

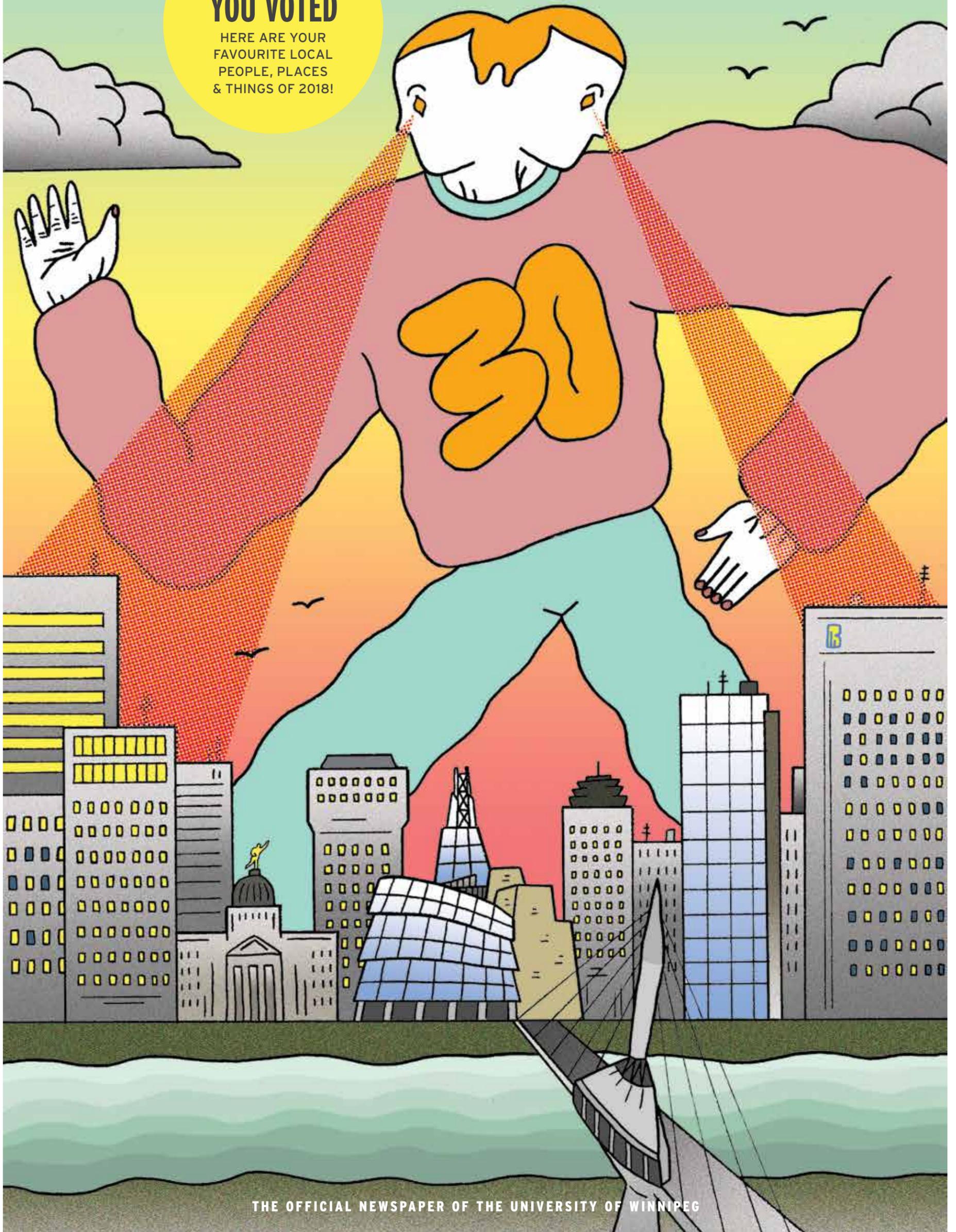
THE

# UNITER

FREE WEEKLY.  
VOLUME 73 // ISSUE 12 // NOV. 29

## WE ASKED, YOU VOTED

HERE ARE YOUR  
FAVOURITE LOCAL  
PEOPLE, PLACES  
& THINGS OF 2018!





## *My Christmas Wish List:*

ALL UTILITIES INCLUDED IN MY RENT



A PLACE WE CAN BOTH CALL HOME



A FULL-SCALE GYM IN MY BUILDING



FREE COFFEE AND BREAKFAST PROVIDED DAILY



# ANTARES

LUXURY SUITES  
190 SMITH STREET

STUDIO, 1 & 2  
BEDROOM SUITES  
AVAILABLE NOW

**204-944-8445**

ANTARESLEASING@SUNREX.CA

**EVERYTHING YOU  
WISH FOR AND MORE!**

RESIDENT LOUNGE WITH  
FREE WIFI & COMPUTERS

"SMART" LAUNDRY  
FACILITIES ON-SITE

AIR CONDITIONING

ACCESS TO PARTY  
ROOM, BANQUET HALL,  
MEETING ROOMS

24-HOUR ON-SITE  
SECURITY

SECURE COVERED  
PARKING

ROOFTOP PATIO

**THIS HOLIDAY  
SEASON TREAT  
YOURSELF TO  
THE HOME YOU  
DESERVE**

## \* ON THE COVER

This cover was created by  
illustrator and comic  
Keegan Steele.



Annie Beach was voted as Favourite Local Activist for 2018.

SUPPLIED PHOTO

## CELEBRATING 30

This week's issue is a special one, though its theme and format has shifted throughout the years. It began as the "30 under 30," where *The Uniter* celebrated local achievers under 30 years old.

It then shifted to a similar shape today, where, through an open submission format, we summarize the best people, places and things of Winnipeg, as selected by you, our readers.

Categories themselves have changed over the years in an attempt to capture more of what it is that makes our local communities so great.

For example, we tried to broaden favourite University of Winnipeg prof to include other U of W staff and to recognize that profs aren't the only people who make campus great. Responses to this new category included a lot of confusion, so we changed it back.

To balance out the initial bias toward younger achievers, we added in a category for local achievers over 60. This isn't yet perfect, as there are many people in that 30 to 60 range who are doing cool things, but we don't quite have room to expand our categories broad enough to have a Uniter 60.

Other categories, such as Favourite Local Neighbourhood, began to show redundant results, so they were shuffled off to add to other areas, like having both a favourite baker *and* a favourite chef.

While some days we wish we could do more, we can't do it all. Regardless, we are grateful for your submissions, and we're happy to devote this issue to highlighting 30 local winners, as well as all of the runners-up and honourable mentions. We've got a lot to celebrate in this city, and this is just a start.

- Anastasia Chipelski

## FOLLOW US ON SOCIAL MEDIA



@THEUNITER



@THEUNITER



FACEBOOK.COM/  
THEUNITER

## UNITER STAFF

MANAGING EDITOR  
**Anastasia Chipelski** » [editor@uniter.ca](mailto:editor@uniter.ca)

BUSINESS MANAGER  
**Charmagne de Veer** » [businessmgr@uniter.ca](mailto:businessmgr@uniter.ca)

CREATIVE DIRECTOR  
**Talia Steele** » [creative@uniter.ca](mailto:creative@uniter.ca)

ARTS & CULTURE EDITOR  
**Thomas Pashko** » [culture@uniter.ca](mailto:culture@uniter.ca)

CITY EDITOR  
**Danelle Granger** » [city@uniter.ca](mailto:city@uniter.ca)

COMMENTS EDITOR  
**Dunja Kovačević** » [comments@uniter.ca](mailto:comments@uniter.ca)

COPY & STYLE EDITOR  
**Danielle Doiron** » [style@uniter.ca](mailto:style@uniter.ca)

PHOTO EDITOR  
**Daniel Crump** » [photoeditor@uniter.ca](mailto:photoeditor@uniter.ca)

STAFF PHOTOGRAPHER  
AND ONLINE CONTENT CO-ORDINATOR  
**Callie Lugosi** » [callie@uniter.ca](mailto:callie@uniter.ca)

STAFF PHOTOGRAPHER  
**Keeley Braunstein-Black** » [keeley@uniter.ca](mailto:keeley@uniter.ca)

STAFF ILLUSTRATOR  
**Gabrielle Funk** » [gabrielle@uniter.ca](mailto:gabrielle@uniter.ca)

FEATURES REPORTER  
**Sarah Jo Kirsch** » [features@uniter.ca](mailto:features@uniter.ca)

ARTS REPORTER  
**Davis Plett** » [artsreporter@uniter.ca](mailto:artsreporter@uniter.ca)

CITY REPORTER  
**Alexandra Neufeldt** » [cityreporter@uniter.ca](mailto:cityreporter@uniter.ca)

CAMPUS REPORTER  
**Ryan Haughey** » [campus@uniter.ca](mailto:campus@uniter.ca)

VOLUNTEER CO-ORDINATOR  
**Tamika Reid** » [volunteer@uniter.ca](mailto:volunteer@uniter.ca)

## CONTRIBUTORS

WRITERS  
**Cierra Bettens**  
**Mandalyn Grace**

COMIC  
**Hely Schumann**

ILLUSTRATOR  
**Keegan Steele**

## MOUSELAND PRESS

MOUSELAND PRESS BOARD OF DIRECTORS:  
**Kristin Annable (chair), Anna Louise**  
**Evans-Boudreau, Dylan Chyz-Lund, Anifat**  
**Olawoyin, Larissa Peck, Joëlle Preston,**  
**Jack Walker and Nikki Riffel**  
» For inquiries email: [board@uniter.ca](mailto:board@uniter.ca)

## CONTACT US

GENERAL INQUIRIES  
**204.988.7579**  
**editor@uniter.ca**  
[www.uniter.ca](http://www.uniter.ca)

ADVERTISING  
**204.786.9790**  
» For inquiries email:  
[businessmgr@uniter.ca](mailto:businessmgr@uniter.ca)

Room ORM14  
University of Winnipeg  
515 Portage Avenue  
Winnipeg, Manitoba  
R3B 2E9  
Treaty One Territory  
Homeland of the Metis Nation

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. Volunteer workshops take place Wednesdays from 12:30-1:20 in room ORM14. Please email [volunteer@uniter.ca](mailto:volunteer@uniter.ca) for more details. Deadline for advertisements is noon Friday, six days prior to publication. The Uniter reserves the right to refuse to print material submitted by volunteers. The Uniter will not print submissions that are homophobic, misogynistic, racist or libellous. We also reserve the right to edit for length/style.



# WINNIPEG FOLK FESTIVAL UPCOMING EVENTS

TICKETS AVAILABLE AT [WINNIPEGFOLKFESTIVAL.CA](http://WINNIPEGFOLKFESTIVAL.CA)

DEC 1 **STARS**  
WITH DIZZY



THE GARRICK

DEC 8 **FUNK The HALLS**  
with *The Funk Hunters* and **MAT ALIEN**



THE GARRICK

JAN 13 **MARTIN SEXTON**  
WITH CHRIS TRAPPER



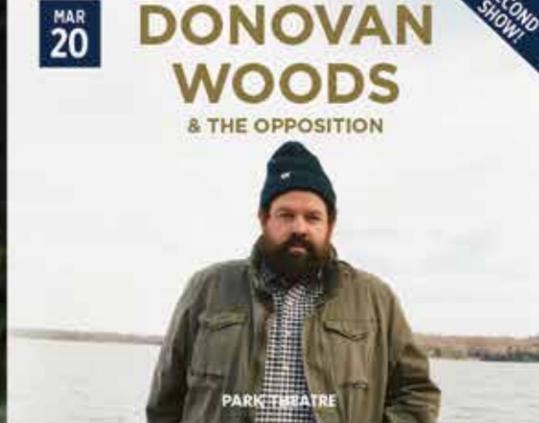
WEST END CULTURAL CENTRE

FEB 6 **DAN MANGAN**



THE GARRICK

MAR 20 **DONOVAN WOODS**  
& THE OPPOSITION



PARK THEATRE

APR 6 **BEN CAPLAN**  
& THE CASUAL SMOKERS



WEST END CULTURAL CENTRE

## HAPPY HOLIDAYS



Staff Series  
Sundays

Starting in  
January

Sample weekly  
Test Batches,

Collect Stamps,  
Win Prizes!

Pick up a  
beer passport from



the brewery today!

Visit the Brewery on Saturday, Dec. 22nd,  
for the  
12 Beers of Christmas

Get your favourites  
for the holidays!

