

# STREETS

## SERVING WINNIPEG'S WEST END

JUNE 2025

NEWS AND VIEWS FROM OUR COMMUNITY | VOL 3 NO 9 | FREE TO WEST END RESIDENTS

WOLSELEYLEAF.CA

### Disabled users of social chits say "blindsided" by changes to transportation program

By Terese Taylor

Wheelchair users Paul Langrell and John Turner used to receive paper vouchers for transportation to social visits of their choice but now are facing the headaches of a new system. Instead of making their own arrangements for transportation by taxi or other wheelchair transportation service, and presenting the paper voucher to the driver, they are now required to call a number provided to them - the same number used by social workers and medical service personnel for transportation to medical appointments - and to book each ride through this service.

The popular "Social Chits" system has been in use for over 20 years, and provided coverage for two trips per month for

wheelchair users, and people with mobility issues on Employment and Income Assistance (EIA).

Workers with disabled people say they've had numerous complaints about the new system. Nicole Nadeau-Frechette, a social worker who has worked at a live-in supported care centre for more than two decades, said the old system provided her office at Action Marguerite with paper booklets of vouchers (equal to 24 return-trip rides) that clients could use throughout the year at their own discretion.

Since the announcement of the changes, Nadeau-Frechette has been disturbed to hear that clients aren't able to

continues pg 4...



Mwansa Mwansa leads the chorus of *Roots in Harmony* with (from left to right) Hafiz Jatto (Bass), Emannuel Allieu (Baritone), Moses Mseluka (Tenor), and Nadine Powell (Soprano). Photos by Terese Taylor

### Black Heritage Experience Manitoba launches pop-up at Doors Open

WINNIPEG, MB — A newly founded organization, the Black Heritage Experience Manitoba (BHEM), was proud to announce its launch with a public exhibit debuting at Doors Open Winnipeg. The grassroots initiative aims to preserve, celebrate, and share the rich legacy of Canadians of African descent in Manitoba—past, present, and future.

Co-founded in early 2025

by Judy Williams, a lifelong Winnipegger and descendant of one of the province's earliest Black settler families, BHEM emerged from a growing effort to preserve family archives and community stories often overlooked in dominant historical narratives.

"When we began going through our family home after my parents passed away, we found photos and documents

that told powerful stories about Black life in Manitoba," said Williams. "I had questions about how to preserve them—and realized many others in our community had similar discoveries and stories to share."

That realization led to a pilot project in 2024 and culminated in a founding meeting on February 1, 2025, which

continues pg 4...



John Turner (left) and Paul Langrell used to be able to arrange their own transportation for social activities. The new system doesn't feel private, say its users, and takes hours to arrange.



# COMMUNITY

## 2SLGBTQ+ library to be part of Rainbow's Place of Pride

(WINNIPEG) Payworks made a gift donation of \$250,000 to Rainbow Resource Centre towards a new library dedicated to the 2SLGBTQ+ Community. The donation is coming at a time when fears of book bans have resurfaced.

"We specifically chose to support the library because it creates a place to access knowledge, open dialogue, and

create community," said Payworks president Michael Penman. "Libraries are more than collections of books; they are homes for ideas, empathy, and connection. In fact, we're pleased to have started up mini-libraries in many of our own offices across Canada."

"We are so grateful for this generous gift," said Patrick O'Reilly, Chair of the Place of

Pride Capital Campaign. "It's a powerful affirmation of the value and resilience of the 2SLGBTQ+ community in Manitoba. Payworks' support helps bring to life a key component of Place of Pride, one that affirms our existence by making room for a welcoming and inviting space that will foster joy, inclusion, and belonging in the heart of Winnipeg."

The library is part of developing a welcoming campus linked to Rainbow Resource Centre and its affordable seniors' housing apartment on



*An architect's rendering of a meeting space soon to be built at the Place of Pride Campus (above left)*

Broadway. The campus will include counselling services for individuals and families, meeting and event spaces, a community kitchen, and outdoor gardens.

