

Mill Woods **Mosaic**

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The Multicultural Voice of Edmonton Southeast

Independent • Non-partisan • Interdenominational

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Four-term Edmonton City Councillor Ben Henderson is challenging Tim Uppal to be the MP for Edmonton Mill Woods.

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Outstanding students

Two outstanding students from Mill Woods are the recipients of the third annual Gene Zwozdesky Scholarship which is sponsored by the Millwoods Cultural and Recreational Facility Association (MCARFA). Zwozdesky was a long-time MLA for the area, cabinet minister and Speaker of the Legislative Assembly of Alberta. See article on page 3. Photo: Scholarship recipients Joshua Kelndorfer (left) and Alain Humura.

Photo: Shafteek Ali

New initiatives to help racialized newcomer women succeed

The Government of Canada is committed to helping every woman and girl in Canada reach her full potential. A central part of this is addressing and overcoming the unique barriers that can sometimes stand in their way. These barriers can be particularly significant for racialized newcomer women, and have increased since the onset of the pandemic and its disproportionate impact on women.

To help address these challenges and create more opportunities for racialized newcomer women, the Honourable Marco E. L. Mendicino, Minister of Immigration, Refugees and Citizenship, on Aug. 11 announced support for 11 innovative projects through the Racialized Newcomer Women Pilot with \$2.1 million in federal funding. This work began in 2018, when Immigration, Refugees and Citizenship Canada initially supported 21 projects to help racialized newcomer women find work, develop their skills and more. Now, the government is extending support for 11 of those projects to continue helping newcomer women.

These projects will help racialized newcomer women find good, well-paying jobs that set them up for success in this country, by addressing the barriers they may face—gender- and race-based discrimination, precarious or low-income employment, lack of affordable child care and weak social supports. Some projects will also address the significant issue of credential recognition, for example, helping those with international training in IT put their skills to good use in Canada. In addition, they will provide racialized newcomer women with work placements to develop their skills and abilities in a Canadian

work context and further reduce barriers to integration and reintegration into the Canadian labour market.

These important projects are part of a larger investment of \$15 million in the Racialized Newcomer Women Pilot initiative, first announced in Budget 2021. They're also a key part of the government's ongoing efforts to support those who were hit the hardest by the pandemic. These important initiatives build on the progress we've already made and chart a course to help all racialized newcomer women thrive in this country.

The Pilot will continue to implement targeted programming based on promising practices to date, such as building career exploration opportunities into programming to help newcomer women with specific career and training goals, and developing action plans to help newcomer women build confidence, a unique barrier in navigating the Canadian labour market. Taken together, the activities and pilot will build evidence on what services and approaches are among the most effective in supporting racialized newcomer women to thrive in the Canadian labour market.

Minister Mendicino was also pleased to note that of the projects that recently concluded through this pilot, many have resulted in newcomer women receiving valuable support in accessing employment. These projects offered innovative approaches to employment for racialized newcomer women, such as job search assistance, digital literacy skills training, mental health support and job placements with follow-up support.

"Canada can only reach its full potential

if everyone in it reaches theirs," said Minister Mendicino. "These important projects will help racialized newcomer women lay the cornerstone of success: finding a good, well-paying job. As we've said before, this is both the right thing to do for our society and the smart thing to do for our economy. By breaking down barriers faced by racialized newcomer women, we're helping them make even greater contributions to their communities and country."

Quick facts

- The Racialized Newcomer Women Pilot, launched as the Visible Minority Newcomer Women Project in December 2018, committed \$31.9 million over 3 years to support the employment and career advancement of racialized newcomer women.
- In total, 40 organizations have received funding under the pilot.
- Racialized newcomer women have the lowest median annual income of all newcomer groups at \$26,624, compared to non-racialized newcomer women (\$30,074), racialized newcomer men (\$35,574), and non-racialized newcomer men (\$42,591).
- The unemployment rate of racialized newcomer women (9.7%) is higher than that of racialized (8.5%) and non-racialized (6.4%) newcomer men, based on the 2016 Census.
- Funding for projects being extended will be provided up until March 31, 2022. For more information, visit the website www.canada.ca/en/immigration-refugees-citizenship



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

Defensive living

Life is short. Life is precious. And life is unpredictable, and therefore, we should never take it for granted.

A few days ago, I received a phone call from a friend's wife, and when I answered her call, she was crying bitterly and told me that her husband was taken to hospital suddenly. The couple had just returned from a vacation and was relaxing, but then the husband wasn't feeling well, and when it got worse, they called 911, and he was taken to hospital.

At the hospital, he was diagnosed with brain aneurysm, and the medical team determined that it was inoperable, and they transferred him to the palliative care unit.

My wife and I were shocked to receive this sad news, and we tried to console our friend's wife and offered to help. We spent the rest of the day phoning, texting and e-mailing friends to inform them, and now we are hoping that our friend will survive this ordeal.

This incident reminded me of an accident I had a few years ago. I was in a car crash, and when I was taken to hospital by ambulance, I was so afraid. From one minute to the next, my life had changed. It was unexpected, it happened so fast, and I

didn't know if I was seriously injured or not. My ride in the ambulance seemed to take forever, although it was probably only 15 minutes, and my life flashed before my eyes, as the old saying goes.

Fortunately, I was lucky. I did not have any broken bones or other injuries, just some bruised ribs from the impact of the air bag which went off when my car collided with another car. I was able to leave the hospital, take a taxi, and happy to hug my wife when I came home.

It could have been much worse. We never know what will happen when we get up in the morning. We can be in a car accident, we can have a heart attack or a stroke, or we can have some other bad luck. We are not entitled to live a healthy life forever, and therefore we should always be thankful when we make it through the day without being harmed, because that is not self-evident.

We should always be careful, take care of ourselves and our loved ones, pay attention, and "live defensively."

Be safe and stay healthy!



Anisim Joop

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Two local students receive Gene Zwosdesky Scholarship from MCARFA

The Millwoods Cultural and Recreational Facility Association (MCARFA) awarded its third annual Gene Zwosdesky scholarships to assist graduating Grade 12 students to pursue post-secondary training.

This year's winners of the \$1,000 scholarships are Alain Humura and Joshua Kelndorfer.

The scholarships were presented on Aug. 10 by the President of MCARFA, Devin Gray. Here is the complete text of his presentation:

We are here today to present The Gene Zwosdesky Scholarship, sponsored by The Millwoods Cultural and Recreational Facilities Association. Each year, we present two award to two grade 12 students who show the same attributes towards life goals, commitment to getting involved and giving back to the community as Gene did his entire life.

Prior to getting into politics in 1993, Gene Zwosdesky worked as a teacher, administrator, professional musician, and businessman. He could always be counted on to get involved, help out and was forever a friend of MCARFA and he helped support our goals for the Mill Woods and Southeast area of Edmonton.

Each year, all candidates for the award are evaluated on career goals and plans, community and volunteer service, scholastic achievement as well as some understanding of MCARFA and what our role is in the community – building some successful and well used facilities in the area. This includes the Mill Woods Recreation Centre, the Mill Woods Golf Course and Jackie Parker Park. Our plans to continue to improve Mill Woods and the Southeast corner of the city continues with more plans in the works for Jackie Parker Park.

Our first recipient is Alain Humura.



