

Mill Woods Mosaic

January 15, 2026

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The Multicultural Voice of Edmonton Southeast

Independent • Non-partisan • Interdenominational

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Chinese Sister City

Edmonton's Mayor Andrew Knack opened 2026 with a trade trip to the City of Harbin which is the capital of China's northeastern Heilongjiang Province and one of Edmonton's sister cities since 1985.

The delegation was invited to participate in Harbin's annual Ice and Snow Festival and talked about trade. Photo: Mayor Andrew Knack (2nd from right) and Edmonton City Councillor Keren Tang (4th from right) at the Ice and Snow Festival in Harbin.

Photo: City of Edmonton

New citizenship rules for Canadians born or adopted abroad

The Government of Canada says that it is committed to making Canadian citizenship law fair, clear and reflective of how Canadian families live today, both in and outside Canada.

Bill C-3, An Act to Amend the Citizenship Act (2025), is in effect as of Dec. 15, 2025. Moving forward, people born before Dec. 15, 2025, who would have been citizens if not for the first-generation limit or other outdated rules, will be Canadian and can now apply for proof of citizenship.

As previously announced, the new law also creates a modern, consistent path going forward. A Canadian parent born or adopted abroad can now pass on citizenship to their child born or adopted outside Canada today or in the future, provided they can demonstrate at the time of application that they spent three years in Canada prior to their child's birth or adoption. This approach supports fairness and clarity for Canadian families abroad while reinforcing the principle that real, demonstrated ties to Canada guide citizenship by descent.

For many, this moment has been long awaited. The new changes affirm their place in the Canadian family and strengthen the sense of belonging that citizenship represents.

For more information, consult the Citizenship section of IRCC's official website: <https://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-citizenship.html>

"These changes to our citizenship law reflect how Canadian families live today," said Lena Metlege Diab,



Canada's Minister of Immigration, Refugees and Citizenship. "Many Canadians choose to study abroad, travel to experience another culture, or relocate for family or personal reasons and still have a meaningful connection to our country. This new legislation strengthens the bond between Canadians at home and around the world, and reaffirms the values we hold as a nation."

Quick facts

- The first Canadian Citizenship Act of 1947 included several provisions that caused many people to either lose their Canadian citizenship or never get it at all. Changes made in 2009 and 2015 restored or provided citizenship to most of these "Lost Canadians." About 20,000 people came forward to seek their proof of Canadian citizenship as a result.
- The first-generation limit to Canadian citizenship by descent was introduced in

2009. It means that a child born or adopted outside Canada is not automatically a Canadian citizen by descent if their Canadian parent was also born or adopted outside Canada.

On Dec. 19, 2023, the Ontario Superior Court of Justice declared that key parts of the Citizenship Act relating to the first-generation limit to citizenship by descent were unconstitutional. The Government of Canada did not appeal the ruling, as it agreed the law had unacceptable outcomes for children of Canadians who were born outside the country.

In response to the court's 2023 ruling, IRCC announced an interim measure to support those affected by the first-generation limit. Now that the Citizenship Act has been amended, we will process applications using the new rules. People don't need to submit a new citizenship certificate application.

For more information, visit the website: www.canada.ca

Residential Snow Clearing

With the overwhelming volume and frequency of snow we have experienced this winter season, the City's snow and ice crews have been working around the clock – even over the holidays – to address the highest priority areas to ensure safe travel on main freeways, bus routes, river valley hills and other high traffic areas. This work was being done in accordance with Phase 1 of the Snow Clearing Service Levels outlined on the City's website.

With the snow having stopped, at least for now, residential snow clearing began on Monday. It is anticipated to take 14 days to complete the nearly 4,000 kms of residential roads across the City. To allow crews to complete the work, a Phase 2 Parking Ban was issued. Residents must adhere to the parking ban on residential roadways when crews are scheduled and active in each neighbourhood. Enforcement is active and vehicle owners who do not move their vehicle are at a higher risk of receiving a ticket. Roadways with excessive numbers of parked vehicles may be rescheduled or skipped to ensure service levels are maintained across all other areas.

Work to level residential roads to a 5 cm snowpack that started on Monday began with neighbourhoods that have boulevards and more space to place

for windrow placement will be attended to during the colder temperatures so as not to create large windrows in areas with fewer options for parking or driving. Within four hours following the initial clearing by plow trucks, skid steers will clear approximately 1.5m car widths at driveways and corner crosswalks. However, windrows around parked vehicles will not be removed and property owners are responsible for all other areas. Residents are reminded to refrain from placing snow on fire hydrants or into the roadways. It's also good practice for residents to ensure catch basins are kept clear of ice and snow.

In addition, work has proactively started with alley clearing to aid in waste collection and in response to 311 notifications received. The crews have also been addressing other key locations to help ensure student and community safety. School zone removals, which normally occur over the winter break, will begin January 23 and continue over several weekends.

The City's website includes several options for residents to stay informed about when clearing will occur in their

area. Signing up for Service Notifications will provide an automated message 24 hours prior to clearing at their location and then another message once work is completed. The Roadways Snow Clearing Map is updated regularly as areas are scheduled, in-progress, completed or rescheduled. Please note, this map only includes the City's operated fleet and not that of the many contracted operators called in to assist with the clearing. The Address Lookup Tool on the Parking Bans web page allows residents to enter an address to see the schedule.

We are a winter city and snow is expected and planned for as best we can. What may change from season to season is the way winter reveals itself. In recent years, we've had to deal with the freeze and thaw cycles – which may still be coming. This season is more akin to those winters I recall from my childhood with freezing temperatures and heavy snow accumulations. What I do know for sure is that spring will be here before we know it.

If you have any comments or concerns, I encourage you to always to reach out to my office at 780.496.8148 or jo-anne.wright@edmonton.ca

**Jo-Anne
Wright**

**Edmonton
City Councillor
for Ward
Sspomitapi**



cleared snow. This strategy will help to mitigate windrows as best as possible. With temperatures rising above zero means more snow must be cleared and may increase windrow amounts and sizes. When temperatures again drop, clearing conditions will improve and plows will focus on leveling the snowpack to the standard 5 cm in neighbourhoods where space for cleared snow is minimal. Neighbourhoods with narrower streets and less options

OPEN HOUSE PORTES OUVERTES

FEBRUARY 24, 2026

REGULAR PROGRAM **5:00 – 7:00 PM**

ACADEMIC ENRICHMENT PROGRAM **5:30 – 6:00 PM**

FRENCH IMMERSION PROGRAM **6:00 – 6:30 PM**



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City invests \$480,000 towards community-led vibrancy efforts in Chinatown

More vibrant festivals, dazzling events and cultural projects are on their way to Edmonton's Chinatown thanks to ongoing contributions from the City of Edmonton's Chinatown Vibrancy Fund. The grant program will invest an additional \$480,000 in 2026 to support community projects to help build a vibrant, welcoming and inclusive Chinatown.

