

Mill Woods Mosaic

September 15, 2025

Volume 18/No. 205

Tel. (780) 465-7526

The Multicultural Voice of Edmonton Southeast

Independent • Non-partisan • Interdenominational

This month:

Shop Local

The City of Edmonton has launched a new Shop Local Deals directory.

Page 3

Elephants

Arnim Joop writes about a special species: people who love animals but hate people.

Page 4

And then what?

"Every citizen of Canada has the right to enter, remain in and leave Canada."

Page 5

Better Together

The Official Opposition in the Alberta Legislature wants to hear from Albertans what their concerns are.

Page 6

Edmonton's future

Historian Tom Monto gives an overview of the candidates running for City Council and school boards.

Page 12

Supporting babies



Rooming-in approach to helping babies with opioid withdrawal marks 10 years of success at the Grey Nuns Hospital in Mill Woods.

Page 10



Family photo

Twenty years ago, Arts on the Ave founder and executive director Christy Morin dreamed of a community transformed into something beautiful through the arts. In an interview, which conducted by Jessica Telford, Morin tells how it all started. Please read the interview on pages 7 and 8 of this issue.

Photo: Christy Morin with her family at Deep Freeze: A Byzantine Winter Festival.

Photo: Provided by Christy Morin

Daughters of the Year: "Building Futures Rooted in Strength"

On Sept. 20, ten Alberta women who have made a difference in their communities will be honored at Edmonton City Hall. They will receive the "2025 Daughters of the Year Award."

Daughters Day is the flagship initiative of the Canadians for a Civil Society. At the heart of this event is the presentation of the Daughter of the Year Awards, where the achievements of women in our community are celebrated.

This year's theme is "Building Futures Rooted in Strength."

In a press release, the Society said: "As we strive towards goals of gender equity and a just society for all, we would not be able to take steps forward without the courage and strength of those who have gone before us and those who are currently engaged in these struggles. On Daughters Day, we pause to celebrate the powerful strides our Daughters of the Year are making in the workplace and in our communities."

Ten Alberta women who are building futures rooted in strength will be honoured with a Daughter of the Year Award. They are:

- Anurika Onyenso
- Carrie Anne Doucette
- Judy Lederer
- Kathryn Luu
- Kyla Fisher
- Rehman Khan
- Saniya Ghalehdar
- Stella Igweamaka
- Tatiana Meneses-Sab
- Theresa Stanley

The event's keynote speaker will be Ashley Morin, Industry and Resource

Daughters Day



Coordinator for the Office to Advance Women Apprentices. Ashley began working in the trades in 2003 and her journey has led her to support other tradeswomen to navigate and succeed in the industry.

Entertainment at the 2025 Daughters Day celebration include performers from different cultures and communities: Marilyn Dumont, Maria Dunn, the Trembita Arts School, and Paula Kirman.

The Canadians for a Civil Society is an organization whose work is firmly grounded in the principles of Canada's Charter of Rights and Freedoms.

"We are committed to advancing human dignity, human rights, gender equity, and a life free of fear and free from want. We do this by celebrating and promoting the value of a civil society; by providing a platform through meetings, workshops, and conferences for open discussion of issues; by networking and working joint-

ly with the other non-profit organizations; and by collaborating with the government and the private sector on decisions and policies for systemic change."

The websites are: <https://ccsorg.ca> and <https://daughters-day.com>

The award presentation for the 2025 Daughters of the Year will be held on Saturday, Sept. 20, in the City Room of Edmonton City Hall, 1 Sir Winston Churchill Square with an information fair from noon until 1:00 p.m. and the main program from 1:00 until 3:00 p.m. Admission is free, and the event open to the public.

How Daughters Day came to be

During the latter half of the year 2010 and thereabouts four soul-searching men deliberated the concept of Daughters Day for celebrating the lives, contributions and achievements of all women as our daughters. On Sept. 21, 2011 at a meeting at Edmonton City Hall, 47 organizations endorsed it. The four men, Gurcharan Singh Bhatia, Satya Das, Charan Khehra, and Didar Pannu became the co-founders of Daughters Day, and those organizations became its partners. The first Daughters Day was held on Sept. 1, 2012.

On Oct. 31, 2012, Gene Zwozdesky, who was then the Speaker of the Legislative Assembly of Alberta, introduced the Daughters Day Committee members in the Legislative Assembly.

For details about the winners of this year's Daughter of the Year Awards, see pages 13 and 14.

Why School Trustee Elections Matter to Every Edmontonian

On October 20, Edmontonians will head to the polls to elect a mayor, city councillors, and school trustees for both Public and Catholic schools. Many people understand the importance of voting for mayor and councillors, but wonder why trustee elections matter – especially if they don't have children in school. The truth is, trustees play a vital role in shaping the future of our community, and their decisions affect us all.

School boards govern one of the largest and most important public services in our city. Edmonton Public Schools alone serves more than 100,000 students, employs over 12,000 staff, has 214 school buildings and manages 1.42 billion in taxpayer funding. Trustees are elected by the community to make sure these systems are well-run, accountable, and focused on student success. Their responsibilities include setting policies, approving

budgets, building new schools, and ensuring classrooms are safe, welcoming, and inclusive.

Even if you don't have children in school, the quality of education affects you. Strong schools prepare young people to be the next generation of workers, leaders, and citizens. Public

**Jan
Sawyer**

**Edmonton
Public Schools
Trustee
(Ward I)**



education helps shape the workforce that drives our economy, the creativity that fuels innovation, and the engaged citizens who build vibrant neighbourhoods. Families often choose where to live based on school quality, which strengthens communities and impacts property values. In other words, schools are at the heart of a healthy, thriving city.

Trustees also serve as advocates. They represent the voices of students, parents, and the community to the provincial government, which controls most of the funding and rules for schools. When the province does not provide enough resources for growing enrolment, mental health supports, or

specialized programming, trustees are the ones who speak up. Their ability to advocate strongly and effectively can make a real difference in what students experience day to day.

Unfortunately, voter turnout for trustee elections is often much lower than for mayor or city council. That means only a small fraction of eligible voters end up deciding who will shape the direction of education for years to come. Your vote carries real weight.

On October 20, remember that trustee elections matter to every Edmontonian. By casting your vote, you help ensure that our schools – and our city – have the leadership needed to thrive.

As always, if you have questions about this, or anything else, please feel free to contact me trustee.jan.sawyer@epsb.ca.

**Discrimination and racism
have no place in our hearts,
our homes and our world.**



RE-ELECT Keren Tang to City Council

Ward Karhiio needs a strong, experienced, independent voice in City Hall.

I'm committed to being your advocate and providing steady leadership rooted in the relationships we have built.

By leading with action, we will create a stronger, more connected Ward Karhiio and Edmonton.

Vote on Monday, October 20, 2025

We lead with action

Visit **kerentang.ca** to learn more.



RE-ELECT **Keren
Tang**
2025
WARD KARHIIO
KERENTANG.CA

Shop some of the best deals in town with new Shop Local Deals directory

Supporting local Edmonton businesses, the building blocks of our economy, is now easier than ever. The City of Edmonton has launched a new Shop Local Deals directory, showcasing special promotions and offers from local businesses. From flowers to fashion or manicures to mechanics, Edmontonians can now find exciting ways to save while strengthening the local economy.

"The City directory makes it so much easier for people to find us and other independent businesses," said Mac Doucette, owner of Foosh. "Local business owners are your friends, your neighbours. We truly feel the support when customers choose to keep their money in the community because we are rooting for the same thing – an Edmonton that is welcoming and successful for everyone."

Edmonton is home to over 39,000 businesses, with 95 per cent being small businesses; and, supporting local entrepreneurs is a key part of commu-

nity building. Our city thrives on the foundation of shopping locally – for every \$100 spent at a small business, \$66 stays in the local economy.