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## *Manitoba Library Association's Prison Libraries Committee (PLC) and Bar None Prison Visiting Rideshare are hosting their eighth annual Book & Bake Sale*

by Terese Taylor

Kirsten Wurmman calls problems around access to reading and access to information in Manitoba's prisons a problem that is "out of sight, out of mind."

"As soon as we talk about it, people are like, what?" ...people just don't know, and it's something that is just so basic, that people are so willing to support the work that that we do."

Wurmman's work with the Manitoba Library Association's Prison Library Committee (PLC) includes prison activities like pop-up libraries, book clubs, author meet-and-greets and a variety of reading circles.

That work is supported every year by the annual Prison Libraries Committee Book and Bake Sale, being held June 14, at First Mennonite Church, 922 Notre Dame Ave, from 10 AM - 3 PM.

The sale is a "beautifully curated" collection of great reads and something that Manitoba Library Association's (MLA) Wurmman hopes will raise enough funds to continue the advocacy and outreach of educational and community connections to Manitoba prisons. She also puts in a plug for the bake sale, saying they are not to be missed.

Wurmman worked at the West End's Harvey Smith library before getting involved in information advocacy, and has seen support for libraries in prisons building across the country. Libraries are mandated in all federal prisons but currently, only the province of Ontario has mandated that libraries (and staff) must be available in all provincial prisons.

Wurmman loves a good

book, and loves the excitement she has seen expressed at prison visits.

She remembers the woman at the Manitoba Woman's Prison in Headingly who said: "I wish I could curl up with a pillow and a blanket here." And she'll never forget the time an inmate called out "You can't even read," to another inmate who replied that it was OK, his cell mate would read to him.

The library association began a new project in 2024 to get books into the Manitoba Youth Centre in a monthly pop-up.

"The youth are hungry for reading material," says Anna Leventhal, in a statement by the PLC. "And it's a challenge for us to consistently provide the kind of books they want to read. If we could bring in a

truckload of graphic novels and Rick Riordan books every month, they would be thrilled."

The PLC has recently started a new project in partnership with the Manitoba law library and funded by the Manitoba Law Foundation to build a collection of legal information materials, after a survey of inmates identified that it was of high interest. So far, Wurmman and colleague Karen Zotsky have curated 60-75 books that are in a plain language format, that can help self-represented litigants.

The value of books is immense, says Wurmman, whether they are instructional or creative fiction. She has seen the profound connections inmates have felt meeting Manitoba authors such as Katherena Vermette, and Nigga Sinclair.

In memory of Joe Big George who worked for 16 years getting books to inmates, his family started a collection of books in 2023. Big George especially found a profound value in sharing books written by Indigenous authors. Contributions of books to the collection can be dropped off at the Millenium library, or Elizabeth Fry Society of Manitoba.

The PLC holds their sale in partnership with Bar None Prison Visiting Rideshare, an organization that coordinates a fleet of volunteer drivers who offer free transportation to people looking to visit their loved ones in out-of-town jails or prisons.

"There's only one prison inside the city limits" says Wurmman, "so the prison ride share is really, really important to get folks out."

### **Attention good people of Winnipeg: The future of your public post office is on the line — take action!**



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**Postal workers have a better plan! The way forward is through service expansion, not cuts. Canada Post can play a key role in strengthening Canada's economy in the face of uncertainty, offer much needed new services like senior check-ins, postal banking, and community hubs, and bring new revenue to the public post office.**



# BLACK HISTORY

## BLACK HERITAGE. ...from page 1



brought together over 27 attendees, including representatives from leading non-profit organizations across the province. The outcome was a unified vision: to create a dedicated space for the his-

**Joe Collins performs at Millennium Centre**

tory and contributions of Canadians of African descent in Manitoba.

The Black Heritage Experience Manitoba is built around three core directives: Honour the Past: Recognizing the legacies of African-descended peoples who helped shape the Prairies and the nation.