"In 2025, Edmonton's Chinatown welcomed more than 16,000 visitors from across the city to share and celebrate the history, food and culture of this dynamic neighbourhood," said Mayor Andrew Knack. "I'm proud to support this community in creating even more opportunities for Edmontonians to experience this unique area."

City funding over the past two years has supported 28 projects, including Chinatown Chow Down, Lunar New Year, Edmonton Dragon Festival and the Four Guardians of Chinatown mural series. These initiatives have been helpful in boosting visitor numbers by locals and tourists for this area of our City.

One such project is the Chinatown Chow Down, which encourages participants to experience Chinatown's food scene through group meals, guided food tours and prizes for visiting local restaurants. These initiatives drive economic opportunities for small businesses in the area and promote tourism, generating additional revenue for the City of Edmonton.



Mayor Andrew Knack, members of Edmonton City Council and community members gathered at the Chinatown Vibrancy Fund launch on Jan. 13.

Photo: City of Edmonton

"With support from the City, the Chinatown Chow Down was able to bring together hundreds of visitors to support and experience Chinatown restaurants through a series of culinary gatherings over several months," said

Linda Hoang, a recipient of the Chinatown Vibrancy Fund. "More than a quarter of our participants said it was their first time visiting Edmonton's Chinatown. We know that vibrancy and visitation is a big challenge

in this neighbourhood, and the different programs supported by this fund play a big role in addressing that in creative ways."

"Chinatown's increase in foot traffic also connects to the success of the City's operational investments. Edmonton's LRT system expansion, particularly the Valley Line stop at Quarters, makes it significantly easier to access events and businesses in the area," added Mayor Knack.

The City invites community groups and organizations to apply. Proposals should demonstrate how the project will increase vibrancy in Chinatown and align with one of the four development pillars of the Chinatown Strategy, a plan focused on Chinatown's economic development. The pillars include goals to:

- Improve sense of safety and security
- Focus on business diversification
- Celebrate Chinatown as a cultural destination

- Leverage built form and landmarks

Since 2022, the City has invested more than \$1.9 million to support community-led projects and events in Chinatown.

For more information or to apply for the Chinatown Vibrancy Fund, visit edmonton.ca/Chinatown. Individual projects are not subject to minimum or maximum funding amounts.

Applications close February 28. For more information: edmonton.ca/Chinatown

HOLY FAMILY CATHOLIC ELEMENTARY/JUNIOR HIGH SCHOOL



OPEN HOUSE

FEBRUARY 19 – 6:30 PM

Mill Woods Mosaic

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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

We need better healthcare

The death of a 44-year-old man in the emergency room of the Grey Nuns Community Hospital on Dec. 22 was tragic. It was reported that he had severe chest pain, but was not attended to properly and died of apparent cardiac arrest after waiting nearly eight hours in the ER. The case received a lot of media attention, the widow demanded an independent investigation, and supporters were able to raise more than \$180,000 to help the family.

Healthcare advocates criticized the Government of Alberta and our province's "broken healthcare system", and there were many comments on social media from armchair coaches who blamed the staff at the Grey Nuns Hospital, and some remarks were quite racist, using the ethnic background of the deceased person to spread hate.

There is no doubt that our healthcare system is insufficient. The Grey Nuns Hospital opened in 1988, when the population of Mill Woods was about 100,000, and the facility has not been significantly upgraded since then although the population of southeast Edmonton has almost doubled.

It is not fair to blame the nurses, doctors and support staff, because they work hard, but it is high time to invest in the improvement of our healthcare system, so people don't have to wait so long for treatment or die in an emergency room.

Family reunification is not a "burden" or "drain" on Canada

The Government of Canada has announced that, starting January 1, it will pause taking new applications for parent and grandparent immigration sponsorships this year. The department says the pause is needed to control application backlogs and align with lower permanent-resident targets set in the 2026-2028 Immigration Levels Plan.

The move leaves many Canadian citizens and permanent residents with no pathway to bring their parents or grandparents to Canada for permanent residence in the near term. But for the Conservative opposition the pause is not good enough. They want to eliminate the parents and grandparents reunification program entirely, because it is a "burden" or "drain" on federal and provincial healthcare resources.

Here we go again: politicians trying to blame immigrants for shortcomings of our healthcare system and other infrastructure in Canada. U.S. President Donald Trump is using immigrants as a scapegoat for economic problems in his country and trying to divide the American people with his brutal Nazi Gestapo-style Immigration and Customs Enforcement (ICE) troops, and right-wing politicians in Canada are applauding and trying to imitate him.

But the truth is that most immigrants are hard-working people who contribute a lot to our Canadian society,

culture and economy and help making it a better country.

After my wife Susan and I immigrated to Canada in 1988-1989, we sponsored her two children who grew up in the Philippines. The daughter runs a

"drain" on the Canadian healthcare system.

We were happy to have them living with us, and we enjoyed each other's company. Susan was thankful to have the opportunity to take care of her elderly parents who were always there for her when she grew up in the Philippines. But after a little more than one year in Canada, the parents, who were already more than 80 years old, decided to move back to the Philippines for good. They were happy to live with us and appreciated our efforts to take care of them, but they found it difficult to adjust to the different lifestyle here in Canada and the cold climate. They had lived all their life in the Philippines and missed the way of life there with their neighbours, family and friends. There is this old saying: "You cannot shift an old tree without it dying." Susan meant well when she wanted to take care of her parents, but maybe it was not what they wanted.

I think it's also a cultural thing. In countries like the Philippines, which are considered "developing countries", many people take care of their elderly parents and don't put them in an old folks home. My mother managed a nursing home in Germany which was quite modern and had all the necessary services for older people, but places like that often lack the human touch.

And it is a sad statistic that many seniors die soon after moving to an institution, but in many cases the causes of death are not physical illnesses but depression and loneliness, because they had to give up their homes, furniture, pets, etc.

Anyway, there are many immigrant stories like ours, and some Canadians who have lived their whole lives here don't understand the sacrifices and contributions migrants are making to live in a country with better living conditions and a better future for their children. It is easy to accuse immigrants and their families of being a "burden" to Canada, but it doesn't have much to do with reality.

Last but not least, let's not forget that seniors are not useless people who have nothing to offer. Many retired people have a wealth of experience and are still contributing to our society, for example volunteering for good causes in our communities. That is a big factor with no price tag.

In Indigenous cultures, honoring elders is a fundamental principle based on deep respect for them as Knowledge Keepers, teachers, and guides who connect past, present, and future generations.

We can learn a lot from that.

