

Mill Woods **Mosaic**

March 15, 2026

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The Multicultural Voice of Edmonton Southeast

Independent • Non-partisan • Interdenominational

This month:

Evil Politics

Using immigrants and refugees as scapegoats is evil politics, says Arnim Joop.

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Precarious

In a new book, Marcello Di Cintio tells the life stories of migrant workers in Canada.

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Peace and Stability

Bombs and missiles are no way to get peace and stability, says local historian Tom Monto.

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When the clocks change, we adjust. What if we did the same with ourselves, asks Sharan Sandhu.

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Mill Woods Heroes



Covenant Health has recognized six outstanding neighbors who are helping to make our community stronger.

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Mill Woods Angels

The Mill Woods Angels baseball team is getting ready for the 2026 season. The Edmonton Amateur Baseball Association (EABA) provides accessible and inclusive baseball for youth players ages 3 - 18+ in southeast Edmonton. All skill levels are welcomed to come out, be active, have fun and make great memories! Spring registration is now open. To find out more, visit the website www.eabaseball.ca.

Photo: EABA

Spot, stop, report: Taking action against immigration fraud

The Government of Canada is taking action against immigration fraud. On March 2, the Honourable Lena Metlege Diab, Minister of Immigration, Refugees and Citizenship, issued the following statement:

March is Fraud Prevention Month – a time to highlight the importance of protecting people and safeguarding the integrity of Canada's immigration system.

As technologies continue to evolve, fraudsters are finding new ways to exploit people hoping to come to Canada. Our message is clear: we will continue to take strong actions to detect, deter, and prevent immigration and citizenship fraud.

This Fraud Prevention Month, we are asking everyone to take three simple steps: spot, stop and report.

- Spot warning signs, such as pressure to act quickly, requests for large cash payments or guaranteed results. No one can promise a visa or faster processing.
- Stop before you act. Verify information on Canada.ca or through official IRCC channels, and confirm that your immigration representative is authorized.
- Report fraud. Visit the IRCC website, contact the Canadian Anti-Fraud Centre and share information with family and friends.

The Government of Canada took concrete steps to protect people and strengthen the integrity of our immigration system in 2025. We

- introduced new immigration measures through Bill C-12 to strengthen border security and prevent misuse of immigra-

tion and asylum processes

- strengthened enforcement by investigating over 95,000 fraud cases, refusing more than 95,000 applications for misrepresentation, and barring thousands of non-genuine visitors monthly for up to 5 years

- worked with international partners on a social media campaign to help people spot visa scams and understand the consequences of committing fraud, reaching audiences in more than 30 countries

- enhanced visitor visa screening and tools, contributing to a 56% drop in asylum claims from visitor visa holders

- introduced new rules to penalize paid representatives who break the law, including monetary penalties of up to \$1.5 million for misrepresenting themselves or their clients

In 2026, this work continues. We are implementing stronger penalties for dishonest immigration and citizenship representatives. We are advancing Bill C-12

to improve information sharing, introduce asylum ineligibilities and reforms, and strengthen control over immigration and citizenship documents and applications. We are also increasing fraud prevention messaging as Canada prepares to co-host the FIFA World Cup and welcome tens of thousands of visitors.

Immigration and citizenship fraud has no place in Canada. Giving false or misleading information, even if advised, has serious consequences: it can lead to a refusal, a five-year ban from entering the country, or the revocation of your citizenship.

By staying informed and working together, we can protect people and strengthen our immigration system.

For further information, visit the website of Immigration, Refugees and Citizenship Canada (IRCC): <https://www.canada.ca/en/immigration-refugees-citizenship.html>

Canada prioritizes top talent for immigration

Canada is taking back control to return immigration to sustainable levels, while ensuring it continues to support the economy. As global competition for skilled workers intensifies, Canada's immigration system is focused on attracting and retaining highly skilled immigrants through the International Talent Attraction Strategy.

On Feb. 18, the Honourable Lena Metlege Diab, Minister of Immigration, Refugees and Citizenship, announced the 2026 categories under the Express

Entry system. This allows Canada to invite candidates with the skills and experience needed to fill critical labour gaps in key sectors and occupations.

In addition to a new category for foreign medical doctors with Canadian work experience, Canada will introduce new categories for

- researchers and senior managers with Canadian work experience

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Celebrating Alberta newcomers

Nominations are open for the 2026 Alberta Immigrant Impact Awards, recognizing newcomers' contributions to making the province a better place to call home.

Alberta is home to people from cultures and backgrounds that span the world, many of whom have made significant contributions to their communities through excellence in their profession or field. Through charitable work, entrepreneurship, innovation, artistic expression and more, Alberta is strengthened by the immigrants who have chosen to make the province their home. The Alberta Immigrant Impact Awards were created to recognize the achievements and excellence of foreign-born Albertans, regardless of the time they have spent in the province.

Albertans are encouraged to nominate immigrant youth, entrepreneurs, academics, artists, athletes, professionals and community builders for an Alberta Immigrant Impact Award in recognition of their accomplishments.

