

Mill Woods **Mosaic**

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The Multicultural Voice of Edmonton Southeast

Independent • Non-partisan • Interdenominational

This month:

Missing buttocks

Maintaining a good posture is a common worldwide struggle, says Crisanta Sampang.

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Don't forget roots

All of us have a responsibility to ensure that we do not stray from our roots, says Ron Kuban.

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Fragile peace

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Together we succeed

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Tips for Newcomers

What immigrants and other newcomers need to know about credit cards, payday loans and cheque cashing companies.

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The Candidate



Former City Councillor, Member of Parliament and federal cabinet minister Amarjeet Sohi wants to be Edmonton's next mayor.

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Top Cop from Mill Woods

The Kiwanis Club of Edmonton - Oil Capital has named Detective Rocky Hanson of the Edmonton Police Service as Top Cop for 2020. Detective Hanson was selected for his outstanding dedication and volunteer service to the community. For over two decades, he has coordinated numerous community activities and projects, and coached and mentored kids in a variety of sports.

See story on page 10 of this issue.

Photo: Edmonton Police Service

PM apologizes for internment of Italian Canadians during WW II

The Prime Minister, Justin Trudeau, on May 27 delivered a formal apology in the House of Commons for the internment of Italian Canadians during the Second World War.

Following Italy's declaration of war against Canada on June 10, 1940, the Government of Canada interned more than 600 people of Italian heritage. Around 31,000 Italian Canadians across the country were declared "enemy aliens", and many experienced discrimination, lost their jobs, or saw their businesses boycotted or vandalized. The government's actions violated the values that our country was fighting to secure during the Second World War, including freedom, equality, and justice, and had serious impacts on families and the Italian Canadian community.

The Prime Minister apologized to those who were interned, their families, and the Italian Canadian community for the pain and hardship they endured because of this historical injustice. He recognized Italian Canadians' many contributions, including in business, arts and culture, science and technology, politics, and skilled professions, that have helped build our country, from coast to coast to coast. He also reaffirmed the government's commitment to a strong, diverse, and more inclusive Canada.

"Canadians of Italian heritage have helped shape Canada, and they continue to be an invaluable part of the diver-

sity that makes us strong," said Trudeau. "Today, as we acknowledge and address historical wrongs against the Italian Canadian community, we also show our respect for their great contributions to our country."

Quick Facts

- In 1940, after Italy joined the Second World War as an ally to Germany, over 600 Italians were interned in camps under the authority of the *War Measures Act* and the *Defence of Canada Regulations*. Approximately 31,000 Italian Canadians were declared "enemy aliens", and had to report to local registrars once per month. Registrars were appointed by the Minister of Justice, and were provincial or municipal police officers, including Royal Canadian Mounted Police (RCMP) officers, or postal clerks.

- The *War Measures Act*, as well as the *Defence of Canada Regulations* that were brought into effect on September 3, 1939, gave the government the legal authority to detain without charge,

seize property from, and limit activities of Canadian residents born in countries that were at war with Canada.

- In 1990, at a gathering of Italian Canadian organizations, the Right Honourable Brian Mulroney offered an apology for the treatment of the Italian Canadian community during the Second World War.

- In September 2018, RCMP Commissioner Brenda Lucki delivered an official expression of regret in a ceremony attended by family members of Italian internees, members of the Italian community, and RCMP employees.

- Through the Community Historical Recognition Program, the Government of Canada made \$5 million available in grants and contributions from 2008 to 2013 for eligible projects to commemorate and recognize the experiences of the Italian Canadian community in relation to the Second World War internment in Canada.

- Today, Canada is home to approximately 1.6 million Italian Canadians – one of the largest Italian diasporas in the world.



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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.

E-mail your letter to: The Editor of the Mill Woods Mosaic, mwmosaic@telus.net.

Happy Stepfather's Day!

This year, Father's Day will be celebrated on Sunday, June 20, and it will be a happy day for many fathers, because they will be spoiled by their children, maybe taken out for a family dinner which will be special this year, because restaurants are open for indoor dining after many restrictions during the COVID-19 pandemic.

Like Mother's Day, Father's Day is a good opportunity to honor our parents and thank them for everything they have done for us.

When I grew up in Germany, Father's Day was always celebrated on Ascension Day (the Thursday 40 days after Easter) which is a federal holiday in Germany, but it was less a family day and more a day for the fathers to get together with "the other boys" and party. And if they came home a little tipsy, the wives did not complain, because the men deserved to get a day off from their father duties.

But Father's Day is not a happy day for all fathers, because some of them have lost children or are estranged from them and don't see eye to eye with them, but that is not always the children's fault. Some fathers have abused their children or abandoned them or both, so they can't expect their children to be nice to them on

Father's Day, because they haven't been nice fathers.

And how about stepfathers? They are often forgotten on Father's Day, because they are not "real fathers", but that is not true, because many stepfathers are better fathers than some biological fathers. It is probably fair to say that for every deadbeat

dad who has failed to care for his children, there is a stepfather who has stepped in and taken on the role of the father, and in many such cases they are loved by the children like "real fathers" or even more.

I am speaking from experience. When I married my wife Susan almost 32 years ago, she had two children from her first marriage who were already adults, a daughter and a son, and the daughter teased me: "Well, you got a package deal: Buy one, get two free!"

It was not always easy to be a stepfather, but we have always worked it out. I have no regrets, and I regard it as a blessing to have these two "children" in my life.

Happy Father's Day to all fathers!

Annie Joop

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Building accessible pathways for Catholic schools

The Edmonton Catholic School Division (ECSD) is paving the way to more inclusive school yards. The Division is installing accessible pathways, connecting the schools to playgrounds.

"An inclusive playground isn't truly inclusive if you can't get to it," said John Fiacco, Superintendent of Educational Planning. "These new pathways ensure all our students and community can easily access and enjoy the playground."

St. Maria Goretti is the latest school in ECSD to have an accessible pathway installed, running from the school doors right to the playground equipment. The pathway is stencilled with colourful artwork to promote numeracy, literacy, and more opportunities for play.

"The playground is one of our best classrooms, and this new pathway is just an extension of it," said Antonella Molella, Principal at St. Maria Goretti. "Outdoor play is so important. On top of emotional well-being and building physical literacy, our students are developing social skills, creativity, and problem-solving."

The accessible pathway is made from a product partially comprised of recycled shredded tires. It has a similar lifespan to a concrete sidewalk.

"Edmonton Catholic Schools believes all children have the right to play. We are aiming to have all our playgrounds inclusive and accessible by 2030," shared Doris Paquette,



Students at St. Maria Goretti Catholic Elementary School practice the bear crawl on their newly installed accessible pathway. Edmonton Catholic Schools is installing nine more pathways this summer, connecting schools right to the playground equipment. One of the schools is John Paul I Elementary School in Mill Woods.

Photo: Edmonton Catholic Schools

Planning Manager with Edmonton Catholic Schools.

Edmonton Catholic School's commitment to accessible pathways means that all children can have equitable access to different spaces and places in their outside environments.

"Supporting, anticipating, and valuing diversity is so important as we challenge ourselves to reduce barriers that may impede learning opportunities and environments for our students," said Corine Gannon, Superintendent of Learning Services.

"Children may be mobile with a wheelchair or a walker, or have difficulty moving, and creating pathways to and from the school and the playground enable children to be able to get to these spaces that otherwise would not be possible."