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



When U.S. military kidnapped the president of Venezuela on Jan. 3 and abducted him to New York City, President Trump claimed that Venezuela "stole American oil." Maybe Albertans should be worried to be the next target, because Alberta's oil sands has the fourth-largest proven oil reserves in the world.

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

**Arnim
Joop**

**From the
Desk of the
Publisher**



small business with her husband in Fort Saskatchewan and is very involved volunteering in her community. And the son became an avionics technician in the Royal Canadian Air Force.

And then we sponsored Susan's parents from the Philippines, because it was always her dream to have her whole family reunited here in Canada. The parents stayed with us, and we covered their expenses for food, clothing and everything else, and they never received any "handouts" from Canadian government agencies, so they were never a "burden" or a

A Long Overdue Resolution

At the start of each new year, we often reflect upon the past and occasionally even resolve to now act differently. However, in many cases, the expected changes are short lived or neglected. Consider for example the common resolution to eat better, lose weight, stop smoking, or participate in exercise programs. My own experiences in this regard, some successful others not, have led me to form a more meaningful, focused, and manageable goal. A few years ago, I simply resolved to be happy. The meaning and approach to reach this state of being may surprise you.

My resolution may initially revive memories of the Bobby McFerrin 1988 popular song, which coaxed us with the mantra, "Don't worry, be happy!" For some of you, this intended objective may imply a strategy where the response to everything is laughter, complemented by the frequent appearance of joviality. Frankly, had I acted in such a manner, I would have been considered imbecilic and then shunned by everyone I encountered. No, my resolution is different.

Being happy may be described through two interconnected notions. The first relates to how we feel about ourselves, other people or events; the second, is the way we portray these feelings to others and interact with them. My determination to be happy is fundamentally based on the former, which is internally focused and therefore, totally within my control. You may wonder, what made this resolution necessary in the first place?

Every change of behavior, whether conscious or not, is motivated by a recognition that something is not as it should be. That happened to me a few years ago, when I observed that certain things were stressing me out, making me unhappy, or taking me away from fulfilling my bucket list. I realized that,

for me, the 24/7 news feeds, social media, and so-called reality shows were time consuming, depressing, and mind numbing. Additionally, I was

**Ron
Kuban**

Time Passages



spending much of my time on problems which were not mine, shouldering many roles and responsibilities out of a misguided sense of obligation, and keeping in contact with people who were bringing me down.

My actions at the time were unhealthy. For far too long, I pretended to be content with whatever was happening in my life, often concealing my feelings of sadness, loneliness, anger, frustration, or disappointment with myself, circumstances, or events. Those around me assumed that I was okay and did not offer assistance or support, especially when I most needed these. Furthermore, my anxiety about the image I was projecting, often for the benefit of others, proved to be ill-advised and harmful to me. Instead of keeping my mental and emotional being at a healthy level, I was playacting to mask my long-term frustrations. I finally resolved to change my approach and spend the rest of my life in a more satisfactory state.

Now, don't get me wrong. I still believe in being considerate of other people's needs and feelings, maintaining responsibilities, and acting with social consciousness in mind.

However, I now also ensure that my daily routines include space, time, and activities which give me joy. These offer me a sense of fulfillment or contentment which are achieved on my own terms, not based on the expectations of others or their approval.

Looking back, I can see that this transformation was not complicated, but it did require an on-going commitment to being happy, supplemented by occasional reminders. To be sure, I am continuing to perform various roles and assume many duties, which are demanding and occasionally stressful. I still encounter people whose actions I find irritating or undesirable.

Additionally, despite my commitment to and hard work on my bucket list, it is far from being completed. However, I am experiencing all of these with a calmer and more satisfying perspective.

The secret is to remember what we want out of life and then seek it, without becoming sidetracked or drained of energy and time, by unfulfilling activities and concerns. I am not suggesting we become self-absorbed or selfish, lose awareness of other people, or cease supporting them. I believe

that when we have a sense of self and regularly take care of it, we will be healthier.

There is much to be gained when we actively strive to be happy. We often feel happiness when we perceive our life as generally satisfying, recognize or work on our self-growth, feel a sense of achievement over the outcome of our actions, or have a healthy connection with other people. Therefore, I am convinced that happiness does not occur accidentally or easily. It requires work which begins with the recognition that our happiness is based on how we see our living environment and, in turn, interact with it. I must again emphasize, happiness is not always about joking or laughing. It is doing whatever we see as necessary to create within us a sense of balance, satisfaction, or contentment, which ultimately leads to internal peace regardless of the chaos and despair we encounter. I found that the effort is highly rewarding and therefore strongly recommend it.

Be happy. Be well.

Feedback is welcome at
rkuban@shaw.ca

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

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

EDMONTON
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WE NEED YOUR HELP**

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EDMONTON CATHOLIC SCHOOLS

Happy New Year – and the Challenges We Face in 2026

As we step into 2026, I want to wish every resident of Edmonton-Ellerslie and all Albertans a very Happy New Year. A new year offers us a moment to pause, reflect, and renew our commitment to one another, to our families, our neighbours, and the communities we are proud to call home.

The past year reminded us how strong and resilient Albertans truly are. In our neighbourhoods, I saw people step up for one another, support local businesses, volunteer in food banks and schools, and show kindness in countless ways. That spirit of community is what makes Edmonton such a special place, and it will continue to guide us in the year ahead.

At the same time, 2026 brings real challenges. Families are feeling the pressure of rising costs, from groceries and utilities to housing and transportation. Many are worried about access to health care, long wait times, and the

**Gurtej
Singh Brar**

**MLA
for
Edmonton-
Ellerslie**



strain on our hospitals and frontline workers. Parents and educators are concerned about the future of public education and the resources our children need to succeed. Workers across Alberta want job security, fair wages,

and the opportunity to build a stable future right here at home.

These challenges are serious but they are not insurmountable. Albertans have always faced difficult moments with determination and a strong sense of fairness. In the Legislature, I will continue to advocate for policies that protect public health care, strengthen our schools, support working families, and ensure our province grows in a way that is inclusive and sustainable.

In Edmonton-Ellerslie, our community is one of the most diverse and vibrant in Alberta. That diversity is our strength. People from all backgrounds, cultures, and walks of life contribute to our local economy, enrich our neighbourhoods, and make our city a better place to live. As your MLA, I remain committed to listening to you, standing up for you, and making sure your voices are heard.

As we begin this new year, we must do more than simply hope for better

days, we must commit to addressing the real challenges facing our communities. Families deserve relief from rising costs, patients deserve timely and reliable health care, students deserve strong public schools, and workers deserve fairness and security. Let us move into 2026 determined to hold our leaders accountable, to protect what makes Alberta strong, and to work together to build a province where no one is left behind.

May 2026 bring renewed optimism, opportunity, and stability for every family across our community and our province.