Celebrate the Present: Uplifting elders and today's leaders who continue the work of advocacy and excellence, and

Build the Future: Empowering the next generation to write their own history through education and storytelling.

The organization is rooted

in a decolonized, community-led approach, and already includes over 50 members and eight working committees actively shaping its development.

BHEM's inaugural exhibit, hosted inside the historic Millennium Centre—originally the Canadian Imperial Bank of Commerce built in 1912—offered a compelling exploration of the Black migration experience to Canada. Visitors engaged with audio stories, video interviews, handmade quilts, maps tracing the transatlantic slave trade, and rare documents from early Black Manitoban families. With a nod to the next generation, the exhibit also featured short films from

the Black Film Collective, which fosters the preservation, cultivation, and promotion of Black cinematic art from the unique perspective of Prairie Black folk.

"More than an exhibit, this is a declaration," said Williams. "We were here. We've always been here. And we will continue to tell our stories."

The organization extended heartfelt thanks to Cindy Tugwell, Executive Director of Heritage Winnipeg, for providing exhibition space and support during Doors Open Winnipeg.

BHEM sees an exciting future ahead, and invites interested Manitobans to contact thebcmuseum@gmail.com

## SOCIAL CHITS...from page 1

get calls through to the line, have been put on hold for hours, or users have been questioned about their plans in a manner that has made some of them uncomfortable.

"Its been a devastating change," said Nadeau-Frechette.

David Kron, executive director of the Manitoba Cerebral Palsy Association said he began getting calls from worried people saying they could not get through by phone to request rides, or have calls or emails returned. Kron calls it "an administrative headache" in a letter to Nahanni Fontaine, the Minister of Families. "Besides the hassle that people are experiencing, wrote Kron, the changes "remove the autonomy and independence from the people using the service." The experience has been so bad, says Kron, that some people have given up on trying to make plans.

"So much for independence," adds Langrell. "It feels like you need to get approval from somebody in the shadows, just to go to a social (or medical) appointment."

Calls for approvals can only be made from 8am to 4pm Monday to Friday, with the option of paying for rides out of pocket and applying for a refund later. But, Nadeau-Frechette points out, users are on a limited income and would face significant out of pocket costs if the refund is not fast. Wheelchair-accessible rides

can run between \$60 and \$100 return.

In one instance, Nadeau-Frechette described how a young woman requesting a ride was questioned why she was choosing to book with a particular taxi company. In her case, the young woman felt safe and well-accommodated by the taxi company, and had built up a relationship with the drivers. She felt the company had the best equipment to accommodate her particular wheelchair. But the young woman felt pressured to justify her choices in the conversation and was stressed at the thought of changing to a different ride service, said Nadeau-Frechette.

She has also seen clients book through the number, and mistakes have been made. One client was left stranded when her pre-approved ride didn't show up, something she normally would have ensured was properly set up herself. She faced a long delay and unexpected out-of-pocket expense to return home.

Both Langrell and Turner said they liked the paper method because they could easily keep track of how many chits they had left. "Now, If it's a last minute thing, you're pretty much out of luck," said Turner.

In the letter explaining the new method, users can call to ask how many rides remain, and the program is supposed to keep track of the number of social rides they can book.

Kron's letter to the minister is asking to revert back to the old system or add the allocated transportation funds to the monthly income of EIA recipients. "This would ensure that the out-of-pocket costs are not preventing someone from being able to afford other basic needs. This would also ensure individuals can afford transportation without enduring delays or administrative complications."

Nadeau-Frechette, who books trips for medical appointments for clients, says she has also had difficulty getting through to the line and has been put on hold for hours. She has yet to receive a return call when she has left messages or a reply email.

She knows how effective the paper vouchers were, and how important it was that clients could make independent plans. Now that independence has been sacrificed for bureaucracy.

