

THE **U**NITER

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SOMETHING'S BEEN BREWING



THE EVOLUTION OF WINNIPEG'S LOCAL COFFEE CULTURE

REFLECTIONS ON A DECADE AT THE UNITER

THOMAS PASHKO
MANAGING EDITOR



This week marks a major anniversary for me. Ten years ago, in the early days of 2014, I first started writing for *The Uniter*. For the past decade, this newspaper has been my life.

The opportunity arose at a weird time for me. When 2014 began, I was taking “a year off” from university to save money, lay the groundwork for a move to another city and figure out my plans for the future. By the end of the month, I was unemployed, a romantic partnership ended, my move was cancelled and I was officially adrift.

Coincidentally, a friend of mine who was working at *The Uniter* texted me. “Hey, our film critic right now sucks,” he said. “You studied film, you know how to write. Want to try it out?”

I sent then-managing editor Nick Friesen a package of three sample reviews. “It’s a volunteer beat,” he said, meaning he couldn’t pay me for my articles, “but we’ll pay for your movie tickets.” I was in. By August, they liked my writing enough to offer me a staff position as a beat reporter.

I learned valuable lessons from the *Uniter* editors who taught me the nuts and bolts of reporting on the job, eventually moving on to other reporter and editor positions before taking on the managing editor position in 2019. Early collaborators like Nick, arts editor Meg Crane, city editor Danielle Da Silva, photographers Simeon Rusnak and Leigh Lugosi (my Whose House companions) and copy and style editor Danielle Doiron (who’s still my MVP) were some of my teachers.

More than anyone else, Anastasia Chipelski, my predecessor as managing editor, made it possible for me to become an editor and fall in love with the world of community newspapers. Anastasia remains my role model at the paper. The world needs more people with her commitment to community, justice and kindness.

Thank you to anyone who picked up a *Uniter* or browsed our website over the past decade, even if it was just to do a crossword or check what time doors opened at that Good Will show on Friday.



PHOTO BY ISAIAH SANCHEZ

Climate anxiety and environmental racism are just two of the crises that activist Cameron Armstrong is working to mitigate. Read more on page 13.

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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 will be commencing shortly. For more information, please email volunteer@uniter.ca

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.



A FAREWELL TO THE GOOD WILL

Winnipeg says goodbye to beloved live-music venue

ISABELLA SOARES | VOLUNTEER | X BELLASOARES0601 | @BELLA_SOARES16

Nearly a decade after nine guys decided to open the Good Will Social Club, the beloved venue will take a final bow on Feb. 1.

A hub for local music, dance parties, karaoke gatherings and trivia nights, former owner Tyler Sneesby describes the venue as the realization of a dream.

“We had a clear vision of what we wanted the Good Will to be, which was a live venue, a community hub during the day that transitions to a music venue in the evenings,” he says.

Despite stepping down as general manager in 2020, Sneesby is still involved in running the venue’s popular Nothing Butt dance parties alongside Tim Hoover. The duo is known as DJ Hunnicutt and DJ Co-op. With the Good Will’s imminent closure, Sneesby says it’s hard to imagine hosting the venue’s staple events elsewhere.

“We come up with ideas for different events, and the Good Will is really the only place where we would like to do them,” he says. “It is a testament to the vibe of that place, since certain things only work at the Good Will.”

Local band FIINN (formerly known as FINN) shares this sentiment about the venue. They were among the first bands to play at the Good Will when it opened in 2014 and continuously performed there

more than any other location in the city. Bass player John Baron says the group and its fanbase have always felt “at home” at the venue.

“We are just so sad that it is shutting down, because it is such a community spot and a hub for the Winnipeg music scene,” he says.

Singer-songwriter Hera Nalam is a long-time attendee and performer at the venue. She remembers visiting the Good Will for the first time in 2015, after recently moving to Canada and starting university.

“I got to witness a live band for the first time, and it was my first introduction to the Winnipeg local music scene,” she says. “It was such a cool moment for me to experience Winnipeg culture, and I fell in love with it.”

Nalam attributes the Good Will’s success to its staff and tech crew. She became close with them after beginning to host the venue’s karaoke nights in the spring of 2023.

“I don’t know what the Good Will does, but they take care of their artists so well,” she says.

The decision to shut down the space wasn’t an easy one, according to venue co-owner Anthony Kowalczyk, and was influenced by economic challenges follow-



Winnipeg is bidding a bittersweet farewell to one of its most beloved venues, the Good Will Social Club.

ing the COVID-19 pandemic, changes in the music scene and the demands of running the venue.

Although the future of 625 Portage Ave. remains uncertain, Kowalczyk cherishes the “touching commentary” from venue attendees and music acts left on the bar’s closing announcement on its social-media accounts. He also hangs onto the hope that the venue might reemerge under new ownership.

“As time goes on, it would be nice if someone would take over it. I think it is a great loss to the community, and it is one of those things that we just don’t want to see disappear,” he says.

The Good Will Social Club has several shows lined up until its closing day on Feb. 1. For tickets and events information, visit thegoodwill.ca.

MA-BUHAY! PLACES FILIPINO EXCELLENCE CENTRE STAGE

All-Filipino musical marks Rainbow Stage’s first original production

SUZANNE PRINGLE | ARTS AND CULTURE EDITOR | @BLAQUE_SQUIRREL

A “gut feeling” kicked off one of Rainbow Stage’s most ambitious projects to date.

“It is exhilarating to witness the creation of something this big and wonder how our city will respond to it,” Carson Natrass, artistic director at Rainbow Stage, says about *Ma-Buhay!*.

The musical follows three main characters as they compete to win a reality TV competition. The production marks the first time the company has developed an original musical – and the first-ever in Manitoba to feature an all-Filipino cast.

Natrass joined Rainbow Stage in 2018 to support the development of Manitoba talent. He put out a call to meet one-on-one with local creatives to discuss their hopes and dreams in the theatre.

This included Winnipeg-based Filipino-Canadian dancer/actor/choreographer Joseph Sevillo.

Sevillo had never written, scored or produced a musical in his 20-plus years in theatre, but a chance mention of a project he was playing with piqued Natrass’ interest.

“Just before he left the meeting, he mentioned he was writing a musical, and he played a few tracks for me,” Natrass says in an email to *The Uniter*. “The songs were so fresh and so relevant. I knew right then that I wanted to share in the journey.”

“I never really had an intention to pitch Rainbow Stage at all,” Sevillo says. “This

was kind of a ‘born to be’ moment.”

He first thought up *Ma-Buhay!* in 2011, when he performed in *Prison Dancer*. The musical web series was inspired by a 2007 viral video of Filipino inmates dancing to “Thriller” by Michael Jackson.

Written by his mentor Romeo Candido and his best friend Carmen De Jesus, the series featured an entirely Filipino cast and storyline.

“I was surrounded by other Filipinos singing in musical theatre and was really taken aback,” Sevillo says. “In my whole career, I’d never played a Filipino.”

Centring his story around a singing competition, Sevillo aims to capture snapshots of Filipino culture through his protagonists’ struggles and desires.

“Each character represents a part of the Filipino culture that I want to comment on,” he says, adding that singing competitions are a Filipino expression of national pride.

“There (are) so many Filipinos that are really representing us on the international stage,” Sevillo says, naming Jo Koy, Olivia Rodrigo and Bruno Mars. “We have a lot to prove. A lot (more) Filipinos are wanting to display their version of excellence and need to be seen.”

While Manitoba has the largest Filipino population per capita in Canada, *Ma-Buhay!* is the province’s first musical to feature a Filipino cast, storyline and team.



“That’s a huge motivation for this musical,” Sevillo says. “I want non-Filipinos alike to understand and participate in our culture and to see that there’s very few differences between everyone and the story of *Ma-Buhay!*.”

Mabuhay, a Filipino greeting of welcome, is purposefully separated into two words: “ma” (mother), and “buhay” (life).

“My mother passed away in 2022, and she really was one of my soulmates in this world,” Sevillo says, adding that she co-wrote one of *Ma-Buhay!*’s songs before her

death. “This whole show for me is an homage to parents who support their child’s love for the arts.”

“So that really encompasses it for me. Whatever anyone else takes away from it, that’s where this is coming from.”

Auditions for *Ma-Buhay!* begin on Jan. 18 for both youth and adults. Breakdowns are posted at rainbowstage.ca/ma-buhay_auditions. The show opens on June 27.



ALOHA MEANS GOODBYE, AMONG OTHER THINGS

Beloved restaurant Bahay Kubo extinguishes tiki torches

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | @MATTEKLEMARIAM

Over the past year, downtown denizens encountered a microcosm of tropic island life – the more luxurious parts, anyway – while walking past the Royal Albert Arms Hotel.

However, the warm lights and raucous laughter that enchanted pedestrians will soon bid farewell. On Dec. 3, Bahay Kubo, the restaurant and entertainment hub occupying the Arms' atrium since late January 2023, announced via social media that they will close at the end of this month.

The Polynesian-Filipino fusion joint has served inspired favourites like Spam fries and classic cocktails (Mai Tai, anyone?) on an ever-rotating menu.

Allan Pineda, co-founder of Bahay Kubo, recalls the cookery's inauspicious origins.

"We actually started out as an underground speakeasy like two years ago at The Pemby during COVID," he says. "It started off as an underground, sober tiki bar. You didn't even know where it was. You had to go to the back of the kitchen to get in."

The Bahay Kubo ohana wouldn't have been complete without the wizard with a whisk, co-founder and chef Eejay Chua.

"I didn't know how to cook then, so I wanted to explore more into Filipino cuisine," Chua says. He united with Pineda working on the international pop-up dinner series "Manila Nights" that took the pair across the globe, presenting their own culinary creations.

Following the Pembina Hotel's closure and subsequent demolition, Pineda and Chua retrofitted an Airbnb semi-regularly for their pop-up before finally settling in the Arms' atrium. With \$80, a box of antiques and a dream, the duo went to work.

"The bartenders in the whole tiki scene when it started in California, they were Filipinos. They fit the description, the vibe they were looking for," Pineda says. "(The restaurant) is modeled after '80s and '90s Filipino homes, (with) a lot of the stuff that you'd see in our houses back in the day, but you don't see it anymore."

Pineda points at an elaborate frilled lighting fixture hanging from the ceiling of the restaurant, impossible to miss when seated inside.

"That was my mom's."

Aside from the carefully curated menu, Bahay Kubo operates as a lively community hub. The restaurant hosts live music



Bahay Kubo, the tiki bar that livened up the Royal Albert's atrium, is closing.

performances, workshops, seminars and film screenings to provide a platform for local artists.

"For closing month, it's like four sessions a week. Here, it's a nice vibe, it's intimate ... we want everybody to get their exposure," Pineda says.

With no shortage of accolades, including recognition from *The Globe and Mail* as a staple of the Exchange, the conditions for closing are purely logistical. The pair cite the general ups and downs of the business, like inflation and minimum-wage

increases, for the tough decision to shutter their bamboo doors.

So what does the future hold for both the decorated Bahay Kubo brand and the entrepreneurial duo?

"We'll keep it alive in some aspects. We still cater. We still do weddings. We still do pop-ups, Pineda says.

"Secret," Chua says. "We like to keep it on the DL. You won't know until it's out there."

C'CAP REBRANDS WITH *THE LANGUAGE IS IN THE DRIFTS*

Centre for Cultural and Artistic Practice's latest exhibition is 'ambiguous' by design

SUZANNE PRINGLE | ARTS AND CULTURE EDITOR | @BLAQUE_SQUIRREL

What happens when a curator unburdens a group of artists from a thesis?

Luther Konadu, director of the Centre for Cultural and Artistic Practices (C'cap) – formerly Blinkers Art and Project Space – attempts just that. In his latest exhibition, *The Language is in the Drifts*, he unconsciously channels Marshall McLuhan's claim that "the medium is the message."

