

FROM MANITOBA

with love

What does it mean to be Manitoban? To have passion, tenacity and community spirit. Here are the stories of six people who exemplify the hardworking, hardy nature of the locals—and are so proud to call Manitoba home.

PHOTOGRAPHY, DOUG DEALEY (BLUE LAKE IN DUCK MOUNTAIN PROVINCIAL PARK)



Viewed from an airplane, Manitoba is a patchwork of fields, roads and lakes surrounded by blue skies as far as the eye can see—a province filled with untapped beauty waiting to be discovered. Manitobans are passionate about their home, but they're not boastful of its virtues. You won't hear a Winnipegger bragging that the Peg was the only Canadian city to make *National Geographic Traveler's* "Best Trips 2016" or that the province is full of unflappable community spirit (go, Jets, go!). This sense of humility is one of the reasons that locals may explore the world but still respond to the call of home. Here, six exceptional Manitobans offer a glimpse at their lives—the places they love, what they do and why they stay.

IN PARTNERSHIP WITH TRAVEL MANITOBA



FOOD MATTERS

Christa Bruneau-Guenther
Owner, Feast Café Bistro,
Winnipeg

Christa Bruneau-Guenther has always had a passion for food, but she never imagined she'd one day open a restaurant of her own. Her first foray into food happened by chance when she opened a day care at age 22 and began working with inner-city kids. "They couldn't focus and were upset all the time," says Christa. "I looked at what they were eating, and some of them weren't having breakfast or had sugar-based diets." She launched a food program and educated the kids and their parents about making healthy budget-friendly meals. "Within two to three weeks, the kids were able to learn and be happy." Christa realized that native peoples, her family members included, had lost the connection to Indigenous ingredients, so she sold her

business and developed hundreds of recipes using such local finds as squash, corn and pine nuts. After a few years, word spread and some investors, including First Nations actor Adam Beach, offered Christa the opportunity to purchase a portion of a building in Winnipeg's West End. That's when Feast Café Bistro—a restaurant that keeps prices low to give the community access to delicious healthy food—began to take shape. Christa largely hires Indigenous peoples and uses traditional ingredients in modern ways, such as the butternut squash pizza on bannock. "Cooking with seasonal Manitoban ingredients challenges me to get creative," she says. She can't imagine running her restaurant anywhere else.



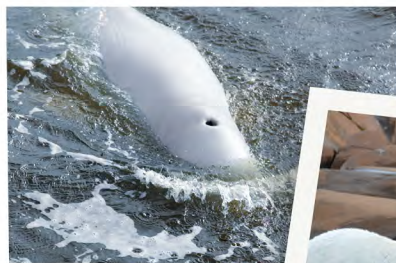
CHRISTA'S PICKS

"Manitoba is all about multiculturalism. Like the Manito Ahbee Festival, which celebrates Indigenous culture. You feel the drums deep in your body for weeks. Then there's the West End Cultural Centre across the street from Feast, which is booming with live music events. And Festival du Voyageur, the winter festival in Saint-Boniface, Winnipeg's French quarter, is perfect for families."



ADVENTURE AWAITS

Wally Daudrich
Owner, Lazy Bear
Expeditions, Churchill



"What is it that makes Churchill such an attraction?" asks Wally Daudrich. "The wildlife, of course. But also that Churchill River was one of the first places to be explored by non-Indigenous communities in 1619." It's that pristine wilderness with a 400-year-old backstory that has kept Wally in Churchill for 37 years. In 1980, when he was just 17, Wally packed his bags for northern Manitoba, where he had all the skills to make it in the budding tourism industry: the ability to hunt, cross-country ski long distances and repair equipment should it break down. It was an unusual choice for a teenager, but Wally craved the adventure and freedom.

By 1995, he'd worked many long hours and came to realize Churchill's need for dining space. Not one to shy away from a challenge, Wally and his wife, Dawn, became entrepreneurs. He cut and hauled hundreds of fire-killed trees to build a log structure and Dawn even insulated the floors when she was nine months pregnant. After a few years, they expanded to create lodging and began offering excursions. It's a life that they now share with their five children, who are all learning the family business and an appreciation for the great outdoors. "We're great stewards here in Manitoba. We take good care of the treasure we have."