"People need what they need to live the best life that they can. Being a part of things outside of this building is crucial to people's wellbeing, to living the best life that they can live.

"Whereas I can hop in my car and go meet up with somebody or go to the mall," she says. "Wheelchair transportation is already complicated, and requiring you have to get through to make a request that in some cases doesn't even get done properly - that potentially spoils your activity."

In a response emailed to STREETS, a spokesperson for the province wrote "The new approach focussed on creating a "one-stop-shop" model in Winnipeg (one phone number – one process) for transportation to and from medical appointments, social activities and outings by leveraging the fact that income assistance recipients are already familiar with MTU (Medical Transportation Unit) operation as they connect regularly with the unit to arrange for medical trans-

portation."

MTU is the service run by the province's health department which arranges not just wheelchair services, but non-urgent patient care, medical escorts, etc.

Kron has extended an invitation to speak with Fontaine to work on a solution. "This is a very clear example of the unintended consequences that happen when changes are made without involvement of end-users," he says.

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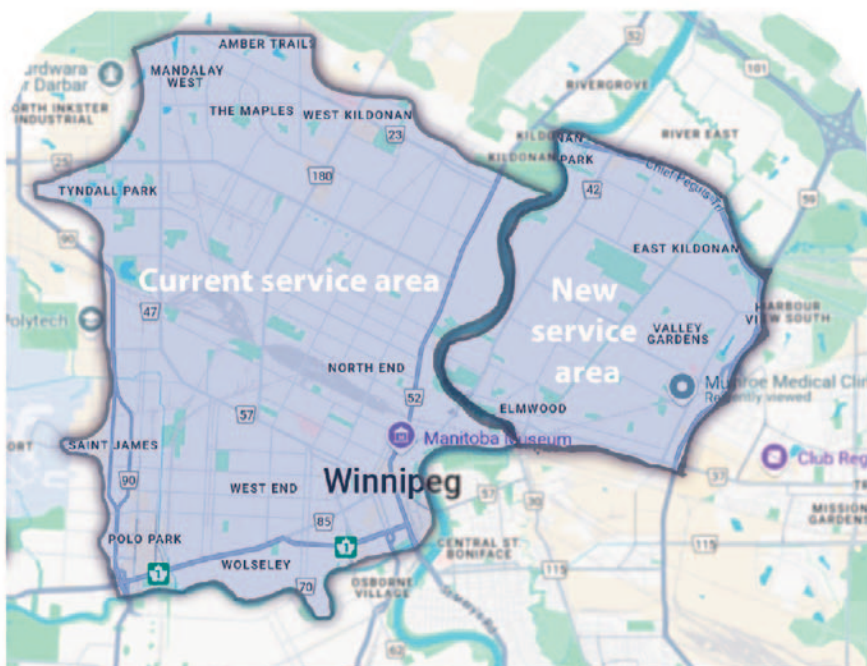


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## Tipi brings 20 years of healing and ceremonies to West Broadway

*Story and photos  
by Mike Maunder*

For the last 20 years, there has been a tipi standing behind Pat Caribou's home on Furby Street where, each Sunday, a small "ceremony family" offers prayers for West Broadway and various people and communities.

The tipi now at her home was handmade by elder Irene Madison and her grandchildren in 2022. It replaced a former tipi that she also made in 2005.

"The tipi symbolizes a grandmother praying for the community," explained Pat. "The poles are like grandmother holding her hands up to pray; the fabric is her dress."

Pat uses other tipis as part of her mental health work as a counselor and knowledge keeper. Each week she commutes to Pequis First Nation for her work. She stays up north at her cabin on her traditional land that is part of Kinonjeoshtegon First Nation.

But most weekends, she's home in West Broadway, and most Sundays, a small group of friends join her for prayers and ceremonies in the tipi: 10-12 people – Pat's ceremony family

In her first tipi, often the gatherings were larger, but that lacked the permanency of a smaller group, so Pat has kept this gathering to a close group who feel a sense of responsibility to one other. Ceremonies often include a feast, a pipe ceremony, a sacred fire, a sharing circle and songs and prayers for the community.

