

THE **U** N I T E R

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**HUNGER IS THE
MOTHER OF INVENTION**

A LOOK AT WINNIPEG'S CULINARY CREATIONS



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MY NETWORK MOMENT

THOMAS PASHKO
MANAGING EDITOR

  THOMASPASHKO



PHOTO BY DANIEL CRUMP

Counter protesters take their stand at the anti-2SLGBTQIA+ hate rally at the Manitoba Legislative Building on Sept. 20, 2023. Read more on page 9.

When I prepared to write my editorial last week, I was steaming mad.

Just hours earlier, on Wednesday, Sept. 20, a massive hate rally had gathered at the Manitoba Legislative Building, part of coordinated anti-2SLGBTQIA+ demonstrations across Canada. While counter-protesters were there, they were vastly outnumbered. I was angry, saddened and feeling hopeless.

I feel more hopeful after this past weekend. On Sunday, Sept. 24, the Rally for Trans Youth was held at the same location, with thousands coming out to show their support for the marginalized folks targeted by the anti-2SLGBTQIA+ rally. We have an article and photo essay by Emily Leedham in this week's issue covering both rallies.

I'm less sad. I'm more hopeful. But I'm still angry.

Just days ahead of our election, the Manitoba PCs have done nothing to backpedal on their hateful rhetoric that helped stoke these hate rallies. The leader of the federal Conservatives has doubled down on his anti-queer hate. This ramping up of bigotry from establishment right-wing politics is dangerous. It's violent. And when polls open on Tuesday, Oct. 3, we need to continue to be mad as hell.

We need to be mad at the right-wing's brazen contempt for marginalized peoples. We need to be angry about their attacks on basic rights like healthcare, their loathing and disregard for the unhoused, those living with addiction, the poor and working class. We need to be angry about their pursuit of profit and violent enforcement of the status quo at the expense of culture, community and basic human decency.

I know I'm not the only Manitoban who's mad as hell. On Tuesday, we'll see whether we're willing to take this anymore.

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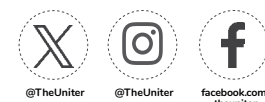
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WHOSE HOUSE?



PHOTOS BY THANDI VERA

WHOSE HOUSE? KWAE'S HOUSE

Where minimalism fuels creativity

THANDI VERA | FEATURES REPORTER

Kwae Kobain, a local hip-hop artist, lives in a minimalist apartment, a haven of simplicity and tranquility that fuels his creative process. The apartment's white walls and uncluttered design provide an ideal backdrop for his artistic thoughts to flow.

"I need a blank canvas to create. If there's too much around me, I can't think," Kobain says. "It's so funny, because people think as a creative that you want so much colour in your personal space, but I get overstimulated a lot, so I don't like it too much."

Despite the simple décor, this serene setting is far from sterile. Kobain's home serves as a sanctuary for his life experiences. Meaningful artifacts, like a Buddhist poster gifted by his sister, help connect him to his spirituality.

Among these artifacts is the lingam, an abstract representation of the Hindu god Shiva. "Shiva is an interesting character that has informed my art, life and style. I found out about Shiva by reading and researching my own culture," he says.

Through his research, Kobain found many similarities between West African and Southeast Asian cultures and religions. "The lingam just kind of reminds me about where I'm from," specifically his Nigerian roots and upbringing.

In one corner of his living space, a cherished gift from a close friend takes pride of place in the form of a painting. Kobain says that souvenirs, like the teddy bear from Ottawa, act as tangible milestones, reminding him of his ever-evolving journey.

"All these items, whether found, purchased or received as gifts, represent different elements or chapters of my life. They turn my apartment into a gallery of cherished memories," he says.

Kobain's musical journey is as diverse as his home décor. While hip hop remains at the core of his music, he thrives on experimentation.

"Hip hop is broad and kind of spreads into R&B, alternative rock, jazz and Afrobeats, so I never limit myself with my music. I try to play around with different sounds," he says.

Music isn't limited to Kobain's studio. It permeates his daily life and home.

"A big part of music for me is movement," he says. "I'm usually writing a song throughout the whole day when I'm at work or just walking around my apartment. That's why having a clear space is important to me."

For Kobain, minimalism isn't just a lifestyle. It's a canvas upon which the vivid colours of his creativity flourish, allowing his artistry to take centre stage.

1. A souvenir

"It's from my days in Ottawa. I saw it and thought 'you're coming with me to remind me of my time there.'"



1

2. Lingam

"It helps me to remember that life is more than just where you find yourself."



2

3. Shoe collection

"I always liked basic shoes like Vans, Skechers and New Balances before they were cool."



3

4. Current obsession

"I love candles. I'm obsessed with fire. I also think I'm like a candle, you know, just a soft, still flame fire."



4

5. Favourite artist

"I love Roc Marciano, so my friend gave me a rock with his name on it. It's an inside joke. Roc is my rock."



5



ILLUSTRATION BY GABRIELLE FUNK

SUPPORTING THE ARTS AT THE BALLOT BOX

Provincial parties share their arts commitments ahead of the election

CIERRA BETTENS | ARTS AND CULTURE EDITOR | ✂ FICTIONALCIERRA @CIERRABETTENS

For artists and arts organizations alike, public funding provides the stability to support a fundamental tenet of the arts: creative risk.

“The role of art and the role of creating art is something that should be available on the community level. And without public funding, it just wouldn’t be,” Thomas Sparling, the executive director of Creative Manitoba, says.

But as Manitoba ushers in a new, more diverse generation of artists, arts leaders who spoke to *The Uniter* say provincial funding is too sparse to support them.

As the election looms, they voiced their frustrations and fears about keeping the metaphorical – and literal – studio lights on in Winnipeg’s arts and culture scene.

A few weeks before the 2023 provincial election, *The Uniter* asked Manitoba’s three main political parties about their commitments to Manitoba’s arts and culture sector. Two parties answered. One did not.

Party promises

Since the Progressive Conservative Party of Manitoba formed government in 2016, the arts sector has faced both funding cuts and supplements.

In 2017, the PCs cut arts, culture and sports funding by more than \$3.5 million.

In the 2020/2021 fiscal year, the Manitoba government offered up to \$6 million in funding to help arts organizations through the Arts and Culture Sustainability Fund. The program continued with an

additional \$6 million in funding in the 2021/2022 fiscal year but was terminated in 2023.

Rose-Ann Harder, the director of the Manitoba Arts Network, says the additional funding helped arts organizations weather the height of COVID-19 pandemic.

However, she says the struggle isn’t over. Audiences haven’t returned to theatre seats and galleries to meet pre-pandemic attendance rates. Moreover, a lack of funding has barred new organizations from securing sufficient operational funding.

“Core arts and funding has remained stagnant for over a generation, and so the funding hasn’t even been on par with inflation,” Harder says.

She urges the elected government to reinstate the sustainability fund from a short-term top-up to a long-term, permanent program.

The Uniter reached out to Obby Khan, the provincial minister for sport, culture and heritage. A spokesperson deferred the comment to the PC Party office, which did not respond to multiple interview requests.

Last week, the party announced plans to commit \$100 million to the Arts, Culture and Sport in Community (ACSC) funding program over four years. While specific commitments to sports were included in the announcement, no arts initiatives were mentioned.

Uzoma Asagwara, the NDP MLA for Union Station, spoke with *The Uniter*

shortly after the party announced an \$8 million investment in capital and funding grants toward Manitoba’s creative sector.

If elected, the NDP also plans to bring the tourism file back to Manitoba’s cabinet with a dedicated minister to attract out-of-province visitors to explore Manitoba’s thriving arts and culture scene. They also plan to modernize the Film and Video Tax Credit by giving production companies upfront cash advances.

“The government can really help set the tone in terms of how citizens value the arts and culture aspects of our province,” Asagwara says.

Citing decades of stagnation, Manitoba Liberal leader Dougald Lamont promised to commit \$20 million in Manitoba Arts Council funding if elected.

While the NDP has criticized the PC government for neglecting the arts, Lamont says meagre arts funding has been a feature of both governments while in power.

“The reality is that both the PC and the NDP have generally been terrible for the arts,” Lamont says. “The PCs put a bit more money into infrastructure, but we still need much, much more support for what is a great arts scene, but it just doesn’t get the support it needs.”

