through Instagram, word-of-mouth from professors and via other student groups. She found it difficult at first to garner interest for the group, because it first formed during the 2022 winter semester. However, she slowly managed to gather 14 students for group activities.

"The online format has worked out pretty well for the purpose of hosting guest speakers, since it eliminates the hassle of finding a venue and arranging a time that works for everyone," Jolicoeur says. "Our general meetings have gone well over Zoom ... as far as sharing information goes, but it is definitely more difficult to connect with and get to know the group members through the online format."

The UW Applied Computer Sciences Student Association also found it difficult to gather members during the pandemic. Jeetpal Singh, co-president of the group,



Campus closures throughout the COVID-19 pandemic have presented unique challenges and opportunities for the University of Winnipeg's student groups.

says in an email "to resolve the issue, we started requesting the professors advertise the computer-science student club during their first few lectures every semester."

Group leaders say they are not deterred from setting future goals and pushing for growth. Singh plans to host in-person events in the spring and encourage women to connect with the group. Jolicoeur is seeking to host guest speakers and help members prepare for enrolling in veterinarian school. Pratap is seeking a

successor after graduating and wishes to secure a campus space to hold live meetings.

And, like many others, they all look forward to the university relaxing restrictions in the spring semester.

For a list of all current UWSA student groups, visit bit.ly/3JGmbpB.



TEACHING THROUGH THERAPY

Mary-Jo Bolton, instructor, Master Marriage and Family Therapy

CHARLIE MORIN | FEATURES EDITOR | O MILLENIAL.DIGS

Mary-Jo Bolton approaches teaching in a way that incorporates her therapist background.

"I try (to) conduct that class almost the way I would try and conduct a therapy relationship, knowing that people need to feel safe and listened to and valued," she says. "Some voices need to be encouraged. Others need to be encouraged to listen."

Bolton says this integrated experience is more authentic, as students learn how to be therapists from the beginning of the

A family therapist by training, Bolton is an instructor at the University of Winnipeg in the Master of Marriage and Family Therapy program. Bolton previously worked at Klinic Community Health, where her role included professional training, public education and training staff.

Teaching and therapy always were kind of done in combination in my job

there," Bolton says.

For the past four years, Bolton has been teaching a course at the U of W called Survey of Family Therapy Theories. She says this is one of the first courses students in the Master of Marriage and Family Therapy Program are required to take.

Coincidentally, she has also had the opportunity to teach a graduate seminar that students typically take at the end of the program.

When I did the graduate seminar, people seemed a lot more confident in their academic abilities. By then, they had done so much coursework and written so many papers and done a lot of research," she says.

In the classroom, Bolton strives to cultivate not only a good learning environment, but also "a supportive and just learning and professional community."

"I try (to) be congruent as a therapist and as a teacher. I don't see them as that different, actually."

What is something that you've learned from your students?

"Maybe it's more being reminded, but how much passion and dedication (and)



time commitment is required to do a master's degree."

What do you like to do in your spare

"I have a real passion for woodworking, so I love to build furniture. I love to walk my dogs. I do volunteer work with

Palliative Manitoba ... And I (have) a little great-niece who's just over a year old, so I like spending lots of time with her, too."



MOTHER OF GOO

So you have an STBBI. I love you.

MADELINE RAE | COLUMNIST | O MOTHEROFGOO

At one of the local clinics where I work, we have a sign that says "Shame Free Zone."

STBBI stands for sexually transmitted and blood-borne infections. Just like there are various types of STBBIs, there are also various ways to both transmit and pick them up. Stigma around STBBIs is still rampant today.

As a person who works in sexual health in multiple capacities, I still find myself correcting folks who slip into using language like "dirty" or "clean" when referring to their STBBI status. I remind them that these types of labels are irrelevant to a person's diagnoses and only add to the stigma.