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The Mill Woods Mosaic publishes a variety of opinions.
Unsigned editorials express the view of the publisher.
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Our Opinion

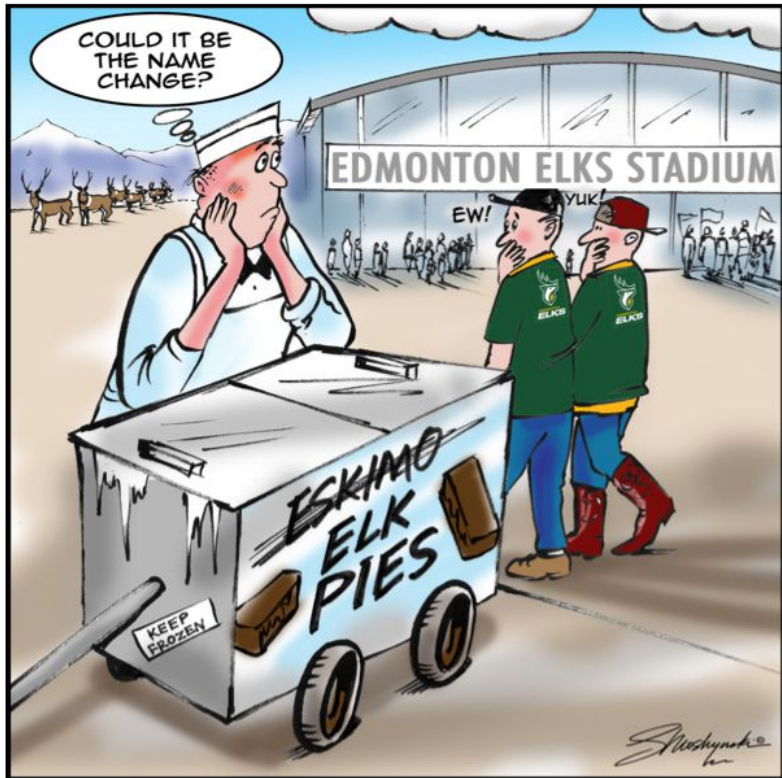
Mission accomplished?

On June 12, Alberta's Premier Jason Kenney announced a \$3-million COVID-19 vaccine lottery to encourage hesitant Albertans to get the shot and keep the province's reopening plans on track. Two days later, Kenney explained that all Albertans aged 18 and older who had their first dose of vaccine are eligible to register for the lottery, and he said that this lottery would "pay for itself."

But the truth is that Alberta taxpayers have to cough up the three million bucks, because in real life nothing pays for itself. And it is an illusion that many hesitant Albertans will be encouraged by the lottery to flock to the vaccination centres. A behavioural economist at the University of Calgary said that the showy vaccine lottery will catch people's eyes, but won't likely change their behaviour.

Alberta will probably move to Stage 3 of the government's reopening plan and drop all restrictions in late June or early July as soon as 70 % of eligible Albertans have received their first dose. Then, we will see big gatherings, like the Calgary Stampede and the Edmonton Heritage Festival, and it is pretty predictable that there will be a spike of new COVID-19 cases in the fall.

Kenney thinks it is time to say "Mission Accomplished", but we are not there yet until 70 % are fully vaccinated.



The Edmonton Eskimos football club has changed its name to "Edmonton Elks" after mounting pressure on football teams to eliminate racist or stereotypical names. Some sponsors had recently threatened to withdraw support if the club did not change its name, but many members of the club were in favor of keeping the old name.

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

The mystery of the missing buttocks

Experts agree that to keep those missing buttocks from disappearing, it's basically holding your butt out, keeping the spine long, the shoulders relaxed. Easy to say, but hard to do.

"Our posture," Eve Johnson, former journalist, yoga practitioner and instructor for 30 years, and now a certified Balance teacher wrote, "is a collection of habits, almost always deeply unconscious. Like the habits of thought that shape our lives, our postural habits shape our spines."

Eve Johnson wants the world to know that "a pain-free posture is a human birthright, our bodies are not a faulty design, and you don't have to hold yourself up against gravity."

Currently teaching an online course called *Balance or Spinefulness*, a method on maintaining good posture developed by Noelle Perez, Ms Johnson says Balance was based on the study of the posture of pre-industrial societies worldwide. Spinefulness was introduced in the US in 1992.

Noelle Perez was a pioneer in the area of posture. Perez discovered that people in agrarian communities who carry weight on their heads have a natural arch at the base of their spines and their joints are aligned vertically with the center of gravity, resulting in a relaxed and painless posture. Her discovery changed the way many practitioners taught yoga, including Eve Johnson.

I grew up in a farming community where women, my mother included,

gracefully carry loads on their heads: tubs of laundry, bags of rice, bunches of bananas. Anything carryable would invariably end up on their heads. It looked so easy. Being the baby of the family, I considered myself very lucky because I was spared from carrying

Crisanta Sampang

**On
Second
Thought**



things on my head and doing other menial jobs. I was wrong. Had I been taught to balance those things on my head when I was a kid instead of being allowed to sit around at home reading books, I would have been walking proud and tall with an amazing posture today.

I remember that when I was five, my father was constantly reminding me to straighten my back. I would try while he was watching, then forget about it altogether a few minutes later. Every now and then, I would even walk around with my heaviest book on my head, but it didn't work. I've always had a bad posture and it remained a problem off and on throughout my life.

Today, my biggest concern is finding my missing buttocks so I could wear my Levis proudly again.

Maintaining a good posture, according to my research, is a common worldwide struggle. Try typing the phrase 'maintaining a good posture' on Google search and you'll get 25,400,000 results in 0.67 seconds. The Internet is filled with advice on how to walk like a boss; along with endless ads about experts, products and services that will help you achieve it.

One can even buy posture braces and posture correctors online easily, but those are temporary solutions.

Modern technology doesn't help. Working hunched over computers and cell phones everyday stresses the spine and leads to back and neck pain, fatigue, and muscle strain. Not to mention headaches. Just ask the hundreds of thousands of employees who work at call centres in the Philippines and about the same number of Canadians who work from home today. Bad posture with its painful side effects in current society has become a chronic illness.

My daughter who ran an online English-as-second-language school for a Korean company for years gave up the work because of the stress, backache, and fatigue, but then got a call centre night job for an American company doing basically similar things. Back to bad posture, backache, headache and fatigue.

Ask Google how you can improve your posture and various experts have similar answers: Stand straight, shoulders back, stomach in, weight on your heels, head level, arms hung naturally at your sides. (Guide to Good Posture: MedlinePlus.gov.) And keep doing it.

According to the same experts, it's never too late to fix your posture problems. It's not about the age, but all about changing your habits and being consistent about it. I should tell that to myself.

My other plan is to take Balance lessons under Eve Johnson, and learn to do what she calls "a kinder alternative: Put your bones in line with gravity so they can bear your weight, and then relax. The idea may be relatively new, but the posture itself is as old as humanity. It still lives in pre-industrial societies around the world. And it's reborn daily in every healthy toddler."

This posture, according to Eve Johnson, makes it possible for babies to learn to walk while balancing a head that was too big for their bodies.

With some effort, I hope to get such a posture back, along with my missing buttocks.

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.

When groups forget their roots

When paid attention to, nature is a wonderful teacher. It provides us humans with profound lessons to guide our behaviour. One such lesson relates to keeping ourselves well-rooted, especially when operating within organizations.

At its core, life demands that all living things – plants, animals, and human beings – establish themselves in their respective environment. They first need to get rooted, and then grow in size, strength, and capacity. By necessity, they also need to explore and learn, to better interact with their unique environment.

In this context, being “well-rooted” means staying true to one’s particular DNA, or nature’s imprinted set of instructions regarding one’s physical, emotional, and intellectual traits. All living things, except human beings, find the task of staying connected to one’s roots simple and beyond question. From their point of origin through to their demise and decay, plants and animals remain true to their DNA roots, and adhere to them in a consistent manner. Saplings grow into trees, kittens into cats, colts into horses, and so on. But with people, and especially those within groups or organizations, the attachment to roots is inconsistent and prone to failure.

