

THE **U** N I T E R

DECOLONIZING THE OPERA HOUSE—P5

CANADA FAILS ON CLIMATE ... AGAIN—P14

DEMAND FOR FOOD BANKS BREAKS RECORDS —P11

THOROUGHLY MODERN MILLINER



LOCAL HAT-MAKER HELEN GAIR BREATHES LIFE INTO A NOT-SO-BYGONE ARTFORM



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Imagine a stage filled with Django Reinhardt descendants ... the collective talent pool is larger than the Arc de Triomphe! - WALL STREET JOURNAL



BITTERSWEET FAREWELLS

THOMAS PASHKO
MANAGING EDITOR



Within 24 hours, Winnipeggers learned that we'll be bidding farewell to two local institutions of sorts.

Late in the afternoon of Tuesday, Nov. 21, the City of Winnipeg announced the indefinite closure of the Arlington Bridge. After over a century of periodic upkeep and safety assessments, the bridge has finally reached the point of no return and is set to be decommissioned. The city has yet to announce future plans for the site.

Completed in 1911, the bridge connected Arlington Street on either side of the Canadian Pacific Railway yards. A glorious monstrosity, the knot of steel beams and the fenced-in pedestrian walkways are relics of turn-of-the-century industrialism. They're the bones of an old Winnipeg, a railway hub of a city filled with vaudeville theatres, teeming with labour unrest, dominated by Portage Avenue department stores come and gone.

Then, early on Wednesday, we learned of a newer Portage Avenue institution we'll lose. The Good Will Social Club announced that it will close its doors on Feb. 1, 2024.

When the Good Will opened in 2014, Winnipeg badly needed a downtown music venue and community hub. The sudden closure of Lo Pub in 2012 had left a hole in the neighbourhood for emerging bands to play or U of W students to grab a beer, a bite to eat and meet up with some friends.

The staff at the Good Will has provided all that and a cup of coffee (or, depending when you went there, a slice of pizza, a pork bun, a bowl of ramen or a hoagie).

PHOTO BY KEELEY BRAUNSTEIN-BLACK

Cloe Wiebe, the confectionary wunderkind behind Crumb Queen, finally has a permanent home for her bakery. Read more on page 4.

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ORIGIN STORIES: CRUMB QUEEN

Dough, dreams and delicious surprises

THANDI VERA | FEATURES REPORTER

Three years have passed since Cloe Wiebe started Crumb Queen.

However, her culinary venture began long before she founded the thriving bakery now located at 166 Osborne St. Wiebe honed her skills at various Winnipeg restaurants, including Bronuts and Deer + Almond.

Wiebe's culinary roots trace back to her childhood. "I've always baked," she says. "My mom baked us cookies every day for me from school. She's a very good baker. I would bake with her, and I think I just had a little knack for it."

Wiebe worked as a cook for tree planters in British Columbia in 2020. When she returned to a pandemic-induced lockdown, she started to explore her culinary skills further.

"After tree planting, I was working at Mottola Grocery, helping them open their bakery, but I was just bored at home, because we were deep in lockdown," she says.

Wiebe spent hours baking, experimenting and sharing her creations with friends. She experimented with crullers, which became a staple for her business.

"I would work like 10 or 12 hours a day and then go home and just keep working on stuff and bring it to my friends, or we would do little trades," she says. "Or I'd just post what I made on Instagram."

After countless shares and direct mes-

sages, Wiebe started taking orders from friends and eventually strangers. Her business took a turn when she received an offer to use the kitchen at Deer + Almond for her pop-ups.

Their chef, Mandel Hitzer, "reached out, because he knew I was using my studio-apartment kitchen," Wiebe says. "They were locked down, too. So he was like, 'You know what, you can just come use the kitchen if you want to, whenever you want.'"

Wiebe says Hitzer's gesture contributed to Crumb Queen's early success. "If it wasn't for the lockdown, I think all of these restaurants wouldn't have had enough space or room for me," she says, "and I would not have attempted to do it."

As orders poured in, and Crumb Queen gained more popularity, primarily on Instagram, Wiebe was surprised by the overwhelming response each week.

The Instagram traction paved the way for weekly micro-bakery pop-ups, featuring honey crullers and sourdough bread.

"It got busier and busier, so I quit my job, and I just did pop-ups," Wiebe says. "Honestly, I don't think I would have been able to do it without the pandemic."

Wiebe and her partner, Andy Koropatnick, recently found a space in Osborne Vil-



Cloe Wiebe initially started Crumb Queen as a pop-up bakery during COVID-19 lockdowns.

lage that was perfect for their needs. Crumb Queen opened its doors this past fall.

"It was fun decorating the space. We actually painted it twice," she says. "We brought a lot of art from home, and then we also got our friend Meganelizabeth Diamond to bring in some local artists' work."

While Crumb Queen is renowned for its crullers, Wiebe says her passion lies in sourdough bread. "I'm not first and foremost a doughnut person. I love baking sour-

dough," she says. "We've been really proud about making it, and my partner Andy is able to collaborate by making different sandwiches and fun stuff with the bread."

Wiebe says she and Koropatnick want to eventually transform the bakery into a restaurant. "We both really want it to be a staple neighbourhood place," she says.

"And I think I want to convince more people to eat sourdough every day."

SERENA RYDER REIMAGINES THE HOLIDAYS

Acclaimed singer-songwriter to make Winnipeg stop on her Merry Myths tour

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

Few occasions trigger a barrage of complicated feelings like the holidays. Canadian singer-songwriter Serena Ryder knows this all too well.

"I used to run away from Christmas," Ryder says. "It's such an intense time where you're expected to have the perfect family, be in perfect health and have enough money to buy things."

"There (are) a lot of people who aren't able to peacefully do those kinds of things."

This year, instead of running away from the holidays, she'll hit the road, bringing a festive flare to Canadian cities.

On Dec. 8 – coincidentally, her birthday – Ryder will stop in Winnipeg for her Merry Myths tour. Hosted at the Club Regent Event Centre, a mix of holiday covers from her 2018 album *Christmas Kisses* and festive new singles, like the gender-bending "I Saw Daddy Kissing Santa Claus," will sparkle the evening.

The premise for the Merry Myths tour arose from Ryder's desire to explore the mythologies behind classic holiday tales.

Ahead of the tour, she says she's been researching where different celebrations and the idea of Santa come from. "There are a lot of things that we think are just based on Christianity and the story of Jesus' birth,

but a lot of it comes from paganism."

Ryder has charmed the Canadian music scene with her fiery vocals and down-to-earth persona for the better half of the last two decades. From her covers of national classics to chart-topping singles like "Stompa" and "Weak In the Knees," her distinct, raspy tone is instantly recognizable.

She's also recognized as a fierce mental-health advocate. Since opening up in a *Chatelaine* interview in 2012 about struggling with depression, she's won the Margaret Trudeau Mental Health Advocacy Award and co-launched wellness-focused music label ArtHaus.

Earlier this year, she and 50 Canadian artists teamed up with Kids Help Phone's Feel Out Loud campaign to revamp her single "What I Wouldn't Do (North Star Calling)" into a mental-health anthem.

Still, Ryder is hesitant to say it's gotten easier for artists to discuss mental health. Artists are expected to show vulnerability, but this often comes at the cost of breaking boundaries, she says.

"Vulnerability needs to come when you have the safety available to be vulnerable. In this day and age of social media and things like that, boundaries are a bit harder to come by," Ryder says. "A lot of healing



Singer-songwriter Serena Ryder brings her Merry Myths holiday tour to Winnipeg on Dec. 8.

can come in knowing where your boundaries are."

As she gears up for the Merry Myths tour, Ryder hopes to counter some of the complicated coldness of the holidays with communal warmth.

"It can be really challenging for people's mental wellness at this time of the year, but also, it can be a time of great medicine and

community," Ryder says. "For me, bringing it all back to community and music is really, I think, the seed to plant."

Tickets to the Merry Myths Tour on Dec. 8 at the Club Regent Event Centre can be purchased via bit.ly/3SN9KJN. Don't forget to wish her a happy birthday.



YO-HO-HO (AND A BOTTLE OF PAINT)

cre8ery's newest mixed-media exhibition hits the high seas

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | @MATTEKLEMARIAM

The seasick and thalassophobic should steer clear of the Exchange District's always vibrant cre8ery Gallery and Studio for the next few weeks. For everyone else, batten down the hatches and explore artist Maureen Babb's newest collection, *A Star to Steer by*, from Nov. 23 to Dec. 5.

"It's about escape and adventure and boats and water. It's very nautically themed," Babb, an artist and academic librarian by day, says.

The exhibition's title is drawn from 20th-century English poet John Masefield's work "Sea-Fever."

"That poem in particular is about wanting this freedom of being out on the water, out in the ocean. Despite being in the middle of the Prairie provinces, that's something I relate to very much and wanted to capture," Babb says.

"I have very much a love affair with water and adventure and where that can take you, the sense of joy that comes from that."

The mixed-media exhibition, their second showing at cre8ery, is a comprehensive display of their multidisciplinary talents as an artist. She combines abstract alcohol inkwork and traditional illustrations, along with digital art and wire-and-stone jewelry to convey the sense of longing and escape of the storied Age of Sail.

While Masefield provided the title for the exhibition, Babb cites the work of sculptor René Quillivic as a major visual inspiration.

"I mention Quillivic in the press release, because the style I started doing was very much inspired by some of his woodcuts specifically. His have a real sense of motion in the water, which isn't always the case," they say.

Jordan Miller, the executive director and owner of cre8ery, connected with Babb after meeting them at an event Miller hosted. She's quick to reiterate the gallery's accessibility to amateur artists.

"cre8ery is open to all," Miller says. "We ask the community who would like to do a show, and then they book the gallery and bring their art down. We show it, we sell it, we don't say 'hey, you can't show here.' There are no parameters."

She feels her role as a gallery owner is to build an artistic storyline through collaboration between the artist and the gallery.

"When I look at it, I try to find my own story," Miller says. "I feel like Maureen's will be something that people can connect to, they can relate to. It's images that are easy on the eyes."

Curiously, Babb cites some of her more rigid work as a scientific illustrator, which



UNIVERSITY OF MANITOBA LIBRARY ARCHIVES (SUPPLIED)

Maureen Babb's show *A Star to Steer by* explores nautical and underwater themes and imagery.

she has done work for the University of Winnipeg's anthropology department, as informative on the more free-flowing, creative work in *A Star to Steer by*.

"There are some (pieces) that are at the bottom of the ocean. They've got not only water, but soil. I was trying to figure out how to do the soil, and then I decided well, what about geological cross-sections? That's what the soil looks like in those pieces," Babb says.

Miller anticipates a positive reception for Babb and their seafaring spectacle.