During the COVID-19 pandemic, it has been fascinating to watch the parallels between the coronavirus and STBBI diagnoses and disclosure. In the past few months, it's become more common to see folks openly disclosing their positive COVID status on social media and to loved ones. People have even created memes and posts expressing their "surprise" that they haven't gotten it "yet" themselves.

What if this same awareness, expectation and acceptance existed for STBBIs? Like being vaccinated, wearing a mask and isolating when sick helps prevent the spread of COVID-19, practicing scientifically supported forms of harm reduction (like using condoms and undergoing regular testing) also helps prevent the spread of STBBIs.

But nothing is 100 per cent. Life happens. A big part of what makes it so scary to receive an STBBI diagnosis is the weight of stigma. Health is emotional, and it permeates every aspect of our lives. The reality is that all STBBIs are treatable, if not curable.

Informed consent means a person is entitled to be aware of the risks of engaging in an activity that could open them up to the potential of transmission. Not only is this ethically responsible, but it can also be a matter of legality. For example, in Canada, a person is legally obligated to disclose their STBBI status before sexual activity if there is a "significant risk of serious bodily harm." With HIV specifically, the federal courts have decided that this "risk" means not using a condom and/or having a viral load above 1500 copies/ml.

If you are unable to contact any former sexual partner(s), a public-health nurse can usually reach out on your behalf privately to encourage folks who may have been exposed to get tested. Reaching out to local clinics that specialize in STBBI testing, prevention and treatment if you are unsure how to proceed after a new diagnosis is the best way to receive thorough support.

STBBIs are a common part of life. I love someone with an STBBI, and you almost certainly do, too. If you have an STBBI and are choosing to disclose this to someone, it is normal for some emotions and concerns to arise, but it is not okay to be shamed. You deserve to be met with tenderness and acceptance, full stop. I love you.



Some local clinics this writer recommends:

Klinic Community Health Nine Circles Community Health Centre Women's Health Clinic Street Connections 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 is beginning her master's in social work this fall, working toward a career as a sex therapist.



LETTING THE COMMUNITY DOWN

Winnipeg City Council votes against decriminalizing small quantities of drugs

MISHA FALK | COMMENTS EDITOR

On March 6, the loved ones of people who died of overdoses placed black balloons accompanied by memorials around the city. Black Balloon Day is an international event to honour those who have died of overdoses and to raise awareness about the opioid crisis.

According to the Government of Canada, 26,690 Canadians have died of opioid overdoses between January 2016 and September 2021. In Winnipeg, around 400 people died of opioid overdoses in 2021. The COVID-19 pandemic has only made the crisis worse with "increasingly toxic drug supply, increased feelings of isolation, stress and anxiety and limited availability or accessibility of services for people who use drugs."

On Feb. 24, Winnipeg city council's vote split on a proposal to work with the federal government on decriminalizing small amounts of illegal drugs in Winnipeg. The split vote means the proposal did not pass. Many advocates expressed frustration at this result, saying the present criminalization exacerbates the current opioid crisis.

Decriminalization wouldn't mean that people could buy presently illegal drugs at a store along with other legal substances like alcohol and cannabis. This would only happen with legalization. Instead, decriminalization makes it legal to possess a small quantity of otherwise illegal substances. People producing and selling illegal drugs would still be subject to criminal prosecution, but people using them would not.

Critics point out that decriminalization cannot regulate impurities in the production of illegal drugs, which are often the cause of overdoses. While this is true, criminalization makes it difficult for community organizations to set up harm-reduction practices, such as safe-consumption sites and drug-testing services, which significantly reduce the risk of overdose.

Harm reduction is an approach that rejects the commonly held view of seeing addiction as a moral issue and instead focuses on the systemic causes that lead to addiction and block people from accessing the resources they need to recover. For Manitoba Harm Reduction Network, "Drug policy, criminalization and the war on drugs have been historically harmful, so dismantling those frameworks is a key part of harm reduction."

In high school, people are often taught to



view drug use as a personal moral failing. By using this abstinence framing, these education programs often do not discuss how to use drugs safely or how to seek help if needed. In reality, many people use drugs for a variety of reasons. They might be someone you love, or they might be you.