Unlike all other living things, human beings have an advanced capacity to reason and adapt. We are able to overcome certain DNA-based limitations or challenges, or to enhance what for other living things would be a firmly set and pre-established pattern. However, when we forget or ignore our basic DNA as human beings, we produce terrible outcomes in the form of destructiveness, cruelty (even to our own human race), and neglect of the foundation of our success.

This problem is further exacerbated when human beings organize into structured groups or associations. Why would this be so?

Human beings are masters at conjuring different realities, especially when doing so in collaboration with others. We are particularly gifted in our ability to imagine and create conceptual constructs, and are incredibly adept in our ability to collaborate with others in the use of those constructs. We can collaborate across vast differences of time and space, language, religion, nationality and more. Consider, for

example, our acceptance of the notions of the marketplace, the value of money, banking, political structures, and more.

**Ron
Kuban**

**Time
Passages**



These constructs and our collaborative efforts have done much to advance *Homo sapiens*’ ability to dominate our world. However, as history demonstrates, when such collaborations are based on a framework contrary to one’s roots, the results are often devastating.

Examples of organizational failure to “stay rooted” may be found among business corporations, service organizations or groups, sororities or fraternities, political parties, cultural and religious institutions, and many more. At their start, each of these organizations is an idea – the seed of its roots, which blossoms into an operational structure. Organizations which remain true to their foundational roots find it easy to stay meaningful and maintain growth; however, those which neglect their *raison d’être*, often experience disharmony, loss of productivity, and breakdown.

Business enterprises often start with a unique service or product, which when provided well, helps them grow their operation, customer base, and profitability. However, as they grow, some corporations forget the tenets of their earlier successes – products and services – and fixate on becoming bigger and increasing revenues. They thus shift away from their foundation, their core.

The same may be said for organizations, which typically start with the intention of serving an identifiable clientele. These are ever-present in our community, and meet countless needs, which cannot be satisfied by the public sector. They do well when they remain rooted in their cause, and its intended audience. They become dysfunctional

when they neglect their roots and become focused overwhelmingly on fundraising, community visibility, and reputation or empire building.

Formal religious institutions are no different. They all began by addressing the spiritual needs of their adherents. However, over time many religions appear to have veered away from their spiritual roots towards dogma, hierarchy, and physical infrastructure. Gone are the days when we were encouraged to look at the splendor of nature and think of the Almighty. Now, religion may well be equated with fundraising, the construction of edifices, and the growing hierarchy of officials.

How did we get to this dysfunctionality? I recognize three key and intertwined reasons. The first is greed by some senior organizational officials. When they strive to secure more power, wealth, benefits, and privileges for themselves and a select

few others, they stifle the very organization they lead.

The second reason relates to egos, especially of those at the top, who think the organization they lead is theirs, to serve their needs and desires. This echoes the first reason.

The third reason is neglect, abandonment, or dislocation from one’s individual and organizational roots. In that regard, all of us have a responsibility to ensure we do not stray from our roots, including their norms and values; furthermore, we must remain vigilant that the organizations we belong to do the same.

Not all organizations follow the breaking points mentioned above; however, those which do are less likely to reach their full potential or survive. Let’s remember that our roots, as those of trees, are there for a reason. They support and anchor us as we grow, and should not be neglected.

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

There is no escaping the horror

Edmonton Catholic Schools Trustee Laura Thibert

The official start of summer is quickly approaching, and we are enjoying longer days filled with sunshine and warmth. It is spiritually uplifting to see waves of blooms on our trees and in our gardens as they come to life after months of being dormant. For many of us, this is also when we really get motivated to head outdoors and enjoy the many recreational activities Alberta offers, safely following the guidelines set out by Alberta Health Services.

There is no escaping the horror of the discovery of 215 students in unmarked graves on the site of a former residential school in Kamloops, British Columbia. I am profoundly saddened by the harm and legacy of residential schools. We all pray for the survivors from the Kamloops Indian Residential School, and the sorrow they have endured. More importantly, we pray

for those young children who lost their lives while attending the school. Edmonton Catholic Schools Indigenous Learning Department has streamed, via YouTube, a special ceremony including a traditional Honour Song for all Indigenous children who never made it home, survivors, and their families.

Please join us in this special service at <https://youtu.be/PxTexcui08Y> as we mourn together. Reconciliation is not an easy topic. If you would like to know more, one starting point is the resource page on the ECSD website: *Journey of Truth and Reconciliation* (ecsd.net).

Congratulations to our grade 12 graduating class of 2021. I wish you all the best as you move into the next phase of your life. Graduates, you have worked hard to arrive at this day. Please know that each one of you is meant to do something special to make our world a better place. My wish for you is that in whatever you choose to do, it will give you great satisfaction and a feeling of great accomplishment. Above all, remember to live fully

and serve God in one another.

At the May 26th Public Meeting of the Board of Trustees, the Board passed the Division Budget for the upcoming year.

Edmonton Catholic Schools has worked diligently to increase funding to the classroom to achieve improvements in the delivery of administration, operations and maintenance.

Edmonton Catholic Schools serves over 43,000 students and provides a high-quality faith-based education that inspires our students to learn and prepares them to live fully and succeed to the best of their ability.

We are committed to offering a Christ-centred, competency-based learning experience for all learners. Every facet of our learning system is aligned to offer an excellent Catholic education that inspires students to develop

the conceptual and procedural understanding needed for successful learning, living, and working in Alberta and beyond.

Our Board of Trustees and Senior Administration are committed to working with our local and provincial partners to ensure we are delivering world-class Catholic education to our students. I look forward to continuing to work collaboratively with you and to serving the community of Edmonton Catholic schools and Ward 77.

Best wishes for a safe and great break. Please remember to practice the safety recommendations made by Alberta Health as we transition back to enjoying a normal life of gathering together with friends and extended family members to celebrate accomplishments.

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

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, mwmosaic@telus.net.



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Maintaining fragile peace in Ukraine

By David Kilgour & Dmytro Pavel

Ukraine's president, Volodymyr Zelensky, approved his government's new partnership with NATO last September. NATO is now involved in training Ukrainian soldiers.

This partnership with NATO seems to have made Vladimir Putin somewhat less likely to proceed with renewed large-scale aggression against a neighbor. However, it is more likely that Russia has simply shifted its focus.

The water shortage issue of Russian-occupied Ukrainian Crimea came to attention as Russia moved its military position from Donbas to the Crimea/Kherson. This is where the North-Crimean canal is located and has been the source of an infrastructure battle between Russia and Ukraine.

In 2014, following Russia's annexation of Crimea and the outbreak of war in Donbas, Ukraine stopped supplying fresh water supplies from the Dnipro River via the North-Crimean Canal.

Four years later, Putin seemed to have solved that problem by joining Russia to the peninsula with the lengthy Crimean Bridge. Known as the "Energy Bridge", it also connected the

Crimean electric systems to the Rostov nuclear power plant.

The overall cost was about (US\$) 4.2 billion, including the cost of the war in Ukrainian Donbas, the expense of imposed sanctions, approximately 40 per cent inflation for some goods, and the decline in world oil prices.

**David
Kilgour**

**A Canadian
View on
World Events**



However, Russia is now again losing the challenge to provide water to the peninsula. Since last autumn, it has allocated about (US\$)1 billion for water supply purposes.

Putin might also be non-aggressive at present because of a large project with the West: the two "Nord Stream 2" gas pipelines from Russia to Germany, both nearing completion through the Baltic Sea around Ukraine.

Currently, most Russian gas exports

to the European Union pass through the Ukrainian gas pipeline system. The current Russian dependency on this system acts as a deterrence against direct aggression against Ukraine.

From 2011-2020, there was a rapid decrease in gas volumes moving through Ukrainian territory. The drop was intended to equal the projected transit capacity of both lines of Nord Stream 2 - 55 billion cubic meters per year.

