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The Multicultural Voice of Edmonton Southeast

Independent • Non-partisan • Interdenominational

This month:

More women leaders

Crisanta Sampang explains why she thinks that the world needs more women leaders.

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Sun worshipping

In his latest column, Ron Kuban talks about a different kind of sun worshippers.

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"Do not hate!"

A 95-year-old survivor of the Holocaust tells today's young generation not to hate.

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Great work

Canada's immigration minister praises settlement workers in an interview with the "Mill Woods Mosaic."

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What immigrants and other newcomers need to know about families and the law in Alberta.

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Pro-Immigration



In an interview with the "Mill Woods Mosaic", Conservative leadership candidate Peter MacKay talks about immigration.

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Heathers: The Musical

The latest production put together by drama students at J. Percy High School was a huge success! More than 50 students participated in the high-energy dark comedy "Heathers: The Musical."

More on page 13 of this issue.

Photo: Mya Eveleigh and the cast of "Heathers" onstage at the Maclab Theatre in Terwillegar.

Photo: Marla Narten

Fraud Prevention Month kicks off with online ripoffs

On March 2, the Edmonton Police Service (EPS) along with government, law enforcement, and business partners were targeting online scams in their Fraud Prevention Month launch at Ford Hall. As a common entertainment merchant for local and surround areas, the Oilers Entertainment Group has joined EPS this year as a partner against fraudulent merchandise and tickets.

279 Edmontonians lost \$723,500.69 last year to online merchandise and ticket frauds.

Local Oilers fan, Keith, lost over \$600 to an online ticket scam last year.

Keith wanted to find tickets for an upcoming Oilers game in April 2019. It was the final home game - a perfect birthday gift for his wife. After an unsuccessful search, his wife posted a wanted ad on Kijiji. A week went by and a Ticketmaster broker reached out. They talked over the phone and agreed on a set of tickets for the game they wanted. The broker said he only used Coincurve as a mediator for these transactions, because with e-transfer, you just don't know if the other party will complete their end of the bargain if you send yours first. Keith and his wife did their research on this 'mediator' company and it all did seem like a legitimate and fair system for both parties. Keith sent the money, but his bank stopped the transaction. "I told him that if my bank's not comfortable with this, then I'm not either," Keith said the broker understood his concern and since there was enough trust built between them, he

would agree to an e-transfer; they just had to send it to the broker's wife's email.

Keith noticed the money wasn't accepted and asked if there was a problem. But the broker's wife was a nurse on shift-work, so she simply didn't accept it yet. Soon after, Keith was told that the broker's wife's bank had cancelled the e-transfer, so Keith received his money back, and with the trust that had been built between buyer and seller, he agreed to send Bitcoin. Finally, this payment method went through and the broker said they'd have their tickets in just a few minutes.

In a few minutes, Keith and his wife had no tickets and their calls were being blocked. Instantly, they knew they had been scammed. With one last effort, Keith contacted the scammer's wife, in case she didn't know what her husband had done. In a twist of its own, the "wife" called Keith and revealed that she too had been scammed by this "broker" and was being extorted by him.

"He talked to us on the phone, we had his phone number ... he even gave our money back the first time," Keith explained. "He really let us trust him."

Education and understanding are key to the prevention of victimization from fraud

The complexity of online scams is vast, as they are typically interwoven; the online employment victim sends money to the online romance scam victim, who in turn sends money to the online investment scam victim, who sends all of it in a

bitcoin transfer, never to be traced or found.

"Education and understanding are key to the prevention of victimization from fraud," said Detective Linda Herczeg with the Economic Crimes Section. "We continuously stress online safety. So, if you have social media accounts, learn how to safely use the sites, and take the time to educate yourself on the scams and frauds committed on those platforms. If you're seeking companionship, whether it be platonic or romantic, understand the risks associated with 'friending' anyone online. Don't be so willing to 'buy' love by sending money to someone who is not physically present in your life. In Edmonton last year 62 victims fell for online romance scams. One victim lost as much as \$270,000 dollars."

Throughout March, the EPS and partners will be sharing information on the common frauds targeting our city; including employment scams, romance scams, identity theft, mass marketing, and much more. They will also tell more stories like Keith's, from others who want to share their experience and help stop fraud from victimizing others.

"Fraud is a crime that is vastly under reported for fear of being judged, shamed, or chastised if they share their experience with family, friends, co-workers, or even the police," said Herczeg. "But we hope that anyone who is a victim of fraud will trust in us."

Go to Edmontonpolice.ca/fraud for more information on the scams that are targeting our citizens, and how you too can spot a scam.

Canadian employers recognized

Each year, Immigration, Refugees and Citizenship Canada (IRCC) recognizes the innovative efforts of businesses across Canada in improving the integration of newcomers into the labour market.

On March 11, the Minister of Immigration, Refugees and Citizenship, Marco Mendicino, announced the winners of this year's IRCC Employer Awards for Newcomer Employment.

The four winners were commended for their exemplary work to help newcomers find and retain jobs, and to enhance their employment skills. These organizations have taken exceptional steps to welcome and value newcomers entering the labour market, and to support their overall settlement and integration in Canada.

The 2020 winners are:

- Glen Haven Manor—New

Glasgow, Nova Scotia

- KPMG in Canada—Toronto, Ont.

- MUFG Fund Services Ltd.—Halifax, Nova Scotia

- White Hat Drycleaners and Commercial Laundry—Campbell River, British Columbia

Minister Mendicino made the announcement at the 2020 Employer Council of Champions Summit and Awards, organized by Hire Immigrants Ottawa. The summit brings together business, government and civic leaders to engage in a dialogue about the effective integration of refugees and immigrants into the labour force, and to celebrate employer excellence.

Since 2015, IRCC has been recognizing private businesses that support the successful labour market integration of newcomers in Canada.



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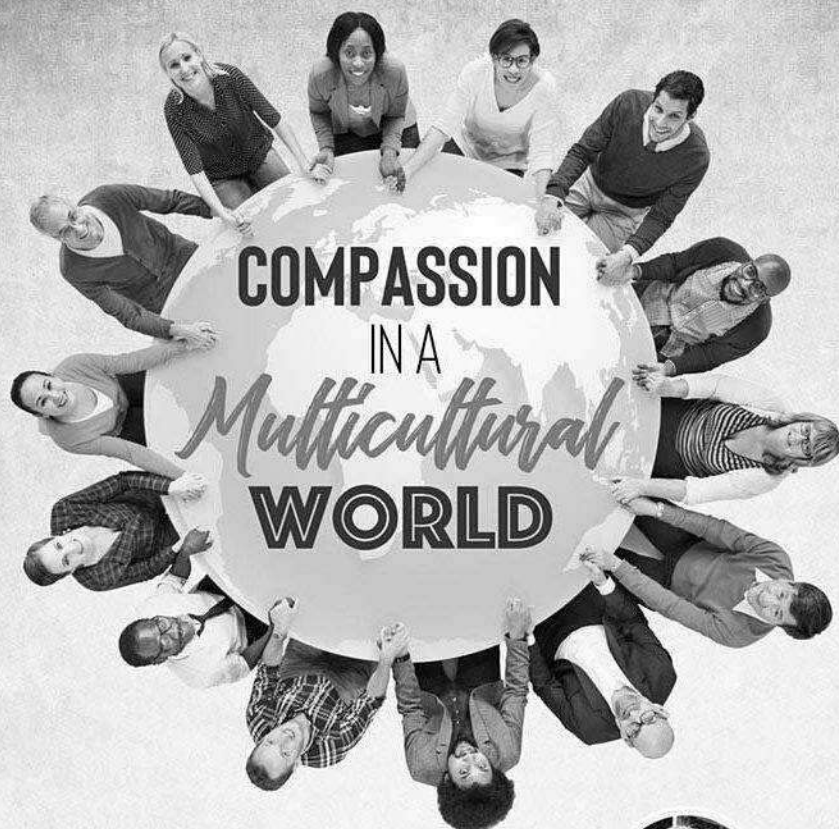
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Keynote

Dr. Alvin Finkel
Professor Emeritus, History,
Athabasca University.

It is my duty to share

After more than 50 years of working as a journalist, I still love my job and enjoy what I am doing. I started in 1969 when I was in high school in Germany and became the editor of the school's student newspaper. When I was a university student in Hamburg, studying German Literature, Linguistics and Political Science, I started working as a freelance journalist for several German newspapers, and when I moved to Canada 30 years ago, it was the first time that I worked full-time in a newsroom. I have worked for some weekly community newspapers in southern Alberta (Cardston, Raymond and Taber), the daily newspaper *Lethbridge Herald*, and then in Fort Saskatchewan and Sherwood Park, before I started my own newspaper business in 1995. I have been publishing my German-Canadian newspaper *Albertaner* since then and launched the *Mill Woods Mosaic* in 2008.

I have been a lot of work in these more than 50 years, but also a lot of fun, because I had the opportunity to meet so many different and interesting people all the time. I have interviewed countless "ordinary people" as well as quite a few politicians, some of them quite high-ranking, like

the former chancellor of Germany, Helmut Schmidt, whom I interviewed in Hamburg in 1998.

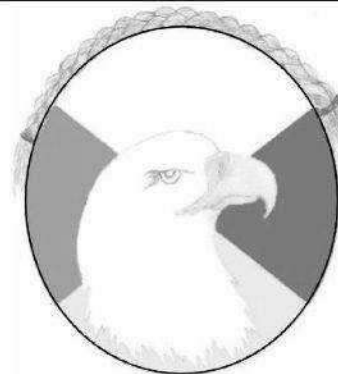
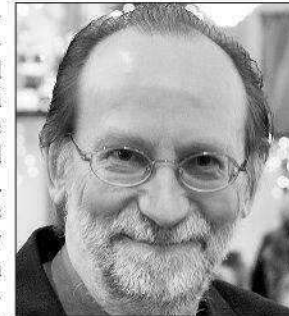
Some politicians are quite arrogant and full of themselves and don't take reporters of smaller media very seriously, but most of them are OK and have treated me with respect.

This month, I had the opportunity again to meet some interesting people and interview them for my newspapers. On March 5, I sat down with Peter MacKay who is regarded as the frontrunner in the race for leader of the Conservative Party of Canada (page 15), and the following day, I was able to interview Canada's new immigration minister

Marco Mendicino (page 12), and on March 8, I met Dr. Eva Olsson who survived the Holocaust in the infamous Nazi death camp Auschwitz and is 95 years old now (page 9).

I regard it as a privilege to meet all these interesting people, and every interview is an opportunity for me to learn something new and become richer, and it is my duty to share this wealth with my community.

Armin Joop



Mill Woods First Nations, Metis and Inuit Interagency Group
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Premier and Minister Aheer meet with anti-racism council

Premier Jason Kenney and Minister of Culture, Multiculturalism and Status of Women Leela Sharon Aheer met with the Alberta Anti-Racism Advisory Council on Feb. 13 to discuss multiculturalism and inclusion.

The council is composed of 24 community leaders from across the province, representing a variety of faiths and cultures. The council's mandate focuses on anti-racism and on the broader priorities of multiculturalism and inclusion.

"Albertans are welcoming and generous people who embrace diversity," said Kenney. "Alberta is a great success in achieving unity in our diversity, but we can't take that success for granted. We need to continue combatting racism and other forms of hatred. I'm looking forward to getting practical input from the Anti-Racism Advisory Council on how to do so."

Premier Kenney, Minister Aheer and council members discussed strategies to inspire Albertans to see the value of diversity. The council seeks to ensure that all Albertans fully participate in the economic and social fabric of their communities and are valued for their contributions.

"The advice of the Anti-Racism Advisory Council will influence our approach in creating a cohesive and inclusive Alberta that celebrates its diversity," said Aheer. "I am grateful we can rely on the experience and expertise of the council members to shape an Alberta that is free from



The Alberta Anti-Racism Advisory Council meets with Premier Jason Kenney and Minister Leela Sharon Aheer in Edmonton.

Photo: Government of Alberta

racism and discrimination and where all Albertans feel secure, valued and engaged."

"It is heartening that the Alberta government continues to uphold their commitment to take action against racism," said Heather Campbell, co-chair of the Anti-Racism Advisory Council. "Articulating tangible actions

towards anti-racism is fundamental to Alberta's economic growth, prosperity, and future. I remain honoured to share the leadership of the council and their work that ensures all Albertans have the opportunity to thrive."