The current criminalization of drugs creates a fear of legal repercussions for people who want to open up about their drug use or seek treatment. Criminalization imagines drug use as a legal problem to be solved by the police rather than as a health issue to be treated with understanding and care.

By not passing this proposal, Winnipeg city council is letting down community organizations, mutual-aid networks, people who use drugs and the people who love them. The opioid crisis is a serious issue that intersects with poverty, racism, mental illness and has been made worse by the pandemic. Continuing criminalization makes people's lives harder and does nothing for those who are seeking help with addiction.

It's time for bolder visions for how we take care of each other and respond to health crises in this city.



'GAY' ISN'T A BAD WORD

The far-reaching impact of Florida's proposed homophobic bill

DANIELLE DOIRON | COPY AND STYLE EDITOR | (O) DANIELLEMDOIRON

Not much has changed about my high school in the decade since I graduated. The halls may be painted a slightly different colour, and I now walk them as an educator, but they still echo with students casually dropping "that's so gay" or "no homo" into conversation.

This is the case just about everywhere. Stonewall, a United Kingdom-based gayrights organization, reports that 99 per cent of queer British students hear homophobic comments in school. While it might be tempting for some teachers and administrators to ban these phrases outright, doing so can have unintended consequences.

"Pupils start to think that the word is taboo, and that 'gay' does mean something bad or that they can't discuss anything to do with gay people, potentially encouraging homophobic attitudes," a Stonewall education guide reads. Earlier this month, Florida senators approved legislation effectively banning discussions of sexual orientation and gender identity in school classrooms.

Dubbed the "Don't Say Gay" bill by Democrats and queer activists, this legislation states that "Classroom instruction by school personnel or third parties on sexual orientation or gender identity may not occur in kindergarten through Grade 3 or in a manner that is not age appropriate or developmentally appropriate for students in accordance with state standards."

The bill's language is intentionally "vague and subject to interpretation," Dana Goldstein writes for *The New York Times*, and would allow guardians to sue already cash-strapped school districts if they believe their children received "inappropriate" lessons.

The Trevor Project, a crisis-intervention organization for queer youth, condemns the bill, which could further marginalize and endanger vulnerable students.

"Banning speech about sexual orientation and gender identity in Florida classrooms would not only be an infringement on civil rights, (but) it would also erase entire chapters of history, classic literature and critical health information from textbooks, to say nothing of erasing students themselves," Sam Ames, a representative for the Trevor Project, says in a statement.

Author James Kirchick writes in *The New York Times* that the bill could also censor individual expression. "Gay students and the children of same-sex couples, for instance, would likely be inhibited from talking about their lives, and teachers could face the wrath of angry parents simply for discussing historical events involving gay people, such as the deadly 2016 attack on a gay nightclub in Orlando."

The Florida legislation is "one of a raft of bills around the country designed to put new restrictions on teachers and ad-



ministrators related to sexual orientation and gender identity," but this is far from a uniquely American problem.

Just two years ago, a Manitoba Human Rights Commission investigation found that provincial curricula discriminate against queer families. The commission's 40-page report details how Manitoba teachers were given "little guidance" about how to address gender diversity or sexual orientation in the classroom. Guardians can also opt their children out of related lessons, because they involve "sensitive topics."

In reality, these are among the most important subjects students will learn. As the Trevor Project reports, "Compulsory education results in most LGBTQ youth spending the majority of their waking

hours in school, a setting that can serve both risk and protective functions."

It's up to educators, lawmakers and advocates to ensure schools are safe, protective spaces for all students. After all, as Sexuality Education Resource Centre representatives Nicole Chammartin and J. Fiedler write for CBC Manitoba, "the best sexuality education is the truth."

The truth is that queer people exist. And we deserve to be accepted, educated and celebrated.

Danielle Doiron is a creative and educator who splits her time between Winnipeg, Philadelphia and small Midwestern towns. Catch them reading, procrastinating or defending the pineapple on pizza.