Konadu took over Blinkers in 2021 and officially completed the rebrand under the name C'cap in late 2023.

"We wanted a name that transparently indicates who we are and had words people are generally familiar with," Konadu says, "especially those who may not be in the arts."

The exhibition features artists Craig Love, Mercedes Maduka, Ehidiamen Ojeaga, Shaylyn Plett, Janelle Tougas and Moneca Sinclair, who all work predominantly in "material-based practices." Here, Konadu encourages meaning to emerge organically through the materials themselves, rather than by forcing several artists and ethos to form one curatorial sausage.

"It originates from a thought-idea I refer to as 'material ambiguities,'" Konadu says.

"There isn't a conclusive thesis or prescribed modus operandi I abide by," he says. Through the rebrand, Konadu wants to rethink the role of contemporary art centres and challenge old models.

"This loosens the possibilities of practices that can be programmed (and) allows

unforeseen discoveries to emerge."

In short, C'cap is not limited to any genre and keeps its parameters of "curation" open for surprise. Konadu believes *Language* is an exemplar of what C'cap strives to be.

This group exhibition is composed of works made primarily from repurposed materials. An ubiquitous bag, a wall hanging of clothing scraps, painted driftwood or paint itself, presents endless ideas: an unseemly thought-collage of mediums that are free to roam, commingle and find common threads that loosely pull together disparate identities and open up discussion.

In the basement of the venue, visual artists Plett and Tougas use the space itself as a substrate to carve a *trompe l'œil* of Tyndall Stone walls. This, according to Konadu, "interprets the recognizable Tyndall Stone a lot of institutions use as their building material."

The reference, according to the exhibition's press release, serves to "collapse the visage of one art institution (like the Winnipeg Art Gallery) into the basement of another emerging one," a visual nudge for observers to support the ambitions of emergent institutions living underfoot of their established predecessors.

Among the other material-based works like Sinclair's "Sticks," Emeka-Maduka's "Journey Mercies" and Ojeaga's "Rack,"



The Language is in the Drifts runs at C'cap until Feb. 18.

two text-based paintings by Love seem somewhat out of place.

"I guess the medium *is* the message," Love says.

"Paint as paint, paint as language, language as paint, language in paint, painting language," he says, musing about being the least material-focused artist in the exhibition.

"I'm not hiding anything. There are no surprises, nor am I exactly elevating anything," Love says. "If they do seem out of place, I would think that quite funny ... like the most traditional thing in the show doesn't fit. Who knows."

For a gallery hesitant to impose a perspective onto its audience, "who knows" is a fitting reply.

"I keep my awareness open to artists and other cultural professionals attuned to the pressing social, political and cultural concerns of our times," Konadu says. "Dance, theatre, music, poetry or anything else outside these parameters I'm yet to discover."

The Language is in the Drifts is on display at C'cap (520 Hargrave St.) until Feb. 18.



ARTS

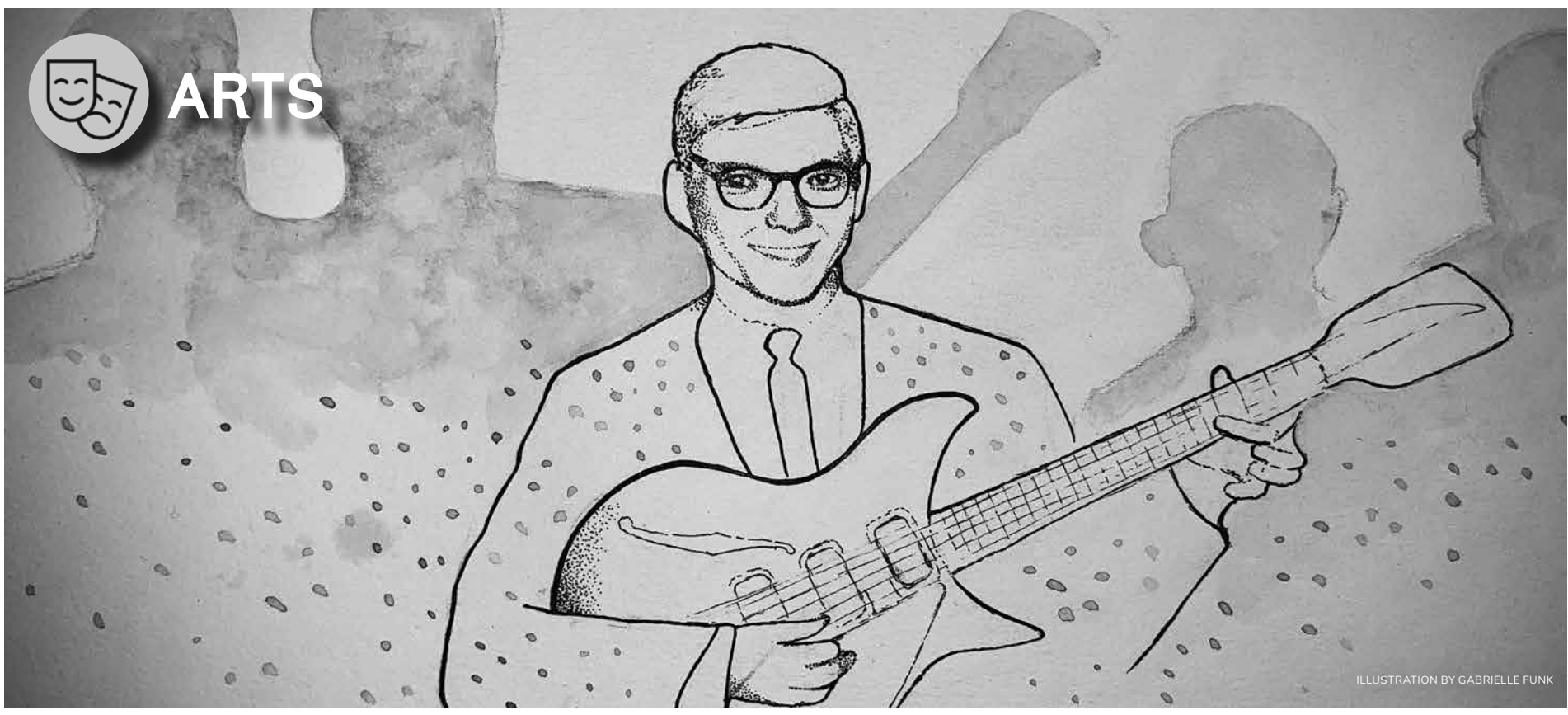


ILLUSTRATION BY GABRIELLE FUNK

EULOGY FOR A 'SHY GUY'

Remembering founding Guess Who singer Chad Allan

PAUL HODGERT | BUSINESS MANAGER | @PAULHODGERT

In music, there are many people who leave an indelible mark on the culture but, due to various circumstances, do not become household names. The Canadian music industry lost one such person when Chad Allan died on Nov. 21, 2023 at the age of 80.

Allan was a founding member of The Guess Who, the Winnipeg rock-and-roll band that went on to sell millions of records around the world. While most of their success happened after Allan had left the group, they scored their breakthrough single "Shakin' All Over" while Allan was still leading the group.

The success of "Shakin' All Over" is notable. At the time, there was hardly any Canadian music industry to speak of, and Canadian-content rules were not yet in effect to support Canadian artists at home.

Follow-up singles to "Shakin' All Over" didn't do as well outside of Canada, and, after recording three full-length LPs with the band, Allan left. His lead-vocal duties were assumed by the group's new keyboard player, Burton Cummings.

Allan was later hired by CBC to host a weekly music program, *Let's Go*, where he sang the hits of the day. By some strange coin-

cidence, the house band hired by the program was his former group, The Guess Who.

Let's Go was cancelled after two seasons, and Allan continued to try at a solo career until 1971 when Randy Bachman, who also left The Guess Who in 1970, was looking for a singer for his new group, the folk rock-leaning Brave Belt.

After two LPs and one minor, underrated hit single called "Dunrobin's Gone," Allan left Brave Belt. The remaining members changed their name to Bachman-Turner Overdrive (BTO), became a hard-rock band and went on to have incredible success throughout the rest of the 1970s.

Allan again attempted a solo career, releasing the album *Sequel* in 1973. Few noticed, and Allan didn't record a follow-up until 1992's *Zoot Suit Monologue*.

Allan remained active within music to varying levels of success and eventually settled in Vancouver, where he lived out his remaining days making, performing and teaching music.

While Allan's story is one of near misses and what some might deem little success, his impact is far greater than it appears. He was the voice and face of The Guess Who

during the period when the group toured relentlessly, working up their chops as a live act and songwriters.

The group went from being the most beloved sock-hop cover band in Winnipeg to being the first Canadian group to score a number-one song on the Billboard Chart in the United States with "American Woman" in 1970.

Other Canadian artists, such as Joni Mitchell and fellow Winnipegger Neil Young, only found success after moving to the United States. On the back of Allan's frantic vocal performance on "Shakin' All Over," The Guess Who broke through while staying firmly rooted in the local community in Winnipeg.

Musicians in Winnipeg and the rest of Canada owe Allan a debt of gratitude for his contributions on stage, on record and in the classroom as a pivotal figure in the history of Canadian music.

Thank you, Chad.

Paul Hodgert is the business manager for *The Uniter* and once paid way too much for a first pressing of the *Shakin' All Over* LP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6AM	MORNING BREATH	The Sentinel's Marvellous Kaleidoscope	Worldbeat Canada Radio	Indigenous in Music	FANTASTIC FRIDAY	THE SATURDAY MORNING SHOW	CKUW-SPEAKS	
7AM		Folk Roots Radio	FRANOL	CANQUEER	World - Island Music			
8AM	Shortwave Report	RADIO ECOSHOCK	Behind the News With Doug Henwood	Harbinger Media Hour	Wooden Spoons	Green Planet Monitor	SHADES OF CLASSICS	
9AM	CounterSpin						Classical and New Age	
10AM	DEMOCRACY NOW!				DEMOCRACY NOW!			
11AM	DEPARTMENT 13	This Way Out	VOYAGE	Viewpoints	SUNNY ROAD	MUD PUDDLE RADIO	Medicine Wheel	
NOON	POP/ROCK	WINGS	Jazz	BRIDGING THE GAP	Roots Music	For Kids (Adults too)	of Music	
1PM	COMEDIOLOGICAL REPORT	The Man in the Gray Flannel Suit		ACCESSIBILITY MATTERS	NO FIXED ADDRESS	THE ELECTRIC CHAIR	NEON BEIGE SOUND EXCHANGE	
2PM	outSPOKEN	Folk		YEARSHOT DAILY	Lived Experiences of Homelessness	TEMPLE TENT REVIVAL	YOU CAN'T HIDE FROM GOD	
3PM	Truth Before Reconciliation	The Green Majority	ALTERNATIVE RADIO	DEAD MEDIUM	HOW TO SURVIVE A TORNADO		Gospel	
4PM	GroundSwell Radio	The Stuph File		TICKLE MY FANCY	GLOBAL RESEARCH NEWS HOUR	THE IVORY TOWER	Active Voice	
5PM	NewFound Records	The Reminder	The Meta World	Blues	Dollar Country	Eclectic Residents	The World News, spoken word	
6PM	Music from Newfoundland and Labrador	Winnipeg Arena is on Fire	STOOPALOOP SHOW	Past 'n Present Folk 'n Roots	The Sean Show	Star Road Junction	GroundSwell Radio	
7PM	The Vulcan's Hold		SPACE CADET	SQUAREWAVE	Local Music	Progressive Rock	This is Hell	
8PM	Trip Hop		MUSIC, OUT OF THIS WORLD	VIDEO GAME MUSIC AND HISTORY	LET'S PLAY DJ!			
9PM	Thrash Can	SYSTEM KIDZ	AMATEUR HOUR	PAGES	Soft Robotics			
10PM	Thrash Metal	YOUTH IN CARE	So Bad, It's Good	EAT YOUR ARTS & VEGETABLES	(Electronic/Ambient)			
11PM	THE WORLD	Sonic Blanket	TWANG TRUST		THE HOW DO YOU DO REVUE	WE BUILD HITS	THE C.A.R.P.	
MIDNIGHT	World	Balmoral Blues	Country/ Roots/ Big, Dumb Rock 'n' Roll		Hip Hop 50	Hip-Hop	The Completely Asinine Radio Program	
1AM	DESTINATION MOON	On My Way Home	S.A.N.E. * RADIO	Adult Kindergarten	Da Show	RED BOX	Circle One	
2AM	Sock-Hop-A-Go-Go	Local Indie	Local Experimental Music		World & Variety	Hip-Hop	Punk	
3AM	The Freedom Principle	TranceLand	ROMPE	Dub City Steppers	QUADRAFUNK		THE GASHLYCRUMB TINIERS	
4AM	World Music	Electronic/Dance	Latin		Electric Dance Party	DANCE HALL FEVER	ISLAND VIBES	
5AM		YEARSHOT DAILY	YEARSHOT DAILY	PHASE ONE	StreetKilliaz Generation	Dancehall and Reggae	Caribbean	
6AM		Free City Radio		Electronic	Local Hip Hop		Rainbow Country	
7AM	BREAK NORTH RADIO	LISTENING PLEASURES	Two Princes				REVOLUTION ROCK	
8AM			ShrimpFarm.Crypto	THE WONDERFUL & FRIGHTENING WORLD OF PATRICK MICHALISHYN	MANITOBA MOON		GIRLIE SO GROOVIE	
9AM			Winnipeg Arena is on Fire					
10AM			Replay					
11AM			Thrash Can - Replay					
12AM			Meta World STOOPALOOP SHOW - Replay					
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- MUSIC
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- SPOKEN WORD
- ALTER-NATING
- WEEK
- Temporary Programming