"The contributions of immigrants have a vital impact on Alberta's success and keeping it a welcome place for all," said Muhammad Yaseen, Alberta's Associate Minister of Multiculturalism. "Whether through supporting businesses, driving innovation or volunteering in their communities, it is important to recognize and celebrate the positive impact newcomers have on our province."

Nominations are evaluated on criteria such as the nominee's overall contribution, how their actions fulfilled a need and affected others and how they

demonstrated leadership and originality when problem-solving.

Nominations are open from March 3 until noon on May 12, and an event will be held in fall 2026 to recognize the recipients of the Alberta Immigrant Impact Awards.

Visit Alberta.ca/ImmigrantImpactAwards for details and to nominate someone.

Quick facts

- The awards include eight categories: Arts and Sports, Career and Academics Contribution, Entrepreneurial Spirit, Immigrant Excellence, Inclusive Workplaces, Small Community Enhancement, Immigrant Women's Impact and Young Leader.
- More than one recipient may be awarded in each category.
- To be eligible, nominees must:
 - be an individual (not a group or organization)
 - have not received a similar Government of Alberta award
 - have been born outside Canada (but may have lived in Canada for many years)
 - be a permanent resident or Canadian citizen
 - have no criminal conviction for which a pardon has not been received
 - not be an elected official
 - reside in Alberta at the time of nomination
 - have contributed to the economic or social fabric of Alberta
- Nominations must be submitted through an online portal.

City Council's Strategic Plan

Edmonton City Councillor Jo-Anne Wright

In preparation for the 2027-2030 budget deliberations later this year, my colleagues and I came together to co-develop Council's four-year Strategic Plan. This collaborative approach to guide Council decision making is something that had been overlooked in previous Council terms. As mentioned in last month's column, the plan will help direct City Administration in preparing the four-year budget and allow Council to focus on the four priorities that were unanimously agreed upon.

The four priorities are:

- Economic Development;
- Growth Management;
- Quality Services; and
- Safety.

Underpinning these priorities are three guiding principles that will be considered as we advance each of the four priorities. The guiding principles are:

- Fiscal Sustainability;
- Affordability; and
- Relationship Driven.

While this may seem to be a simple step, the Strategic Plan will act as the foundation for Council and Administration to align our efforts in reaching common goals. More information will be shared in the coming weeks to expand on these priorities and guiding principles.

Plans are now being finalized for community engagement to gather public feedback. The first in-person opportunity to be held in the Ward will also have Mayor Andrew Knack in attendance and is scheduled for the evening of April 14th. Further details regarding timing and location will be communicated in the weeks to come. You can learn more at Edmonton.ca/budget or

sign up for my monthly eNewsletter at jo-annewright.ca.

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



Coun. Jo-Anne Wright

Canada prioritizes top talent in 2026 immigration Express Entry categories

Continued from front page

• candidates with work experience in transport occupations, including pilots, aircraft mechanics and inspectors

• highly skilled foreign military applicants recruited by the Canadian Armed Forces in key roles such as military doctors, nurses and pilots

Immigration, Refugees and Citizenship Canada will continue holding invitation rounds to select candidates with strong French skills and those with work experience in the following categories that were in place in 2025:

• health care and social services, such as nurse practitioners, dentists, pharmacists, psychologists and chiropractors

• trades, such as carpenters, plumbers and machinists

"Canada's future depends on a workforce ready to meet the challenges of a changing economy," said Minister Metlege Diab. "By refining Express Entry to focus on the skills our communities truly need, we are strengthening our labour market, supporting provincial priorities and ensuring newcomers can contribute from day one."

Quick facts

• Immigration accounts for almost 100% of Canada's labour force growth, helping to address labour shortages in key sectors.

• Express Entry is Canada's flagship application management system for those seeking to immigrate permanently through the Federal Skilled Worker Program, the Federal Skilled Trades Program, the Canadian Experience Class and a portion of the Provincial Nominee Program.

• The first round for foreign medical doctors with Canadian work experience will be in the coming days. Canadian Experience Class draws continued through early 2026 to prioritize candidates already contributing to Canada's economy. So did draws for the French-proficiency category.

• Canada is working to attract and retain the best talent to our country. Today's announcement builds on important work to strengthen Canada's economic resilience through targeted measures for medical doctors, graduate students and researchers, as well as Canada's Defence Industrial Strategy.

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ELLA offers plenty of inspiration, knowledge and camaraderie

By Kathy Kerr

Audra Jones could hardly wait to be old enough to go to school.

The school in this case was ELLA, the Edmonton Lifelong Learners Association, which offers a huge variety of courses both in-person and online for students over 50.

Jones first heard of ELLA from members of her book club.

“They kept talking about all of the exciting courses they were taking. I was quite jealous because I wasn’t yet of an age that I was eligible to take the courses, nor was I retired so I didn’t have the time to enjoy them.

“I was really looking forward to retirement and being old enough to go to ELLA.”

The civil engineer could finally attend the courses when she retired, taking classes from photography to meteorology, archaeology to forensic anthropology. Now 59, Jones is a four-year veteran of the program.