"I'm looking forward to having the community show up for her and really appreciate the work that went into it," she says.

cre8ery Gallery and Studio is located at 125 Adelaide St. in the Exchange District. Maureen Babb's *A Star to Steer by* exhibit runs from Nov. 23 to Dec. 5.

WEAVING MÉTIS STORIES THROUGH SONG

Li Keur premieres as first full-scale Indigenous opera in Canada

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

Six years ago, during a 10,000-kilometre research trip across the Métis homeland, Dr. Suzanne Steele, a Métis librettist, poet and scholar, came across a historical love affair that would define her artistic life for the next several years.

While in North Dakota with composer Neil Weisensel and Métis composer/fiddler Alex Kusturok, Steele picked up a diary believed to chronicle the life of Louis Riel in the 1870s.

"In the middle of that diary, there was a love affair that nobody had ever spoken of," Steele says. "I just thought, 'okay, there's my opera.'"

From there came *Li Keur: Riel's Heart of the North*, a fictionalized operatic account of Riel's love affair. Presented by the Manitoba Opera, it follows 21st-century Joséphine-Marie (Charlene Van Buekenhout), who is transported into her ancestor Josette's (Rebecca Cuddy) hidden romance with Louis Riel (Evan Korbut).

The show became the first full-scale Indigenous-led opera on a Canadian mainstage when it premiered at the Centennial Concert Hall on Nov. 18. It also played on Nov. 22 and will close on Nov. 24.

It's both a rich work of Métis historical fiction and a concerted effort to revitalize Indigenous languages.

"Women are very central to this," Steele says. "In this opera, you're going to see a lot of beadwork. You're going to see a lot of the women literally sewing and figuratively sewing the culture together."

The opera, which is sung in Anishinaabemowin, Southern Michif, French Michif, English and French, features a cast of predominantly Indigenous vocalists.

For many in the cast, like Oji-Cree vocalist Keely McPeek, it's their first time performing with the Manitoba Opera. Prior to *Li Keur*, most of the operas McPeek performed in were English, French, German and Italian.

But to play Marie Serpente, an Anishinaabe medicine woman fluent in three Indigenous languages, McPeek had to change her usual rehearsal repertoire of reading dictionaries, reviewing tutorials and listening to past performances.

"For this show, they made a database online. They had a bunch of language-keepers translate the works, so they have the recordings of all of the language-keepers speaking every line in the show," McPeek says. "I just kind of had to listen to them over and over again to see how they say it and to copy them."

The database, which was funded by a federal Social Sciences and Humanities Research Council grant, features audio



SUPPLIED PHOTO

Li Keur is Canada's first-ever full-scale Indigenous-led opera and is sung in Anishinaabemowin, Southern Michif, French Michif, English and French.

and video recordings by dozens of language-keepers like Donna Beach and Debra Beach Ducharme. Steele and Weisensel compiled it ahead of the production to assist cast members with their lines while supporting Indigenous language revitalization.

As she reflects on *Li Keur*'s historical precedence, Steele wonders why it took so long to bring Indigenous stories to a mainstream opera company.

"Structurally, the classical music world really has a lot to learn as far as understanding different worldviews," she says.

"However, Larry Desroches, the CEO of Manitoba Opera, I think is a tremendous human being, and I've seen him really try to understand what it means to 'decolonize.'"

Now, as three Indigenous languages are sung on a concert-hall stage, Steele is confident that *Li Keur* will be a first, but not a last.

Li Keur plays at the Centennial Concert Hall on Nov. 18, 22 and 24. To purchase tickets, visit bit.ly/3ujeFhv.



CRITIEPEG

SUPPLIED PHOTO

MY ANIMAL

Plays at Cinematheque from Dec. 1 to 10

★★★★☆

MATTHEW TEKLEMARIAM | ARTS AND CULTURE REPORTER | @MATTEKLEMARIAM

A solemn tale of longing, loneliness and werewolves haunted this year's Sundance Film Festival as *My Animal*, Jacqueline Castel's feature debut, hit the screen.

The story is set in an unnamed northern town in the United States that's near enough to the Canadian border to feature a Nutty Club product placement (despite the fictional setting, it was filmed in Timmins, Ont.). It's a sleepy, uneventful locale for young goaltender and arena concession worker Heather (Bobbi Salvör Menuez) to wile away her post-collegiate existence.

She plays hockey with her little brothers and accosts the local men's beer-league coach to give her a tryout. That's when she's

not balancing her gruff but wise father (Stephen McHattie) and her unstable alcoholic mother (Heidi von Pallese), along with the curse of the full moon

When Heather meets Jonine (Amanda Stenberg), a figure skater at the arena, she's thrown for a loop. Her parents don't want her out past curfew, but not for the usual reasons. How does one balance love and lycanthropy, anyway?

Young-adult romance, small town-ennui and werewolf hysteria all jockey for space in this 103-minute thematically ambitious thriller. But what does it all mean? And more importantly, how does it feel?

This is a demure picture, perhaps meant

to emulate the protagonist's feeling of captivity – in this case, in her inauspicious stomping grounds and the literal monster lurking within herself.

Full of moody visual aptitude, Castel proves she's no slouch on the viewfinder. Much of the film is lit like a nightclub: mysterious and intoxicating at night and soberingly dingey during the day. One of this movie's saving graces is its aesthetic value. But much like a wolfman (or wolfwoman), it's a bit uglier underneath.

The script is courtesy of Jae Matthews, half of the electronic duo Boy Harsher, whose other half, Augustus Muller, provides the film's overbearing musical cues and numbing synthwork.

The film's primary focus is the unconvincing romance between Heather and Jonine. All the pair do is drink, use drugs and exchange awkward glances. These could be the basic constituents of young love, but it doesn't make for particularly engaging viewing. What's left unsaid between the two is expressed in several vivid sequences of physical intimacy.

Castel does the most with what she has. Stenberg and Menuez are solid but as dis-

parate elements, rather than a pair.

Still, there are a lot of noteworthy individual elements. The film alludes to how, in small-town life, residents really only have each other.

Heather's toxic environment of homophobic sentiment and figures of no ambition, coupled with her sexual and physical repression, is conceptually compelling, if underdeveloped. Portraying werewolfism as a metaphor for social decay sort of works. And if that sounds like a stretch, it's because I did my calisthenics this morning.

Heather's relationship with her worn-out father is perhaps the heart of the film. It's a convincing bond, although it might just be the timbre of McHattie's voice as he implores her to beware the blood moon and protect the family secret.

Ultimately, *My Animal* is chasing too many cars at a time. If you're wondering more about the canine in the room, keep in mind that the werewolf stuff may be the least engaging aspect of the picture. It's a story of two-dimensional characters speaking in hushed tones of a dark secret that I dare you to take seriously.

ARTS BRIEFS

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

Rachmaninoff's 150th birthday celebration

On Nov. 26, the Winnipeg Chamber Music Society (WCMS) will celebrate late Russian composer Sergei Rachmaninoff's 150th birthday by performing a selection of his piano preludes. The concert takes place at the Winnipeg Art Gallery (300 Memorial Blvd.) at 7:30 p.m. To purchase tickets, visit bit.ly/40Mzlp5.

A movie you can dance to

Head down to the Good Will Social Club (625 Portage Ave.) on Thursday, Nov. 23 for PARADISE, curated by Omid Moterassed. The main event is a screening of the animated sci-fi music film *Interstella 5555: The Story of the 5 Secret 5tar 5ystem*, accompanied by DJs BBS Steve, Hayden Mekai and Rhayne Vermette. Doors open at 7 p.m., and the film starts at 8 p.m. Tickets are \$15 plus fees online via bit.ly/47lv1ow or \$20 at the door.

Theatrical connections

Theatre artists are invited to connect with old friends at Gather at the Gargoyle. Three local theatre companies are hosting the event, which takes place at the Gargoyle Theatre (585 Ellice Ave.) on Dec. 1 from 7 to 10 p.m. Admission is free, and both travel-size toiletries and new or gently used winter items will be collected in support of Spence Neighbourhood Association.

Sound of Music @ Royal MTC

The hills are alive at the Royal MTC. *The Sound of Music* plays from Nov. 28 to Dec. 23, just before Christmas Eve. The theatre centre is also collecting warm mittens for RaY, North End Women's Centre and Main Street Project during showtimes. To purchase tickets, visit bit.ly/3GaZHwP.

On the future of Black art in Canada

On Nov. 26, a panel of distinguished Black artists and community leaders in Manitoba will present their ideas at The Future of Black Artists in Manitoba. Hosted by Canadian Black Artists United, the free event takes place at 4 p.m. at the Creative Foundation Centre (1615 St. Mary's Rd.). For the full program, visit blackartistsunited.ca.

Celebrating labour and the arts

MayWorks, an annual festival spotlighting artists depicting working-class life and labour, is accepting submissions and event ideas for its 2024 season. The festival takes place in May with some events in late April and early June. Artists of all disciplines are invited to submit their ideas to info@mayworks.org before March 15, 2024.

CKUW TOP 20



TOP 20 LOCAL FALL 2023

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

THOROUGHLY MODERN MILLINER

Local hat-maker Helen Gair breathes life into a not-so-bygone artform



Milliner Helen Gair works in her home studio making women's hats.

Tucked away in a quiet corner at the Winnipeg Art Gallery and Qaumajuq's 2023 CRAFTED show, couture milliner Helen Gair of Helen Gair Millinery selects a red beret from her display and carefully places it on the head of a curious attendee.

Gair knows the hat works its charm best

when worn. "People that you wouldn't expect sometimes will sit down, and I will put a hat on them, and they become a vintage beauty queen," she says.

The woman, who, moments before, appeared self-conscious and unsure, tilts her face to the mirror. She instant-

ly straightens her posture, holds up her chin and breaks into a radiant smile.

This is the transformative magic of a well-made hat. This is the power of a milliner.



Helen Gair is the proprietor of Helen Gair Millinery.

A modern woman's enterprise

The term “milliner” is derived from “Milaners,” men or women of Milan who were also purveyors of fine silks, ornament, ribbon and general finery. Essentially, “Milaners” were taste-makers, and the aristocracy depended on them to keep abreast of the latest trends.

“Milaners” today would be the equivalent of a TikTok fashion influencer or celebrity stylist.

Over time, the role of the milliner was more or less assigned to women who made dresses and hats. Haberdashers and hatters purvey mainly mens’ hats and fashion accessories. Male milliners do exist, though in the 19th century “male-milliner” crudely became derogatory slang for an effeminate, possibly homosexual man.

As a trade driven by women in a time when hats were all the fashion, millinery afforded many enterprising women an opportunity to make their own way in the world and a good living.

One such local figure was Elena “Lily” Jamon (1918 - 2009), born in Sirko, Man. She left Winnipeg in 1942 to become “El Jamon,” one of Toronto’s most sought-out haute couture milliners of the ’40s and ’50s.