Now on his second campaign vying to be Manitoba’s premier, Lamont believes parties tend to view the arts as a luxury, rather than a public good.

“It’s the difference between what makes a place good and what makes a place great,” he says. “The arts in Winnipeg and Manitoba are part of what makes this place really, really exceptional.”

Putting arts into action

To support the arts in Manitoba, Harder recommends doubling Manitoba Arts Council funding, adjusting the total provincial arts and culture funding to match inflation and making the Arts and Culture Sustainability Fund a permanent support.

Additionally, she stresses the importance of funding arts centres in Indigenous, rural and northern communities in Manitoba. That way, residents don’t have

to travel far distances to experience art and access opportunities.

“We’re kind of a unique province where we’re heavily based in Winnipeg,” Harder says. “If the government wants to attract more people to stay in rural and northern Manitoba, I really think the arts would be the key.”

While an influx of newcomer Canadians has bolstered Manitoba’s diversity, Sparling says the arts scene is lagging behind.

“A lot of the arts institutions were built around presenting white, European art,” he says. “There’s a lot of work that needs to be done to (assess) how we navigate this demographic shift.”

He argues that a lack of public funding bars many international artists from continuing their practice.

“Just like (immigrant) doctors and lawyers aren’t finding the ability to practice their trade here, we’re finding artists are having a difficult time establishing themselves,” he says. “If our arts and cultural community is going to be representative of our province, we need to figure out how to bring these different communities into our arts.”

While healthcare, education and taxes dominate election discourses, Harder believes the arts are worth fighting for, as funding not only benefits local artists but also Manitoba as a whole.

“If you picture yourself in your house and then you remove anything of artistic value in it, you take away the painting. You take away your furniture, because they’ve been designed by someone that’s artistic. You take away your TV, because that’s arts and entertainment,” Harder says. “When you open your eyes, what do you have left in your house?”

“I think if people really realize what their lives would be without the art, it wouldn’t be as interesting.”

The Manitoba election takes place on Oct. 3. For more information on how to vote, visit electionsmanitoba.ca.



MR. DRESSUP: THE MAGIC OF MAKE-BELIEVE

Streaming on Amazon Prime Video starting Oct. 10

★★★★☆

THOMAS PASHKO | MANAGING EDITOR | [X](#) [@THOMASPASHKO](#)

If you were a child living in Canada born at some point between John Diefenbaker's first term and Jean Chrétien's third term, there's a good chance you spent part of your weekday mornings with Mr. Dressup.

The character portrayed by Ernie Coombs, and the children's television shows he performed in, were in production in one form or another from 1961 to 1996. That's long enough that, theoretically, three generations of one family could have grown up with Mr. Dressup.

Mr. Dressup: The Magic of Make-Believe, a new documentary releasing directly to streaming through Amazon Prime Video, serves as a biography of Coombs, the *Mr. Dressup* show he hosted and his cultural impact on generations of Canadians.

Archival interviews, behind-the-scenes footage and classic clips are interspersed with new talking heads by famous Canadian creatives who grew up watching Coombs, along with his family and closest collaborators.

The doc, directed by Rob McCallum, tracks Coombs' life from his childhood in Maine. It explores his college days studying illustration, building sets for the theatre department and romancing one of its puppeteers (his future wife Marlene), his move to children's theatre and television collaborating with Fred Rogers, their move to Canada to work at the CBC and Coombs' subsequent evolution to a cultural icon.

Make-Believe is very obviously modelled after *Won't You Be My Neighbor?*, the 2018 doc about Rogers. It makes sense. That film was popular, and the two men's careers serve as interesting mirrors of each other. But despite their similar trajectories, they are two fundamentally different characters.

Neighbor is fuelled by Rogers' eccentric, quiet, almost saintly persona, which seems largely the same onscreen and off. Coombs also seems to bring his whole self in front of the camera, but part of his appeal was that he was essentially an average guy. A talented artist and performer, of course. But if Mr. Rogers was the viewers' mysterious, kindly neighbour, Mr. Dressup was their lovable, goofy dad.

As a result, *Make-Believe* can't help but be less interesting than the film it will inevitably be compared to. It's perfectly fine to present an uncomplicated portrait of Coombs. He

seems to have been a fairly uncomplicated figure.

Even the small bits of tension explored in the film, like the frustrations and eventual departure of crucial puppeteer collaborator Judith Lawrence, seem less directed at Coombs himself than the culture or industry the show existed within. But how much interest that holds for the viewer will largely depend on whether they grew up watching and loving *Mr. Dressup*.

As someone who *did* grow up with Coombs, I found a lot of delight in this. But for folks who grew up outside Canada or are young enough to not remember watching the show before CBC stopped airing reruns in 2006, mileage may vary.

There are plenty of interesting, smaller stories contained within this larger one, each of which could make their own fascinating movie. In particular, Coombs and Rogers' early collaborations or his work with Lawrence could be great character pieces if given the necessary breathing room.

As it is, *Make-Believe* is serviceable but slight. It made me smile and tear up and filled me with warmth while I was watching it. After I finish this review, I don't expect it to stick with me. Unlike Mr. Dressup himself. He's in my DNA.

ARTS BRIEFS

CIERRA BETTENS | ARTS AND CULTURE EDITOR | [X](#) [FICTIONALCIERRA](#) [@CIERRABETTENS](#)

Bow down to your Crumb Queen

A local pop-up bakery gem now has a permanent home in Osborne Village. Crumb Queen opened at 166 Osborne St. on Sept. 23 and offers a selection of croissants, crullers and more tasty treats each weekend. Grab your sugar fix on Saturday or Sunday (or both) between 10 a.m. and 3 p.m.

The RWB presents *Snow White*

Catch the Canadian premiere of the Royal Winnipeg Ballet (RWB)'s interpretation of the classic tale of *Snow White* from Sept. 28 to Oct. 1. The show boasts choreography by French dancer Angelin Preljocaj and the music of Gustav Mahler's symphonies. Reserve your tickets at buy.rwb.org.

Reconciling the reel

In recognition of the National Day for Truth and Reconciliation, "And a current runs through me...", a series of short films by Indigenous directors, will be screened at the Dave Barber Cinematheque (100 Arthur St.) in collaboration with Urban Shaman Contemporary Aboriginal Art. The screening takes place on Sept. 30 at 7 p.m. Tickets are pay-what-you-can and available at bit.ly/48yLxTI.

The *Darkroom* tour

On Sept. 29, join artist Juan Ortiz-Apuy and company for an exclusive tour of his Plug-In Institute of Contemporary Art (460 Portage Ave.) exhibition. The Montreal-based, Costa Rica-born artist's solo work will be displayed at the gallery until Dec. 17. The artist walk-through takes place at 6:30 p.m., followed by an opening reception from 7 to 10 p.m.

Gimli Film Fest seeks new executive director

Following the departure of executive director Alan Wong after three years with the organization, the Gimli Film Festival is in search of a new leader. Professional experience in the film industry, media skills and a proven management track record are desired. The full posting can be accessed via bit.ly/48uYuNO.

Latent Knowledge @ cre8ery

Explore the depths of consciousness and shared human experience through cre8ery's newest group exhibition. *Latent Knowledge* features visual works by Bernard Ferguson, Sandra Vincent and Danielle Fontaine Koslowsky. Opportunities to meet the artists are available on Sept. 30 from 12 to 5 p.m. and Oct. 6 from 5 to 9 p.m. For gallery hours and more information, visit bit.ly/3ETqRYp.

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HUNGER IS THE MOTHER OF INVENTION

A look at Winnipeg's culinary creations



Winnipeg-style rye bread is a quintessential example of local cuisine.

It may be a long time until a Manitoba-style restaurant opens abroad. But rather than an indictment of our cuisine, it's a testament to the sheer diversity of delicacies that originate from Winnipeg. From the indulgent chili-slathered Fat Boy to the iconic Pizza Pops, Winnipeg offers a motley assortment of original things to eat.