Student Services

Spring Term Registration

Students should have received their assigned registration start date/time for Spring Term 2022 in their University webmail account earlier this week on **March 15 or 16**. If you have not received your appointment time by March 18, please contact Student Central at studentcentral@uwinnipeg.ca

Tiered registration will begin on **March 28**. Open registration starts on April 11.

The Spring Term begins on Mon., May 2, with courses scheduled to start/end on various dates throughout the term. See www.uwinnipeg.ca/registration/ spring-process-and-procedures.html

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:

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/

uwinnipeg.ca/student-services webinar-wednesdays.html

End of Winter Term + Make-up Days

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

Winter Term Exams

The examination period is **April 12 - 26**.

For more information, please see: www.uwinnipeg.ca/exam-sched-ules/index.html

Study Skills Workshops – Spring Term

Study Skills Workshops are designed to improve your learning skills and help you achieve your academic goals. Topics include time management, writing essays, and test-taking strategies.

Organized by Academic & Career Services, the series of six workshops will be held on Mondays, Wednesdays and Fridays from May 9 – 20. Each session is held 9:00 to 9:50 am via Zoom.
Registration in advance is required. For details and to sign up, see: www.uwinnipeg.ca/academic-advising/study-skills-workshops.html

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



HOROSCOPES

Welcome to Aries season!

Probing questions bring answers that completely change your understanding as Mercury connects with power planet Pluto on Saturday, March 26, at 5:34 PM. Secrets are shared!

A new chapter of communication begins when Mercury enters Aries on Sunday, March 27 at 3:44 PM. Over the coming weeks, we're saying things that we've never expressed before! The vibe shifts from passive and multifaceted to simplified and direct.

SOURCE: ASTROLOGY.COM



Your intuition will be elevated today, as the Sagittarius moon connects with communicative Mercury, activating your ninth and twelfth houses. Unfortunately, your heightened sensitivities could become a burden if you find it difficult to focus on tasks, making it important that you center yourself before taking on the day. Luckily, you'll feel much more grounded this afternoon once the moon moves into steady Capricorn. Use this energy to catch up on any responsibilities that may have fallen to the wayside earlier in the morning. Just try not to push yourself too far, or you could end up feeling burned out by the end of the day.



TAURUS

Your friends may be overly demanding of your attention this morning, dear Taurus, thanks to a harsh connection between the Sagittarius moon and communicative Mercury. Don't feel guilty about setting boundaries if your pals are making it difficult to focus on work, but promise to catch up with them later in the day. Luckily, you'll feel more collected this afternoon when Luna finds her way into Capricorn and the sector of your chart that governs spirituality. Keep your eyes peeled for new opportunities and signs from beyond the veil, as the universe will be eager to help you along your path.



GEMINI

Whether you're crushing hard, arguing with your sweetie, or blissfully in love, your heart could get in the way of your work, thanks to a harsh connection between the Sagittarius moon and Mercury in Pisces. Keeping your mind off your relationship may be a difficult task, making it important that you break down your to-do list into small, manageable steps, Luckily, the vibe will shift this afternoon once Luna enters stabilizing Capricorn. Use this energy to shake off any cobwebs that manifested in your brain this morning, and don't be afraid to step into your personal power, especially if you're caught up in a conflict.



CANCER

Your mind will travel to some far-off places this morning as the Sagittarius moon connects with Mercury, filling your head with divine inspiration. Unfortunately, these fanciful vibes could get in the way of your priorities, as it may become difficult to focus on work. Though the morning might feel like a logistical struggle, you'll become much more clear-headed this afternoon when the moon enters realistic Capricorn. Though this lunar placement will certainly provide you with a reality check, it is also poised to bring a soft yet formidable energy to your aura. Show yourself some grace right now, and be sure to practice a bit of self-care before the day comes to a close.