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Some programs are on hiatus and/or airing different content due to university closure for COVID-19.

New shows are marked with a star -★

Live shows are marked with a lightning bolt -⚡



SUPPLIED PHOTO

MAESTRO

Streaming now on Netflix

★★★★☆

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | @MATTEKLEMARIAM

Bradley Cooper, the formerly roguish thespian turned auteur, has returned with his second directorial feature, *Maestro*. Five years after *A Star is Born*, he tackles the true story of legendary composer, conductor and American treasure Leonard Bernstein.

The film charts Bernstein's (Cooper) rise from assistant conductor of the New York Philharmonic to one of the most decorated musicians of the 20th century. It's also an intimate portrayal of the strained relationship with his wife of 27 years, actress Felicia Monteleagre (Carey Mulligan).

Their loquacious meet cute at a party of Second World War-era theatre kids kick-starts an epic and tumultuous love affair,

later pushed to its limits by Bernstein's astronomical success and his various infidelities.

Through economical, yet not conservative direction, along with playful use of black-and-white film photography and the Academy ratio, *Maestro* establishes itself as a visually enthralling production.

Cooper employs gently forced perspectives, daring transitions and a dream-like musical sequence as tribute to MGM musicals to boot. Though the first half of the film is monochrome, it is coloured by the whimsical grandeur captured through cinematographer Matthew Libatique's viewfinder.

On his last outing, Cooper and collaborators outclassed Joan Didion and John

Gregory Dunne's prior attempt at that great Hollywood tragedy. Here, however, in place of what should've been a portrait of a genius on fire is a well-trodden tale of love lacking romance and misguided matrimony.

The film mostly chronicles Monteleagre's quiet frustrations at Bernstein's indiscretions and the rumours that dog their children as they grow up. The oblique dialogue, overly philosophical and full of oddly meta pontification on character motives, serves only to distance the viewer from the drama.

We've seen this before in other musical biopics, like *Bohemian Rhapsody* and *Rocketman*: the plight of a queer, hedonistic superstar who can only seem to get their music right.

Overly occupied with realizing his potential, Cooper forgoes genuine insight into what made Bernstein a cultural giant. His towering achievements serve as convenient story beats. Bernstein's completion of the opus *Mass* in 1971 merely serves as a symbol to dwarf his marital success.

Maestro is myopic in scope, like a dramatization of a *Vanity Fair* exposé on his

private life. As a biography, it wholly fails to contextualize Bernstein's achievement. The emotional depth of the story of Jackson and Ally Maine is only intimated.

The much-vaunted climax, in which Bernstein feverishly conducts Gustav Mahler's *Resurrection Symphony* with the London Symphony Orchestra in 1973, fails. It's pointedly the first extended sequence of creativity demonstrated by Bernstein. Given the picture's disinterest in the actual music beyond general dressing, your typical Netflix surfer (and this reviewer) will have only Bugs Bunny's turn with the baton for reference.

Maestro is just as confused but never nearly as versatile as the man it honours. Bernstein was a tireless activist and philanthropist. He scored the eternal classic *On the Waterfront*. He conducted John F. Kennedy's pre-inaugural gala and televised memorial.

In the legend of Camelot, Bernstein was a maestro of both overture and coda. Why not show that, for Bach's sake? *Maestro* ain't a total bum, but it could've been a real contender.

ARTS BRIEFS

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

To Create Context @aceartinc.

In aceartinc.'s forthcoming exhibition, artist Deinma David Iyagba contemplates the complexities of his Nigerian heritage through collage-based works. Running from Jan. 13 to Feb. 2, *To Create Context* examines the appropriation of African prints into fast fashion, meditating on displacement and inauthenticity. The opening reception takes place on Saturday, Jan. 13 from 6 to 9 p.m. For hours of operation, visit aceart.org.

Film training for newcomers to Canada

The National Screen Institute is accepting applications from refugees and newcomers to Canada residing in Manitoba to participate in a free Intro to Production program. During a period between late January and March 2024, participants will learn about career opportunities in the film industry and gain hands-on experience in the field. The deadline to apply is Jan. 15. Visit bit.ly/4aliUUC to learn more and apply.

Making art spaces accessible

Join local playwright, director and actor Debbie Patterson to discover how to make art spaces and performances more accessible to disabled artists and audiences. This free virtual masterclass, hosted by Village Conservatory for Music Theatre, takes place on Jan. 13 from 2 to 5 p.m. Tickets are available to purchase online by donation via bit.ly/4aNwLZX.

Music 'N' Mavens returns

The Rady JCC's annual Music 'N' Mavens summit is back with an exciting program of concerts and speaker series. From now until March 28, a diverse range of musical performances – such as Mal Magorel's Carole King cover show to a talk titled Climate Change and the Working Class by Dr. Mark Hudson – the festival has something for everyone. For the full program and to purchase tickets, visit bit.ly/3vyiTTm.

gastropoetics @ PLATFORM

The latest exhibition at the PLATFORM centre is sure to make your stomach growl. Curated by Noor Bhangu in collaboration with Yafa Café, *gastropoetics* explores the sharing of food across cultural borders and the rebuilding of solidarity and shared histories through culinary traditions. The exhibition, which features artists Alireza Bayat, Areum Kim and Svati Shah, runs from Jan. 12 to Feb. 24.

Royal MTC honours Carole King

From now until Feb. 3, the legendary singer Carole King's life and legacy will be captured through song in *Beautiful: The Carole King Musical* at the Royal Manitoba Theatre Centre. The critically acclaimed production follows King's journey from a young woman in New York to becoming one of the most celebrated artists to date. To learn more and purchase tickets, visit bit.ly/3S0cEzg.

CKUW TOP 20

TOP 20 LOCAL FALL 2023



	ARTIST	ALBUM	LABEL
1	BOY GOLDEN	FOR JIMMY - EP	SINGLE SIX SHOOTER RECORDS INC
2	SEAN BURNS	LOST COUNTRY	DEPARTMENT STORE RECORDS
3	SLOW LEAVES	MEANTIME	BIRTHDAY CAKE MAKE MY DAY RECORDS
4	STIFF WIGGLE	THIS MACHINE SINGLE	DEALABLE-WITHABLE
5	VIRGO RISING	NAIL BITER SINGLE	HOUSE OF WONDERS RECORDS
6	AARON SHORR	OMAND'S CREEK	SHORRBEAR RECORDS
7	ANDRINA TURENNE	BOLD AS LOGS	SELF RELEASED
8	APOLLO SUNS	DEPARTURES	DO RIGHT! MUSIC
9	BEGONIA	POWDER BLUE	BIRTHDAY CAKE
10	BLOC PARENTS	EP BLOC PARENTS	SELF RELEASED
11	CAMPFIRE SIGH	DIFFERENT PENINSULAS	LUCID RHYME RECORDS
12	CHORUS OF VS.	FUCK YOU SPACE	2 PLY COLLECTIVE
13	FLOOR CRY	I JUST WANNA SINGLE	FLOOR CRY
14	JAYWOOD	GROW ON - EP	CAPTURED TRACKS
15	JOHNNY SIZZLE	I CAN NOT FORGIVE YOU	SELF RELEASED
16	KEN MODE	VOID	ARTOFFACT RECORDS
17	LEONARD SUMMER	TIME MACHINE SINGLE	BROKEN REEL RECORDS
18	NIC DYSON	HYPNAGOGIA SINGLE	SELF RELEASED
19	RICHARD INMAN	WHAT ARE YOU WAITING ON?	SELF RELEASED
20	SCOTT NOLAN	EBB AND FLOW SINGLE	SELF RELEASED

SOMETHING'S BEEN BREWING

The evolution of Winnipeg's local coffee culture



Parlour Coffee serves specialty coffee at 468 Main St.

Inside the West Broadway coffee shop Thom Bargaen, the whirring of coffee grinders and espresso machines mixes with the buzz of people mingling in the shop.

Two friends spot each other while walking in and strike up a conversation as they order their coffees. A father wheels in

a stroller with his daughter, orders a “babyccino” for her and a latte for himself and plays “I spy” as they look out the front window. Up a flight of stairs, people sit along a long table, studying and reading with coffees beside them.



Parlour Coffee first opened in 2011.

Cafés and counters

Winnipeg “didn’t have much of a coffee culture just because of who the main settlers were,” Christian Cassidy, a local history blogger, says. “They were from England and Scotland, and there it was primarily a tea-drinking society.”

The city’s roots in coffee can be traced back to the early 1900s, as more Italian immigrants moved to Winnipeg. Quickly, cafés started popping up, and some streets had multiple coffee shops next to each other.

The Venice Cafe, owned by Frank Cancilla, opened in 1898 at the corner of Portage Avenue and Garry Street before moving, to expand seating, in 1915.

A 1915 article from the *Winnipeg Evening Tribune* says the Venice Cafe was well known not just in Winnipeg but also in Western Canada for its quality. When it first opened, the café only had six stools at its counter, and Cancilla was the cook, waiter and business manager.

Its expansion in 1915 included a large lunch counter that could seat 70 people, and similar seating options opened throughout the city.

The Electric Lunch chain (where present-day Modern Electric Lunch gets its name) had a couple of lunch counters throughout the 1920s, according to Cassidy’s blog, *West End Dumplings*.

The Murphy family, who moved from England, opened Electric Lunch in 1917. Brothers John and Henry Murphy opened Electric Lunch No. 2 in 1919, and the first location was rebranded as Electric Lunch No. 1.

Lunch counters “were generally open for breakfast, open for lunch, and they had a couple of tables ... you had a few seats off to the side, but you had a coffee counter where you could sit down and just sit and sip coffee,” Cassidy says.