According to an 1891 census, Winnipeg once boasted 31 dress and millinery shops providing expensive handmade garments for the city’s high-society women. Millineries were opening so fast, the *Winnipeg Tribune* had a column dedicated to millinery openings.

Gair credits millinery for inspiring her to become entirely self-sufficient.

“It was a way that the woman could support herself without a husband or a man,” she says. Her decision to study millinery came when a major life event prompted her to go out into the world and reclaim her independence.

“Dressmaking and millinery – I mean, even my grandmother supported herself as a single parent with dressmaking – it was

one of those things that strong, independent women sort of gravitated towards in my mind.”

“Millinery was, at one time, taught in high schools as required courses for many, many years in the early 20th century.”

Millinery is considered a niche industry in a post-industrial society accustomed to obtaining toques and baseball caps made overseas fast and cheap. Winnipeg’s cottage industry gave way to the advent of mass-manufacturing at the turn of the 20th century, a time when a burgeoning working class could scarcely afford custom clothing, much less a hat.

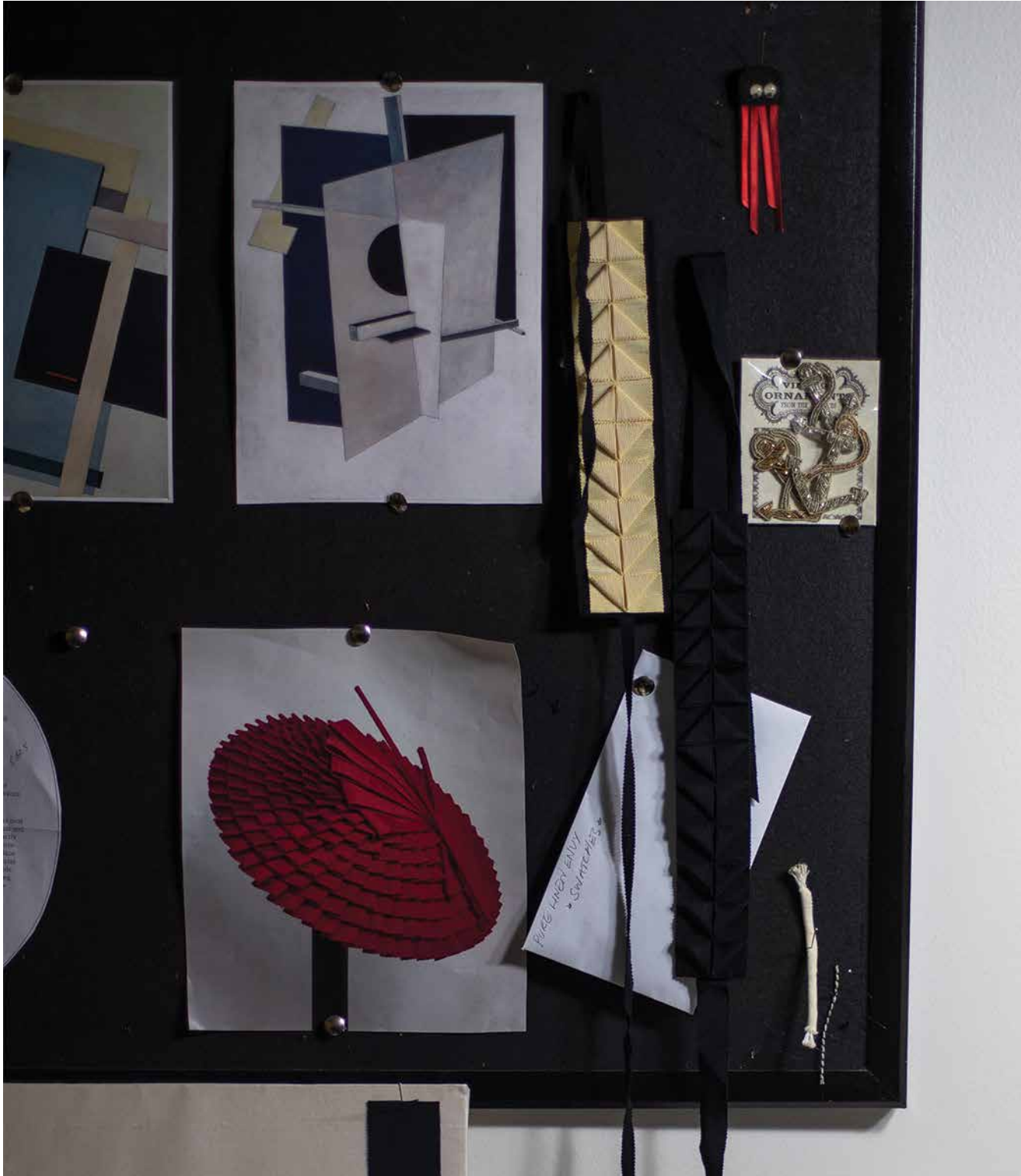
“Millinery was, at one time, taught in high schools as required courses for many, many years in the early 20th century,” Gair says. This skill proved not only useful for thrifty young women to fabricate their own hats from scraps and found materials, but it also provided them an entry point into the industrial workforce.

A modern shift in trends

Gair, who is based in Winnipeg, has been a “hat lady” since high school, collecting and wearing vintage pieces as part of her daily costume. “It’s just such a passion, and an



An illustrated advertisement for the wares of local milliners from the Feb. 2, 1902 issue of the *Winnipeg Tribune*.



Materials and reference images in Helen Gair's home studio



"I don't use glue or anything like that. Everything is hand-stitched." - Helen Gair

art form that is forgotten about," she says.

Gair believes hats started losing their appeal in the '60s and '70s, when women were shedding patriarchal conventions, which included specific rules surrounding women's attire.

"I love wearing a hat, but at a time it, you know, was part of the 'proper' female attire, which is a little ridiculous," Gair says.

"Women were supposed to wear their hats on the right side of the head tilting up, so that there would be no 'obstructed view' ... I purposely wear my hat on the left side of the head most of the time."

"Even just the side of the head that women are 'supposed to' wear hats on comes from a patriarchal sort of standpoint," she says, referencing the Edwardian convention of men walking street-side, "so that, you know, he would get hit by a car first, I assume."

"Women were supposed to wear their hats on the right side of the head tilting up, so that there would be no 'obstructed view,'" she says. "I purposely wear my hat on the left side of the head most of the time."

A romantic's labour of love

Gair's creations are steeped in nostalgic modernism and avant-garde sophistication. The picture of this lone hat-maker, carefully working her wool felts, silks and Petersham ribbons, provides a vintage snapshot of a time gone by.

The countless hours and days Gair expends to make a single hat stand in contrast to today's fast-fashion world, but she manages to connect with clients who appreciate her craftsmanship.

"I don't use glue or anything like that. Everything is hand-stitched," she says.

Gair's journey into the obscure art of millinery began with her studies in costumes at Dalhousie University. She later spent five summers training in millinery at European schools, including University of the Arts London Central Saint Martin under master hat-maker Judy Bentinck (who learned from Rose Cory, milliner to the Queen Mother).

"I decided to spend a lot of money when I was very young to learn the history of costume, which seems like a bad decision many years later, but it is the passion," Gair says. Her independent spirit echoes the energetic creativity of the roaring '20s.

Though hats are still manufactured and distributed from Winnipeg today by companies like Crown Cap (established in 1934), Gair is one of the few milliners left in the city who carry on the tradition of custom couture hat-making.

"There are other milliners in Winnipeg," Gair says. "I don't claim to be the only milliner in Winnipeg. I just don't know any of the details, but I assume they're really awesome."

The hat's the thing

Jackie Van Winkle has worked as the wardrobe buyer and accessories person for the Royal Manitoba Theater Centre (MTC) for the past 28 years. Her duties, among many others, include millinery.

Much like Gair with her clients, Van Winkle can attest to the change in an actor's demeanor when a hat is placed on their head.

"They stand a little straighter," Van Winkle says. "They adopt the posture of the character they're playing."

The superpower of the milliner is their keen

Page Sixty-two

TH

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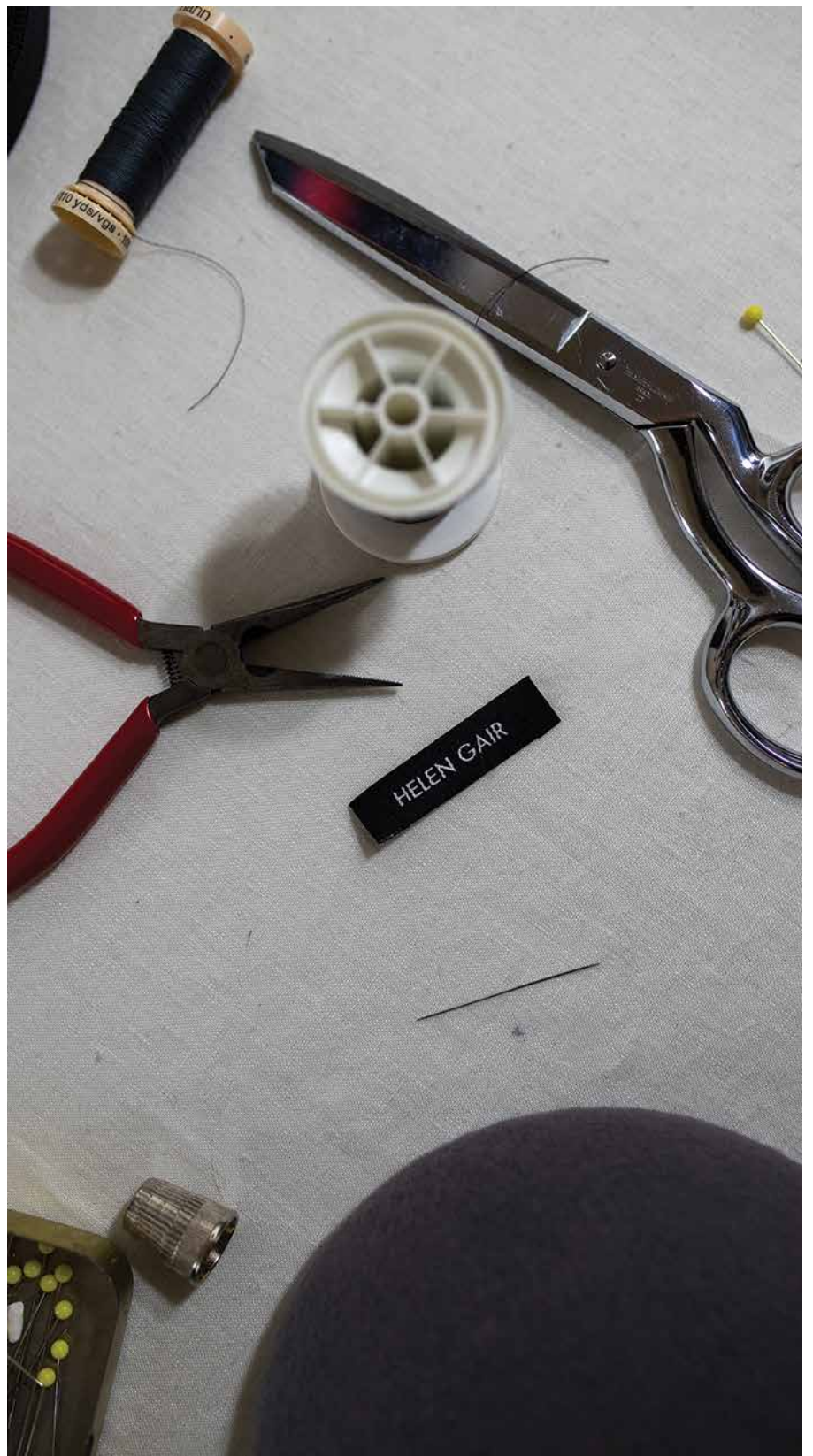
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An advertisement for Miss Cox Exclusive Millinery on Portage Avenue, from a 1944 issue of *The Jewish Post*.