"One of the beauties of being in Manitoba is that it is in the middle in so many senses," Dr. Janis Thies-

sen says. Thiessen is a University of Winnipeg history professor who specializes in cuisine and has authored *Snacks: A Canadian Food History*. They are one of the co-authors of the upcoming *mmm... Manitoba* book.

"We're not heavily invested in any one thing. We're a more diversified province ... it's the same thing when it comes to cuisine," she says.

While some foods with origins elsewhere have be-

come Winnipeg staples (the Polish pierogi and French tourtière, to name a few), many local signature dishes were birthed in the kitchens of ordinary Winnipeggers.

"I think Manitoba always punches above its weight in so many categories. We have such a variety of cultures that you can get anything you want," Thiessen says. "We're a culinary centre in the way people think of New York and Paris."



City Bread is one of the brands that exemplifies Winnipeg-style rye bread, along with Kub Bakery, Gunn's Bakery and others.

Clodhoppin'

It can be said that Winnipeg tradition is to put our desserts before our dinner. Renowned bakeries such as Jeanne's Bakery and Baked Expectations dominate post-dinner-plan conversation, while major confectionery companies like Cavalier Candies and Scott-Bathgate's Nutty Club ensure Winnipeg's place as a breeding ground for sweet dreams and cavities.

And, of course, the veneration bestowed upon by international convenience chain 7-Eleven as "Slurpee Capital of the World" is perhaps the city's greatest honour. But the king of all candies from Winnipeg comes from more humble origins: a family recipe gone multinational.

Edith Baker, born and raised in Winnipeg, spent much of her teen years working at Schrafft's restaurant in New York City's famed Chrysler Building with her mother, Nanny, and sister, Winnie. But despite the auspicious locale in perhaps the commerce capital of the world, it wasn't until she returned to Winnipeg that her most famous culinary creation was born.

Schrafft's, a restaurant chain owned by a major candy company from Boston, may have provided inspiration for the young Baker. In any case, Baker began making a new confection, made from graham clusters and chocolate, much to her family's delight.

It took many years before someone decided to capitalize on the sweet treat. When teenager Chris Emery tasted his grandmother's concoction, he had a commercial epiphany about the untapped potential of the then-unnamed Clodhoppers. He and Oak Park High School classmate and good friend Larry Finsson put the wheels in motion, and the Krave's Candy Company was established.

In 1996, Emery and Finsson set up shop in their garage, peddling Baker's wares to the sweet-toothed masses. Within two years, the duo scored a distribution deal from ubiquitous department giant Walmart. And that was just the beginning.

The candy caught the eye of Brookside Foods, which purchased Krave's in 2006, and in turn was purchased by major candy

conglomerate Hershey's, which reintroduced Clodhoppers under their own name. Know that the "Hershey's Crunchers" lining the shelves at local department stores were born right here in Winnipeg.

Rye: a Manitoban tale

The story of Winnipeg-style rye bread is emblematic of the city's rich history as a magnet for the Eastern European diaspora.

While there are various claims to the origins of Winnipeg rye, many bakers, including Fivie Gunn, former owner of Gunn's Bakery, believe the style of bread originated from Ukrainian immigrants who settled in the city during the 19th and 20th centuries as a piece of home for hungry strangers in a strange land.

"There's not some sort of smoking gun, historically speaking, about that," Thiessen says.

"I imagine it falls along the lines of Chinese-Canadian restaurants. You adjust the recipe to make it more palatable to tastes that are not your own. Just like with Chinese food, it's not the food of any particular region in China. It's designed to appeal to non-Chinese people," she says.

Winnipeg's own style of rye combines a lighter colour and milder flavour. Ironically, there is barely any rye flour in the bread. Coarse rye meal or cracked rye are used instead. The omission, plus caraway seeds and more white flour make for the smooth sandwich experience many Winnipeggers can instantly recognize upon first bite.

Thiessen credits the bread's status as a Winnipeg institution to the initial immigration influx of Eastern Europeans before a broader range of settlers were accepted.

"Eastern European traditions are long-standing here, because those were the settlers that were deliberately courted to come here, including my own ancestors," they say.

Pie in your pocket

To call it a calzone is to be reductionist, yet to call it pizza misses the point. The pizza-filled pocket of fried dough is unique, down to its half-moon shape. You can find it



Winnipegger Paul Faraci invented the Pizza Pop in 1964 and sold it to Pillsbury in the 1980s. While Pillsbury eventually changed the recipe, Faraci's family sell POPS (Paul's Original Pizza Snacks) at their food truck.

in grade-schoolers', college kids' and businessmen's lunch packs alike.

"For my Uncle Paul, it would basically be a sealed dough with a blend of tomato sauce and spices for the pizza sauce, as well as pepperoni and mozzarella cheese. It's sealed, deep-fried and served just like so," Anthony Faraci, owner of Faraci Foods, says.

In 1964, Paul Faraci changed lunchtime and late-night snacking for Canadians forever with the introduction of the Pizza Pop. An owner of a burger joint in town, Paul found himself disappointed with his choice of Italian dining

one evening after a recommendation from a customer. The panzerotti, a sort of miniature calzone, did not satiate the businessman and cook, so he took matters into his own hands.

"The Pizza Pop was Paul's take on a delicious product," Anthony says.

Finding instant success with the food, the decades following found Paul selling Pizza Pops out of his shop, to distribution at grocery stores, to bringing on partners and, eventually, a buyout from Pillsbury in the 1980s. Following disagreements with his business partners, Paul let the pastry giant carry on his culinary



On Wednesday, Sept. 20, about 200 counter protesters faced off against more than 1000 demonstrators rallying against 2SLGBTQIA+ rights. Far-right and white nationalist symbols were visible among the anti-trans protesters.

A TALE OF TWO RALLIES

Winnipeggers fight back against anti-trans hate demonstration

EMILY LEEDHAM | VOLUNTEER | [X EMILY_LEEDHAM](#)



On Sept. 20, right-wing groups across Canada organized rallies under the banner “1 Million March 4 Children” to protest Sexual Orientation and Gender Identity (SOGI) curriculums in schools. According to the Canadian Anti-Hate Network, these protests were “supported by a big tent of far-right and conspiratorial groups, including Christian nationalists, COVID-19 conspiracy theorists, sovereign citizens and anti-public-education activists.”

Two of the main groups behind the protests are Hands Off Our Kids, run by conservative Muslim activists, and Family ♥ Freedom, a secular group that alleges it is inclusive of 2SLGBTQ+ individuals, according to the Canadian Anti-Hate Network.

As news of these right-wing protests spread across Canada, 2SLGBTQIA+ communities and allies organized counter-protests to support SOGI education in schools.

In Winnipeg, right-wing protesters approached the Manitoba Legislative Building in three waves the morning of Sept. 20. The first wave, around 9 a.m., included about 50 people and was met by a larger group of about 200 counter-protesters at the legislature.

The right-wing protesters were racially diverse and appeared mainly Christian and Muslim. The Christian group stood in a circle, raising their hands while their leader preached and prayed.

The counter-protesters were made up of young people, teachers, professors and community and labour leaders. Two Christian organizations also attended: the Centre for Christian Studies and the First Mennonite Church of Winnipeg.

The counter-protest was organized at the last minute, so there was no set program or leadership. A few individuals from each side began engaging each other in debate. Some appeared respectful, while others quickly escalated into arguments.

For a while, the two groups remained at a distance but eventually got closer, shouting and chanting face to face. Individuals from both sides stepped in and de-escalated, encouraging each group to move back.

Around 11 a.m., the counter-protest had waned significantly. However, the anti-2SLGBTQIA+ protest had yet to reach its peak. A second, much larger wave of hundreds of right-wing protesters marched up Broadway, led by a police escort, to the other side of the legislature, away from the counter-protesters.

The right-wing protesters came in waves largely due to internal conflicts, confusion and disorganization. However, once the second wave arrived,



A TALE OF TWO RALLIES (CONTINUED)

the first wave welcomed the reinforcement after being outnumbered for several hours. They greeted each other and took turns speaking through a PA system. They brought children with them who stood up front with a banner, chanting and shouting along with the speakers.

One speaker called upon everyone in the crowd to continue showing up to all public forums, including school-board and city-council meetings, to advocate for censoring 2SLGBTQIA+ content.