Unfortunately, several European leaders, including Germany's Angela Merkel and Poland's Mateusz Morawiecki, appear to have encouraged the reduction of gas moving through Ukraine and increasing the volumes intended for the pipelines of Nord Stream 2.

This reality weakens Ukraine's position with Moscow, which insists that Ukraine's gas pipeline will remain at full capacity after the launch of Nord Stream 2 because rates of European gas consumption are growing.

However, the reality is that if Russia completes both Nord Stream 2 pipelines and pumps less than 40 billion cubic meters per year through the Ukrainian pipeline system, Ukraine would need to withdraw from its transit agreement because it would not be able to proceed with operations at a loss.

Kyiv could then be denounced by Moscow as an unreliable partner and transit agent for both itself and the EU countries. The window of diplomacy would then close and the military Pandora's box might well re-open.

If Ukraine does not resume supplying water through the North-Crimean canal to the occupied territory and loses its gas transit role as main reasons for Russian current non-aggression, Putin might commence a military invasion of other regions of Ukraine this autumn, including the essential canal.

The obvious targets for Moscow would be the Dnipro River, the Kakhov reservoir, and the Black and Azov Seas. The object would be to gain control of the North-Crimean canal and existential water supplies for occupied Crimea.

This would also enable the seizure of Kinburn Spit across from Ochakiv. Russia would thus be able to block the narrowest point of the Dnipro Basin and cut off major ports such as Mykolaiv and Kherson from the sea.

It is not far from Kinburn Spit to the Ukrainian ports of Yuzhne and Odesa, placing them within immediate range of long-range firepower and cutting Ukraine off from the Black Sea, and drastically weakening its geostrategic location.

Another military aggression by Russia against Ukraine could be deterred by the geopolitical interference of NATO countries. Otherwise, completed pipelines of Nord Stream 2 might become the Archimedes' lever to overturn Ukraine. The North-Crimean Canal could fill Crimea with water and southern Ukraine with blood.

This article was first published by the Toronto Sun.

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.

Dmytro Pavel is an Ottawa-based researcher of origin in Ukraine, who specializes in conflict resolution in eastern Europe.

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Applicants must:

- Be graduating from Grade 12 in the given year
- Be an Edmonton resident that resides within the boundaries south of the Whitemud Drive NW and east of Gateway Boulevard NW in Edmonton.

Submissions will be evaluated on the following:

- Career goals and plans
- Community and volunteer service
- Scholastic achievement
- An understanding of MCARFA.

See "mcarfa.com" for additional information and application forms.

4540 - 50 street, Edmonton 780-461-9815
email - golf@mwgolf.ca



Gene Zwozdesky (1948 - 2019) served as a Member of the Legislative Assembly of Alberta for Edmonton-Mill Creek from 1993 to 2015, and was the Speaker of the Legislative Assembly from 2012 to 2015. He also served as Minister of Community Development, Minister of Education, Minister of Aboriginal Relations and Minister of Health. Zwozdesky has won numerous awards from cultural and arts organizations, as well as the 2005 Alberta Centennial Medal.

GENE ZWOZDESKY SCHOLARSHIP

Purpose of the Scholarship

The purpose of this scholarship is to assist graduating Grade 12 students to pursue post-secondary training.

Nature of the Scholarship

Two scholarships of \$1000.00 each will be awarded.

Eligibility Criteria

Applicants must:

- Be graduating from Grade 12 in the given year
- Be an Edmonton resident that resides within the boundaries south of the Whitemud Drive NW and east of Gateway Boulevard NW in Edmonton.

Selection Criteria & Procedure

Submissions will be reviewed by a committee of MCARFA executives and will be evaluated on the following:

- Career goals and plans
- Community and volunteer service
- Scholastic achievement
- An understanding of how MCARFA has contributed to the Mill Woods and Meadows communities over the last 44 years.

Information for Applicants:

Please attach a short letter that includes:

- Your career goals and plans and intended use of the scholarship.
- Your community and volunteer service
- Your scholastic achievements
- A short narrative on how MCARFA has contributed to the Mill Woods and Meadows communities over last 44 years.

Please have the information submitted by Wednesday, June 30, 2021.

See "mcarfa.com" for additional information.

Email: golf@mwgolf.ca

4540 - 50 Street, Edmonton, Alberta, T6L 6P6

Phone: 780-461-9815

MP Tim Uppal: "I regret not being a stronger voice and apologize for my role"



Member of Parliament Tim Uppal speaks in the House of Commons.

Photo: Office of Tim Uppal, Member of Parliament

On June 13, the Member of Parliament for Edmonton-Mill Woods, Tim Uppal, posted the following statement on his Facebook page:

This week has been a devastating week for many. We are mourning as a nation for a family that was so brutally attacked and destroyed by a terrorist.

Like so many Canadians, I've been having conversations with friends, family, community leaders, and other elected officials on what steps should be taken to ensure all Canadians feel safe.

Being an elected official comes with tremendous responsibility. It's about the hard decisions that we make every day so that we can be of service to our fellow Canadians. In order to better serve my fellow Canadians, I realized I had some personal accounting to do.

Years ago, as the Minister of State for Multiculturalism, I was the spokesperson for a bill to ban the Niqab (full face covering) while taking the oath of citizenship.

After we lost the 2015 election I spent considerably more time talking to Canadians outside of the partisan political bubble I had grown accustomed to as a Member of Parliament and Minister.

It was through these conversations that I really understood how this ban and other campaign announcements during the 2015 election alienated Muslim Canadians and contributed to the growing problem of Islamophobia

in Canada.

When it came to these policies, I should have used my seat at the table to push against divisiveness that promoted the notion of the other. I regret not being a stronger voice and sincerely apologize for my role.

So many of us have parents, grandparents, aunts, and uncles who blazed the trail for us in this country because they believed it would provide their families with a safer and prosperous future. The Canada that they believed in was one that held, in its core, the belief that your race, your religion, your gender, or your sexuality would be accepted here.

What happened on that Sunday night is proof that we still have so much more work to do. For so many of us, Canada is a nation that is defined as much by its promise as it is by its history.

It is up to us all to make Canada a better place. We owe it to our future generations and to the Indigenous peoples of this land.

I am proud to stand with Erin O'Toole as he has committed that Canada's Conservatives will reflect a country of every race; a Canada that embraces LGBTQ people; a Canada where your gender has no bearing on your opportunity.

And, as we were reminded this week, a Canada where Canadians go to services on Friday, Saturday, Sunday, everyday and not at all.

This country belongs to all of us.

Happy Canada Day!

FROM YOUR SOUTH EAST EDMONTON MLAS



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Edmonton - Meadows

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edmonton.meadows@assembly.ab.ca

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Mayoral candidate Amarjeet Sohi promises to end hate-based violence

On May 17, Amarjeet Sohi, a former Edmonton City Councillor, Liberal Member of Parliament for Edmonton-Mill Woods and federal cabinet minister, announced that he is running to be Edmonton's mayor. On June 11, Sohi released a statement about his first priority if elected mayor and his plans to take immediate, community-driven action to end hate-based violence in Edmonton. Here is the complete text of this statement:

We are all keenly aware of the increase in hate crimes and attacks on people of colour in Edmonton. Incidents of anti-Asian, anti-Black, and anti-Indigenous racism, along with Islamophobia and anti-Semitism have become more common in our city and our country than we sometimes care to acknowledge.

We can't ignore and turn away from these racist incidents. Hate crimes and attacks on racialized communities are on the rise in Edmonton. And I know these incidents do not reflect the Edmonton we aspire to be.

The people who have the best solutions to racism are those who have and continue to experience it.

That's why if I am elected mayor, I will make it a key priority to take immediate, community-driven action to end hate-based violence in Edmonton. At the inaugural council meeting, I will ask my Council colleagues to direct city administration to work with community leaders to deliver a comprehensive strategy for action.