From left to right: Devin Gray, President of MCARFA, Joshua Kelndorfer, Alain Humura, and Val Pohl, Chair of the Scholarship Committee.

Photo: Shafteek Ali

Alain attended W.P. Wagner High School, where he consistently earned high marks and Honours with Distinction. He also was awarded the Divisions Humanities Award for his exceptional performance in school, and the Golden Warrior Award for Leadership. Alain was also an Edmonton Public School Board Student Senator, helping to enhance the student experience and rectify student concerns. He has been involved in helping out at the Stollery Children's Hospital Foundation for the past several years, getting involved in more

than a dozen events to help raise money for the foundation. And he is a tutor in his community helping others achieve better performance at school. Alain has worked with up to 11 students which is exceptional. Alain showed that he has a good understanding of the history of MCARFA and our contribution to the Southeast Edmonton community, and he has even enjoyed some of MCARFA's projects such as the skateboard park. Alain's plans are to attend the University of Alberta in Economics and Philosophy with plans on beco-

ming a professor. And we wish you all the best in university.

Please help me congratulate Alain on receiving one of the 2021 \$1,000 Gene Zwosdesky Scholarship's courtesy of MCARFA.

Our second recipient is Joshua Kelndorfer. Gene Zwosdesky was certainly a mentor to many over the years, so it was great to see Joshua give such a big shout-out to a significant mentor of his: Mr. Leskewich, his grade 8 teacher. He helped Joshua learn to appreciate English in school, as well as helping him prepare for success. Joshua attended J. Percy Page High School, achieving Honours with Distinction, The Computer Science Award and the Rutherford Scholarship all three years. Joshua was also a member of the school's curling and golf teams. For many years, Joshua has been heavily involved in raising awareness, support and money for multiple sclerosis. This includes being a committee member of the annual MS Bike. His desire to be involved is fueled by the disease affecting someone close to him – his mom. Joshua did his research and showed his knowledge of MCARFA's community involvement over the years. Joshua's plans are to attend University and achieve a Bachelor of Commerce with a major in business economics followed up a law degree with his sights set on becoming a lawyer. And we wish you much success in University.

Please help me congratulate Joshua on receiving one of the 2021 \$1,000 Gene Zwosdesky Scholarship's courtesy of MCARFA.

That concludes our presentation. Congratulations to both our winners. We hope that both recipients will continue along their path of success and involvement. Thanks to everyone for coming out.

www.mcarfa.com

Edmonton Public Schools releases back to school plan

Edmonton Public Schools' 2021-22 Back to School Plan is now available, with detailed information about the upcoming school year. The plan focuses on mitigating risk for students and staff through safety strategies, family choice and high quality teaching and learning. To support families in making a choice between in-person and online learning, the Division's family choice deadline has been extended to 4 p.m. on Thursday, August 19.

Edmonton Public Schools is taking extra precautions to mitigate risk of COVID-19 spread in our school communities. Several safety strategies will work together to support the safest school communities possible. These include:

- requiring the use of masks for all students and staff
- daily health screening for students and staff before coming to school
- a stay-at-home protocol for those who are sick
- enhanced cleaning and disinfecting in schools and on yellow buses
- encouraging physical distancing where possible
- creating cohorts of students where possible
- hand hygiene requirements for stu-

dents and staff

- requiring staff or students to isolate if they have core COVID-19 symptoms or test positive for COVID-19

• partnering with Alberta Health to host vaccination clinics in schools

Edmonton Public Schools will continue to offer families a choice between in-person and online learning for the first half of the 2021-22 school year. The deadline for families to choose how their child will learn from September 2021 to the end of January 2022 is Thursday, August 19, 2021 at 4 p.m.

"We are looking forward to welcoming more than 100,000 students back to school in a couple of weeks. Our Back to School plan prioritizes the safety of our students and staff, gives families a choice for how they will learn for the first half of the school year, and high quality teaching and learning for our students as the pandemic continues to evolve," says Edmonton Public Schools Superintendent Darrel Robertson. "I encourage families to read the plan and make their choice about whether their child will learn in-person or online for the first half of the school year."

Families can select in-person or

online learning using the Family choice for 2021-22 form on SchoolZone by Thursday, August 19 at 4 p.m. If families cannot access the SchoolZone form for any reason, they should email their choice to their school's general email before the deadline. Families new to Edmonton Public

Schools, such as Kindergarten families, will receive an email so they can make their selection.

For more information about family choice and the upcoming school year, visit what to expect in the 2021-22 school year on epsb.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.

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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

Welcome to election season!

Whether we like it or not, there will be two elections in the next couple of months. On Oct. 18, there will be a municipal election in Alberta, and we will be able to vote for a new Mayor and 12 Edmonton City Councillors as well as trustees for Edmonton Public and Catholic Schools, and on Sept. 20, there will be a federal election in Canada which means that we will be able to elect a Member of Parliament for Edmonton Mill Woods.

Prime Minister Justin Trudeau sees an opportunity to "upgrade" his Liberal minority government to a majority government, but a recent opinion poll indicated that 70 per cent of Canadians oppose an election at this time of Covid.

Here in Mill Woods, constituents will be able to reelect our Conservative MP Tim Uppal or replace him with Liberal candidate Ben Henderson who has been an Edmonton City Councillor since 2007. And in October, we will be able to choose from at least ten candidates who will be the next Mayor of Edmonton.

Some people think that all politicians are the same and are in it only for themselves, but that is not true. There are many decent politicians who are willing to serve our community, and we should not miss this opportunity to elect the right people to represent us at City Hall and in Ottawa.



After the recent heat wave, some residents of Edmonton have received hefty utility bills, because they used a lot of electricity for running their air conditioners and water for watering their gardens and lawns.

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

Our Special Bank Account

I recently reconnected with two close and dear cousins, with whom, rather strangely, I have had no contact for nearly 20 years. When I finally visited with each of them separately, we interacted without hesitation, and felt right away as if we had never parted. We were overjoyed, but were truly puzzled, and completely at a loss, to explain our separation and lack of communication, especially for such a long period of our life. We experienced overwhelming joy at being together again; however, we were nevertheless somewhat saddened, thinking of the time we lost and the opportunities we missed to share our life's events as a family. Naturally, these reunions were very emotional; they got me thinking about the fleeting nature of time, and as a result, how I've neglected my "special bank account".

Imagine having a magical account at a bank where, at the start of each day, \$86,400 is deposited into it, with one stipulation – you cannot carry over funds from one day to the next. Therefore, each day at midnight the bank deletes all that you failed to use during that day. If we were lucky enough to have such an account, we would most likely withdraw and spend every cent of it, before our daily funds disappeared.

Fortunately, each of us is blessed to have a personal account like this. It is called "time". At the start of each day,

our account is credited with 86,400 seconds. At each day's end, whatever we have neglected to use is deleted because we are not allowed to carry over time from one day to the next. Therefore, routinely, each day opens

**Ron
Kuban**

**Time
Passages**



with a fresh deposit, and each night witnesses the disappearance of the remaining balance of the day. The loss is completely ours to bear. Permanently. There is no going back, and there is no drawing time against tomorrow's balance.

Joyce Clyde Hall, the founder of Hallmark, noted that "time is everything. Anything you want, anything you accomplish – pleasure, success, fortune – is measured in time." This is an important statement, and worthy of rereading.