Less than an hour later, a third, even bigger anti-2SLGBTQIA+ group arrived. There were well over 1,000 people in total, the largest right-wing protest in the city since anti-mandate gatherings in 2021. The anti-2SLGBTQIA+ protest remained diverse, as Christians stood side by side with Muslims, Sikhs and some Indigenous people.

One white man casually walked through a group of Muslim women and girls, carrying a Christian flag and wearing a Three Percenter symbol on his hat. The symbol is for a far-right anti-government militia movement.

The counter-protest had dissipated early on, with many not expecting multiple waves of right-wing protesters over several hours. However, some remained throughout the morning and moved closer to the anti-2SLGBTQIA+ protest as it dissipated. Eventually, a police line formed to separate the two groups. The two groups chanted and shouted at each other, and some continued to argue.

The protest and counter-protest lasted about five hours total, finally dissipating around 2 p.m. There was a sense of exhaustion and defeat among the remaining counter-protesters after being outnumbered for most of the morning.

In the local 2SLGBTQIA+ communities, calls went out to ensure a second counter-protest called Rally for Trans Youth was a success.

On Sunday, Sept. 24, thousands of 2SLGBTQIA+ community members and allies packed the legislative grounds. Trans youth spoke directly to the crowd about their lived experiences and why gender-identity education and resources in schools save lives. The subsequent march to the Canadian Museum for Human Rights shut down Broadway.

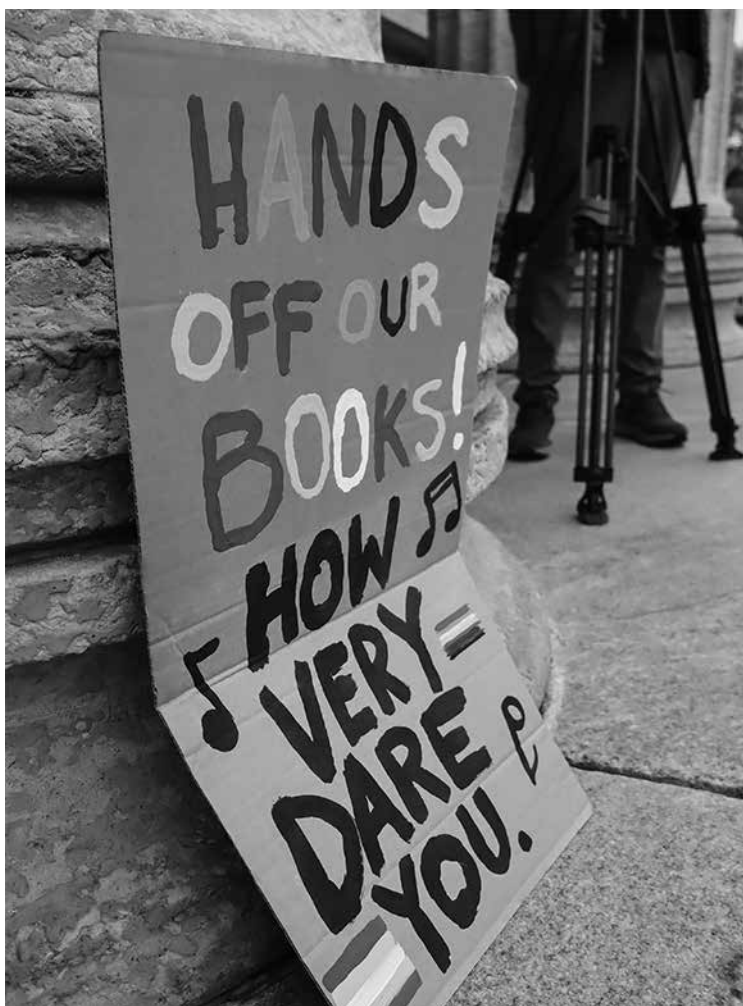


PHOTOS BY EMILY LEEDHAM



On Sunday, Sept. 24, thousands of Winnipeggers gathered at the Rally for Trans Youth, showing solidarity for the groups targeted by the Sept. 20 demonstration.

Article continues on next page.



CITY BRIEFS

TESSA ADAMSKI | CITY EDITOR | X TESSA_ADAMSKI @TESSA.ADAMSKI

Counter-protest against anti-trans rally

More than 1,000 people attended the Rally for Trans Youth at the Manitoba Legislative Building on Sunday, Sept. 24 before marching down Broadway to the Canadian Museum for Human Rights. This was the second counter-protest in response to the "1 Million March 4 Children" protest in Winnipeg and across Canada against 2SLGBTQIA+ inclusive sex-education policies.

Second year for tree-planting initiative

Not-for-profit organizations can apply to receive up to \$20,000 to plant trees in their community as a part of the City of Winnipeg's Home Grown Tree Planting Program. 2024 will be the second year of the program out of the city's three-year fund of \$7 million to build Winnipeg's tree canopy. The City says community tree-planting projects will replenish dead trees lost to disease, age, extreme weather or other causes.

Manitoba divided on calls for landfill search

During the provincial election leaders' debate on Sept. 21, Premier Heather Stefanson stood firm on her decision not to search the Prairie Green landfill for the bodies of two First Nations women police suspect were discarded there. A *Free Press*-CTV poll conducted by Probe Research found that 47 per cent of a 1,000 adult sampling of Manitoban residents supported searching the landfill, while 45 per cent opposed and eight per cent said they were unsure.

Wear an orange shirt

This week, the University of Winnipeg (U of W) hosted special events, activities and learning opportunities in honour of residential school survivors and Indigenous people. As a part of recognizing National Day for Truth and Reconciliation, the U of W encourages students and staff to wear orange this Friday, Sept. 29. The University of Winnipeg Students' Association and the Office of Indigenous Engagement will give away orange shirts, informational booklets and stickers in Wesley Hall from 10 a.m. to 3 p.m. A table will be set up for smudging.

Casting a ballot in the provincial election

Advanced polling stations are open from Sept. 23 to 30 ahead of the 43rd provincial election on Oct. 3. Depending on the location, voters can go to any polling station from 8 a.m. to 8 p.m. Eligible voters must be a Canadian citizen, at least 18 years old on election day and be a resident of Manitoba for at least six months before election day. Eligible voters must also bring one piece of government-issued photo ID that includes their address or two other pieces of identification. Election-day polls are open from 8 a.m. to 8 p.m. For a full list of polling locations, go to the Elections Manitoba website.

MPI sets final offer for MGEU strike

Approximately 1,700 Manitoba Public Insurance (MPI) workers represented by the Manitoba Government and General Employees' Union (MGEU) have been on strike since Aug. 28. The strike comes after members of the union were unable to reach an agreement on a new contract with improved wages with the public insurer. The two parties met with a conciliator who is urging MPI to make a final offer including its previous offer of a two per cent wage increase per year over four years and a lump sum signing payment of \$1,800.



The Fat Boy is a distinctly Winnipeg burger with origins in local Greek diners.

legacy until his death in 2018.

It wasn't until 2018 that nephew Phil and great-nephew Anthony decided to bring back the original recipe.

"The news came out that the inventor (of the Pizza Pop) had passed away, and, at that time, I had been operating my food trailer here in Winnipeg. That gave the family and I an opportunity to bring back the original flavour," Anthony says.

"POPS" (Pauls' Original Pizza Snacks) are from the Faraci Foods company, distinct and unaffiliated with Pillsbury's product. Currently only sold at the Faraci Foods trailer and select events in Winnipeg, the company provides a more homestyle alternative to counter Pillsbury's offerings. Hungry Winnipeggers can also purchase a six-piece "Bannock in a Box" from the trailer.

"We weren't sure how well it would be taken by the public until we started hearing a lot of these stories from consumers across Canada who remembered the original flavour, which has changed over the years," Anthony says.

He says it's hard to beat the fresh appeal of the original process.

"Bringing back the quality ingredients and the spices makes all the difference, along with the fresh frying in our food trailer. Once you bite into it, obviously after you let it cool down, the blend of mozzarella, pepperoni, sauce and spices is just incomparable."

Offerings like Chili Pops and Veggie Pops were experimented with in the '80s, but never took off and were soon discontinued. Whether homestyled from the original family recipe or pre-packaged from Pillsbury's, Canadians won't settle for anything less than the iconic pizza pop. And it's a legacy Anthony is proud to continue to carry.