Millinery has become much less prevalent in the 21st century due to mass manufacturing.

ability to provide the wearer a surprisingly metamorphic experience.

"It brings the character to life for them," she says. "You can absolutely see it."

In the 1921 book *Individuality in Millinery*, author Mary Brooks Picken writes, "in every person there is something that is attractive. Then, when you have decided what that is, you should try to cultivate it."

Van Winkle's work is not simply costuming an actor. She is helping the actor create a compelling story to enchant the audience.

The last generation of Winnipeg milliners?

Through her years of sourcing hats and wardrobe pieces from local makers, Van Winkle has collaborated with perhaps the last generation of women working locally in the trade.

"There was an amazing milliner in town," Van Winkle says. "She was on Corydon. We would hire her to make all these great big hats and do touch-ups for our shows."

Andrea Brown, president of the Canadian Costume Museum, met Van Winkle's mystery milliner at a fundraising event a few years back.

"Maria Havelka," Brown says in an email to *The Uniter*, "who had Maria Hat Design, a longstanding 35-year hat shop in Winnipeg."

Van Winkle first encountered Havelka in the '90s when she was putting wardrobe together for an upcoming show.

"I always asked her to train me, but she never would," Van Winkle says. "She went to Europe and was European-trained. She knew her stuff. She was so good."

She credits Havelka's craftsmanship for teaching her more about the construction of hats.

"I always tried to sort of see what she did. I'd look at stuff when we got it back from her, and I'd try to analyze it," she says.

Van Winkle also worked with custom

milliner Joanne Hunter of H'Attitude, a hat and accessory purveyor whose Portage Place Mall location operated for over a decade but has since closed and moved online.

"She was great," Van Winkle says. "I think that it just got to the point where it wasn't a sustainable business anymore."

Despite the vanishing market for custom hats in Winnipeg, Van Winkle has an optimistic perspective on hat-wearing in general.

"They're starting to make a comeback," she observes. "I've noticed a lot of men on the street wearing hats. You see a lot of women. You see a lot of hats in the stores now," she says, citing big, 1970s-style boho hats and fedoras.

Gair shares a similar optimism, but for custom-mades.

"In different countries, there is a very big market for millinery. In England, Australia ... there are hats everywhere, truthfully," she says.

But they both also acknowledge that custom hats in Winnipeg are mostly a thing of the past.

"Mass manufacturing has pretty much ruined that," Van Winkle says, citing how expensive it can be to buy and maintain couture hats.

"Do I do this to make money?" Gair, who by day manages the fit and pattern-making department at Mondetta, says. "No."

Will millinery in Winnipeg ever make a comeback? Perhaps the evidence rests in the last of the closed-up millinery shops of the recent past.

Or, perhaps that Winnipeg legacy, or at least the lore, has been passed on to Van Winkle and Gair.

Gair points out a print ad for Miss Cox "Exclusive Millinery," located at 389 Portage Ave. in the Boyd Building, appearing in a 1944 edition of *The Jewish Post*.

"I'd like to imagine that Miss Cox was a fabulous spinster wearing elegant garments every single day – someone like me," she says.



Gair references the indispensable 1925 guidebook *Ribbon and Fabric Trimmings*, published by the Woman's Institute of Domestic Arts & Sciences in Scranton, Pa.

'WE DON'T HAVE A CHOICE TO BLEED'

UWSA offers free menstrual products on campus

JURA MCILRAITH | CITY REPORTER | @X JURA_IS_MY_NAME

A newly launched Free Flow pilot project at the University of Winnipeg (U of W) now provides free menstrual products in some campus bathrooms, because people “don’t have a choice to bleed.”

Tomiris Kaliyeva and Christine Quiah, the University of Winnipeg Students’ Association (UWSA) president and vice-president, believe these products should be free.

Organizations and spaces like the Rainbow Lounge already offer free safer-sex supplies, including condoms, lube and dental dams. Kaliyeva says if free condoms are available on campus, pads and tampons should be free for students, too.

“If sexual safety is important, why isn’t menstrual safety important?” Kaliyeva says.

One in four Canadian women who menstruate have had to choose between buying period products or paying for other essentials like rent or groceries, according to a May 2023 survey from Leger, a Winnipeg-based market researcher, and Plan International Canada, an organization that advocates for children’s rights and equality for girls.

More than half of the women surveyed feel menstrual products are expensive. On average, Canadian women spend up to \$6,000 in their lifetime on these supplies – and this cost can double for people living in rural and remote areas.

Eight U of W bathrooms in Centennial Hall, Richardson College and the Buhler Centre are now equipped with pad and tampon dispensers that Kaliyeva and Quiah restock twice a week.

They say the products are used up quickly.

Only one gender-neutral bathroom is stocked with free supplies. Some funding for the project comes from the women’s and gender studies department, but Kaliyeva and Quiah hope to secure more stable funding to add dispensers to more bathrooms.

Quiah says they want to add dispensers to more gender-neutral washrooms, especially since many students want to see more inclusivity in the distribution of menstrual products. For the time being, their resources are too limited to expand further.

Uzoma Asagwara, a former U of W student and Manitoba’s new health minister, says eliminating barriers to accessing period products can help students focus on their education and getting the most out of university.

“When I was going to school there, those products were not made free and readily accessible,” they say. “As someone who was a student on very, very limited means, I know what the struggle was to be able to have the financial resources to make ends meet and the sacrifices you sometimes have to make.”



Free menstrual products are now available in select women’s and gender-neutral washrooms at the University of Winnipeg.

The new provincial NDP government has a plan to improve healthcare for women that includes protecting reproductive rights and access to abortion and making prescription birth control free.

Asagwara says part of strengthening women’s healthcare is including menstrual products in discussions.

“We know that period poverty is very real,” Asagwara says. “We recognize that period poverty has had long-standing negative im-

pacts on outcomes for those who menstruate.”

The UWSA Foodbank also has a program for students who need more than one product at a time. Students can fill out an online form to access free pads, tampons, liners or Diva Cups.

University of Winnipeg students can apply for free menstrual products at bit.ly/3MVgCaG. Applications will close when supplies run out.

PUTTING FOOD ON THE TABLE

More people are accessing food banks across the province

JURA MCILRAITH | CITY REPORTER | @X JURA_IS_MY_NAME

Food banks throughout Winnipeg are seeing an increase in clients in need of food as the holiday season approaches.

At Harvest Manitoba, roughly 40 per cent of clients have jobs, and the organization has seen more new Canadians, disabled people and people younger than 20 accessing their resources in the past months.

Harvest Manitoba supplies food to more than 380 food banks across the province and feeds more than 50,000 people each month. Including soup kitchens and school food programs, they feed 108,000 Manitobans every month.

“December is historically a busy time for food banks. With the extra stress of the holiday season, combined with the Winnipeg weather, food-bank numbers increase,” John Heim, the Harvest Manitoba communications director, says in an email statement.

“There just isn’t any money left at the end of the month these days.”

However, there’s also an increase in the number of volunteers on site who help make hampers and raise food and money donations.

The Christmas Cheer Board expects to deliver 19,000 food hampers this year to meet record demand for food banks.

Phones at the community-led organiza-

tion have been ringing non-stop since the lines opened on Nov. 3, executive director Shawna Bell says.

Canada’s inflation rate jumped to four per cent in August, increasing costs for essentials like food, housing and transportation.

“It’s not just grocery prices,” Bell says. “The price of everything has gone up, and people are having to make some very difficult decisions.”

The Christmas Cheer Board gave out 18,313 hampers last year. It was the highest number of hampers provided in the food bank’s 104-year history.

They decided to open their phone lines early because of the financial pressures Manitobans are experiencing.

Bell hopes the Christmas Cheer Board can alleviate some stress for Manitobans during the holiday season.

“When you hear things about some parents having to make a choice about whether they’re going to put food on the table or pay a bill, that’s a difficult decision people are having to make,” she says. “We help people breathe easier over the holidays.”

Across the country, food-bank use has increased by 32 per cent in the last year.

Since its creation in 2020, Mutual Aid Society (MAS) Winnipeg has worked to provide people with necessities like food



ILLUSTRATION BY TALIA STEELE

and clothing. Currently, they are serving close to 13,000 clients in Winnipeg but have the capacity to serve up to 15,000.

The majority of people coming to MAS are Indigenous, female-presenting and have children, organizer Lara Rae says.

“People are really, really struggling, and there (are) more and more struggling people on a daily basis. The resilience and the strength of these (people) is extraordinary,” she says.

“At the same time, they shouldn’t have to carry as much as they do. We all have a responsibility to rectify that.”

MAS helps put together hampers of turkey, mashed potatoes, gravy and other holiday food items around Christmas.

Everyone deserves a break during the holiday season, and Rae hopes the idea of helping those in need is important to other Manitobans.



U OF W ROCKY CREE LANGUAGE PROJECT LAUNCHES APP, TEACHERS' GUIDE

AMO app brings cultural information to middle-years classrooms

MIEKE RUTH VAN INEVELD | CAMPUS REPORTER | X MIEKERUTH

*the language grows out of the dirt here
it grows out of the children's heads
it grows out of tota's hands - Shelby Lisk*

The language one speaks every day, like breathing, is easy to leave unexamined. But as many Indigenous educators, activists and artists point out, languages, and especially regional dialects, carry important, geographically specific cultural and historic context.

The University of Winnipeg-based (U of W) language revitalization project Six Seasons of the Asiniskaw Itiniwak (Rocky Cree) aims to make northern Cree stories and history accessible to a new generation of language learners.