As the moon continues its way through Sagittarius, you'll feel elevated, inspired, energized, and ready to take the day on by storm. Unfortunately, your upbeat disposition could feel a little intense for others, making it important that you stay grounded and maintain a healthy sense of self as you move through the day. You'll notice a shift in the afternoon when Luna makes her way into serious Capricorn, shifting your focus toward personal tasks and professional responsibilities. Use these vibes to catch up on any work that needs tending, especially if you had too much fun this AM.



If you haven't been cutting out enough time for self-care, you could feel it this morning as the Sagittarius moon squares off with Mercury. Should you find that you're having a hard time focusing on tasks, you may want to take a few moments to focus on your breath so that you can release any stress that has been collecting in your psyche. Luckily, these vibes will dissipate by afternoon once the moon makes its way into stabilizing Capricorn and the sector of your chart that governs fun. Use this energy as an excuse to let your hair down, choosing to focus on activities or work that bring you the most joy.



You may feel overwhelmed by your responsibilities this morning, sweet Libra, thanks to a harsh connection between the Sagittarius moon and cerebral Mercury. Though your to-do list may be vast, try not to put too much pressure on yourself to handle everything at once, and don't be afraid to ask for assistance if you need it. Your focus will shift this afternoon when the moon moves into Capricorn and your fourth house. Use this cosmic climate as an excuse to catch your breath for a bit, knowing that you can't help anyone if you don't help yourself first.



Try not to second guess yourself today, dear Scorpio, as the Sagittarius moon forms a harsh square to cerebral Mercury. These vibes could lead to feelings of insecurity if you're not careful, making it important that you boost your confidence with positive affirmations and supportive companionships. A shift will manifest this afternoon as Luna finds her way into Capricorn and the sector of your chart that governs mental clarity. This cosmic climate can help snap you out of any funk you may have stumbled into earlier, though you may need to get a little real with yourself and remember your strength and personal power.



SAGITTARIUS

The moon wraps up its journey through your sign today, dear Sagittarius, forming a harsh connection to Mercury before entering pragmatic Capricorn. If you've been going a mile a minute recently, it could catch up to you right now, as the universe pushes you to slow down and catch your breath. Use this energy as an excuse to spend the evening at home, even if this means postponing plans with your bestie. You're likely in need of some serious rest and relaxation, making it important that you dedicate yourself to nutritious food, cozy pj's, and plenty of self-care tonight.



CAPRICORN

You may need to watch your words this morning, dear Sea-Goat, as the Sagittarius moon forms a harsh connection to communicative Mercury. This energy could leave you feeling annoyed by your friends or coworkers, which means that taking a guiet approach to the day might be best. Luckily, you'll feel much more optimistic and like yourself this afternoon as the moon makes its way into your sign. smoothing out any bumps that manifested on your cosmic road this AM. Use these vibes as an excuse to put yourself first over the next couple of days, especially when it comes to nurturing personal or professional goals.



Try not to worry about what others are saying or thinking about you this morning, dear Aquarius, as the Sagittarius moon forms a harsh square to Mercury. While you may feel as though others are talking behind your back, it's unlikely that your true friends are getting involved in such gossip. Keep in mind that haters will always exist on some level, and remember that their murky vibes can only drag you down if you let them. You'll feel a shift this afternoon, as the moon enters earthy Capricorn, asking you to quiet down and reconnect with your center.



Avoid getting sucked into professional gossip this morning, as the Sagittarius moon squares off with communicative Mercury. While the temptation to discuss your colleagues may be real, your words could eventually come back to haunt you down the road. Luckily, these wonky vibes will dissipate as the afternoon rolls in, and Luna makes her way into stable Capricorn. This cosmic climate can help strengthen your bonds, and the universe is likely to reward you for keeping your mouth closed earlier in the day. Use this evening to catch up with your friends, even if it's through a short phone call or a text exchange.



GET PUBLISHED!

The Uniter is seeking volunteer writers, illustrators and photographers.

You don't need experience, just a desire to tell stories!

For more information, email Holly at volunteer@uniter.ca.