"Tackling racism is a long-term process," said Lucenia Ortiz, co-chair of the Anti-Racism Advisory Council.

"Albertans have told us that they want to see better ways of recognizing foreign credentials, teaching respect and acceptance in our classrooms, preventing hate crimes and reflecting diversity in government. We are pleased to meet again as a council to work together on these priority actions to achieve racial equity and inclusion."

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The Mill Woods Mosaic publishes a variety of opinions.
Unsigned editorials express the view of the publisher.
Signed pieces express the views of the writers only.

Our Opinion

No reason to panic

The Coronavirus disease, which has originated in China, continues to spread around the world, and as of March 11, there are more than 100,000 people in more than 100 countries infected, and 4,000 have already died from the virus. Most of these cases are in China, but there are also many cases in European countries, especially Italy, and there are more than 100 confirmed cases so far in Canada, including 19 in Alberta, and one person has died in British Columbia.

It is important to take this outbreak seriously, but there is no reason to panic, because we are living in a country which has a good healthcare system and is prepared to handle such a situation. Canada has learnt some lessons from the SARS crisis almost 20 years ago which was similar, and we should trust our elected officials and healthcare workers that they will do everything to keep us safe.

Some grocery stores have reported that they were running out of toilet paper, hand sanitizer, protective masks and other supplies, because some people are buying large amounts to be prepared if they would have to be quarantined, but that is an irrational overreaction.

Actually, it is rather selfish. In a civilized country like Canada, we should not panic and think of ourselves first but help those who are affected and need support.



Many residents living in Mill Woods and the Meadows were disappointed that the City of Edmonton did not plow the residential streets after the recent snowfalls, and property owners in culs-de-sac were told that their areas are not a priority for blading. But, as usual, those who complained the loudest eventually got what they wanted and were happy to see snow removal equipment in their neighbourhood.

Cartoon by Susan Moshynski (www.bythebay.squarespace.com)

Why we need more women leaders

"In our aging society, we need female leaders more than ever", writer John Ibbitson proposed in his recent opinion piece in the *Globe and Mail*. He went on to say that "male politicians alone can't be allowed to decide the future of long-term care in Canada, because in North America, women still do almost all of the caring."

I agree with Mr. Ibbitson one hundred percent. Whether paid or volunteering, women most often end up doing the caregiving, and as such, they need a say in how legal aspects of caregiving are legislated and structured.

But the leadership of women, I hasten to add, should not only be limited to the field of long-term care. Women have shown throughout history that given a chance, they can be just as capable as men in leading a business or a country. Heck, they can be even better than men. History has a long list of women who had been luminaries in their fields – world leaders, scientists, writers – and we have a growing list of outstanding women leaders today.

We have Beverley McLachlin, a Canadian jurist and author who served as the first woman Chief Justice of the Supreme Court of Canada for 17 years. Judge Beverley McLachlin is the longest serving Chief Justice in Canadian history.

In Alberta, we have Rachel Notley, who served as the 17th Premier of Alberta from 2015 to 2019. Currently,

Notley is an MLA representing Edmonton-Strathcona, and leader of the Alberta New Democratic Party. Her latest exploit involves getting removed from the Legislative Assembly last November after she

been widely touted as the most powerful woman in the Southern Hemisphere and one of the most powerful women in the world.

Speaking of powerful women, there's German Chancellor Angela Merkel, introduced by the *Harvard Gazette* as the scientist who became a world leader. Elected chancellor in 2005, Merkel is the first woman and the first East German to hold her nation's highest elected office. A quantum chemist by profession, Merkel has been variously described by people who knew her as extraordinary, an authentic head of state who believes that everything impossible can be made possible, and true leader of the free world.

In the US, we have Alexandra Ocasio Cortez, nicknamed AOC, a 30-year-old rising star in the American Congress, a Democrat elected to office when she was 29. Cortez is advocating for universal health care for Americans, a federal jobs guarantee, free public college and trade school, and climate change legislations, among others.

Nancy Pelosi is an American politician serving as Speaker of the US House of Representatives since January 2019. Pelosi is the first woman to hold the Speaker of the House position and the highest-ranking elected female official in United

States history. Speaker Pelosi supports LGBT rights. She believes in fighting climate change and global warming. As well, Pelosi was instrumental in helping pass President Obama's health care reform, the Patient Protection and Affordable Care Act of 2010.

We need more women leaders like Nancy Pelosi, Beverley McLachlin, Rachel Notley, Jacinda Ardern, Angela Merkel and Alexandra Ocasio Cortez.

We need women who are aware of the important issues the world is dea-

Continued on page 5

Crisanta Sampang

On Second Thought



refused to apologize for comments she made about a Bill that she disagreed with.

In world politics, we have Jacinda Ardern, a politician serving as the 40th Prime Minister of New Zealand since October 2017. She was the world's youngest female head of government when she took office at age 37. Ardern's government is working to solve the country's housing crisis, ease child poverty, and bring about social equality. Ardern introduced strict gun laws in New Zealand after the shootings in a Christchurch mosque in 2019. According to Wikipedia, Ardern has

Letters to the editor are welcome

We invite you to write letters to the editor. A maximum of 275 words is preferred. Letters must carry a first name or two initials with surname, and include an address and daytime telephone number. All letters are subject to editing. We don't publish letters addressed to others or sent to other publications.

Send to: Mill Woods Mosaic, P.O. Box 92087, Meadowbrook RPO, Edmonton, AB, T6T 1N1; fax 780-465-3140 or e-mail to mwmosaic@telus.net.

Sun worshipping in the modern era

Human history reflects a long and extensive fascination with deity-worshipping or religious practices, resulting in a broad and diverse tapestry of these practices. By current estimates, there are approximately 4,300 religions being practiced throughout the world. Therefore, it is fair to conclude that nearly all human beings were and continue to be introduced to, or be raised within, at least one religion.

Without exception, every religion provides its adherents or believers with a set of norms, values, and beliefs. These are taught and are then reinforced through the use of allegories, symbolism, rituals and liturgy, which are presented as unique to that religion. This uniqueness typically generates pride of ownership for the adherents. They are led to believe that their religion is purer than others; that it teaches unique principles or values, and clearly promotes original symbolisms and rituals. With tremendous respect for all religions and their followers, nothing is further from the truth.

In fact, all religious ideologies, philosophies and rituals often include borrowed or tweaked elements from their predecessors or other religions, which were integrated and then claimed as their own. This is not surprising because this evolutionary process - in the meaning and application of spirituality - reflects our ability to adapt and our tendency to imitate.

We humans are profoundly adept at imitation. From birth, we are instinctively programmed to observe and learn from the world around us. We are especially fascinated by other humans, and strive to act like them. This process is pervasive, subtle and endless. It cuts across gender, age, geographic, political, socio-economic, cultural, or religious boundaries.

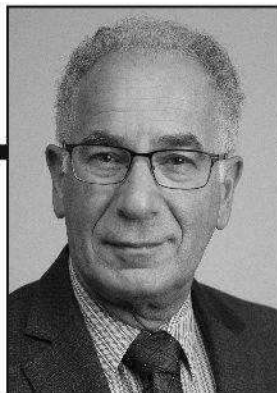
Peel back some of the rhetoric and dogma of modern religions and you will find that what and how we worship today has its basis in pre-historic times. You may also be surprised to see lingering symbols and rituals from those long-gone days in our current religious practices. Let me illustrate this with a few examples.

Prehistoric humans perceived God within the natural environment.

Thunder was believed to be God's voice, lightening his weapon, wind his breath, and fire his very presence. The sun was seen as the ultimate source of

**Ron
Kuban**

**Time
Passages**



fire in the universe, and was revered for its light and heat, which helped to keep predators at bay and to grow crops. It was believed to be the primary source of life and therefore a supreme deity. God.

Fire was the physical offset of the sun. It too provided light, heat and protection. It helped prepare food, and appeared to have a life of its own when struck. Worship of the sun was conducted symbolically by worshipping fire lit on a pier of stones, which became the early manifestation of the altar that now grace all places of worship. It also explains the continued ritualistic use of lit candles (or lights) in all religious rituals from birth to one's funeral.

Pre-historic humans observed that the sun rose in the east, meandered across the heavens to the south, and then set in the west, only to rise again and follow the same path day after day. In imitation of their sun God, these early humans developed the pattern of circulating or walking around their altar, which symbolized the centre of their universe. This practice now persists in all religions.

On a different note, a number of religions through the ages (well before Christianity) have viewed God as a trinity and assigned great meaning to the number three and to the triangle. Why?

Ancient humans were much preoccupied with sex, which met their two greatest impulses: self-preservation and mating. Their third impulse became the protection of children. It

made sense, therefore, for early sun worshipers to view their God as the male in the heaven who like them needed a mate, which became the Moon. The planet Mercury, which is the closest visible planet to the Sun, was believed by early humans to be the closely kept child of the Sun-Moon relationship. Hence the trilogy of God and the significance of the number three in allegories, rituals, and symbolism. The triangle reflected the number three, without having any exposed ends. The importance or overuse of the number three continues today, even if only in subtle yet pervasive ways. For example, have you ever wondered why we count to three before we

take action?

There is also much similarity in the philosophical foundation of all religions. It is often termed as the Golden

Rule: "Thou shall love thy neighbour as thyself" (Leviticus, 19:18), or more commonly, "Do to others as you would have them do to you" (Matthew, 7:12). To further illustrate the point, Confucius wrote his thesis "The Great Learning" around 500 years BC, and advised that a man should not do unto others that which he does not wish others to do unto him.

The examples above plus many others, highlight three fundamental messages: (1) religious observances have persisted since pre-historic times; (2) religions have used symbolism and rituals to guide their followers; and (3) the ideological and symbolic cross pollination among all religions illustrates that, religious dogmas aside, we have much more in common than meets the eye.

And so, I pray: "Let there be light!"

Dr. Ron Kuban is a long-term community volunteer and activist.

Budget is bad news for public education

Edmonton Public Schools Trustee Bridget Stirling

As Albertans are aware, the provincial government tabled the 2020 provincial budget on February 27. With the changes to the funding formula for public schools, Edmonton Public Schools will be facing some challenging decisions going into the 2020-2021 school year.

As a growing school division, our needs are increasing. We will see approximately 107,000 students walk through our doors next year, adding around 3000 more students to our enrollment, and will open two (very needed!) new schools, bringing our total to 215. At the same time, our budget is remaining fairly flat, with an anticipated \$1.029 billion coming from the province for next year's operations.

However, the details and the final budget number will not be fully clear to us until April. We continue to ask questions of our provincial counterparts as it appears some portion of our small increase represents the reallocation of funds to individual school divisions of programs that were previously funded under provincial programs, such as Regional Collaborative Service Delivery, which allowed school divisions to access a shared pool of professionals such as mental health therapists, occupational therapists, medical professionals, and other resources to support students' learning needs.

What we do know is that provincial funding for Alberta Education continues to be frozen at \$8.23 billion for the next three years. At the same time, Alberta's K-12 student population continues to grow by 15,000 students every year, meaning every child gets a smaller and smaller share of education funding. While school divisions are working hard to find ways to use funds as effectively and efficiently as possible, it is not possible to see frozen funding and substantial growth and not affect the classroom.

One of our greatest concerns is around changes to program unit funding (PUF), which supports children with severe spe-

cial needs in the early years. Until this budget, PUF was available to both kindergarten and pre-kindergarten children. Now, the program will not cover kindergarten students, meaning that they will see a substantial reduction in funding for supports that are critical in helping children get ready for Grade 1. We are working through understanding other changes to PUF that may also reduce funding to pre-kindergarten students and will continue to keep families and staff informed. PUF has made a huge difference in helping children succeed as they move into the primary grades, and EPSB believes strongly in the importance of early years programs.

We will continue to work to understand the implications of funding changes and communicate with our families, staff, and communities. What is clear now is

that this budget is bad news for public education in Alberta. I encourage all families and community members to speak up and let MLAs, the Minister of Education, and the Premier know that public education is vital to a strong and thriving Alberta. I also encourage you to let your child's teachers and school staff know that you value what they do and support them as they are dealing with these complex challenges.