"Everything is based on the circle and the tipi bringing healing from the land," says Pat. "You sit in a circle. Everyone is equal."

The concept of the land itself bringing healing goes way back for Pat – back to when she first moved into the neighbourhood as part of a experimental method of land ownership called a land trust. Pat was attracted by the attempts then being made to create a trust and her family moved into the first of a dozen-or-so homes that became the West Broadway Community Land Trust. The organizing around the concept ultimately collapsed, but Pat was able to purchase her home in 2005 when she erected the first tipi.

"One of the main ideas behind the land trust was to provide stable, long-time residents in the neighbourhood," she recalls. "There was a lot of transiency in those days and the





# HEALING, PRAYER, CEREMONIES

*(Left) Part of Pat's ceremony family join in the tipi: (l to r) Denise Gibeault, Jennifer Kakegamic, and Pat Caribou.*

*(Below) Pat Caribou in front of the tipi at her home on Furby in West Broadway.*



land trust wanted to provide homes for people who would stay and help build up the community.”

Pat’s children, grandchildren and nephews have grown up here in West Broadway, some in the family home, then found their own places in the area before moving on. As well as a tipi, her yard boasts a Gordon Bell sign honouring Tristan, her grandson and recent graduate.

Now with kids grown and gone, Pat’s not sure what the

future will hold for her big house and the tipi that has hosted many years of healing circles, grieving circles, moon ceremonies, sacred teachings and more.

Tipi rings on the prairies have long been regarded as sacred sites, witnessing the lives of generations that have lived there. Similarly Pat’s tipi is a sacred site, a place where many have felt the healing of the land in this small circle in the middle of West Broadway.

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SCAN ME







# VOLUNTEER FAMILY

*"The people, the smiles, the wandering, and the music."*

*Photo exhibit captures fifty years of folk fest*

by Ralph Bryant

For forty years, Bob Tinker has been volunteering at the Winnipeg Folk Festival - each of those years behind the lens of a camera. But as he looks at the photos from the 1970's spread across the panels at Little Brown Jug this week, he sees more than just musicians and crowds. He sees the origins of a unique community.

"I am a photographer; it's what I do. But everything about Folk Fest is special, which is why I keep coming back" says Tinker, one of eleven long-time volunteers being honored as the festival celebrates its 50th anniversary. The photography volunteer has watched the festival evolve and expand - and a new exhibit celebrates that incredible legacy, and the volunteers who made it happen

The photo exhibit "50 Years of Folk: An Evolution of a Festival" opened for a sneak peek at the Little Brown Jug in May, offering Winnipeggers their first look at five decades of festival history before the milestone celebration takes place July 10-13 at Birds Hill Provincial Park. Each of the five large panels represents a decade, and the progression tells how a festival transformed from a scrappy outdoor gathering to one of North America's premier music events.

"I was a Folk Fest attendee for decades before I became staff, said Executive Director Valerie Shantz. "For the 50th, we have the usual amazing lineup, with some extra sparkles I'm really looking forward to - and none of it happens without our incredible volunteers."

The volunteers being honored Thursday represent tens of thousands of hours of unpaid work that built the festival into what it is today. "It's an annual gathering for people who sometimes you only see at the festival, but who feel like family," said Donna Pacholok, who, along with her husband Ed, (who is the longest serving member of the site crew,) has attended the festival for four decades. "We have three generations who will be coming to the Festival this year."

Candice Masters, the Main Stage Liaison, in reflecting on it's growth, says even today it

comes down to one thing: "When we started we didn't even have a phone on site. Now it's this big well-oiled machine," says Masters, who has volunteered for every year of the festival. "But it still always comes down to the people, the smiles, the wandering, and the music."