ELLA was created by a determined group of lifelong learners 25 years ago. Since then the association has presented in-person classes every spring at the University of Alberta and online courses in winter.

This year ELLA celebrates its quarter-century anniversary with a variety of events during the spring course session from April 27 to May 15.

Registrants can choose from more than 30 courses, which run from Monday to Friday during the day. One evening course will be offered on Understanding Wine.

ELLA participants learn from instructors who are nationally and internationally renowned in their field. There are no precursor requirements, no exams, no homework.



Audra Jones, a retired civil engineer, has enjoyed ELLA classes from photography to meteorology, archaeology to forensic anthropology.

Photo: Supplied by ELLA

But there is plenty of inspiration, mind-sharpening knowledge and the camaraderie of fellow lovers of learning.

There are a surprising number of current ELLA members who have attended courses since the beginning of the organization, or close to it, returning each year because there is always more to learn and friends to reconnect with.

Jan McGregor first came to ELLA in 2007. She jumped into courses in disciplines she knew little about. And she also quickly jumped into volunteering and ELLA board work.

McGregor says courses she has taken changed her world view and opened new doors. Her professional background was as a biologist, but there has been lots to explore beyond that discipline.

A course in Islam was eye-opening, she says. Classes in improv theatre and creative writing led her to gain confidence in public speaking and expressing herself.

And a course called *Beyond the Barn Door*, which explored the research happening at the U of A farm, led to a position as the public representative on the Animal Use and Care Committee. That committee reviews animal research at the university, ensuring the animal subjects are well treated and the research merits the involvement of live animals.

McGregor stresses it’s great to jump into courses with unfamiliar topics.

“They’re so well taught. The instructors are just amazing. They’re so willing to talk if you want to stay afterwards...They’ll explain things and give you extra resources.”

Information on joining ELLA and how to register for classes is available at my-ella.com.

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- ✓ Community Involvement?
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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

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

No one deserves to be ripped off

March is Fraud Prevention Month, and the Government of Alberta and Edmonton Police Service are reminding us that no one deserves to be ripped off. Unfortunately, fraud is still a big problem in Alberta, and it is getting worse as the population of our province grows. The favourite victims of fraudsters are seniors and newcomers from other countries whose mother tongue is not English, because they are easy targets, and fraudsters can be "smart." It is their full-time job to trick citizens for their financial gain, so they develop elaborate stories and scenarios and use strong emotions like fear, panic, and love in an effort to make their victims believe they are legitimate.

And artificial intelligence (AI) is giving scammers new tools to deceive. From voice cloning to impersonating trusted companies or public figures, AI fraud is becoming more convincing than ever. So, if you receive a phone call from a person who sounds like your beloved grandson, and the person claims that he is in trouble and needs money, don't be stupid, hang up and call police.

If you've been a victim of fraud, call the Edmonton Police Service immediately at 780-423-4567 or #377 from your mobile phone. If you're a victim of fraud, do not be afraid to come forward. You are not alone. The police is there to help you.

Using immigrants as scapegoats is evil politics

Last December, I was able to celebrate the 30th anniversary of my small newspaper publishing business. It started in December 1995 when I founded my monthly German-Canadian newspaper, the *Albertaner*. When I started it, there were more than 20 German-language newspapers in Canada, including the weekly *Kanada Kurier* which was based in Winnipeg, Manitoba, and lasted 114 years (1889 - 2003), but now the *Albertaner* is the only German-language newspaper left in Canada.

In 2008, I founded my second publication, this multicultural community newspaper, the *Mill Woods Mosaic*. My wife Susan and I had lived in Mill Woods since 1996, and the idea of a multiculti paper was born when we campaigned for our Member of Parliament David Kilgour in 2000 and 2004. There were so many immigrants from many countries involved in those campaigns which reflected the diversity of this unique community in southeast Edmonton, and these immigrants from around the world had so many stories which inspired me to create a multicultural community newspaper which would have an abundance of good news stories.

The *Mill Woods Mosaic* was welcomed by many people living in Mill Woods and The Meadows, because it had (and still has) so many positive stories, and people were tired of all the

negative news the mainstream media was focusing on (and still is).

In the masthead on the front page of the *Mill Woods Mosaic* it says that this newspaper is "independent, non-partisan and interdenominational." That

**Arnim
Joop**

**From the
Desk of the
Publisher**



means that we don't favour, promote or endorse any political party, religion or other interest groups. As a professional publisher and editor, it is my duty to treasure these important values, and it is my responsibility not to use my "publishing power" to propagate any partisan ideology.

It is not always easy to stick to these principles, because politics and religion can be nasty, and sometimes it is tempting to argue and use my little "media empire" to voice my personal opinions.