Unfortunately, each of us regularly abuses or neglects our personal time-

related account by not making full use of the opportunities time presents for or to us. Admittedly, some of this neglect cannot be helped due to circumstances such as being unwell, or being overwhelmed by issues or life's many demands. However, there are many instances where we are our own worst enemy.

Consider, for example, the many times we intentionally delay or neglect to fully enjoy what we have, or to fully explore the opportunities that are presented or available to us at the time, but instead defer these to the uncertain future. To best illustrate this point, consider the dishes and cutlery, glassware, clothes, or other items that we consider nice or special, which we save or reserve for special occasions. Think, too,

of the things we enjoy or hope to do, but avoid doing until we reach a particular event, or arrive at a particular time (e.g., retirement). We often rely on many well-worn excuses to procrastinate, and thereby defer living each moment fully.

Unfortunately, many such anticipated moments or opportunities may only be fleeting at best, or may not materialize at all, as we remain busy with other things. We may save our special dishes or clothes for events that never occur; or, we may finally decide to use or wear them, and suddenly realize that they are out of style, are ill-fitting, or simply

inappropriate for the current circumstances. In this manner, we may continually defer purchasing a desired item, visiting fancied destinations, or participating in long dreamed-of events, such as concerts, festivals, hobbies, or vacations; then, by the time we finally allow ourselves these opportunities, we may find that we are limited by age, medical conditions, or other limitations and challenges that did not exist in our earlier life. In short, we often neglect the opportunities that time presents, and the loss is strictly our own.

"What is the answer?" you ask. Let me begin with this quote from the Babylonian Talmud: "He who forces time is forced back by time, but he who yields to time finds time standing at his side". The message is simple: let time guide you, but make use of the opportunities it presents to their maximum. Time requires each of us to live in the present, using each day's time-bank deposit to the fullest. It is more than being mindful of where we are, whom we are with, and what we are currently doing; we need to be aware of how we interact with each day that is presented to us to make the fullest use of it.

In short, we need to invest our time – however short or long our life becomes – to get the utmost from it in health, prosperity, and happiness! The clock is ticking. Make the most of each of your todays.

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



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Are political parties undermining democratic practices?

By Jean-Paul Ruszkowski
and David Kilgour

Former Green Party leader Elizabeth May MP recently wrote an important letter to a number of her friends. In our opinion, her views deserve Canadians' most considered attention.

Among several subjects, May dealt with her feelings about Hon. Jody Wilson-Raybould's decision not to run again. It is on this particular subject that we would like to concentrate. It is all about the work environment for members of parliament. The *raison d'être* of parliament is to debate issues that impact people's lives. All members of parliament are equal and are supposed to represent their constituents, oversee the executive and contribute to the legislative process to serve Canadians better.

May and Wilson-Raybould have both indicated that partisan patterns of behaviour in the House of Commons are making the practice for democracy unduly complicated. Some parliamentarians feel that there are privileges given to parties in the manner and in the means they can dispose of to reward parliamentarians who are more receptive to interventions by staff in the Prime Minister's Office. These interventions and those through the Whip's office translate in the designation of MPs to different Standing Committees and in the provision of research capacity, to mention examples. When a legislator sits as an inde-

pendent or member of a party with no official status, there is a valid feeling of being a second-class MP.

There is a potential danger in allowing these feelings to become generally accepted by citizens.

Here are some of the challenges facing democratic practices in the House

**David
Kilgour**

**A Canadian
View on
World Events**



of Commons:

- How to attract good candidates to become parliamentarians when their role is being curtailed by arbitrary decisions made by people who have not been elected or by the Whip's obsession with party discipline?

- How can our citizens know that legislation passed by Parliament is the most effective for them if there is no room for a true debate?

- If Canada wishes to be an inclusive society, why would the House of Commons, which represents the will of the people, not give equal treatment and means to all its members? We often hear that Canada upholds values that are inclusive. Apparently this is

not the case in Parliament.

There are ways to improve democratic practices in the House of Commons; it is a matter of political will.

The behaviour of parliamentarians should be a matter of attitude above anything else—leadership matters. If Party leaders show respect for their political adversaries, most parliamentarians will likely adopt greater civility in their relations with opponents.

In addition, the whole notion of party discipline needs to be revisited through a very transparent process. It has to begin by focusing on the role of representation. How and when is a Member of Parliament accountable to the electorate? How and when is a Member of Parliament accountable to the Leader of the Party, and how is the Leader of the Party accountable to the caucus?

Here are some suggestions as to how the work environment in Parliament could be improved:

1. Standing Committees should deliberately invite to participate MPs who do not meet the requirements for a party status in the House of Commons. It should include the right to vote.

2. Every Minister of the Crown has someone to liaise with parliamentarians. Such individuals should not be allowed to tell parliamentarians how to vote. Their role should be limited to informing parliamentarians on matters of substance and reporting to the Minister what parliamentarians wish to communicate.

3. The legislator should not be bound by any instructions from the Whip regarding committee work.

4. If parliamentarians are independent or belong to a party without research capacity, they should be able to access alternative means to conduct the research required to fulfill their mandate. Funding should be made available to hire expertise they may require to research issues of interest to their constituents or the nation.

If political parties oppose such changes, it would be a clear sign that they prefer to undermine practices conducive to greater sustainability of our democracy.

Raybould's second book, a political memoir titled *'Indian' in the Cabinet: Speaking Truth to Power*, will be published in October. It's likely to be a real barn burner.

**This article was first published by
The Hill Times, Ottawa.**

Jean-Paul Ruszkowski is a former CEO of the Parliamentary Centre, in Ottawa, Ontario.

*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*.*

Letters to the editor are welcome

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Migrante Canada: Celebrating 10 Years of struggle for Filipino migrants

Migrante Canada successfully held its 5th Congress on July 30-31 at the Providence Renewal Center in Edmonton, Alberta. Migrante Canada has 13 chapters and member organizations with over 400 individual members in British Columbia, Alberta, Western Ontario, Eastern Ontario, and Quebec.

At least 60 delegates, members, and observers took advantage of the recent easing of restrictions under the COVID-19 pandemic to see each other at the Congress. Migrante Canada combined the in-person gathering with the online participation of delegates and observers via Zoom.

Sol Pajadura, outgoing Chairperson, said "Migrante Canada has survived the three years since the Fourth Migrante Congress in 2018, two years of those under the continuing COVID-19 pandemic ... [the pandemic] has not stopped us from making our presence felt in our communities." She described the work of Migrante Canada in political campaigns and activities for migrants' rights, welfare, and justice. She cited Sagip Migrante, disaster relief arm for the victims of disasters in the Philippines, and the Kapit-Bisig Laban sa COVID-19, the mutual aid network for Filipino workers and our communities in Canada. Migrante Canada not only led campaigns to oppose Philippine state exactions like the mandatory PhilHealth contributions and the Anti-Terror Law but also led local campaigns like the Health Care for All and the Justice for the Mushroom Four.

Migrante International Chair Joanna Concepcion, in her Keynote Speech via Zoom from the Philippines, stressed the importance of advancing the struggle to protect the rights and welfare of workers, especially the "undocumented workers", more so when overall situation of overseas Filipino workers has not seen any real positive changes since Duterte assumed power in 2016.