This is not about yet another study or commission. Our communities know what needs to happen, and have been advocating for tangible actions for years. I appreciate the work of the Community Safety and Well-being Task Force, the Anti-Racism Advisory Committee, and many other citizen-led organizations that have been leading this work for years. This is about bringing community leadership to the forefront, putting together a whole-city approach to develop a comprehensive action plan, and then delivering on it immediately.

We need to bring together city services and resources, community knowledge and expertise, and other



Amarjeet Sohi (left) talks with local residents during the annual Nagar Kirtan Sikh Parade in Mill Woods on May 19, 2019.

Photo: www.sohi.ca

orders of government to eliminate hate-based violence in our city. And we can no longer tolerate an incremental approach.

In order to get this done, I will pull together community leaders and organizations doing the work of anti-racism and anti-hate with senior city administration officials to jointly implement a plan within 100 days of the start of Council's term to prevent and respond to hate-based violence, and to support communities experiencing hate and violence.

The plan should include immediate actions, like:

- Addressing issues in city bylaws and other tools to respond to symbols of hate.
- Championing anti-racist and anti-violence initiatives to the provincial and federal governments to secure resources and support, and advocating for legislative tools.
- Transforming the way the city works with community-based cultural organizations so they are seen as leaders and partners in anti-racism rather

than just stakeholders.

• Establishing a more integrated approach across city services for a rapid response to incidents of hate and to support impacted individuals and communities.

When our communities experience hate-based incidents, the city must not only respond with empathy, but also reach out to communities to help them bring together the necessary supports to grieve and heal. And we must establish clear accountability for tracking and analyzing trends to identify and address emerging issues proactively, instead of just reacting after great harm has been done. We should not need to witness repeated incidents and attacks before we respond.

Action is important. But we need to ensure we're measuring our performance and implementing a framework that makes city administration and city agencies directly accountable to the communities they serve. That's why we'll need community leadership to assess the tools at the city's disposal already, and identify the tools that are needed to advance this work.

This may seem like a monumental task. But I cannot accept a city that includes violence against some people based on their race, skin colour or religion. We need to build an Edmonton for everyone. Every Edmontonian deserves to feel safe in their community. And I believe in our potential, together.

www.sohi.ca



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PROGRAM AND REGISTRATION DETAILS ON WEBSITE, FACEBOOK, INSTAGRAM AND TWITTER

Local police officer recognized for outstanding volunteer service

The Kiwanis Club of Edmonton - Oil Capital has named EPS Det. Rocky Hanson as their Top Cop for 2020.

Det. Hanson was selected by the Kiwanis Club for his outstanding dedication and volunteer service to the community. For over two decades, he has coordinated numerous community activities and projects, and coached and mentored kids in a variety of sports.

As part of the award, the Kiwanis Club of Edmonton - Oil Capital is donating \$1,000 to the Jambo Boxing and Fitness Center on behalf of Det. Hanson. Jambo was created by local boxer Jama Gaiye Hoday, who grew up in Africa, and wanted to provide young people with recreational opportunities in a safe environment.

Kiwanis has recognized 45 EPS officers for their outstanding volunteer contributions in the community since 1976. Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time. For more information about the Kiwanis Club of Edmonton - Oil Capital, please visit the website www.oilcapitalkiwanis.ca.

About Detective Rocky Hanson

Volunteering is one of the most important aspects of life for Det. Rocky Hanson who has tirelessly served his community for close to 25 years.

Rocky joined EPS in 2009, and at the time he was already an active volunteer with the Burnewood Community League organizing numerous sports activities, social events and fundraisers.

His leadership as league president for 22 years has helped Burnewood residents create a more healthy, vibrant and inclusive community to live in, and together the league raised over a million dollars to develop two playgrounds and a multipurpose rink.

More significantly, Rocky helped



Detective Rocky Hanson proudly shows the 2020 Top Cop Award he has received from the Kiwanis Club of Edmonton - Oil Capital.

Photo: Edmonton Police Service

establish the Spirit of Burnewood program to offer financial assistance for kids to be able to participate in recreational opportunities, and the Hungry Kids program to provide for the nutritional needs of school children, which have both greatly enriched the lives of families in the area.

Rocky has also devoted over 20 years to coaching and mentoring boys and girls in hockey, soccer, football, and boxing – helping them develop to the best of their abilities so they could be successful in athletics and in life.

Drawing on his years of coaching, community and policing experience, Rocky has also been helping local boxer Jama Gaiye Hoday with the Jambo Boxing and Fitness Center, to offer vulnerable youth opportunities to build self-confidence, stable relationships and healthy lifestyles.

Rocky Hanson is a caring and hard-working volunteer who has made a tremendous difference transforming people as well as neighbourhoods, and he exemplifies the true spirit of community that has helped build our city.

www.edmontonpolice.ca

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.

Please e-mail your letter to: The Editor of the Mill Woods Mosaic, mwmosaic@telus.net.



Rocky Hanson with his wife Cathy celebrating Canada Day. The whole Hanson family volunteers in a variety of capacities.

Photo: Supplied by Rocky Hanson

Join us at the
THE COMMUNITY garden

Up to 15 GARDEN BOXES AVAILABLE
Register for your spot today!
Email garden@themeadowscommunity.ca
for more information

In partnership with the City of Edmonton and The Meadows Recreation Centre, The Meadows Community League was granted a temporary pop-up community garden initiative for the summer.

Starting the week of June 14th

The MEADOWS COMMUNITY LEAGUE

Crawford Plains Park Redevelopment Project: "Together We Succeed"

By Tammy Farkes & Nicole Deveau

The school motto at Crawford Plains Elementary Ecole School is "Together We Succeed". And this motto also guides the work of the phases of our Park Redevelopment Project. For the past three years, a dedicated group of parents and staff from Crawford Plains School, members of the Southwood Community League, and the City of Edmonton, have been discussing, planning, and laying the groundwork to redevelop the playground structure in Crawford Plains Park.

We are conducting a community needs assessment. The purpose of this assessment is to determine the needs and priorities for redeveloping the Crawford Plains Park.

Background

Our playground structure has not had a major overhaul since 2000. The playground, Crawford Plains Park, attached to the school is also the community's park, and it serves the entire neighbourhood in many ways.

The equipment in the park is over 20 years old. New equipment is needed to address safety issues and to be more accessible for people with special needs. The school has a nationally recognized program called Interactions, specifically for autistic kids, and outdoor activities are an important part of the content delivery, for that group.

The park is for all ages in the community, not just the school kids. For example, the City of Edmonton Parks and Recreation Department has a summer program which involves locating Green Shacks in parks around the city: those Green Shacks are the focus of summer programming, created and run by Parks and Rec staff, for kids and visitors. Amenities in the park are especially valuable for those programs.

When Crawford Plains became the French Immersion Centre for Southeast Edmonton, as well as the home for



Crawford Plains Park is located at 4012 - 12 Avenue NW in the Southwood neighbourhood.

Photo: Tammy Farkes

students from the neighbourhoods of Laurel, Walker Lakes, Summerside and Ellerslie, our park experienced even greater use and more wear and tear. The school population blossomed from 325 students and 30 staff to over 600 children and 50 plus staff members almost overnight! The school gym became the permanent housing area for Grade 3 students; as a result, all gym classes were scheduled for outdoor activities for the cycle of two entire school years.

The culturally diverse community of Crawford Plains boasts 17 languages and cultures, and the PATT (Parents and Teachers, Together) are highly active in creating activities that involve and recognize each of those ethnicities. With the input and support of the Principal and staff, all kinds of events, including virtual, are planned and carried out regularly. As well, there are smaller events to celebrate various achievements and/or people and days like Carnaval D'hiver, for example, as well as Outdoor Fun Days. The park is truly a hub for the commu-

nity and could be more so with upgraded facilities.

Call to Action!