One bright spot in this budget is the announcement of funding for construction of our southeast high school. We do not yet know the details on construction or timelines, and we also know that this school will need to be fully staffed and supplied with resources - things that construction funding does not include. I'll keep reminding our provincial counterparts about the need not only to build but also to support all our schools, new and old, so that every child has a great place to learn and grow.

I'm honoured to serve as your Edmonton Public School Board Trustee for Ward G. You can contact me at bridget.stirling@epsb.ca or 780-429-8086.



Trustee Bridget Stirling

Why we need more women leaders

Continued from page 4

ling with, and brave enough to wade into the public arena to advocate for change.

Based on leadership styles, according to a recent Pew Research, women have an advantage over men, with Americans saying women are better at being compassionate and empathetic, working out compromises, and serving as a role model for children.

We need more women in leadership positions that men have long occupied, and more women leaders in a world mostly shaped by men. Because we know how that world looks like.

We don't need any more wars nor weapons of mass destruction and macho posturing. We need universal

compromise and more world peace.

It's not going to be easy, however. According to the same Pew research, women who run for office have to do more to prove themselves better than men. They get less support from their parties, especially in North America, where most voters are not ready to elect a woman to higher office. Very discouraging.

We have a long way to go, but we'll get there, if the world as we know it doesn't end soon.

Crisanta Sampang is a Filipino-Canadian author and filmmaker who is living in Vancouver, B.C. She wrote the book Maid in Singapore in which she describes her experience working as a nanny.

Microbiome - The Garden in Your Gut

By Annick Meckes

How often do we go about our daily lives thinking that we as individuals are on our own? How often do we reach for that candy bar with our attention directed solely at the instantaneous pleasure it will elicit? The food choices we make impact more than just our "human selves". In fact, we have trillions of bacteria living in our gut, some of which help us stay healthy and happy, others can contribute to illness and disease. The food we eat influences the type of bacteria that grows in our gut, which in turn influences our health, our food choices, and our overall state of well-being.

On Feb. 26, 2020, Annick Meckes, a 4th year Kinesiology student at the University of Alberta and ND candidate, and Dr. Lena Kim, Naturopathic Doctor (ND), visited students from grades 4, 5, and 6 at Rideau Park Elementary School for an informative talk on the bacteria that make up our gut microbiome, their communication with our brains, and how to grow a healthy garden in your gut. The children, who were quiet and engaged from start to finish, learned about the importance of bacterial diversity in the gut by examining one of numerous research studies highlighting the potential of gut bacterial transplants to increase microbial diversity and, as a result, decrease depressive symptoms and anxiety, as well as improve quality of sleep.

An easy way to increase bacterial diversity in the gut is to consume a rainbow of fruits and vegetables, as each item contains a different combination of vitamins, minerals and nutrients. To test their knowledge, the children were split into six teams for a timed "vegetable contest"; the winners were able to come up with an astonishing assortment of 26 vegetables spanning the rainbow of colours from eggplant and rutabaga to kale and okra.

The highlight of the presentation was the sugar demonstration, where the children got to see first-hand that many of today's processed foods contain much more than a "spoonful of sugar", as Mary Poppins would say. Even some granola bars marketed as "healthier options" contained a whopping 20 grams, equivalent to 5 teaspoons of sugar.

Growing a healthy gut microbiome is important for a number of reasons; it can strengthen our immune system, contribute to healthy body weight, impact heart health, prevent the development of intestinal diseases such as irritable bowel syndrome (IBS), and much more. Even our mental health is greatly influenced by the bacteria growing in our gut. Serotonin is often referred to as the "happy hormone" in our brain, yet the majority of it doesn't come from our brain at all but is actually produced in our gut. For this reason, increasing microbial diversity through the consumption of fresh, healthy, colourful foods can not only increase our physical health but also has the potential to ameliorate symptoms of depression and anxiety which are currently estimated to afflict 10-20% of Canadian youth according to the Canadian Mental Health Association.



Annick Meckes (left), a 4th year Kinesiology student at the University of Alberta, and Dr. Lena Kim, a Naturopathic Doctor, visited Rideau Park Elementary School on Feb. 26 for an informative talk about the bacteria that make up our gut microbiome.

Photo: Lisa Valcic-Meckes

Educating youth on the numerous functions of the gut microbiome is critical, as this is the stage at which the seeds are sown in our gut microbiome, when we can have the greatest influence on the types of bacteria that inhabit our gut. Furthermore, at this age children are developing eating habits that often stay with them for life. Lastly, elementary-aged children have a hunger to learn and an insatiable excitement for new information when they understand how their learning is applicable to their daily lives. Children, with their unbiased curiosity, can be true change-makers in society, the ones who inspire us adults to make better choices in our own lives as well.

Our food choices matter; they provide a huge opportunity to better our physical and mental health. Just like us humans, different bacteria like to consume different foods. By devouring fast food, processed food, and excessive amounts of sugar, we grow unhelpful bacteria in our guts, the weeds in our gardens, which make us crave ever greater amounts of processed fat, sugar and salt. On the other hand, by consuming healthy foods, such as fresh fruits and vegetables, we nourish and cultivate helpful bacteria, the flowers in our gardens, which provide a positive feedback loop to our brains to consume more healthy foods.

As such, besides increasing bacterial diversity, the food we choose to eat has the potential to change the entire microbial population that inhabits our gut from unhelpful weeds that contribute to disease to beautiful flowers that allow us to maximize our health

and well-being. Bringing this empowering message across to the next generation is something that Dr. Lena Kim and Annick Meckes, both affiliates of the Alberta Association of Naturopathic Doctors (AAND), are very passionate about. If you have questions or want to explore the microbiome and its

implications for your health further, feel free to reach out to a local Naturopathic Doctor for more information and guidance.

For more information, please visit the website of the Alberta Association of Naturopathic Doctors (AAND) at <https://www.albertands.org>.

Letters to the editor welcome

We invite you to write letters to the editor. A maximum of 275 words is preferred. Letters must carry a first name or two initials with surname, and include an address and daytime telephone number. All letters are subject to editing. We don't publish letters addressed to others or sent to other publications. Send to: The Editor of the Mill Woods Mosaic, P.O. Box 92087, Meadowbrook RPO, Edmonton, Alberta, T6T 1N1; fax (780) 465-3140 or e-mail to mwmosaic@telus.net.

Happy Easter
to Everyone!

Bridget Stirling

Trustee for Ward G

Edmonton Public School Board
Centre for Education, One Kingsway
Edmonton, Alberta, T5H 4G9
Tel. 780-429-8086
Email: bridget.stirling@epsb.ca



Reducing barriers for skilled newcomers

The opening of the new Fairness for Newcomers Office will ensure newcomers can leverage their education and experience to reach their full potential and help grow the economy, says the Government of Alberta.

The Fairness for Newcomers Office was established to remove the barriers associated with the assessment of foreign qualifications. Working with professional regulatory organizations, the office will support fairness for newcomers by ensuring registration practices are transparent, objective, impartial and fair.

"Getting Alberta back to work means making the most of everyone's talents, including newcomers to Alberta," said Premier Jason Kenney. "For too long we have seen immigrant doctors driving cars, and engineers working in corner stores. That's why our government is implementing the Fairness for Newcomers Action Plan. It started with the passage of the Fair Registration Practices Act. The opening of the Fairness for Newcomers office is the next step to breaking down barriers to the full economic inclusion of new Albertans."

"Every year, hundreds of highly educated newcomers immigrate to Alberta and face unjust obstacles that prevent them from using their international training and education to get ahead," said Jason Copping, Alberta's Minister of Labour and Immigration. "By fulfilling our platform commitment to open the new Fairness for Newcomers Office, we will enable Albertans to benefit from the entrepreneurial drive and skills of newcomers who will help grow our economy and get Albertans back to work."

"The Government of Alberta's commitment to provide timely and fair registration services to qualified professionals who are newcomers to the province is a direction CPA Alberta strongly endorses," said Rachel Miller, CEO of Chartered Professional Accountants of Alberta. "These newcomers have a great deal to offer the province, and doing all we can to facilitate their success helps grow Alberta economically and socially. As a pro-

fessional regulatory body, CPA Alberta is looking forward to working with the government in achieving the goals set for the Fairness for Newcomers Office."

"We heard from people across the province how unnecessary barriers were negatively affecting newcomers in having their credentials recognized," said Muhammad Yaseen, Parliamentary Secretary of Immigration. "The launch of the Fairness for Newcomers Office is a clear indication that our government is serious about welcoming newcomers, getting Albertans back to work, and working collaboratively with our provincial regulatory associations."

Quick facts

- According to the Conference Board of Canada, Canadians would earn up to \$17 billion more annually if their learning credentials were fully recognized.

- Provinces such as Ontario,

Manitoba and Nova Scotia already have fairness legislation to ensure professional regulatory organizations have fair registration practices.

For more information about the Fairness for Newcomers Office, please visit the website www.alberta.ca/fairness-for-newcomers-office.aspx

Letters to the editor welcome

We invite you to write letters to the editor. A maximum of 275 words is preferred. Letters must carry a first name or two initials with surname, and include an address and daytime telephone number. All letters are subject to editing. We don't publish letters addressed to others or sent to other publications. Send to: The Editor of the Mill Woods Mosaic, P.O. Box 92087, Meadowbrook RPO, Edmonton, Alberta, T6T 1N1; fax (780) 465-3140 or e-mail to mwmosaic@telus.net.



Supporting Alberta's seniors...

YEAH, WE DO THAT

Members of the Alberta Union of Provincial Employees are integral to our province's health-care system – like Theresa, a recreational aide who helps Albertans living in long-term care facilities maintain their physical and mental wellbeing.

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***Mill Woods
Mosaic***

City Council endorses speed limit reductions to 40 km/hr

On March 11, Edmonton City Council endorsed changing residential speed limits to 40 km/hr, which will replace Edmonton's existing 50 km/hr default. There are a number of roads which will remain at 50 km/hr based on design and use.

City Council also accepted Administration's recommendation of a 40 km/hr speed limit for Jasper Avenue, Whyte Avenue and a number of high pedestrian areas.

City Administration presented a thorough analysis of both a 40 km/hr city-wide default and a 30 km/hr Core Zone by weighing safety impacts, public

perspective, existing collision data, costs and signage plans.

"Lowering speed limits creates safe, livable streets for everyone. Reducing speeds makes our streets calmer, quieter and safer for people walking, biking, driving and enjoying their neighbourhood," said Jessica Lamarre, Acting Director of Traffic Safety. "Safe, livable streets help us reach our goal of Vision Zero where safety is the priority. Speed reduction reduces the frequency and severity of collisions and saves Edmontonians millions of dollars in their associated costs."

Edmonton Police Service (EPS) also

offered their perspective on speed limit changes. City Administration will partner with EPS throughout the roll-out of speed limit reductions to ensure clear and consistent messaging and education efforts.

"EPS supports a 40 km/hour speed limit for residential roads, Jasper Avenue, Whyte Avenue and other high pedestrian areas," said Geoff Mittelsteadt, Acting Investigator, EPS Traffic Services. "One continuous speed limit will create consistency for motorists and traffic enforcement personnel, while promoting greater safety for residents in keeping with the over-

all goals of Vision Zero."

Bylaw changes are required to change the default speed limit for residential roads in Edmonton to 40 km/hr. It will take 11 months from the approval of the bylaws for changes to the default speed limit to come into effect. This means Administration anticipates that the default speed limit on residential roads will change to 40 km/hr in mid 2021.

For more information:
edmonton.ca/safespeeds

The next issue of the *Mill Woods Mosaic* will be published on April 15, 2020. The deadline for advertising and editorial is Friday, April 3, 2020.

Student success is our top focus

Edmonton Catholic Schools Trustee Laura Thibert

The countdown to Spring Break has begun! As the earth tilts towards the sun, the days are longer and warmer and we wait with anticipation that spring will soon be here. As we prepare our hearts for the Easter Season, we renew our love with God and the Holy Spirit. In our struggles for peace we are reminded of the joy and strength of the Risen Christ. I wish you and your family all the best as we celebrate the message of hope and mercy with the resurrection of Christ.