One of those challenging moments was when I listened to Premier

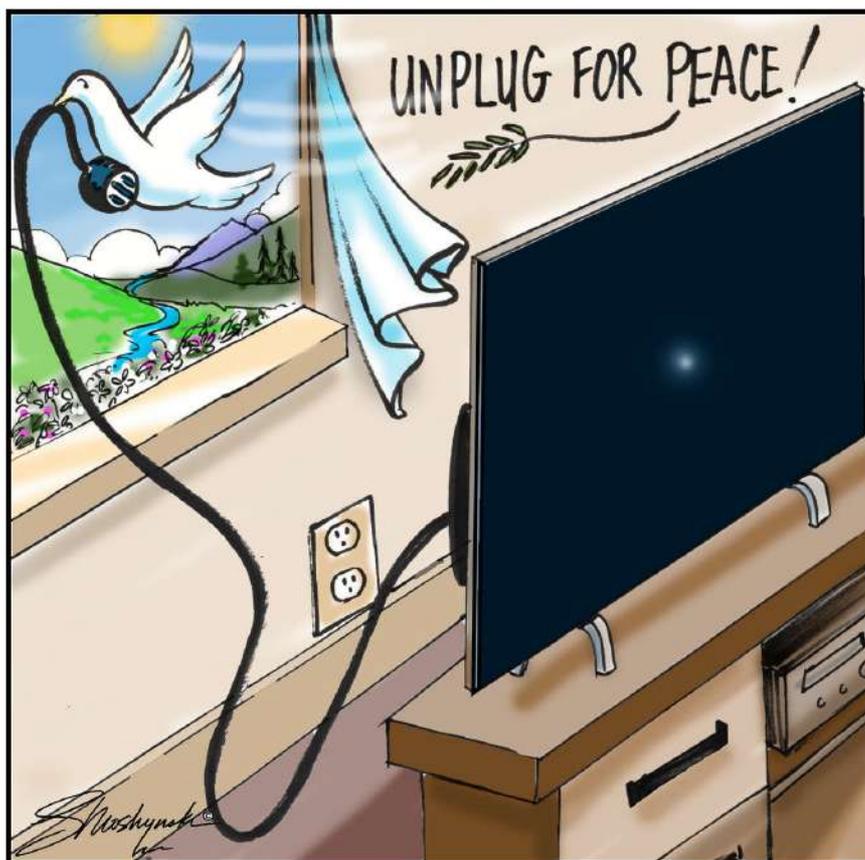
Danielle Smith's televised "Address to the Province" on Feb. 19. I was hoping that she would talk about improving our healthcare and education systems and Alberta's infrastructure, but she decided to focus on immigration. She said that immigration to Alberta is "out of control" and blamed the federal government. She claimed that temporary foreign workers are "low skill" and don't speak English, and she said that "temporary citizens" (WTH is that?) should be treated like tourists, and Canada should "go back to normal immigration levels."

As an immigrant, I was deeply offended when I heard these unfounded defamations and drive-by smears, and it made me very angry.

One day after Smith's attack on immigrants, I posted this on my Facebook profile:

"Twenty years ago, this immigrant – and many other immigrants – received the Alberta Centennial Medal 'In recognition of outstanding service to the people and province of Alberta', and the certificate was signed by Conservative Premier Ralph Klein. Twenty years later, another Conservative Premier of Alberta tells immigrants to get lost. Shame on you, Danielle Smith! This province was built by immigrants and would be nothing without immigrants."

The response to my post was over-



Many people are sick and tired of all the bad news reported by mainstream media, on the Internet, Facebook and other social media. Some people are tuning out, but that doesn't make the bad news go away, of course. We have to pay attention to what's going in the world, but to keep our sanity, we have to unplug once in a while.

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

whelming. In the first 24 hours, more than 1,000 Facebook users commented, and more than 1,000 reacted. There were some thoughtful comments, but the majority was hateful, anti-immigrant and racist, and there was some ugly stuff. I started reading the comments, but after some time it was too much, and I had to turn off the comments, because I was so disgusted.

I understand that Canada's immigration system has some problems which need to be fixed, but I don't understand all the hostility and hate toward immigrants in a country where most people are immigrants or children of immigrants, except the Indigenous People, but even they migrated here from somewhere else.

I think it is not only demagogic but evil to use immigrants as scapegoats to execute a political agenda. Immigrants and temporary foreign workers are paying taxes, like Canadian citizens, and it is not their fault that taxpayers' money is not invested enough in improving our healthcare and education systems and infrastructure.

It is sad that so many people fall into the trap of blaming immigrants instead of holding politicians accountable and rallying for good causes to make our great country of Canada even better.

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.

Advice to my grandchildren

I have recently become a grandfather again, and with the arrival of this youngest member of my clan, I am now blessed with four grandchildren, each uniquely amazing, delightful, special, and unconditionally loved. They bring me great joy, and I cannot wait to see them grow into adulthood. Therefore, I want to help them better navigate their world with its chaotic, complex, and stressful environment. What advice might I offer them, I wonder.

From the start, I fully recognize that the pace of change is accelerating, sometimes exponentially. What worked for me many decades ago is not necessarily applicable now. Also, there is no guarantee that today's approach would apply when these youngsters become adults. Upon reflection, however, I believe that the following observations may provide them with valuable guidance.