"Edmonton boasts an incredible small business community, and making intentional decisions each day to support each other goes a long way in creating a vibrant city," said Alisa Laliberte, Branch Manager of Economic Investment Services. "We are constantly looking for new ways to help our local entrepreneurs, and the Shop Local Deals directory lets us connect Edmontonians directly to businesses in a fun and new way."

Supporting local doesn't stop at shopping or discovering your new best service providers. Edmonton shoppers are invited to share their favourite finds

online with #ShopLocalYEG, leave a positive review or recommend stores to family and friends.

The City also offers a number of programs and initiatives to help businesses succeed, including the Business Friendly Edmonton one-on-one support program, free workshops and online tools for permit licensing and more.

Visit edmonton.ca/ShopLocal to browse the directory or to sign up your business.

For more information:
edmonton.ca/SupportBusiness
edmonton.ca/ShopLocal



Do you agree that Alberta should remain in Canada?

If Yes, please sign the petition.

For more information, visit
www.forever-canadian.ca

RE-ELECT



Jan Sawyer

**Ward I Trustee
Edmonton Public Schools**



SawyerForTrustee.com



**Re-Elect
LAURA
THIBERT**

**CATHOLIC SCHOOL TRUSTEE
Ward 77 laurathibert.com**

Mill Woods Mosaic

The Multicultural Voice of Edmonton Southeast
Published on the 15th day of each month

Publisher & Editor: Arnim Joop

Phone: 780-465-7526

Edmonton, Alberta, Canada

E-Mail: mwmosaic@telus.net

Website: www.mwmosaic.ca

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

Not an innocent victim

Some people on both sides of the border still think that the "United States" and Canada have a lot in common, but that is less and less the case. The USA used to be the "Promised Land" for immigrants from around the world, and the "American Dream" was to start at the bottom as a dishwasher, work hard, and become a millionaire. But that dream has become a nightmare, and it is getting worse every day since Donald Trump has returned to the White House.

One of our neighbours' biggest problems is their obsession with guns. The Second Amendment of the U.S. Bill of Rights which protects the right of people to keep and bear arms. Maybe that was appropriate when most Americans lived in rural areas, but in the 21st century there is no reason for people living in big cities to own a gun, because it is the job of the police to protect citizens. There are around 500 million civilian-owned firearms in the USA which is more than one per citizen.

The latest result of this obsession with guns was the shooting of Charlie Kirk in Utah on Sept. 10. Kirk was a fanatic Trump supporter, a gun owner and gun rights advocate, a racist and a hater who specialized in agitating young people. Nobody should die like he did, but Kirk was not an innocent victim.

The elephant at the zoo and the elephant in the room

My column in the Aug. 15 issue of the *Mill Woods Mosaic* about our visit at the Edmonton Valley Zoo triggered quite a few responses, because some readers did not like what I wrote. Most comments were about Lucy the Elephant, the famous 50-year-old "celebrity" at the zoo. My column got the animal rights activists going, and some of their comments were quite nasty and not suitable for publication. Unfortunately, they did not write letters to the editor but preferred to post rude remarks on my Facebook profile which is a pretty coward kind of communication. I call it "drive-by smearing."

One reader, who claimed to be a "Professor Emeritus", lectured me about elephants and zoos and said that not only animal rights activists believe that elephants should not be in zoos but also many scientists who have spent their entire lives studying elephants.

Another reader was not so polite. She wrote: "To hell with those who want to see live Captive Animals for their own selfish pleasure! There are many cable channels that are worthy of educating people on exotic animals without supporting the Greedy Edmonton Zoo or any other zoo!" She accused me of being paid well by the zoo for my "nonsensical article."

Another one wrote: "SHAME!! SHAME ON YOU for writing such a lies about this Cold Concrete Prison

for beautiful animals. Worst zoo in the world!!! Free Lucy!!!"

It always fascinates me when human beings who claim to love animals can be so mean and hateful when they deal with other human beings. How hypo-

Arnim Joop

From the Desk of the Publisher



critical is that?

But there were also some positive comments from readers who liked my column.

Please don't get me wrong. I welcome letters to the editor, and I don't expect all readers to agree with my opinions, but comments should be civilized and constructive criticism and not offensive drivel.

Anyway, I think that there are more important issues than the well-being of an aging elephant who has "retired from public life."

There is another elephant in the room: The Municipal General Elec-

tion in Alberta will be held on Oct. 20, and this will be an important opportunity for Albertans to vote for the people who will represent us on city councils and school boards. Voter turnout at municipal elections is usually rather low, compared to federal and provincial elections although city councillors and school trustees make many important decisions which affect us directly in our municipality.

For example, the City of Edmonton is responsible for snow removal, road construction and maintenance, policing, property taxes, etc., and school boards (public and Catholic) are responsible for building new schools, hiring teachers, ensuring classrooms are safe, etc.

Did you know that the City of Edmonton has an app for reporting potholes? Citizens can report a pothole online, City crews inspect all potholes they find or that citizens report, and then potholes are prioritized based on safety. So just be patient, maybe your pothole will be filled next year!

Edmonton will have a new mayor since Amarjeet Sohi, who was elected four years ago, decided not to seek reelection. So far, there are 12 candidates nominated, including former city councillors Andrew Knack, Michael Walters and Tony Caterina, and Tim Cartmell who has been on city council since 2017. Also running is former

Member of Parliament Rahim Jaffer. As usual, there are some goofballs running for mayor who are not serious candidates but add some entertainment to the serious race to city hall. The mayor doesn't have much power, because when city council makes decision, "His Worship" has only one vote, like the 12 city councillors. But the pay is not bad. The mayor's annual salary is \$223,234 plus a vehicle allowance of \$1,204.78 per month, according to the City's website. City councillors earn \$126,119 per year plus vehicle allowance.

In southeast Edmonton, which includes Mill Woods and The Meadows, the two incumbent city councillors Jo-Anne Wright (Ward Spomitapi) and Keren Tang (Ward Karhiio) are seeking reelection. Both of them have done a pretty good job in the last four years, but the *Mill Woods Mosaic* does not endorse any candidates.

For more information about the upcoming municipal election, please read Tom Monto's article on page 12 of this issue which is an overview of all the candidates, and Jan Sawyer's column on page 2 which explains why school trustee elections matter to every Edmontonian.

Arnim Joop is the founder, publisher and editor of the Mill Woods Mosaic. He also publishes the Albertan which is the only German language newspaper in Canada.



The petition "Forever Canadian", which was initiated by Alberta's former Deputy Premier Thomas Lukaszuk, is becoming a grassroots movement with more than 4,000 canvassers. The question is "Do you agree that Alberta should remain in Canada?", and the petition needs almost 300,000 signatures to be recognized by the Legislative Assembly of Alberta. The deadline is October 28.

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

And then what?

Recently, some Canadians have again proclaimed the desire to separate their province from Canada. They claim that this drastic and existential challenge to our country's sovereignty is necessary to resolve problems they perceive but are unwilling to address through political discourse. Interestingly, while they fixate on the presumed dysfunctional relationship between their province and the federal government, they rarely speak about the outcome of their intention. To me, these folks are either uninformed or ill-informed about the real crux of separation. Let me address this point in two parts, one involving the mechanics of separation, the other addressing the stark reality of its intent.

Like it or not, when Canada was established on July 1st, 1867, it was set-up as a federation governed under the rule of law – the British North American (BNA) Act. This served as our constitution until 1982, when Canada became independent of Britain and enacted its own Constitution Act (1982). It established our Charter of Rights and Freedoms, recognized existing aboriginal and treaty rights, and defined the various elements required to govern our nation. The Act and its various components remain in force today.