As time went on, lunch counters were renovated, and restaurants removed those

spaces for coffee. The most famous chain of lunch counters was Salisbury House, which opened in 1931. Cassidy says they closed their last lunch counter-style location last year.

Music and mugs

John Einarson is an author and music historian. He says the birth of the coffee house in the 1950s and ’60s has a strong relationship with the growth of folk music in Winnipeg. While not original to Winnipeg, coffee houses were key to giving performers like Neil Young and Joni Mitchell the opportunity to grow and experiment in an accepting setting.

“Folk music isn’t played at community-club dances or performed in arenas. It’s a more intimate music that demands attention and a closeness and a close connection between the performer and the audience,” Einarson says. “Coffee houses were perfectly suited to create that kind of environment or ambience about them.”

Coffee houses were held in any space available, and some of the best coffee houses in Winnipeg were in church basements. Home Street United Church’s basement held a coffee house called the Latin Quarter on Sunday nights.

Commercial coffee houses also began to spring up. In 1960, the Fourth Dimension or 4D coffee house opened. This year marks six decades since Neil Young played his first coffee-house show at the 4D on Jan. 25, 1964. He was paid only in food when he performed, according to Einarson.

The death knell of coffee houses was the lowering of the legal drinking age in 1970. Younger people were listening to more rock and roll than folk music, and now they could go to the pubs to hear it, Einarson says.

“Had coffee houses been serving booze, (and) I can’t imagine that a church basement would get a liquor license, it would have been an entirely different situation.”



Neil Young performs at the 4D coffee house, 1964

However, out of the coffee-house era, places like the Blue Note and the Ting Tea Room were born.

Despite being styled as a restaurant, Einarson says the Blue Note was influenced by the intimacy of coffee houses.

“It would serve liquor in a coffee pot, and people would pour it into a teacup ... looking like they’re drinking tea, and the cops could pop their noses and think ‘Oh

everyone is drinking tea,’ meanwhile everyone was getting drunk,” he says.

Making waves

The 2010s saw independent specialty coffee shops gain popularity and pop up around Winnipeg. Within the span of two years, four mainstays of Winnipeg’s coffee scene started, with Parlour Coffee open-



The Winnipeg Evening Tribune Archives, 1915



Café Postal on Provencher Boulevard

ing in 2011, followed by Thom Bargaen and Café Postal opening in 2012 and Little Sister Coffee Maker in 2013.

Nils Vik, former owner of Parlour Coffee, only knew of Espresso Junction at The Forks and The Fyxx on Broadway as local independent coffee shops. While traveling in Montréal, Vik fell in love with coffee and came back to Winnipeg searching for something similar.

“I’ve had many people tell me ‘Man, you ruined coffee for me, because now I’m stuck going to places like Parlour and Little Sister, and now I can’t drink the coffee I used to drink.’”

“I couldn’t quite find something that checked all the boxes, and I think, for the most part, it’s because there weren’t a ton of cafés in the city that were focusing primarily on just coffee,” Vik says.

He says most of the cafés at the time had other drinks or a large food menu, rather than just specialty coffee. He saw it as an opportunity to create a different café experience in Winnipeg by focusing on high-quality coffee.

Vik felt it was important to choose a space associated with history and character. He eventually found 468 Main St. in the heart of downtown Winnipeg, and it fit his goals perfectly.

When Parlour Coffee first opened, Vik saw people coming in who were already seeking out specialty coffee and people who had never been to an espresso bar.

“I’ve had many people tell me ‘Man, you ruined coffee for me, because now I’m stuck going to places like Parlour and Little Sister, and now I can’t drink the coffee I used to drink,’” Vik says. “I’m pretty proud to say that there (are) still customers that come in every day, and they were there in 2011, and they’re still there now.”

Vik partnered with Vanessa Stachiw to open Little Sister Coffee Maker in 2013. Together, they developed a relationship with Dogwood Coffee Co. in Minneapolis, then launched Dogwood Coffee Canada and began roasting their own beans.

A few years later, Little Sister Coffee Maker bought out the company and started roasting under their name.

While Vik doesn’t see many differences in style or quality of specialty coffee when comparing Winnipeg to other cities, he says Winnipeg’s shops are really friendly.

“If I’m in a bigger city like Toronto or Vancouver, it might be like, ‘Oh, that was a really friendly staff. That was great,’ and it sort of stands out,” he says. “Whereas here, that’s kind of what I expect from everyone, and that’s usually what I get.”

On Nov. 1, Vik decided to sell Parlour Coffee to focus on his family and other aspects of his career.

Quality first

Café Postal is the only bilingual specialty coffee shop in Winnipeg, according to Louis Lévesque Côté, co-owner and manager of the shop. He first started working at Café Postal as a barista six months after it opened, and then, six months later he was offered a job as manager.

Lévesque Côté says the approach of third-wave specialty coffee is built on the way coffee is farmed, purchased, roasted, brewed and served, using specific parameters along the way. The main goal is to emphasize the



SUPPLIED PHOTO

Nils Vik, original owner of Parlour Coffee

quality of the product and pay farmers what they deserve.

“Traceability didn’t really exist before when you were getting your coffee from Starbucks or from the grocery store,” Lévesque Côté says. “You’re lucky to know just the country that it came from.”

The coffee shop sources quality coffee beans and uses precise measurements to highlight the quality in the beans that’s already there, he says.

Lévesque Côté says the shop was ahead of its time in St. Boniface. Twelve years ago, people on Prochever Boulevard would’ve been happy with Tim Hortons being there.

“We had to convince the people of St. Boniface a little bit, at least at the beginning, that this way of making coffee was good and had a reason to be,” Lévesque Côté says. “We’ve put in a lot of work to develop a relationship with our community, who now supports us, and we try to show appreciation for this community.”

He says many people in St. Boniface appreciate how they can come into the bilingual café and order in French.

He sees growth in Winnipeg’s coffee scene, as more shops open up and more people become passionate about specialty coffee.

Lévesque Côté doesn’t see other third-wave coffee shops as competitors. He says cafés are collectively competing against corporate coffee chains like McDonald’s.

“I just have to look at our compost bin behind the shop, and it’s full of Little Sister, Parlour and Thom Bargaen (cups),” Lévesque Côté says.

He says customers who want specialty coffee are now going to coffee shops based on which neighbourhood they’re in, rather than having one selected shop they only go to.



John Einarson is a Winnipeg music historian.

Culture of cafés

Graham Bargaen first opened Thom Bargaen in 2012 with partner Thom Jon Hiebert on Sherbrook Street. Since then, they’ve opened two other locations on Corydon Avenue and Kennedy Street and are planning on opening a fourth in Tuxedo.

Bargaen says going to specialty coffee shops has been normalized for many people in Winnipeg. He says when many of these shops first opened, they all shared the same group of customers.

Now, he sees people coming in to support local coffee shops or to see a friend who works there.

Bargaen says he notices changes in the trends of Winnipeg’s coffee shops.

“The shift now has been back to ‘Let’s make the best coffee we can but let’s be very unpretentious about that,’” Bargaen says. “My goal here is to be welcoming and be a place where people can meet people and have a good experience.”

He sees the coffee-shop space evolving to focus on the culture of going into a café, as well as the quality of the coffee.

As independent coffee continues to grow in Winnipeg, Bargaen hopes more people will start questioning the ethics of where their coffee is coming from and the practices involved.



A barista prepares a coffee order at Café Postal.

DOWNTOWN BUSINESSES CELEBRATE SUCCESSFUL HOLIDAY SEASON

Local stores recover after pandemic, sales increase

JURA MCILRAITH | CITY REPORTER |   JURA_IS_MY_NAME

While local businesses struggled to stay open during the COVID-19 pandemic, some owners say they're bouncing back, especially during the holiday shopping season.

Greg Tonn, owner of Into the Music, says his store benefited from support-local movements that started in 2020.

"Some businesses post-COVID have rebounded very well," Tonn says over the music playing in the Exchange District record store.

"We would be among those and part of the reason for that is ... there's this macro trend in the world where more people are coming back to vinyl and more specifically young people."

Business is up significantly compared to last year, although prices at Into the Music and many other stores are increasing because of inflation, he adds.

This year, he saw many customers coming in looking for Christmas gifts and says the season went better than expected.

"The demand ... for vinyl hasn't subsided," Tonn says.

"Our community are collectors," he says.

"They still value the artifact, the thing, as opposed to a digital file. My collection up on the wall has more personal meaning than a file on a computer or on your phone."

Toad Hall Toys owner Kari England also says it was a busy year for Christmas shopping in the toy store, despite wider concerns of lower toy sales across Canada with the downsizing of some larger toy stores.

Mastermind Toys is closing 18 locations throughout the country, including the one on Regent Avenue in Winnipeg, after filing for bankruptcy late last year.

England says bigger toy-store chains have a harder time adapting to local markets, calling it a "them problem."

"We have heard from people that they're just not so enamored with big-box (stores) or have been disappointed by online purchases in the past," England says.

Instances of poor delivery, porch pirates and orders that are cancelled at the last minute often cause frustration and influence customers to shop in store again, she says.



Exterior of Toad Hall Toys (54 Arthur St.)

PHOTO BY ISAIAH SANCHEZ

Aimee Peake, owner of Bison Books, says it's been tough regaining business since the pandemic, but she is grateful for the customers.

She says the bookstore, which is located on Graham Avenue near the University of Winnipeg, has seen an increase in book sales from a wide range of genres and prices.

"We have a pretty good visibility for pros and students, and so I think our shop is a bit of an anomaly," Peake says.

"If you have a tried and true clientele like we do ... even with things being a bit rough

in the downtown area, we're quite established with the kinds of people who are looking for what we have."

She says customers shop for more personal gifts for friends and family during the holiday season.

"Some people are looking for something really collectible and special that's going to be a memory kind of item. Other people are just looking for a novel their friend is going to love."

SOLVING A TRICKY MATH PROBLEM

Grade-school, post-secondary students struggle with math literacy globally

JURA MCILRAITH | CITY REPORTER |   JURA_IS_MY_NAME

Canadian students' math scores are steadily declining, something University of Winnipeg (U of W) professors say is concerning.

Recent results from the Programme for International Student Assessment (PISA), which measures global reading, mathematics and science scores of 15-year-olds, has dropped by 15 points in Canada since 2018.

Some academics say the poor ratings were caused by the COVID-19 pandemic, but U of W mathematics professor Anna Stokke says scores have been on a downward trend since 2003 or earlier.

"Our students deserve a solid math education," she says. "Math is more important than ever."

Stokke says a lack of foundational math skills can hold students back and affect their math abilities throughout their lives.

Canadian math curricula changed in 2006 to focus more on group work and less on building foundational skills, which Stokke says could have impacted the national scores.

Foundational math skills include basic operations like addition, subtraction, division, multiplication and calculating fractions and percentages.

"Math is the foundation for really important careers for our economy like careers in technology, artificial intelligence, data science, economics, engineering and the STEM fields," she says. "We need to pay attention to it, if not just because we owe it to students, but also because our

economy depends on it."

Without these skills, post-secondary students are struggling in a variety of courses, not just math.

Rob Anderson, a U of W biology associate professor, says it's frustrating and disheartening because he doesn't have the time in his courses to go back and help students catch up on the skills they're lacking from high school.