Growler fills all day  
long

Please Drink Responsibly.



PHOTO BY DANIEL CRUMP

## FAVOURITE LOCAL WRITER

### 1. FRANCES KONCAN

2. Honourable mentions: Melissa Martin / Jessica Seburn / Ally Sigurdson

Asked about why she keeps writing, even though it's generally a miserable thing to do, Frances Koncan replies: "I WISH I KNEW. It feels very intrinsic and kind of compulsive ... It's just something that has to get done, like laundry or cleaning your toilet (with an equally glamorous process and a slightly more magical payoff at the end)."

Seeing as she's kept quite busy, and been selected Favourite Local Writer for the second year in a row, it seems that payoff is imminent.

If you've been following Koncan's career, you know she doesn't limit herself to one form or genre. "I do have an annoying obsession and curiosity about new forms, especially in theatre, where writing can come off the page and out of my head and into actor's brains and bodies, which

is so magical and just about my favourite thing in the world," she admits.

In order to keep developing as a writer and creator, Koncan attempts to work firmly beyond any place that feels comfortable. More importantly, she keeps *working*.

"I had a really challenging year with my mental health, and it feels like a miracle I managed to write anything at all, but somehow I ended up with three different plays in three different development stages, which I'm really proud of."

Doing the work is challenging under optimal conditions, let alone when health issues bubble up. Rather than shrinking or scaling back work, scope or vision, Koncan pushed through.

"All of these projects are outside my comfort zone and beyond my capabilities. I'm trying to stay out of my comfort zone and work beyond my capabilities. I'm dreaming of a future where I feel like a real writer or director or anything at all, and not just a good faker."

The people have spoken, Frances Koncan. You're no faker.

-Dunja Kovačević // [@kvirandnow](#)



PHOTO BY NATALIE BAIRD

## FAVOURITE LOCAL PUBLICATION

### 1. STYLUS

2. *Red Rising Magazine*

3. Honourable mentions:

*The Manitoban / Winnipeg Free Press*

Gil Carroll is the publication's editor, a co-founder of Real Love Winnipeg and member of local bands Living Hour and Palm Trees.

"We're Manitoba's only physical music magazine, and we're Canada's second-oldest music mag," Carroll says.

"It feels really great to be recognized this year, because 2019 will mark our 30th year in publication, which is pretty damn cool. We're really proud of that."

Owned and operated by CKUW, the University of Winnipeg's campus radio station, *Stylus* works with volunteers to publish a bimonthly magazine available at over 30 locations across the city and online.

"Basically, we're arts and culture with heavy emphasis on music, (especially) on local Canadian music," Carroll says.

"Pretty much everything else we feature ... are bands or artists that are either coming through

Winnipeg or have some Winnipeg connection. We also feature work from upcoming photographers and cartoonists and other illustrators. We are able to connect with people who love music in the city who don't necessarily want to write or be on the radio."

This last year saw *Stylus* launch a new website and begin planning more ways to connect with aspiring arts and culture content creators.

"We're hoping to host more community-minded workshops using the resources we have through CKUW and our *Stylus* staff," Carroll says.

"Stuff like photography workshops for live music or maybe (an) InDesign workshop, that kind of thing ... Not everyone's a musician, but there's so many ways to be involved in the music community, so opening up that through *Stylus* is something we do and will do more of in the future."

Carroll says the staff are also busy making schemes for the magazine's 30th anniversary festivities, which will likely take place next spring.

"There is going to be a birthday party," he says. "We will be celebrating."

To get involved at *Stylus*, email Carroll directly at [editor@stylusmagazine.ca](mailto:editor@stylusmagazine.ca) or message *Stylus* on Facebook.

-Davis Plett // [@unknowingcloud](#)



SUPPLIED PHOTO

## FAVOURITE NEW LOCAL ALBUM OF 2018

### 1. URBAN VACATION-SUCCESS WITH HOUSEPLANTS

2. Disraeli Dreamers-*Insomnia Island EP*

3. Human Music-*Human Music*

Isaac Tate, Sean Henderson and Jesse Lawrence are known as Urban Vacation, a funky indie rock group from Winnipeg.

Urban Vacation's first full-length album *Success With Houseplants* came out on Aug. 10, 2018, but the band started recording just over two years prior.

"It was originally going to be much longer, but as we got further into (making) it, we cut it down quite a bit," Tate says. "There were a few things that we cut off, and there was one song that was cut at the last minute that will be on whatever we release next."

The band doesn't have any specific plans yet for their next music release but will put out music videos for songs on the album in the near future.

"Hopefully, once spring comes around.

That seems to be when the creativity starts to happen," Henderson says.

The name for the album came from an odd find in one member's basement.

"We do most of our recording and playing in Isaac's basement ... One day, I saw this ring-binder book, and on the side it said 'success with houseplants,'" Henderson explains. "Each page gives a very descriptive way of taking care of and making sure that specific houseplants stay alive in your house."

The band says the name reflects the way they recorded their album. The DIY nature of the recordings gives them a homey feel that brought Urban Vacation success with their house-recordings.

"We tried to record it very true to what we sound like," Henderson says. "We didn't want it to sound super polished. It just sounds how it sounds, and that's how we want people to hear it. Sometimes you lose what the music originally was when you get too polished."

"Whenever people say that the album is messy, I really like that," Tate says. "I think it's naturally messy, but to an extent in certain parts we're trying to make coherent sense of a mess. It was wild to make, and it turned into something very cool that we're very happy with."

-Ryan Haughey // [@ryanshares](#)

# CKUW TOP 30

November 19–25, 2018

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



TW	LW	C	ARTIST	ALBUM	LABEL
1	3	!	Mmmeats	Mac N' Me	Transistor 66
2	1	*	Fucked Up	Dose Your Dreams	Arts And Crafts
3	10	*	Dilly Dally	Heaven	Dine Alone
4	3		Sarazino	Mama Funny Day	Cumbancha
5	17	!	Satanic Rights	Blues Druid	Transistor 66
6	4	!	Bartley Knives	Lone Goose	New Wild
7	5	*	Les Stroud	Bittern Lake	Mother Earth
8	NE	*	Frontperson	Frontrunner	Oscar St
9	8	*	The Cluttertones With Lee Pui Ming	Leeways	Snailbongbong
10	6	*	Forbidden Dimension	Muchas Moscas	Self Released
11	22	*	The Dirty Nil	Master Volume	Dine Alone
12	7	*	Basement Revolver	Heavy Eyes	Sonic Unyon
13	13	*	Les Louanges	La Nuit Est Une Panthere	Bon Sound
14	16	!	Madeleine Roger	Cottonwood	Self-Released
15	28		Aaron Goldberg	At The Edge Of The World	Sunnyside
16	11	!	Jesse Matas	Tamarock	Self-Released
17	RE	!	Sean Burns And Lost Country	Music For Taverns, Bars, And Honky Tonks	Self-Released
18	19	*	Jerusalem In My Heart	Daqa'iq Tudaiq	Constellation
19	RE	!	Ken Mode	Loved	New Damage
20	18	!	ADiethylamide	This Is A Secret	Self-Released
21	9		Kurt Vile	Bottle It In	Matador
22	24		Oluster	Elemente	Bureau B
23	15	*	Kat Danser	Goin' Gone	Black Hen
24	RE	*	Sue Foley	The Ice Queen	Stony Plain
25	27	!	Venetian Snares X Daniel Lanois	Venetian Snares X Daniel Lanois	Timesig
26	26		Jeff The Brotherhood	Magick Songs	Dine Alone
27	21	*	Dennis Ellisworth	Things Change	Pyramid Scheme
28	29	!	The Lytics	Float On	Self-Released
29	NE	*	Champion Lawnmower	Babies	Self Released
30	30	*	Bend Sinister	Foolish Games	Cordova Bay



## Snake River

### Tread On To The Unknown You Independent

Psychedelic rock group Snake River, led by Chris Sleightholm, takes listeners on a journey with this creative collection of music. From the first track, named "Our Protagonist, Reg," you can tell that story-telling will be a spotlight component in the record.

Guitars and vocals take the wheel on songs like "Leave A Line," so that listeners can lay back for a wavy breakdown topped off with a tenor saxophone solo, and just before things get too trippy, the band breaks back into the main refrain at double time.

Throughout the album, instruments reveal themselves to make listeners increasingly aware of the deceptively massive instrumentation. Tons of guitar tones as well as synths and wind instruments add a layer on top of the standard rock group sound to complete the unique sound.

Though not overly complex, Snake River indulges in catchy, uncommon riffs and progressions in a manner reminiscent of The Grateful Dead. Their ability to find such simple but unique melodies shows talent in



itself, but knowing what to add really lets them shine.

"I Ain't Me" features an accompanying fiddle-like sound that plays long, drawn-out notes to underline the classic rock slow-jam progression, lending an accent that would otherwise be missing from the song.

Drawn-out vocal lines carve out a path for the rest of the band to fill in, exploring the key with guitar lines or new sounds from an eclectic collection of instruments. *Tread On To The Unknown You* shows creativity within simplicity that allows for a laid-back listening experience.

- Ryan Haughey

## THE UNITER IS SEEKING VOLUNTEER ILLUSTRATORS

Are you an emerging illustrator?  
Do you want to see your work published  
and distributed across the city?

For more info, contact Talia at  
creative@uniter.ca



## Dr. Mitzi Ezzat Dentist

235-500 Portage Ave.

Across from University of Winnipeg  
PH: (204) 957-7881  
or (204) 415-3634

25 percent discount for students!

## TRADE IN YOUR STUFF

WE:

BUY SELL TRADE  
BOOKS MUSIC VIDEOS

RED RIVER BOOK STORE  
92 ARTHUR STREET



Looking to gain business experience?  
[www.studentworks.ca](http://www.studentworks.ca)

## Accepting UWSA Dental Plan

ALWAYS  
Welcoming  
New Patients Walk-Ins  
& Emergencies

NOW OPEN



**Greenwoods** 246 Portage Ave  
Dental & Surgical Centre (204) 779-7779

- SLEEP DENTISTRY
- Cleanings & Fillings
- Root Canals
- Wisdom Teeth Removal
- Crowns & Bridges
- Dentures
- Teeth Whitening

For more information visit us at [www.greenwoodsdental.com](http://www.greenwoodsdental.com) or send us an email: [info@greenwoodsdental.com](mailto:info@greenwoodsdental.com)

## FAVOURITE LOCAL PERFORMANCE

### 1. THE LARAMIE PROJECT

2. Living Hour at RTMF
3. Disraeli Dreamers EP release

*The Laramie Project* was the first production put on by Meraki Theatre Productions, and it was well-received by audiences with a three-night, sold-out run at the Rachel Browne Theatre from May 29 to 31, 2018.

Taylor Gregory founded Meraki Theatre Productions and was inspired to bring *The Laramie Project* to Winnipeg after she had the opportunity to assistant direct the show in Athens, Greece, in 2017.

"It just reminded me about what an important show it is," Gregory says. "It represents everyone coming together and equality and standing up (to) injustice."

*The Laramie Project* is a verbatim play based on interviews with residents in the town of Laramie, Wyoming, where in 1998, Matthew Shephard was murdered for being openly gay.

The play "asks the question about how this town could raise two fairly young boys ... to commit such a heinous hate crime on

another child," Gregory says.

Meraki's production was timely, as it ran alongside Winnipeg Pride 2018 and marked 20 years since Shephard's murder.

"Unfortunately, with the state of the world right now, it's such a relevant piece. Even though 20 years has passed, the hope is that a show written 20 years ago isn't about current issues," Gregory says.

Proceeds from *The Laramie Project* (after covering theatre costs) were donated by Meraki. Half went to the Matthew Shephard Foundation, and half went to Rainbow Resource Centre toward their BLiNK program.

Gregory says that Meraki – which in Greek means "doing something with soul, creativity, or love" – is working on being more active in the community, and that they volunteer with BLiNK every second month. They're also working on a production of *The Laramie Project: Ten Years Later*, with hopes of running that show during Pride 2019. See more at merakitheatre.com.

-Anastasia Chipelski // [@anachips](#)



SUPPLIED PHOTO

## FAVOURITE LOCAL DJ

### 1. MAMA CUTSWORTH

2. DJ Blitz
3. DJ Louie Lovebird

This year, as last year, readers voted Mama Cutsworth for top DJ.