We need your help! To be able to redevelop our park, we need input from you, our community members. The last "facelift" our community park received was over 20 years ago. Much has changed since then in terms of equipment, community requirements, safety requirements, available activities, and the needs of our community members.

Our Aim

We will provide our survey to the neighbourhood families prior to the end of June to gauge the feedback, suggestions, and support of everyone, since summer break is soon upon us.

Completing this survey will provide valuable information to move forward. We estimate that the survey will take you 10 minutes to complete.

All information will be kept confidential and will only be used for the development of the Crawford Plains Park redevelopment plan.

We would like to thank you in advance for completing this survey.

You can complete online by following this link: <https://forms.gle/iK6ko7BzWoBywVhH7>. Or you can scan the QR codes below to access the survey in different languages.

Upcoming events

- A year round bottle drive via Green Depot at Harvest Pointe (5015 - 4 Avenue SW) has been set up for our Park project. Just bring your donations there and mention "Crawford Plains Park Redevelopment" during the payment transaction at the time of your visit. Thanks for your support!
- On Saturday, June 19, a "distanced" but "in-person" bottle drive will be taking place at Crawford Plains School (4210 - 12 Avenue NW) from 10 a.m. to 5 p.m.
- And please keep an eye out for upcoming 50/50 raffle sales which are being launched to support our Crawford Plains Park Redevelopment.



English



Punjabi



Hindi

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FOR MAYOR

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f @AMARJEETSOHIYEG



Taking a stand against hate crimes

Alberta's government is targeting hate-motivated crimes and racism with new law enforcement resources and a fresh approach to working with affected communities to ensure Albertans of racialized backgrounds are protected and heard.

A new community liaison on hate crimes will connect directly with ethnic and religious groups and sexual minority communities most targeted by hate-motivated crimes. Working with these groups, the liaison will provide government with a range of perspectives and expertise on how we can tackle hate-motivated crimes and inci-

dents across the province.

Alberta will also set up a provincial Hate Crimes Coordination Unit. This unit will work with law enforcement to improve and harmonize hate crime mitigation efforts across the province and facilitate training opportunities, intelligence gathering and investigative supports. This includes strengthening the approach to successfully prosecuting individuals charged with hate-motivated crimes.

"Hate-motivated crimes and racism are unacceptable – full stop," said Kaycee Madu, Minister of Justice and Solicitor General. "We're taking action

to help support and empower the communities and groups most affected by this deplorable behaviour. In light of the recent attacks on Canadians simply because of their chosen faith, I hope the new community liaison and Hate Crimes Coordination Unit show Albertans our province is fully committed to protecting those being targeted."

"Alberta's government is committed to the safety and security of all communities that have been impacted by these despicable hate-motivated crimes," said Leela Sharon Aheer, Minister of Culture, Multi-culturalism

and Status of Women. "From Black Muslim women in Edmonton and Calgary attacked for wearing hijab to the recent rise in anti-Semitism and anti-Asian hate, these incidents have had a significant impact on Albertans from diverse backgrounds. The new community liaison and Hate Crimes Coordination Unit is a critical step in addressing racism in our province and is the result of strong government leadership and community advocacy."

Both the new liaison position and coordination unit are in the early stages of development. More details will be shared in the coming weeks.

Protecting vulnerable Albertans from hate crimes

The new Alberta Security Infrastructure Program will help protect targets of hate-motivated crime with funding for security upgrades.

Starting this fall, religious and ethnic organizations and Indigenous groups that are at risk of being targeted by hate-inspired violence or vandalism will be able to apply for grants for security and technology improvements.

Funding for upgrades to facility infrastructure, including security and monitoring systems, will help protect both individuals and property from vandal-

ism and other criminal acts. The program will be flexible and accessible enough to address a range of protective measures, such as security planning, education and training.

"As we tragically witnessed this week, religious and ethnic minorities in Canada remain at risk of being targeted with hate-motivated crime," said Alberta's Premier Jason Kenney on June 11. "These cowardly acts of bigotry have no place in our province. Alberta's government stands shoulder to shoulder with these communities and is proud to deliver on our election

commitment to help keep them safe."

"Complex problems such as hate crimes and racism place an incredible burden on vulnerable Albertans," said Kaycee Madu, Alberta's Minister of Justice and Solicitor General. "The Alberta Security Infrastructure Program will empower these Albertans and their communities by providing additional layers of protection for those in need. Empowered communities are safe communities."

"The Alberta Security Infrastructure Program is vital to the safety and security of all Albertans," said Mickey

Amery, MLA for Calgary-Cross. "Racism and hate-motivated crimes impact us all and this program demonstrates our government's commitment to protecting all Albertans."

The initial call for grant applications will take place this fall. A total of \$500,000 will be available, with applicants eligible for up to \$10,000 to assist with training and security assessments, as well as up to \$90,000 for security infrastructure. More information on program eligibility and the application process will become available in the coming months.

Alberta Anti-Racism Advisory Council recommendations

The Alberta Anti-Racism Advisory Council has released its recommendations on how to address racism in the province.

The recommendations submitted to the Government of Alberta were based on research from subcommittees on four priority areas: a government that reflects Alberta; preventing and responding to hate crimes and hate incidents; teaching respect for each other; and valuing skills and experiences in the workplace.

"Thank you to all of the members of the Alberta Anti-Racism Advisory Council for the hard work and time they put into developing these recommendations," said Leela Sharon Aheer,

Alberta's Minister of Culture, Multi-culturalism and Status of Women. "I am looking forward to working closely with the council and my colleagues in cabinet in addressing the recommendations to build a safer, more welcoming Alberta and eliminating racism in our province."

"It is an honour to work alongside such passionate advocates to help guide anti-racism work in this province," said Mohamad Awada, co-chair of the Alberta Anti-Racism Advisory Council. "These recommendations reflect their dedication to their communities and all Albertans. I look forward to continuing this work alongside the other council members and the

Government of Alberta."

"These recommendations are the culmination of thorough research, community engagement and thoughtful consideration of how the Government of Alberta can better serve racialized communities," said China Sochi Ogbonna, co-chair of the Alberta Anti-Racism Advisory Council. "I am proud to help lead this council into the next phase of our work to promote more inclusive communities in Alberta."

Alberta's government has begun work on a number of anti-racism initiatives, including: establishing a hate crime liaison and a Hate Crimes Coordination Unit; formally recognizing First Nations policing under The

Police Act; banning the practice of carding; introducing the Alberta Security Infrastructure Program; enacting the Fair Registrations Practices Act and creating the Fairness for Newcomers Office, which helps new Albertans get their credentials recognized; and developing an inclusive communications policy for government. These recommendations will help guide the government's work on anti-racism initiatives going forward.

For more information about the Alberta Anti-Racism Advisory Council, visit the Council's website: <https://www.alberta.ca/anti-racism-advisory-council.aspx>

City announces anti-racism grants program

The City of Edmonton is launching a new grant program to support youth, non-profit and local grassroots organizations with the development of anti-racism projects and events. A total of \$300,000 in funding will be available in 2021.

The grant program was initiated through the City's Anti-racism Advisory Committee, whose mandate is to raise awareness and drive action on racism and anti-racism in Edmonton and provide advice to City Council regarding community perspectives on issues relating to racism.

"It is my hope, and the hope of the members of our committee, that these funds help transform the hearts and minds of citizens and communities in Edmonton," said Shalini Sinha, Chair of the Anti-racism Advisory Committee. "To learn about and stand against our inheritance of systemic and internalized racism, notice our natural position as humans to stand in solidarity

and unity together, and experience programs and actions that show us new ways of building our lives and society."

Grant streams:

Local Anti-racism Capacity Building/Innovation Grants

- (up to \$10,000 each; \$100,000 of total funds available)

To be used by local grassroots organizations working on anti-racism activities and actions that highlight and combat systemic and structural racism.