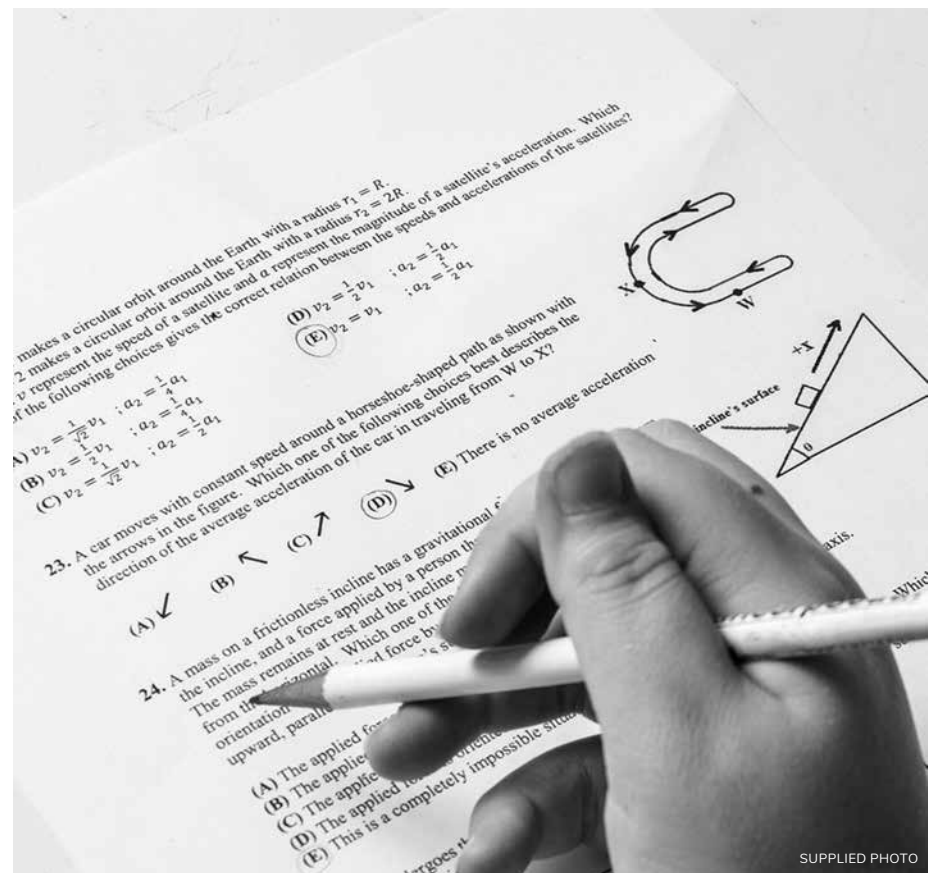
"The problem in biology, of course, is that life itself is quantitative," he says. "Animals don't sit and do sums or calculate their probabilities of living through the next 10 minutes, but their nervous system effectively does that kind of thing all the time."

He says an unacceptable percentage of biologists and people in other career fields struggle to understand basic math operations when they should be able to complete them rather quickly and efficiently.

"These are intellectually elite people and the folks that should be the problem-solvers for the future, but they've never actually learned to solve problems at a basic level," Anderson says.

Since the turn of the century, the percentage of students performing at the lowest level of math has doubled, while those at the highest level have halved, according to PISA.

Students' test results are sorted into a category between level one and six. The lowest level is a score of 233, where the highest level is 669 points.



SUPPLIED PHOTO

Canadian students' math scores are steadily declining – with Manitoba doing worse than most provinces.

Students in Manitoba scored 528 in numeracy on the test in 2003, but that number dropped to 470 in 2022. Twenty-nine per cent of students are performing below level 2.

The same study shows that Manitoba, Newfoundland and Labrador, Nova Scotia and New Brunswick experienced the largest drops in math scores in Canada, dipping below the national average of 497 points.

Both Stokke and Anderson agree that the "old way" of learning math works best

for students, such as memorizing times tables and slowly building skills through repetition.

Stokke hopes to see a change in grade-school curriculums to improve math throughout Canada and put educational funding toward programs that are evidence-based.

"If students don't get a really strong foundation early on, it will just affect them all the way through," she says.



WESMEN UNDEFEATED IN CLASSIC

Men's volleyball team sends visitors packing with dominant tournament run

MIEKE RUTH VAN INEVELD | CAMPUS REPORTER | X MIEKERUTH

The University of Winnipeg (U of W) men's volleyball team delivered a commanding performance in the 2023 Wesmen Classic, winning all four of their games in the Dec. 28 to 30 weekend tournament. They were the only undefeated team.

The Wesmen trained through the winter break to prepare for the games. Middle blocker Ethan Duncan, who was named tournament MVP, has no complaints about giving up some of his holiday downtime.

"It's obviously nice to just be able to play," Duncan says. "I love volleyball. I love being with the guys and to be able to do it throughout Christmas. It's awesome."

The Wesmen played their last regular-season game of the fall term on Dec. 2. Following a short break over the beginning of the exam period, Duncan says the team spent the holiday season focusing on fundamentals in the gym.

"We got a lot of good practices in before Christmas and just after ... standing there digging balls, bumping balls, setting balls, just hundreds and hundreds of reps," he says. "When you can put it into a game, and you know that you've been working your ass off ... if you can refine (those skills) it's going to help us out in the long run."

The Classic pits four Canada West teams against four competitors from Ontario, Québec and the Atlantic provinces. The round-robin format ensures Canada West teams only face opponents from outside their conference and vice-versa.

Veteran outside attacker Nigel Nielsen says the opportunity to play against unfamiliar faces was a fun change of pace.

"It's not very often that a lot of the East Coast teams get to come out here, and same with us," he says. "We build pretty fundamental relationships (with) a lot of these universities that are doing this. And (the Classic) allows us to be able to take our team and go explore the East Coast."

The tournament

The Classic began as the men's basketball Golden Boy Tournament in 1967. Original-

ly played in what is now the Bulman Student Centre, the tournament migrated to the former Winnipeg Arena and Convention Centre before settling on its present-day home at the Duckworth Centre in the mid-1980s.

In 2017, the tournament featured men's volleyball and adopted a four-year rotation to include all four Wesmen court-sport teams.

At the time, Wesmen men's volleyball head coach Larry McKay told the *Winnipeg Free Press* that the break in 50 years of tradition was "risky" but added that "the volleyball community in Winnipeg and Manitoba turned out, and it was a hugely popular event."

U of W athletic director Dave Crook says Brandon University and the University of Manitoba's participation in the Classic gives all three schools a mutually beneficial opportunity to support one another through turnout.

He says the tournament is a "great opportunity" for Manitoban athletes to prepare for the imminent return to league games without losing holiday family time to inter-provincial travel.

This year was only the second time the tournament featured men's volleyball. Nielsen, who joined the Wesmen in 2018, says it "feels great" to have had the opportunity to participate in a Classic despite a brief hiatus due to the COVID-19 pandemic.

"Usually, if you're spending four or five years here, you get at least one opportunity. I didn't know if that was going to happen or not," he says. "I'm really grateful to be able to take part in something that's so big in the province."

The games

The Wesmen started off strong on the first day of play, setting themselves up for more explosive performances on the second and third days of the tournament.

In their opening match against the University of Guelph Gryphons Thursday afternoon, the Wesmen gave up the first set by two points before roaring back with a 25-17



Wesmen middle blocker Ethan Duncan was named tournament MVP at the recent Wesmen Classic.

win in set two.

Freshman Luke Lodewyks took the court alongside the most-seasoned Wesmen players for all three winning sets. His third kill of the match, returning a dig from Guelph's Cameron Chadwick, drew a surge of triumphant shouts from both the Wesmen bench and the 150-person afternoon crowd.

The Wesmen finished out the match with a decisive 25-18 final set. Fourth-year Isaiah Olfert led the team's offense with 17 total kills and five in the second set alone. He says their performance against Guelph reflected the team's biggest strengths.

"We have a really good offense," he says. "We have a very scrappy team. We're good at playing when it gets ugly."

Nielsen says the team played a "sluggish" defensive game early in the match before "turning up the heat" later on.

"We took a step back, slowed it down a little bit. Once you kind of got a roll going, then it all kind of just builds off that," he says.

A fresh-faced lineup of mostly backups took the court for the Wesmen Thursday evening, when they beat the University of New Brunswick Reds 3-2 in their closest match of the weekend.

Several spirited sophomores set themselves apart with career-high performances. Thomas Bridle registered an impressive 15 kills, more than doubling his previous single-match record. Tristan Arnold made 52 assists, nearly as many as his whole 2022-23 season, and Luke Gard had 13 kills.

McKay's decision to run the younger lineup for the second match points to the Wesmen's training focus going into the second half of the season: team play.

"We're better when everybody on our team is involved, offensively and defensively," assistant coach Rob Olfert says. "That's why the tournament was good ... lots of games and lots more opportunity to kind of figure out who we are as a team and how we're going to piece it all together."

The Wesmen performed dominantly in match three, taking out the Université Laval Rouge et Or 25-15 in the first set and 25-16 in both the second and third.

The final match of the weekend vs. the Dalhousie University Tigers was another shutout by the Wesmen, albeit a closer one. Lodewyks led the offense, starting for the first time in his USports career and scoring a team-high with seven kills.

The 400-person crowd watched in rapt attention during the opening rallies, but relaxed as Winnipeg took an early lead, winning set one 25-17.

They remained in control for the rest of the match, but Dalhousie didn't go down without a fight, coming back from a six-point deficit at the last minute in the third set only to lose 27-25 to the Wesmen.

Duncan was awarded tournament MVP in a short ceremony after the final match. Sophomore Liam Kristjanson was named a tournament all-star, as were the University of Manitoba's Bryce Cancilla and Ben Carleton and Brandon's Philipp Lauter.

CITY BRIEFS

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

Right coyote killed, DNA analysis confirms

The Manitoba Conservation Officer Service confirmed Jan. 4 that one of the five habituated coyotes euthanized was a DNA match to one of the victims in two separate attacks last summer. The first attack involved a nine-year-old boy who needed 24 stitches after being bitten on the back of his head on June 24. The second attack involved a four-year-old girl who was hospitalized with undisclosed injuries on June 30. Both attacks occurred in the North Kildonan area. The Province reminded the public to not feed wildlife to help prevent coyotes from approaching people in the future.

Short-term solutions for intersection near Carberry

A third party is recommending three short-term solutions to improve road safety at the intersection of Highway 5 and the Trans-Canada Highway, just north of Carberry, after 17 seniors died following a collision June 15. The report suggests widening the median, building a roundabout or a restricted crossing U-turn or J-turn, preventing people from driving straight through an intersection. The Province is investing \$12 million in the design and calling on the community for feedback.

No provincial tax on gas

The Province announced a six-month gas tax break, saving people 14 cents per litre at the pump, beginning Jan. 1. This break refers to the amendment of Bill 3, the fuel-tax amendment act, meant to alleviate financial stress. They expect the average family in Manitoba will save about \$250 on gas for the next six months, according to a news release.

Talk of police body cameras resurfaces

Recent fatal shootings by Winnipeg police officers, in addition to a November inquest into five men who died in police custody, have led city councillors, the police board and the Province to reopen conversations about funding police body cameras. This multi-million-dollar idea has been scrapped twice in 2015 and 2021, with an estimated annual operating cost of \$4 million and \$7 million for about 1,300 cameras.

Student killed during wellbeing check

A 19-year-old international student studying at the University of Manitoba died after being shot by a Winnipeg police officer at 2:22 p.m. on New Year's Eve. Witnesses at an apartment building called emergency services, saying Afolabi Stephen Oposo was experiencing a mental-health crisis. Winnipeg Police Service Chief Danny Smyth said at a news conference that Oposo was holding two knives when the police shot him. The student's family is searching for answers about his death as the police watchdog takes over the investigation.

National Ribbon Skirt Day

Jan. 4 marked the second annual National Ribbon Skirt Day in Canada, celebrating Indigenous identity, culture, resilience and strength. Bill S-219 "An Act respecting a National Ribbon Skirt Day" was created after an 11-year-old girl from Cote First Nation in Saskatchewan was shamed for wearing a ribbon skirt to school on "formal day" in 2020. This year, a large gathering of Two-Spirit people, women and girls wore their skirts to host a powwow at Polo Park.