"Having a product that many people have grown up eating or have tried, it is neat to know that that came from a family member. Just the idea, the experimenting with products back then to build something that has turned into a national product. It's something that everybody strives for," he says.

The burger king

Any meditation on Winnipeg cuisine is incomplete without touching on the baron of

beef, the sultan of sloppy delight, the Fat Boy. And just like the sandwich itself, the history of its inception and proliferation from the late 1950s to the early 1960s is a touch messy.

A 2019 CBC News investigation by Cory Funk into the roots of the esteemed burger unearthed its splintered history. A large-size portion of the credit for the Fat Boy can be attributed to Greek immigrant brothers Gus, John and George Scouras. After cutting his teeth (and onions) in an uncle's restaurant, Gus founded Junior's restaurant.

The original Fat Boy has a much-less deprecating title. Their signature menu item – a burger coated in chili sauce – was called the "Lotta Burger." The success of the first restaurant enabled the brothers to open a second restaurant, called Big Boy, with an equivalent burger.

The "Big Boy" came close to the iconic name known today, but it wasn't until the Scouras' employees left and started their own burger joints that the "Fat Boy" title was given. Gus speculates that Mike Lambos, who purchased the Dairi-Wip Drive-In on Marion, coined the term for his own brand of the family recipe.

"It's our greatest invention," Thiessen says. "Even though there are variations of that elsewhere, they're not quite the same. That Greek chili sauce, that cinnamon flavouring, not too thick, not too runny on a cheeseburger with shredded lettuce and a fresh tomato? Takes the cheeseburger to a new level," she says.

Today, Greek burger joints in Winnipeg are seemingly everywhere. A Fat Boy is almost as easily attainable as a Big Mac during the right hours.

"There's nothing quite like a burger at your local 'greasy spoon' drive-in/diner," Richard Caron says. He is the one-man show behind Instagram page @fortheloveoffatboys, where he endeavours to review every one of the quintessential burgers available in the city.

"The fact that something like the Fat Boy continues to help these mostly mom-and-pop burger and chip shops to survive is a testament to Winnipeggers and Manitobans doing their part to solidify its legacy in culinary lore," Caron says.



Microwave them, deep fry them or put them in the oven - however you prepare them, Pizza Pops are a lunchtime delicacy.



SHAPING SUSTAINABLE CITIES AND MINDS

Dr. Sylvie Albert, professor of strategy and leadership

THANDI VERA | FEATURES REPORTER | @THANDIVERA

Dr. Sylvie Albert's life is a testament to the power of early memories and a deep passion for education and community development. As a professor of strategy and leadership at the University of Winnipeg (U of W), Albert has not only made significant contributions to academia but has also played a pivotal role in shaping sustainable urban environments.

Her earliest childhood memory is of a heartwarming moment with her father playing Santa Claus.

"I would've been five years old, and somebody made him laugh, so I recognized that it was him. He had a very singular laugh," she says.

This early experience of her father's playfulness and warmth set the stage for her lifelong dedication to education and community betterment.

Over the years, Albert has ventured into various roles, including municipal and provincial government positions and management consulting.

Her career trajectory closely mirrored her father's, who worked with the Canadian International Development Agency, overseeing education in West Africa – a field she would later explore.

"My father was a teacher, and it never dawned on me that I would ever follow in his footsteps. It's very weird, because it was much later in life that I realized that I had

done almost exactly what he had done," Albert says.

Albert fervently advocates for sustainable urban development. Her extensive body of work includes multiple books that address innovation, urban greening, sustainability measurement and city transformation.

After serving as dean of the Faculty of Business and Economics at the U of W and associate dean of the Faculty of Management at Laurentian University, she felt a longing for research. "When I started down this path, nobody was doing research in this area, but, because of the passage of time, now this is one of the biggest topics," she says.

Returning to research as a full-time professor, she authored her fifth book and joined an international committee focused on reshaping city governance.

Albert emphasizes the limitations of traditional top-down systems in tackling issues like homelessness, stressing the need for community involvement.

"We need more people taking action from the bottom up to rebuild trust in institutions and foster stronger communities," she says.

Beyond her academic pursuits, Albert engages in various hobbies, from pickleball and tai chi to yoga, all while cherishing moments with her teenage son.

"I became a mother very old, so I try to



SUPPLIED PHOTO

do as much as possible, like going for a bike ride or playing tennis. We try to keep ourselves active."

What was your worst grade in university?

"I got a B in strategy. Being a typical A-plus student, I was devastated, because it was my favorite class and my favorite professor. But I ended up being a strategy professor. I was not going to get beaten."

If you could have any superpower, what would it be?

"I think because of my personality, it's probably the ability to make people happy."

What do you like most about Winnipeg?

"I am so impressed by all the arts and culture, restaurants and even people. I love all the greening, especially the number of trees and parks."

What is something you've learned from your students?

"I'm constantly learning from my students, particularly in my leadership and strategy classes where we discuss various perspectives on evolving topics. Our multicultural environment adds to the richness of these discussions, as students from around the world share their insights/ideas."



THE UNIVERSITY OF WINNIPEG

Student Services

DEADLINE TO APPLY FOR IN-COURSE AWARDS

The deadline for current students to apply online for in-course scholarships, bursaries and awards is **Sun., Oct. 1.**

The University of Winnipeg has hundreds of available awards for students from different backgrounds, departments and faculties. We encourage all students to apply, using the convenient online application.

Find out more here: uwinnipeg.ca/awards

MY INTERCULTURAL JOURNEY

The UWinnipeg Exchange Program is launching a new video, "My Intercultural Journey," featuring three of our exchange alumni who studied in Denmark, Germany and Scotland.

Come join us for the video viewing, snacks and a Q&A session with the students. Everyone welcome!

The event will be on **Mon., Oct. 2, 2:00 – 3:00 p.m.**, Leatherdale Hall Commons.

VOLUNTEER FAIR

Join us for the annual in-person Volunteer Fair on **Wed., Oct. 4, 2023** from

10:00 am - 2:00 pm in the Riddell Hall Atrium.

This event is an opportunity to meet with a variety of charities and non-profit organizations who are actively recruiting volunteers.

Volunteering is a great way to gain valuable experience and develop useful contacts; it's also a way to try new things, have fun and give back!

ASK AN ADVISOR

This is your opportunity to find out more about different services at the University in live sessions on UWinnipeg Instagram. These are the topics for October:

- **Thurs., Oct. 5 – Awards and Financial Services**
- **Thurs., Oct. 19 – Library**

Hosted by Academic and Career Services, these "Ask an Advisor" sessions run every other Thursday at 11:00 am.

NEED A SPOT TO STORE YOUR STUFF? RENT A LOCKER!

Locker rentals are available in various locations. Find details and cost, along with an online form, here: uwinnipeg.ca/lockers

FALL READING WEEK

The University of Winnipeg's annual Fall Term Reading Week will take place from **Oct. 8 - 14.** There will be no classes, except for Education students taking 4000-level certification courses who are required to attend class and practicum during this period. Please consult your course outline for more information. The University will be closed for Thanksgiving Day on **Oct. 9.**

MONEY TALKS

The Money Talks series will resume in mid-October with more webinars related to student finances. Upcoming topics:

- **Tues., Oct. 17 – Course load requirements for Manitoba Student Aid**
- **Tues., Oct. 24 – Work Study Program**
- **Tues., Oct. 31 – Financial Literacy**

All talks are 11:30 a.m. to 12 noon via Zoom. To register, please visit: uwinnipeg.ca/awards

WEBINAR WEDNESDAYS

The Webinar Wednesdays series starts again after the fall reading week with a couple of popular topics:

- **Wed., Oct. 18 - Test Anxiety**
- **Wed., Oct. 25 - Sleep Matters**

All sessions will be held 12:30 to 1:00 p.m. via Zoom.

Pre-registration is required.

For more info, see: uwinnipeg.ca/webinar-wednesdays

UNDERGRADUATE EXCHANGE PROGRAM

Are you a UWinnipeg student who wants to study abroad and explore the world? Studying in another country offers students the unique opportunity to attend a university for one or two terms in another part of the world, while retaining UWinnipeg student status.