Being in the business since 2004, she is well-established and "a lot has changed in that time," she says.

The music scene has been dominated by males and as a female DJ, she has seen a lot of sexism.

"In the early days in Winnipeg, it was hard. There were times of being sexually harassed by sound technicians ... I was called a girl DJ, language that belittles you."

Cutsworth overcame the challenges – describing it as "a tough climb" – and she decided to do something about it. She started a DJ academy for women and non-binary folks.

"I decided to actively change gender representation."

She says 128 people have graduated from

the academy and many continue DJing. And Cutsworth adds that "there's a big shift that's been happening in the last few years, and it's cool to watch!"

Cutsworth says the best advice she can give up-and-coming DJs and what has led to her success is "being true to your own values rather than pandering to what you think the mainstream audience wants ... figuring out what you bring to the table and then sharing that."

Cutsworth is busy on the local scene, producing parties through her House of Gold Diamonds moniker (with DJ J. Jackson) that can include surprises like drag queens and burlesque shows.

There are also her family dance parties featuring bubble machines, costumes, valet stroller parking, "mimosas" (mimosas for moms) and "kidmosas."

Cutsworth has been internationally successful. She has opened for major acts including Salt-N-Peppa, Boney M., Naughty By Nature and more.

She attributes her success to "daring to try the things I actually love."

-Charmagne de Veer // [@chardeveer](#)



SUPPLIED PHOTO

## FAVOURITE LOCAL PODCAST

### 1. WITCHPOLICE RADIO

2. Paper Cut
3. Gilmore Girls Quarterly Report

*Paper Cut Podcast* is an arts and culture show that gives a platform to members of Winnipeg's arts scene who wouldn't otherwise have a place to express their voice. It is hosted by Olivia Michalczuk and Jared Gauthier.

Michalczuk is an arts and culture reporter and former editor who has been writing for music magazines for around five years. She is a city planning student at the University of Manitoba.

Gauthier is a marketing professional who graduated from the Creative Communications program at Red River College with a major in media production and an interest in radio. He has shifted his focus to podcasting after a few years in the industry.

The two started the podcast in mid-January of 2018, and after one meeting to plan for it, things started rolling.

"A week later, we had a website, Facebook, Instagram and four interviews booked," Michalczuk says.

Both Gauthier and Michalczuk say that without each other, they wouldn't be able to do the podcast.

*Paper Cut Podcast* stands out in its broad approach to covering the art culture in Winnipeg, from music management professionals to tarot readers.

"Every time we get together, our list is growing and growing. We want to get to everyone," Gauthier says.

Rather than having timely guests based on upcoming events, *Paper Cut* looks to share deeper experiences.

"We try and differentiate ourselves in that we're not a promotional podcast. We're trying to get those stories out of our guests," Gauthier says.

"We didn't want each episode to be a buildup to an event," Michalczuk says. "We don't want their stories to expire."

Michalczuk says through her time as a reporter, she has had meaningful conversations with people but can only express a smaller part of their story, so the podcast is a way of further exploring the arts and culture scene.

"Whatever you're doing in the arts and culture scene matters," Michalczuk says. "Just because we haven't talked to you yet doesn't mean we won't get to you. Everybody's time to be appreciated is forthcoming."

*Paper Cut Podcast* releases a new episode every Monday and will start Season 2 in January.

\*Editor's note: we opted to profile the second-place podcast as we've written profiles on the winner, Witchpolice, the last two years as well.

-Ryan Haughey // [@ryanshares](#)



SUPPLIED PHOTO



PHOTO BY DANIEL CRUMP



SUPPLIED PHOTO

## FAVOURITE LOCAL ACHIEVER UNDER 30

### 1. TIE: SPENCER ADAMUS / JOHANNA SEIER

#### 2. Chloe Chafe

Spencer Adamus started in comedy in high school, admittedly because he was “horrible at sports.” As soon as he was 18, and after one slightly rough false start, he jumped onto the local open-mic circuit.

Now 22, Adamus hosts a weekly open-mic himself, at Wee Johnny’s. In 2017, he won the title of Winnipeg’s Funniest Person with a Day Job through Rumor’s, a title which opened doors for him.

“After winning that I got a ton of opportunities ... Rumor’s would refer me to different things like comedy festivals and shows at Pantages Playhouse and Burton Cummings Theatre, (which were) shows I would never be able to do if I didn’t win that contest,” Adamus says.

His current day job is at Grey Owl Coffee, which sometimes generates content for his act “because all of my coworkers are pretty funny,” he says.

Adamus is grateful to mentors Tim Gray and Ben Walker as well as his co-conspirators in his sketch group The Family Dinner.

Alongside Jaydin Pommer, Riley Paull, Mike Scott, Riva Billows and Jonathan Mourant, the group also does stand-up and improv and will celebrate their one-year anniversary with a show on Feb. 1 at the Gas Station Arts Centre.

When it comes to offering advice to other would-be comics, Adamus is adamant that now is the time to start.

“Don’t put it off ... You can come watch as much as you want, but you’re never going to learn until you go on stage and actually do it,” Adamus says.

While getting on stage still terrifies him, he’s learned to overcome stage fright a bit better than he did with his first open-mic attempt.

“I’m a huge coward, so I would know. The first time I went to sign up to do stand-up comedy, I signed up, but then what actually happened is they said ‘you’re up next,’ and then I went outside and I threw up, and then I just ran home.”

—  
Johanna Seier has been a fitness trainer since 2012, and after a variety of ventures both in-person and online, she launched The Fit Girl Gang (TFGG) last year.

“That is the first big, online, female-only community in Canada. (W)e just had our first-year anniversary in November, and we are 1,500 women right now,” 25-year-old Seier says.

The process of building toward the TFGG began in 2013, when she founded her first company and offered in-person fitness training to women, as well as bootcamps.

“(T)here was something missing in terms of accessibility for a lot of people who couldn’t afford to train in-person or didn’t have that time available in their schedule, so then I came out with my first online program called the Fit Girl Guide,” Seier says.

She re-evaluated the Fit Girl Guide when she saw a sense of community seemed to be missing, and not a lot of participants were completing the program.

Seier worked on the TFGG for two years before launching it. It includes in-person events and a secret Facebook group for all 1,500 members, and

three hour-long live calls with Seier.

“We all train starting on the same start date, no matter what, so no matter how advanced you are in your training or no matter what point you’re at ... we all start at the same time to create that sense of community and support through the whole thing,” Seier says.

She credits local photographer and now friend Monique Pantel with supporting her in creating visuals for her program and believing in her dream.

Through TFGG, she also offers nutritional support through recipes but takes a strong stance against extreme diet modification or weight-loss goals. Instead, she offers encouragement for self-love, which she sees as a key element.

“(T)he most important thing to me is that every single human being in the world is deserving of their own self-love and acceptance no matter what, no matter what they weigh, no matter what they look like, no matter what they’ve done in their lives, it’s just that every person needs to love themselves now,” Seier says.

—Anastasia Chipelski // [@anachips](#)

# Happy Holidays

All the best for 2019 to the Students and Staff at the  
University of Winnipeg

SH CPA



PHOTO BY KEELEY BRAUNSTEIN-BLACK

## FAVOURITE LOCAL PUBLIC ART PIECE

### 1. STAR BLANKET, KENNETH LAVALLEE

2. Back Alley Arctic
3. Emptyful

The Helen Betty Osborne building on the University of Winnipeg campus is wrapped in a mural of a star blanket. It was painted by a group of community artists led by Kenneth Lavallee and Annie Beach in August.

Angeline Nelson, the director of community learning and engagement of the Wii Chiiwaakanak Learning Centre located in the Helen Betty Osborne building, says a lot of people coming through the centre have asked about the mural or have said the mural is awesome.

“Having the Helen Betty Osborne building – a building named after a beautiful First Nation woman who was brutally murdered – wrapped in a star blanket, by an artist who wanted to honour and recognize Missing and Murdered Indigenous Women, Girls & Two-Spirit,

is an absolutely beautiful way to honour MMIWG2S lives and survivors, as well as their families,” she says.

star blankets are given as gifts of the highest honour. The geometric representation of the morning star is intended to protect, empower and give comfort and hope to those wearing it.

“The star blanket mural is meant to be for the public, for the community we engage, for the Indigenous community we work with and a representation of Indigenous people, whose land we live on,” Nelson says.

Nelson adds she would love to see more Indigenous art throughout the city and province.

“I used to live in Vancouver for four years and always thought it was incredible to see Indigenous art everywhere you go and thought that Winnipeg needs to do more of this,” she says. “Since moving back, I see and feel the shift towards ensuring that Indigenous people are visible through artwork all over the streets, which I love.”

-Danelle Granger // [@danellegranger](#)



SUPPLIED PHOTO

## FAVOURITE LOCAL GALLERY OR ARTIST CENTRE

### 1. ACEARTINC.

2. Blinkers
3. Plug In ICA

aceartinc. is equipping emerging artists with the resources they need to bring their work to the foreground. Chantel Mierau, the finance and administration manager at ace, gave her thoughts upon hearing the artist-run centre had won favourite local gallery.

“I’m really honoured that we’ve been chosen. It tells us that the programming has engaged the community and resonates with a lot of people,” Mierau says.

aceart is a free, contemporary gallery with objectives that go beyond exhibiting local and international artists to include providing “community resources” and “professional development opportunities” in “a safe space that fosters activism and empathy,” according to their website.

“This year, in the main gallery, we have

five local artists exhibiting,” Mierau says. “Emerging artists and artists from queer, Indigenous and underrepresented communities are core to our mandate, whether that’s through exhibits or talks.

“We also have benefits for artists who become members to take advantage of ace’s facilities, and we’re very interested in supporting artists from LGBTQ+ and BIPOC communities. That’s very near and dear to ace’s heart.”

In terms of what to expect from a visit to aceart, Mierau says “we’re run by artists, and we’re also free to the public, so anyone can feel free to wander around and spend as much time as they want with the artwork. We have exhibitions in our main gallery, as well as our Flux gallery, and we have a newly refurbished library with art periodicals and books, not to mention performance nights and other community events.”

aceart welcomes first-timers to feel at home.

“I want to encourage people who maybe haven’t been to a gallery before or only been to the WAG to come and check us out,” Mierau says. “There is a lot going on in the visual arts in the city hiding just below the surface.”

-Mandalyn Grace



PHOTO BY CALLIE LUGOSI

## FAVOURITE LOCAL VISUAL ARTIST

### 1. J.D. RENAUD

2. TIE: Dany Reede / Annie Beach
3. Hannah Doucet

J.D. Renaud got his start as a mixed-media collage artist in an unlikely way.

“Truthfully, (I started making collage because of) a terrible job,” he says.

“About five years ago, I just needed another creative outlet. I was moving around a lot of things in my home, and I had a big roll of old posters that I’d had since high school ... So I decided, well I’ve heard about decoupage and collage ... so I’ll just see what I can do. I just started cutting them up and trying different things.”

He says that making collages was unexpectedly peaceful.

“Where some people might find it tedious to be with a ruler and an X-Acto knife for hours and hours on end creating strips and realigning things and holding things down and being very precise, I find it incredibly relaxing,” he says.

“Just the activity, at first, was just really

good for me.”

Renaud has now progressed far beyond those initial experiments. He does collage full-time, slicing and dicing anything made of paper into his art works.

He has also been working as a curator and educator. At the beginning of 2018, he curated a cartoon animation themed show at The Handsome Daughter. He has also been hosting an event at the bar that he calls Collage Dropout.

It’s “basically like a paint night but for collage,” he says.

“Everyone comes in, I provide everyone with all the materials they need, canvases, brushes, glue, posters, anything they could ever want and ... we hang out for three or four hours. I don’t give any instructions (for) what they have to make.”

What began as a response to a bad job has now become Renaud’s job.

“I wake up, have breakfast, and I’m at my table for eight hours a day,” he says.

“Whether or not I sell what I make at the end of that day or not, I don’t know, I just hope I will. But it’s my job, and I’m so thankful for that.”

J.D. Renaud’s work can be found online at [theplaceholdershow.com](http://theplaceholdershow.com).

-Davis Plett // [@unknowingcloud](#)



PHOTO BY CALLIE LUGOSI

## FAVOURITE LOCAL PHOTOGRAPHER

### 1. JEN DOERKSEN

2. Joey Senft
3. TIE: Callie Lugosi / Leif Norman

For Jen Doerksen, photography both demands and offers a mind-body alignment.