On Feb. 1, Superintendent Joan Carr announced her retirement and informed the Board she would not be renewing her contract at the end of August. We were heartbroken when our Superintendent passed away in February. Since that time the Board of Trustees has appointed two Acting Superintendents; Superintendent Robert Martin and Superintendent Joe Naccarato to lead the Division. The Board is currently in the process of a local and nationwide search for a new Superintendent who will continue our history of faith-filled dedication and educational excellence.

Student success is and will always remain the top focus of Edmonton Catholic Schools. For us, this means we will continue to use financial reserves to maintain current classroom services for this school year. Going forward, we shall strategically and thoughtfully manage any changes to our Provincial funding for the 2020-2021 school year. The Board will continue to advocate strongly for funding necessary for the success of every student.

Trustees are hosting our Division-wide parent engagement evening on March 18,

2020 at St. Joseph High School at 7 p.m. This evening will focus on the Division's budget and its implications for our students and Division. You are invited to the meeting to have your voice heard.

Ward 77 is excited to have His Eminence Thomas Collins join us at his school namesake Cardinal Collins High School

Academic Centre Campus. We are honoured to have him bless our new Mill Woods location. Cardinal Collins High School Academic Centre has two campuses for students across Edmonton to complete high school requirements. Learning Services Enhancement Alternative Education is excited to offer students in Edmonton an amazing alternative for 18 - 20 year old youth to increase their course marks or to take additional courses. There are numerous programs and services to

help students achieve high school completion and be accepted into post-secondary institutions.

Edmonton Catholic Schools is very proud to be named one of the Top 75 Employers for 2020, our fifth year in a row! We were assessed with other organizations in the field of education to determine which offer the most progressive and forward-thinking programs. We are proud to be one of the leaders in our field in creating exceptional conditions for our employees.

I encourage open communication and welcome your input on educational matters. You can reach me at 780-231-6312 or laura.thibert@ecsd.net. You can also connect with me on Facebook and Twitter (@Laura Thibert).



Trustee Laura Thibert

2020 TRIDUUM LITURGY & EASTER MASSES

St. Theresa's Parish
7508-29 Avenue

• April 9 (NO WEEKDAY MASS)

Holy Thursday - Mass of the Lord's Supper:

* 7:00 pm (Incense)

Bring non perishable food bank donations.



• April 10 (NO WEEKDAY MASS)

Good Friday - Celebration of the Lord's Passion:

* 11:00 am & 3:00 pm



• April 11 (NO WEEKDAY MASS)

Holy Saturday - Blessing of Easter food (church sanctuary):

12:00 noon

Easter Vigil - Resurrection of the Lord:

* 9:06 pm Twilight (Incense) - *NOT a typo*

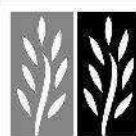
N.B.: No 5:30 pm Mass



• April 12

Easter Sunday - Resurrection of the Lord:

* 8:30 am, (10:30 am & 12:30 pm with incense) & 6:00 pm



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Good Friday & Easter Gatherings

Good Friday Gathering, April 10, 10:30 a.m.

Easter Sunday Gathering, April 12, 9:45 a.m.

See our website for more information:
www.sunrisecommunitychurch.ca

Sunrise Community Church
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Tel. 780-463-2699



Holocaust survivor tells young people not to hate

By Arnim Joop

Eva Olsson is a lovely 95-year-old lady who likes to tell stories about her life, like many older people like to do, but her stories are horrible and making the people who are listening to her uncomfortable. But that's not because Olsson likes to scare people. It is because she has experienced some truly horrible things early in her life which she has never forgotten, and she wants to share these experiences with as many people as possible, especially younger people.

Olsson is a Holocaust survivor. She is one of a few people who survived the Nazi death camp Auschwitz-Birkenau during the Second World War and who are still alive today to tell their stories.

Olsson spoke on March 8 to an attentive audience of more than 100 people at Beth Shalom Synagogue on Jasper Avenue.

She was born in eastern Hungary in 1924, and her name was Ester Malek. In 1944, troops from Nazi Germany occupied Hungary, and when they reached Olsson's town, they ordered her family to pack their bags, and they had to march to the railway station that was seven kilometres away.

"We were shoved into a box car, about a hundred people, like sardines in a can," said Olsson. "With two pails, one had water in it for drinking, and the other one was for to use as a toilet. We cannot imagine unless we had been there the smell of human waste."

They were told that they would be taken to Germany to work in a brick factory, but they were taken to Auschwitz which was located in Poland which was occupied by Nazi Germany at that time.

"We have never heard of Auschwitz before, although people have already been dying there for two years," said Olsson.

When the train arrived in Auschwitz, the people inside the box cars had a sigh of relief, because they were hoping to breath some fresh air and drink some clean water, but there was no water, and the air was nauseating.

"We couldn't relate it to anything we have ever seen, it was worse than the box cars," said Olsson. "There was smoke coming out of the chimney, high towers, machine guns. I turned to my mum, and I said 'This doesn't look like a brick factory.' No, Auschwitz was not a brick factory, it was a killing factory. The smell that we smelled was the smell of human flesh burning."



Holocaust survivor Dr. Eva Olsson signs some of her books after her presentation at Beth Shalom Synagogue on March 8.

Photo: Arnim Joop/Mill Woods Mosaic

When Olsson and her family arrived in Auschwitz, they were separated, and she never saw her mother again. Nine members of her immediate family were murdered in Auschwitz, but she was lucky to survive.

More than one million people were murdered in Auschwitz, and most of

them were Jewish.

After the war, Olsson moved to Sweden and then to Canada, and she didn't talk about her horrible experiences for almost 50 years, but in 1996 she started talking about it, because she felt it was important to tell younger people what happened.

Olsson has written three books about her experiences. *Unlocking the Doors - A Women's Struggle Against Intolerance* is her autobiography. Her second book, *Remembering Forever - A Journey of Darkness and Light*, is a record of her trip back to Austria, Germany and Sweden at age 82 - tracing her roots. And her third book, *Every Step of the Way*, is a parenting book which she wrote with her son Jan Olsson.

After her presentation, Olsson signed some of her books, and then I had the opportunity to ask her a few questions. My first question was: "Do you think something like the Holocaust could happen again today?" Her answer was brief: "Not in my lifetime, but certainly it can happen again. Parents have to make a commitment to their children and guide them and eliminate hate."

When I asked her about U.S. President Donald Trump and people comparing him to Adolf Hitler, she just said that she doesn't travel to the United States anymore. "I have told my friends there, you get rid of Trump, and then I will be there again."

Asked what she thinks of the development in Germany where anti-semitism is on the rise again and the right-wing, anti-immigrant party "Alternative for Germany" was able to win almost 100 seats in the federal parliament, Olsson said that she doesn't pay much attention to German politics, because she doesn't have time for that.

In the last 25 years, she has already given more than 3,000 presentations, mostly in schools, but also in churches and even in prisons, and she is still travelling across Canada to do more.

Her message to younger people is simple: "Don't be angry. Don't hate. We have to make choices, and our choices take us to where we are. I was given the gift of life, and I have a responsibility to my creator to use this gift to spread the message of hope and peace and love. The challenge for us today is to make sure that a genocide like the Holocaust will never happen again."



Happy Easter & Happy Holi to all residents of Mill Woods!

Councillor Mohinder Banga
(Ward 12) City of Edmonton

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New Gene Zwozdesky Centre unveiled in Norwood

The leading-edge Gene Zwozdesky Centre at Norwood will provide rehabilitative programs to help seniors and those in continuing care maintain their best quality of life.

Programs and services at the centre will support the wellbeing of seniors and those with complex continuing care needs. The centre will offer highly specialized rehabilitation programs, palliative care, hemodialysis, long-term care, day programs, dementia care and seniors' mental health services.

"Gene Zwozdesky honoured Albertans by living his life in service to others," said Tyler Shandro, Alberta's Minister of Health. "His determination to make life better for everyone who calls Alberta home is a powerful legacy. And now, that legacy will live on through the new Gene Zwozdesky Centre at Norwood."

The new facility will play a vital role in increasing continuing care capacity, reducing demand for acute care and assisting post-acute care patients by streamlining access to specialized services at the Glenrose Rehabilitation Hospital and Royal Alexandra Hospital.

"The CapitalCare Foundation is pleased to see the bringing together of a great continuing care building project for Edmonton with such an amazing Albertan," said Sherry Schaefer, director of the CapitalCare Foundation. "Gene Zwozdesky's belief in a 'community that helps each other' is the basis of the work we are doing for the Stepping Up for Norwood campaign. We are excited to see the naming of this building to be the Gene

Zwozdesky Centre at Norwood."

Construction is underway to expand and re-develop the centre. The project will increase continuing care beds by 145 new spaces in the Edmonton area and help address the growing need for continuing care capacity. The Alberta government is providing \$379 million to develop the centre.

"Our family is so proud to have Gene's name on the new Norwood," said Christine Zwozdesky, widow of Gene Zwozdesky. "He believed in the work CapitalCare has undertaken with this complex initiative, supporting seniors and those requiring assistance to be independent, and he would be truly humbled by this honour."

Gene Zwozdesky was a Member of

the Legislative Assembly of Alberta from 1993 to 2015, Minister of Health, and he was the Speaker of the

Legislative Assembly from 2012 to 2015. He died last year at the age of 70.

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2020

Annual General Meeting 2020

TMCL Room, The Meadows Recreation Centre

APRIL 18th / 1PM

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Treasurer

Program Director

Neighbourhood Watch Director

Civics Director

Sports-Facilities Director

Communications Director

Membership Director

For more information on these positions, visit:

themedowscommunity.ca

Everyone is welcome. Voting requires valid TMCL membership. Memberships available at meeting.

The
MEADOWS
COMMUNITY LEAGUE



Premier Jason Kenney delivers a book of condolences from Albertans to members of the Iranian Community, following the tragedy of Ukrainian International Airlines Flight 752.

Photo: Government of Alberta



**Edmonton Catholic Schools
Trustee Ward 77
Laura Thibert**

**Wishing you a Blessed
Easter Season**

You can reach me at
780-231-6312 or
laura.thibert@ecsd.net.
You can also connect with me on
Facebook & Twitter




Honouring Alberta victims of Iran plane crash

Premier Jason Kenney has shared condolences from Albertans with the Iranian community and announced provincial support for a new scholarship that will honour the victims of Ukrainian International Airlines Flight 752.

Albertans were swift to express their condolences online after the aircraft was shot down by the Iranian military on Jan. 8. Fifteen Albertans were among the 57 Canadians who died in the tragedy.

Those messages of sympathy were gathered into a book that Premier Kenney presented to Alberta's Iranian community on Tuesday, March 3.

The Government of Alberta is also contributing \$250,000 to the University of Alberta's Mojgan Daneshmand, Pedram Mousavi and Victims of Flight PS752 Memorial Fund, which will be a lasting tribute to the 10 crash victims who were University of Alberta faculty, students, alumni or family.

"Albertans across the province were generous with their condolences to this tragedy," said Kenney. "I hope their kind and compassionate messages, along with the new scholarship, will be powerful acts of healing for Alberta's close-knit Persian community. My thanks go to everyone who shared their hearts with those affected by the Flight 752 disaster."

"My thanks go to the University of Alberta for sponsoring this scholarship," said Demetrios Nicolaidis, Minister of Advanced Education. "It will be a lasting memorial to the 10 precious members of the university community. This is a beautiful way to honour their commitment to education, research, mentoring and vision, and will keep their memory alive for future generations."

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School Results as Reported by Alberta Education October 2019

Measure Category	Provincial Rating
June 2019 Alberta Provincial Achievement Test	
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• Acceptable Standard (Academic)	Good
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WEAR YOUR BOLTS WITH PRIDE!



Canada's Minister of Immigration, Refugees and Citizenship, Marco Mendicino was in Edmonton on March 6. His visit to Alberta was part of his first national tour as Minister meeting with his provincial counterparts, visiting settlement organizations and speaking with local stakeholders to understand the issues related to his new role.

Photo: Minister Mendicino (6th from left) and Member of Parliament Sukh Dhaliwal (4th from left) with settlement workers who attend a roundtable discussion with them. "Your work is critical to ensuring that Canada remains a destination of choice from around the world," said Minister Mendicino on Twitter.