The next Information Session on the Exchange Program will be held via Zoom on **Wed., Oct. 18, 12:30 – 1:30 p.m.** Email exchange@uwinnipeg.ca for the link. For more info, see: uwinnipeg.ca/study-abroad



THE NEWCOMER COMPARES

The issues of foreign psychology

VOLODYMYR ANDREIKO | COLUMNIST

Coming to Canada as a person from a Slavic country, my view of psychology was very different from how people here usually think of the discipline.

I was very surprised when, during one of my lectures, we were asked about our associations with psychology. For everyone else, it was the mind, mental processes, clinical psychology.

When I told my friends back home in Ukraine about my psychology class, they were astonished by the way we learn it here in Canada and how different it is from their Slavic view of this science. It was striking, because in Slavic countries such as Ukraine, Russia and Belarus, the perception of psychology is typically negative.

These countries often lack sufficient, affordable mental healthcare infrastructure, and stigma surrounds their use. People who need psychological assistance may be considered weak. Many people in Slavic countries are therefore unable or unwilling to seek out psychological help. As a result, there are high rates of suicide.

For example, from my experience in Ukraine, people tend to drink more alcohol to deal with mental issues, which can often worsen their overall mental states.

It's not only that people in Slavic countries have the wrong view or do not see the importance of psychology and how it can be treated. These people often also see misguided forms of psychological help talking about stars and magic.

On the Slavic side of the internet, many pseudo-psychologists (who often claim to but don't hold degrees in the field) share information about magic, astrology and human beings' energetic fields.

Their views and interpretations of psychology are popular, which may be why many people in these countries often consider psychology to be false and not serious.

People tend to not use mental support services, because there are few actual specialists, and the market is flooded with self-proclaimed psychologists, making it much harder to get a trained professional who can actually help.

Another problem is that counselling is rarely given or recommended. Instead, people tend to use medication and see it as something more effective than therapy sessions.

To solve this problem, people will need many generations, many specialists and licensing systems that will leave the market with no self-proclaimed specialists and will

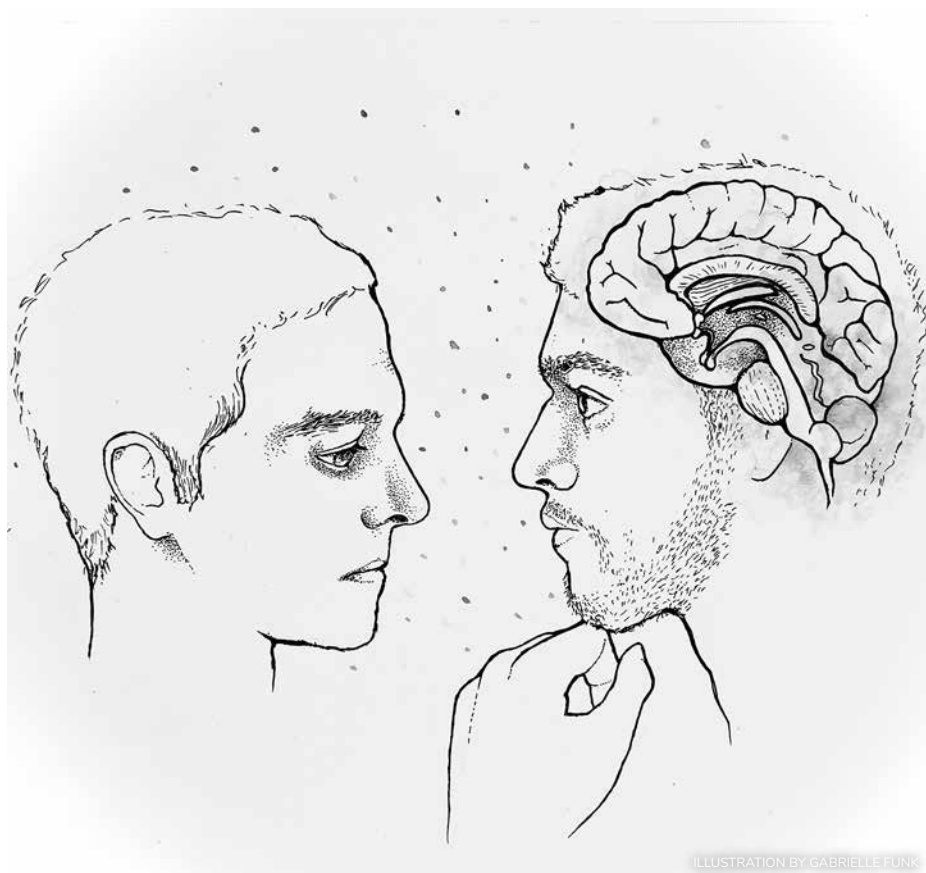


ILLUSTRATION BY GABRIELLE FUNK

only allow adequate, certified counsellors and psychologists to help people in need.

The Ukrainian government is attempting to set up a robust mental-health system that can help alleviate the problem, but, for now, the state of psychology in Slavic countries is problematic.

Volodymyr Andreiko is a newcomer to Winnipeg from Ukraine. He is a translator and student at the University of Winnipeg interested in music, literature, philosophy and culture.

DROWNING IN TECH JUNK

Trying to figure out what to do with it all

PATRICK HARNEY | COMMENTS EDITOR

In the modern world, tech junk inundates people's daily lives. Old phones, chargers with frayed cables or the rarely spoken-to Google Nest devices represent the outdated, worn out or useless.

As technologies continue to advance, things that were marvels one week ago are, in a flash, antiquated trash.

It is tempting to pile everything up and throw it away, but these goods are often unsafe for regular disposal. Technologies like phones and laptops include batteries and other dangerous materials, which can create environmental harm if disposed of incorrectly.

This raises the question: What do we do with all this tech junk?

One option is to sell them on the internet. Facebook Marketplace or Kijiji provide the opportunity to see if someone out there is willing to take trash and make it a treasure.

Unfortunately, selling things online can be more complicated than it seems.

Pieces of old tech are often the relic of a significant investment, making them difficult to part with. Attempting to judge whether a once \$900 computer is now worth \$500, \$200, \$50 or "just for parts" is often a difficult feat for those who don't have the time or acumen to research the value of their goods.

At the same time, coordinating times to pick up goods or attempting to drop something off presents challenges, mainly stemming from frequent one-hour delays between messages.

Pieces of tech also hold essential data, credit-card numbers, SINs and bank passwords that, if not correctly deleted, threaten an individual's security.

Alternatively, old tech can be donated to schools or other programs, giving individuals

access to equipment that would otherwise be outside their budgets. This option is noble, but one has to be careful, as the security issue carries over to donations.

Another option is to repurpose old tech for new means. Guides online provide resources to turn an old laptop or smartphone into a retro gaming console or a source for watching streaming services.

Unfortunately, these methods take a lot of time and require tech savvy. Frequently, it makes more sense to buy a Nintendo 64 or a Firestick.

The final, often dreaded, option is attempting to go to a recycling facility to dispose of old tech. Dreaded because finding a recycling depot requires a venture into the mythical industrial park.

Multiple bus rides or kilometres of biking from the urban core, recycling depots are commonly difficult places to get to without a car. Even if the trek is manageable, hauling a pile of computers, phones and cables is not so easy.

Often, it is easier to stuff all the old light-bulbs into a bag in the vain hope that they will be brought on the next IKEA trip.

When buying a new iPhone 15, it is important to consider the inevitability of its eventual disposal. Next year, getting rid of the shiny iPhone 15 might be quite a headache when the even shinier iPhone 16 comes out.

Patrick Harney is the comments editor at *The Uniter* and a graduate student at the University of Winnipeg. He is surrounded by a lot of old headphones that he isn't quite sure what to do with.