“The feeling of focus and full engagement I have when working behind a camera, either with photo or video, is what keeps me coming back. It’s a state of focus, of clear mind and full attention for me, and I think my brain and whole self really benefits from being in that state or place.”

With their partner Julio César Assis (Buio), they co-founded BNB Studios, which provides full-service digital content creation for musicians and artists. Together, they have partnered with Synonym Art Consultation, produced live videos for artists like Begonia and launched a YouTube channel featuring live bench sessions.

Voted as this year’s Favourite Local Photographer, Jen says working from this occasionally wonderful but deeply complicated place influences their work.

“The Winnipeg music, journalism and photography communities have played a big role in

my practice’s growth. People are supportive and willing to help me out when I have questions, and over time we get a sense of camaraderie after seeing each other out and about so much.”

With a background in community development, Jen has carried the critical reflection and ethical considerations nurtured there into their current professional practices, saying, “I try to avoid working with people who have demonstrated behaviour that my personal ethics don’t align with.”

“I just want to make sure I can feel good about the work we’re doing, and that can be hard when I don’t feel I share values with someone.”

Maybe operating from this place of clear focus allows Jen to locate it in their subjects, individually.

“When you see a person totally caught up in their own experience in a moment, when you see a musician fully captivated by the music, or a public speaker wholly involved in his rhetoric and sharing concepts, or when a hockey player is fully present in the moment winding up to a shot ... This is the good shit. I think people are most powerful in photos, because that’s what people respond to, and nothing beats capturing a moment of complete magic or focus or concentration.”

-Dunja Kovačević // [@kvirandnow](#)



PHOTO BY CALLIE LUGOSI

## FAVOURITE LOCAL DANCER

### 1. CAROL-ANN BOHRN

2. Jill Groening
3. Rachelle Bourget

Contemporary dancer Carol-Ann Bohrn grew up in Brandon, Man. – a place where hockey and farming dominate the local culture.

Among the inundation of traditional rural values, the seed of Bohrn’s love affair with dance was planted with the discovery of ballet via her parents encyclopedia set.

“And then I discovered tap, and I loved tap for a year. And then I loved jazz. When I was 12, I went back to ballet ... Ballet is so foundational, strengthening and disciplined.”

After travelling to New York to dance at 17, and then later leaving to study at Ryerson University, Bohrn’s perception of her hometown shifted.

“I moved to Toronto when I was 18, and it was highly overwhelming to be in a big city and learn all those living-by-one’s-self skills at once. Eventually, I felt more at home there and could appreciate Brandon for the clean, cute and safe town that it was from a distance.”

Bohrn says a mysterious back injury that she sustained when she was 19 has since informed the way she dances.

“It was really mysterious pain. There was nothing really that happened that I could pinpoint its origin to. I became chronically stiff,” Bohrn says.

“It forced me to work in a completely different way. It opened up a lot of creative portals.”

In learning how to cope with her injury, Bohrn turned to swimming, tai chi and anything she could get her hands on that she thought could help her with movement.

When she discovered somatic practice, meditative techniques based on the internal sensation of the individual, something clicked for Bohrn.

“Somatic practices are really what changed my life. Meditation is the most traditional somatic practice. There’s a lot of other somatic practices (that) are lot more approachable, like continuum, mitzvah ... I just did a weekend of feldenkrais!”

“Without having a good connection with your body, it’s hard to be as articulate in your expression.”

Bohrn’s expression through movement will be visible in January, when she presents a piece she choreographed through the MAWA mentorship program. She’s also in the process of developing new work through Gear Shifting.

-Callie Lugosi // [@callielugosi](#)



PHOTO BY DANIEL CRUMP

## FAVOURITE LOCAL COMEDIAN

### 1. TYLER PENNER

2. Elissa Black Wolf Kixen
3. Angie St. Mars

When standup comic Tyler Penner was last voted Favourite Local Comedian in 2015, he’d just finished a big year, having also won Rumor’s “Funniest Person with a Day Job” and finished as a finalist in Sirius XM’s “Canada’s Top Comic” contest. Over the last three years, he hasn’t slowed down a bit.

“I’ve become a regular host at Rumor’s, which is great,” Penner says. “I get to do a 20-minute set there every week, opening for different comics.”

“This summer, I headlined at Rumor’s for the first time and recorded an album at The Handsome Daughter, which is yet to be released.”

Penner says that he’d set a goal of recording an album in 2018 early in the year, but not much came of it until he was approached by Handsome Daughter general manager Mischa Decter who, coincidentally, had the same idea.

“I hadn’t necessarily planned it out,” Penner says. “But I can guarantee you, I wouldn’t have done the album if Mischa hadn’t come up to me and suggested it.”

Penner describes the night of the album recording as “probably the best night of my comedy life.”

“My family was there, and they hadn’t seen me do comedy yet. My friends were there. We did two shows back-to-back. It was just a good night.”

Penner says that, for him, the album recording was a necessary creative step.

When performing at “Rumor’s or The Handsome Daughter, if it’s a new crowd, you want to make sure you leave them with the impression that, ‘Hey, I’m funny.’ For me, it’s always been a little scary to try out new stuff. But recording the album meant, ‘These jokes are on tape, you have to write new material.’”

Penner is grateful for the supportive comedy crowds in Winnipeg who encouraged that discipline.

“It’s good to see so many people checking out comedy shows. There’s so much good talent here in Winnipeg, good comedians grinding it out every week.”

-Thomas Pashko // [@thomaspashko](#)



**“YOU CAN BORROW OUR CARS ANYTIME!”**  
**- YOUR COOL AUNT PEG**

Mention this ad when signing up for a Peg City Car Co-op Membership and receive \$100 in Driving Credit.  
 Visit [pegcitycarcoop.ca](http://pegcitycarcoop.ca) for more details.

Université d'Ottawa | University of Ottawa

**Thinking of doing a master's, a doctorate or a graduate diploma?**

As you advance in your decision-making about graduate studies, consider the following:

- Apply for a travel grant and visit our campus and your future professors!
- Register for a guided campus tour
- Write to us at [grad.comm@uOttawa.ca](mailto:grad.comm@uOttawa.ca)

Let us help you make a decision about graduate studies!  
[uOttawa.ca/graduate-studies/programs-admission/plan-visit](http://uOttawa.ca/graduate-studies/programs-admission/plan-visit)

**WESMEN CLASSIC**

**DEC. 28-30**  
**8 TEAMS**  
**12 GAMES**

**#REPTHEW**  
**WESMEN.CA**  
**@WESMENATHLETICS**

PRESENT THIS AD FOR A DISCOUNTED TOURNAMENT PASS

## FAVOURITE LOCAL SOCIAL MEDIA PRESENCE

### 1. NARDCITY WINNIPEG

2. @notmystellas
3. Synonym Art Consultation

What is the creative process behind the tweets that earned favourite local social media presence? According to the anonymous writer behind Nardcity Winnipeg, “basically trolling local news” and “regurgitating that in a kind of funny way.”

The writer says the account was created because “I just want to make fun of Nardcity and that kind of new media, clickbait-style journalism and also make fun of Winnipeg at the same time, but I quickly ran out of ways to do that.”

They say they ran out of that kind of content within the first few months and turned to satirizing local politics.

“The election provided a kind of constant source of things to talk about,” they say. “Not only were our frontrunners

depressing and uninspiring, but also all the side characters were constantly up to ridiculous hijinks, so there was a lot to talk about, and everybody constantly wanted to talk about Portage and Main.”

They consider their content “probably more critical (of Winnipeg) than loving.”

“I do like this city. There’s a lot that I like about it, but the things that I like about the city aren’t that interesting to talk about,” they say. “What I write about is almost exclusively about my frustrations with the city, which are numerous.”

When asked if they have any plans for the future of the account, Nardcity Winnipeg’s anonymous writer says “absolutely not.”

“I’d love to sell out, if anybody wants to pay me to be a brand ambassador for them or something like that. I have absolutely no ideals or sense of integrity. I would just like to make some money doing it.”

-Alexandra Neufeldt // [@alexjneufeldt](#)



SUPPLIED PHOTO

## FAVOURITE LOCAL FILMMAKER

### 1. RYAN STEEL

2. TIE: Solmund MacPherson / Jared Adams
3. Roger Boyer

Ryan Steel has had a really busy year.

“I’m doing ... a trilogy of documentaries about the ghosts of Winnipeg,” the University of Winnipeg student says.

“Earlier this year, I made a documentary about Winnipeg Transit, about the ghosts that live on the bus. This summer, there was a 48-hour film contest through the Winnipeg Film Group, and I made a documentary about the Nygård billboards that were up.

“Now I’m just finishing a documentary about Portage Place mall. They’re all personal, POV. They’re not like traditional documentaries. There’s no talking heads. I do a lot of stuff on film.”

Steel’s film *The Birdwatcher* won best film at the University of Winnipeg Film Festival. The filmmaker helped start a pop-up movie theatre at Forth called The Laundry Room that presented experimental films by Winni-

peg artists. Steel also made music videos for local bands Living Hour and Urban Vacation. He started writing a new narrative film.

“I’ve been busy for the last couple years, but it’s all caught up now,” he says.

“Things are starting to be released and happen.”

Steel began his journey with cinema, particularly Winnipeg experimental film, at a young age.

“I started coming to the Winnipeg Film Group when I was about 12 years old,” he says.

“I’m really influenced by the history of independent and art cinema from Manitoba. My biggest influences would be local filmmakers like Matt(hew) Rankin, Mike Maryniuk, Leslie Supnet, Rhayne Vermette, Guy Maddin I guess, John Paizs.”

As he finishes his film degree, Steel is excited to explore what’s next. As he’s about to complete his documentary trilogy, he says his curiosity is shifting toward narrative filmmaking with an arthouse twist.

“I like experimental or formalist films, but I’m interested in the narrative possibility within that,” Steel says.

“How do you put more narrative into experimental stuff?”

*Steel’s future answers to this query will be available on his Vimeo account, along with his previous work.*

-Davis Plett // [@unknowingcloud](#)



PHOTO BY CALLIE LUGOSI

## FAVOURITE U OF W PROF.

### 1. ANDREW BURKE

2. Jim Silver
3. Lisa Tucker

Andrew Burke is a professor in the English department. He’s worked at the University of Winnipeg (U of W) full-time since 2006, but he started teaching part-time in 2004.

Burke is from Nova Scotia and finished his Bachelor of Arts at Dalhousie University in Halifax, his Master of Arts at Concordia University in Montreal and his PhD at York University in Toronto.

“I’ve slowly been moving westward,” he says.

Though teaching at the U of W was his first post-PhD teaching experience, Burke worked at York University as a teaching assistant and as an instructor for film courses for his PhD coursework at York and at Wilfrid Laurier University.

Burke teaches a variety of subjects.

“On one hand, I teach cultural studies and critical theory, but then I would say my teaching has drifted predominantly into teaching film studies,” he says. “I teach the second-year course that’s called Screen Studies, which is

an introduction that covers film, TV and digital media of sorts.”

According to Burke, the Screen Studies curriculum was developed by the English department to bundle together a selection of courses that dealt with either visual culture or audio-visual culture in various ways.

“I wanted to have a course where, on one hand, we could talk about the days of early cinema and silent film but then also see the continuities between that and the way people watch (screen media) today,” Burke says. “For example, we’re thinking about the silent, looping GIF as kind of weirdly imbedded in the silent era in certain ways.”

Burke says his teaching style attempts to give students the opportunity to openly explore obscure connections and concepts for course material and assignments, and generating analysis in the same way.

“For students to have that kind of free reign, it produces some interesting stuff,” he says.

“I don’t underestimate my students,” Burke says. “Because of outlets like the *Uniter* and CKUW, students don’t just recognize themselves as just being subject to media, but rather (as) having the potential to generate media and content themselves.”

-Ryan Haughey // [@ryanshares](#)



SUPPLIED PHOTO

# THE UNITER

Since 2009, *The Uniter* has compiled a list of the five local musical acts that you believe to be the most intriguing to watch in the forthcoming year. This list has included Royal Canoe, The Lytics, Taylor Janzen, The 1221, Kakagi, The Middle Coast and more.