Subsection 52 (1) of the Constitution Act notes, "The Constitution of Canada is the supreme law of Canada". With few pre-identified exceptions involving provincial jurisdictions, it is the law of the land. Subsection 38 (1) allows for its amendment by a proclamation of the Governor General, but only if authorized by the Senate, House of Commons, and the legislative assemblies of at least 2/3 of the provinces, which together represent 50% of Canada's population. This proclamation can only be made one year after all requirements are met (Subsection 39 (1)). Sections 41 and 43, further demand that major amendments, separation likely being one, must get the approval of the Senate, House of Commons, and ALL provinces.

There is also the matter of First Nations rights and land ownership. Subsection 35 (1) of the Act notes, "The existing aboriginal and treaty rights of the aboriginal peoples of Canada are hereby recognized and affirmed." It clarifies that treaty rights are "rights that now exist by way of land claims agreements." Clearly, First Nation people across our country have a voice on whether their land and its people remain or separate from Canada.

Let's pretend for a moment that the legal framework mentioned above, our co-existence since 1867 as a federated nation, existing land ownership by the federal government and First Nations, and much more do not hinder separation. Let's also pretend that a province (say, Alberta) could and does separate, presumably in a peaceful manner. (I do not grace the idea of an armed revolt because it is beyond moronic!) What then is the likely and predictable outcome of separation?

Interestingly, when separatists, in Quebec, Alberta, or elsewhere, talk

about separation they explain how they will recreate a workable society, perhaps similar to the one they are intending to leave. They may talk

**Ron
Kuban**

*Time
Passages*



about the freedom they would gain (whatever that means in real terms), the significant reduction in their taxes, or their ability to govern themselves without interference from their current political nemesis in Ottawa. Let's be clear, anyone who thinks that "separation" means establishing your own nation and still being supported by Canada and Canadians, is completely delusional!

Now, stop and think about the make-up of a civil, functioning, and mutually supportive nation. Although imperfect, Canada provides its citizens and residents with a wide array of benefits, many of which I am sad to say are taken for granted and often ignored. Allow me to illustrate this point by highlighting a few of the key ones.

Our nation is fortunate to have a well-established judicial system which is based on laws and regulations that have been clarified and refined throughout our history. This system includes lawyers, judges, and the infrastructure that supports them. They operate at many levels culminating in the Supreme Court of Canada. The system also includes various law-enforcement agencies which assist in maintaining law-and-order. When

needed, these agencies often rely on each other for support. However, a separated province would have to re-define its own judicial system, recruit and train its various "operators", establish the infrastructure to support them, and do much more, all on its own.

A separated province will also need to establish its own economy. It will need to create its own currency. Its banking system would need to be independent from the Bank of Canada and all federal agencies that currently guide our markets and economy. It will need to recreate all existing federal services including Foreign Affairs, Immigration and Employment, the Armed Forces, the Environment, Trade,

Border services, Postal services, Auditor General, Transportation, Taxation, and a long list of other just-as-important services. How will it maintain the programs and services currently offered by the federal government for pensioners, veterans, First Nation people, the unemployed, federally incarcerated criminals, and many others? How will it fund this costly task of separation, secure the necessary expertise, and establish the

required infrastructure? (Hint: Nothing is free, and everything takes time).

Alberta separatists seem to fixate on the province's oil reserves as their ticket to independence. Alberta's enormous oil and gas reserves do not guarantee independence. To the contrary. They are part of Canada. Also, being landlocked, Alberta would now need to access markets through BC and Saskatchewan, both still in Canada, and the US. There, my friends, lies quicksand. So-called independent Alberta will quickly become a surrogate of our southern neighbor, and perhaps, that is the hidden objective. In that case, I wish to return to Subsection 6 (1) of our Constitution Act. It states, rather categorically, "Every citizen of Canada has the right to enter, remain in and leave Canada."

So, if you still wish to separate, go for it, and enjoy your new destination. In the meantime, leave my imperfect but amazing country alone! You have no right to destroy what far-too-many people have fought for, enjoy, and still cherish.

Feedback is welcome at
rkuban@shaw.ca

Ron Kuban is a long-time community volunteer and builder.

The next issue of the *Mill Woods Mosaic* will be published on October 15, 2025.

The deadline is Friday, October 10, 2025.



Reinette Cafe & Patisserie

301 Woodvale Road West NW, Mill Woods
Edmonton, Alberta, T6L 3A7

Tel. 780-577-0974

Email: chez.reinette@gmail.com

*French Pastry • Macarons • Specialty Coffee
Sandwiches • Party Tray • Customized Cake*

SIMPLY CREMATIONS & FUNERAL SERVICES

Direct Cremation - \$1,375.00 Plus GST

Includes: Registration, Transfer of Deceased, Cremation Container, Cremation Fee, 12 Death Certificates & Permits

**5224 - 99 Street NW
Edmonton
780-465-6363**

**Sherwood Park
2008D Sherwood Drive
780-416-7864**

Alberta's Original Simply Cremations

Offering cremation and burial packages to suit everyone's budget.

Over 8,000 families served since 2003.

Authorized Vendor of Alberta Supports & AISH

www.simplycremations.com

Better Together: We want to hear from Albertans

Hello Mosaic readers & happy autumn!

We're finally getting a break from the heat and the smoke that was the 2025 summer; the kids are back in school, and everyone is getting ready for another exciting fall in Edmonton!

I'm so glad you take the time to read the *Mill Woods Mosaic*! Local journalism is an increasingly rare treasure, and I appreciate the work that Arnim Joop does to keep this local institution running. We all need to know what's happening in our own corner of the city!

There's been a lot of politics this summer and we have much to discuss as the fall session of your Alberta Legislature draws near. Danielle Smith and her UCP team decided to make it easier for the small number of people who want to break Canada apart to hold a dangerous referendum.

Christina Gray

**MLA
for
Edmonton-
Mill Woods**



But we won't let that happen! Naheed Nenshi and I, along with the rest of your Alberta NDP team, launched something we call the *Better Together Summer*. It includes hearing from Albertans at events, on their doors, and at a series of townhall events happening all over Alberta. The townhall events are a great opportunity to hear

from Albertans, about why they love Canada and want to stay as the best province in the greatest country in the world!

Our town halls are quite different from those the Premier is holding; at her events, her hand-picked Chair cuts off anyone with a different view from the UCP! At our events we've heard from a diverse group of opinions, and what's become clear from these is that when Danielle Smith tries to take Alberta out of Canada, Albertans believe she has the wrong agenda.

What we've heard is that Albertan's real concerns are about the sky rocketing costs of living, the deteriorating state of our health care system, the underfunding of our schools, and the lack of jobs and high unemployment, especially for young people.

Danielle Smith and the UCP have wasted the last few years, letting

things like car insurance and groceries get way too expensive! Wages aren't keeping pace with growing costs and the UCP has not done enough to help you and your family get through these tough times.

Naheed Nenshi has a plan to fix these problems, and it begins by admitting these are the real problems, not wasting time arguing about taking Alberta out of Canada. If you want to tell us what you think please join an event or head online at www.bettertogether-summer.ca.

Christina Gray is the Member of the Legislative Assembly of Alberta for Edmonton-Mill Woods and Official Opposition House Leader.

Telephone: (780) 414-1000, e-mail: edmonton.millwoods@assembly.ab.ca



MLAs Christina Gray (Edmonton-Mill Woods) and Janis Irwin (Edmonton-Highlands-Norwood) meet Mama & Papa Stanley at the Edmonton Pride Parade on Aug. 23.



MLA Christina Gray visits the Lemon Captain & Junior Lemon Squeezers at Unicorn Lemonade Stand with scrolls on Aug. 24.