ONE GREEN CITY

The young and the climate anxious

ALLYN LYONS | COLUMNIST | @ALLYNLYONS

Climate anxiety has pushed many young people to jump to action. Noticing their governments are not taking steps to avoid climate catastrophe, they have begun to work together to try to ensure a livable future.

For Cameron Armstrong, climate anxiety feels like constant “oh no,” a nagging feeling on a loop or a heavy weight on her chest.

“It’s an anxiety that feels like I need to be working on something,” she says. It’s never-ending, even in your free time. I think that’s a common feeling for young people. (The climate crisis is) a slow problem we are chipping away at, but not fast enough.”

It’s partially this anxiety that fuels her to wear multiple hats – seemingly all at once – in the youth climate movement.

When she isn’t organizing with Youth Climate Lab, sitting on Climate Reality Canada’s steering committee or speaking on water issues at COP15, she’s studying microbiology at the University of Manitoba with the intention of working in climate policy in the future.

While environmentalism takes up much of her life now, it wasn’t until she took an elective class on a whim with Dr. Myrle Ballard that climate activism became her focus. Before then, she had planned to pursue a medical degree.

After the semester, Ballard invited Armstrong to help her with her research in Lake St. Martin First Nation in Manitoba’s Interlake, investigating the impacts of environmental racism on the community.

In 2011, the provincial government decided to divert water that would have created a “super flood” in Winnipeg to Lake St. Mar-

tin, a community of more than 1,400 people. Residents of the community were displaced from their homes and lived in hotels around downtown Winnipeg for years. Many of these people are still facing the effects of the flood from over a decade ago today.

“(Working with the people of Lake St. Martin First Nation) was really beautiful, and I think that that’s definitely something that’s really shaped a lot of the environmental work that I’ve been doing recently, carrying that message of community and traditionally underrepresented voices in a lot of environmental decisions,” Armstrong says.

From this experience, Armstrong realized those who are affected the most by climate change are often those whose voices are heard the least. Those who are poor, racialized or disabled are statistically more vulnerable in a warming world.

Now, as the program specialist for Youth Climate Lab, she is trying to carve out a space for those voices by mentoring other young BIPOC folks through the group From Root to Sky.

According to Alan Diduck, a lawyer, professor and the retired environmental studies department chair at the University of Winnipeg, grassroots organizations have always played a part in keeping governments accountable.

“Community engagement and public-interest litigation have been driving forces in keeping law, policy and environmental performance moving forward,” he says. “The evolution of environmental law in Canada includes numerous examples of successful legal challenges and social activism that



ILLUSTRATION BY GABRIELLE FUNK

have helped improve environmental law and policy.”

From Root to Sky aims to empower young activists to take “collective anti-racist climate action, through dialogue, networking and learning opportunities.”

“One of the things that is really centered in that program is the recognition that a lot of the systems of oppression, colonialism, patriarchy, capitalism, all of these things that are

actively working against our communities ... are also the systems that are perpetuating the climate crisis. So we need to be looking at all of these things together,” she says.

While the work is happening slowly, it’s comforting to know there are people like Armstrong at the helm of it.

Allyn Lyons grew up on Treaty 1 territory. It’s pronounced uh-lyn lions.



THE UNIVERSITY OF WINNIPEG

Student Services

WINTER TERM ADD/DROP PERIOD

The Winter Term Add/Drop Period is **Jan. 8 to 19**. The last day to drop a Winter Term course and not be charged the fees is **Jan. 19**. Find more info at uwinnipeg.ca/registration.

Please note: Students who drop a Winter Term course **Jan. 20** and onwards will be responsible for paying all of the course fees.

STUDY SKILLS WORKSHOPS

Need some help with time management, note-taking, or writing essays? Study Skills Workshops cover these topics and more!

The series is on Mondays, Wednesdays, and Fridays from **Jan. 15 to 31**. Each session is held 12:30 to 1:20 p.m. in Room 4C60.

Registration in advance is required. For details and to sign up, see uwinnipeg.ca/study-skills

MONEY TALKS

Start the New Year off right by learning some effective “Budgeting Strategies” to manage your money with less stress. This session is on **Jan. 16**,

11:00-11:30 a.m., via Zoom.

Registration in advance is required. More info here: uwinnipeg.ca/awards

EXCHANGE OPPORTUNITIES

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

Find out more at an info session: **Jan. 17, 11:00 a.m. – 12:00 noon**, via Zoom (email exchange@uwinnipeg.ca for the Zoom link)

More info here: uwinnipeg.ca/study-abroad

CAREER FAIR

The annual Career Fair on **Jan. 18** is a great opportunity to connect with recruiters from various companies, organizations, and university programs.

Attend this event to find out about potential careers, part-time jobs, volunteer and internship positions as well as college and university programs.

The fair runs from 10:00 a.m. to 3:00 p.m. in the Duckworth Gym.

More info here: uwinnipeg.ca/career-services

CAREER CHATS ON INSTAGRAM

Career Chats are live sessions on Instagram that feature advice from an employer or career-related expert. On **Jan. 18**, join us for “Career Services Live” at the Career Fair.

Hosted by Career Services, Career Chats take place every other Thursday at 11:00 a.m. on UWinnipeg Instagram.

TUITION FEES FOR WINTER TERM

Winter Term fees are due **Jan. 24**. Pay the easy – pay online through your financial institution.

Use the bill payment feature on your financial institution’s website:

1. Log on to your bank’s website
 2. Add The University of Winnipeg – Tuition as a bill payee
 3. Use your seven-digit student number as the account number
- (International payments can be made via flywire.com.)

For more information, please visit: uwinnipeg.ca/fees

FALL TERM GRADES

The tentative date for the release

of official grades from the 2023 Fall Term is **Jan. 25**.

SPRING GRADUATION

Are you finishing your last courses in April? Want to graduate in June? The final date to apply to graduate in June 2024 is **Feb. 1**.

To apply for graduation, go to the “Student Planning/Registration” link on WebAdvisor. Click on the “Graduation” tab and complete the form.

For more information on graduation, visit uwinnipeg.ca/student-records

WINTER 2024 IN-COURSE AWARDS

The online application for Winter In-Course Awards remains open until **Feb. 1**. Students who missed the **Fall Oct. 1** deadline and those registered in Winter term only are encouraged to apply.

For details: uwinnipeg.ca/awards

LOCKER RENTAL

Need a spot to put your winter coat on campus? Rent a locker! Go to uwinnipeg.ca/lockers



COMMENTS

LESSONS FROM A WRITER'S BLOCK

Exploring the parallel of creativity and children's need for safe space

MUSKAN VHORA | VOLUNTEER CONTRIBUTOR

In the past five months, I found myself confined in a creative block, a period where the flow of new ideas seemed to have dried up entirely. It left me questioning if my once-thriving ability to write was just a seasonal phase or a lost genius.

Now, looking back, I've come to realize that creativity, similar to a child in need of a stable and nurturing environment, requires specific conditions for growth.

Much like a child yearns for a stable and nurturing environment to thrive, creativity, too, flourishes when granted the essential conditions for its growth and expression.

Children, in their formative years, require safety, encouragement and the freedom to explore their potential without the constraints of fear or extreme pressure. This foundation provides them with the security to experiment, learn and develop into confident individuals.

Similarly, creativity, as the imaginative essence within, requires a supportive atmosphere – a mental sanctuary where inspiration can take root and ideas can evolve organically.

During moments of positivity and mental clarity, creativity flourishes, much like a child who thrives when their parents are in a good mood. In these instances, the child can relax, showcase their best attributes, excel in endeavors, achieve high grades and maintain

a healthy existence.

However, when the parents become overwhelmed by the external stressors of life, the child can start to falter. The uncertainty of the environment can prompt the child to turn to survival mode, hindering their potential for growth.

The child often retreats, hiding in a closet, attempting to avoid confrontation with the unpredictable or chaotic parents. Similarly, the weight of external pressures infiltrates the creative space. In this state, the creative essence merely exists, often hiding in the recesses of the mind, avoiding the chaos of the external world.

Reflecting on this analogy, I recognized that I had become the dysfunctional parent to my creativity, failing to provide it with the necessary time and a nurturing environment. I had allowed the blurred lines between work and personal life to affect my creative wellbeing. Much like a parent bringing work stress home, I projected my anxieties onto my creative self, causing it to falter and lose its vibrancy.

By acknowledging this insight, I am committed to doing better. I understand the importance of drawing a clear line between life and work. Without this distinction, I risk drowning in perpetual guilt, fearing that I may have lost the child inside me who once reveled in the joy of writing.

Just as a child needs safety, encourage-



ILLUSTRATION BY GABRIELLE FUNK

ment and the freedom to explore its potential without fear, creativity requires the same. It necessitates a conscious effort to separate the burdens of everyday life from the sacred space where imaginative thoughts can take root.

I am optimistic that, by creating this balance, I can provide my creative self with the stability it needs to flourish once more. After

all, just like a child in need of a stable environment, my creativity deserves a chance to grow, learn and express itself freely.

Muskan Vhora is currently pursuing her second year of a BA in creative writing. Her constants are coffee and A. R. Rahman's music.

WINNIPEG TRANSIT IN CRISIS

Poor service and working conditions make busing terrible

MIKLÓS P. SOMORJAI | VOLUNTEER CONTRIBUTOR

Unreliable. Overpriced. Absent. These are a few of the more polite words I'd use to describe Winnipeg Transit in its current state. For people who take the bus regularly, this isn't news. For everyone else, I'll bring you up to speed.

Winnipeg Transit's service has gotten substantially worse since COVID-19. The City blames the pandemic and decreased ridership, but viewing Transit as a profit-making enterprise is part of the problem. Ridership may simply be down because the service is terrible.

Riders are often lucky if buses show up on time, if they do at all. Buses are frequently late and regularly vanish from the live-tracking app Navigo (according to Transit, buses disappear from the app when they have fallen too far behind schedule). But this frequent lateness creates a compounding problem where subsequent buses will be late, as they now must deal with increased loads.

By the way, Navigo doesn't account for road closures, so it's worth paying attention to construction, detours and parade routes. A full-fare ride costs \$3.25 cash, and transfers expire after 75 minutes – regardless of delays.

Winnipeg Transit also mishandles complaints. In February 2023, I filed a complaint after missing an appointment due to their (lack of) service. I haven't received a response, and I've also had to reopen the ticket

four times to date, as 311 keeps marking it as resolved.

The City can partially blame its poor service on a lack of drivers, which looming mass retirement will only make worse.

In many ways, it's hardly a desirable job. Transit operators work between seven-and-a-half and eight hours a day – often as split shifts that may take up to 12 hours total. New bus operators are required to work evenings and weekends and “must provide maximum flexibility” to be scheduled any time of day and day of the year, according to the Transit website.

Schedule selections are based on seniority, and new hires shouldn't expect to take summer vacations for their first 10 years of employment. Transit itself warns candidates that “the shift work required will have a definite impact on your personal life.”

Drivers undergo all this for a starting wage of \$21.63 an hour. Is it surprising they were voting for a strike?

A November CBC Manitoba article showcased a couple who were going car-less to try to reduce their carbon footprint. They gave up after less than a year because they found Winnipeg Transit too unreliable and unsafe.