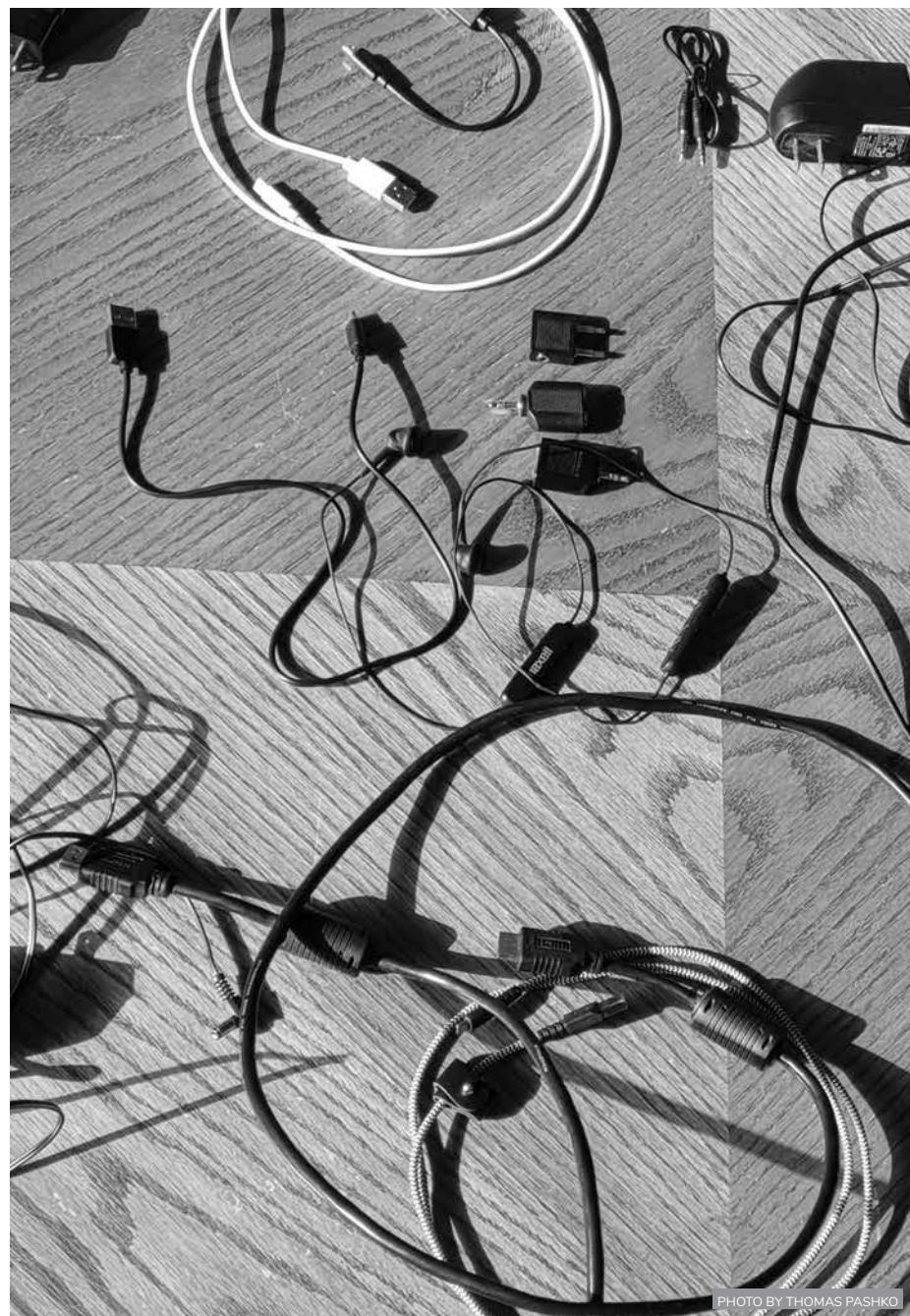
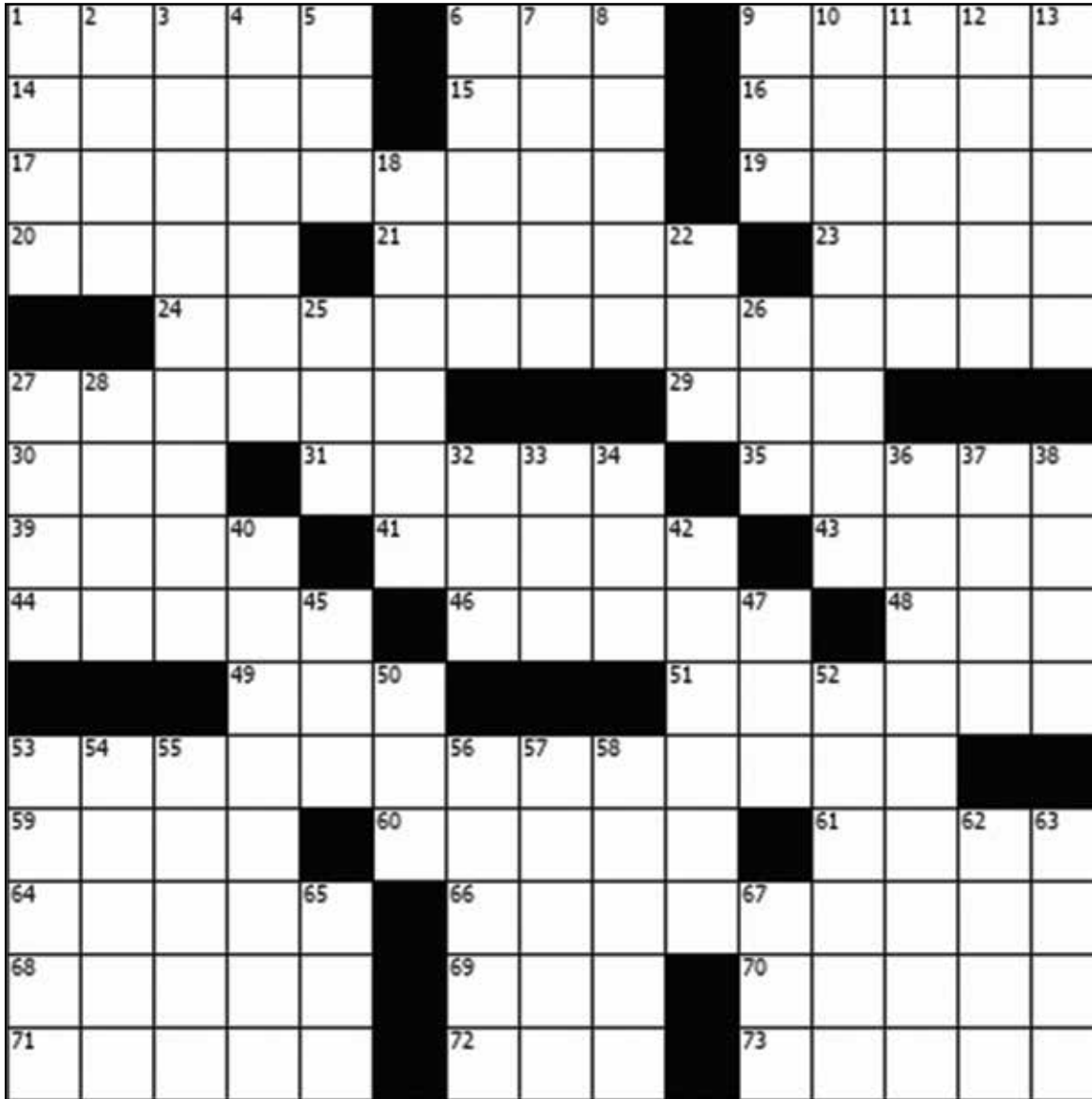
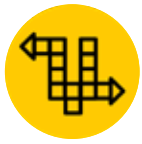


PHOTO BY THOMAS PASHKO

This is just some of the tech junk cluttering up *Uniter* managing editor Thomas Pashko's desk drawer.