Photos: Jessica Kunicki/Office of MLA Christina Gray



MLAs Christina Gray, Jodi Calahoo Stonehouse, David Shepherd and Lorne Dach (from left to right) pose with local constituents at the Better Together Town Hall in Spruce Grove on Sept. 10.



MLA Christina Gray listens to folks that gathered at the Better Together Town hall in Spruce Grove on Sept. 10 to discuss concerns about Alberta Separation.

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

"I am YEG Arts" Series: Christy Morin

Interview by Jessica Telford
Edmonton Arts Council

Twenty years ago, Arts on the Ave founder and executive director Christy Morin dreamed of a community transformed into something beautiful through the arts. Now celebrating the 20th anniversary of the Kaleido Family Arts Festival – Arts on the Ave's fall festival – Christy's vision for the Alberta Avenue area's future through the arts remains unwavering and strong as ever. In this month's I am YEG Arts story, Christy tells us about her connection to the arts, what she's most excited for at this year's Kaleido Fest and what's next for Arts on the Ave.

Tell us about how you got your start in the arts as a performer, then as a producer.

My life has been very immersed in the arts. My parents really encouraged us as children to be involved in the arts. I was involved in choir and music lessons, theatre and drama, and all those good things.

I went to the Campus Saint-Jean at the University of Alberta and have a double degree in Langue et Literature and drama. After I worked for Canadian Airlines for a while, and kept on doing community theatre. I directed a couple of Fringe plays way back in the day and was a stage manager as well.

I taught in the school system as an artist in residence, and I was there for nine years, doing a K to 6 curriculum in drama for elementary school children in French and English. During that time, I was also involved with the beginning of Arts on the Ave. It came to a point where I had to decide what to focus on, and I chose to do the latter.

Looking back to 2005, what was the impetus for founding Kaleido



Christy Morin at Kaleido Family Arts Festival's Aurora Lantern Parade

Photo: Provided by Christy Morin

Arts Festival, Deep Freeze: A Byzantine Winter Festival, and Arts on the Ave Edmonton Society?

It was all about figuring out how we could edify the community through the arts. I met up with Anita Lenny, and both of our dreams and visions were to see the Avenue transformed in a creative way. A driver for me was how to see beauty in the community. It was a very sad, devastated community, and some wonderful people lived there

who just kept on trying but couldn't figure out what would work. We put a little note in the community newspaper, the *Rat Creek Press*, calling for creatives to gather, whether a potter, maker, jeweler, musician, an opera singer, etc., because I was really committed to mixing the arts disciplines.

A whole whack of us artists living in the neighbourhood decided to come together and do a festival. Our first festival was in October since there weren't many fall festivals at the time. We did it on Thanksgiving weekend, and it was called Arts Alive. Chris Hayes, Scott Peters, Chris Wynters, and so many people were just like, "We'll bring in lights; we'll set up a stage." It was pretty significant to the neighbourhood to start seeing something so great. Members of Captain Tractor played, and that was awesome. Around 500 people attended that first year.

We didn't shut down the Avenue back then. It was in the old George's Cycle building and the Alberta Ave Community League and parking lot.

In addition to festivals, Arts on the Ave operates the Carrot Community Arts Coffeehouse, which offers year-round programming. Tell us a little about what makes it such a special space.

When I was in my first year of university, I was dreaming with my girlfriend Monique of what we could see ourselves doing. She reminded me many years after the Carrot was born: "Christy, you dreamt of having a coffee house. You actually called it a coffee house, not a café that was an art space, and you wanted everyone from

all walks to be there."

The Carrot was birthed out of the festivals because we were meeting in each other's homes and were always seeking somewhere to meet. The City was committed to four years for the revitalization of the Avenue, and the arts weren't part of the initial revitalization plan. It was us artists who started coming forward, and we really lobbied for arts to be part of the plan.

In our search for a space, we stumbled upon an old Portuguese bakery. We got a revitalization grant from the City. We had six months' rent, a vacuum cleaner and an espresso machine, and that was how we started the Carrot. If we had actually done a business plan, we probably never would have started the Carrot.

It's now 18 years old, which is crazy. Volunteers are the heart of it; they're the ones serving and helping our manager, Edwin, with the gallery wall. We have a volunteer Carrot committee that comes together with their different skills and backgrounds to give direction and support. The managers going back to the early days are amazing people. Our volunteers come from so many different walks of life and get trained to make excellent coffee from really good beans.

Tell us more about the importance of fostering artistic expression and community engagement and what it means for Alberta Ave communities.

We're all creatives, and community development through the arts taps into that. It's not just building a festival; you are in a community that's creative and desires to see change. Even people who are searching so hard for who they are. Often, the arts will tap into them.

Recently, there was a major issue in the community rooting from a housing initiative near the Carrot. It had become an incredible bee's nest of crime. The community was getting angrier, and their voices were getting stronger. Arts of the Ave brought together the Edmonton Police Services and different community groups. We started to talk about how great it would be to connect with the residents and for them to realize that they are community members and they are citizens of the community. Jeff Collins, whose gallery is close to the Carrot, was like "Christy, if you can find some money, I can do this. I used to do skills training through the arts." We received a grant for it through the Edmonton Arts Council and one through the City, and we were able to do our first intake this past spring. About a dozen residents participated, and their lives were so touched by Jeff and his team. They'd come to Collins Studio Gallery three times a week and had an exhibit in June. After the program, the group led a clean-up in the neighbourhood, and one of the participants is now teaching the art that Jeff taught him. We're looking to do the second intake in the fall. When you're able to find people who care so much like Jeff and you find people who are so willing to be vulnerable,

Continued on page 8



CURB THE DANGER™
Report an impaired driver.

Call 9-1-1

EDMONTON
POLICE
SERVICE

CHECKSTOP

Volunteers are the heart of the Carrot Community Arts Coffeehouse

Continued from page 7

like those residents, that's where the beauty happens and lives are changed.

What else are you currently working on, and what's next for you?

We need a building, and now is the time for Arts on the Ave to lead this project. There have been so many iterations and things that have happened in the past, but we're looking forward. We've been lobbying and looking at building our development team so that we can actually put in a strong RFP and begin the project. It would be a live/workspace with four or five stories for artists and creatives of all types, and then the main two floors would be the Carrot, a black box theatre space, rehearsal space, an Indigenous space and offices. So that is a big project.

About Christy Morin

Christy Morin, a 2024 King Charles III Coronation Medal recipient, is a visionary and director with an unwavering passion for the arts. As the founder (2007) and current driving force behind the Kaleido Family Arts Festival, Deep Freeze: A Byzantine Winter Festival, and Arts on the Ave Edmonton Society, Christy has



Christy Morin with her family at Deep Freeze: A Byzantine Winter Festival

Photo: Provided by Christy Morin

dedicated herself to enriching the cultural tapestry of the Alberta Avenue District community and the city of Edmonton as a whole.

With boundless enthusiasm, Christy champions the vibrant Alberta Avenue District, a community she calls home. Her commitment to fostering artistic expression and community engagement is evident in her tireless efforts to bring the arts to the doorstep of residents. Christy's work has not only enhanced the cultural vibrancy of the district but has also inspired countless individuals to embrace and celebrate the arts.

Residing on the Ave, Christy has invested a significant portion of her life and energy into creating opportunities for artists and art enthusiasts to connect, collaborate, and flourish. Her dedication to building a thriving artistic community is a testament to her unwavering love for all things art. Christy's leadership and vision have transformed the Alberta Avenue District into a hub of artistic creativity and cultural celebration.

Want more YEG Arts Stories? We'll be sharing them here and on social media using the hashtag #IamYegArts. Follow along!

For more information about the Edmonton Arts Council, visit the new website edmontonarts.ca.