Those photos also reflect the broader changes in Winnipeg's diverse cultural landscape. What started as a folk purist's gathering has expanded to include everything from world music to contemporary indie acts, and this year is no exception. With artists like Bruce Cockburn, who played at the very first festival, to legendary soul singer Mavis Staples, making her long-awaited festival debut, the Fes-

unteer is the full Folk Fest experience.'

Executive Director Shantz says these volunteers have been crucial not just for their institutional memory, but for helping the festival stay true to its roots while embracing change. "They have set us up well for the future by helping us understand the past. The idea for the photo exhibit came from them."

The photo project, funded partly by the federal New Horizons for Seniors Program, will move to the festival site in July, where volunteers will be available to share stories from Friday through Sunday near the Folk School stage.

The 50th Winnipeg Folk Festival runs July 10-13, 2025 at Birds Hill Provincial Park.



*(Above) Main Stage Liaison Candace Masters (top right) reflects on 50 years of Folk Fest memories. Legacy volunteers, Donna and Ed Pacholok (below, left) and Bob Tinker and Janet Wasney (below, right). (Bottom) The first of five panels that reflect Folk Fest over its five decades.*

Photos Ralph Bryant



tival continues to expand its portfolio and redefine folk music.

That musical expansion is what continues to excite legacy volunteer John Prentice. "I became a volunteer because I wanted to get closer to the music and find out what happens behind those trees at night, said Prentice, also a former board member. "Being a vol-



## The 1,000 year foray of Abraham Anghik Ruben

### Stoneworks reveal humanity's movement over- water and ice, through spirit to connection

by Terese Taylor

Inuit artist Abraham Anghik Ruben has made a breathtaking body of work over his lifetime, carving and smoothing stone unearthed from continents across the world.

The land tells a story of its people, and in looking into the history of his community, Ruben found landmarks that showed that a period of warming happened centuries ago, and like today, brought people together. The reason was two-fold. The Inuit and the Vikings were able to go further afield with the technology they had at hand. And like now, that brought concerns over territory and food.

But the curious Narwhals, an arctic species of whale remarkable for its single long tusk, may have taken on a spiritual importance in their meeting.

"They must have thought, 'Jackpot,' Europe has the legend of the unicorn, we've got the goods."

In particular, the Inuit were skilled hunters, and provided a narwhal tusk as a gift to the Danish King, who used the tusk to build his throne. In an arrangement to build a treaty between the two peoples, the king sent three shiploads of gifts in return.

"The words that you'll see up in the exhibition is my interpretation of what of what may have happened during contact between two very different arctic peoples," says

Ruben. But they also had much in common, he adds, and some of that was a shamanistic tradition led by women.

"Look with open eyes," says Ruben.

Inuit art curator Heather Campbell said Ruben's work is

"truly incredible. Like it truly gave me goosebumps the first time that I walked into the space after a lot of the pieces were installed."

WAG Artistic director Stephen Borys, besides being proud of the WAGs initiative to recognise Ruben's talent by holding his first solo exhibition in 2001, also described a visceral response to the collection now on display.

"This is an opportunity to tell an untold story," said Ruben, "the exhibition is my way of thanking my parents who gave me the first teachings and elders who were involved in my development over the years. The climate change that we're experiencing today happened many times in the past."

*Abraham Anghik Ruben's  
stunning exhibit is  
on at the WAG.*



## How to help fire evacuees

Devastating wildfires have erupted across the province and the province of Saskatchewan and has caused evacuation of almost 20,000 people from Manitoba towns, First Nations communities, and rural areas. Several organizations are collecting items and needed funding

and resources for people that have had to evacuate their homes.

**The Red Cross is accepting donations for Manitoba evacuees that can be made online or by calling 1-800-863-6582.**

**The Manitoba Metis Federation is accepting**

**items for donation from 9am-9pm at 406 McGregor Street,** as well as connecting families willing to billet, or host evacuated families. People wanting to volunteer can contact [emergencyvolunteers@mf.mb.ca](mailto:emergencyvolunteers@mf.mb.ca) or call 1-888-362-2012.