Beyond providing coverage in *The Uniter*, we take it a step further, providing the top five new local acts a chance to play an industry showcase, make new contacts and access recording opportunities. The Uniter Fiver is open to both bands and solo artists.

It can be hard to get your sounds out there, and to choose from all of Winnipeg's talented musicians, so we ask for your help: instead of us deciding who the best of the bunch are, we let you do the voting.

This year the showcase will happen on Feb. 10, 2019 at The Good Will Social Club.

Do you think you are one of the five local acts to watch in 2019?

Send your application to [info@uniter.ca](mailto:info@uniter.ca) before Dec. 18 at noon, with "Uniter Fiver" as the subject line. You will need to send us:

- Your band's bio
- Names of all band members (first and last)
- A photo of your band
- The date of your first show/performance as a band
- An MP3 of the song you'd like to showcase
- A link to this same song on SoundCloud

Acts that meet the criteria will be added to [uniter.ca/uniterfiver](http://uniter.ca/uniterfiver) in early January. An industry panel will select the top five, and then you get to decide which of these five is your favourite.

Voting will take place online starting Jan. 10 and will end on Jan. 24 at noon.

## THE TAKE HOME

Chosen by an industry panel, the winner (selected from the five highest-voted MP3s at [uniter.ca](http://uniter.ca)) will get the chance to record at a local studio, as well as a selection of other music-related perks as part of their prize package (full range of goodies TBA!).

The top five acts (voted by you at [uniter.ca](http://uniter.ca)) will

also receive a prize package and will play an industry showcase - headlined by the winner - at The Good Will Social Club on Feb. 10. The top five acts will be profiled in the Feb. 7 issue of *The Uniter*, and the winner will be featured on the cover.

## CRITERIA

Acts must be new (within the last two years). You can't have performed under the current name as a solo artist or band before Jan. 1, 2016.

Solo artists/bands must not feature employees of *The Uniter* or members who have been in bands with current employees of *The Uniter* (to avoid a conflict of interest).

Artists must be available to play the Feb. 10, 2019 showcase.

Artists must not have been featured in previous Five Bands to Watch/Uniter Fiver features.

Artists must be Manitoba residents.

*The Uniter* reserves the right to use any materials from Uniter Fiver submissions (MP3s, photos, etc.) to help promote the Uniter Fiver.

**UNITER.CA/UNITERFIVER**

*Wishing You a Safe and Happy Holiday Season!*



**MANITOBA  
LIBERAL  
CAUCUS**

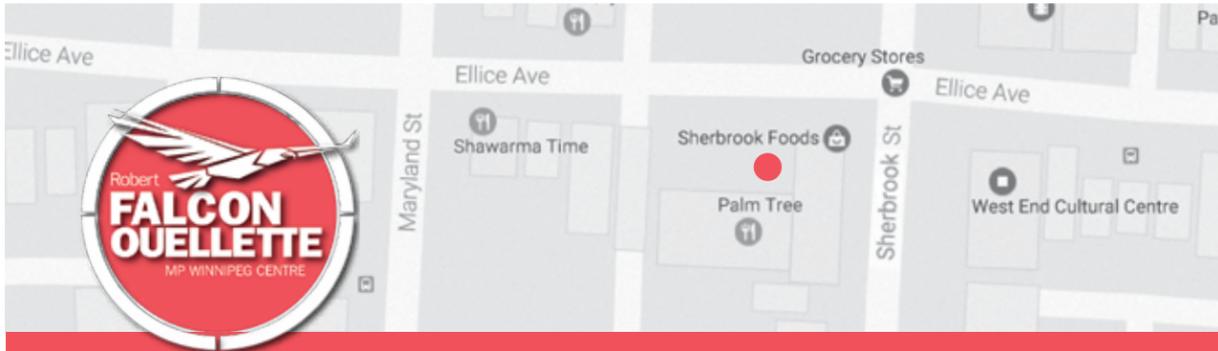
[MBLIBERALCAUCUS.CA](http://MBLIBERALCAUCUS.CA)

**Jon Gerrard**  
MLA River Heights

**Judy Klassen**  
MLA Kewatinook

**Cindy Lamoureux**  
MLA Burrows

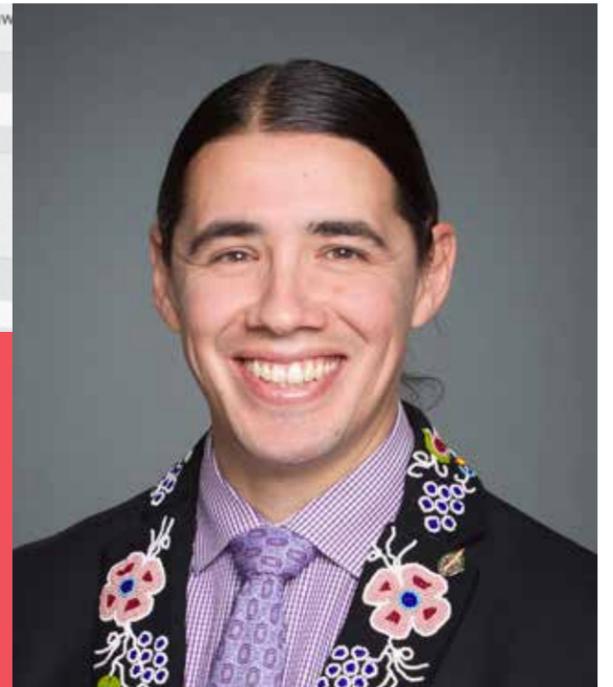
**Dougald Lamont**  
MLA St. Boniface



**Robert-Falcon Ouellette**

*Otapapistamâkew / Member of Parliament / Député  
Winnipeg Centre - Heart of Canada*

CONSTITUENCY OFFICE 594 Ellice Avenue | PHONE 204-984-1675  
EMAIL [robert.falcon@parl.gc.ca](mailto:robert.falcon@parl.gc.ca) | FACEBOOK [RFalconOuellette](https://www.facebook.com/RFalconOuellette) | TWITTER [@DrRobbieO](https://twitter.com/DrRobbieO)



MERRY  
**Christmas**

SEE US FOR ALL OF YOUR

- Annual Reports
- Banners
- Brochures
- Business Cards
- Calendars
- Envelopes
- Letterheads
- Newsletters
- Score Cards
- Newspapers



377 Main Street  
Steinbach, Manitoba  
Phone: 1-204-326-3421  
Toll Free Manitoba  
1-800-442-0463  
General Inquires – [info@derksenprinters.com](mailto:info@derksenprinters.com)  
Quotations – [quotes@derksenprinters.com](mailto:quotes@derksenprinters.com)  
[www.derksenprinters.com](http://www.derksenprinters.com)

*all together*  
**downtown**  
*for the*  
**holidays**

Breakfast with Santa at  
**HUDSON'S BAY**

Provided by Best Western Plus Downtown Winnipeg:

**December 1** - Screening of *Home Alone 2*  
**December 8** - Screening of *Elf*

Breakfast: 9 - 10 a.m. (\$10 + tax)  
Activities: 10 - 10:30 a.m. (Free)  
Movie: 10:30 a.m. (Free)

Tickets for breakfast are available at Best Western Plus Downtown  
Winnipeg and Hudson's Bay Downtown

For updates and more information, visit [downtownwinnipegbiz.com](http://downtownwinnipegbiz.com)  
or follow us @[downtownwpgbiz](https://twitter.com/downtownwpgbiz)

**downtown** WINNIPEG BIZ

**HUDSON'S BAY**



PHOTO BY DANIEL CRUMP

## FAVOURITE LOCAL GRASSROOTS GROUP

1. BEAR CLAN PATROL
2. TIE: QPOC Winnipeg / Black Space Winnipeg
3. Meet Me at the Bell Tower

The Bear Clan Patrol is back for a second-year win in the Uniter 30 as Winnipeg's Favourite Local Grassroots Community Group.

Bear Clan Patrol started on the basis of providing protections for the Indigenous population but soon branched out as a peacekeeping organization for all of the inner city.

As of 2018, 375 volunteers have become a part of the patrol, with the shared mission of providing security to those in their community using non-threatening, non-violent and non-judgmental methods.

"The whole idea behind the program was to see a community healing itself from the inside out instead of imposing healing on a community, because that doesn't really ever work," executive director

James Favel says.

In just a year, support for the group has grown astronomically. A grant of \$200,000 from the provincial government was gifted to them in November in recognition of all they've done for the inner city and beyond.

"This year, so far, we've brought in 51 tons of baked goods and produce directly to our community members, \$90,000 in temporary work placements, around 34,000 hours of service and two new community placements within Winnipeg," Favel says with pride. "We're growing rapidly, and we're really happy to see that."

As the patrols continue to walk the inner-city sidewalks each evening, Winnipeggers can be reassured that the folks in fluorescent wear have their back.

"It's very heartwarming to see the way the community has come together," Favel says.

-Cierra Bettens



SUPPLIED PHOTO

## FAVOURITE LOCAL ACTIVIST

1. ANNIE BEACH
2. Sadie-Phoenix Lavoie
3. Uzoma Asagwara

Annie Beach is a Cree and Saulteaux woman from Peguis First Nation who grew up in Winnipeg and is a fine arts student at the University of Manitoba (U of M).

Beach has been involved in the Fine Arts Students Association and the Indigenous Students Association at the U of M, West End BIZ's Mural Mentorship Program and Synonym Art Consultation, and she is the Canadian Federation of Students' Circle of First Nations, Metis and Inuit Rep for Manitoba.

She has worked with Kenneth Lavallee on the Star Blanket Project and also creates a lot of personal art.

Among her latest noteworthy projects, she and Mahri White created a response to a recent white supremacist poster campaign at U of M. Beach and White wanted to create "a counteractive message."

"It was this message from an Instagram account called Reclaim Your Power, and it said 'My love for

my people is stronger than anyone's hate,'" Beach says. "Anybody could identify with that."

It was important to Beach and her creative partner that this project be primarily for the students.

"We didn't want to make it a big political act, like 'okay, at 12 a.m., we're going to dress up in black' like these people who did anonymously and put up these (White Supremacist) posters," she says. "No, I'm just going to give these to the students. They're a gift for them."

Beach traces the beginning of her activism philosophy to a mentorship program called Nakota Girls that she participated in during high school. She says the program helped her learn about Indigeneity and gave her the opportunity to learn while also mentoring younger kids.

"I think there's a lot of value to working in a community-type space, where people are learning from each other and for each other," she says.

Beach's latest project is a performance/"protest public art piece" taking place on the U of M quad this week.

"It's going to be a commentary on land acknowledgements," Beach says.

She says land acknowledgements do not happen consistently at U of M, and this piece is "an opportunity to reclaim land on the university campus for Indigenous students and Indigenous purposes."

-Alexandra Neufeldt // [@alexjneufeldt](#)



PHOTO BY DANIEL CRUMP

## FAVOURITE LOCAL POLITICAL MOMENT

1. VOTE TO OPEN PORTAGE AND MAIN
2. Election debate
3. More moments from civic election: Jenny Motkaluk losing, Ed Ackerman calling to dam the Panama Canal

Preparing for the plebiscite on whether or not to open the intersection of Portage Avenue and Main Street to pedestrians dominated local news and social media this fall.

What may have seemed at first to be a pretty niche issue quickly led to larger conversations about ableism, transportation, the environment, safety, the economic condition of the downtown and the divide between urban and suburban Winnipeg.

While the conversation about the intersection began years ago, the VoteOpen campaign first entered social media circles and engaged with Winnipeggers in July of this year. Their efforts culminated in OpenFest, a street festival at the intersection

in question which included local musicians, artists and poets on Oct. 22.

Whether or not to open Portage and Main to pedestrians was also a popular talking point among mayoral candidates, and one of the few issues on which everyone seemed to have a strong position.

As public conversations about the state of the intersection gained traction in the media, issues with the underground concourse began to get more public attention, as news outlets profiled people with mobility restrictions and vulnerable populations about concourse accessibility and safety.

Proponents of opening also cited an increase in foot traffic to businesses in the area and the creation of a more walkable city as positives, while opponents claimed pedestrians would be unsafe, and traffic would slow too significantly.

When the votes were tallied and broken down by ward, it was revealed that the wards closest to and most likely to be impacted by the change voted in favour of opening the intersection, while wards further away voted against.

The plebiscite also led to the creation of a particularly easy-to-apply meme in the form of a CBC infographic.