Perhaps the most significant is the acknowledgement that life is a journey. This metaphor may sound too simplistic, yet it is fundamental to how we may best understand our existence. It implies that our life is a series of steps, or moments, that are both sequential and consequential. From birth to death, each moment, day, or event, follows another in a forward motion. There is no revisiting the past or performing "a redo". More importantly, each step is built on its predecessor and is critically linked to the next. As in any physical voyage, our passage through time requires us to be watchful about the steps we take because any misstep has the potential to alter our journey and its outcome.

Every life has a destination. It may be of our own choosing, the product of a series of unanticipated actions, or influenced by the expectations of oth-

lifelong learners, competent at adaptation, and persistent at their task of living. This may sound confusing or contradictory given my earlier comments, but it is not.

The journeys taken by everyone else were performed under different conditions of space, time and circumstances. Their life and its context cannot be replicated. Therefore, accept that your path is unique. Be courageous, curious, and energetic to explore what works for you. Above all, be you!

Indeed, you would gain much from contemplating how others chose to live their life. Learn from their aspirations, achievements, the process they undertook, and its outcome. Stay curious

and never stop learning about whatever interests you. However, most importantly, learn about who you are at this moment. This snapshot, and the knowledge it provides, would greatly help you to reach your fullest potential. Do so consciously and conscientiously.

Throughout your life, you will be given directions and advice by a whole host of people, including me, through this narrative. Your best strategy should be to consider the ideas offered, weigh their impact on your voyage, and then act in a manner befitting the person you are, and wish to become. Whenever you can, do the right thing, and if you are not sure what it is spend time thinking about its consequences.

Long ago, as I toiled to reach my destinations, I learned that the paths to them were rarely straight or obstacle free. Mistakes, miscalculations, and misdirection were normal parts of any

journey. Successful travelers monitor their progress and make course corrections as necessary to continue progress to their journey's end. Therefore, don't fear making mistakes. They confirm that you tried something, it did not work as planned, and you were offered a timely learning opportunity. Learn from your mistakes and avoid repeating them.

Choose to be inspired. Nature, ideas, and people's actions have the power to spur you to turn into the person you wish to become. To that end, avoid all people, comments, or ideas that demean or interfere with your aspirations. What these people say about you doesn't define who you are, so don't waste time on them. Instead look for people and ideas that encourage, support and inspire you to greatness.

Last, but certainly not least, be kind. Life is demanding enough without the added pressure from mean-spirited, ignorant, and malicious people. Whenever you can, help, support, elevate, and inspire others. These actions will stimulate your growth. Above all, be kind to yourself. Recognize that, like everyone else, you are experiencing a new journey and figuring it out as you go along. It is a tough task that all human beings have experienced, and not one of them has achieved perfection. Nor will you. But you can reach a greatness, which you have yet to imagine. Go for it.

Feedback is welcome at
rkuban@shaw.ca

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

**Ron
Kuban**

**Time
Passages**



ers. The paramount question is, "who do you want to become when you grow up?". During their formative years, children readily explore this question and adjust their goals many times. They learn to experiment with what fits for them, at that time. The lesson here is that the goal we set for our journey may change as we grow, depending on where we are in life, the influence of role models, our expectations, available resources, and opportunities.

However long they are, all journeys are finite. At birth, each of us is given a magical opportunity to take a single voyage. It is an odyssey, unique from the ones taken by all other human beings, and is decidedly ours. Therefore, it should be guarded as well as cherished for what it is, priceless and precisely ours.

Often, those who live happy, fulfilling, or productive lives are risktakers,

The next issue of the *Mill Woods Mosaic*
will be published on April 15, 2026.
The deadline is Friday, April 10, 2026.

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We need a government that will prioritize healthcare

Hello Mill Woods and happy spring!

Slowly but surely winter is fading and all around me I see activity as people plan for another amazing Mill Woods summer! Community Leagues are busy planning their activities, the Mill Woods Presidents' Council is in the early stages of planning for another wonderful Canada Day celebration, and many different sports leagues and parents of young athletes are getting ready to make the most of our summer season!

Springtime also means it's the busy season down at the Legislature, where I'm representing your concerns to the Alberta government and we are debating a host of new bills and a new budget.

The 2026 budget was only presented about two weeks ago and as we debate

Christina Gray

MLA for Edmonton-Mill Woods



the fine points, it already feels like the most out of touch budget I've ever seen. Two weeks ago, the predictions for oil prices were completely different than they are today, due to world events, so we are stuck debating the UCP's decisions to continue to underfund vital health care and education

systems, at a time when the government is now receiving tremendous oil and gas royalties.

Unfortunately, every time the royalties go up, this UCP government fritters away the money, rather than investing in the services your family depends on. They're wasting money on scandals while they cut programs like AISH, which disabled Albertans rely on.

We need a government that will prioritize healthcare, one that ensures family doctors are available for everyone, one that reduces the ridiculously long wait times in our hospital Emergency Rooms. We need a provincial government that invests in you and your well-being.