Other speakers included Connie Monana, Chairperson of Migrante Alberta and Marco Luciano, member of the International Coordinating



More than 60 delegates, members and observers participated in the 5th Migrante Canada Congress.

Photos: Migrante Canada

Body, International Migrants Alliance. As well, Merryn Edwards of Women for Rights and Empowerment, Karen Kuprys, Secretary-Treasurer of the Alberta Federation of Labour, Peggy Morton of CPC, Fatima Barron of Anak Bayan Canada, and MP Heather McPherson of Edmonton Strathcona delivered their messages in person. Ferdinand Gaité, Bayan Muna Representative in the Philippine House of Representatives, Dolores Balladares of the United Filipinos in Hong Kong, and Mel Baltazar of Migrante Australia greeted the delegates and guests of Migrante Congress via Zoom.

The Congress also elected the new set of officers for 2021-2024 to continue advancing the good work of Migrante Canada: Chairperson Danilo De Leon, Vice Chairperson Clarizze Truscott,

Secretary-General Stef Martin, Campaigns/Communications Officer Erie Maestro, and Treasurer Jane Ordinario.

When Danilo De Leon accepted his duties and responsibilities as Chairperson, he addressed the Congress and declared, "I am Danilo. I will openly say that I am undocumented. We need to be represented." He inspired other members and migrant workers when he thanked well-wishers with these words: "Hindi dapat matakot na lumantad dahil mas nakakatakot na lumaban mag-isa. Walang organisasyon na kakalinga at magbibigay malasakit sa mga undokumentong katulad ko. Sa Migrante may pag-asa, ang Migrante, para sa masala!" ("We should not be afraid to come out because it's scarier to fight alone. There is no organization that cares, provides and is concerned with the undocumented

migrants like me. In Migrante we have hope. Migrante is for the masses.")

His words not only illustrate the face of non-status migrant workers in Canada but also highlight Migrante Canada's important role as a mass-based organization that works for and with the most precarious and vulnerable Filipino migrant workers.

In celebration of the ten years of Migrante Canada, an evening of songs and solidarity rounded off the 5th Migrante Congress. Migrante members and friends who shared their gifts of music and words included Merryn Edwards, Lyla Luciano, Himig Masa, Mubarik Adams, Mila Bongco, Patria Rivera, Ruben Acosta, Clarizze Truscott, Lui Queano and McKenna Rose, five-year-old daughter of a non-status foreign worker, whose rights as a Canadian-born child was successfully campaigned by Migrante Canada.



Officers elected at the 5th Migrante Canada Congress (from left to right): Chairperson Danilo de Leon, Vice Chairperson Clarizze Truscott, Campaigns/Communications Officer Erie Maestro, Secretary General Stef Martin, and Treasurer Jane Ordinario.



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Conservatives promise to strengthen credential recognition for newcomers

On Aug. 6, the Hon. Erin O'Toole, Leader of Canada's Conservatives, announced his plan to strengthen credential recognition for newcomers and specific initiatives to advance human rights around the world.

"Helping newcomers maximize their success by allowing them to work in their field of knowledge will be good for Canada, good for the economy, and, most importantly, good for these workers and their families," said O'Toole. "Upon taking office, a Conservative government will immediately launch a Credential Recognition Task Force to develop new timely and appropriate credential recognition strategies."

Through Canada's Recovery Plan, Canada's Conservatives will also launch a series of bold new policies to strengthen and advance human rights around the world. Unlike the current Liberal government, an O'Toole government will stand up for fundamental human rights and align itself with the hopes and aspirations of everyday people, wherever they live.

Canada's Conservatives will implement eight specific initiatives that is part of a bold new international human rights agenda. Through the detailed plan, Conservatives will:

- Revise supply chain legislation to meaningfully enforce Canada's commitment not to import products made

with slave labour

- Make it a criminal offence for someone to go abroad to participate in or benefit from a serious violation of human rights, such as forced organ harvesting and trafficking

- Limit the ability of the government to grant waivers permitting human rights abusers to come to Canada

- Require the Minister of Foreign Affairs to table an annual report in Parliament outlining the work of the government to protect and promote human rights and democracy

- Create and maintain a public list of prisoners of conscience and create mechanisms by which Canadians can petition to add names to that list

- Amend the Official Development Assistance Accountability Act to prevent Canadian development assistance from ever contributing to violence and violations of human rights

- Update and expand the Sergei

Magnitsky Law to allow Parliamentarians and groups of citizens to directly petition the Minister to list officials under the law and require the Minister to respond in writing to petitions that have achieved a certain threshold of support

- Create an International Human Rights Advisory Committee, with representation from a broad range of cultural and religious communities in Canada, advising the government on international human rights issues

"These policies will mark a sharp transition from the Liberal era of cozying up to dictators and tolerating horrific violence against the world's most vulnerable," said O'Toole. "If you expect your government to help newcomers maximize their success and stand up for human rights, then your choice is clear: Canada's Conservatives."

www.conservative.ca

NON-EMERGENCY

#377

*Only available within Edmonton



WHEN TO CALL #377

You see suspicious persons or activities

Your vehicle was broken into, or property was vandalized

A non-violent crime was committed

For more information visit www.edmontonpolice.ca/377

EDMONTON POLICE SERVICE

Helping Children Cope with Anxiety Edmonton Public Schools Trustee Sherry Adams

During the month of June, Trustee Nathan Ip and myself hosted a webinar with Dr Anne Unger from KidThink to help parents identify and learn additional coping skills for children with heightened anxiety because of the COVID pandemic. Dr. Unger started by explaining the difference between mental health and

mental illness. Mental health is the state of well being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community. Mental illness is a health condition resulting from changes in the usual functioning of the brain bringing significant changes in thinking, emotion and/or behavior. These changes cause distress and or problems functioning in social, school or family activities.

It is a normal part of life and growing up for children to experience fears and phobias at particular stages of their lives. It becomes problematic when they don't subside with time and they interfere with functioning and development. Children with problematic anxiety tend to greatly overestimate how risky a situation will be and greatly underestimate their ability to cope. Allowing children to avoid the anxiety by protecting them from the distress maintains the level of anxiety and serves to reinforce their avoidance.

As difficult as it may be, helping our children to face their fears is what teaches them that the feelings do come down with time as they learn to cope. Facing anxiety will keep children from shrinking their world through avoidance.

Dr. Unger gave these strategies for supporting anxious children:

1. Settle yourself as a parent or caregiver first.
2. Communicate comfort by getting down to their eye level and connect by

using loving touch like a hand on their arm or shoulder, rubbing their back or gentling squeezing their hand.

3. Validate their feelings by acknowledging how hard it is to face fears while at the same time it is important to communicate confidence in your child's ability to cope successfully.

4. Encourage brave behavior. Praise and reward for any effort displayed will help children to experience themselves as brave and increase their willingness to engage in anxiety provoking situations.

5. Promote a problem-solving approach to life. Teach children a 5-step problem solving model:

- Identify the problem
- Brainstorm possible solutions
- Consider the pros and cons of each solution
- Choose a solution to try

- Evaluate the outcome together

A balanced diet and plenty of water, along with good sleep, exercise and relaxation techniques will help promote a healthy brain and nervous system.