-Alexandra Neufeldt // [@alexjneufeldt](#)

# THE ANTARES LUXURY SUITES

190 SMITH STREET



**OPEN  
HOUSE**

MON: 830-430  
TUE-THURS: 830-7  
SAT: 9-5  
SUN: 12-4

**STUDIOS &  
1 BEDROOMS**

ALL Utilities Included  
On-site Laundry  
Dog & Cat Friendly  
Air Conditioning (HVAC)  
Rooftop Patio  
24 hour Internet Cafe with Free WiFi

**IMMEDIATE  
POSSESSION  
AVAILABLE!**



**SUNREX**  
people places.

**204.944.8445**  
AntaresLeasing@sunrex.ca



[SUNREX.CA/190-SMITH-STREET](http://SUNREX.CA/190-SMITH-STREET)



PHOTO BY DANIEL GRUMP

## FAVOURITE LOCAL POLITICIAN

### 1. ED ACKERMAN

#### 2. Wab Kinew

Honorable mentions: Brian Bowman, Nahanni Fontaine, Robert Falcon-Ouellette, Kate Sjöberg

#### Favourite Local Achiever Over 60

1. Ed Ackerman
2. Sel Burrows
3. Fred Penner

Ed Ackerman doesn't pull any punches. When asked how he felt about winning these awards, he says, "Year in review stuff is boring, because it's who makes (up) the categories. Who cares?"

Ackerman is an active member of local politics. He's run for mayor twice and says "anyone can run ... I had zero budget and zero expenses."

Ackerman says he thinks he was chosen for these awards because of "FREE speech. The (fact that) anyone can do it."

He says another reason he ran for mayor was "vengeance ... The City of Winnipeg destroyed my home three times unlawfully."

The *Winnipeg Free Press* stated that according to the City, the homes were demolished because Ackerman was warned to fix up his properties and failed to comply. Ackerman maintains their actions were illegal.

What he thinks makes a good politician is "truth. And then being held to it ... (The election) was about a window of free speech, and the window is now closed."

"I sensed that election was going to be false. Politics, however, is what happens now, between the show of elections."

When Ackerman spoke to Sisler High School students on a panel, he says he "suggested civil disobedience because there was a cop on one side of me and an engineer/priest on the other."

His advice to *Uniter* readers is "don't get conservative like the 20-year-olds (I have met) ... Remember the ideas you had when you were young."

When asked to explain what he means, he says "It's a problem in society, people beaten down by the time they reach 20." He says he's been around many 20-year-olds who say "It's impossible ... That's how it is. I can't do anything about it."

"That's coming from somebody that's three 20-year-olds in one," he says referring to his own age.

Outside of politics, the father of three is a filmmaker and says he is working on a piece right now that is a sequel to a documentary about him called *Special Ed*.

Finally, he has a question for the *Uniter*. He wants to know how the advertising in the *Uniter* affects the content. When he hears that there is no correlation between the advertising and editorial, he approves.

"You can get the truth in *The Uniter*. It's possible."

-Charmagne de Veer // @chardeveer

## FAVOURITE LOCAL PLACE THAT NO LONGER EXISTS

### 1. LO PUB

#### 2. Village Cafe

#### 3. The Royal Albert Arms

As a city that spent 15 years cheering for a hockey team that didn't exist, Winnipeg is pretty emotionally invested in its ghosts. It's also a city with perhaps more ghosts than most.

Businesses, institutions and other establishments rise and fall in most cities, but it's uniquely Winnipeg that the places that disappear are typically the most beloved and successful.

Lo Pub was at its peak in August 2012, when the hostel with which it shared its building (and liquor licence) folded, cutting the venue's life short.

The Royal Albert Arms had been a punk rock institution for decades when it was bought by internet pharmacy millionaire Daren Jorgenson, who aimed to turn it into a "boutique hotel" that nobody wanted. He partnered up with late chainsaw-wielding, federal prosecutor-threatening drug dealer and crooked

developer Ray Rybachuk, running the historic venue into the ground almost overnight.

The Neighbourhood Café and Bookstore is, well, too complicated to get into here, but it's another cherished institution that's disappeared.

Whenever Winnipeg staples go the way of the figurative dinosaur, there's always rumours that they'll be metaphorically cloned back into existence through mosquitoes fossilized in allegorical tree sap (or however that whole scheme worked in *Jurassic Park*). And sometimes those plans go about as well as a dinosaur theme park.

The new owner of the Albert, for instance, says he "isn't ruling out" reopening the venue. But anyone old enough to have actually been to an Albert show knows there have been as many rumoured "reinventions" of the Albert as there have been *Jurassic Park* sequels that fail to deliver on the promise of the original.

But sometimes, attempts at resurrecting Winnipeg's ghosts actually work. The former Lo Pub space reopened as The Knndy in 2015. While they spent years doing a whole lot of nothing, a new run of music and comedy shows aim to bring it back into local consciousness. And, hey, remember that hockey team that didn't exist? They exist again.

-Thomas Pashko // @thomaspashko



ILLUSTRATION BY TALIA STEELE



SUPPLIED PHOTO

## FAVOURITE LOCAL GATHERING PLACE

### 1. THE FORKS

#### 2. Old Market Square

#### 3. Portage and Main

There's some new growth at The Forks, in a portion of the grounds that – before now – has been less accessible and in poorer shape.

A new sculpture titled *Niimaamaa* was unveiled after a naming ceremony for the area now known as Niizhoziibeau (formerly called South Point) was held this past August.

*Niimaamaa*, funded in part by the Winnipeg Foundation, is a collaboration between artists Val Vint, KC Adams and Jaimie Isaac and is one step toward a revisioning of Niizhoziibeau.

"Plans continuing forward are to create an Indigenous celebration space and an outdoor Indigenous art gallery in that area," Larissa Peck, marketing and communications co-ordinator at The Forks, says.

Within The Forks Market, this year has also seen new additions to the space,

including McNally Robinson booksellers, Coal and Canary, dconstruct jewellery and Red Ember Common.

The Forks has also added a quieter space with "soft seating" around Fergie's Fish 'n Chips, Peck says. "We see lots of people gathering there, and it's sort of more of a relaxed pace in that part of the market."

The outdoor skating rink is now open, and The Forks will run free outdoor winter programming on Sundays from early December through to the end of February.

"We have Soul on Ice, which is a DJ dance party on the canopy rink, some Indigenous storytelling and bannock-making in the tipis on site, horse-drawn wagon rides and snow sculpting," Peck says.

Once more snow lands and the river freezes, skating trails on land and the river will also open. Plans are in the works for a new attraction near the port, which is a partnership between The Forks and Festival du Voyageur.

Pavilion Sub-Zero will feature performances by Terje Isungset, a musician from Norway who will "be doing a performance using instruments made out of ice from the Red River," Peck says. The pavilion will feature an ice bar but, outside of regular programming, will also serve as a spot for skaters to lace up.

-Anastasia Chipelsi // @anachips



PHOTO BY SARAH JO KIRSCH

## FAVOURITE LOCAL CHEF

### 1. ANA DAMASKIN (CAPITAL BROADWAY)

2. Mandel Hitzer (deer + almond)
3. Honourable mentions: Ben Kramer, Chris Gama, Grant Danyluk

While growing up in Halifax, Russian-born Ana Damaskin would return to her grandmother's kitchen near the Finnish border during her summer vacations.

"My grandmother was terrifying. She was a French-trained pastry chef. I remember the first time she had me whip meringue. I think I was 12. I had to do it by hand, and I thought it was done. She was like, 'No you're not. I'll prove to you that you're not done.'"

That shower of goopy egg-white inspired Damaskin's perseverance. Pavlova, she says, became her signature dessert.

"That's some crazy Russian grandma shit."

With many years of fine dining experience in Nova Scotia, New Brunswick and Manitoba, Damaskin is currently the

Chef de partie at Capital Grill & Bar's new Broadway location. As far as her personal culinary ideology goes, she opts for simplicity.

"I just like making food that I like. Fresh, local, nothing complicated."

Damaskin has a particular fondness for good balsamic vinegar, ripe persimmons and scallops "when they're fresh from the shell with the roe and they're still pulsating."

On a day off, she'll get a slow-proofing dough started or roll a batch of fresh gnocchi.

"Making it from scratch is so relaxing."

Surprisingly, it was by virtue of her adventures as a comedian that Damaskin began brewing her own kombucha.

"I was staying at someone's house this summer when I was (in Saskatoon) on tour ... and they gave me part of their SCOBY. I drove back to Winnipeg with it."

Fascinated by fermentation, she says she'd like to travel to Iceland to eat hákarl, a notoriously pungent national dish of ammonia-rich, ground-fermented shark.

"Fermentation's been around for centuries. Every culture has a different way of doing it. It's interesting stuff."

-Sarah Jo Kirsch // [@cacophonewpg](#)



PHOTO BY KEELEY BRAUNSTEIN-BLACK

## FAVOURITE LOCAL BAKER

### 1. CORA WIENS (EADHA BREAD)

2. Amanda Kinden (Oh Doughnuts)
3. Suzanne Gessler (The Penny-loaf Bakery)

Growing up in a Manitoba farming family, Cora Wiens came by her love of food honestly.

"I remember one winter we had a freezer full of berries that we had picked. I think I went to home ec class and learned how to make pie crust. Then I just made pies all winter."

Now, at 28, Wiens has developed a uniquely tangy, crisp and chewy fermented crust at Eadha, her "hand-powered Sourdough Micro Bakery."

Wiens began Eadha two-and-a-half years ago in the ovens of a church commissary, serving up a two-loaf menu at local farmers' markets. After a brief stint baking off-hours at a pizza joint, she now leads Winnipeg's sourdough revolution from a storefront in the West End.

Uniquely, there is no trace of commer-

cial yeast in the bakery. Everything is fermented – from the ever-expanding list of breads to the coffee cake.

"I think the next (starter) will be a gluten-free one. I'm going to use local millet flour and ferment that."

Having been a culinary nomad herself, Wiens regularly opens her kitchen to those who need it.

"Operating a food business without having a location is terrible. Now, we have this space and ... I'm like, 'Let's share it.'"

The kitchen hosted Helpful Beans for a taco takeover earlier this month. Though they usually focus on chocolate, the company also grows heirloom varieties of corn in Manitoba with which they make their authentically processed tortillas.

Wiens also finds ways to engage the bakery in valuable community initiatives. Eadha is donating the profits of its Dec. 1 pizza party to the development of a new QTBIPOC resource library in Winnipeg's core.

"I like the idea of inviting (my customers) to be involved in a community where they're infusing their money in ways they didn't know they could or weren't accessing. I want to create a food business where ... people can spend more money, and it's going to go not to the business' profit, but to people who need it."

-Sarah Jo Kirsch // [@cacophonewpg](#)



PHOTO BY KEELEY BRAUNSTEIN-BLACK

## FAVOURITE LOCAL PLACE TO EAT

### 1. CLEMENTINE (123 PRINCESS ST.)

2. Chaeban (390 Osborne St.)
3. Little Goat (2615 Portage Ave.)

Clementine has been recognized on a national scale for their restaurant and food.

"When your restaurant is put alongside all of these other incredible big-city restaurants, run by people that you've been hearing of and looking up to for years, it's a genuine moment of 'woah, we got put on a list with them?!' It's pretty cool," co-owner Raya Konrad says.

Konrad owns the restaurant with her sister Carolina and chef Chris Gama.

She adds being recognized on a local scale is just as exciting.

"Because at the end of the day, it's our friends, families, peers and community who we really want to enjoy Clementine. It wouldn't be nearly as much fun as it is without the amazing people who dine here regularly," she says.

Konrad says one of the restaurant's

goals in opening was to create a relaxed, fun and unique place for people to enjoy.

"We wanted anyone to be able to walk in to Clementine and feel comfortable and welcome, so we're pretty excited about snagging the top spot here, because it makes us feel like we've achieved that in some capacity," she says.

Konrad says the dishes are not necessarily something you could easily make at home, so it's a bit more exciting than your standard breakfast fare.

"We care a lot about the food we're putting out and guests' experiences. We make everything in-house and try to keep the menu interesting, using good quality product," she says.

"Our staff is incredible and maintain high standards when it comes to food and service, so we have our staff to really thank for creating a place where people want to keep coming back to," Konrad says.