BRING WHO YOU ARE



EPS IS HIRING THE NEXT GENERATION OF POLICING

- > New Officers start at 76k. Earn over 113k in just 5 years
- > Exceptional health & wellness benefits. Pension, vacation & more
- > Improve your community & serve with compassion
- > All training is local and provided. Over 100+ roles to choose

GET STARTED TODAY. WE'RE HIRING.

EDMONTON
POLICE
SERVICE

|

JoinEPS.ca

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: <https://newcomercentre.com/program/settlement-information-orientation/>

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.iafcanada.org

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

Other important phone numbers:

Edmonton Police Service

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

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

Poison Centre 1-800-332-1414

Hazardous Material Spills 9-1-1

Utility Trouble Calls Only:

Power Emergency 780-412-4500
Within Edmonton

Gas Emergency 780-420-5585
Edmonton & Area

Drainage Trouble 780-496-1717

Sewer Trouble 780-496-1717

Wastewater (odour hotline) 780-469-8176

Water Emergency Service 780-412-6800

The next issue of the Mill Woods Mosaic will be published on October 15, 2025 The deadline for advertising and editorial is Friday, October 10, 2025.

Program to support babies with opioid withdrawal marks 10 years of success

By Marguerite Watson
Senior Communications Advisor
Covenant Health

Melissa Gara still remembers how supported she felt when she and her newborn son, Jackson, were patients in the Maternal Medication Use and Neonatal Abstinence (MMUNA) program at the Grey Nuns Community Hospital in 2018. She was taking methadone for chronic back pain, and her obstetrician referred her to the program to support her and her baby following delivery.

"Being on methadone is not something that I was proud of, especially because of the stigma around it and the guilt that comes with being on medication like that while you're pregnant. (The MMUNA program staff) were very accommodating, and there was no judgment," says Melissa.

Officially launched at the Grey Nuns hospital in 2015, the MMUNA program is a rooming-in approach to managing withdrawal symptoms in babies who've been exposed to opioids in their mother's womb. For up to 10 days after delivery, mothers and babies are kept together in their own calm, quiet room, a departure from the common approach of separating the two and admitting babies to the neonatal intensive care unit (NICU) for specialized care and medication for neonatal abstinence syndrome (NAS). Parents are encouraged to breastfeed, and they learn to recognize signs of withdrawal and how to care for their babies, such as how to settle them through skin-to-skin contact. They also receive follow-up support after they leave the hospital.

The first of its kind in Alberta, the program recently marked its 10-year anniversary at the hospital with a tea — complete with cake, presents and activities for all ages — funded by Covenant Foundation. Former patients and their families gathered with staff in the hospital's gymnasium to catch



Photos: Peter Rybar/Covenant Health

up with each other and celebrate the program's success.

"We've had really good outcomes," says Stephanie Haire, a social worker who has supported the program since its beginning. While the trauma of opioid withdrawal can mean babies end up in foster care, only 12 of the 176 babies who have gone through the MMUNA program have not gone home with their mothers and only 26 have been admitted to the NICU for treatment. Most, if not all, of those 176 newborns would have been admitted to the NICU if they hadn't been part of the program, says Stephanie.

Research has shown that the frequent skin-to-skin contact that can happen in a rooming-in model is positive for both parents and babies. For parents, it can lead to reduced anxiety, greater bonding and increased confidence for parenting. And for babies, it can mean a stable body temperature, better sleep, less crying, lower incidences of infection, better weight gain and respiratory stability. Skin-to-skin care also results in increased milk production and more

and longer periods of breastfeeding, which are also important for ensuring the health and growth of babies.

For Melissa's son, Jackson, the skin-to-skin contact was especially helpful. He had some discomfort when he was first born, but he didn't need medical treatment, Melissa says. "The skin-to-skin was amazing. I just pretty much sat with the baby on my chest the entire time, and he did really, really well." Melissa had a similar experience with the program when she had her next child, Maverick, in 2022.

Like Melissa, Sarah Dunn is grateful for the time she spent in the MMUNA program with her son, Lukas, in 2016 and her daughters, Lilly and Rebekah, in 2019 and 2022. "The whole hospital experience was just so wonderful," says Sarah, who is also on medically prescribed methadone. "None of my children needed to be medicated. They didn't withdraw at all, because of the support and information that the program gave me."

Sarah says she had a different experience when her older son, AJ, was born

in 2015 and she was not part of the MMUNA program. AJ was jaundiced, had problems feeding and showed other signs of withdrawal.

During the years since the program has been running, Dr. Katharina Cardinal, one of the physicians who started it along with a team of staff members, has learned that it's impossible to predict who will be successful. While early on she expected to see good results for "stable patients," those who are taking medications like methadone for pain or to treat an opioid use disorder (i.e., opiate agonist therapy) and not using other substances, she has also witnessed "incredible successes" in patients who are "unstable" and using other opioids rather than getting therapy.

"It's just such a pivotal time in a person's life when they have a child," Katharina says. "It's a time of dramatic change for people. Many of those patients have switched to opiate agonist therapy and have been able to take

Continued on page 11



Stephanie Haire, social worker, has supported the program since its beginning.

EDMONTON PUBLIC SCHOOLS TRUSTEE CANDIDATES FORUM

Wednesday, October 1 @ 7 PM

Knottwood Community Centre
449 Knottwood Rd W NW

WARD I

INVITED CANDIDATES

Sanjay Patel
Jan Sawyer

Mani Tamilvanan

BROUGHT TO YOU BY:



Edmonton Public
Schools
Teachers



Submit questions to EPSANetwork@gmail.com

Rooming-in program gives confidence and knowledge

Continued from page 10

their babies home, and I've seen them six months or a year or even later doing very well."

Both Melissa and Sarah feel they have been successful because the program gave them the confidence and knowledge they needed to take care of their babies. "(The program) made a big difference to my confidence level in making decisions about how to be a mother," says Sarah.

Today, Sarah's children — Lukas, Lilly and Rebekah — are "all very healthy. They're just smart, beautiful children," she says. And Melissa says Jackson and Maverick are "thriving."

The success of the MMUNA program at the Grey Nuns hospital has led researchers at the University of Alberta to launch a project to introduce a rooming-in program at eight other hospitals in Alberta. Called the Alberta Neonatal Abstinence Syndrome Mother-Baby Care ImprovEmeNT (NASCENT) project, it aims to achieve similar results: lower NICU admission and length of stay, an increased number of babies going home, higher breastfeeding rates and more mothers enrolled in programs for substance use. The project will also look at whether a rooming-in model of care reduces the costs of caring for babies with NAS in Alberta.

Looking back, Katharina is thankful to the Grey Nuns administration for supporting the rooming-in approach even before it became an official program at the hospital in 2015. "I'm so appreciative that they let me do these



Rebekah Dunn enjoys the colouring station at the anniversary tea for the rooming-in program.

Photos: Peter Rybar/Covenant Health

admissions and that they trusted that this was the right thing to do. It's incredibly heartwarming as a health-care provider to know that you're making a huge difference in someone's life. Often, we're just putting a Band-Aid on things, and this feels like we're actually fixing something."

Looking ahead, the MMUNA program is considering ways of broadening its admission criteria to include patients who use other substances, such as amphetamines, cocaine, mari-

juana and alcohol, to help mitigate withdrawal in more newborns. The impact of giving babies a positive start to life in a supportive environment and able to go home with their own family unit is "immeasurable," says Stephanie.

Melissa and Sarah would recommend the program to anyone going through a similar situation, whether they are on methadone, in recovery or using other substances. "If you're having a kid and you're on methadone or medications that could be addictive, this program is 100 per cent the best option to choose because (Dr. Cardinal and the nurses) understand the situation, and they are 100 per cent there to help," says Sarah.

Melissa agrees. "I think there needs to be more programs like this, with opioids being a bigger thing. You might not have an active addiction, but to have somebody support you during the time you're going to deliver is huge."