Project Ready Matching Grants

- (up to \$25,000 each; \$75,000 of total funds available)

To be used by community non-profit and local grassroots organizations for anti-racism initiatives that have received approved funding and require a matching contribution.

Local Community Participatory Action Research Grants

- (up to \$25,000 each; \$50,000 of total funds available)

To be used by communities impacted by racism to support community-led research activities that address local issues and concerns specific to their communities.

Youth Activation Grants

- (up to \$500 each; \$25,000 of total funds available)

To be used by youth (ages 13-24) to activate and animate anti-racism initiatives, grassroots organizing, and community action.

"The City aims to support as many initiatives and events as possible with these grants to help Edmontonians become more aware of racism and its impacts," said Rob Smyth, Deputy City Manager, Citizen Services. "With the varied streams of funding, this is a

great opportunity for organizations, community groups and individuals to work together to build a diverse, inclusive, and equitable community."

Youth Activation Grants will be awarded on an ongoing basis until all funds are exhausted. Recommendations for the Project Ready Matching Grant, the Local Anti-racism Capacity Building/Innovation Grant and the Local Community Participatory Action Research Grants will be brought forward to City Council for approval after the summer break.

A separate stream, the Anti-racism Advisory Committee Admin and Special Projects (up to \$50,000 in 2021-22), will be used by the Anti-racism Advisory Committee's subcommittees for identified needs that align to the program outcomes. Any unused funds will be redistributed to the other streams.

Applications will be accepted until Friday, July 16, 2021.

How to build a good credit history and prevent identity theft

Many new Canadians want to buy houses, cars and other items, but don't have enough money. They can borrow money using credit cards, but it is important to do it right and build a favourable credit history or credit rating.

Identity theft happens when someone uses your personal information to commit a crime such as theft or fraud. There are many ways of preventing identity theft,

Using and building credit

Many Albertans borrow money to buy large items such as houses and cars, as well as smaller items such as clothing or household items. By using credit wisely, they build a favourable credit history or credit rating.

It's important to get a credit card. You will need one to purchase goods and services from many businesses - from renting a car to buying items on the Internet. You can also use it to help you establish your credit history.

Even if you have used a worldwide credit card such as Visa or MasterCard for many years, you may not be given a Canadian credit card when you move to Canada from another country because you do not have a credit history here. If possible, do not cancel your credit card when you come to Canada. You may still be able to use it while you build your credit history.

To build your Canadian credit history or credit rating

- pay utility bills, such as telephone or utility bills, on time
- use a Canadian credit card and pay the balance (what you owe) monthly

Credit cards

Both financial institutions and businesses such as stores offer credit cards. It is better to apply for a credit card at your financial institution. Bank credit cards usually charge a lower rate of interest on the money you borrow than store credit cards. If you use either one to build your credit history, try to pay the balance every month.

At first, your bank may give you a card with a low spending limit. Or the bank may give you a secured credit card, which means you must deposit a sum of money equal to the amount you can borrow on your card. When you have built your credit history, ask your bank to increase your credit limit or give you a regular credit card.

Welcome to Alberta

Important information for immigrants and other newcomers

Using payday loans and cheque cashing companies

It is not a good idea to borrow money from a payday loan company or cheque cashing company. This is a very expensive way to borrow money. Be sure to check out the interest rate and terms if you are going to use one of these services. While they might be helpful in the short term, most charge approximately 400% interest annually along with additional charges. The loan must be paid back out of your next paycheck. Taking out a payday loan and paying it back will not build your credit history.

To learn more about payday loans, go to servicealberta.ca. Click on the Consumer Protection tab and then click on Payday Loans.

To find more information online about banking and credit, go to the following websites:

- Service Alberta at servicealberta.ca. Click on the Consumer Information tab, click on Young adults leaving home and then click on Dealing With Credit.
- Money Mentors at www.moneymentors.ca
- Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Click on the Consumers tab.
- Canadian Bankers Association at cba.ca

Preventing identity theft

Identity theft happens when someone uses your personal information to commit a crime such as theft or fraud.

To prevent identity theft, follow these guidelines:

- Do not reveal your bank account PIN to anyone.

- Do not give out personal information on the telephone, through the mail or over the Internet unless you know the other person well or you made the initial contact.

- Ask how your personal information will be used before you reveal it.

- Do not use passwords that are easy to guess (for example, your mother's maiden name, your address, your birthdate or the last four digits of your telephone number).

- Remove mail promptly from your mailbox.

- Pay attention to when bills usually arrive each month. If bills do not arrive on time, call the company to find out whether your bill has been mailed.

- Keep items with personal information (for example, bills, income tax forms, receipts) in a safe place and shred them when you do not need them anymore.

- Shred mail or personal documents you no longer need.

- Carry as few identification and credit cards as possible.

- If you still have a social insurance number card, keep it in a secure place.

If you think your identity has been stolen, take these steps:

- Report the theft to the police.
- Tell your bank or credit union and credit card issuers.

If you think someone is using your social insurance number, call Service Canada at 1-800-206-7218 toll-free.

To find out how to protect yourself from identity theft, go to Service Alberta at servicealberta.ca. Click on the Consumer Protection tab and then look for links under Fraud Awareness.

In the next issue of the *Mill Woods Mosaic*, we will provide information about income tax, Goods and Services Tax, Canada Child Tax Benefit, and property tax.

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

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

Alberta Health Care Insurance Plan

www.health.alberta.ca

Alberta Provincial Nominee Program

www.alberta-canada.com/pnp

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

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

Workplace Health and Safety

Call: 1-866-415-8690

www.employment.alberta.ca/whs

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

TIP

Use credit cards wisely:

- Pay the balance in full each month.
- Limit the number of cards you have.
- Ask for the lowest possible interest rate.

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 foreign 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
T5J 4M9
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.

Wishing everyone a safe & happy
Canada Day!



Councillor Mohinder Banga
(Ward 12) City of Edmonton
2nd Floor, City Hall, 1 Sir Winston Churchill Square, Edmonton, AB T5J 2R7
780.496.8148 • Fax 780.496.8113
mohinder.banga@edmonton.ca

Congratulations, Graduates!

Edmonton Public Schools Trustee Sherry Adams

June marks the end of another school year- another unusual one. Graduations were again held virtually, and staff and students worked hard to be highly creative to make these significant events meaningful and memorable! Superintendent Robertson and trustees sent video grad messages to congratulate the many who have completed their journey with Edmonton Public Schools and will be moving on to the new chapter in their individual journeys. I would like to take another opportunity to send deepest congratulations to our successful graduates of the class of 2021 for their accomplishments and hard work during an incredibly challenging year and a half. Thank you to parents, teachers, staff and all who supported these students through this time! We certainly wish them continued success in their future endeavors!

I am very happy to announce that our much-needed high school for the Southeast is on track to open September 2022 beside the Meadows Recreation Centre! What a relief that will be for our overcrowded high schools.

A new assessment tool will be implemented this fall for Grades 2-9 to support work in literacy and numeracy.

The CAT-4, (Canadian Achievement Test- Fourth version) will provide information teachers can use to plan for teaching and learning, as well as supports and interventions. This CAT-4 will be administered in the fall and spring of each year to measure student growth. From June 21 to August 12, families will be able to make their selections on School Zone whether their children will attend school in person or online for the first half of the school year. Families may make changes until August 12.

"The Happiness Advantage"

According to Shawn Achor, a researcher from Harvard University, our brains work more successfully when we find a way to be more positive in the present. The old formula - if you work harder you will be more successful. If you're more successful, you'll have more happiness - has not proved true. What Professor Achor discovered is that the brain works in the opposite order. When a person is happy and positive their performance is significantly better; creativity, intelligence and energy level rises; there is more resilience, and less burn-out; and work is faster. Positive people also have stronger relational supports!