-Danelle Granger // [@danellegranger](#)



PHOTO BY LUCKYGIRL CREATIVE

## FAVOURITE NEW LOCAL INDEPENDANT BUSINESS

### 1. TONY CHESTNUT (539 OSORNE ST.)

2. Little Sister (539 Osborne St.)
3. Grey Owl Coffee & Pub (272 Main St.)

Jill Sawatzky, owner of independent business Tony Chestnut, relocated to her new shop at 539 Osborne St. this fall. She says she's been working full time with Tony Chestnut for four years now, but it's been an ongoing business for 12 years in different levels of busyness.

"I've wanted to work for myself since I did a year-long internship with a woman designer in Vancouver. I realized that I could connect with my community through my creativity and also have it be my job. This all just seemed perfect for me," she says.

Sawatzky says the name Tony Chestnut came from a song she learned in kindergarten.

"I liked the quiriness of using a name that isn't my own, and I liked the idea

of using a man's name ... and I haven't regretted it once," she says.

Sawatzky says she's seen a huge influx of small businesses run by women, and she's excited by it.

"My new shop is in a building owned by a woman, and I'm surrounded by five other women who are kicking ass at their respective businesses," she says. "I love all of the new female-owned businesses in this city, (which are) putting focus on creating beautiful, warm and inclusive spaces.

"I'm a big proponent of living within the community that you've chosen to be a part of. I want to meet the people that live around me and integrate my skills in with their needs and interests," Sawatzky says. "I'm trying to teach my kids to 'bloom where they're planted,' as this mantra has always served me well."

-Danelle Granger // [@danellegranger](#)



SUPPLIED PHOTO

## FAVOURITE LOCAL DATE ACTIVITY

### 1. GO FOR A WALK

2. Eat food together
3. TIE: Drink booze / See a movie

This year's winner for favourite date activity took an unexpected turn. Perhaps readers are feeling a financial crunch from the ongoing trend toward precarious employment and the gig economy. Or perhaps, more than just getting cheap, we're all just getting old.

But when it comes to a wild idea for fun with a friend, with that new special someone or with a partner you've been going steady with (okay, maybe not *that* old), overwhelmingly, you chose to go for a walk.

And there's nothing wrong with that, if it's accessible to you and your date. Walking dates have their perks for sure.

Awkward pauses in conversation might be a little less awkward while ambling side by side (rather than sitting across from each other at a table, as the distance between what was said and what might possibly be said next grows longer).

While walking, eventually the scenery changes, and one could take a cue from a Weakerthans song and "talk about the weather or / how the weather used to be." If nothing else, the weather is especially relevant on an outdoor walk.

But suggestions for walking dates submitted by readers didn't all involve epic treks, and there were some walks with indoor options – strolling around The Forks, the Exchange District or even IKEA – for those less outdoorsy types.

Others suggested eating or bringing coffee on walks, or wandering a place like the Assiniboine Park Zoo or FortWhyte Alive, which blend entertainment, amenities and wandering.

One reader suggested walking and Netflix, which possibly means walking *then* Netflix, but if you'd like to find a way to combine the two simultaneously, all the power to you.

Perhaps the point of these walking dates is not so much what you're doing, or where, but who you're doing it with.

-Anastasia Chipelski // [@anachips](#)



SUPPLIED PHOTO

## FAVOURITE LOCAL WINTER ACTIVITY

### 1. SKATING

2. Staying inside
3. Festival du Voyageur

Considering we live in a city that sees average temperatures below freezing for at least five months of the year, and where we seem to be plagued with a mild case of make-the-best-of-it-ism, it's no surprise that cruising across a frozen surface on metal blades is a beloved activity.

For many Winnipeggers, winter is skating season.

Through the City of Winnipeg, public skating is available at 13 arenas across the city. While each arena has just one or two time slots each week when they're open to the public, citywide, there's an option to skate in an arena every day of the week.

Outdoor skating options vary according to the weather and one's own persistence.

For some determined Winnipeggers, winter offers the challenge not only to skate, but to build the rink to skate on. In January of 2017, Jeff and Leslie Scarcello

built a 10-metre by 20-metre rink in North Kildonan that could comfortably fit 20 kids on its surface, according to CBC News.

For those who'd like to simply show up, there are other options available. The Forks has a small canopy rink and adds an over-land ice trail system as well.

The Red River Mutual Trail's length ebbs and flows year by year, depending on how the rivers freeze, but through the 2017-18 winter, it was 10 km (the longest it's ever been) and open for 72 days, its longest season yet.

Frozen duck ponds in city parks such as Kildonan Park, Harbourview Recreation Complex and St. Vital Park add to the outdoor ice-play options. The City also operates what it calls "pleasure rinks," which are often adjacent to community centres. Over 40 rinks are listed through the winnipeg.ca public works website.

-Anastasia Chipelski // [@anachips](#)

# Wishing you a Happy Holiday season

Manitoba  
**PC Caucus**



**Brian PALLISTER**  
MLA for Fort Whyte  
info@brianpallister.com

**Heather STEFANSON**  
MLA for Tuxedo  
tuxconst@mymts.net

**Cliff CULLEN**  
MLA for Spruce Woods  
ccullenmla@mts.net

**Cathy COX**  
MLA for River East  
cathycox@mymts.net

**Rochelle SQUIRES**  
MLA for Riel  
rochelle@rochellesquires.ca

**Shannon MARTIN**  
MLA for Morris  
info@shannonmartin.ca



**Eileen CLARKE**  
MLA for Agassiz  
agassizmla@outlook.com

**Ralph EICHLER**  
MLA for Lakeside  
mlalakeside@mymts.net

**Blair YAKIMOSKI**  
MLA for Transcona  
blairmla@blairyakimoski.ca

**Bob LAGASSÉ**  
MLA for Dawson Trail  
ca.lagasse@outlook.com

**Jon REYES**  
MLA for St. Norbert  
jon@jonreyes.ca

**Scott FIELDING**  
MLA for Kirkfield Park  
scott@scottfielding.ca

**James TEITSMA**  
MLA for Radisson  
james@jamesteitsma.ca



**Greg NESBITT**  
MLA for Riding Mountain  
gregnesbittmla@mymts.ca

**Colleen MAYER**  
MLA for St. Vital  
colleen@colleenmayer.ca

**Alan LAGIMODIERE**  
MLA for Selkirk  
alanlagimodiere@mymts.net

**Cameron FRIESEN**  
MLA for Morden-Winkler  
info@cameronfriesen.ca

**Ian WISHART**  
MLA for Portage la Prairie  
ptgemia@mymts.net

**Dennis SMOOK**  
MLA for La Verendrye  
dennis@dennissmook.ca



**Wayne EWASKO**  
MLA for Lac du Bonnet  
wayne@wayneewasko.com

**Blaine PEDERSEN**  
MLA for Midland  
midlandmla@mymts.net

**Reg HELWER**  
MLA for Brandon West  
reghelwer@wgwave.ca

**Len ISLEIFSON**  
MLA for Brandon East  
brandoneastmla@shaw.ca

**Doyle PIWNIUK**  
MLA for Arthur Virden  
info@doylepiwniuk.ca

**Derek JOHNSON**  
MLA for Interlake  
interlakemla@gmail.com



**Scott JOHNSTON**  
MLA for St. James  
st.jamesmlajohnston@outlook.com

**Andrew SMITH**  
MLA for Southdale  
andrew@andrewsmithmla.ca

**Janice MORLEY-LECOMTE**  
MLA for Seine River  
janice.seinerivermla@mymts.net

**Nic CURRY**  
MLA for Kildonan  
nic@niccurry.com

**Kelly BINDLE**  
MLA for Thompson  
kellybindle.mla.office@gmail.com

**Brad MICHALESKI**  
MLA for Dauphin  
dauphinmla@outlook.com



**Ron R. SCHULER**  
MLA for St. Paul  
ron@ronschuler.com

**Kelvin GOERTZEN**  
MLA for Steinbach  
kelvin@kelvingoertzen.com

**Sarah GUILLEMARD**  
MLA for Fort Richmond  
contact@sarahguillemard.com

**Andrew MICKLEFIELD**  
MLA for Rossmere  
andrew@andrewmicklefield.com

**Jeff WHARTON**  
MLA for Gimli  
gimlca@mymts.net

**Rick WOWCHUK**  
MLA for Swan River  
rick.wowchuk@leg.gov.mb.ca



PHOTO BY WINNIPEG BLUE BOMBERS

## FAVOURITE LOCAL ATHLETE

### 1. ANDREW HARRIS (WINNIPEG BLUE BOMBERS)

2. Patrik Laine (Winnipeg Jets)
3. Desiree Scott (Utah Royals FC, Canadian national team)

In his three seasons with the Winnipeg Blue Bombers, Andrew Harris has made himself indispensable. Some say Harris IS the Blue Bombers.

He is one of the most statistically impressive running backs in the history of the CFL, and he was born and raised right here in Winnipeg.

As a child, Harris watched the Bombers at Canad Inns Stadium. He began his journey in football with the Eastman Raiders in elementary school when he and his mom moved to Steinbach.

Despite a tumultuous youth, he poured his energies into sports and was recruited to the Canadian Junior Football League while attending Oak Park High School at 17. Harris made the choice to set off to Vancouver Island to follow his dreams.

Fourteen years later, he holds the all-time CFL record for rushing yards. Though he's earned heaps of accolades and awards, the team player remains humble.

Earlier this month, a short documentary about Harris' life and career was released by Sway and TSN. Titled *I Shouldn't Be Here*, it can be viewed in full on the Bombers website.

Super-fan Nicole Czajka credits Harris' success to his relentless determination. "He's the type of athlete that doesn't give up. He goes out there, and he leaves it all on the field."

"Traditionally with athletes that play football, as they age, their skills and abilities tend to decrease. But he's getting better and better with age," Czajka remarks.

Early in his tenure with the BC Lions, he was named Most Valuable Canadian in the CFL when the team last won the Grey Cup in 2011. Coincidentally, he was playing against his hometown team.

It was in 2016 that Harris was offered the opportunity to join the Bombers roster. During 2018's CFL Week in March, he told bluebombers.com that his goal was to bring the Grey Cup to Winnipeg with his brothers in blue. This season, he brought them closer than they've been since he took it from them seven seasons ago.

-Sarah Jo Kirsch // [@cacophonewpg](#)

# DIVERSIONS



## SOLUTION TO LAST ISSUE'S PUZZLES

Courtesy of onlinewords.net

T	H	O	R		S	A	Y	S		O	P	R	A	H		
R	O	D	E		A	B	E	T		A	R	O	M	A		
A	L	O	T		N	A	S	A		T	E	M	P	T		
P	E	R	I	M	E	T	E	R		S	A	L	E			
					R	I	S	E	S		E	V	E	N	E	D
L	A	M	E	N	T	S		P	A	I	N					
E	R	I	E					R	E	S	E	T	T	L	E	
E	E	N		A	D	M	I	R	E	D		A	I	L		
R	A	I	N	D	R	O	P				A	X	E	L		
					A	D	A	M		S	E	A	S	I	D	E
R	E	S	I	S	T		S	T	R	U	T					
E	V	E	R				P	A	R	A	G	R	A	P	H	
C	A	N	O	E			A	L	E	S		I	S	L	E	
A	D	O	B	E			I	S	E	E		D	I	O	R	
P	E	R	I	L			R	A	T	S		E	A	T	S	

7	1	2	5	9	6	3	8	4
9	6	4	1	3	8	2	7	5
5	3	8	4	7	2	1	9	6
1	9	3	2	5	7	4	6	8
2	5	6	8	4	3	7	1	9
4	8	7	6	1	9	5	3	2
3	4	1	9	8	5	6	2	7
6	7	9	3	2	4	8	5	1
8	2	5	7	6	1	9	4	3

6	8	4	5	7	2	1	3	9
1	2	3	4	9	8	5	6	7
9	7	5	3	1	6	2	8	4
7	1	2	6	3	9	8	4	5
4	6	9	7	8	5	3	1	2
3	5	8	1	2	4	7	9	6
8	4	6	2	5	3	9	7	1
5	9	1	8	4	7	6	2	3
2	3	7	9	6	1	4	5	8