This story was first published on the website of Covenant Health: <https://covenanthealth.ca>. Covenant Health is one of the largest Catholic health care providers in Canada, employing over 15,000 staff, physicians and volunteers in 17 facilities in 12 communities across Alberta in cooperation with Alberta Health Services, including Grey Nuns Community Hospital, Misericordia Community Hospital, and St Joseph's Auxiliary Hospital in Edmonton.



Sarah Dunn says her children are happy and healthy, thanks to the support she received in the rooming-in program.




Mid Autumn Festival Dinner



An evening of 8-course authentic Chinese dishes to eat with a Live Auction and Silent Auction

Saturday, October 4, 2025

Golden Rice Bowl Restaurant - 5365 Gateway Blvd.

Cocktails at 6:00 pm • Dinner at 7:00 pm

Proceeds in Support of Alzheimers Society of Alberta & NWT

Tickets: \$80.00 per person

Funds will enable the Society to provide "HELP for Today" through free education and support programs for individuals diagnosed with Alzheimer's disease and other dementias, along with their family members and care partners, and Hope for Tomorrow through innovative research initiatives happening right here in Alberta.



For Ticket Purchase, please send an email to info@edmontonsoutheastrotary.org or call Victoria Ewert at 780-9644168 or Roderick Almonte at 780-977-7168. Payment can be made by e-transfer or cheque to the Rotary club of Edmonton Southeast.

ROTARY CLUB OF EDMONTON SOUTHEAST (ID 80012)

Edmonton's city election will lay base for Edmonton's future

As you likely already know, Edmonton is in the midst of the kind of excitement that comes around only every four years – a municipal election. As the future path for Edmonton will be blocked out in the next few years, the Edmonton city council and the school boards have important decisions to make. For instance, homelessness has emerged as a major issue, and council must decide on whether to fund housing mega-projects, defend Edmonton's established communities by allowing only modest redevelopment, or allow massive development within the established old neighbourhoods?

Although Mill Woods is younger than many parts of the city, it has passed the half-century mark. Likely redevelopment, if allowed by council, will not have an immediate mass impact on Mill Woods, but almost certainly any mass development of the Northlands or the land that Edmonton has acquired towards Leduc would restrict the level of services that the city provides in Mill Woods. And the school boards, which oversee the places where our children are being educated, also play an important role in forging Edmonton's future.

As we look at those who have come forward to run as candidates in this election, we see the positions of mayor, city councillor and school board trustee are all being contested by committed and qualified candidates. In each district, Mill Woods voters have the choice for voting for a new face or for the incumbent, except to fill the mayor's chair. Mayor Amarjeet Sohi, former Mill Woods MP, is not running for re-election.

For the election of city councillors, Mill Woods is split between two wards. 50th Street is the dividing line between **Ward Karhiio** and **Ward Sstomitapi** ward. This demarcation determines the options available to voters. West of 50th Street they cannot vote for sitting councillor **Jo-Anne Wright**; east of 50th Street they cannot vote for sitting councillor **Keren Tang**. This is because Tang is running for re-election in Karhiio, and Wright is running for re-election in Ward Sstomitapi.

Edmonton deserves credit for having a multi-racial city council, where women hold more seats than men. White men have historically dominated the council chamber. But that has changed in recent years. Mill Woods voters, whether in Karhiio or Sstomitapi, have a wide range of types to choose from among the candidates.

In Karhiio (lying west of 50th Street), **Keren Tang**, the incumbent city councillor, was first elected in 2021 with 7400 votes, about 40 percent of the votes cast in the ward. None of her competitors at that time have so far registered to run against her this time. She also ran in 2017 but was not elected that time.

Since she has been on council, she brought community-based budgeting to Karhiio, putting decision-making power and funding in the hands of its residents. Community leaders, young and old, created public art projects, installed little libraries and public benches, planted trees, and launched Mill Woods Dining Week. She also claims to have supported the mapping

of hundreds of kilometres of bike paths to help people pedal the city.

Other candidates in Ward Karhiio are **Jason Bale**, who was a staffer for former pro-business city councillor Mike Nickel, **Yogesh Garg**, **Manny Bautista** and **Avinash Soochit** who is

her position on council to support the environment and to limit the impact of development on it. She opposed a proposal to move a natural creek bed to allow industrial development, because it might have meant the loss of 7000 trees.

Also running for the seat is **Annie Chua-Frith**. For a time in 2024 she had her name in for the Conservative Party nomination for Edmonton Southeast but was not chosen as the party's candidate. She was long-time president of the Philippine Bayanihan Association. She spearheaded the naming of Mabuhay Park, a "Filipino Park" located north of 14th Avenue east of 29th Street.

Ashok Sui is also competing for the seat. His website gives his priorities: Safe & strong communities – Support for police, youth services, and public safety; Better roads & public transit; Affordable housing & smart growth. If he can do that without losing us other existing services, then more power to him.

Sukhi Randhawa is a candidate in Sstomitapi. He may be remembered as the fellow who won the Conservative nomination in 2004 in Edmonton-Gold Bar and then withdrew his candidacy due to charges he had bought votes at the nomination meeting.

Sandeep Singh is running as well. **Steve Van Diest** is said to be the candidate of the PACE party in Sstomitapi but has not yet registered as a candidate.

In addition to the city council contests described above, voters in Mill Woods and The Meadows also have the chance to cast votes for school

board trustees.

The public school board wards are different from city council wards. The part of Mill Woods and The Meadows north of 23rd Avenue is in Ward G, while the rest is in Ward I.

Jan Sawyer, the trustee for Ward I, is running for re-election against two other candidates. Sawyer is a respected member of the board, and when the seat in neighbouring Ward H became vacant, she was appointed to handle that ward as well as her own ward. Her performance in this dual role shows that there is no actual need to restrict members to just small districts. If Sawyer can handle two wards, surely two councillors could do the same, and such a "grouped district" would allow a fairer election system than winner-take-all first past the post.

The other two candidates in Ward I are **Sanjay Patel** and **Tamilvanan Mani**.

The incumbent trustee in Ward G, **Sadiq Sumar**, is running for re-election against **Aleen Lenana**, **Pranshu Patel** and **Corinne Roudeau**.

For the Catholic school board, Ward 77 covers the entire Mill Woods and the Meadows. The incumbent trustee, **Laura Thibert**, is up against **Santo Chines**.

People are still entering the various election contests, and the deadline for registering as a candidate is Monday, Sept. 22.

To my mind, it is a sad thing that we rely on the flawed first past the post election system to determine who of these fine candidates gets the say in what will happen. But until a new election system is adopted, this is what we have, and with luck, everything will come out okay in the end.

Tom Monto is an Edmonton historian and author of the blogsite Montopedia.

**Tom
Monto**

**A
Different
Perspective**



an immigrant from Mauritius.

Atiq Rehman says if elected, he will fight for policies that "empower small businesses and make our neighborhoods safer."

Hali Kaur Kahlon, of the "Principled Accountable Coalition for Edmonton" (PACE) party, is said to be a candidate but has not finalized her registration. Party labels are being used in this election, signifying a return to the old days, when the pro-business "Citizens' Committee" dominated the chamber for decades over the opposition of the Labour Party and the Co-operative Commonwealth Federation party.

Joti Buttar is running under the flag of the "Better Edmonton Party" (a slate led by sitting councillor Tim Cartmell). Party leader Cartmell has said he will encourage development outside of the established communities, large-scale developments in "big one spaces," such as the old Northlands site. He decries others on council today who, he said, have an "ideological focus" on established neighbourhoods.

Another perspective is that the other councillors have taken a fiscally-conservative approach that is relatively easy on the city's chequebook. Small-scale development (backyard suites and other infill) is self-financed by individual homeowners or builders and requires only a moderate amount of new infrastructure, unlike grandiose projects.