Around Mill Woods lots has been happening. On January 31st I was

pleased to host the 9th Annual MLA Christina Gray Mill Woods Resource Fair. We had hundreds of folks pass through the fair and learn more about the many helpful organizations that exist in our community. Being able to create, coordinate, and continue to host this great event, that grows every year, is a great part of being your MLA.

If you see me in the community, please stop me to say hi, or just give me a wave and a smile, I always love connecting with each of you. I hope you and your family are well.

Christina Gray

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



MLA Christina Gray (4th from left) poses with the SMILE team at the 9th Annual Mill Woods Resource Fair on Jan. 31 (from left to right): Jerry Nelson, Audra Monaghan, Brenda Wong, Marion Rickett and Teresa Mara.



MLA Christina Gray advocates for changes to the Child Care Act on behalf of Mill Woods residents on March 11, 2026. Behind Christina (from left to right): MLAs Diana Batten, Heather Sweet and Marlin Schmidt.



MLA Christina Gray has a discussion with a teacher at the North Central Teachers' Association Convention on Feb. 5, 2026.

On Jan. 27, MLA Christina Gray signed a pledge affirming to her constituents that she supports Canada and opposes Alberta Separatism.



Portraits at Covenant Health Centre celebrate community heroes

By Scarlett Burnett
Marketing assistant, social media
and storytelling
Covenant Health

Inside the new Covenant Community Health Centre (covenantwellnesscommunity.ca) in Mill Woods, a series of portraits invites visitors to pause and reflect on the neighbours who help make this community stronger. The faces belong to six local residents who were nominated by people in the area for embodying the spirit of Mill Woods through kindness, advocacy, creativity and everyday acts of care. Together, these portraits bring warmth and meaning into the space – a reminder that community is shaped by the people who show up for one another.

How the portraits came to life

The idea for the portraits emerged when the Covenant Wellness Community project team learned of a similar project undertaken by another organization, says Lisa Mazur, site lead for Grey Nuns Community Hospital and a member of the project team. The team immediately embraced the concept, especially the idea of featuring both artistic talent and local community members. It chose to produce colourful portraits to bring life into the hallways of the building and complement the other artwork selected for the centre.

After reviewing submissions from photographers, the group unanimously selected Jordon Hon (jordonhon.com), whose portfolio showed authenticity and warmth, exactly the tone they envisioned, says Lisa.

Nominations for community heroes were then opened to residents of Mill Woods, inviting people to share stories of neighbours who have made a meaningful difference to the area. The committee thoughtfully selected individuals who live in one of Mill Woods' 14 communities and who embody Covenant Health's values through actions large and small.

Each nominee agreed to be photographed and to share a bit of their story publicly. What resulted is a set of portraits that reflects not only diversity but also the everyday commitment of ordinary people who give their time, talents and hearts to their community.

Meet the community heroes

Angela Parisian – Creating healing through representation

As the Indigenous care liaison at the Grey Nuns Community Hospital, Angela Parisian provides cultural and spiritual support to help patients, families and staff navigate moments of vulnerability. Her work – from organizing smudging ceremonies to teaching staff about culturally grounded practices – is rooted in helping people feel understood and cared for.

Angela says the emotion she felt when learning she had been selected as a community hero caught her off



Arnim and Susan Joop

Photos: Jordon Hon

guard. "I almost want to ugly cry even thinking about it because back home the heroes that were painted on walls had passed away or made such a significant impact," she says. "I never would have thought that I would ever be having this opportunity."

Angela adds that seeing an Indigenous woman recognized in this way is "empowering for my relatives. I'm still alive and I'm still helping in the community."

Angela's approach to care is shaped by her family and experiences, she says. Coming from a large family, she knows how important it is to feel supported when you are in the hospital. When she took on her role at Covenant Health, she wanted to be the person she didn't always have when her own loved ones needed help – someone to sit beside them, translate medical language, provide comfort and help carry the emotional load. Today, she supports "all my relations," whether Indigenous or non-Indigenous, because the need for love and encouragement is universal, she says.

Arnim and Susan Joop – Connection through storytelling and everyday acts

Arnim and Susan Joop have lived in Mill Woods for decades, and their contributions to the community stretch from grassroots volunteering to multi-

cultural storytelling. Their nomination praised their decades of service, including the creation of *Mill Woods Mosaic*, a local newspaper Arnim founded to share positive stories and help neighbours understand one another's culture.

When Arnim reflects on what heroism means to him, he thinks of the neighbours who left notes on their door during the pandemic, offering help with groceries – small gestures that carried enormous weight.

"The real heroes are the ones who help others without taking credit for it," he says.

Susan was nominated for embodying that same spirit in her daily life. She initially wondered why she was nominated at all, she says.

"I haven't done anything great. Maybe little things, but not something big."

But those "little things" are exactly what endear her to people and prompted her nomination: sharing vegetables from her garden, printing schedules for seniors at the recreational centre who struggle with technology, helping newcomers attend community events and encouraging them to get involved. She says that for many people, especially newcomers, it's "letting them out of their shell" that makes all the difference.