They had the luxury to go back to driving, but for many, that is simply not an option. The City is holding low-income riders hostage, while also depending on them to



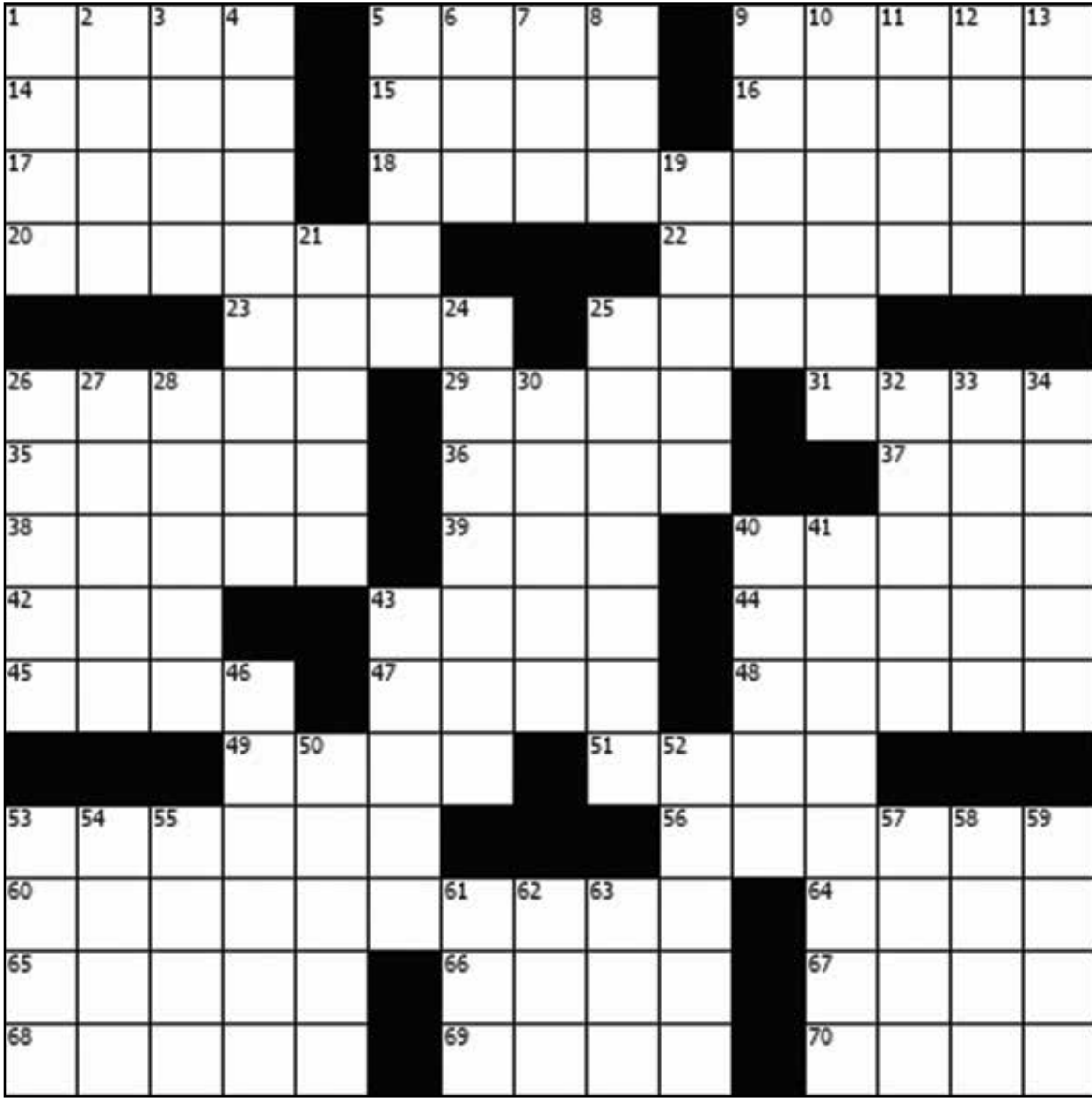
PHOTO BY KEELEY BRAUNSTEIN-BLACK

Commuters board a bus at the City Hall bus stop.

cover operating expenses, all while spending funds on projects like rapid-transit corridors that increase access to Winnipeg's wealthier southern neighbourhoods.

The City's safety strategy will be to put new security officers on buses (despite reports from other major cities showing how

problematic and ineffective it is), led by a former Winnipeg Police Service member. I suppose a quarter of the city's budget going to policing wasn't enough. Why fund transit further when you can divert more of the coffers to enforcement?



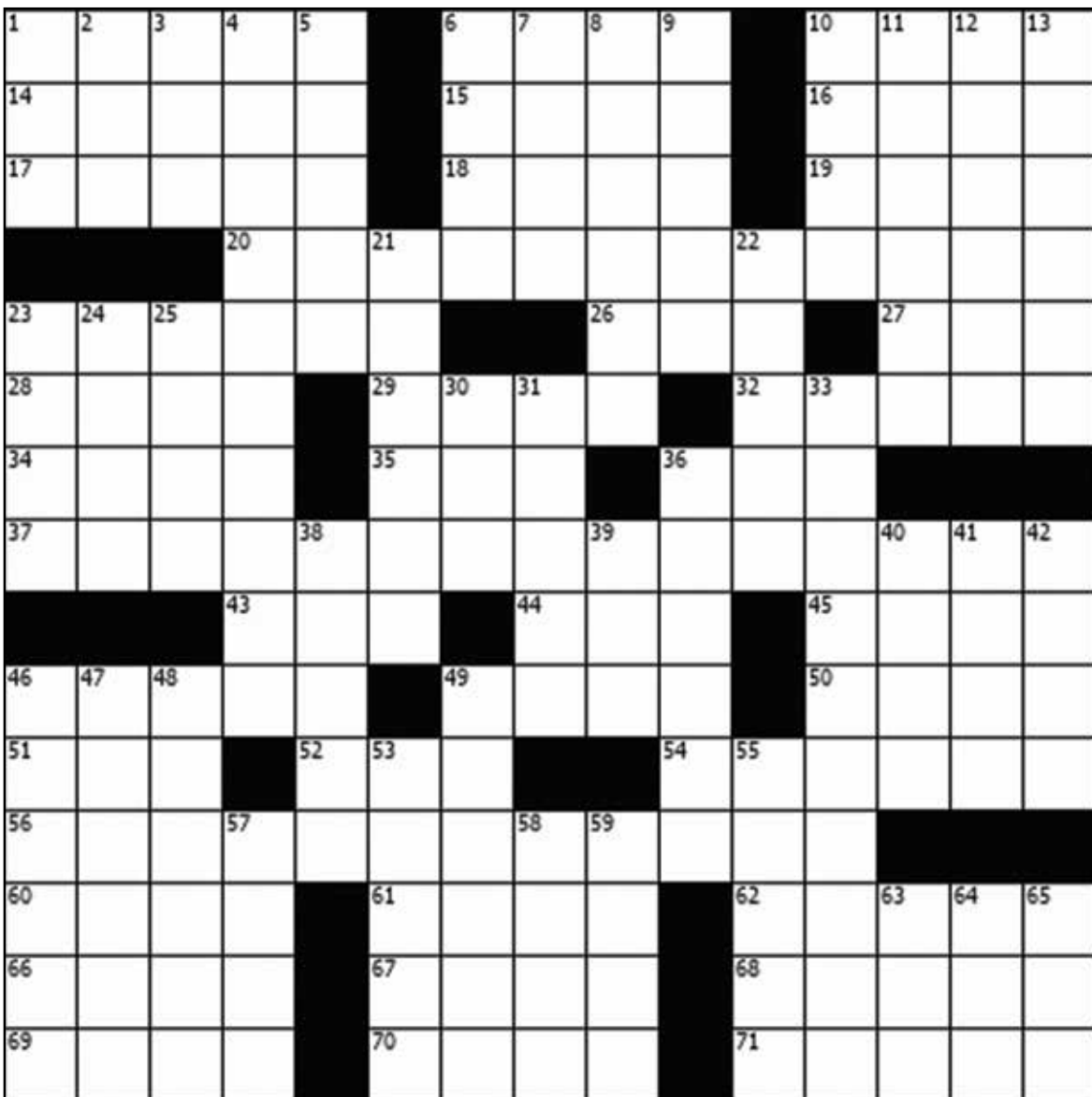
ONLINECROSSWORDS.NET

ACROSS

- 1. STRIKES
- 5. BOAT BOTTOM
- 9. QUILTS
- 14. REVERBERATE
- 15. INFORMED OF
- 16. EMBANKMENT
- 17. PAPER QUANTITY
- 18. GET BETTER
- 20. OKAY TO EAT
- 22. STAGGERED
- 23. ZOO SOUND
- 25. CITI FIELD PLAYERS
- 26. TYPE OF POPLAR
- 29. AVAILS ONESELF OF
- 31. TEEN'S WOE
- 35. STEEPLE
- 36. DEPOTS (ABBR.)
- 37. PILFER
- 38. SPANISH GENTLEMAN
- 39. BROTHER'S SIB
- 40. CHUBBY
- 42. CEREAL GRAIN
- 43. SMALL VALLEY
- 44. PROVIDE FOOD
- 45. GATOR'S COUSIN
- 47. SHE (FR.)
- 48. WAVE TOP
- 49. BOAT'S FRAME
- 51. TOE TRAUMA
- 53. DECLARE
- 56. PENCIL END
- 60. GROUP OF REPRESENTATIVES
- 64. WANDER
- 65. ENTERTAIN
- 66. USES OARS
- 67. NOTION
- 68. BOGGED DOWN
- 69. CHRISTMAS
- 70. BIRTHDAY GREETING

DOWN

- 1. PRESENT!
- 2. LIKE SOME TEA
- 3. BANGKOK NATIVE
- 4. JUAN'S HAT
- 5. "M*A*S*H" LOCALE
- 6. VANE LETTERS
- 7. LIST ENDER (ABBR.)
- 8. YANKEE ___ GEHRIG
- 9. FROZEN RAINDROPS
- 10. MOTHER ___
- 11. FACE SHAPE
- 12. SINGER ___ SEEGER
- 13. SOW
- 19. PUSH DOWN
- 21. RECLUSE
- 24. ACTOR ___ CROWE
- 25. CHILDHOOD DISEASE
- 26. BUSINESS GP.
- 27. POINTED WEAPON
- 28. TYPE OF BEAN
- 30. MOTIONLESS
- 32. MEDITERRANEAN ISLAND
- 33. NUZZLES
- 34. CRITIC ROGER ___
- 40. TAKE PLACE
- 41. UNCIVILIZED
- 43. LETTER AFTER GAMMA
- 46. BRIE, E.G.
- 50. PRODDED
- 52. HIGH-STRUNG
- 53. COMEDIAN SANDLER
- 54. HALF (PREFIX)
- 55. DEFAME
- 57. POP
- 58. CONTINUALLY
- 59. ENJOY A BOOK
- 61. MAKE A STAB AT
- 62. DEBT MEMO
- 63. HOOTING BIRD



ONLINECROSSWORDS.NET

ACROSS

- 1. ORGAN KNOBS
- 6. INFLICT PAIN
- 10. CAPTURE ON VIDEO
- 14. EXPROPRIATE
- 15. CARTOON POOCH
- 16. LAND OF PLENTY?
- 17. DANGER
- 18. TYPE OF BALLOON
- 19. PROOFREADER'S NOTATION
- 20. 1991 FILM FEATURING CURLY
- 23. PINELLAS PENINSULA CITY, BRIEFLY
- 26. SEASONED SAILOR
- 27. BIG NAME IN TVS
- 28. BERT OF "THE WIZARD OF OZ"
- 29. DEFENSE ORG. SINCE 1949
- 32. JETS OVER COLTS, 1969, E.G.
- 34. NECK OF THE WOODS
- 35. HISTORIC INTRODUCTION?
- 36. BLOOMERS AROUND THE NECK?
- 37. PITNEY TITLE SONG FOR A MOVIE
- 43. GIMLET LIQUOR
- 44. WORK UNIT
- 45. MOUNTAIN SIGN ABBR.
- 46. CHAIR'S NEED
- 49. RETRO ART STYLE
- 50. WORD WITH HAY OR LIVE
- 51. "HAIL, CAESAR!"
- 52. RENDER IMPERFECT
- 54. CHASE SCENE NOISES
- 56. NEW YORK WEEKLY SINCE 1955 (WITH "THE")
- 60. GUTTER LOCALE
- 61. COMPLAIN VIOLENTLY
- 62. NONSENSICAL
- 66. CHECKLIST DETAIL
- 67. AUTHOR GARDNER
- 68. LINEN SHADES
- 69. SHOWS A PROFIT OF
- 70. THEY MAY BE BLACK OR PRIVATE