Gurtej Singh Brar is the Member of the Legislative Assembly of Alberta for Edmonton-Ellerslie and Senior Advisor on Small Business to the Leader of the Official Opposition. Constituency Office: 5732 - 19A Avenue, Edmonton, AB, T6L 1L8 Telephone: (780) 414-2000, e-mail: Edmonton.Ellerslie@assembly.ab.ca



MLA Gurtej Singh Brar at Jan Reimer School in southeast Edmonton with his colleague Janis Irwin, MLA for Edmonton-Highlands-Norwood, for reading to students on Nov. 21.



MLA Gurtej Singh Brar with kids at Christmas Open House in the constituency office on Dec. 22.

Photos: Office of MLA Gurtej Singh Brar

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

Jill Henis named new dancer in residence

Interview by Jamie Chapelsky
Edmonton Arts Council

Following a call to artists, Jill Henis has been selected as the next dancer in residence, starting in January 2026 and concluding in June 2026. Through the Dance Residency program, the Edmonton Arts Council (EAC) champions Edmonton's dance community by igniting creation, experimentation, collaboration, and meaningful connection. For the program's second intake, the EAC partnered with Arts Habitat Edmonton to provide the next dancer in residence with dedicated studio space, supporting six months of focused exploration, practice, and artistic development.

Originally from Vancouver, Jill is an international dance artist, choreographer, rehearsal director, dramaturge, director, teacher, and mentor. Guided by curiosity, Jill approaches her work as a practice of listening – to the body, to lived experience, to embodiment as something shared, porous, and relational – attending to how we interface with ourselves and the communities we inhabit.

During the residency, she seeks to investigate themes of identity, transformation, connection, and resilience, attending to both individual journeys and collective narratives. Jill plans to undertake open-ended, rigorous research into dance-making from the perspective of a mature artist – turning inward, tracing experience and memory, and exploring how reflection and inquiry might open new pathways in her practice and choreographic language.

Read on to learn more about Jill, her vision for the residency, and what we can expect over the next six months.

What drew you to apply for this opportunity?

I was drawn to this residency because it offers something that feels increasingly rare: time. A dedicated six-month container to slow down, study, listen – to be in inquiry without the pressure of needing to produce something finished. As a mature dance artist, it's easy to fall into familiar pathways. Sometimes we call that professionalism. Sometimes leadership. But I've learned that familiarity can quietly harden into habit, and habit can dull curiosity. I know how easy it is to stay inside what I already know and to stop asking the harder questions. I've been there.

Often, with good intentions, we end up repeating old ideas of success or reinforcing ways of working that no longer serve us. Familiarity can feel safe, but I'm not convinced it's always what allows us to grow. At the same time, I deeply honour what has come



Originally from Vancouver, Jill Henis is an international dance artist, choreographer, rehearsal director, dramaturge, director, teacher, and mentor.

Photo: Supplied by the Artist

before. I'm not interested in throwing anything away – I'm interested in sifting. In asking what still holds gold, and what new excavation might bring forward.

Mary Oliver writes, "When I went back to the sea it wasn't waiting. Neither had it gone away."

That line stays with me. It reminds me that what matters remains – but it doesn't stand still.

After a long career as a dancer, teacher, choreographer, and director, I feel ready to loosen my grip on outcome. Not because I don't value craft or rigour – I do – but because I'm increasingly aware of how easily familiarity can be mistaken for truth. Without reflection, we can begin to mistake endurance for integrity, or difficulty with depth.

This residency offers me a way to stay accountable to the intimacy and rigour of my practice, and to allow whatever emerges to reshape how I create, teach, collaborate, and share – with others, not in isolation.

Tell us a little about your vision for the residency.

It feels important to say that this residency is just beginning. And because of that, I'm hesitant to speak too definitively about "vision." I want to avoid defining a destination and risk closing off the unknown. I'm working with the title Between Stillness and Flight – a conversation among echoes; a living record of discovery.

I applied for this opportunity with a proposal grounded in structure and intention, but I'm equally committed to loosening the notion that "vision" must mean knowing where we're headed. In many ways, this residency will ask me to step away from planning a destination and instead to commit fully to presence. To enter without a clear horizon. That, to me, feels like the soul of the work – and perhaps my greatest challenge.

I'll be supported by a 'guardian dramaturge' – someone who can act as a mirror, a witness, and a point of

accountability. That relationship will help me stay honest, especially around what I might be avoiding. Documentation and reflection will be part of the process, not to perform it, but to stay connected and transparent.

Although this is a solo inquiry, it's not a solitary one. I'll invite other artists – dancers, visual artists, sound designers, writers – into moments of exchange. I deeply believe that even our most personal work is shaped by those around us. We don't discover alone. The residency becomes a shared container, where individual inquiry and collective reflection can inform and strengthen one another.

In what ways do you see this residency impacting the local dance and arts ecology?

With immense gratitude, I see this residency as a way of affirming that artistic growth as a dance artist doesn't have an expiry date. That curiosity doesn't diminish with experience – it deepens. By choosing inquiry over immediate product, this residency speaks to the importance of care, nourishment, and reflection throughout an artist's life.

I hope it offers something to the community not by presenting answers, but by modelling permission – to pause, to question, to change course. To value process as much as outcome. And to remember that maturity in practice is not about arriving but about staying available.

This residency feels like a meaningful way to affirm the value of dance artists – whose ongoing commitment to research plays a vital role in sustaining a thriving, connected arts community.

In beautiful ways, this residency also allows me to share resources directly – through commissions and exchanges with local dancers and across disciplines. Even in solo inquiry, we hold responsibilities to the ecosystems we're part of. A thriving dance community depends on relationships, generosity, and mutual acknowledgement.

At its heart, I hope to see this residency as a small but mighty contribution to the cultural life of Edmonton. A reminder that art is not only something we make – it's something we live. It reflects our shared humanity, and it shapes how we care for one another.

Jill's dance residency at the Orange Hub is now underway and will conclude in June 2026. You can learn more about Jill's work by visiting her website <https://jillhenisworks.com/> and follow the EAC blog for updates about the residency:

<https://www.edmontonarts.ca/blog>

Letters to the editor are welcome

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

Please e-mail your letter to: mwmosaic@telus.net

Canada to welcome thousands of visitors for the FIFA World Cup 26™

Immigration, Refugees and Citizenship Canada (IRCC) is proud to join Canadians in celebrating Canada's role as a co-host of the FIFA World Cup 26™ with the United States and Mexico. This is a historic event that will showcase our diversity, hospitality and leadership as matches unfold in Toronto and Vancouver between June 11 and July 19, 2026.

As Canada prepares to welcome athletes, coaches, officials, volunteers and fans from around the globe, IRCC is working closely with FIFA and federal partners to support a smooth and secure event through timely and reliable immigration screening. Visitors are encouraged to apply early to avoid delays and make the most of this once in a lifetime celebration.