Together, the Joop's have helped build bridges across cultures, foster understanding and remind their neighbours that compassion often begins with simple, thoughtful actions.

Continued on page 8



Angela Parisian

Music that uplifts and connects

Continued from page 7

Evan Liang – Music that uplifts and connects

At just 10 years old, Evan Liang has already touched countless lives through music. A young cellist and bagpiper, Evan performs at parks, senior centres, hospitals and community events, not for recognition, but because it makes others happy. His nomination celebrated his musical talent, his kindness and his creative approach to community involvement.

When asked how helping others makes him feel, Evan says, "It makes me feel emotional." He remembers early performances, especially when he raised money for causes, as moments when he realized he could make a real difference. "When I finished playing and my teachers or neighbours told me they felt like they'd returned to their distant home, I felt really happy," Evan says.

Evan offers simple advice for other young helpers: "Practice, practice and practice more, not just to perfect your skills, but to immerse yourself in it and feel it with your heart." He says he focuses on the small details, sometimes reminding himself to "focus on your finger" as he plays.

Looking ahead, Evan hopes to form a small youth orchestra with friends called "The Little Bach Orchestra" or "Alberta Scottish Youth Duo" so they can perform together for the community.

His portrait is a hopeful glimpse into the next generation of community



Evan Liang

Photos: Jordan Hon

builders.

Sadiq Huda – Building the spaces that bring people together

Sadiq Huda has spent years helping create spaces where people can gather, learn and feel connected. As a founding member of the *Baitul Aman Islamic Society* and co-founder of *Edmonton United Limited*, he has worked to support seniors, youth and newcomers through programs, events and community initiatives.

Sadiq says he doesn't see himself as a hero. "I don't like the term hero, because it means one person. To me, the community itself is the hero." His commitment to the community is inspired in part by watching his father volunteer when he was young. Everyone has something to offer, he says.

Sadiq describes a moment that made him truly appreciate the impact of his work: after a community dinner for the Baitul Aman Islamic Society, he watched children playing basketball under the organization's supervision. "I realized then what impact this organization has," he says. "These kids could be out there doing drugs, the seniors could be at home isolated, but instead they're here, together."

Sadiq encourages people who want to get involved in the community to start with something small. Even words of encouragement can uplift volunteers who put in a great deal of unseen effort, he says. He hopes for a future where Mill Woods continues to grow safer and more connected.

Continued on page 9

2026 TRIDUUM LITURGY & EASTER MASSES

St. Theresa's Parish
7508 - 29 Avenue

April 2 (NO WEEKDAY MASS)

Holy Thursday - Mass of the Lord's Supper:
* 7:00 pm



April 3 (NO WEEKDAY MASS)

Good Friday - Celebration of the Lord's Passion:
* 11:00 am
* 3:00 pm

April 4 (NO WEEKDAY MASS)

Holy Saturday - Blessing of Easter food (church sanctuary):
12:00 noon
Easter Vigil - Resurrection of the Lord:
* 8:14 pm Twilight
N.B.: No 5:30 pm Mass



April 5

Easter Sunday - Resurrection of the Lord:
* 8:30 am, 10:30 am, 12:30 pm & 6:00 pm



Sadiq Huda

Running toward joy, one interaction at a time

Continued from page 8

Daniel Gallant – Running toward joy, one interaction at a time

Daniel Gallant is known for his joyful daily runs through Mill Woods – often wearing themed outfits, waving to everyone he passes and bringing bursts of energy to the streets. His nomination for the community heroes project recognized his community positivity, volunteerism and advocacy for inclusion and mental health.

Daniel says being chosen as a community hero was deeply meaningful and he feels “super humbled to be featured alongside five other people who are pillars of the community.”

“It feels like the culmination of the journey,” he says.

His running journey began when he weighed about 450 pounds and decided to take a single first step. “I just got out there and tried,” he says. Over time, he learned not to judge himself but to pick himself up and go a little bit further. Running soon became a source of connection as much as exercise.

Daniel says that there isn’t one defining moment of impact behind his runs. Instead, he cherishes “tiny interactions from day to day,” the “micro-transactions” that happen, whether it’s a quick wave, a honk from a passing driver or a smile exchanged with someone he’ll never meet again. He remembers running in a Santa costume when a little girl yelled “Santa!” across a parking lot. He ran over and gave her a candy cane, and he carries the joy of that moment with him still. On difficult days, he’ll lace up “just to wave at the neighbors ... just to feel that connection back to the community,” he says.

Daniel has the same advice for others that motivated him to start running. “Just do it.” He believes that if people act with positivity, they’ll never regret trying – even if the first step feels small.