To learn more, go to KidThink for additional webinars at www.kidthink.ca

I hope that you have found this beneficial to assist your child as they prepare to go back to school with greater confidence and courage to deal with the anxiety they may be experiencing.

If you observe your child is needing some professional help in dealing with their anxiety, you may call the **Children's Mental Health Intake here in Edmonton at 780-342-2701 or the University of Alberta Clinical Services at 780-492-3746**

Information concerning back to school protocols will be coming out soon! It can be found at SchoolZone.

As always it is a pleasure to serve as your trustee for Ward 1. You may contact me at sherry.adams@epsb.ca or 780-429-8087.



Trustee Sherry Adams

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.



Living, Loving, Reaching, Growing

Sunday Morning Services at 10:30 a.m.

Live stream available on website at www.hillviewchurch.ca

Contact: Phone (780) 461-5393 or email office@hillviewchurch.ca

Website: www.hillviewchurch.ca

253 Woodvale Road W
Edmonton AB T6L 1E5

Pastor: Norm Bleick

We can do better! Interfaith efforts steer us from conflict to community care

By Pastor Michael Van Boom

Conflict between people groups due to differences in culture, faith and race has been the norm for most of humanity's long story. That these conflicts continue today even in our local communities, as highlighted by recent attacks on Muslim women here in Edmonton, is no surprise to any student of history. And yet, that doesn't mean it is inevitable. There have been long moments of peace and good relationships between faiths and people groups as well. That path remains open to us today.

How do we do better? Edmonton has many examples showing a better path chosen, where inclusion, collaboration, community and relationship building are practiced in both leadership and at ground level. I'd like to provide a glimpse into the work of two local organizations that are intentionally Interfaith in their identity and aspire to help people work together and build community despite significant differences in faith or culture.

The first is Edmonton's Interfaith Centre for Education and Action (Edminterfaithcentre.ca). EIC provides regular opportunity for shared learning and conversation and community-building across faith groups. By creating these spaces where people from diverse faiths can meet, eat and learn together the Interfaith Centre is able to cultivate a shared and respectful understanding of each other; despite significant areas of disagreement.

The second example is Edmonton's Interfaith Housing Initiative. Ten years

ago, faith leaders representing many different faith groups from across Edmonton responded to an invitation from the Mayor and stood up together to commit their support to the work of ending homelessness. In our shared Interfaith statement in 2011 we stated "Our religious and spiritual communities share important values: respect for human dignity, solidarity with those who are poor and vulnerable, and an affirmation of the importance of inclusive and welcoming communities where individuals and families can thrive."

From the very beginning Interfaith Housing has provided people the opportunity to work side by side. We create action guides with volunteer opportunities in a host of frontline agencies. We sponsor yearly works project with Habitat for Humanity, where volunteers can bump elbows with people who believe very different things.

We continue to stand together in advocacy efforts, speaking to all three levels of government about meaningful solutions to housing challenges our neighbours face, as well as those related to mental health and addictions.

We host Educational workshops and community conversations on affordable housing in faith communities and neighbourhoods all around Edmonton.

In 2019 Interfaith Housing gathered community leaders, housing providers, faith leaders and people with lived experience to discuss how to get consultation right around new housing developments. Out of that effort came the TogetherWise approach to consultation. (www.togetherwiseconsulting.ca)

Today we encourage and support faith

communities that have land in developing or incorporating some form of supportive or affordable housing.

During Covid-19, as we saw a surge in Isolation and mental health challenges, the Edmonton Community Foundation provided funding to Interfaith Housing to create www.helpisnextdoor.ca; with resources and videos in twelve languages to mobilize the power of local community care; helping people from diverse language groups and cultures navigate the Covid rules and safely care for their neighbours.

Today Interfaith Housing is working to expand our helpisnextdoor.ca resources into a program that can take root in local apartment buildings. For many years now, we've heard the stories of newcomers and Indigenous neighbours living in our cities. Many people come from places with a very strong sense of community care. Neighbours know each other, talk to each other, eat together, and care for each other. Coming to Edmonton, they feel as though they are living in a sea of strangers. In many contexts, but especially in higher density settings we Canadians choose to stay mostly to ourselves, feeding an experience of strong isolation and loneliness. An interna-

tional student who served as one of our translators shared a similar experience in the dorms at his University. The isolation was so strong that he considered leaving his studies and heading back to his home in North Africa.

Our city can do better on this front and we believe a program for apartment complexes will help us better care for each other as neighbours, even when we differ in our beliefs and how we live.

To support of this vision, Edmonton's Interfaith centre recently provided Interfaith Housing with a donation of \$5,000. We are very grateful for their support in this endeavour and continue working hard to line up the donations and grants necessary to pursue this important work in the years ahead.

To participate in these efforts or to donate to their success in Edmonton, please visit these two organizations at their websites: www.interfaithhousing.ca, and www.Edminterfaithcentre.ca.

Let's do better together!

Pastor Michael Van Boom is the animator for the Interfaith Housing Initiative and was an initial signer on behalf of his congregation in the Christian Reformed Church.

Letters to the editor welcome

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 <p>REGISTER WITH TAMMY</p> <p>PROGRAMS@NMCLINFO.COM 780-466-8699</p> <p>DROP IN RATES AVAILABLE FOR SOME CLASSES</p> <p>#NMCLPROGRAMS @NMCLINFO</p>	<p>MONDAYS</p> <p> Drums Alive 6:00 - 7:00 PM IN PERSON</p> <p> BOOK CLUB RETURNING THIS FALL ONCE PER MONTH</p> <p> TRX Suspension Training 7:30 - 8:30 PM IN PERSON</p>	<p>TUESDAYS</p> <p> ZUMBA 5:45 - 6:45 PM IN PERSON & ONLINE</p> <p> Yoga Flow 7:15 - 8:15 PM IN PERSON & ONLINE</p>	
<p>WEDNESDAYS</p> <p> COMMUNITY BIKE RIDES 6:30 - 8:00 PM FREE</p> <p> IMPROV RETURNING THIS FALL</p> <p> Flirty Girl Fitness</p>	<p>THURSDAYS</p> <p> ZUMBA 5:45 - 6:45 PM IN PERSON & ONLINE</p> <p> B-FIT 7:15 - 8:15 PM IN PERSON & ONLINE</p>	<p>FRIDAYS</p> <p> STRONG RETURNING THIS FALL</p> <p>SATURDAYS</p> <p>PROGRAMMING OPPORTUNITY!</p> <p>CONTACT TAMMY WITH YOUR IDEAS</p> <p>PROGRAMS@NMCLINFO.COM</p>	<p>SUNDAYS</p> <p> Painting Classes 2:00 - 4:00 PM IN PERSON</p>

New pathways for temporary residents currently working in Canada

As we've previously written about, earlier this year Canada's Minister of Citizenship and Immigration, Marco Mendicino, announced four new temporary public policies that provide pathways to permanent residents for four groups of temporary residents currently working in Canada. The new pathways were introduced as a means of maintaining immigration levels in the face of COVID-19 travel restrictions, making it easier for educated and experienced workers currently inside Canada to obtain permanent resident status.

These temporary pathways opened on May 6, 2021, and were to remain open until November 5, 2021, or until the intake cap for each stream had been reached, whichever came first.