Photo: Government of Canada

Immigration minister praises settlement workers

By Arnim Joop

Canada's new Minister of Immigration, Refugees and Citizenship was in Edmonton on March 6 as part of his first national tour as minister, meeting with his provincial counterparts, visiting settlement organizations and speaking with local stakeholders to understand the issues related to his new role.

Marco Mendicino, who is the Member of Parliament for Eglinton-Lawrence, Ontario, became immigration minister on Nov. 20, 2019, succeeding Ahmed Hussen. Mendicino was born to Italian immigrants in 1973, became a lawyer and worked as a federal prosecutor before entering politics in 2015.

In an exclusive interview with the *Mill Woods Mosaic* during his visit to Edmonton, Mendicino said that he also visited Regina and Calgary and that it was a great experience to listen to frontline workers who are helping new immigrants and refugees in western Canada.

"These settlement organizations are doing great work," said the minister. "They are having a profound impact on the journey of these newcomers, and I commend them for their commitment and passion. There are so many success stories, and we couldn't do it without these dedicated settlement workers."

Mendicino also had a meeting with his provincial counterpart in Alberta, Minister Jason Copping.

"It is essential that the federal gov-



Former Member of Parliament for Edmonton-Mill Woods and federal cabinet minister Amarjeet Sohi (centre) with his former colleagues Marco Mendicino (right), who is now Minister of Immigration, Refugees and Citizenship, and the Member of Parliament for Surrey-Newton Sukh Dhaliwal.

Photo: Amarjeet Sohi

ernment works with the provinces," said Mendicino.

He pointed out that the Liberal government in Ottawa has announced a plan to admit one million new immigrants to Canada over the next three years. This number includes new immigrants, refugees, family reunions,

and business immigrants.

"We are committed to family reunion, but 60 per cent of newcomers are economic immigrants," he said.

The government's target for 2019 was 330,800 newcomers, but the actual number was 341,000.

Asked about the federal Temporary

Foreign Worker Program (TFWP), which was started by Liberal Prime Minister Pierre Elliott Trudeau in 1973 and has been changed many times since then, Mendicino said: "We are trying to find ways to make the process more efficient for both sides, the employers and the temporary foreign workers. It is an ongoing dialogue."

The minister promised to crack down on fraudulent immigration consultants who are taking advantage of people who want to immigrate to Canada and sponsor their families.

"Our government has pledged to spend two million dollars on cracking down on fraudulent immigration consultants. When I was a prosecutor, I saw the devastating effect that fraud has had on people and I am committed to holding immigration and citizenship consultants to the highest standard."

Asked about the recognition of foreign credentials, which has been an issue in Canada for many years, Mendicino said that addressing this issue requires all levels of government and regulatory bodies to work together.

"This is just one aspect of integration," he said.

Mendicino is proud of his Italian heritage.

"I am very proud of my grandparents who have made the journey from Italy to Canada during the Second World War. They never thought that their grandson would become Minister of Immigration, Refugees and Citizenship in Canada. The passion I bring to this job has a lot to do with my Italian heritage."



The Page Advantage

Page musical a dramatic success

Heathers: The Musical opened a five-day run on Wednesday, March 4th at the MacLab Theatre to a highly receptive audience marking another enormous success for the J. Percy Page Theatre Department. With technical direction by Mr. Shpeley, Paige Maki, and Cari Ahlstrom, over fifty Page students participated in this high-energy dark comedy. Addressing weighty topics such as suicide, homicide, bullying, and loneliness, Mr. Shpeley and his ensemble brought respect and dignity to this inclusive and sensitive production.

When asked about the challenging content in the play, Mr. Shpeley says, "I didn't want it to come across as a mean piece. As a response, we lightened the mood with uncomfortably large props: giant guns and oversized bullets. We also chose to change actors for several characters throughout the musical encouraging the audience to think about their emotional distance." Mr. Shpeley, beaming, quotes Bertolt Brecht, the German playwright and theorist and how his "estrangement effect" has influenced his approach to high school theatre. He adds, "I told the students that our goal is to theatrically respond, not simulate." This approach has successfully allowed what could otherwise be traumatizing material to enter the realm of comedy. A great example occurs near the end of the musical as JD, the male lead, is killed in a fatal explosion. Rather than implying the action off stage or in



The cast and crew of "Heathers"

Photo: Kaylin Schenk Photography

darkness, JD remains on stage, but he is surrounded by the ensemble who hold various body parts that the prop department has made look like oversized stuffies. As the bomb is detonated, JD's composite stuffy parts are spread throughout the stage, and the audience is caught in a moment of laughter and dark comedy.

Zinnia Jibran, a grade 12 student playing the roles of Veronica, Heather

feelings, and the check in before every rehearsal and show is so important. If you aren't feeling well, if things aren't okay, Mr. Shpeley will step in for you and play your part. 'Don't worry - I've got you,' he'll say. He is so active yet so professional at the same time."

Grade 11 student, Keaton Hoyle, playing the lead male role, JD, and also a member of the ensemble, laughs while explaining, "I chickened out at the last minute during auditions for *Newsies*," last year's musical. "I saw this as a chance to be more than your everyday personality—a chance to put on a different pair of shoes for once." When explaining how he overcame this fear his face lights up: "This is a whole cast of supportive people. Of course no one is going to be a perfect singer; we all know that and everyone has your back. Nobody is judgmental." When asked about landing a lead role for his first time auditioning, Keaton humbly says, "Sure, a lead helps carry the story, but you have a whole ensemble with you. It's the ensemble that you hear in the audience. It's the ensemble that keeps you in tune."

From the stage design and props to the lighting, sound, music and acting *Heathers* is high-energy fun full of risk taking and collaboration. Congratulations to the Musical and Technical Theatre classes at J. Percy Page for your hard work, dedication and incredible success.

Chandler, and a member of the ensemble has been involved in Page's musical theatre since grade 10. "We have been rehearsing since the end of September - three days a week after school and on Saturdays. At the beginning of every rehearsal we do a check in where we go around the circle and see how everyone is doing. Musical theatre is a very vulnerable space. You are standing on stage singing about

Page cooks up something special

On Saturday February 22nd, three students from J. Percy Page competed in the Edmonton High School Culinary Challenge. Cari Ahlstrom, Cody Disney and Arooba Jamshaid were handpicked by their teachers Andrew Martin and Shannon Rapaich, for displaying exception culinary skills, hard work and dedication within their Foods class. I sat down with Mr. Martin and Mrs. Rapaich to discuss the competition and everything that goes into preparing the students for such an endeavor.

Tell me a little about the High School Culinary Challenge.

Mr. Martin: It's basically a cooking competition for high school students. Nineteen different schools from the Edmonton and surrounding area participated this year so there was a lot of stiff competition. Students work in teams of three and are given four hours to prepare three dishes. This year the menu consisted of a minestrone soup, a salmon stir-fry and a rhubarb tart for desert. The students and teachers are given the menu in advance so we can prepare and practice a bunch leading up to the competition.

Mrs. Rapaich: Yeah, Andrew and his students put in a lot of time practicing during the exam break. By the time they get to NAIT for the big

day, they have already worked out a lot of the kinks and have learned to work as a team and manage their time appropriately.

So when do you find out who won?

Mr. Martin: The winners are announced at an Awards Banquet on March 9 at the Expo Center. All of the competitors are served the same menu that they made during the competition. It's a nice fancy ordeal and the students get to try the same dishes made by professional chefs. It really gives them a different perspective on the process.

How did you choose the student competitors?

Mrs. Rapaich: Mr. Martin and myself both teach Foods 10, 20 and 30 so we see a lot of different students throughout the day. We look for a certain level of skill, a willingness to learn, a good attitude and someone who is dedicated to their craft. Cari and Arooba are in Grade 11 and Cody is in Grade 12. They are all fantastic students. In fact, Cody will also be competing in the Skills Canada regional culinary competition in the spring. If he does well there, he can move on to Provincials, Nationals and even Worlds.

In these types of Culinary Competitions, how are the students judged?



Cody Disney, Cari Ahlstrom and Arooba Jamshaid show off their feast.

Mr. Martin: Judges put a lot of emphasis on knife skills. That means how the students cut vegetables for example; making sure that each piece is uniform and not just cut randomly. They take into consideration safety and sanitation, keeping your preparation area clean and orga-

nized. Presentation makes up a big part of it; how good the plating is and of course the main thing with any food is how it tastes. I am very happy with how our students performed and think they have a good chance of placing in the top of the field.

J. PERCY PAGE HIGH SCHOOL

2707 Mill Woods Road • 780.462.3322 • jpercypage@epsb.ca

Hiring through the Temporary Foreign Worker Program

Alberta has benefited in many ways from individuals who choose to come here from abroad to work. In addition to helping local employers fill critical labour shortages, workers from outside Canada are often specifically recruited to fill highly skilled positions so that local employers can benefit from their particular expertise. In Alberta, workers from abroad fill a wide range of important roles that include everything from senior executives, physicians, computer programmers, and specialized tradespersons.

As a general rule, anyone who is not a Canadian citizen or Canadian permanent resident needs a work permit in order to work in Canada.

Generally, for a foreign national to obtain a work permit, an employer must first apply to Service Canada (part of Employment and Social Development Canada or ESDC) for a Labour Market Impact Assessment (LMIA). Workers that obtain work permits through the LMIA process are said to be part of the Temporary Foreign Worker Program. While not the focus of this article, there is also another category of foreign workers who are exempt from the LMIA requirements - these workers are said to be part of the International Mobility Program (for example, the International Mobility Program includes workers who are eligible for LMIA exempt work permit under international trade agreements like NAFTA).

LMIA approval requires Service Canada to first make a determination that the employer's hiring of a foreign national will not negatively impact the Canadian labour market.

The LMIA process protects the Canadian labour market in a couple of ways. Firstly, LMIA approval usually requires that the employer demonstrate that they made sufficient efforts to first hire a Canadian or permanent resident for the position. Secondly, foreign hiring is prevented from putting downward pressure on Canadian wages by the requirement that foreign workers be paid a wage that is at least as high as the median wage that is paid to

Canadians for the particular occupation and work location.

The LMIA assessment process is rigorous and requires employers to meticulously follow the many mandatory requirements imposed by Service Canada.

**Nathan
A. Po**

**Immigration
Lawyer
in
Edmonton**



One of the most important parts of the process is the advertising and recruitment which must be done prior to making an LMIA application. Before applying for an LMIA, the employer must usually do extensive recruitment for the position for 28 full days. The advertising must be done in a very specific manner to meet the program's requirements (and there are some advertisements that must continue to be posted even after the application has been submitted). Careful compliance with the advertising requirements is one of the most important steps in the LMIA application process.

The application fee for an LMIA is \$1,000 per worker. For example, a local employer looking to recruit five computer programmers from outside of Canada would pay \$5,000 in application fees with no guarantee that the application will be approved. The LMIA application fee can be a significant cost for employers and is one that the employer alone must be responsible for. As the LMIA application is the employer's application, the employer is prohibited from recovering the LMIA application fee or any costs related to the preparation of the LMIA

application from the foreign worker.

Service Canada will consider a number of factors when assessing a LMIA application; for example, whether the employer has a genuine need for the worker, whether the employment of the foreign national will result in transfer of skills or knowledge to Canadian workers, or is likely to result in job retention or job creation; the most significant factor, however, will often be whether the recruitment phase garnered applications from qualified Canadians.

While outside of the scope of this article, some program requirements will differ depending on whether the application is for a "high-wage" or a "low-wage" position. For the purposes of the LMIA program, "high-wage" and "low-wage" are defined relative to the posted median hourly wage for the province where the position is located; for example, positions in Alberta paying \$26.67 per hour or higher are currently considered to be "high-wage" while positions paying under \$26.67 per hour are currently considered to be "low wage".

Once a positive LMIA is obtained by the employer, the approval needs to be sent to the worker so that it can be included in his or her application for a work permit. A common misconception is that workers can begin working with the employer once the employer obtains a positive LMIA. It is important to recognize that the LMIA itself does not grant the worker any type of work authorization and that having an LMIA approved position is just one requirement that must be met in order to be eligible for a work permit under the Temporary Foreign Worker Program. To avoid working without authorization, it is extremely important that workers not commence employment until they are in possession of valid work permits.