Project director Mavis Reimer says Six Seasons builds on decades of grassroots family and language advocacy by the Nisichawayasihk Cree Nation, located on Treaty 5 territory 80 kilometres west of Thompson.

Six Seasons' work producing educational picture books is meant to "support the Rocky Cree nations in the North who are working to retrieve their own culture, their own language, their own history," Reimer says.

Six Seasons launches its latest resources, an app and teachers' guide aimed at middle-years classroom settings, on Nov. 23 at Leatherdale Hall. The AMO app and guide are companions to the Social Sciences and Humanities Research Council (SSHRC) partnership project's picture book *Amō's Sapotawan* which was released last year.

New resources

Amō's Sapotawan is the second "historical picture book" in a planned three-part series telling the story of Kayasochi Kikawenow, or Pisim, a 17th-century Cree woman whose remains were recovered in 1994 at Nagami Bay in northern Manitoba.

Reimer says the books focus on the "proto-contact" period when northern Manitoban Indigenous Peoples were aware of settlers' pres-

ence on the continent but had not yet seen Europeans firsthand.

"It's a really interesting period of time, historically, when their own ways of life were still intact, and they were living their traditional lives and thriving in their environment, but they already knew that (settlers were) coming," she says. "It's this very liminal period of history in northern Manitoba."

Amō's Sapotawan intersperses a wealth of context details shared by Rocky Cree knowledge-keepers about Pisim and her Rocky Cree community into "story notes" surrounding the text.

The AMO app, beyond making the story accessible to a wider audience, also deepens users' immersion through music, visuals adapted from the book's art and full narration in both English and Cree.

Reimer says these innovative elements of the app reflect its source material's "conversational" origins. Many of the book's "story notes" started out as questions Six Seasons staff had for Rocky Cree storyteller William Dumas while he told them the story of Pisim at the outset of the project.

"We've worked quite hard to try to make sure that the way in which you work with the app furthers your ability as a player or a reader to get immersed in the world of the Rocky Cree," she says.

The app features interactive elements. Players who select "go fishing" from its main menu are prompted to pick one of four traditional fishing implements before playing a simple minigame, with pop-up tooltips explaining the cultural context of each tool and providing "fun facts" about South Indian Lake's underwater denizens.

The visually unassuming game demonstrates the careful efforts of Six Seasons' production team to reflect the vast amount of cultural information embodied in everyday Rocky Cree.

"There's a whole technique there for fishing



The homepage of the AMO app, created by the University of Winnipeg-based revitalization project Six Seasons of the Asiniskaw Itiniwak

with what's called a stick-and-sinew snare that the historians and the archaeologists had never heard about until the knowledge keepers talked about it," Reimer says. "A version of this is still used in the community. It's cool, isn't it?"

Language is more than words

While institutional support for Indigenous languages has grown steadily since the release of the Truth and Reconciliation Commission's Calls to Action, not all of this support adequately accounts for the heterogeneity within broad language categories like Anishinaabemowin, Cree or Mohawk.

University of Manitoba professor Frank Deer has extensively researched the ways Indigenous languages are transposed through western frameworks. He says projects facilitating language-learning via technology like smartphone apps often fail to recognize the "reductionism" of an unchallenged eurocentric approach.

"When people approach the journey to come to know what something means in another language, there's a primacy assigned to English or French," he says. "The primacy works out not just with the learner who's trying to come to understand it, but the way the app or the technology works."

Deer explains that when someone asks him the Kaneshatà:ke Mohawk word for Wednesday, he says *soséhne*, although the word *soséhne* "doesn't actually translate" to Wednesday and vice-versa. By needing to construct one-to-one relationships between words in Mohawk and English, Deer's Indigenous language is

stripped of the ways it represents his community's history.

"There's so much narrative, so much history ... that's cheated by this lexicographic approach of storing the language and having it on offer," he says. "One of the rationale(s) for retaining language (and) for reinvigorating them at the community level is because they store so much. What are they storing? You're storing the sort of cultural meaning that's really quite important."

Target audience

AMO and the teaching guide's primary audience are the Asiniskaw Itiniwak young people living in the North.

Reimer says the project seeks to help mend the traumatic disruption to Indigenous language-learning inflicted by residential schools, as well as the "pressures of contemporary life" that draw youth away from opportunities for cultural immersion. She says this is one of the first projects to correctly identify the community as Rocky Cree, as opposed to Woodlands Cree.

Deer stresses the importance of buy-in throughout the education system for two key priorities: first, providing youth with opportunities for cultural immersion; and second, helping sustain language skills and develop the teaching ability of existing fluent speakers.

"Any good linguist worth their salt will tell you that if you don't have a purpose to speak the language, the language is going to go," he says. "We need to ensure that there's an inclusive approach to this ... in schools (and) in communities, as well."

CITY BRIEFS

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

Continued calls for ceasefire in Gaza

Roughly 20 protesters stood on the Canadian National Railway tracks near Main Street and York Avenue at The Forks on Monday, Nov. 20. The group Queers for Palestine - Winnipeg said in a tweet that their five-hour blockade calling for a ceasefire in Gaza cost CN millions of dollars, disrupting the economy. CN has a partnership with Israel's largest shipping company called Zim Integrated Shipping Services, which has seen increased blockades in Vancouver and Sydney, Australia.

Arlington Bridge closed indefinitely

On Tuesday, Nov. 21, the City of Winnipeg announced the indefinite closure of Arlington Bridge, effective immediately. Annual maintenance of the 111-year-old corroding steel-truss structure was a bandaid fix. City staff are completing an assessment to determine whether the bridge can be restored or demolished. For now, all drivers, pedestrians and cyclists must detour across the Canadian Pacific Railway yards via either the McPhillips Street underpass or Slaw Rebchuk Bridge on Salter Street.

Bombers lose the Grey Cup

The Winnipeg Blue Bombers lost 28-24 to the Montreal Alouettes in the 110th Canadian Football League championship on Sunday, Nov. 19. This was the Blue Bombers' fourth consecutive year in the final and their second consecutive year losing with a close win in sight. The team finished 14-4 during their regular season and at the top of the CFL's West Division. Sunday's game was the Alouettes' first Grey Cup win since 2010.

The Good Will says 'see you later'

After nearly 10 years in the music and entertainment scene, the Good Will Social Club has decided to close its space on Feb. 1, 2024. This announcement has shocked its community, and people are flooding the comment sections on the Good Will's social-media posts. The Good Will owners say they are ready to explore new possibilities outside of their current location at 625 Portage Ave. "This is not goodbye, but rather a 'see you later,'" staff wrote in a post.

STBBI prevention and ongoing care

The federal government is investing nearly \$6 million in seven community-based projects to address the rates of sexually transmitted and bloodborne infections in the province. These projects will promote testing to prevent new infections and provide ongoing care for people living with HIV, hepatitis C and other STBBIs. According to the province, there were 134 new cases of HIV in the first six months of 2023, compared to a total of 196 new cases for 2022.

Teach-in and discussion on Palestine and genocide

Members of the University of Winnipeg faculty will lead a teach-in and roundtable discussion "Palestine and Genocide: Reflections on Imperialism, Settler-Colonialism, and Decolonization" on Friday, Nov. 24. The event is scheduled for 11:30 a.m. to 1:30 p.m. and 2 p.m. to 3:30 p.m. and will discuss "historical, critical, creative, visual, and theoretical" texts about Palestine and the Israel-Hamas conflict. U of W staff are speaking out about their academic freedom after the event drew criticism from Winnipeg South Centre MP Ben Carr regarding its potential to spur antisemitism and make Jewish students feel uncomfortable.

MOLECULES AND MUSIC

Devin Latimer, chemistry instructor

THANDI VERA | FEATURES REPORTER | @THANDI.VERA

Devin Latimer, a chemistry instructor at the University of Winnipeg, hails from the northern Manitoba towns of Lynn Lake and Leaf Rapids.

His educational experience took a decisive turn when he moved to Winnipeg, a shift significantly influenced by a devoted advocate: his mother.

“My dad passed when I was young, and Mom finished the job of raising us on her own,” Latimer says in an email to *The Uniter*.

“When it was time to convince me to go to university, she moved across the street from (the) University of Winnipeg to Colony Square to make it as easy as possible for me. She was a saint and did all she could for her kids.”

However, it wasn’t until Latimer enrolled in a chemistry course at the U of W that he decided to pursue the field further. “I didn’t realize my passion for it until I took a course from professor Ken Friesen here, which inspired me to pursue graduate school.”

Latimer’s professional focus extends to green chemistry, where he actively promotes a sustainable and innovative mindset.

“Not only is it often easy to do green chemistry, but (it’s) quite often easier than doing things the old-fashioned way,” he says. “Studying green-chemistry techniques helps reinforce chemistry fundamentals.”

Latimer’s commitment to the environment transcends the classroom. He contributes to *The Conversation*, a network of non-profit media platforms publishing

news articles and research findings online. In one of his articles, he delves into how green-chemistry labs foster a sustainable approach to chemical transformation.

Beyond academia, Latimer is the bassist and driver for Leaf Rapids, a band currently in its seventh year and actively working on its third record.

“We tend to perform mostly at summer weekend festivals, with a show about once a month either at concert series or the best venue in the world, Times Change(d) High and Lonesome Club at 234 Main St.,” he says.

Before forming Leaf Rapids with his wife, Latimer was the bassist for the band Nathan for about 15 years.

“We had a decent recording deal with Nettwerk Records that enabled us to record and tour for a number of years,” he says. “We won a Juno with Nathan just as we were wrapping up that time.”

In addition to his diverse professional pursuits, Latimer actively promotes climate-change awareness in his role as producer of the Trout Forest Music Festival.

“Through some funding that I received from Heritage Canada, we were able to build a solar-powered sound system for the festival, and we’ve been doing some climate-change communications,” he says.

Latimer finds balance in the simplicity of life. “I have two kids, (who) take up about 97 per cent of the leftover time, which leaves me three per cent for curling, the best game on ice,” he says.



What was your worst grade in university?

“I failed calculus on my first attempt in first-year university. But I got an A+ the second time and then ended up loving second-year calculus. So don’t give up!”

What was your favorite toy growing up?

“My yellow Honda SL-70 minibike.”

If you had to eat one meal for the rest of your life, what would it be?

“Definitely ... Indian food. Chana masala, palak paneer, I love it all!”

What do you like most about Winnipeg?

“It’s a city that is more like a small town, and a very multicultural one.”



THE UNIVERSITY OF
WINNIPEG

Student Services

MONEY TALKS

The last session “End of term refunds” (**Nov. 28**) will be about the refund process, how it’s done and in which cases a student can request a refund through the Awards Office.