To recap, the public policies targeted the following categories of temporary residents: individuals working outside of Quebec with recent Canadian work experience in certain healthcare related and selected non-healthcare related essential occupations (at least one year); individuals outside of Quebec, working and having a recent credential from a Canadian post-secondary institution (January 2017 or later); and, individuals who fall into either of the previous categories but who are also proficient in French.

While the categories for French-speakers were not subject to any intake caps, the other categories would only be able to accept a certain number of applications. The category for recent international graduates from a Canadian institution was capped at 40,000 applications, the category for essential, non-healthcare workers in Canada was capped at 30,000 applications, and the category for essential health-care workers in Canada was capped at 20,000 applications.

As was expected, these new temporary pathways have proven to be quite popular. The category for recent international graduates was in the highest

demand, reaching its capacity of 40,000 applications after only a few days.

The category for essential, non-healthcare workers reached the maximum number of applications (30,000) and was closed on July 16, 2021.

**Nathan
A. Po**

**Immigration
Lawyer
in
Edmonton**



As of August 15, 2021, there were still less than 4,000 of a maximum 20,000 applications received in the general (non-French speaking) category for essential, healthcare workers in Canada. Occupations eligible under the healthcare category extend far beyond the doctors and nurses that might first come to mind. There is a long list of healthcare occupations that are eligible under this category. In particular, the healthcare worker category includes some occupations that are classified by Canada's National Occupation Classification system as being of a lower "skill level", such as NOC 4412 – Home support workers, housekeepers and related occupations, NOC 3413 – Nurse aides, orderlies and patient service associates, and NOC 3414 – Other assisting occupations in support of health services; and individuals working in these types of occupations may want to take a closer look at this pathway as other permanent residence programs often require Canadian work experience that falls

under a higher NOC "skill level".

French speakers will have until November 5, 2021, to submit their applications under any of the streams as they are not subject to application caps.

When the new Temporary Resident to Permanent Resident Pathways were initially announced, there were no provisions that assisted applicants to extend their work permits while they waited for their permanent residence applications to be processed. Immigration lawyers and others quickly flagged this as a significant issue and communicated this to government officials. Since eligibility for permanent residence under the pathways requires that an individual maintain their valid temporary resident status until a decision is made on their permanent residence application, individuals whose work permits expired during processing would not only lose their ability to work in Canada but would also be at risk of having their permanent residence applications refused.

This issue was remedied when on July 15, Minister Mendicino announced that beginning on July 26, 2021, individuals who applied under the new pathways would be eligible for an open work permit while they waited for their permanent residence

application to be processed.

To be eligible for this one-time open work permit, an applicant must have submitted an application under one of the above-mentioned permanent residence pathway streams and meet the language requirements of the stream they applied under; they must also have been working in Canada with proper authorization at the time their permanent residence application was submitted. At the time that they make their application for the open work permit, applicants must be in Canada with valid temporary resident status and have a work permit that is set to expire in the next four months.

The introduction of this new open work permit was much welcomed and was reflective of a department that under this immigration minister has shown a notable willingness to adjust its programs and policies both in response to the pandemic and to stakeholder feedback.

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.

Letters to the editor are welcome

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Report An Impaired Driver Call 9-1-1



CURB THE DANGER

Edmonton



Our Drive-In movies were a great success last summer, but this year we're bringing back the events to our local parks.

August 21st - Tom and Jerry

@ Larkspur 4315 30 St NW

August 28th - Wonder Woman 1984

@ Silverberry 420 Silverberry Road

For more details, check out our
Facebook page or website
themedowscommunity.ca

The MEADOWS
COMMUNITY LEAGUE

Groundbreaking ceremony for new community centre in Knottwood

After twenty years in the making, the Knottwood Community League is excited to kick off construction for its brand-new Knottwood Community Centre with the official Groundbreaking Ceremony which happened on July 27 behind the current Knottwood Community Hall at 445 Knottwood Road West.

Indigenous Elder Gilman Cardinal was on site to bless the land and perform a smudging while special guests, including MLAs Christina Gray and Rod Loyola, Edmonton City Councillor Mike Nickel, and project supporter Amarjeet Sohi were in attendance to help break ground on the project.

"This is a very special venture for the Knottwood community. Countless volunteers have dedicated themselves for many years towards the creation of a new community league gathering place," said Knottwood Community League president Thomas Shaw. "After twenty years of fundraising all done by residents and two long-term board members, and many hours of hard work done over the past five years, this is an incredibly special time for our community and Mill Woods."

The new Knottwood Community Centre will provide Knottwood residents, surrounding Mill Woods communities and local businesses with a



This drawing shows the exterior of the new Knottwood Community Centre. The total cost of the project is \$2.475 million.

Photos: Knottwood Community League

2500 sq. ft hall and 550 sq. ft lounge; barrier-free washrooms and an outdoor accessible washroom; a large kitchen for teaching and programming; community office and meeting spaces for small businesses and non-profits; and outdoor gathering spaces.

"Due to limited size, accessibility issues, inefficiencies, and age, our current hall has been unable to support all residents in our community. This new

Centre will allow us to provide programming for a wide range of groups, including seniors, families, adolescents, youth, non-profits, local small businesses and more," said Shaw.

"The space supports our goals of working to combat social isolation and bringing neighbours of all ages together in a safe and welcoming space."

The new Knottwood Community Centre is a part of the ongoing com-

munity rejuvenation efforts undertaken by the league. Construction is expected to begin in August and will take approximately eight months to complete.

"We couldn't be more excited," said Shaw. "We are so grateful to everyone that has made this project possible – from funders to project advocates and volunteers. After almost 16 months of isolation due to COVID, the start of this project couldn't have come at a better time."

About the Knottwood Community League

The Knottwood Community League is a non-profit organization that supports the needs and interests of residents in the neighbourhoods of Ekota, Menisa and Satoo in Mill Woods. The league was formed in 1977 and is governed by a Board of volunteers who reside in the area.

More information on the Knottwood Community League and the new Knottwood Community Centre can be found at knottwoodcommunity.ca/knottwoodcommunitycentre.

This project is made possible, in part, by the Government of Canada, the Government of Alberta and the City of Edmonton.



The interior of the new Knottwood Community Centre includes a 2500 sq. ft hall and a 550 sq. ft lounge.



This drawing shows the rear exterior of the new Knottwood Community Centre where people will be able to gather outside.

AMARJEET
SOHI
FOR MAYOR

GET INVOLVED AT SOHI.CA

f @AMARJEETSOHIYEG



4-term City Councillor Henderson challenges MP Tim Uppal in Mill Woods

Ben Henderson, who has been an Edmonton City Councillor since 2007, has been nominated as the Liberal candidate in Edmonton Mill Woods for the next federal election which is scheduled for Sept. 20.

"Edmonton Mill Woods deserves strong and effective representation in government, that is why I'm thrilled and honoured to run for the job of serving the community of Mill Woods and the Meadows in Parliament," said Henderson. "The results of this upcoming election are critical to ensuring we recover successfully from COVID-19 and make progress in building a truly prosperous community for ourselves and future generations. This is why my campaign will be focused on fighting for a safer, inclusive, and economically resilient Mill Woods."