With 13 matches scheduled to take place in Canada throughout the tournament, anyone who plans to participate in these matches or attend them is encouraged to start preparing now and to apply early for the documents they need to travel. This is particularly true for fans of Germany, Côte d'Ivoire, Ghana, Panama,

Croatia, Senegal, Australia, New Zealand, Egypt, Belgium, Qatar, and Switzerland who will be travelling to Canada to see their favourite team compete for glory on our turf. Most people will need a visa or an electronic travel authorization (eTA) to travel to Canada or transit through the country.

Visitors can find all the key information they need – including entry requirements and how to apply for a visa, a work permit or an eTA – on IRCC's dedicated FIFA World Cup 26TM web page:

www.canada.ca/en/immigration-refugees-citizenship/campaigns/soccer-2026.html

"The announcement of the first teams coming to Canada marks an exciting milestone on the road to the FIFA World Cup 26™. Working with our partners, we are committed to supporting a world class event and remind visitors to prepare early by applying online for the necessary travel documents," said Lena Metlege Diab, Minister of Immigration, Refugees and Citizenship. "A match ticket isn't a ticket into Canada so get prepared now

to be part of the celebration."

"The FIFA World Cup 26™ is a celebration that will unite fans, teams and communities from every corner of the globe," said Adam van Koeverden, Secretary of State (Sport) and Canada's FIFA Sherpa. "This historic event will not only showcase Canada's vibrant culture and hospitality but also bring significant economic benefits and a lasting legacy for our country. With partners at every level, we are building a safe, seamless and unforgettable experience for the world."

Quick facts

- Canada will welcome teams from Germany, Côte d'Ivoire, Ghana, Panama, Croatia, Senegal, Australia, New Zealand, Egypt, Belgium, Qatar, and Switzerland to compete on our turf for the FIFA World Cup 26™.

- With 48 national teams competing in the tournament and millions of visitors anticipated, Canada, the United States and Mexico continue to strengthen cooperation on border management, transportation and

security to support the seamless movement of visitors.

- Canada has a long-standing relationship with FIFA and international sports, having successfully hosted the FIFA Women's World Cup Canada 2015™ and other major global sporting events, including the 2010 Winter Olympics and the 2015 Pan Am/Parapan Am Games.

- Having World Cup tickets does not guarantee that your application will be approved. Everyone travelling to Canada or staying in Canada for an authorized period of time must hold the appropriate immigration documentation, and border officers will make the final decision on entry when you arrive.

- Hosting the 2026 World Cup is projected to create nearly 25,000 jobs in Canada and add approximately \$2 billion to our economy. Matches in the Canadian host cities of Toronto and Vancouver are expected to draw hundreds of thousands of visitors, bringing significant benefits to local businesses, the tourism industry and communities across the country.

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The next issue of the *Mill Woods Mosaic* will be published on February 15, 2026. The deadline for advertising and editorial is Friday, Feb. 6.


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Listening to Student Voice: Why the Student Senate Matters

One of the great strengths of public education is that it does not happen to students, it happens with them. When students have meaningful opportunities to share their perspectives, our schools and our system are stronger for it. Student voice helps ensure that decisions are grounded in lived experience and informed by those most directly affected.

At Edmonton Public Schools, we take this responsibility seriously. One important way we do this is through our Student Senate.

The Student Senate is made up of students from high schools across the city who meet regularly to discuss issues that matter to them and their peers. These students do not simply talk among themselves, they engage directly with the Board of Trustees. Through this structure, students help inform our decision-making and provide insight into how policies and priorities affect daily life in classrooms and schools.

From within the Senate, three students are elected as Student Trustees.

**Jan
Sawyer**

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



While they do not vote at Board meetings, they sit at the table, speak to agenda items, and bring forward student perspectives in a formal and public way. Their participation helps ground board discussions in current student experience and reminds us why our governance work matters.

At our December Board meeting, the Student Trustees presented their work plan for the year. Their focus is on a

topic many families recognize as both exciting and challenging, the transition from high school to what comes next. Whether students are heading to post-secondary education, apprenticeships, work, or other pathways, this period of change can feel overwhelming.

In response, the Student Senate is developing three key projects.

The first is an information kit that brings together resources on finances, post-secondary options, health and wellness, and options after high school. The second is a student-led podcast series called After the Bell, where students explore real questions about life beyond high school. The third is a live, student-led event designed to connect peers, share experiences, and build confidence during this important transition.

What stands out most is not just the quality of these ideas, but the thoughtfulness and responsibility these students bring to their roles. With mentorship and support from our administration, they are learning how public governance works and how their voices can shape it.

Student voice is not symbolic. It is practical, insightful, and essential. When we listen to students, we make better decisions and strengthen the democratic foundation of public education.

To learn more about the Student Senate, explore student-created resources, or listen to their podcasts, I encourage students, families and community members to visit the Student Senate section on the Edmonton Public Schools website.

Of course, as always, if you have questions about this, or anything else, you are always welcome to contact me at trustee.jan.sawyer@epsb.ca.

Recognition

On Dec. 18, the Edmonton Public Schools Board of Trustees honoured 43 individuals and 248 team members through the annual Division Recognition program. Bugsy and Freyja were honoured for their extraordinary service as therapy dogs, providing unconditional emotional support to the Strathcona High School community.

Accompanied by their dedicated handlers, Lisa Estabrook and Kristen Vogt, this canine team supports the well-being of students and staff.

Photo (from left to right): Trustee Julie Kusiek, Kristen Vogt (with Freyja), Lisa Estabrook (with Bugsy) and Superintendent Ron Thompson.

Photo: Edmonton Public Schools



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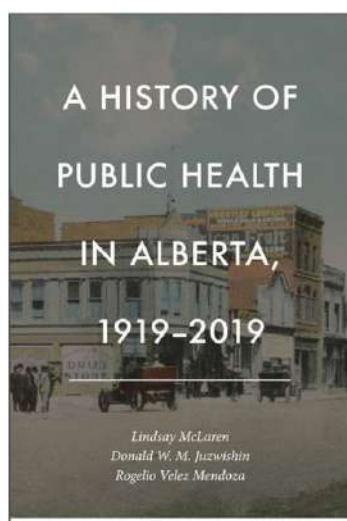
VISION ZERO EDMONTON

"Public health always wins"

By Vamini Selvanandan

In *A History of Public Health in Alberta, 1919–2019*, Lindsay McLaren, Donald W.M. Juzwishin and Rogelio Velez Mendoza seek to "commemorate, critique and learn" from the last 100 years of Alberta's public health history. Told from a contemporary perspective and informed by critical theory, the authors explore social and political forces that shaped the evolution of public health in this province.