WALLY'S PICKS

"Growing up, I still remember my dad taking us to the Manitoba Stampede and Exhibition in Morris, the Northwest Roundup Rodeo and Exhibition in Swan River and the Corn and Apple Festival in Morden."



FROM THE GROUND UP

Angela J. Cassie
*Vice-president, public affairs and programs,
 Canadian Museum for Human Rights, Winnipeg*

It was 1999 when the idea for a Winnipeg-based human rights museum began taking shape at the Federal Department of Canadian Heritage, where Angela Cassie worked. By the time a startup committee was formed to break ground almost a decade later, she was itching to throw herself into the most exciting project of her life: the development of a museum from scratch. “We had a blank slate,” Angela says. “We had no collection, no structure. It was the first national museum to be established since 1967.” As part of a content advisory committee, Angela toured the country from Whitehorse to Charlottetown to ask Canadians about the human rights narratives that were most important to them. “It was a fascinating experience

to hear unique, distinct stories, but often common themes,” such as protecting rights in Canada, Indigenous perspectives and examining the Holocaust. During the tour, she also heard people claim that the museum should be in Toronto or Vancouver—a larger urban metropolis. “But there’s a can-do attitude and tenacity in Manitoba,” says Angela. “This museum happened in Winnipeg because the community rallied together to make it happen.” Though Angela could live anywhere, and has lived in Montreal, she makes her home in Winnipeg for this very reason. “To be part of a project and community taking a new place on the national and international scene, and to do it through a vehicle like human rights. For me, it’s once in a lifetime.”

ANGELA'S PICKS

“I can’t eat gluten, so my favourite bakery, which now has a little restaurant, is Cocoabeans. They have the best salads and mac and cheese. Hermanos, an Argentine steak house, is the only place where my South American friends eat red meat that they haven’t cooked themselves. Segovia serves Spanish tapas, and it’s one of my all-time favourites.”

PHOTOGRAPHY: JAM McCAUSLAND (PORTRAITS, FEAST CAFE BISTRO, FOOD, FALCON TRAILS RESORT, BEDROOM); AARON COHEN (CANADIAN MUSEUM FOR HUMAN RIGHTS); LAZY BEAR EXPEDITIONS (POLAR BEARS)



FAMILY TIES

Brooke, Caleigh and Emily Christie
*Owners, Falcon Trails Resort,
 Falcon Lake*

It’s an exciting time at Falcon Trails Resort, a ski hill and cluster of quaint rental cabins that look out over Falcon and High lakes. After 20 years, the Christie family has finally finished building, and the three grown daughters, Brooke, Caleigh and Emily, run the place now. Brooke focuses on managing the staff at the ski hill, Caleigh does administration and Emily works on marketing, though they often find themselves juggling other roles. “I’ve done it all, from cabin cleaning to shovelling snow to chopping firewood,” says Emily. “It’s become part of our identity.” All three sisters left at some point to pursue other interests, but each felt the urge to return home. “You come to Manitoba and you don’t have a sense of needing to be somewhere else,” says Brooke. There aren’t many places where skiing to work or jumping into the lake on lunch breaks is an option. “We’ve hosted volunteers from all over the world, and it’s common for them to sign up for a week or two and stay for months or up to a year,” says Emily. “They feel like they’ve found this authentic experience. It’s not a show put on for tourists. It’s how we live.”



CALEIGH & EMILY'S PICKS

“I really enjoy the Harvest Moon Festival in Clearwater,” says Caleigh. “It combines music with a celebration of farming techniques and the harvest. Manitoba also has amazing rivers that run through the heart of the Canadian Shield, where you can experience whitewater rapids.” Emily suggests the Bannock Point Petroforms, “a series of rocks that have been laid out in the shapes of animals. It’s a culturally significant spot for the local Indigenous population.”