Henderson is challenging Conservative Tim Uppal who has been the Member of Parliament for Edmonton Mill Woods since 2019 and is seeking reelection. In the 2019 federal election, Uppal defeated former MP Amarjeet Sohi who was a federal cabinet minister in the government of Liberal Prime Minister Justin Trudeau from 2015 until 2019 and is now running for Mayor of Edmonton in the Oct. 18 municipal election.

The New Democratic Party (NDP) does not yet have a candidate in Edmonton Mill Woods. Nigel Logan, who was the NDP candidate in the 2019 federal election, says he intends to run, but no nomination meeting has



Ben Henderson has been the Edmonton City Councillor for Ward 8 since 2007.

Photo: www.benhenderson.net

been scheduled yet. In 2019, Logan received 6,422 votes (12.1%) while Uppal received 26,736 votes (50.3%) and Sohi 17,879 votes (33.6%).

The only other candidate in Edmonton Mill Woods so far is Paul McCormack of the People's Party of Canada (PPC).

Before being elected to Edmonton City Council, Henderson was the artistic director for Nexus Theatre and

Theatre Network. He served on boards for the Old Strathcona Foundation, Street Performers Festival, Edmonton Federation of Community Leagues, the Edmonton Arts Council, and the Professional Arts Coalition of Edmonton. He is a trained negotiator and mediator and was a member of the Mediation and Restorative Justice Centre.

Passionate about public transit and

active transportation, Henderson advocated for the development of a city-wide bike network and expansion of the LRT system. He was a representative on Council Initiatives for Active Transportation, Edmonton's Poverty Elimination, and the Arts, Heritage and Culture Initiatives.

While on Council, he has been a champion for the Winter City Strategy, the New Public Engagement Policy, and End Poverty Edmonton, the City's poverty elimination strategy. He was also one of the two Councillors responsible for Edmonton's Energy Transition Initiative and Edmonton's Active Transportation Initiative. Henderson also serves nationally as Chair of the Green Municipal Fund.

Henderson is married to Laurie Blakeman who was a Liberal Member of the Legislative Assembly of Alberta (MLA) for Edmonton Centre from 1997 to 2015.

Logan says Edmonton Mill Woods needs a Member of Parliament who lives full-time in this constituency.

"With the Liberal party installing a candidate that does not come from, or understand, the diverse nature of the riding, and the Conservative party continuing with a full-time resident of Ottawa, I believe that the opportunity is ripe for Mill Woods and Meadows residents to have better representation in the NDP," said Logan.

For more information about Ben Henderson and his campaign, visit www.benhenderson.net.

I believe in people-first decision-making and a city where residents have the opportunity to shape its present and future.

WARD **KARHIIO**

Keren Tang
KERENTANG.CA

How to register for health insurance and getting additional coverage

Under the Alberta Health Care Insurance Plan insured physician and hospital services are paid for in Alberta and elsewhere in Canada

Residents of Alberta, temporary foreign workers, refugees, students, provincial nominees, their spouse/partner and dependents may be eligible to receive hospital and medical services through the Alberta Health Care Insurance Plan. You are an eligible resident if all of the following conditions are met:

- You are legally entitled to be and remain in Canada.
- You have established residence in Alberta, and
- You intend to remain in Alberta for 12 or more consecutive months.

If you meet the above conditions, you may start the registration process.

Registering for health insurance

As a newcomer, you should register for the Alberta Health Care Insurance Plan within three months of your arrival.

To register, you must complete and submit an application form and provide documents to prove your identity, that you are legally entitled to be in Canada and that you are an Alberta resident. The documentation required will vary depending on your status in Canada. You can get an *Application for Alberta Health Care Insurance Plan Coverage* form.

- go to health.alberta.ca. Click on Health Care Insurance and then click on AHICIP Forms.
- call 310-0000 toll-free in Alberta (enter 780-427-1432 after the prompt) or 780-427-1432 in Edmonton
- visit an Alberta registry agent office with Alberta Health Care Insurance Plan registration services. To find a registry agent near you go to health.alberta.ca and click on the Health Care Insurance tab, click on Register for AHICIP and then click on Where to Register or call 310-0000 toll-free in Alberta (enter 780-427-1432 after the prompt) or 780-427-1432 in Edmonton.

- write to
Alberta Health Care Insurance Plan
Box 1360, Station Main
Edmonton, Alberta
T5J 2N3

Personal Health Card

The Alberta Health Care Insurance Plan issues a personal health card for each family member covered under the plan. You must present your personal health card when you visit doctors' offices laboratories, hospitals and health clinics. You may also be asked to show photo identification.

Welcome to Alberta

Important information for immigrants and other newcomers

Alberta Health Care Insurance Plan Coverage

The Alberta Health Care Insurance Plan pays for

- insured services provided by a physician
- standard ward hospitalization
- drugs received while in hospital
- medically required surgery
- some podiatrist and optometrist treatments

The Alberta Health Care Insurance Plan does not pay for

- cosmetic surgery
- experimental procedures
- semi-private or private hospital room
- routine eye exams for residents age 19 to 64
- routine dental care, dentures, eye glasses and hearing aids
- prescription drugs

Ask your doctor or health-care provider about coverage before you access health services. For more information about what the Alberta Health Care Insurance Plan covers, go to the Alberta Health website at health.alberta.ca. Click on the Health Care Insurance tab and then click on What Is Covered. For more information about what the Alberta Health Care Insurance Plan does not cover, click on What Is Not Covered.

Getting additional health care coverage

Many Albertans have private health insurance plans that pay for services not covered by the Alberta Health Care Insurance Plan, either through their employer or purchased individually from Alberta government-sponsored plans or from private insurers.

The Alberta government also helps low-income families and people with special needs to pay for some health-care services not covered by the Alberta Health Care Insurance Plan.

Non-Group Coverage and Coverage for Seniors

These government-sponsored health benefit plans provide limited coverage for some services not paid for by the Alberta Health Care Insurance Plan. There is a monthly fee for non-group coverage, but coverage for seniors (Albertans age 65 or older and their spouse and dependants listed on their account) does not have any fees. Some

of the eligible benefits are prescription drugs, ambulance services, diabetic supplies and home nursing care. For more information, visit health.alberta.ca. Click on the Services tab, click on Drug Coverage & Services and then click on Supplementary Benefits.

Private insurance plans

Albertans can buy additional health insurance coverage from private health insurance companies. This can help with costs for services that are only partially covered or not covered by the Alberta Health Care Insurance Plan or Alberta government-sponsored plans from Alberta Blue Cross. For information about individual insurance programs, talk to your employer or look under Insurance in an online directory or in the business pages of the telephone book.

Alberta Child Health Benefit

If your family has a low income, you may be eligible for the Alberta Child Health plan. The benefit plan pays for health services such as eyeglasses, prescription drugs, dental care, emergency ambulance services and diabetic supplies that are not available through the Alberta Health Care Insurance Plan. The benefit plan applies to children up to age 18, and up to age 20 if they live at home and are attending high school. There is no cost to enrol.

Alberta Adult Health Benefit

The Alberta Adult Health Benefit

plan helps individuals and families with high ongoing prescription drug costs in relation to their income, as well as pregnant women with limited income. It is also available for individuals and families who leave the Income Support program or the Assured Income for the Severely Handicapped program because of employment or Canada Pension Plan disability income. The plan pays for health services such as prescription drugs, eyeglasses, dental care, emergency ambulance services and diabetic supplies that are not available through the Alberta Health Care Plan.