Through an analysis of provincial throne speeches from 1906 to 2017, the authors trace the broad trajectory of public health in Alberta. They demonstrate an overall shift from emphasis on health protection and disease prevention to diagnosis and treatment of diseases. The Manning years (1943–1968) initially saw an expansion of preventive services, with increased training and deployment of public health workers across the province, then a transition to a downstream focus on diagnosing, treating and managing disease through publicly funded physician and hospital services. In the 1980s and 1990s, under premiers Getty and Klein, Albertans experienced public sector cuts and the privatization of services. Revealingly, there was no mention of public health in provincial throne speeches from 1988 to 2006. Ed Stelmach's years in office (2006–



2011) came with an emphasis on primary care, chronic disease management, mental health care and long-term care, and the amendment of the Public Health Act to strengthen the authority of the chief medical officer of health in protecting and promoting the health of Albertans.

Tension between government intervention and individual liberty is a central theme in public health. The value of improved health outcomes from mandatory public health measures ver-

sus the importance of personal freedom of choice has been hotly debated. Former provincial chief medical officer of health Jim Talbot asserts that "public health always wins." This reads as true when we think of policies we take for granted today: milk pasteurization, smoke-free public spaces, air quality standards, mandatory seatbelt use and so much more.

But the authors do not shy away from exposing regrettable public health policies in the past. As part of Alberta's eugenics program, the Sexual Sterilization Act (1928) was administered by the provincial public health department and involved forcible sterilization of "mentally deficient" patients in health institutions. Public health surveillance and characterization of the health and living conditions of Chinese immigrants reinforced racialized assumptions about uncleanliness and moral bankruptcy, and contributed to policies of social exclusion. Viewed as a threat to the health of the white public, Indigenous adults were denied medical care for tuberculosis and only began receiving treatment after the establishment of a segregated healthcare system in 1940.

Although not within the time period under examination in the book, the authors nonetheless discuss the influence of the COVID-19 pandemic, which put a spotlight on public health as a discipline but "portrayed a narrow, reductive and medicalized version." In contrast, the authors advance an inte-

grated, coherent vision of public health that identifies root causes of illness in populations, addresses social determinants of health and gives a foundational role to health equity.

A History of Public Health in Alberta, 1919–2019 is not a history book that glorifies events, people and decisions with naïve deference. Rather it provides a critical perspective on what happened, why it happened and how events were influenced by prevailing social and political power structures. By putting forth a bold vision for public health, this book is a resounding call to action for all actors in the public health community – practitioners, scholars and decision-makers – to embrace an inclusive and just public health system.

Vamini Selvanandan is a family physician and public health practitioner in Alberta.

A History of Public Health in Alberta, 1919–2019 by Lindsay McLaren, Donald W.M. Juzwishin and Rogelio Velez Mendoza, University of Calgary Press 2024, \$49.99, 496 pages.

This review was originally published in the June 2025 issue of *Alberta Views*. The review is online here: <https://albertaviews.ca/a-history-of-public-health-in-alberta-1919-2019/>

Letters to the editor are welcome

We invite you to write letters to the editor. A maximum of 275 words is preferred. Letters must carry a first name or two initials with surname, and include an address and daytime telephone number. All letters are subject to editing. We don't publish letters addressed to others or sent to other publications. Please e-mail your letter to: The Editor of the *Mill Woods Mosaic*, mwmosaic@telus.net.



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Mill Woods is a unique community which is largely misunderstood

I'd like to introduce a new series of articles about the history of Mill Woods that will continue throughout 2026. If you're a longtime community member, you may recall that from 2012-2017, videographer Don Bouzek, Artistic Director of *Ground Zero Productions*, and I collaborated on an interdisciplinary arts and heritage project called *Mill Woods Living Heritage* for which I wrote a regular column in the *Mill Woods Mosaic*.

That project resulted in more than 50 oral history interviews, walking tours, community mapping, public talks, a project website <https://millwoodsstory.org>, a temporary display and pop-up exhibition, as well as commissioned artworks including poetry, music, dance and sculpture. Since then, we've both worked on other projects, but I've always had it in the back of my mind to write a book about the history of the community, pulling together all the research done at that time and adding additional information to fill in the gaps and produce a comprehensive history, focusing on the first 50 years of the Mill Woods concept, from the 1969 land bank to 2019.

What is now Mill Woods has had several incarnations over the years. In the 1880s, the Papaschase Cree band's reserve was briefly established in the area but the government reclaimed the land, resurveyed it as farmland, and in 1894 began selling parcels primarily to Moravian settlers, German-speaking settlers from Russia who immigrated for religious freedom and the opportunity to congregate in the area. The land was farmed for decades.

Following the end of World War II, and particularly after the economic boom that resulted from the discovery

Catherine C. Cole

History of Mill Woods



of oil south of the city in 1947, the population of Edmonton increased dramatically over the next two decades. In 1969, the municipal, provincial and federal governments established a unique and complex collaboration to create an urban village that would provide affordable housing south-east of the city. The province secretly accumulated the land identified for the Mill Woods project on behalf of the city.

Until this time, the city had been built on a grid system, but this development took the roads off the grid. The design concept was developed with optimism: Nine square miles, a town centre and eight surrounding communities with a ring road running through it. It was a delicate process because of the involvement of the three levels of government. Mill Woods was conceived of as a city within a city, to have all the facilities and services residents required. The plan is a complex document that took into consideration Mill Woods Creek that runs through it, pipelines and utility corridors, the relationship to surrounding industrial and farmlands, public transportation, walk-

ways, etc.

The concept had three objectives: physical, social and economic – that have met with mixed success. Physically, urban sprawl continues to be a problem in the city; socially, Mill Woods is a very culturally diverse area where younger members of ethnocultural communities, who grew up in schools together, appear to mix more socially than do

their elders, and it is considered a rough area although that reputation is not entirely warranted; and economically it was indeed a success as the City was said to have made \$185M on the development.

The goal was to provide quality, affordable homes to accommodate Edmonton's growing population, offset the inflationary impact of the 1960s oil boom, and to encourage a sense of community. An increase in immigration from non-Western European countries, as well as migration from other parts of Canada, when the community was being developed, combined to make the community very culturally diverse. It's not just another suburb but has a very complicated history that shaped the area.

Throughout the Mill Woods Living Heritage project, we were asked "Why Mill Woods?" Neither of us live there but we felt that it's a largely misunderstood community and was worth exploring. Mill Woods is home to the people who do live there but foreign to residents of other parts of the city. Mill Woods residents have fought layers of

stereotypes – classism, racism – and fear that all say more about the rest of the city than they do about the community itself. Mill Woods is a unique development; it is the only City-planned and developed community in Edmonton (until Blatchford, which is still largely undeveloped), and the only development built on land purchased by the province as a land bank. At the time, municipal, provincial and federal governments were all investing in affordable housing.