DOWN

- 1. HAVE AN EVENING MEAL
- 2. MAO ___-TUNG
- 3. START OF THE LORD'S PRAYER
- 4. BUYER'S MINIMUM-TO-MAXIMUM
- 5. SHARE EQUALLY
- 6. SACRED
- 7. FRUITY DRINKS
- 8. THEATER DISTRICT
- 9. IMAGE-MAKER'S TOOL
- 10. KIND OF MASTER
- 11. FALL FLOWERS
- 12. PUNCTURE
- 13. ANNOYS
- 21. BOWLING TARGET
- 22. SALAD OIL HOLDER
- 23. BLINDS PIECE
- 24. HAWAIIAN TUBER
- 25. NARROW ESCAPE EXCLAMATION
- 30. STYLE OF THE '20S (WITH 49-ACROSS)
- 31. SNICKERING SOUND
- 33. PLUMBER'S TOOL
- 36. BELA OF "DRACULA"
- 38. MRS. FLINTSTONE
- 39. MYTHICAL MONSTER
- 40. NASTASE OF TENNIS
- 41. FORK-TAILED SHORE BIRD
- 42. ST. LAURENT OF FASHION
- 46. CRIED "UNCLE!"
- 47. HANDLE PROPS?
- 48. LUXURIOUS FABRIC
- 49. LIKE A DISMAL DAY
- 53. FAIL TO CLASH
- 55. MORE GELID
- 57. MOON-LANDING TRANSPORTS
- 58. REPULSIVE
- 59. GUADALAJARA RAHS
- 63. WILL BE NOW
- 64. PLUMBER'S PIECE
- 65. BODY SHOP QUOTE, BRIEFLY

HOROSCOPES

The new moon in Capricorn brings radical new beginnings.

The new moon in grounded earth sign Capricorn falls on Thursday, January 11, at 6:57 AM. The new moon in Capricorn is interested in history, relics, and ancestry. This new moon harmonizes with Uranus, which can represent emotional ups and downs, or radical new beginnings! Uncertainty means anything can happen.

SOURCE: CAFEASTROLOGY.COM

ARIES

Use this time to reflect on recent events in your life and dream up long-term or career goals, dear Aries. Today's New Moon occurs in your career and reputation sector, and it ties in nicely with a can-do Mars-Jupiter trine. Career and manifestation are in the spotlight! There can be a pleasant feeling of reinvigoration regarding your life plan goals and positive changes with your influence or authority, career, status, or reputation. If you need to start fresh with career or performance goals, aim to set your intentions. This lunation is wonderfully supportive of your professional plans, long-term goals, or life path pursuits. Your reputation can get a nice boost, and responsibilities are easier to meet. You're inspired and determined to start fresh and make improvements. A new plan can unfold in the days or week ahead, filling you with high hopes and a sense of purpose. It's the most public time of the year for you -- a time when others notice you for your accomplishments. Others' vision of who you are impacts your life more than you may know, and now is a time for understanding the specifics of this. You could be motivated by the clear connection between your extra effort and additional income.

TAURUS

Today's New Moon brings a symbolic fresh start, dear Taurus. You might break from the past in some manner, helping clear the path forward. This lunation brings a stronger focus on your spirit to grow, explore, and expand beyond the ordinary experiences in your life. Events occurring now and in the coming week can serve to nudge you out of your routine. Long-term goals, studies, and dedication to spiritual goals can figure strongly. It is an inspired time of year when you seek out new ideas or develop your opinions and personal philosophy. You might more frequently ponder the meaning of life and reach out to share your thoughts with others. Breaking out of limiting habits and routines can be almost as important to you as breaking into unexplored territory. You're particularly courageous and motivated to try new things. Aim to draw upon patience before a plan unfolds, but enjoy a pleasant change of pace and the budding confidence or inspiration in the air now.

GEMINI

Today's New Moon can prompt a desire or need to turn over a new leaf, dear Gemini. Sudden awareness of your needs may inspire you to start fresh--you want to turn things around! A dependency or financial matter can figure strongly since this New Moon occurs in your solar eighth house. It can be a time for a lifestyle change. You might want to feel less dependent on others, or you might feel motivated to deal with trust issues that have hijacked your life in some manner. In the week ahead, you may resolve a long-standing problem related to money or love. Opportunities to pool your resources or talents with someone or to share your load can emerge. This lunation offers a cosmic nudge toward sharing, supporting, and enjoying a relationship or project in more depth. You might take an intimate relationship to a new level or discover something powerful about yourself.

CANCER

Today's New Moon points to a symbolic fresh start, and changes are in the works, dear Cancer. Negotiations and one-to-one relationships are in the spotlight. Issues of sharing, balancing, harmonizing, and partnership come to the fore in the week ahead. You're gearing up to take charge! You're likely to move in a new direction or towards a new perspective. There are likely to be opportunities to redefine relationships and relationship needs. It's a vital time for exploring feelings and attitudes, particularly about partnering. Your ability to both persuade and compromise strengthens. Willingness to let someone else take the stage opens up new levels in personal relationships right now, which have a chance to grow and thrive. You receive a boost of courage and confidence through your activities with others or via a connection with a friend or partner.

LEO

Today's New Moon can bring on a new beginning with work, health, or self-care, dear Leo, as it occurs in your solar sixth house. It's a time to breathe new life into old routines or approach your daily life in a new, more inspired manner. A reinvigoration process begins now! It can be pretty normal for an unsettled feeling about how you've managed your life, as it motivates you to make valuable changes with healthy routines or satisfying work schedules. While it's possible you begin new tasks or even a new job, it's more likely you get an opportunity period to build better, more satisfying systems in your life, to discover new ways to enjoy your work or daily activities, and get on top of daily routines. Avoid a potential pitfall of this influence -- overshooting or beginning too quickly -- by pacing yourself. Keep your long-term goals in mind, but don't let them overwhelm you as this is a time of year for attention to the details that make achieving your larger goals possible. You're especially willing to go the extra mile and put the necessary effort or energy into your pursuits, increasing your chances of success.

VIRGO

If your domestic life or relationships with loved ones are askew, dear Libra, it can take a lot of work to get other areas of life into order. Working on your base first can help other areas of life blossom by extension. Today's New Moon brings fresh energy for new beginnings in these areas of life. If you want or need to make changes on the home front, such as with domestic routines or family relationships, or even about your relationship with your inner self, this is the cycle for doing so. Regardless of whether you plan it, you're likely to feel the need, and it's about taking charge of your personal life. Domestic matters have been assuming more importance in your life in recent days, and now you have the energy to take charge of them. It's also a good time to make solid plans for long-term security or for all-new projects designed to improve your living conditions. Personal, financial, or domestic matters can be especially rewarding and fruitful now. Support on mental, physical, economic, or spiritual levels can arrive whether you are giving it or receiving it!

LIBRA

Early today, a Sun-Saturn square can bring responsibilities and obligations to mind, Libra. The need to set some limits may arise, particularly with work and daily life. You could be feeling drained physically, and daily responsibilities can feel overwhelming as a result. Do your best to simplify, prioritize, and keep things real. Flaws in a current project may magnify, but rushing to fix them may lead to a sloppy job. It can be a good time, however, for you to see problem areas that need your attention. What appear as setbacks are opportunities to make vital changes before moving forward. You may discover things you've overlooked or find a better method for handling a matter. Aim to take things one step at a time or rest and conserve energy rather than push things or yourself today. As the day advances, it's easier to loosen up. The Moon in your partnership sector harmonizes with Mercury, and you could experience a wonderful sense of being in sync and supported, or cooperation with others puts you in a fabulous mood. It's a time for getting what you give and giving what you get, which always pleases you.

SCORPIO

Today's New Moon can motivate you to approach your daily tasks in new ways, dear Scorpio. You're in line for a new beginning related to personal interests, studies, connecting, learning, or commuting. This lunation could even mark the start of a brand new attitude that helps you connect more effectively with the world around you. Improving your communication skills or taking bigger risks with learning and communicating may be in focus. This New Moon occurs alongside a Mars-Jupiter trine, putting you in a fabulous position to reach out and connect with others or advance toward a cherished goal. You can benefit from help from others and learn something handy. People seek you out and enjoy your input. This can be a time of excitement and increased motivation for your projects or relationships.

SAGITTARIUS

Today's New Moon can prompt a fresh start with your finances, personal things, or self-worth issues, dear Sagittarius, as it occurs in your solar second house. You might also discover better ways to manage your money and personal possessions, and this particular lunation demands a hands-on approach--perhaps an unconventional one! You're taking charge of your earning power, comfort, and security. This New Moon motivates you to make bold improvements along these lines. This mission can emerge from a feeling of lack, a sudden fear that you're not on top of things, or from an event that reminds you of who or what you value most. Sometimes feeling temporarily insecure about your situation is enough to motivate you to strengthen your position. With this New Moon, an opportunity period emerges in the coming weeks for new or refreshed business ideas, savings accounts, budgets, or anything that helps you build up and manage your resources.

CAPRICORN

Today's New Moon presents a feeling of a fresh start, dear Capricorn, as it occurs in your sign. Its harmony with Uranus makes it a strong time for romance, attraction, and the creative arts. The weeks ahead are powerful for beginning a new chapter of your life. Reshaping your image if it needs tweaking can be in focus. This lunation can be a powerful motivator or prompt to make personal changes and improvements. Aim to ease yourself into this dynamic phase of your life for the best results. This is a time for reinventing yourself in a meaningful way, or for a personal new beginning. Your drive to be counted, seen, and heard emerges in full force this week. With Mars heading into harmony with Jupiter, you can meet with great success in your relationships and your personal life. This transit infuses your life with spirit and faith.

AQUARIUS

Today's New Moon reminds you of the need to recharge before moving forward, dear Aquarius. Even so, it's also bringing you a fresh start, and there can be work to do regarding putting a long-standing problem behind you. You may instead become aware of the need for more rest and some seclusion or special attention to your private life. A new cycle of rest and replenishment is upon you! It's a period of letting go, reviewing, and recharging your batteries, both spiritual and physical. Circumstances are such that they pivot your attention to your spiritual needs and mental health. It's a time for cleaning the slate, and you get solid support for doing so--you're likely to feel both inspired and determined. There is much going on behind the scenes or in the background in your life with this lunation. Your dreaming world is vivid and intuition exceptionally active at this time. Aim to listen to your inner voice! Considerable energy is with you for personal projects, home or family-related pursuits, and activities behind the scenes. You might choose to help someone out, do a good deed, accomplish something significant with family or loved ones, or work on a home project.

PISCES

Today's New Moon brings a symbolic fresh start, dear Pisces. There can be a strong focus on making contacts and reaching out to others as you advance. It's time to consider your goals for connecting, networking, joining or strengthening ties, and nurturing goodwill. If you've been unhappy with particular friends or associations or find yourself lacking in your social life, you can now feel ready to take charge and make changes. Your sense of belonging to something bigger than yourself can be in focus now. Today's New Moon challenges you to improve or remake your social life, networks, involvement with others or the community, contributions, and attention to happiness goals. You may be taking care of others, or you may be seeking support. This can also be a time for planting seeds for future goals and dreams. Activities with others keep you busy and motivated. Learning with study groups can be beneficial, or you might acquire new knowledge or gain inspiration from groups with which you connect.