Cartmell's position is different from the position taken by **Jo-Anne Wright**, the sitting councillor in Ward Sstomitapi. Since 2021, Wright has been the councillor in Ward Sstomitapi (which covers the part of Mill Woods lying east of 50th Street and The Meadows). She won in 2021 with 6,000 voters, and none of her competitors at that time have so far registered to run against her this time. She ran in 2017 and was unsuccessful at that time. She raised her family in Wild Rose where she volunteered with the community league.

Wright believes Edmonton should not spread out. "By reducing urban sprawl – building up, not out – we encourage development in neighbourhoods that already have the desired infrastructure in place. That translates into reduced costs."

Wright is proud to say she has used



SAVE THE DATE

Daughters Day



THEME:
BUILDING FUTURES ROOTED IN STRENGTH

SATURDAY
SEPTEMBER 20, 2025

EDMONTON CITY HALL

12 PM - 1 PM	Informational Fair
1 PM - 3 PM	Main Program





Learn more:
www.daughters-day.com

Daughters of the Year: "Building Futures Rooted in Strength"

On Sept. 20, ten Alberta women will be honoured as "Daughters of the Year" for making a difference in their communities.

This year's Daughters of the Year are:

Anurika Onyenso

Anurika Onyenso is a proud graduate of the University of Alberta with a degree in Business Management, driven by a deep passion for advocacy and creating meaningful social change. Her journey has been shaped by a commitment to connecting with people from diverse backgrounds and advocating for marginalized communities. Over the years, she has built a career that spans business development, non-profit marketing, and community service where she had the privilege of supporting individuals in navigating their educational and professional paths.

These experiences have not only strengthened her strategic thinking and leadership skills but have also taught her the value of collaboration, empathy, and resilience. She remains dedicated to amplifying voices that are often unheard, fostering inclusive opportunities, and contributing to a society where everyone feels valued and empowered.



Anurika Onyenso



Carrie Anne Doucette



Judy Lederer



Kathryn Luu



Kyla Fisher



Rehma Khan

Carrie Anne Doucette

Carrie Anne Doucette, known as Carrie the Connector, is a dynamic entrepreneur passionate about building relationships and helping businesses grow. With a natural gift for networking and strategic marketing, she has become a trusted bridge-builder who connects professionals, creates opportunities, and amplifies brands.

Carrie is the driving force behind countless initiatives that bring people together, from business showcases and fashion events to community fundraisers and wellness summits. She is dedicated to supporting entrepreneurs, local organizations, and charitable causes, ensuring they receive the visibility and connections they need to thrive. Her ability to pair creativity with strategy has earned her a reputation as someone who not only makes introductions but helps others achieve lasting impact.

In addition to her business and community work, Carrie is a mentor, collaborator, and advocate for women in leadership. She has been recognized as a Womanitron Magazine Entrepreneur of the Year nominee and has led campaigns that spotlight and celebrate others' successes.

At the heart of everything Carrie does is generosity, authenticity, and a belief in the power of people helping people. Being named a 2025 Daughter of the Year is a reflection of her commitment to building strong, connected, and thriving communities.

Judy Lederer

I was born Judy Ann Lederer in 1947, and raised in a working class family in Edmonton, where I lived for all but three years of my life. My entire working life has been in libraries in publicly funded institutions, beginning with the Edmonton Public Library, then at

Grant MacEwan College, followed by three years at Carleton University, and finally ending my career after 32 years at the University of Alberta Library.

Throughout these years, I was active in my union, also supporting and volunteering in the work done by various advocacy organizations like Public Interest Alberta, Friends of Medicare, and the Parkland Institute. Since my retirement from work in 2010 I assumed more formal roles and responsibilities in these organizations, currently serving as President of the Edmonton Area Council of the Congress of Union Retirees and representing this organization on the Board of Friends of Medicare, where I now serve as Treasurer. I also serve as Co-Chair of the Alberta Pharmacare Working Group where I plan and participate in campaigns and Town Halls to advance the expansion of our health care system to include coverage of prescription medication.

As a senior, I now represent the Alberta Federation of Union Retirees on the Public Interest Alberta Seniors Task Force, actively working on issues to advance the betterment of the senior population in Alberta. Pension security, continuing care, and the enhancement and protection of our universal public health care system are all issues that help make life more affordable for seniors as well as all Albertans.

It was an honour of a lifetime to be recognized in 2019 for the work I have been doing, when I received the volunteer of the year award at the 40th anniversary celebration of the Friends of Medicare. As a child, I fully recall growing up in a family prior to medicare, where we faced challenges accessing health care. Now, as a senior, I fully support and continue to advocate for our universal public health care system.

Kathryn Luu

Kathryn Luu is a passionate community builder and dedicated advocate for the revitalization of Edmonton's Chinatown. She currently serves as Vice Chair of the Chinatown Business Improvement Area (BIA), where she works to strengthen local businesses, create opportunities for growth, and enhance the cultural and economic vitality of the neighbourhood.

Believing strongly in the power of community, Kathryn devotes her time to organizing events for three communities and supporting many other events that bring people together, celebrate heritage, and create lasting memories for families. She takes pride in advocating for businesses while showcasing Chinatown as a welcoming destination for all.

In addition to her leadership role with the Chinatown BIA, Kathryn serves on multiple boards where she contributes her expertise to event planning and community engagement. Her collaborative and hands-on approach have made her a valued partner in initiatives that strengthen her communities.

Outside of her community work, Kathryn supports her husband in growing Kim Fat Market, their family-owned butcher shop in Chinatown since 1989. Together, they are committed to both preserving the legacy of the neighbourhood.

Kyla Fisher

Kyla Fisher is passionate about building community and making Edmonton a welcoming place for all. Descended from settlers who made their homes on both the east and west coasts of Canada, she has lived in Edmonton for the past twenty years, earning two degrees from the University of Alberta, enjoying all aspects of the arts

(often singing in choirs), and learning more about what draws people to this area.

Kyla has more than a decade of experience working in the non-profit sector, working with newcomer communities, housing and homelessness, and heritage. Currently, Kyla is the Manager of Partnerships and Investments with the Edmonton Heritage Council where she has the pleasure of working with the grants team, Indigenous initiatives, and on projects like the Edmonton Living Rooms virtual exhibition, telling the stories of seven newcomer and refugee communities.

Kyla is currently the Past-President of the Braille Tones Music Society of Edmonton, the Sports Director for the Highlands Community League, and the Highlands representative for the Community Grassroots Soccer Association where she lives her values of accessibility and equity in both music and sport. You can find her exploring Edmonton with her partner and two little boys.

Rehma Khan

Rehma Khan is MSc Public Health student at University of Alberta specializing in Health Promotion. She has worked in social justice, health equity, gender equality, and youth engagement, and is a community advocate whose work is embedded in her values and cultural heritage.

She has strengthened collaboration and contributed to health advocacy through her involvement in initiatives that amplify underserved perspectives, support women's health, and advance community wellbeing such as Vice President of the Canadian Advisory of Women Immigrant, Youth Advisory

Continued on page 14

Daughters of the Year: "Building Futures Rooted in Strength"

Continued from page 13

Board member for the Abortion Care in Canada project, and Co-Founder for age-tech start up LifeTech Care Canada.

Saniya Ghalehdar

Saniya works as a facilitator and coordinator for an inclusive leadership team. She holds an Equity, Diversity, and Inclusion Certificate from UBC and is currently working towards completing a Women's and Gender Studies degree. She is also certified to deliver Human Rights advocacy training through the John Humphrey Centre for Peace and Human Rights. Her dedication to learning goes back to her need and desire to support her community and to infuse all that she does with the knowledge she acquires.