**The Assembly of**

**Manitoba Chiefs is accepting items for donation for families,** especially for children and youth, including clothing, strollers, diapers and baby formula, which can be dropped off at the **RBC Convention Centre, the North building everyday from 10 AM to 4**

**PM.**

Donations of food and supplies for pets who have been left behind **can be made to Winnipeg Animal Services at 1057 Logan Avenue between noon and 6pm, that will be distributed to organizations in greatest need.**

## Letters to the Editor

Dear Editor,

Canada Post is more than just mail—it's one of the most trusted public institutions in the country. That's why the Winnipeg Centre Federal Green Party Association is proud to support the Canadian Union of Postal Workers' Delivering Community Power campaign, a bold plan to reimagine Canada Post as a force for climate action, economic justice, and stronger local services.

We believe this is a vision tailor-made for communities like ours. By transforming our postal service into a network of electric delivery vehicles, postal banking hubs, com-

munity access points, and green jobs, we can meet urgent needs—while fighting climate change and making life more affordable.

Just imagine:

A reliable alternative to payday lenders, right in your neighbourhood post office.

Electric postal vehicles with charging stations across the country.

Door-to-door check-ins for seniors and vulnerable residents.

Last-mile deliveries on foot, by bike, or e-vehicle—reducing emissions and noise.

Thousands of good, unionized, green jobs created in the

process.

This campaign aligns closely with Green Party values: public service, equity, sustainability, and grassroots democracy. In Winnipeg Centre, where affordability, access, and climate solutions matter deeply, this is exactly the kind of vision we need.

We encourage readers to learn more at: [www.deliveringcommunitypower.ca](http://www.deliveringcommunitypower.ca)

Let's build a Canada Post that delivers for people—and the planet.°

Sincerely,  
Winnipeg Centre Federal Green Party Association





# HEALTH

## Pharmacist / Entrepreneur fills gaps in health services -including house calls- at Balmoral Clinic

By Mike Maunder

The newly-reopened Balmoral Clinic has roots deep in the West End but is launching into several new directions. One new initiative is Doctors-To-You, a service related to the Clinic that provides home visits by doctors. It's a phone-in (204-586-6655) or email service through which you can book a same-day doctor's visit to your home (covered under Manitoba Health). Among the Winnipeg neighbourhoods covered by the service are the West End, Wolseley and West Broadway.

Doctors-To-You is one of several initiatives launched in the past three years by pharmacist/entrepreneur Kris Allen, who reopened the Balmoral Clinic five months ago. The Clinic was well-known in the West End for over 25 years as Dr. Timothy Chan's practice (on Balmoral at Sargent, in the same mall as Les Touch and the former Jumbo Pizza).

Chan retired in 2021, just at the same time that Allen was beginning his health business. "I was looking for opportunities to fill in gaps in health care and add services that benefit the community," he explained. As well as the Balmoral Clinic and Doctors-To-You, he operates five pharmacies in Winnipeg, two other medical clinics, and two diagnostic imaging clinics. When he purchased the clinic from Dr. Chan four years ago, he immediately reopened the pharmacy, but had to wait until January of this year to reopen the Medical Clinic.



Photo above: Kris Allen and Dr. Enyia at Balmoral Clinic. Photo below: Staff at the new clinic include three doctors: Dr. Enyia and his wife, Okiemute (front row left) and Dr Mohsin Rana (back row, with Kris Allen)

Allen thinks one of the needs opening up in health care is the retirement of many general practitioners, like Dr. Chan, who are the foundation of any person's health care. He wanted to find the right doctors to reopen the practice that Dr. Chan had established. He found them when he got a phone call from a doctor visiting from Britain. "I was in Toronto for a holiday," explains Dr. Emeka Enyia, and I decided to visit