The employer's obligations do not

end once the LMIA is approved. Instead, the employer's responsibilities have only just begun when the foreign worker's employment begins. It is very important that the employer takes careful steps and have procedures in place to ensure that it continues to comply with the commitments that it made during the course of the LMIA application process. In particular, the employer must make sure to keep records documenting that the worker is being provided with employment, wages and working conditions that are substantially the same (and never less favourable) to those set out in the LMIA. Employer inspections are regularly conducted by ESDC to ensure that employers are treating their foreign workers fairly and that they are meeting their obligations under the program. Non-compliance under the Temporary Foreign Worker Program can result in a range of consequences including monetary penalties and temporary or permanent bans from accessing the program.

While the LMIA process can be complicated and difficult to navigate, the requirements imposed by the government are intended to protect the Canadian labour market and to ensure that foreign workers are treated fairly. Despite its complexities, the Temporary Foreign Worker Program continues to allow employers to fill important labour or skills shortages and remains a valuable tool for employers seeking to address their specific human resource needs.

Nathan Po is a partner at McCuaig Desrochers LLP, a general practice law firm with Edmonton's largest group of immigration lawyers (www.mccuaig.com). This article is intended to provide general information only and should not be relied on as legal advice or opinion.

Artist collective explores feminine wisdom through showcase

ImagiNation Miscellany, will explore "Feminine Wisdom" as IvagiNation Miscellany #12, just in time for spring. On Friday, March 20, 2020 (Doors 8 p.m. Show 8:30 - 10:30 p.m., DJ until 2:30 a.m.), IvagiNation Miscellany hosts "The Vulva Show" at the Orange Hall (10335 - 84 Avenue NW). Tickets: \$15 Eventbrite. Nine days later, a Divine Feminine Panel and Ceremony will take place on Sunday, March 29, 2020 (2 - 8 p.m.), also at Orange Hall. Tickets: Panel: \$10, Panel and Ceremony: \$30, Cacao Ceremony: \$25 (only 25 tickets avail-

able for Cacao Ceremony) at Eventbrite.

"We want to create a space for people to share their own perspective of what 'feminine' is, using whatever art form they choose," says Laura Osorio, one of IvagiNation Miscellany's organizers, adding that there will be 10 showcasing artists (performing and visual arts) along with vendors. "The artists can be of any gender, but their work has to come from a female point of view."

"For a long time, who we are - as females - what we do and how we

should behave has been described through a male perspective," continues Osorio. "So this is the time to take back that power and say 'No, this is who we are - our own perspective - whether you like it or not.'"

Meanwhile, the panel and ceremony will have six panelists sharing their knowledge and practices in relation to spirituality, including Indigenous wisdom in Canada, Central America, and Africa; and Tantric practices. A Central American cacao ceremony will be taking place at the event.

"Spirituality has played an important role within the women who practiced them and their communities," adds organizer Yazmin Juarez. "But often, they were discriminated against or killed."

"This is the kind of wisdom that helps to stop aggression or ignorance of who we are," explains Osorio. "If someone does any spiritual practice that works towards healing their community, the panel is a chance for them to talk about it."



Happy Easter to all residents of Mill Woods!

**Councillor Mike Nickel (Ward 11)
City of Edmonton**

2nd Floor, City Hall, 1 Sir Winston Churchill Square,
Edmonton, Alberta, T5J 2R7 • Tel. (780) 496-8142
Fax (780) 496-8113 • E-mail: mike.nickel@edmonton.ca

**IVAGI
NATION
MISCELLANY**

*The
Vulva
Show*

Friday, March 20, 2020
Venue:
THE ORANGE HALL
Doors open at 8pm
Show starts at 8:30pm
to 10:30pm
Djs 10:30pm to 2:30am

**IMAGINATION
MISCELLANY**

Peter MacKay: "The Conservative Party has always been pro-immigration"

By Arnim Joop

On March 5, Peter MacKay was in Edmonton, and I had the opportunity to sit down with him for an exclusive interview for the *Mill Woods Mosaic*.

MacKay is widely regarded as the frontrunner in the race to replace Andrew Scheer as leader of the Conservative Party of Canada. He is one of eight candidates, and if elected, he would be the next leader of the Official Opposition in the House of Commons and could be Canada's next prime minister.

MacKay, who is 54 years old now, is an experienced politician. He was a Member of Parliament from 1997 until 2015 and a senior cabinet minister in the government of Prime Minister Stephen Harper. His portfolios included Minister of Foreign Affairs, Minister of National Defence, and Minister of Justice and Attorney General.

MacKay was the final leader of the Progressive Conservative Party of Canada (PC Party), and he agreed to merge the party with Stephen Harper's Canadian Alliance in 2003, forming the Conservative Party of Canada.

My first question for MacKay was about immigration and refugees, and his answer was passionate, because his wife Nazanin was a refugee from Iran who arrived in Canada with her family when she was only three years old.

"Our entire population, perhaps with the exception of our First Nations, came from somewhere, and contributed mightily when they came to this country for generations, so put me in a category of a pro-immigration person who recognizes that a big, resource-rich, diverse nation like ours very much depends on immigration," said MacKay who was born and raised in New Glasgow, Nova Scotia.

MacKay defended the federal government's Temporary Foreign Worker Program (TFWP) which has been changed many times over the years since it was established in 1973 when the Liberal Pierre Elliott Trudeau was Prime Minister.

"We had a program that was intended to help address labour shortages, and those new immigrants to Canada in some cases came here intending to fill some of those roles within the economy that weren't being filled by Canadians, and there were some specific talents and skills and expertise that was specifically designed and accelerated in many cases to fill those roles, like in the restaurant industry, where people would fill those roles temporarily and then leave," said MacKay who wants to keep the TFWP but would like to see it improved.

"There needs to be built-in flexibility to allow the Canadian economy to react and allow for certain adjustments to be made. I think the program is always in need of change, and that's challenging, because it's a bit like trying to reconstruct an airplane engine while the plane is flying. I guess the bottom line is there is no quick fix. There is no cookie-cutter approach. I think it's constantly going to be a work in progress."

The Conservative Party has always been a pro-immigration party since John Diefenbaker was leader of the



Peter MacKay (right) talks with the publisher and editor of the "Mill Woods Mosaic", Arnim Joop, on March 5 at Sorentino's Downtown Restaurant.

Photo: Jason Ransom

Progress Conservatives and prime minister more than 50 years ago, says MacKay, but he adds that it is important that people follow the rules when they come to Canada.

"My wife came here with her family in 1979, but they waited almost two years in another country before they were given free passage into Canada. As a Conservative and aspiring leadership candidate, I don't entertain the views of less immigration, I just believe very strongly in the view of better and more efficient and more effective and safe immigration."

MacKay is critical of the proposed

change to Canada's citizenship oath to include clear reference to the rights of Indigenous people which was brought forward by the Liberal government recently.

"I think this is more partisan politics and virtue-signalling leaking into the government's agenda, just as the changes to the summer intern program which required applicants to sign on to the government's definition of certain values," said MacKay. "This government, by virtue of their policies, has created divisions in this country that divide people, divide regions, divide sectors and citizens, and I am not a fan

of doing that."

When Justin Trudeau became prime minister in 2015, he promised democratic reform and assigned a cabinet minister to this task, but not much happened, and after the 2019 election, he ditched the portfolio.

"There is a lot of grandstanding and raising of expectations but delivering very little," said MacKay. "We need more pragmatism, we need more authenticity, but most of all, we need more action and results, not the dramatic rhetoric, just dramatic results."

But MacKay is sceptical about adopting another election system, like proportional representation, as it is practised in Germany and other European countries where it is common to form coalition governments.

"The problem with democratic reform in that direction for Canada is that it hasn't grown out of the Westminster model. We still have baked into the rules of parliament much of the precedent that was set in the parliament of Great Britain, and there have been some attempts at reforming and moving in the direction of proportional representation, but it isn't a priority. The economy is the priority, issues related to being overtaxed, being less productive, living in a highly competitive world, which includes the European Union and Germany, where we now have a comprehensive trade agreement."

The new leader of the Conservative Party of Canada will be elected on June 27. The other seven candidates are Marilyn Gladu, Jim Karahalios, Leslyn Lewis, Derek Sloan, Rick Peterson, Rudy Husny, and Erin O'Toole.



Peter MacKay during the launch of his leadership campaign on Jan. 25 in his hometown New Glasgow, Nova Scotia, with his wife Nazanin Afshin-Jam and their daughter Valentia and oldest son Kian. Nazanin is an Iranian-Canadian human rights activist, author and public speaker who immigrated to Canada with her family in 1981.

Photo: Dion Ahwai

WHO is putting lives at risk from COVID-19 by blocking Taiwan

By Graeme Barber
and David Kilgour

Today truth and facts are valuable but contentious commodities. Everyday we hear information labelled "false news" and are presented with "alternate facts". We are bombarded with endless information, including rumors and lies, from traditional and new social media sources. Political calculations and objectives manipulate information. Most people find it hard to decipher and many give up. Into this reality crept a novel coronavirus from China.

COVID-19 is a serious global challenge with significant economic consequences and the possibility of a dangerous global health crisis. Thousands have been infected world-wide; many have already died in China and the number of deaths globally is rising.

One of the most significant problems is the absence of information and some false information coming out of China where a lack of transparency is normal. Withholding or reshaping information is a problem within authoritarian governments. The experience with China is being mirrored, unfortunately, in Iran where secrecy fueled the spread of this pathogen and its transport across borders.

What do we know? We have a lot of scientific pathological information provided by China about the virus that appears to be accurate. There are accurate testing methods, but neither the method of propagation nor the nat-

ural history of the disease is fully understood. There is supportive therapy and work being done on specific treatments and prevention. It is impossible to know how contagious the disease is or its mortality without knowing the number of cases that are mild or asymptomatic too. Information

**David
Kilgour**

A Canadian View on World Events



obtained covertly from China suggests a significant gap or disinformation on the timeline and medical history of COVID-19.

Accurate information is critical to formulate public health actions that need to be taken beside the standard advice to wash hands, don't touch your face, and coughing/sneezing into the elbow. People with suspicious symptoms should not attend a medical treatment location without warning them in advance so that the appropriate isolation measures are ready. Listen and apply the advice from Health authorities. Self-quarantine after returning from China or other locations where there is community spread is being recommended by most authorities.

Today, the risk to Canadians is low. Canada has improved its readiness after learning from SARS. Clear thinking, asking the right questions and getting accurate information is imperative for both individuals and authorities. Canada should have an information "Hotline" to answer any questions. The situation is very fluid, and we must adapt and be able to change course quickly. The best information is likely from the World Health Organization (WHO) even if it is influenced by China's incomplete reporting.

This is not the time to isolate parts of the world or its citizens from urgent health information. Why should we be concerned about Taiwan? Separated from China by the Taiwan Strait, it is claimed by China. There is significant travel between Taiwan and China and between Taiwan and the rest of the world. The Taoyuan Airport is the 11th largest in the world measured by number of passengers.

However, as Beijing has blocked Taiwan's membership or association with the WHO, Beijing wouldn't allow Taiwan to be involved in any discussions about COVID-19. Barred from an emergency meeting of the WHO on January 30, 2020, twenty-four million Taiwanese people close to the epicentre of COVID-19 virus had no representation to, nor official information from, the WHO.

Taiwan is an independent nation. Its government is democratic and a strong defender of human rights.

Taiwan is Canada's 12th largest global trading partner. Excluding Taiwan from contact with the WHO makes COVID-19 more dangerous for its nationals and the rest of the world.

*David Kilgour, a lawyer by profession, served in Canada's House of Commons for almost 27 years, representing southeast Edmonton. He was Secretary of State for Africa and Latin America and Asia-Pacific. He is the author of several books and co-author with David Matas of *Bloody Harvest: The Killing of Falun Gong for Their Organs*.*

Dr. Graeme Barber is a retired vascular surgeon and associate professor at the University of Ottawa and a Canadian committee member of the International Coalition to End Transplant Abuse in China (ETAC).

This article was first published by the *Epoch Times*.

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What immigrants need to know about families and the law in Alberta

Families and the law

In Canada, laws protect all family members, including children, spouses and older people.