Money Talks are held Tuesdays at 11:00 a.m. via Zoom. Pre-registration is required – go to the Awards website: uwinnipeg.ca/awards

WEBINAR WEDNESDAYS

The Webinar Wednesdays series continues with these topics:

- What Can I Do with My Degree? (**Nov. 29**)
- Preparing for Winter Term (**Dec. 6**)

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

Pre-registration is required.

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

ASK AN ADVISOR

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

- Study Abroad (**Nov. 30**)
- Accessibility Services (**Dec. 14**)

Hosted by Academic and Career Services, these live sessions take place every other Thursday at 11:00 a.m. on UWinnipeg Instagram.

WORK-STUDY PROGRAM

The Work-Study Program can help you meet your expenses during the academic year. The program offers valuable life and work experience with flexible hours that fit around your school schedule.

The deadline to apply to the program is **Dec. 4, 2023**.

If you are interested, please go to “Work-Study Program” on the awards website: uwinnipeg.ca/awards

CAREER CHATS ON INSTAGRAM

Career Chats are live sessions on Instagram that feature advice from an employer or career-related expert.

The last session of the year is on Preparing for the Career Fair (**Thurs., Dec. 7**).

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

STUDY ABROAD – SUMMER PROGRAMS

The deadline is fast approaching to apply for exchange programs next summer in Denmark and South Korea.

This is an ideal opportunity to study abroad, as funding is currently available through the Government of Canada’s Global Skills Opportunity Program that could cover 40% to 90% of the costs of your exchange.

The deadline to apply is **Dec.15**,

2023. Find out more at: uwinnipeg.ca/study-abroad

FALL EXAMS

The Fall (December) Exam schedule is now available at uwinnipeg.ca/exam-schedules

The exam period is from **Dec. 7 – 20**.

THE WELLNESS HUB

Check out the Wellness Hub, a digital platform on the UWinnipeg website, with links to:

- crisis and counselling services
- informational websites about mental health
- tools to track how you are feeling and learn coping skills
- connections to specialized resources

You choose which links to access each time you enter the Wellness Hub.

Visit the hub any time: uwinnipeg.ca/wellnesshub



FAILURE TO LAUNCH

Lack of heavy lifting by all levels of government hurts Canadian climate goals

ADAM JOHNSTON | VOLUNTEER | @ADAMJOHNSTONWPG

Canada's failure to keep its climate commitments reflects the need for more people to do any heavy lifting when it comes to taking climate action and the crisis head-on.

A new report released by the federal Commissioner of the Environment and Sustainable Development says Canada will miss its target of 40 per cent of 2005 amounts by 2030. The report suggested total emissions in 2020 were 13 per cent higher than 30 years previous in 1990.

Earlier this month, Jerry DeMarco, commissioner of the environment and sustainable development, told reporters that Canada is the only G7 country that did not see its overall emissions drop between 1990 and 2020. DeMarco also said the Great Recession in 2008 and the COVID-19 pandemic were the only two periods that saw drops in Canadian emissions.

Meanwhile, as this report was released, another brouhaha between provincial premiers and the federal government began regarding the carbon tax.

Prime Minister Justin Trudeau announced in October that Canadians would see heating oil exempt under the federal carbon-pricing system, as the federal government works toward developing a program to subsidize heat pumps.

Many premiers have argued this plan is unfair, as only the Atlantic provinces primarily use heating oil. In response, they called for exemptions on other heating

sources, such as natural gas, from the carbon tax.

Newly elected Manitoba Premier Wab Kinew jumped into the fray and said Manitobans should also be subject to exemptions from the carbon tax. Kinew noted that "The carbon tax is not the silver bullet when it comes to climate change," arguing that Manitoba's hydro-electric power is doing more good than the carbon tax.

Sound like the familiar Canadian climate-change playbook? Well, it is. The federal and provincial governments stall on effective policy, debate the right way to slash emissions and fail to reach emissions targets.

This failure to launch has happened time and again. Both federal and provincial leaders have pledged to cut past emissions by a certain amount but have always fallen flat.

Great motivational speakers like Eric Thomas and David Goggins suggest that if you want to see the results in your life, you have to set specific goals, take action and make the changes necessary to see those results.

The federal government has made commitments to improving the planet's health by trying to implement policies like the carbon tax.

However the federal government, many provincial governments and institutions responsible for emissions aren't willing to agree to do the actual heavy lifting when it comes to deciding to take climate action.

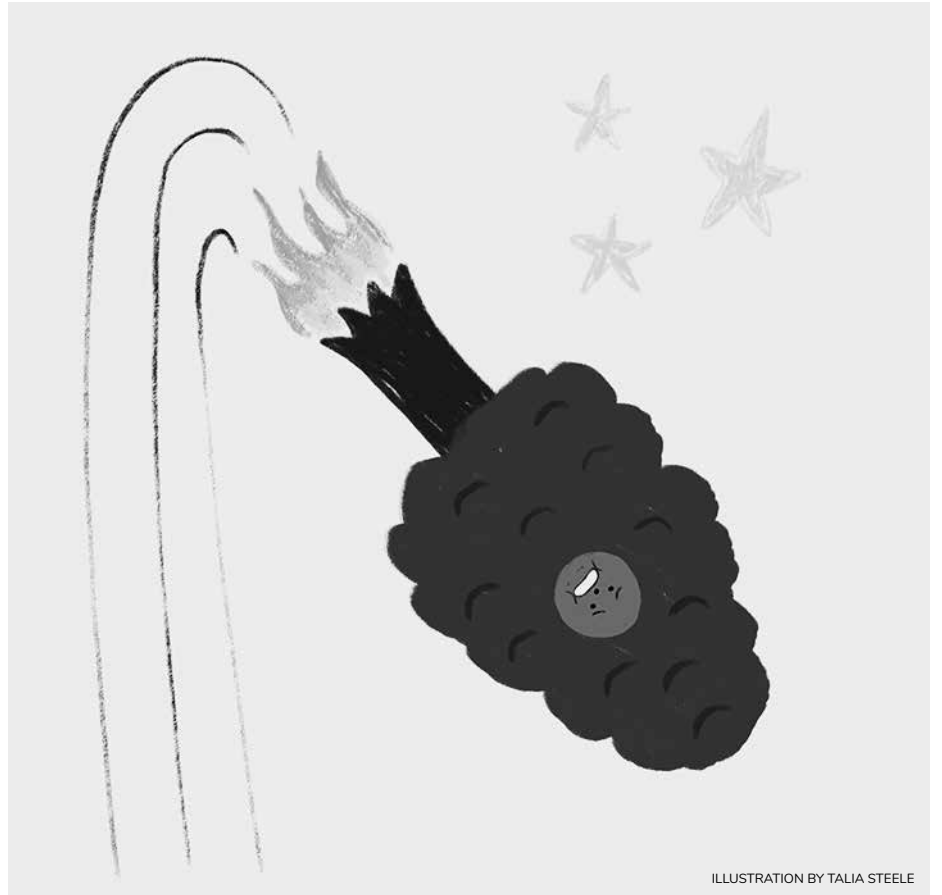


ILLUSTRATION BY TALIA STEELE

This will have dire consequences, as necessities like food and energy are getting more expensive due to climate change – and will continue to get worse.

By phasing out oil use, shutting down oil and gas subsidies, increasing public transportation funding, retrofitting older buildings with heat pumps and insulation and creating a corps of people to clean oil sands tail ponds on Indigenous lands before giv-

ing them back to their rightful owners, the federal and provincial governments have the power to do the heavy lifting when it comes to addressing the climate crisis at a rapid rate. That, or the public will pay from the ongoing failure to launch.

Adam Johnston is a public- and active-transportation advocate.

ARE THEY BEYOND SALVATION?

The emergence of traditional Catholicism among Gen Z

PATRICK HARNEY | COMMENTS EDITOR

Last year, traditional Catholics, or trad Caths, were brought to wider attention when *The New York Times* published the article "New York's Hottest Club Is the Catholic Church."

The piece, written by Julia Yost, senior editor at Christian journal *First Things*, centred around Manhattan's Dimes Square scene, which Yost describes as a group of cool, hip young people discussing questions of theology, practising Christian rituals and donning conservative garb.

Trad Caths disseminate their message both through liturgical Latin and internet memes, discussing saints, scholars and sacraments. The trad Cath movement combines sanctity with sarcasm, creating an aesthetics-driven reinterpretation of the faith.

While Yost points out that some trad Caths may simply cosplay Catholicism as an act of transgression, she argues that there is a large contingent earnestly interested in reviving the faith among Gen Z.

In the past decade, popular celebrities have joined evangelical mega-churches, similar to Winnipeg's Church of the Rock, with state-of-the-art technologies, a "down-to-earth" pastor and a built-in Starbucks.

Where the trad Cath movement deviates from these mega churches is in its renunciation of the approachable in lieu of the distinctly unapproachable: the unknown and mystical.

Not unlike previous popularizations of

Buddhism or vague pan-Indigenous spiritualism, the trad Cath movement often relies on the mystical and the magical shrouded in the unknown. But, whereas previous popularizations have clearly appropriative elements, Catholicism represents something that, for white people, blurs the lines of exoticism.

This mysticism is a far cry from my upbringing in the Catholic church. The heavy air of exoticism is in stark contrast to my memories of singing "great things happen when God mixes with us" in a retrograde elementary-school gymnasium to the tune of my Grade 3 teacher's acoustic guitar.

My own association of Catholicism with corny singalongs is likely why I was shocked when I began to witness people around me discussing the faith.

My reaction to the movement was similar. I hypothesized that, in the face of modernity, a large swath of young people feel as if they do not have roots and are, in response, turning to a retrograde faith to gain some semblance of purpose. I saw it as a saddening reverse of the progressive values that seemed to be gaining widespread cultural acceptance.

Rightly, many have denounced the movement and Yost's piece for attempting to cool the image of a group of reactionaries who are arguing for monarchism, a return to traditional gender roles, antisemitism and anti-LGBTQ+ sentiments.