Outside of work, Saniya enjoys her work on the Women's Advisory Voice of Edmonton Committee (WAVE). She and her fellow committee members advise City Council on issues that impact women and gender-diverse people in our city.

She is also the Founder of a project called She Said (Instagram: @1800shesaid and on LinkedIn). Saniya and her team are working on collecting the stories and advice from women across the country, and from small pockets across the globe, to help combat gender parity issues that were highlighted in the most recent UN Women Gender Snapshot reports. They hope to use the data collected to create educational materials to help women and girls from equity-deserving communities.

Stella Igweamaka

Stella Igweamaka is an award-winning researcher, storyteller, and strategist whose work is transforming how Canada understands equity and inclusion. Originally from Nigeria, Stella believes in the power of research and storytelling to challenge systemic inequities, elevate marginalized voices, and create communities where everyone can thrive.

Her groundbreaking leadership has gained national attention, including recognition by CBC News for her work with Black Canadian Women in Action on the research of the adultification bias of Black girls in Canada. She also co-led the national study Reframing Approaches to Justice for Black Women and Girls with Sisters in Sync, ensuring lived experiences are centered in justice reform. In 2022, she partnered with Pitch Better and the Canadian Women's Foundation to deliver Canada's first national survey of Black women entrepreneurs, uncovering the funding disparities that continue to shape their journeys.

Stella holds an MBA from the University of Lagos and is a Certified Analytics and Insights Professional (CAIP Canada), trained to apply data with integrity and ethical rigor. In 2024, she was appointed to the Women's Advisory Voice of Edmonton (WAVE), where she champions women's civic participation and equitable representation in municipal government. That same year, she was

named a Young Impact Leader by Future of Good, honoring her dedication to amplifying marginalized voices and driving meaningful change.

Tatiana Meneses-Sab

I am a passionate community leader and the founder of Sab Connections, an organization dedicated to building stronger, more connected communities through collaboration, inclusivity, and mutual support. With years of experience organizing impactful community events, social programs, and outreach initiatives, I have seen firsthand the power of bringing people together to share resources, stories, and opportunities for growth.

My work is rooted in the belief that everyone deserves to feel seen, heard, and valued, regardless of their background, identity, or circumstances. As a proud Filipino-Canadian, the values of hospitality, resilience, and community are central to everything I do. These cultural foundations inspire me to create spaces where people can build genuine relationships, access support, and work collectively toward shared goals.

In North East Calgary and beyond, I've led initiatives that break down barriers, encourage civic participation, and empower individuals to become active contributors in their communities. Through Sab Connections, I continue to advocate for equity, connection, and sustainable change. My mission is not only to respond to immediate community needs but also to cultivate long-term partnerships that uplift and strengthen the fabric of our society, one connection at a time.

Theresa Stanley

The dynamic Theresa Stanley is one of the senior coaches and Executive Director of the Phoenix Martial Arts Club, proudly training 800 athletes at 7 different locations within Edmonton. With her husband Craig, they have one of the largest martial arts clubs in



Saniya Ghalehdar



Stella Igweamaka



Tatiana Meneses-Sab



Theresa Stanley

Alberta.

Theresa is a 6th Degree Black Belt, a full contact Muay Thai Fighter and a 13-time international Taekwon-do athlete. Finding much of her confidence in training martial arts, she uses her platform as a female leader and coach to teach girls self defence and self confidence. Her innovative Girls On Fire Confidence Conference and Mentorship Programs have spread like wild fire and have impacted hundreds of girls in Alberta. Her mission is to reach a million girls between the ages of 8-13 with her message of building confidence and learning combat training. This program started in 2018 with

25 girls in Edmonton. In 2025, the Girls on Fire Confidence Conference has hosted six conferences in Edmonton, three conferences in Red Deer and now for the first time, in Calgary in September 2025, impacting thousands of girls!

When Theresa is not out leading the girls or training in martial arts, she spends time with her husband Craig and daughter Pepper, along with their two Rottweilers, Talon and Reaper. She loves to run, cook, and read.

Photos supplied by
Canadians for a Civil Society
www.ccsorg.ca



RE-ELECT

Jo-Anne WRIGHT

for Ward Sspomitapi Councillor

Representing YOU - not a party

My Priorities

- Public Safety
- Investing in Core Services
- Financial Sustainability
- Responsible Development
- Building Strong Communities

Vote

Advance Polls Open
October 7 - 11, 2025

Election Day
October 20, 2025

For locations, check out
EdmontonElections.ca

Learn More



jo-annewright.ca



[joannewrightyeg](https://www.facebook.com/joannewrightyeg)



[@joannewrightyeg](https://twitter.com/joannewrightyeg)



[JoAnneWrightYeg](https://www.instagram.com/JoAnneWrightYeg)

THE SHAAMA CENTRE

Join us at the 25th Annual Interfaith & Multicultural Celebration

When Faith meets Reality

Oct 4th 5:00 PM Meridian Banquet Hall, 4820 76 Ave NW, Edmonton

What to expect:

- ★ Real stories. Shared wisdom. Honest conversation.
- ★ Performances, reflection, and connection over dinner.
- ★ People of all faiths and backgrounds are welcome.

Early Bird Tickets \$35 each (After Sep. 15th \$50)

Early Bird Table of 10 \$330 (til Sept 20th)

No tickets at the door. All Genders are welcome, no kids under 12

For more details: **780.465.2992** light@shaama.ca

Discrimination and racism have no place in our hearts, our homes and our world.


What's up?

Community events in Mill Woods

- Sept. 20** - Celebrating Daughters Day 2025
Ten Alberta women will receive the Daughter of the Year Award.
Keynote Speaker: Ashley Morin
Edmonton City Hall
1 Sir Winston Churchill Square
12:00 - 1:00 p.m. Information Fair
1:00 - 3:00 p.m. Main Program
www.daughters-day.com/daughters-day-2025
- Sept. 20 & 21** - Rummage Sale
Mill Woods Seniors Association
Saturday, Sept. 20: 10:00 a.m. - 4:00 p.m.
Sunday, Sept. 21: 10:00 a.m. - 3:00 p.m.
Mill Woods Seniors Association
2nd Floor, 2610 Hewes Way NW, Mill Woods (above the Mill Woods Public Library)
- Oct. 4** - 25th Annual Interfaith & Multicultural Celebration, hosted by The SHAAMA Centre
"When Faith meets Reality"
Meridian Banquet Hall
4820 -76 Avenue NW, Edmonton
5:00 p.m.
For more details, phone 780-465-2992 or e-mail light@shaama.ca
- Oct. 4** - Mid Autumn Festival Dinner
An evening of 8-course authentic Chinese dishes to eat with a Live Auction and Silent Auction, hosted by the Rotary Club Edmonton Southeast
Proceeds in Support of Alzheimers Society of Alberta and Northwest Territories
Golden Rice Bowl Restaurant
5365 Gateway Boulevard NW, Edmonton
Cocktails at 6:00 p.m., Dinner at 7:00 p.m.
For tickets, call Victoria Ewert at 780-964-4168 or Roderick Almonte at 780-7168-977
- Oct. 18** - Craft Sale - Local Makers + Artists + Artisans
Mill Woods Seniors Association
2nd Floor, 2610 Hewes Way NW, Mill Woods (above the Mill Woods Public Library)
10:00 a.m. - 3:00 p.m.
More information: www.mwsac.ca
- Oct. 20** - Municipal General Election in Alberta

Do you have a community event in Mill Woods to announce? Please send us the information, and we will include it in this community calendar in the next issue of the Mill Woods Mosaic. Tel. (780) 465-7526 or e-mail to: mwmosaic@telus.net

Life is a story. Tell it well.



How do you want to be remembered?

Arbor Memorial



South Side Memorial Chapel
by Arbor Memorial

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

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