Children and parents

Parents have the right to make most decisions about how to raise their children. They also have legal responsibilities toward children under 18:

- Parents must provide their children with food, clothing and shelter.
- Parents should treat their children equally. Girls are valued the same as boys and have equal rights.
- Parents must provide adequate care and supervision for children. Alberta law does not state an age at which children can be left without supervision. However, many Albertans expect families to arrange care or supervision for children under the age of 12 if they are left at home for more than a few minutes.
- By law, children from ages six to 16 living in Alberta must attend school.

In Alberta, children under 12 years of age are not allowed to work at any time, in any occupation. Adolescents under age 15 can work in approved jobs, including certain jobs in restaurants and the food services industry, retail clerk or newspaper deliverer. There are also some restrictions about where and when young people under 18 can work. For more information, contact Employment Standards:

- Call 1-877-427-3731 toll-free or 780-427-3731 in Edmonton.
- Go to work.alberta.ca.

Child abuse

It is illegal to abuse children physically, emotionally, psychologically or sexually. All forms of child abuse are serious crimes, including neglect, sexual contact, female circumcision and spanking that causes bruising. If child protection laws have been broken, children can be taken away from one or both parents.

Bullying

Bullying is behaviour that makes the person being bullied feel afraid or uncomfortable. Bullying happens when someone hurts or scares another person repeatedly and on purpose. People being bullied have a hard time defending themselves. Many children have a good idea of what bullying is because they see it every day.

Bullying includes

- verbal abuse (name calling)
- social gossip (telling lies about a person or spreading mean rumors)
- physical violence (shoving, hitting, kicking)

Welcome to Alberta

Important information for immigrants and other newcomers

- cyberbullying (using websites, cell phones or email to hurt another person)

For help and information about bullying

- talk to trained counsellors at the Alberta Bullying Prevention Helpline, 24 hours a day, seven days a week. Call 1-888-456-2323 toll-free in Alberta. Help is available in more than 170 languages.
- go to bullyfreealberta.ca
- encourage your teens to go to b-free.ca or call 1-888-456-2323 toll-free in Alberta
- encourage your children to go to teamheroes.ca and play an online game about stopping bullying

Adults in marriages and common-law relationships

In Canada, women and men are considered equal partners in marriage and common-law relationships. Either the wife or the husband can ask for a divorce. Spouses seeking a divorce should each consult a lawyer.

For more information about divorce, go to alberta.ca. Under Financial, family and social supports, click on Life Events.

A husband or wife who is sponsored by a spouse as a landed immigrant cannot be deported because of marital separation or divorce.

When a marriage or common-law relationship ends, both parents continue to share legal and financial responsibility for their children and, sometimes, for each other. Child Support Services is a free service that helps parents (single parents or parents in a blended family) with a limited income get child support agreements and court orders. For more information

- call 310-0000 toll-free and ask for the Child Support Services office nearest you, or call 780-415-6400 in Edmonton or 403-297-6060 in Calgary
- go to humanservices.alberta.ca/css

Family violence

Family violence is a serious issue that affects all members of a family, including children. Family violence includes

physical, sexual, emotional, psychological, financial and spiritual abuse. Family violence harms children even if they are not directly abused or if they are in a different place when the violence happens. Physical and sexual violence against anyone, including family members, whether inside or outside the home, is a crime.

A victim of family violence has the right to

- be treated with courtesy, compassion and respect
- be safe from violence
- have the maximum protection from harm or abuse permitted by law
- seek information about legal rights and help from community resources
- access a court protection order, restraining order or peace bond from the courts, or an emergency protection order if the immediate safety of a family member is a concern

If you are in an abusive relationship, you have the right to leave.

Women and children who are victims of family violence can go to a women's shelter. Women's shelters offer safe accommodation, food, essential transportation, clothing, crisis counselling, housing assistance, children's programming and information free of charge. To locate the shel-

ter nearest you, call the Alberta Council of Women's Shelters:

- Call 1-866-331-3933 toll-free
- Go to acws.ca. Point to Shelters and click on Find a Shelter.

For help and information about family violence

- call the 24-hour Family Violence Info Line at 310-1818 toll-free in Alberta. Help is available in more than 170 languages.
- go to familyviolence.alberta.ca

In the next issue of the Mill Woods Mosaic, we will provide information about driving and vehicles in Alberta.

Reprinted with permission from *Welcome to Alberta: Information for Newcomers*, produced by Alberta Employment and Immigration. Visit the Alberta Learning Information Service (ALIS) website at alis.alberta.ca/publications to view or order your copy (free to Albertans).

Welcome to Alberta: Information for Newcomers is also available in eight other languages (French, Spanish, Farsi, Arabic, Mandarin, Amharic, Dinka and Punjabi). Translations can be downloaded from the website of the Alberta Association of Immigrant Serving Agencies at aaisa.ca/alberta.php.

Resources for Temporary Foreign Workers

ALBERTA

Alberta Health Care Insurance Plan

www.health.alberta.ca

Alberta Immigrant Nominee Program

www.albertacanada.com

Alberta Temporary Foreign Worker Helpline

Call: (780) 644-9955 (Edmonton local calling area) or 1-877-944-9955 from anywhere in North America

Employment Standards

Call: (780) 427-3731 (toll-free in Alberta by dialing 310-0000 first)

Temporary Foreign Worker Advisory Office

North Location
2nd Floor, 10242 - 105 Street
Edmonton, AB
T5J 3L5

South Location
5th Floor, Century Park Place
855 - 8th Avenue S.W.
Calgary, AB
T2P 3P1

E-mail: tfwadvisory.office@gov.ab.ca

To contact an advisor, call the Alberta Temporary Foreign Worker Helpline.

WCB Alberta

Call: Toll-free in Alberta
1-866-WCB-WCB-1
(1-866-922-9221)
Outside of Alberta 1-800-661-9608

E-mail: contactcentre@wcb.ab.ca

www.wcb.ab.ca

Occupational Health and Safety

Call: 1-866-415-8690

<http://employment.alberta.ca>

CANADA

Citizenship and Immigration Canada

Call: 1-800-242-2100

www.cic.gc.ca

Service Canada

www.hrsdc.gc.ca/en/workplace_skills/foreign_workers/index.shtml

Important addresses for immigrants and other newcomers

If you are new to Edmonton and don't know anybody, it can be tough to find a place to stay, a job, the right school for your children or good health care services, but there is plenty of help available.

Here are some of the main agencies specializing in helping immigrants and other newcomers in the Edmonton area:

Edmonton Mennonite Centre for Newcomers

11713 - 82 Street
Edmonton, Alberta
T5B 2V9
Tel. (780) 424-7709
Website: www.emcn.ab.ca

The Edmonton Mennonite Centre for Newcomers offers a wide variety of programs for newcomers and helps immigrants to find a place to live, a job and English classes.

Welcome Centre for Immigrants in Mill Woods

Suite 200, Tower II, Millbourne Mall
7609 - 38 Avenue
Edmonton, Alberta
T6K 3L6
Tel. (780) 462-6924
Website: www.mwci-edmonton.net

The Welcome Centre for Immigrants in Mill Woods offers many programs and services for immigrants, including settlement assistance, language and educational counseling, employment assistance, citizenship classes, English classes, computer classes, public speaking classes, and youth programs.

Changing Together Centre for Immigrant Women

3rd Floor, 9538 - 107 Avenue
Edmonton, Alberta
T5H 0T7
Tel. (780) 421-0175
Website: www.changingtogether.com

Founded in 1984, Changing Together is a non-profit, charitable organization operated by immigrant women for immigrant women. Its mission is to help Edmonton and area immigrant women and their families overcome personal and systemic barriers that keep them from participating fully in Canadian Society.

Catholic Social Services

8212 - 118 Avenue NW
Edmonton, Alberta
T5B 0S3
Tel. (780) 424-3545
Website: www.catholicsocialservices.ab.ca

For more than 50 years, Catholic Social Services has welcomed immigrants and refugees to Alberta. The services are free and offered in both official languages and more than 50 other languages. In the Meadows, CSS runs a drop-in group for women of all ages and backgrounds. Participants connect through diverse activities like speaking English, sharing cultural experiences, learning to use computers and connecting with useful resources. The program, called Tea Connections, runs every Friday from 10 a.m. to noon, in the room of The Meadows Community League on the 2nd floor of the Meadows Community Recreation Centre, 2704 - 17 Street. For more information, contact Raminder Dhindsa at raminder.dhindsa@cssalberta.ca or 780-391-3204.

Family Futures Resource Network

5704 - 19 A Avenue
Edmonton, Alberta
T6L 1L8
Tel. 413-4521
Website: www.familyfutures.ca

The Family Futures Resource Network (FFRN) is a non-profit organization providing support to families and parents in the areas of early childhood education, child and youth, family and adult support and parent education. The FFRN has three separate

locations in Mill Woods: Millhurst Site (5704 - 19 A Avenue), Knottwood Site (1733 Mill Woods Road) and Millbourne Community Site (3756 - 78 Street).

Multicultural Health Brokers Co-operative

9538 - 107 Avenue
Edmonton, Alberta
T5H 0T7
Tel. (780) 423-1973
Website: www.mchb.org

The Multicultural Health Brokers Co-operative is a registered worker's co-operative with members from immigrant and refugee communities, providing culturally and linguistically relevant prenatal education, post-natal outreach, parenting support, family liaison and community development support to immigrant and refugee families.

Indo-Canadian Women's Association

9324 - 34 Avenue
Edmonton, Alberta
T6E 5X8
Tel. (780) 490-0477

The Indo-Canadian Women's Association is a not-for-profit organization for enthusiastic volunteers committed to full participation of immigrant and visible minority women and men in economic, social and political life in Canada.

The Shaama Centre for Seniors and Women (formerly Multicultural Women & Seniors Services Association)

329 Woodvale Road West
Edmonton, Alberta
T6L 3Z7
Tel. (780) 465-2992

The Shaama Centre for Seniors and Women (SCSW) is a non-profit, organization. The focus is to provide service and programs for immigrant women and senior men and women. Program goal is to promote and enhance the well-being and self-reliance of seniors and women especially those at risk and isolated before a crisis situation occurs. SCSW provides social support, information sessions, and skill building classes, home and hospital visits, as well as translation, and referrals to other service providers. It also offers family support and crisis intervention. For youth, there are Urdu and math classes and homework help, and there is also an Urdu library with more than 2000 books. The SCSW is open from 9 am to 4:30 pm Monday to Friday.

Youth Empowerment and Support Services

9310 - Whyte Avenue (82 Ave.)
Edmonton, Alberta, T6C 0Z6
Tel. (780) 468-7070
Website: www.yess.org

The Youth Emergency Shelter Society is a not-for-profit organization serving young people between the ages of 15-18 who are in crisis, at risk or homeless.

Alberta Employment Standards

Edmonton Office - Main Floor Sterling Place
9940 - 106 Street
Edmonton, Alberta, T5K 2N2
Tel. (780) 427-3731
Website: www.employment.alberta.ca

Alberta Employment Standards is a provincial agency responsible for the administration and enforcement of employment standards in Alberta. AES has publications available for temporary for-

eign workers and their employers to help them understand their rights and responsibilities under Alberta's employment standards and workplace health and safety legislation. These publications are available in Chinese, English, French, German and Spanish.

NorQuest College

10215 - 108 Street NW
Edmonton, Alberta
T5J 1L6
Tel. (780) 422-2020
Website: www.norquest.ab.ca

NorQuest College is a public college offering many programs, including English as a Second Language classes and employment programs for immigrants.

Alberta Health and Wellness

Edmonton Office
Telus Tower North, Main Floor
10025 Jasper Avenue
Edmonton, Alberta
Tel. (780) 427-1432
Website: www.health.alberta.ca

Alberta Health and Wellness answers any questions about health care and health care insurance coverage in Alberta.

Immigrant Access Fund Canada

45, 9912 - 106 Street
Edmonton, Alberta
T5J 4M9
Tel. (Toll Free) 1-855-423-2262
Website: www.iafcanada.org

The Immigrant Access Fund provides micro loans to internationally trained immigrant professionals, trades people and skilled workers so they may obtain the Canadian licensing and/or training that will allow them to obtain employment in their field.