Trustee Sherry Adams

Let me give you Shawn Achor's 21-day challenge to train your brain and rewire it to be more positive. If you will write three new things you are grateful for 21 days in a row, you will start a pattern for your brain to scan the world for the positive first. Combine this with physical exercise, regular acts of kindness, giving praise and appreciation to others, and you will have positivity in your life that will begin to affect your personal success as well as the world around you in a revolutionary way!

Thank you once again for the privilege to serve as your trustee for Ward 1! I know that there has been so much to adjust and to cope with this past year. If you are in need of extra support, please don't hesitate to contact me at sherry.adams@epsb.ca or 780-429-8087. I hope you have a most wonderful and meaningful summer break with family and friends!

What's up?

Community events in Mill Woods

Many events in Mill Woods and the Meadows have been cancelled, due to the current COVID-19 health crisis, but after the number of new cases has decreased significantly recently, the Government of Alberta has launched Stage 2 of its three-stage reopening plan (updated June 15):

- Outdoor social gatherings - up to 20 people with distancing (indoor social gatherings still not permitted)
- Indoor recreation, entertainment and other settings (rec centres, arenas, casinos, cinemas, theatres, museums, galleries, libraries, etc.) - open at 1/3 of fire code occupancy
- Gyms and fitness studios - open for solo and drop-in activities and indoor fitness classes with 3 metre distancing
- Funeral services - up to 20 people, indoors and outdoors (receptions permitted outdoors only)
- Wedding ceremonies - up to 20 people, indoors and outdoors (receptions permitted outdoors only)
- Places of worship - 1/3 of fire code occupancy
- Personal and wellness services - resume walk-in service
- Post-secondary - resume in-person learning
- Restaurants - 6 people per table max, indoors or outdoors
- Retail - 1/3 of fire code occupancy (must maintain ability to distance)
- Youth activities (day camps, overnight camps, play centres) - resume with restrictions
- Youth and adult sports - resume with no restrictions, indoors and outdoors
- Outdoor public gatherings (concerts/festivals) - up to 150 people
- Outdoor fixed seating facilities (grandstands) - 1/3 seated capacity
- Work from home order is lifted but still recommended
- Distancing and masking requirements remain in effect

Stage 3 of the reopening will start two weeks after 70% of Albertans 12+ (born in 2009 or earlier) have received at least one dose of vaccine. Expected to be effective in late June or early July. For more information, visit the website of the Government of Alberta at www.alberta.ca or www.albertahealthservices.ca.

**Do you have
any story ideas
for the *Mill
Woods Mosaic*?
Give us a call at
780-465-7526
or e-mail to
mwmosaic@telus.net**

***Mill Woods
Mosaic***

Serving our Communities of Old Strathcona & Surrounding Area Since 1960



**South Side
Memorial Chapel**
by Arbor Memorial

8310 - 104 Street, Edmonton, AB
780-432-1601 • www.southsidememorial.com

Our Team: Eden Tourangeau ♦ Kristie Tourangeau ♦ Janelle Caouette

Indigenous peoples can now reclaim their traditional names on immigration documents

A person's name is fundamental to who they are. Indigenous names are endowed with deep cultural meaning, and speak to Indigenous peoples' presence on this land since time immemorial. Yet the impact of colonialism means that many Indigenous people's names have not been recognized.

Indigenous peoples have long fought to reclaim their Indigenous names and all that they signify. In 2015, the Truth and Reconciliation Commission's Call to Action 17 directed all levels of government to enable residential school survivors and their families to reclaim and use their Indigenous names on all government documents.

In response to Call to Action 17, the Honourable Marco E. L. Mendicino, Minister of Immigration, Refugees and Citizenship, the Honourable Carolyn Bennett, Minister of Crown-Indigenous Relations, and the Honourable Marc Miller, Minister of Indigenous Services, announced on June 14 that Indigenous peoples can now reclaim their Indigenous names, as written, on passports and other immigration documents.

While Call to Action 17 specifically referenced passports, Immigration, Refugees and Citizenship Canada (IRCC) has chosen to go further and include travel documents, citizenship certificates and permanent resident cards, not only for residential school survivors and their families, but for all Indigenous peoples.

IRCC has streamlined the process of reclamation of an Indigenous name to be faster and more efficient for applicants. This service will be provided free of charge for 5 years.

In 2015, the Prime Minister made a commitment to implement all of the Truth and Reconciliation Commission's recommendations involving the Government of Canada—and over the past few years, IRCC has been hard at work to make that happen.

"Supporting First Nations, Inuit and Métis peoples in reclaiming and using their Indigenous names is an integral part of the shared journey of reconciliation," said Minister Mendicino. "Traditional names are deeply connected to Indigenous languages and cultures, and an individual's identity and dignity. This change means that Indigenous peoples can proudly reclaim their name, dismantling the legacy of colonialism and reflecting their true identity to the world."

"Today's announcement represents an important step in reversing colonial policies and restoring dignity and pride in the identity of First Nations, Inuit and Métis people," said Minister Bennett. "Supporting Indigenous peoples in reclaiming their Indigenous names is vital to achieving meaningful and lasting reconciliation as we work to implement the Truth and Reconciliation Commission's Calls to Action." More information: www.canada.ca/en/immigration-refugees-citizenship

Speed reduction will make our streets safer

Edmonton City Councillor Mohinder Banga

As we begin to get a handle on the COVID-19 pandemic and with summer around the corner people are itching to finally leave their houses. While this has been long anticipated, I want to caution people to keep the health and safety of themselves and their families top of mind - not just by practicing good hygiene, but also being safe on the roads.

City Council recently endorsed reducing the speed limit on most residential and downtown streets to 40 km/h and this change is expected to take place starting in August. This reduction is one of many ways we are preparing to grow into a healthy city of two million people. Traffic safety is at the heart of supporting a healthy city, livable urban spaces and a prosperous regional economy.

By reducing speed limits on residential streets and high pedestrian areas, we can make our streets safer, calmer and quieter for everyone. Slowing down gives people more time to react to the unexpected, to prevent crashes and reduce the severity of collisions that do happen. This reduction is one important action with the Safe Mobility Strategy 2021-2025, which is Edmonton's approach to advancing Vision Zero: to have zero traffic-related serious injuries and fatalities by 2032.

While I know this will be an adjustment for many people, I assure you most will

not notice much of a difference in drive times. Those with concerns about these speed limit changes affecting their drive times are invited to use the Estimated Time of Arrival Tool (ETA Tool) which residents can use to see how their trip times may be affected. You can find the tool by going to this link: https://www.edmonton.ca/transportation/traffic_safety/residential-speed-limits-eta-tool.aspx. Simply enter your starting point, destination, date and time of travel, and calculate.

I know this will take some time to get used to, and we are committed to working with residents across the city to educate and build awareness of these speed limit changes. I want to thank you in advance for adhering to this and working together to make our city a safe and healthy place for everyone



Coun. Mohinder Banga

to live. As always, if you have any questions or concerns, please don't hesitate to reach out to me at mohinder.banga@edmonton.ca.

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Twitter: @moebangaward12

If you or someone in your family has tested positive for COVID-19 and encounter challenges, you are not alone :

PLEASE CALL
EMERGENCY HOTLINE

1-833-738-7727

Monday to Friday from 9:00 am to 5:00 pm

Responders can speak **31 languages**

All information will be kept **strictly confidential**

SUPPORTS AVAILABLE



FOOD



FINDING SPACE FOR ISOLATION



COUNSELLING



OTHER BASIC NEEDS

This initiative is led by :

EDMONTON COVID-19 RAPID RESPONSE COLLABORATIVE

Supported by:



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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.

E-mail your letter to: The Editor of the Mill Woods Mosaic, mwmosaic@telus.net.

Report An Impaired Driver Call 9-1-1



CURB THE DANGER

Edmonton