Over the next year, I will be writing the manuscript, including chapters on the Papaschase Reserve, the Moravian settlement, land assembly, design concept, development, affordable housing, public institutions, community, parks and recreation, and the role of Mill Woods as what journalist Doug Saunders refers to as an 'Arrival City'. (1) Watch for monthly updates. If you have information or photographs to share – or would like to propose a title for the book – please feel free to contact me at catherinec.cole@telus.net.

I am very grateful to the Edmonton Heritage Council and the Canada Council for the Arts for supporting the research and writing of this manuscript.

(1) Saunders, Doug, *Arrival City: The Final Migration and Our Next World*. New York: Vintage Books, 2012.

Catherine C. Cole is a writer, curator, and consultant. Her last book, GWG: Piece by Piece, a history of Edmonton's Great Western Garment Company, was published by Goose Lane Editions in 2012.

Beautiful acoustics

The German-Canadian Male Choir Liederkranz had everyone in the Christmas spirit at the Alberta Legislature Building on Dec. 20. They sang traditional songs like "O Tannenbaum" and their new favorite "Christmas is coming, let the Church bells ring." The beautiful acoustics in the rotunda made it an especially beautiful way to end the choir's Christmas performance year. The Liederkranz, which was founded by German immigrants in 1962, was one of several choirs, bands and community groups who were invited to perform at the Legislature during December.

Photo: The Liederkranz with director Donalee Inglis-Gorfer (left) and pianist Dorothy Beyer in the rotunda.

Photo: Joanne Blondheim



Happy New Year – Keep Your Fingers Crossed

This coming year looks to be a tumultuous one for Alberta. Numerous MLAs under threat of recall, potential for perhaps 26 by-elections or an early election, plus likely a referendum on Alberta staying in Canada or leaving, to become an independent state. Whatever the majority vote for, a large swath of the Alberta population will be disappointed by the result. And the age-old regional differences will likely be revealed once again by the election and the referendum. This year looks to be a spectacle of Edmonton against southern Alberta; city folk in Edmonton and Calgary against the rural establishment; Canadian-loyalist farm folk against farm folk intent on secession. All this amid threats by the U.S. president of annexation of Canada or likely annexation of any convenient part that is lying around. His threats could just be entertainment for sensation-seeking media, but he is at the same time unleashing deadly force both on his own citizens and on citizens of other countries.

More than 25 Alberta MLAs are currently under threat of recall as angry constituents dash about collecting signatures. Most of the politicians under threat are UCP politicians although it was the UCP government itself that brought in the right to recall back in 2020. The intent was that recall would be used by the government's Conservative base to overturn the election of NDP MLAs. But that is not how it is turning out.

But the UCP government put in some brakes. If enough signatures for the recall attempts are collected, that is merely the start of a convoluted process. Within a month, officials will rule on acceptance of the signatures. Then as long as four months later, district voters will vote on the recall. And if that passes, the MLA is forced out and at least a month later, a by-election will be held. So by this coming October, there may be 26 by-elections. Or maybe not.

The government can avoid these recall by-elections by annulling the law, just as was done back in 1936 when Premier "Bible Bill" Aberhart was under threat of recall from his own constituents under an old law.

Or the government can call an early election. Currently the next election is set for autumn 2027. It was going to be spring 2027 but Premier Danielle Smith pushed it down the line. That change is proof that she can force an election at her convenience. If she calls an election before the actual recall vote or by-elections, the recall attempts likely would be stopped short.

Some polls show the NDP is currently down in popularity. And an early election this spring could allow the government to lock seats before the NDP bounces back or the province's shaky conditions grow worse and the UCP gets the blame. Even an election in May may not be soon enough to prevent the political impact of long wait times in the emergency wards, perhaps to be made worse by a serious outbreak of measles or new serious forms of the flu. Recent calls by doctors of a crisis in Alberta's hospitals do not give reassurance to voters.

The UCP grip on power was never that secure. A change of just 2500 votes in just some certain districts would have given the NDP a majority in the Legislature back in 2023.

There have been changes in the Legislature since the 2023 election.

guarantee of even that minimal level of representation. In 2019, the Alberta Party itself won nine per cent of the votes but got no seats.

But the PT Party has a sitting MLA – in the person of Peter Guthrie, MLA for the Airdrie-Cochrane district – so you might think that is a shortcut to representation. Not for the Alberta Party. Four MLAs of that party have sat in the Legislature at different times. None have been re-elected.

Guthrie may be hard-pressed to keep his own seat if the UCP runs a candidate against him in the next election, which the UCP will almost certainly do. In 2023 the NDP candidate in Airdrie received 11,000 votes while Guthrie got less

than twice that. If half of Guthrie's support was due to his UCP label, and the switch to the PT Party does not garner him different support, and if the NDP popularity stays at least the same, Guthrie will not keep his seat.

Guthrie's switch to a different party was a risky move if he hopes to be re-elected. Some MLAs who "cross the floor" are re-elected under the new label, but many aren't.

The career of our current premier Danielle Smith shows the risk involved. An active Conservative, she left the Conservatives to move to the Wild Rose Party in 2009. She was elected MLA in 2012. In 2014, she crossed the floor from the Wild Rose to the Conservative Party. At the next election she was denied nomination as a Conservative and did not run. Eight other MLAs crossed the floor with Smith. None of them retained their seats after the next election.

Guthrie's move from the government benches to a lesser party likely will

dim his chances for re-election. Under our winner-take-all election system, district elections function as binary A versus B choices. Many voters vote strategically, trying to deny success to whom they dislike the most rather than to vote for their real choice. Many might think the UCP candidate has a better chance to defeat the NDP than Guthrie has. Irrespective of the virtues of Guthrie himself or the PT Party, the UCP might be seen as the stronger choice and have a better chance to block out the NDP. Guthrie's Progressive Tory Party, being a conservative party, may merely splinter the conservatives, weakening the UCP chance for victory, with no benefit to itself.

And the same situation perhaps faces the Alberta Liberal Party, once a power in this province. It got even fewer votes in 2023 than the Alberta Party and has not won a seat since 2015. The NDP still appears to be the main opposition force to Smith's UCP.

While Alberta finagles with these recall attempts, the government seems to be ignoring problems facing our healthcare workers and others. And great uncertainty swirls around us as we face a potential referendum on staying in or leaving from Canada, perhaps to fall into the clutches of the American eagle.

The coming year does not look to be an easy year for us. I plan to keep my fingers crossed and hope for the best.

**Tom
Monto**

*A
Different
Perspective*



The UCP was elected with 48 seats, gained one seat, and then lost two. Now alongside the UCP's 47 MLAs and the NDP's 38, one MLA sits under the new "Progressive Tory Party" label, and another sits as an Independent.