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other provinces to see what opportunities might exist for moving to Canada." After visiting Vancouver clinics, he found Allen's contact information in a medical publication, phoned him, and Allen picked him up at Winnipeg Airport. "He drove me straight here, and I just knew when I saw the building that this was where I wanted to be," explained Dr. Enyia. This was in November, 2024, not normally the best time to be attracted to

leave England for Winnipeg. (But last November was remarkably warm.) Enyia called his wife, also a doctor, who agreed, and they arrived to settle here two months later. Partly what attracted Dr. Enyia was the feel of the West End neighbourhood. As well as family medicine for all ages and stages, and many diverse communities from recent immigrants to long-established residents; there was also pov-

erty in the neighbourhood. "There are health issues related to poverty," he said. The Clinic strives to serve all the needs of the neighbourhood including chronic care issues like diabetes and hypertension; help with opioid addiction; a female doctor specializing in women's health issues, and continuing on the long tradition of family care and general practice established many years ago by Dr. Chan.





## Volunteers celebrate busy giveaway afternoon at Knox United

Volunteers from many organizations joined together at Knox United Church on the last Sunday in May for a busy afternoon handing out clothing and toiletries, skin care products, and lots of sunscreen.

The event was organized by Brands for Canada, a nonprofit that distributes new, excess items that would otherwise end up in a landfill.

Danny Boyko, volunteers as Manitoba operations manager of Brands For Canada. He estimates the organization has distributed \$40 million worth of clothing and shoes over the last ten years. BfC has partnered with organizations that can use the items across the province and in Winnipeg, including Gordon Bell High School, CEDA, and Ma Mawi Wi Chi Itata. Food Fare donated the barbeque; Bison Transport transported the items. Knox United Church houses more than 20 community organizations and multiple faith congregations.



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## Georgian melodies, original and traditional folk music; all have a connection to Knappen Street in upcoming eclectic concert

By Terese Taylor

Daniel Koulack and the Knappen Street All-Star Band are planning their next eclectic concert, but you might say they are sticking close to home. Joining their evening concert Monday June 16 at the Crescent Arts Centre is another Knappen Street talent, bringing the beautiful tradition of Georgian chants and melodies into the musical mix.

Matt Knight met his wife Kiko in a choir, and the two left to live and study Georgian music in eastern Europe while Matt pursued an ethnomusicology degree. Singing the harmonies and melodic arrangements that they learned together are still one of their favourite activities, and their children have joined in too.

Like many traditional forms of music, says Matt, Georgian music has always had a participatory element to it. "It's a very unique kind of harmony," says Matt, but also intended to be sung with a "loud chest voice... where you get to really belt it out and just kind of have fun raising a racket."

The style of singing has survived over the centuries, and is one of the traditions to announce weddings, and special occasions in the community. But it is also a tradition, that by its nature brings the body and mind together. "The lyrics have a meaning in and of themselves, but you have to breathe, stand in a certain way you feel strong and ready...it's like one of those things that can get you into a flow state, and you can kind of sometimes have a bit of an out of body experience. You kind of forget about everything else outside of that."

"I think that's something that's really powerful for mental health and emotional well-being and I'm really glad it's something that I get to experience, share with my family and share with friends."

Koulack says he moved onto Knappen Street and found out he was living on the same street as musical mentor Cathy Marx had lived on. While living there, the spirit compelled him to compose some of the original folk inspired songs the Knappen Streets All Stars will play.

His own children, George Bajer-Koulack, and Ameena are also musicians in their own

right and will be adding to the energy of the concert.

**All ages are invited to the concert, says Koulack, and kids under age 12 get in for free. Tickets for kids ages 12-16 are \$10, adults are \$20 and can be bought online, or at the door at the Crescent Arts Centre, 525 Wardlaw Avenue.**

**Knappen Street All-Stars (left to right) Daniel Roy, Don Benedictson, Stefan Bauer, Bill Spornitz, Daniel Koulack, Jonnie Bakan, Bill Spornitz.**



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