ONLINECROSSWORDS.NET

ACROSS

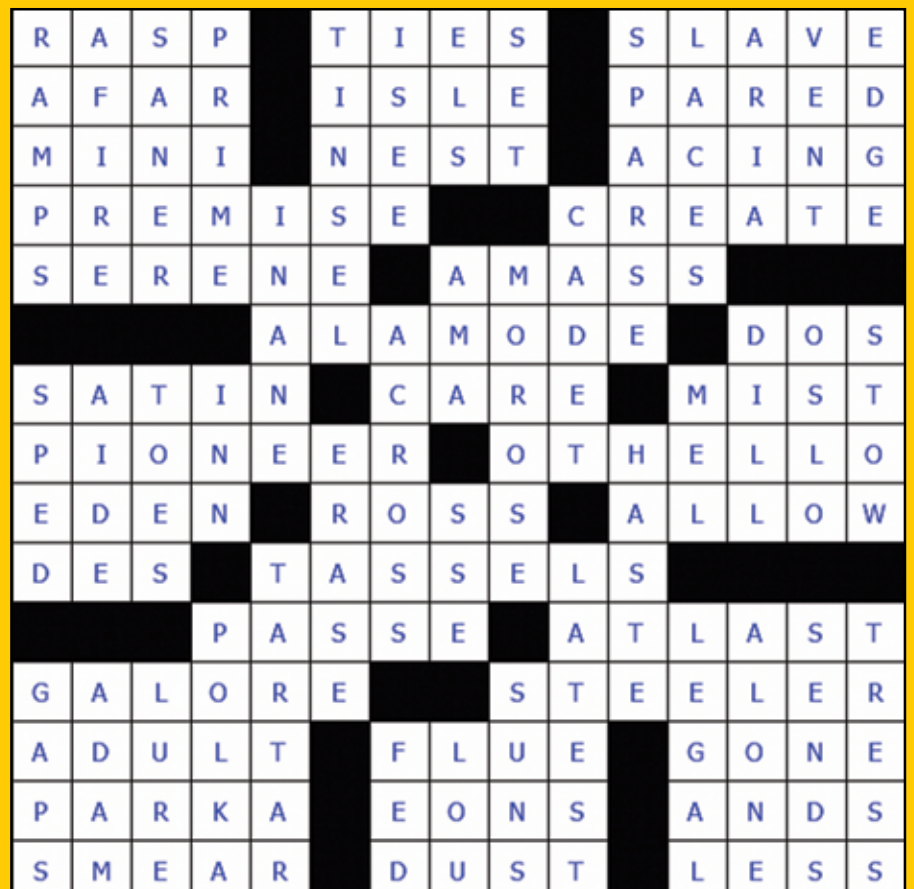
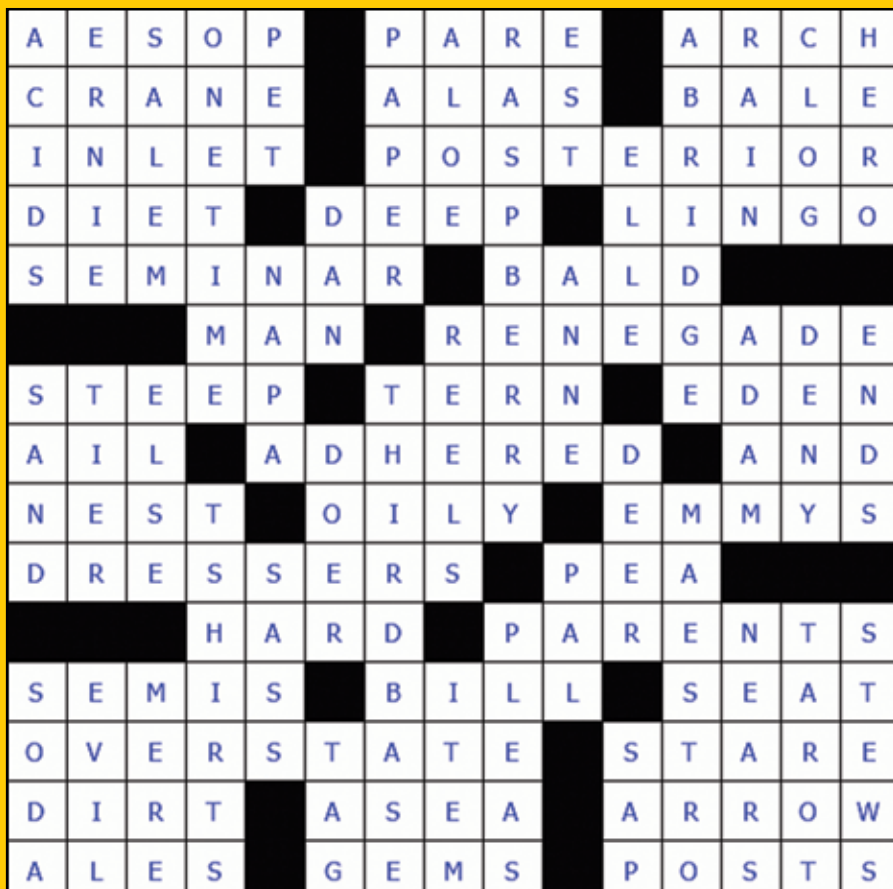
- 1. IGNORANCE, IN A SAYING
- 6. START OF AN ELEMENTARY LESSON
- 9. PAR ___ (AIRMAIL LABEL)
- 14. IT MAY BE BAGGED AND EATEN
- 15. EXTINCT FLIGHTLESS BIRD
- 16. EXPLORER DE LEON
- 17. ELECTRICAL CHARGE
- 19. LIFT SPIRITS
- 20. ONE WITH WILL POWER?
- 21. JAZZY BLAKE
- 23. ATTIRE
- 24. IN A SERVILE MANNER
- 27. IMPLEMENT FOR PLANTING
- 29. ONE SIDE OF AN ISSUE
- 30. WINE CASK
- 31. CONSIDER
- 35. TNT PART
- 39. TABLE SCRAPS
- 41. PUTS ON THE LINE
- 43. STEEPLY PROJECTING ROCK MASS
- 44. ASSIGNED STATIONS
- 46. PAVLOVA AND FREUD
- 48. BE LESS THAN 100 PERCENT
- 49. NASDAQ DEBUT
- 51. IT'S OFTEN ROCKED
- 53. OUT OF SECLUDED SPOTS
- 59. OUT OF THE GALE
- 60. ONE WAY TO LOOK
- 61. LITERARY COLLECTIONS
- 64. THEY SECURE SHIP ROPES
- 66. GERMAN CITY ON THE NECKAR
- 68. EGG-SHAPED
- 69. GREEN AROUND THE GILLS
- 70. EVANGELIST MCPHERSON
- 71. REPORTING TO
- 72. LETTERS ON SOME PUMPS?
- 73. ACCOMPLISH, BIBLICAL STYLE

DOWN

- 1. HUMDRUM
- 2. AUTO SERVICE JOB
- 3. COMMOTIONS OR DISRUPTIONS
- 4. ACHIEVED A GOAL, PERHAPS
- 5. MOO ___ PORK
- 6. PEPE LE PEW'S QUEST
- 7. FROZEN DESSERT
- 8. PIONEER'S PLACE
- 9. SIMIAN
- 10. MADE OF LAVA
- 11. ENTIRELY
- 12. BASED ON EIGHT
- 13. INDIGENT
- 18. LOOKED IMPOLITELY
- 22. BRIEF RELATIVE OF "YADA, YADA, YADA"
- 25. LESS THAN SOME
- 26. CHARGED PARTICLE
- 27. WORD ON A SIGN
- 28. CONTINENTAL CASH
- 32. SAVER'S DEVICE
- 33. MARTINI OPTION
- 34. COOP DENIZEN
- 36. CORPORATION'S ID
- 37. SOMETHING TO HOLD ON TO
- 38. LOOK UP AND DOWN
- 40. SHORT DAGGER
- 42. ROOM FRESHENER
- 45. MASSEUSE'S MILIEU
- 47. INDIAN ADDRESS
- 50. WOOD SORREL
- 52. SLOW, IN MUSIC
- 53. HIGH-MUCKETY-MUCK
- 54. MARTINI OPTION
- 55. BRIDAL PATH ITEM
- 56. EARLY TV BOVINE
- 57. DESIGNATION
- 58. MINUTE PLANT STRUCTURE
- 62. MYTHICAL WAR GOD
- 63. PROOFREADER'S SAVE
- 65. DARN
- 67. SMALL BOY

GAME SOLUTIONS

Crossword solutions 78-03





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is seeking
a volunteer
coordinator.

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Email Thomas at editor@uniter.ca or visit uniter.ca/jobs for more info.