The Progressive Tory Party is the old Alberta Party, formed back in 1998. The Alberta Party elected no one in 2023. Under its new name the Progressive Tory Party, it might do better – or possibly worse. Unless it does dramatically better, it is not likely to take more than a couple seats. In 2023 it gathered less than one per cent of the vote.

Technically a party could run one candidate in one district and might win that one seat with less than the number of votes that the Alberta Party won in 2023 (if the votes are concentrated in one district). However, in Alberta history, every party that has won a seat has had at least four per cent of the vote. And even four per cent is no

more than twice that. If half of Guthrie's support was due to his UCP label, and the switch to the PT Party does not garner him different support, and if the NDP popularity stays at least the same, Guthrie will not keep his seat.

Guthrie's move from the government benches to a lesser party likely will

Tom Monto is an Edmonton historian and author of Old Strathcona – Edmonton's Southside Roots and Protest and Progress – Three Labour Radicals in Early Edmonton. He is the author of the blogsite Montopedia.

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Remembering How to Live

**Sharan
Sandhu**

**Guest
Column**



Imagine a house that was once fully lived in. People sat at the table. They listened to one another. They rested. There were laughter and a sense of belonging.

Overtime, the house didn't fall apart. It slowly filled up. Screens in every room. Noise in every corner. The table grew quiet. The laughter faded. Conversations began happening through text messages, even when people were in the same space. Slowly, the people inside forgot the purpose of the house – what it was built for.

And yet, forgetting is not the end of the story.

We didn't lose the plot. We traded it for convenience. Curiosity gave way to comfort. Depth was replaced by speed. Life became something to manage and share rather than something to fully experience.

Many of us don't live moments anymore; we record them. We don't always feel emotions deeply; we package them. Presence sometimes gets replaced by proof.

Still, there is something hopeful beneath all of this.

More and more people are noticing the cost of constant noise. Many know how to stay busy and appear successful, yet are beginning to feel the pull of silence and simplicity. Quiet may feel uncomfortable at first, but it is also where clarity begins.

Technology didn't change who we are at our core. It simply distracted us. And distractions, unlike losses, can be set down.

Not because technology is bad, but because presence is precious.

In these spaces, there are no screens competing for attention. No background noise filling every gap. Just people talking, laughing, listening, and sometimes sitting together in comfortable silence.

At first, it can feel unfamiliar. But slowly, something softens. Conversations deepen. Laughter returns. People

remember how to be with one another without interruption.

Stillness matters. Paying attention – to breath, to feeling, to the moment –

reminds us that being human is not something we need to perform. It is something we are allowed to experience.

The purpose of life is not to collect information or store experiences like data. We are not meant to become walking archives. We are meant to notice, to feel, to connect, and to belong.

As a new year begins, perhaps the most hopeful thing we can do is simple: put the phone down once in a while, sit at the table again, and rediscover what living has always been waiting to offer.

Sharan Sandhu is a resident of Mill Woods who works as Secretary Treasurer at the Boyle Street Education Centre.

That is why a gentle shift is already happening. People are creating spaces where phones are put away. Places where photos are unnecessary, where nothing needs to be captured to be real.



**CHRISTINA GRAY, MLA
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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 nonprofit, 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.mehb.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.

The next issue of the Mill Woods Mosaic will be published on February 15, 2026. The deadline for advertising and editorial is Wednesday, February 11, 2026.



ELDER DR. FRANCIS WHISKEYJACK HIGH SCHOOL

OPEN HOUSE

FEB 19 | 4 - 6 PM

ADVANCED PLACEMENT INFO SESSION @ 6 PM

2410 17 St. NW 587.489.4730





Wanna be a Senator?

The University of Alberta in Edmonton, which ranks among the top five teaching and research universities in Canada, has more than 40,000 students and is governed by a Board of Governors, a Chancellor and the U of A Senate. If you are interested in getting involved, there is an opportunity: Applications are now open for new senators. Community activist Leigh Makarewicz, who is a Senator since 2023, is encouraging people to apply. Check out the next issue of the Mill Woods Mosaic for an interview with Senator Makarewicz to learn about her experiences in her first term serving as a publicly elected U of A Senator. Established under Alberta's Post-Secondary Learning Act, the Senate forms an important link between the University of Alberta and the community. As a long time community advocate, Senator Makarewicz would like to encourage more people to apply to serve in the role to "Inquire, Promote, and Connect". Applications are currently open through the U of A Senate webpage (ualberta.ca) until Feb. 27, 2026.

Photo: Senator Leigh Makarewicz with former Senator Larry Billings.

Photo: Supplied by Larry Billings

What's up?

Community events in Mill Woods

Jan. 31 - 9th Mill Woods Resource Fair 2026
 Hosted by Christina Gray,
 MLA for Edmonton-Mill Woods
Learn more about local education, employment services, social services, healthcare, housing, local supports, and more ...
 Mill Woods Town Centre
 2331 - 66 Street NW, Mill Woods
 11:00 a.m. - 2:00 p.m.
 For more information, e-mail to Edmonton.Millwoods@Assembly.ab.ca

Feb. 4 - Open House
 St. Elizabeth Catholic Elementary School
 7712 - 36 Avenue NW, Mill Woods
 6:00 - 7:00 p.m.
 Website: www.stelizabeth.ecsd.net

Feb. 5 - Open House – Kindergarten focus
 St. Kateri Catholic Elementary School
 3807 - 41 Avenue NW, Mill Woods
 6:00 - 7:00 p.m.
 Website: www.stkateri.ecsd.net

Feb. 7 - Trading Card Games (TCG) Trade On
 Mill Woods Town Centre
 2331 - 66 Street NW, Mill Woods
 11:00 a.m. - 4:00 p.m.

Feb. 8 - First Meet Up
 Pakistan for Everyone: Culture & Conversations
 Edmonton Public Library - Mill Woods Branch
 2610 Hewes Way NW, Mill Woods
 1:00 - 3:00 p.m.

Feb. 19 - Open House
 Elder Dr. Francis Whiskeyjack High School
 2410 - 17 Street NW, The Meadows
 4:00 - 6:00 p.m.
 Advanced Placement Info session @ 6:00 p.m.

Feb. 24 - Open House
 École kisewātisīwin School
 1434 - 80 Street NW, Mill Woods
 5:00 - 7:00 p.m.

Do you have a community event in Mill Woods or The Meadows to announce? Please send us the information, and we will include it in this community calendar in the next issue of the Mill Woods Mosaic. Tel. 780-465-7526 or e-mail to: mwmosaic@telus.net
 The next deadline is Wednesday, February 11, 2026.

Life is a story. Tell it well.



How do you want to be remembered?

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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**