Other important phone numbers:

Edmonton Police Service

Emergency calls only **9-1-1**
Police - Fire - Ambulance
Life & death, injury accident, crime in progress

Non-emergency calls
(Dispatch) **780-423-4567**
Report of suspicious activity, calls for assistance, advice, etc.

Poison Centre **1-800-332-1414**

Hazardous Material Spills **9-1-1**

Utility Trouble Calls Only:

Power Emergency **780-412-4500**
Within Edmonton

Gas Emergency **780-420-5585**
Edmonton & Area

Drainage Trouble **780-496-1717**

Sewer Trouble **780-496-1717**

Wastewater (odour hotline) **780-469-8176**

Water Emergency Service **780-412-6800**

The next issue of the Mill Woods Mosaic will be published on April 15, 2020. The deadline for advertising and editorial is Friday, April 3, 2020.

Celebrating the Francophonie: Minister Aheer

For centuries, the Francophonie have made Alberta home.

"This month, we celebrate Mois de la Francophonie Albertaine, Alberta Francophonie Month," said Leela Sharon Aheer, Alberta's Minister of Culture, Multiculturalism and Status of Women. "French-speaking Albertans have been significant members of our communities for over 200 hundred years. Today, they represent one of the fastest-growing and most culturally diverse French-speaking populations in Canada.

"The French were among the first Europeans in Alberta. Almost 2,000 communities and historic sites in Alberta have names derived from French settlement. Some communities are officially bilin-

gual, such as Beaumont, Legal, Falher and Plamondon.

"French is more than one of Canada's two official languages. It is the most widely spoken language in Alberta after English. It is a symbol of Alberta's diversity, vibrancy and future vision. The descendants of francophone Albertans and immigrants from French-speaking cultures are still building and shaping Alberta, and continue to brighten our future.

"This month, let's show our French-speaking neighbours that we value their history, their contributions, their culture and their ability to help strengthen our relationship with the Francophonie across Canada and the world."

Zero Discrimination Day: Minister Aheer

On March 1, Leela Sharon Aheer, Alberta's Minister of Culture, Multiculturalism and Status of Women, issued the following statement on Zero Discrimination Day:

"Today, on Zero Discrimination Day, we join countries around the world in recognizing the equal dignity and worth of every person. This year's theme is 'Zero Discrimination against Women and Girls.'

"Our government is committed to making life better in Alberta by advancing gender equality and ending violence against women and girls. Through campaigns such as the 16 Days of Activism Against Gender-Based Violence, International Day of Zero Tolerance for Female Genital Mutilation and Sexual Violence Awareness Month, we are providing Albertans with the knowledge and tools to end violence against women.

"We are also celebrating and supporting women in the workplace, and investing in programs such as Women Building Futures to create more opportunities for women in non-traditional fields. Alberta is home to an incredible number of women who are leaders and innovators in business. I was proud to declare Nov. 19, 2019, Women's Entrepreneurship Day.

"The theme of Zero Discrimination Day 2020 speaks to how race, culture, faith and gender overlap to create barriers for diverse groups to fully participate in our world. We will continue working with everyone in Alberta to continue to build a province where all people can fully participate and

contribute.

"In an ideal world, all people can pursue their dreams, provide for their families, and feel safe and welcome in every space. Working together, we can make progress to achieve this vision."



Minister Leela Sharon Aheer

Photo: Government of Alberta

What's up?

Community events in Mill Woods

- March 19** - Mill Woods Wahkohtowin Night
Dan Knott School
1434 - 80 Street, Mill Woods
5:30 - 7:30 p.m.
- March 20** - Invagination Miscellany - The Vulva Show
The Orange Hall
10335 - 84 Avenue NW, Edmonton
- March 22** - 23rd Harmony Brunch, commemorating the International Day for the Elimination of Racial Discrimination, hosted by the Canadian Multicultural Education Foundation
Keynote Speaker: Dr. Alvin Finkel, Professor Emeritus, History, Athabasca University
Topic: *Compassion in a Multicultural World*
Chateau Nova, Yellowhead Hotel
13920 Yellowhead Trail (at St. Albert Trail)
12:30 p.m.
- March 28** - Medieval Feast Night
Mill Woods Seniors Activity Centre
2nd Floor, 2610 Hewes Way, Mill Woods
(Building of Mill Woods Public Library)
5:00 - 10:00 p.m.
- April 16** - Mill Woods Wahkohtowin Night
Southwood Community League
1880 - 37 Street, Mill Woods
5:30 - 7:30 p.m.
- April 18** - Leefield Spring Gift & Craft Sale
Leefield Community Centre
7910 - 36 Avenue NW, Mill Woods
10:00 a.m. - 4:00 p.m.
- June 4** - L'Arche Edmonton invites you to
Fundraise with Fondue
Melting Pot Restaurant
2920 Calgary Trail NW, Edmonton
6:00 p.m.

Do you have a community event in Mill Woods to announce? Please send us the information, and we will include it in this community calendar in the next issue of the Mill Woods Mosaic.

Tel. (780) 465-7526 or e-mail to:

mwmosaic@telus.net

The next deadline is Friday, April 3, 2020.

BE A TEXTBOOK DRIVER!

Do the math. Speed kills!

EDMONTON POLICE SERVICE

VISION ZERO EDMONTON

THERE IS ONLY ONE CURE

ONECURE.CA

SUNDAY, APRIL 12

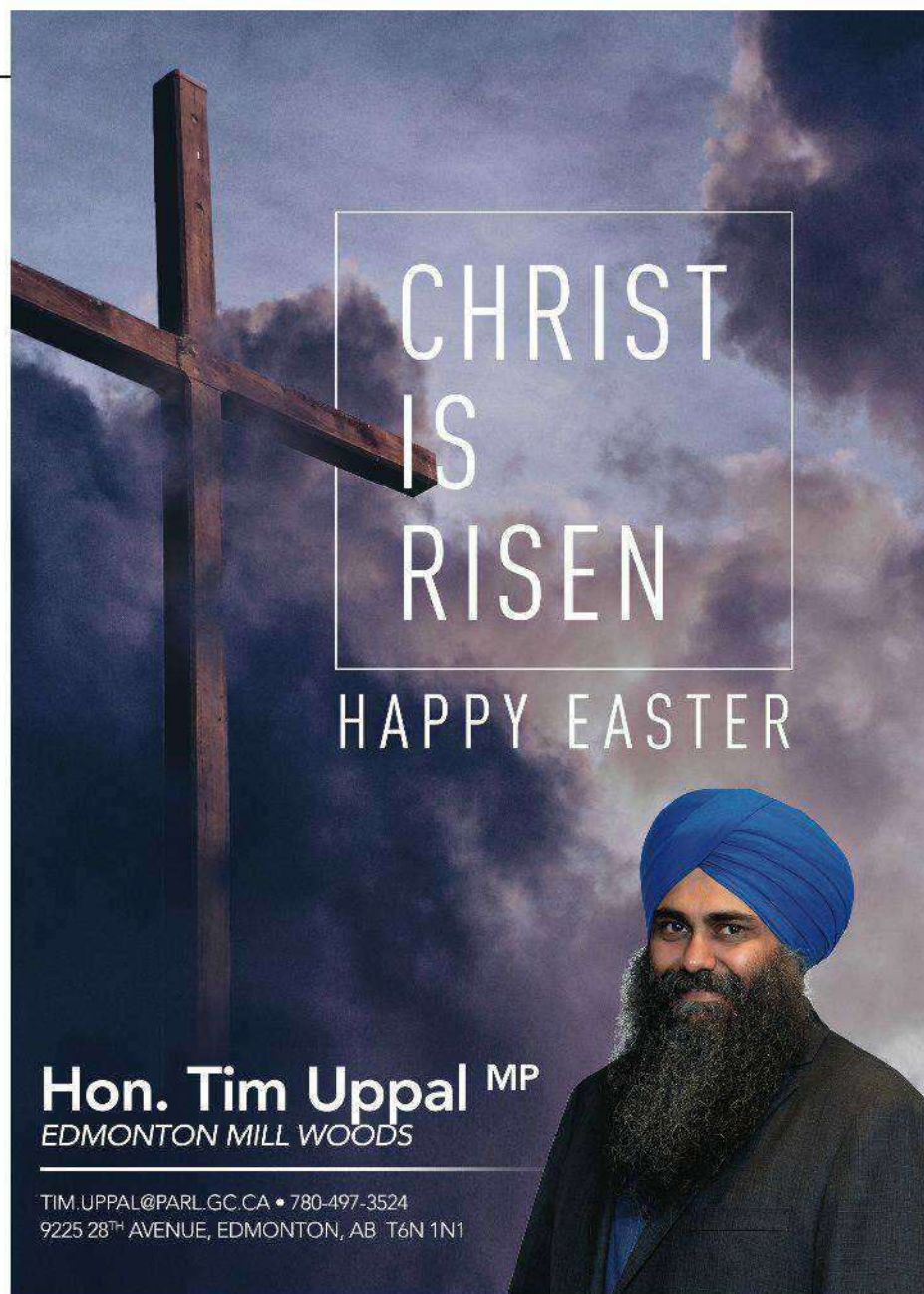
MUSIC • PRIZES • EASTER CANDY

10:00AM TO 11:30AM

8704 MILLWOODS RD

JESUS AND THE WALKING DEAD

Zombies, the Walking Dead, creepy crypts and spooky cemeteries? A virus that has infected the entire human race? How could these possibly relate to Easter? Join us April 12th at 10 a.m. at Calvary Community Church to find out. You don't want to miss the fun!

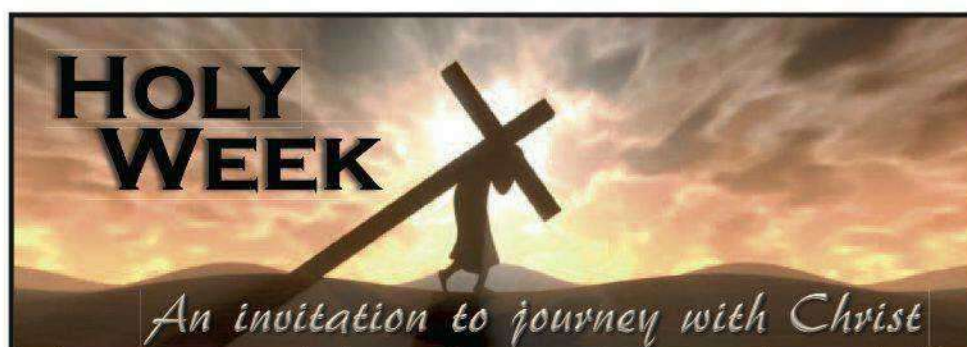


CHRIST
IS
RISEN

HAPPY EASTER

Hon. Tim Uppal ^{MP}
EDMONTON MILL WOODS

TIM.UPPAL@PARL.GC.CA • 780-497-3524
9225 28TH AVENUE, EDMONTON, AB T6N 1N1




HOLY WEEK

An invitation to journey with Christ

HOLY THURSDAY	No 9:00 am Mass.	APRIL 9
♦ 7:00 pm Mass * with incense		
♦ Adoration until midnight		
GOOD FRIDAY	No 9:00 am Mass.	APRIL 10
♦ 1:30 pm Outdoor Way of the Cross		
♦ 3:00 pm Good Friday Service		
HOLY SATURDAY	No 9:00 am or 4:30 pm Masses.	APRIL 11
♦ 2:00 pm Blessing of the Easter Food		
♦ 9:00 pm Easter Vigil * with incense		
EASTER SUNDAY		APRIL 12
♦ 9:30 am, 11:30 am & 5:00 pm Masses		

REGULAR MASS TIMES

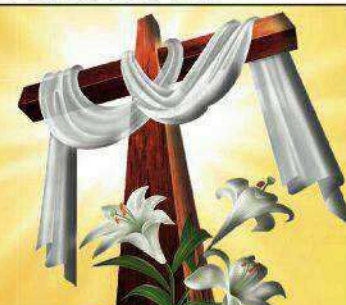
WEEKDAY	♦ Monday to Saturday	9:00 am
WEEKEND	♦ Saturday	4:30 pm
	♦ Sunday	9:30 am, 11:30 am & 5:00 pm



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...nton, Alberta

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www.corpuschristi-edm.ca





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