For more information about Alberta's child and adult health benefit plans

- call 1-877-469-5437 toll-free or 780-427-6848 in Edmonton

- go to the Alberta Human Services website at humanservices.alberta.ca/financial-support. Click on Health Benefits.

In the next issue of the *Mill Woods Mosaic*, we will provide information about using health care, emergency medical services, and other health services.

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).

Resources for Temporary Foreign Workers

ALBERTA

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

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

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](http://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 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
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.iafcana.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 September 15, 2021. The deadline for advertising and editorial is Friday, September 10, 2021.

Programs for newcomer families

Edmonton Catholic Schools Trustee Laura Thibert

As we take the time to enjoy the remaining warm days of summer, staff members at Edmonton Catholic Schools (ECSD) are preparing for the 2021-2022 school year. In doing so, our administration is reviewing the easing of public health guidelines announced by the Alberta Government and the Chief Medical Officer of Health at the end of July. They are working to understand what the revised guidelines mean for school operations. Further guidance from Alberta Health is expected later this month, which will help support our plans for September. Please visit <https://www.ecsd.net/page/7013/information-and-resources-for-the-2021-2022-school-year> for updates.

The ECSD One World ... One Centre offers programs for families who are new to Canada. The centre is open

all summer to assist parents and guardians who wish to register their children for the new school year. If you are newly arrived, I encourage you to access this incredible support to help you settle in our wonderful city by phoning 780-944-2001 to book an appointment.

I look forward to once again coming together with everyone in and around the community this fall, and to safely see everyone back on September 1, 2021. I want to thank each and every one of you for a beautiful and exciting 2020-2021 school year and wish you a safe and enjoyable rest of your summer.

If you want to contact me, 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

City proposes strengthened harassment definitions in Public Places Bylaw

The City of Edmonton is recommending changes to the Public Places Bylaw to strengthen the definition of what constitutes harassment.

In April, City Council directed administration to work with the Anti-Racism Advisory Committee to review and recommend amendments to the anti-bullying sections in the City's Public Places bylaw to include harassment based on race, religion, gender identity or sexual orientation.

Administration consulted with several of City Council's advisory committees, including the Anti-Racism Advisory Committee, to help shape the changes in the proposed draft. This review recommends changes that will provide greater clarity and create a safer environment for all Edmontonians.

The proposed changes go to the Community and

Public Services Committee on August 11 for discussion and, at the committee's direction, to City Council on August 16 to begin three readings of the bylaw amendment.

Fines under the bylaw will remain at \$250 for a first offence, but double for subsequent offences. City Council can choose to increase the fine at a later date.

Council also asked Administration to look at using restorative justice practices in response to offences under this bylaw. Administration is asking Council for additional time to thoroughly explore this approach as it continues work to enhance community safety, well-being, inclusion and anti-racism in Edmonton.

www.edmonton.ca

What's up?

Community events in Mill Woods

After more than one year of COVID-19 restrictions, Alberta is now in Stage 3 of the Open for Summer Plan. All public health measures have been lifted except in specific settings.

Mask use in public indoor settings is no longer required except when:

- working in or visiting any continuing care facility, as well as any facility operated by Alberta Health Services, Covenant Health or their contracted service providers
- using public transit, including ride share vehicles, taxis, motor coaches and shuttles

Municipalities and businesses are free to set their own masking requirements, such as requiring staff and/or customers to wear masks inside their place of business.

Starting September 27:

- Mask use for public transit, including ride share vehicles, taxis, motor coaches and shuttles will no longer be required.
- Individuals may choose to continue to wear masks in certain settings.
- Businesses and municipalities are free to set masking requirements as they see fit.

While masking is no longer required in most situations, it is important to support those who wish to continue wearing masks.

All other public health measures were lifted July 1, including all restrictions on:

- social gatherings - there are no longer capacity limits on either indoor or outdoor gatherings
- recreation, performance and entertainment activities
- business closures and capacity restrictions
- large events, including concerts, sporting events, exhibitions and festivals

General guidance is available to help Albertans and businesses follow best practices to prevent the spread of COVID-19.

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



City honors a couple of respected citizens

A park in southwest Edmonton has been named after Jiti and Gurcharan Bhatia. The couple was recognized for their outstanding leadership and contributions in the areas of civil society, social justice, human rights, multiculturalism, peace and building stronger communities. Gurcharan Bhatia (in the photo) is a retired citizenship judge, and his wife Jiti, who died in 2018, was a founding member of the Indo-Canadian Women's Association and a founding director of Canadians for a Civil Society.

The Jiti and Gurcharan Bhatia Park, which was inaugurated by Alberta's Lieutenant Governor Salma Lakhani on Aug. 4, is located at the corner of 125 Street and 28A Avenue in southwest Edmonton. It is a passive park with no striking features, just beautiful green space on top of the Whitemud Ravine.

Photo: Mita Das



Alberta Culture Days will feature more than 100 free activities for Albertans

Alberta Culture Days, the month-long celebration of arts, heritage, diversity and community spirit, will feature more than 100 free activities for Albertans to enjoy.

Alberta's government awarded 122 grants to organizations across the province to host Alberta Culture Days events in September. Almost \$350,000 was distributed to applicants hosting events in their communities.

"Culture is an important economic and social driver in our province," said Ron Orr, Alberta's Minister of Culture. "Alberta Culture Days helps us celebrate and appreciate the rich and diverse arts and culture on display in every corner of our province. As we come together in healing and reopening post-COVID, I invite all Albertans to take part in as many events as they can. This year's Alberta Culture Days

truly offers something for everyone and should not be missed."

Five feature celebration sites received funding for three days of free, family-friendly events:

- Allied Arts Council of Lethbridge
- Arts Council Wood Buffalo (Fort McMurray)
- Casa Mexico in Alberta Foundation (Calgary)
- Edmonton Opera Association
- Red Deer Arts Council

A total of 84 host celebration sites received funding for up to two days of activities and 33 pop-up celebration sites received funding for one day. A complete list of sponsored and unsponsored events is available at albertaculturedays.ca.

Quick facts

- Almost 250,000 Albertans participated in virtual and in-person Alberta Culture Days celebrations in 2020, with 47 communities hosting 943 events.

- Alberta Culture Days started in 2008 as a celebration of Alberta's arts and cultural communities, known as Alberta Arts Day.

- In 2009, it changed from a one-day event to a three-day celebration, helping to inspire the establishment of National Culture Days in 2010.

- In 2012, Alberta Arts Days was renamed Alberta Culture Days.

For more information about Alberta Culture Days, visit the website www.alberta.ca/alberta-culture-days.aspx.

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.

Do you need help with:

- | | |
|-------------------------------|------------------------|
| ✿ Citizenship and Immigration | ✿ Veterans Affairs |
| ✿ Service Canada | ✿ Employment Insurance |
| ✿ Canada Pension Plan | ✿ COVID-19 Programs |
| ✿ Old Age Security | ✿ Passports |
| ✿ Canada Revenue Agency | ✿ Phoenix Pay Issues |

Then we can help!

780-497-3524
tim.uppal@parl.gc.ca

Hon.
TIM UPPAL MP
EDMONTON MILL WOODS