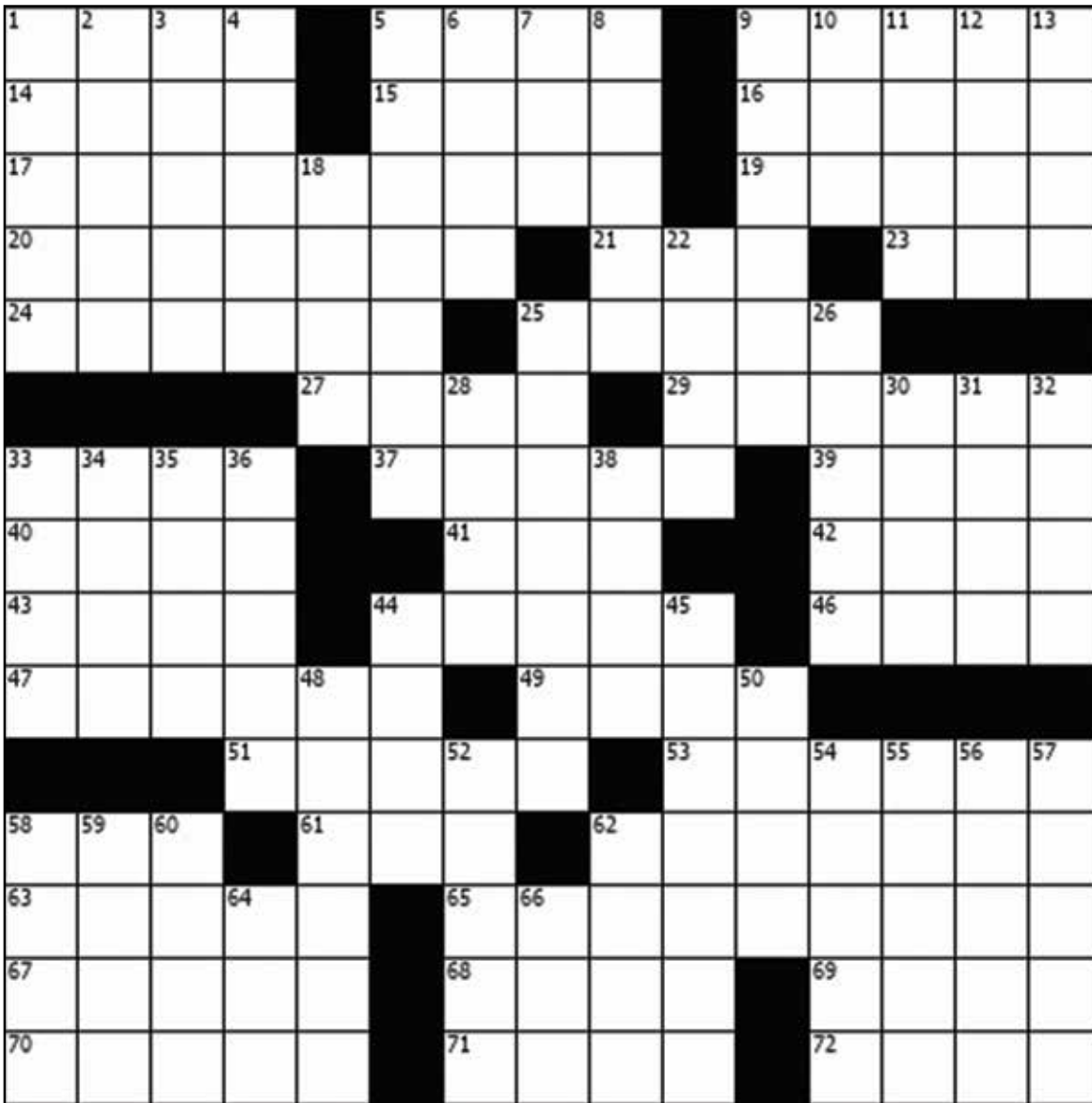
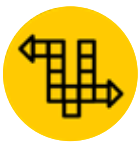
SUPPLIED PHOTO

The Vatican has frequently been at odds with the "trad Cath" movement, which spreads a reactionary vision of the church through online memes.

While these critiques are important, and the reactionary side of trad Caths is undeniably dangerous, I have been pointed in the direction of Simone Weil's "Gravity and Grace," the Catholic worker movement and Winnipeg's own *Geez* magazine, which place Christian themes within progressive, leftist frames.

If it is true that young people are landing on Catholicism to provide them a semblance of control in the face of modern identity crises, maybe there is potential that the movement is not beyond salvation.

Patrick Harney is the comments editor at *The Uniter*.



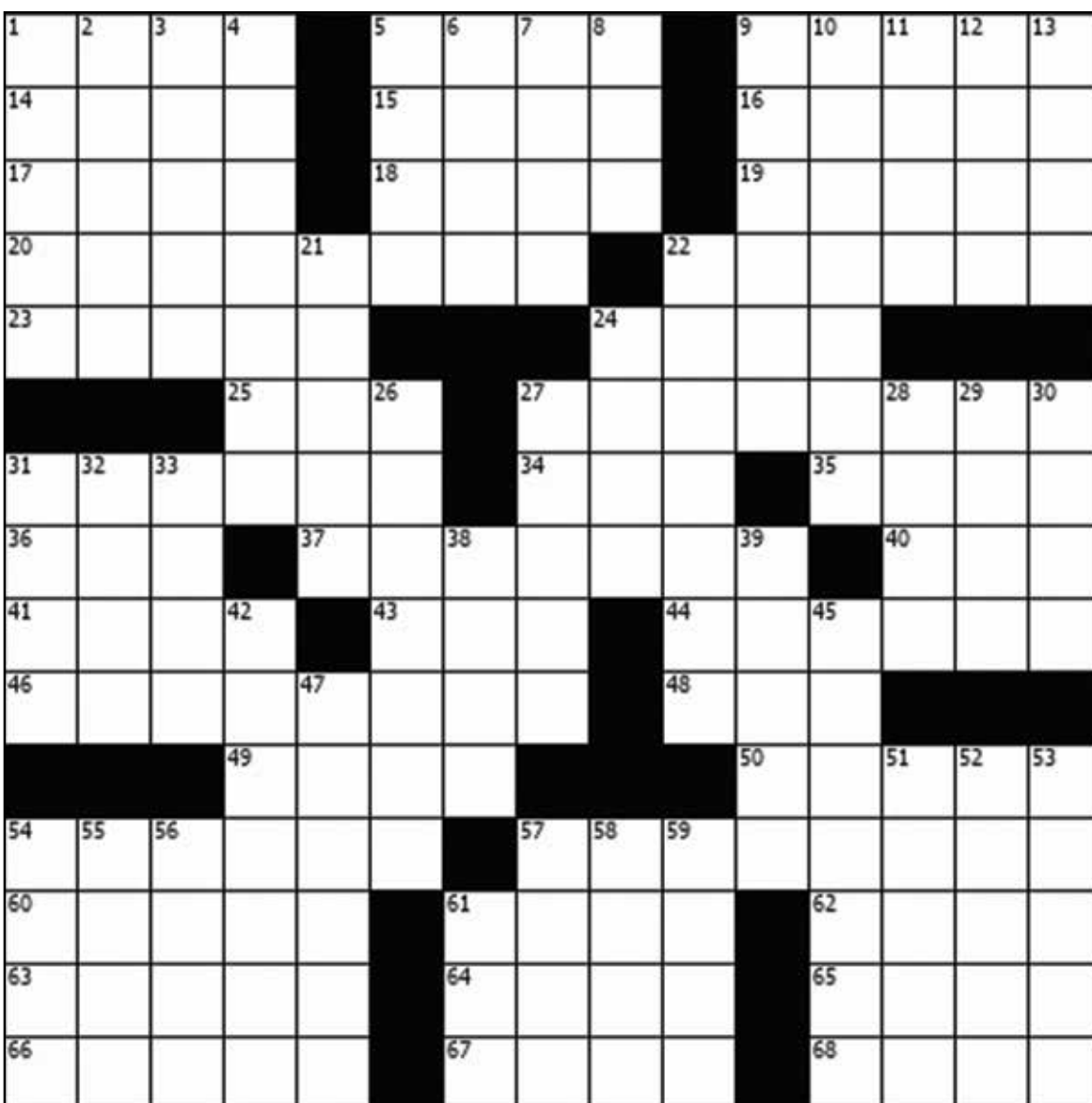
ONLINECROSSWORDS.NET

ACROSS

- 1. SEMESTER
- 5. ATTENTION-GETTING SOUND
- 9. IN FRONT
- 14. BOGUS BUTTER
- 15. STABLE FEMALE
- 16. INFERIOR
- 17. PROPOSED AS A CANDIDATE
- 19. SEE EYE TO EYE
- 20. INCIDENT
- 21. ANNOY
- 23. MAPLE'S FLUID
- 24. SMALL SOFA
- 25. TIER
- 27. OLYMPIC SLED
- 29. GLOSSY PAINT
- 33. EXPOSE
- 37. PENN AND CONNERY
- 39. URGENT
- 40. UNIFORM
- 41. GUN ORG.
- 42. WOEFUL CRY
- 43. RELATED
- 44. SIGHT OR SMELL
- 46. MUSICAL SYMBOL
- 47. UNSPECIFIED PERSON
- 49. JAMES ____ JONES
- 51. HANDLE SKILLFULLY
- 53. LIBRARY PATRON
- 58. MOUNTAIN PASS
- 61. ALIAS ABBR.
- 62. CURIOUS WOMAN OF MYTH
- 63. AUTHOR ____ ASIMOV
- 65. TEMPORARY
- 67. LEONARDO DA ____
- 68. LEND A ____
- 69. FAMOUS CANAL
- 70. CORRODED
- 71. SPUD BUDS
- 72. UTILIZED

DOWN

- 1. PITCHES
- 2. WED ON THE RUN
- 3. SEND PAYMENT
- 4. SLIGHTLY WET
- 5. WOLFGANG ____ MOZART
- 6. ABHOR
- 7. BEFORE, IN VERSE
- 8. RADIO AND NEWSPAPERS, E.G.
- 9. ROUSE
- 10. SWINE
- 11. PROVES HUMAN
- 12. ON A CRUISE
- 13. PROFOUND
- 18. CHRISTMAS SONG
- 22. BREAD GRAINS
- 25. MEMORIZED
- 26. PLANE SPOTTER
- 28. DANCER ____ KELLY
- 30. 5,280 FEET
- 31. MEMORABLE PERIODS
- 32. FOR FEAR THAT
- 33. PHI ____ KAPPA
- 34. STRATFORD-ON-____
- 35. DEPEND
- 36. BESTOW
- 38. SPACE AGENCY (ABBR.)
- 44. LOOK FOR
- 45. TRIPS TO THE STORE, E.G.
- 48. CERTAIN VITAMIN
- 50. TELESCOPE PART
- 52. WOOD TURNER
- 54. FRENCH FAREWELL
- 55. ACHIEVERS
- 56. ____ BANKS OF BASEBALL
- 57. CLASSIFIED
- 58. DONATE
- 59. THE ORIENT
- 60. BREATHE HEAVILY
- 62. WINDOW GLASS
- 64. HIGH CARD
- 66. BEAM