7	4	6	2	3	8	5	9	1
2	9	1	7	6	5	4	3	8
3	8	5	1	9	4	7	2	6
8	6	3	9	4	7	1	5	2
4	5	9	3	1	2	6	8	7
1	2	7	8	5	6	9	4	3
9	3	4	6	8	1	2	7	5
6	7	8	5	2	9	3	1	4
5	1	2	4	7	3	8	6	9

6	8	4	5	7	2	1	3	9
1	2	3	4	9	8	5	6	7
9	7	5	3	1	6	2	8	4
7	1	2	6	3	9	8	4	5
4	6	9	7	8	5	3	1	2
3	5	8	1	2	4	7	9	6
8	4	6	2	5	3	9	7	1
5	9	1	8	4	7	6	2	3
2	3	7	9	6	1	4	5	8

tsudoku.com

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18						19				
20						21				22				
23						24			25					
				26	27			28			29	30	31	32
33	34	35	36		37		38		39					
40					41			42			43			
44				45			46			47				
48						49		50		51				
				52			53			54	55	56	57	58
59	60	61	62			63				64				
65						66				67				
68						69				70				
71						72				73				

## ACROSS

1. Lion's hair
5. Fair (hyph.)
9. Jeopardy
14. Adored one
15. Engrave with acid
16. Got out of bed
17. Proposed as a candidate
19. Misplaces
20. Angry
21. Wallet bill
22. Snaky letters
23. Jewish feast
24. Intended
26. \_\_\_ wing and a prayer (2 wds.)
28. Go back over
33. Sow's chow
37. Vane letters
39. Spring, e.g.
40. Band instrument
41. Desirable quality
43. Moderate
44. Las Vegas groom, often
46. Buddy
47. Taps gently
48. Made happy

50. Danson or Koppel
  52. Crinkly cloth
  54. Church table
  59. San Antonio shrine
  63. Pitch
  64. Rich dessert
  65. \_\_\_ energy
  66. Liveliness
  68. Not together
  69. Suggestion
  70. Minister to
  71. Irritating ones
  72. Endure
  73. Lyric verses
- ## DOWN
1. Short skirts
  2. Dote on
  3. Wanderer
  4. Upper class
  5. Ocean
  6. Footstools
  7. Locale
  8. Distress cry (2 wds.)
  9. Artist's board
  10. Love god
  11. "Friends" character
  12. Understood! (2 wds.)

13. Minus
18. Fiddling emperor
25. Cuddle
27. More adjacent
29. Sloping walkway
30. India's locale
31. Foal
32. Make \_\_\_ meet
33. Dance move
34. Soothe
35. Musical instrument
36. Mama's husband
38. Psychic ability (abbr.)
42. Diners
45. Accompanies
49. Minor aspect
51. Computer input
53. Chinese mammal
55. Gambling game
56. Tested
57. Make amends
58. Tears apart
59. PDQ's kin
60. Easy gait
61. Cry of sorrow
62. Emporium
67. Wrestling pad

# UNITER 30 OUTTAKES

## HIGHLIGHTS FROM THOSE WHO DIDN'T WIN ANYTHING

One of the secret joys of tabulating the hundreds of votes for the Uniter 30 is finding dozens of random gems where readers accurately practise a key element of writing: to convey an idea, a feeling or an attitude as concisely as possible.

Some of these entries may be one-offs, but they ooze with attitude, and they deserve their moment in the sun. Others are surprisingly creative and inspiring, and well worth sharing. Some are just absurd. We like absurd.

So rather than keep these gems to ourselves, last year we started sharing them, and that's a tradition we'd like to keep up.

*(Editorial note: while some obviously jokey submissions are fun, we do encourage readers to nominate people/places/things that could actually get featured in each category.)*

We can't credit the writers for these, as submissions are all anonymous, but the category they were entered into is included for context.

- Anastasia Chipelski // [@anachips](#)

**"Stella's - or is that just wishful thinking?"**

(PLACE THAT NO LONGER EXISTS)

**"Smash the white supremacist colonial patriarchy"**

(DATE ACTIVITY)

**"Go to a restaurant for as long as you can stay there"**

(WINNIPEG WINTER ACTIVITY)

**"Watch the snake orgy at Narcisse"**

(DATE ACTIVITY)

**"The 2018 Civic Election"**

(BEST PERFORMANCE)

**"Watch and mock people on other dates"**

(DATE ACTIVITY)

**"The police department"**

(GALLERY OR ARTIST CENTRE)

**"Look wistfully at the barricades at Portage & Main"**

(WINNIPEG WINTER ACTIVITY)

**"America's Rapidly accelerating descent into fascism"**

(POLITICAL MOMENT)

**"When everyone realized Pallister meant it about closing emergency rooms, even if they voted for him."**

(POLITICAL MOMENT)

**"Secretly rooting against the Jets"**

(WINNIPEG WINTER ACTIVITY)

**"They're all so bad"**

(POLITICIAN)

**"Watching cars skid onto the median"**

(WINNIPEG WINTER ACTIVITY)

**"Whoever is on shift at Sals"**

(BAKER)

**"Anyone who believes in love"**

(GRASSROOTS GROUP)

**"Old people at concerts who take photos with their flash on"**

(PHOTOGRAPHER)

**"Please not another white guy"**

(PODCAST)

**"Do the free public bathrooms count?!?"**

(PUBLIC ART PIECE)

**"Todd from fifth period algebra"**

(ACHIEVER UNDER 30)

**"SkiptheDishes Couriers in Winter"**

(ATHLETE)



THE UNIVERSITY OF  
WINNIPEG

Student Services

### AWARDS & FINANCIAL AID

#### Work-Study Program - Last week to apply!

The final deadline to submit an application for the Fall/Winter 2018-19 Work-Study Program is: **Fri., Dec. 7.**

Work 5-10 hours a week and gain valuable experience in a Work-Study position!

For details and an application go to:

[uwinnipeg.ca/awards](http://uwinnipeg.ca/awards) and click on "Work-Study Program"

### CAREER SERVICES

We have moved. Our offices are now located on the first floor of the Rice Centre. To book an appointment, please call 204.786.9257 or visit the Student Services front desk at 489 Portage Avenue.

#### Career Fair

Thurs., Jan.17  
10:00 a.m. - 3:00 p.m.  
Duckworth Gymnasium

Mark your calendar for the annual Career Fair in January!

This is a great opportunity to connect with recruiters from a wide variety of companies, organizations and university programs.

Attend this event to find out about potential careers, part-time jobs, volunteer and internship positions, as well as programs at colleges and other universities.

### ENGLISH LANGUAGE PROGRAM

#### Wanted: Volunteer Language Partners

Language partners are fluent English-speaking volunteers who give English as an Additional Language (EAL) students a chance to practice English outside of the classroom and learn more about the Canadian way of life.

This volunteer opportunity is a great way to learn about other cultures, help other students, and gain practical experience for careers in teaching, international relations, or tourism.

To volunteer for the upcoming Winter Term, please call 204.982.1151, email [elpstudentlife@uwinnipeg.ca](mailto:elpstudentlife@uwinnipeg.ca) or stop by office 1C18 to apply today.

### HOLIDAY SEASON CLOSURE

Fri., Dec. 21, 2018 - Wed., Jan. 2, 2019 (inclusive) - The University is closed during this period for the holiday season.

Thurs., Jan. 3, 2019 - The campus re-opens on this date.

Mon., Jan. 7, 2019 - Lectures for Winter Term begin.

### STUDENT CENTRAL

#### Exams

The Examination Period is Dec. 5-19. Please check the exam schedule online at [uwinnipeg.ca/exam-schedules](http://uwinnipeg.ca/exam-schedules) and notify your professors of any time conflicts immediately.

Exam locations can change, so check the website again the day before each of your exams; the "daily exam schedule" will list the most up-to-date details.

#### Waitlists

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

### SC's Change in Regular Hours

Fri., Dec. 14 - reduced hours- 9:00 am - 3:00 pm  
Thurs., Dec. 20 - closed earlier - 8:30 am - 4:30 pm  
Fri., Dec. 21 to Wed., Jan. 2 - closed for holiday season

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

### Winter Term Tuition Fees

Pay tuition the easy way and be entered to win prizes!

Every student who pays for Winter Term (U2018W) courses by Jan. 7, 2019 either:

- 1) as a bill payment through their financial institution (online, telephone, in-person at a branch)
  - 2) via Flywire (international students only), or
  - 3) through WebAdvisor with a credit card
- will be entered into a draw.

Prize packages include gift cards and UWinnipeg-branded items!

### Locker Rental

Need a space to store your stuff? Rent a locker for Winter Term! Fill out the form online at [uwinnipeg.ca/lockers](http://uwinnipeg.ca/lockers) or go in-person to Student Central

Locker locations & types available:

- Riddell Hall Tunnel - full-size
- Lower level Manitoba Hall - full-size
- Third floor Richardson College for the Environment and Science - half-size

Locker time frame & price:

Winter Term (Jan. 4, 2019 - Apr. 23, 2019) - \$21.00/person

### STUDENT EVALUATIONS OF TEACHING

#### Faculty of Science goes Online!

For all courses in the Faculty of Science, student evaluations of teaching for Fall Term are now available for completion online.

Students will have already received one email for each Faculty of Science course they are registered in, with a link to the online evaluation. The link will expire at midnight on the last day of classes Mon., Dec 3, so complete your evaluations now!

All other courses will continue with paper evaluations. The move to online evaluations for the Faculty of Science is a pilot project this year; the plan is to eventually expand the online process to all courses in all faculties.

For more information, go to [uwinnipeg.ca/student-records](http://uwinnipeg.ca/student-records) and click on "Online Student Evaluations of Teaching."

### STUDY SKILLS WORKSHOPS

Study Skills Workshops are designed to improve your learning skills in areas such as note-taking, reading, time management and coping with stress.

The next series of nine workshops will be offered from Jan. 14 - 30, 2019 on Mondays, Tuesdays, and Wednesdays. For details, go to [uwinnipeg.ca/study-skills](http://uwinnipeg.ca/study-skills)

PHONE: 204.779.8946

EMAIL: [studentcentral@uwinnipeg.ca](mailto:studentcentral@uwinnipeg.ca)



UW Winter Fitness Program Schedule 2019

Program Name	Day	Starts	Ends	Time	Location	Reg Fee	Student Fee
Lunch Workout	Mon / Wed / Fri	Jan 14th	Mar 29th	12:05 pm - 12:50 pm	DC Fitness Studio	150.00	135.00
Fitness Camp #1	Tues / Thurs	Jan 22nd	Feb 28th	5:30 pm - 6:30 pm	DC Fitness Studio / RP Track	85.00	75.00
Staff Circuit #1	Tues / Thurs	Jan 22nd	Feb 28th	11:00 am - 12:00 pm	RP Field C	85.00	—
Yoga Flow	Tues / Thurs	Jan 22nd	Mar 28th	12:30 pm - 1:30 pm	RP MPR	80.00	70.00
Zumba	Wed	Jan 23rd	Mar 27th	12:05 pm - 12:50 om	RP MPR	50.00	40.00
Staff Circuit #2	Tues / Thurs	Mar 5th	April 11th	11:00 am - 12:00 pm	RP Field C	85.00	—
Morning Workout	Tues / Thurs	Feb 5th	Mar 14th	6:30 am - 7:15 am	DC Fitness Studio / RP Track	85.00	75.00
Beginner Fitness for Women and Non Binary	Wed	Feb 6th	Mar 13th	6:00 pm - 7:00 pm	DC Fitness Studio / Fitness Centre	No Charge	No Charge
Fitness Camp #2	Tues / Thurs	Mar 6th	Apr 18th	5:30 pm - 6:30 pm	DC Fitness Studio	85.00	75.00

Schedule is subject to change and will require minimum registration.

Registration is available online at [recreationservices@uwinnipeg.ca](mailto:recreationservices@uwinnipeg.ca) or in person at the Customer Service Desk in the Duckworth Centre

Free Week January 21<sup>st</sup> - 25<sup>th</sup>

ADVERTISE WITH US!

Great reach, great rates! For more info contact Charmagne de Veer at 204.786.9790 or businessmgr@uniter.ca

Happy Holidays!



Wab Kinew MLA for Fort Rouge 204-615-1922 YourFortRouge.ca

Rob Altemeyer MLA for Wolseley 204-775-8575 Rob.Altemeyer@yourmanitoba.ca

Winnipeg



# *DrinkSense.ca*

Tips for good cheer

*mix it up  
with a  
mocktail*