ONLINECROSSWORDS.NET

ACROSS

- 1. COOKING VESSELS
- 5. MODELING MATERIAL
- 9. LADY'S TITLE
- 14. YODELER'S FEEDBACK
- 15. GREEN CITRUS FRUIT
- 16. EXCUSE
- 17. TRICKLE
- 18. SIGN
- 19. ____ ORANGE
- 20. FLAVORFUL HERB
- 22. OUTBURST
- 23. LAKER SHAQUILLE ____
- 24. FROTH
- 25. SIESTA
- 27. WIZARD
- 31. WASHINGTON SEAPORT
- 34. BABY DOG
- 35. URGENT
- 36. BEER'S KIN
- 37. MADE A MENU SELECTION
- 40. ____ QUIXOTE
- 41. SEAWEED
- 43. MARINER'S YES
- 44. LEAST RAINY
- 46. OVERSHADOWED
- 48. BOAT PADDLE
- 49. LUMP OF DIRT
- 50. ____ CODE
- 54. MISCHIEVOUS ONE
- 57. YEARLY PUBLICATIONS
- 60. MUSICIAN ____ JOHN
- 61. OUT OF PORT
- 62. THE ____ OF MARCH
- 63. START OF A DICKENS TITLE (2 WDS.)
- 64. RADIO TUNER
- 65. ON CLOUD ____
- 66. AUTOMATON
- 67. GREAT ____
- 68. LEAVES

DOWN

- 1. BASIL SAUCE
- 2. ATLANTIC OR INDIAN
- 3. NOT HERE
- 4. HIGH VOICE
- 5. DRAIN OBSTRUCTION
- 6. VIP'S CAR
- 7. PRAYER CLOSE
- 8. YEARNING
- 9. MADMAN
- 10. FRIGHTENED
- 11. ARIA SINGER
- 12. SLEEPING
- 13. 5,280 FEET
- 21. TEXAS LANDMARK
- 22. UNDERWATER WEAPON
- 24. QUARTET COUNT
- 26. UMBRELLA
- 27. DRIVE TOO FAST
- 28. BE A PASSENGER
- 29. GREEK MYTHOLOGY FIGURE
- 30. TENANT'S MONTHLY BILL
- 31. STEAL
- 32. A BALDWIN
- 33. PRISON ROOM
- 38. STAINED
- 39. STAGE OFFERING
- 42. SMALL FLUTE
- 45. PRESSING
- 47. NEPTUNE, E.G.
- 51. CAR ACCESSORY
- 52. LOCALE
- 53. 19TH LETTERS
- 54. AFT
- 55. CHOIR MEMBER
- 56. PIERCE
- 57. CHINA'S CONTINENT
- 58. THIN
- 59. MASCULINE
- 61. FIND A TOTAL

HOROSCOPES

Welcome to Sagittarius season!

A hopeful outlook comes as the sun enters fire sign Sagittarius on Wednesday, November 22, at 9:02 AM. Optimism is not without limits, though. Reality hits as the sun clashes with Saturn on Thursday, November 23, at 4:46 AM.

SOURCE: CAFEASTROLOGY.COM

ARIES

Interactions with others trigger old problem areas today, Aries. A Sun-Saturn square may temper your enthusiasm somewhat in the first half of the day. This can be useful occasionally, even if it's not especially fun! It may help you get back on track, but don't push this so far that you waste time feeling discouraged. It's important to pick yourself up and solve problems. You might need to revise plans or go back on something you've said. Circumstances can seem to conspire to remind you of your limitations, and the best strategy now is to think about what's genuinely best for you in the long term rather than the short term since focusing too intently on getting what you want at this time can only serve to frustrate you. Later today, communication can help center you and relieve your mind. You're in the moment, and you may be looking for feedback or reinforcement. A Moon-Mercury trine encourages sharing your feelings, wants, and needs.

TAURUS

Your social life may fall short of your expectations in some way early today, Taurus, but being left to your own resources temporarily can work in your favor. The Sun's square to Saturn suggests people have a lot on their plate or are wrestling with their own demons, and being self-reliant may be necessary but ultimately also quite rewarding! It can also be a day for catching your breath and looking for better strategies for pursuing your goals. In some cases, it's time to consider whether a particular goal or endeavor needs to evolve or dissolve. In this sense, this can be a checkpoint. If you're off track, it's time to reorient yourself. As the day advances, transits encourage you to make room for more rest and time for reflection, which can be emotionally cleansing. Private and emotional matters are in focus and tend to thrive. You may get closer to someone or understand a situation better today.

GEMINI

Responsibilities and limitations can make themselves known today, Gemini, with the Sun in your partnership sector square Saturn in your career sector. Or, the pressures of others' expectations can hang heavy in the air. Still, any slowdowns you experience now can redirect your attention to those things that matter and make a difference in the long term. This transit happens twice a year, reminding you of the rules, and with Saturn at the top of your solar chart, you're especially conscious of what's expected of you. If people demand far too much from you or come down on you too hard, aim to be more explicit about your need for positive attention. Reminding the people in your life of your need for appreciation and motivation may be in order now! Sure, it would be nice if you got it without having to ask for it, but we're all going through this Sun-Saturn aspect in different ways. This transit is good at pointing out an area of your life that requires patience. It's better to focus on what's best for you in the long term rather than go for immediate gratification. Transits encourage more lighthearted connections and conversations as the day advances. There is something in the way you meet the world that is very appealing and that draws people to you. This time favors reconnecting, and friendships and networking fare well.

CANCER

With the Sun square to Saturn early today, Cancer, which can bring on the reality of a project or situation. Aim to find ways to work around roadblocks rather than dwell on discouragement for too long. This transit can serve as a reminder of rules or practical details that you overlooked in the past. You have a stronger than usual need to express yourself through the work you do or services you provide these days, but today, you could feel overburdened or under-appreciated for your efforts. Getting through your responsibilities, chores, or job can feel longer and slower now, and it may be best to take things one step at a time and avoid pushing yourself. Timing may be off, but it's temporary. Fortunately, taking care of business fills a need and is smoother as the day advances. In fact, you might make some interesting connections as you pursue your goals.

LEO

While you're feeling freer these days on many levels, Leo, there can be some need to slow down temporarily. With a Sun-Saturn square early today, you could experience temporary doubts about recent projects or relationships. Slowing things down can be a critical strategy with this aspect active. It's time to clear some hurdles before you move a matter forward. For best results, be as patient as you can and play by all rules today since it's simply not the time for cutting corners. Getting back on track may require a rest or some tweaking of expectations. If you're feeling insecure, remind yourself that what you think you lack is probably exaggerated in your mind's eye. Aim to improve those things you can control and forget about the rest for now. Transits help lift your spirits as the day advances. Sharing a vision, belief, or idea can be refreshing.

VIRGO

With a Sun-Saturn square early today, you can feel like someone is putting a damper on your plans or is overly critical, Virgo. Try not to take things too much to heart, but do aim to work on patching up areas where you feel a little too vulnerable. This strategy can help strengthen you when Saturn is putting the pressure on you in the future. There may be a previously neglected area of your life that now seems necessary to revisit. Paring things down will allow you to move forward more quickly, eventually, but things may feel slow and long just for now, so take it easy. It's important to be humble with Saturn in a challenging aspect to the Sun, and both bodies in challenging relationship to your sign. Life is unlikely to feel quite so serious later today, and you may find some wonderfully relaxing things to do. You're far less hung up on problem areas. Emotional cleansing can come via honest conversations about intimate matters. Alternatively, you might channel your passion into a satisfying project.

LIBRA

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

SCORPIO

Early today, a Sun-Saturn square can magnify responsibilities or obstacles temporarily, Scorpio. A seeming roadblock can arise around a love relationship, a relationship with a child, or a creative project. Circumstances or people seem disapproving or unhelpful, and you may be left to your own resources. An apparent setback, however, may lead to a vital step concerning long-term happiness, as is often the case with transits involving Saturn, the great teacher. You're also learning about what you need in the long run. Look for a middle ground if conflicts emerge. Others may not be very forthcoming, warm, or expressive, which can feel a little cold but could also allow you enough space to discover resources you may not have known you had. As the day advances, you'll find it easier to go with the flow. Look for the moments of inspiration, as you're likely to find them! Solving practical problems and attending to the details of daily life comes naturally and easily.

SAGITTARIUS

Early today, the Sun's square to Saturn has a way of turning your attention to burdens and delays, Sagittarius. It can be challenging to satisfy both your need for independence and your desire for security and assurance. Domestic chores and problems in the family dynamic can weigh heavily on your mind right now. It may also be difficult to pursue your personal goals without feeling you're letting someone down. Today's experiences may serve as a useful reality check, however, and you might even consider them blessings in disguise later! Slow down, follow the rules, and discipline yourself for best results with a strong Saturn aspect in play. Patience has its rewards and benefits in the long term. In truth, you'll likely feel better about pursuing your desires if you've given your responsibilities their due attention. As the day advances, good energy is with you for appreciating someone's point of view. You need a change on both mental and emotional levels--something fresh to think about or focus on, or perhaps a learning challenge.

CAPRICORN

Early today, there can be some hesitation or blockage that temporarily slows you down, Capricorn. While annoying, delays now can be helpful in the long run if they open your eyes to areas that need some refinement. Today's Sun-Saturn transit temporarily magnifies flaws. You may notice that more complaining and criticism than usual occur around you today. You could feel overlooked, left to your own resources, or put upon, but keep in mind that this is only temporary. Helping yourself today can mean adjusting your speed, following rules, exercising patience, and conserving energy by prioritizing. Avoid pushing things forward for the best results now. Indulging in a little self-pity is understandable now, and in a small dose, it can motivate you to make changes that empower you. As the day advances, your focus shifts. In fact, it's a good time to get in better touch with your feelings. There is a strong focus on the familiarity of home or comfortable situations and people.

AQUARIUS

You're in good shape for sorting out your thoughts and observing what's happening around you today, Aquarius. Communication can help you sort out your feelings. However, a Sun-Saturn square early today can present some obstacles. It's a time to draw upon some patience and follow some rules. Others could be grumpy or critical. You may face a delay or blockage that breaks the flow. Even if you want to push something ahead, conserving your energy and resources may be better. The best strategy now is to focus on long-term benefits and keep expectations simple. Resign yourself to making edits and adjustments rather than bold moves, and most importantly, remind yourself it's temporary. As the day advances, you might bridge gaps with others through thoughtful gestures that tell people they are meaningful to you. Your senses are stimulated, and certain ideas and plans can energize you.

PISCES

A Sun-Saturn square early today reminds you to recommit to your goals, Pisces, or adjust them to better suit your purpose. It's not the ideal time to push, prod, or go against the grain, just for the time being. You could feel on some level that you're being tested, and it's better to aim to do your best and be patient. Look for ways to maximize long-term success or happiness rather than focusing on the short term. Energy levels can be low now, and if so, take time and get extra rest until strength returns. Backing down is sometimes the better strategy until strength and confidence return. However, if you're up for it, putting more energy into fixing vulnerable areas can be heartening now. Focusing on small ways to rebuild your confidence can also be helpful if you feel it's dipping. As the day advances, pressures tend to ease up. You tend to focus on practical needs, and you find it easier to redirect creative energy into appropriate channels.