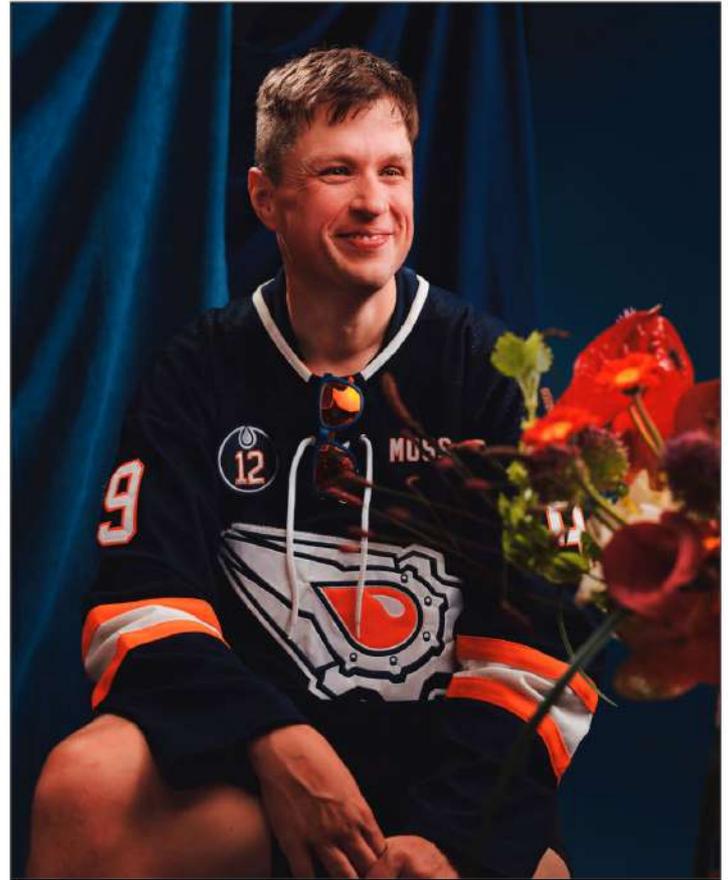
A portrait of community

Each of the community heroes brings something unique to Mill Woods: Angela’s cultural leadership and healing presence, Arnim and Susan’s bridge-building and everyday generosity, Evan’s joyful music, Sadiq’s commitment to creating safe spaces and Daniel’s uplifting energy and advocacy.

Their portraits inside the Covenant Community Health Centre remind visitors that community is built not through grand gestures but through consistent acts of kindness, curiosity and compassion. Together, their stories show that belonging grows when people choose to show up for one another – again and again.

Covenant is a community of organizations – Covenant Health, Covenant Care, Covenant Living and Covenant Foundation – working together to serve Albertans with compassion and dignity. We care for people at every stage of life at 29 sites in 16 communities across the province, providing acute care, continuing care, mental health supports, hospice care and seniors’ housing. Rooted in relationships, we walk alongside those we serve, honouring each person’s story, values and needs – body, mind and soul.

Learn more at covenantcanada.ca.



Daniel Gallant

Photo: Jordan Hon

Planning for the schools our communities will need

One of the most important responsibilities of the Edmonton Public School Board is planning for the future. Each year, the Division updates its Ten-Year Facilities Plan, a long-range roadmap that helps guide where new schools, modernizations and additional student spaces will be needed across the city.

Right now, Edmonton Public Schools is experiencing remarkable growth. Since 2021, our Division has been adding thousands of new students each year, and we now serve more than 122,000 students. Projections show that number continuing to rise over the next decade.

Growth like this brings exciting opportunities, but it also creates real pressure on our schools. Across the Division, schools are already operating close to 90 per cent capacity. When schools reach these levels, the impact is felt quickly. Libraries and gathering spaces may be converted into classrooms, families may have to travel farther to attend school, and it becomes more difficult to offer a wide range of programs close to where students live.

This reality is especially visible in southeast Edmonton, where many of

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



the city’s fastest-growing neighbourhoods are located. Communities such as Laurel, Walker, Charlesworth and Decoteau continue to welcome many young families, and the number of students needing space in local schools grows alongside that development. Planning for this growth takes time. From the moment the Province approves a new school project, it can take several years before that school opens its doors. That is why long-range planning is so important. It allows the Division to work with the

City of Edmonton to identify school sites early and advocate for the funding needed to build schools where communities are expanding.

While much of the conversation about facilities focuses on building new schools, another equally important part of our planning involves caring for the schools we already have. Many Edmonton schools were built decades ago, and as buildings age they require ongoing maintenance and renewal to remain safe, functional and welcoming learning environments.

Throughout southeast Edmonton, many families are likely familiar with one visible sign of growth pressures: modular classrooms. These classrooms have played an important role in helping schools accommodate increasing enrolment. They can be installed relatively quickly and provide much-needed learning space when communities grow faster than permanent schools

can be built. However, many modular classrooms have now been in place for many years. While they continue to support students well, they were never intended to be a permanent solution. Over time they require significant maintenance and eventually need replacement as new school spaces become available.

The Ten-Year Facilities Plan addresses both sides of this challenge: building new schools in rapidly growing communities while also investing in the renewal and modernization of older facilities across the Division. Ultimately, our goal is simple: ensuring that every student in Edmonton learns in a high-quality environment that supports their success.

In my next column, I will take a closer look at the recent provincial school announcements and what they mean specifically for families in southeast Edmonton.

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

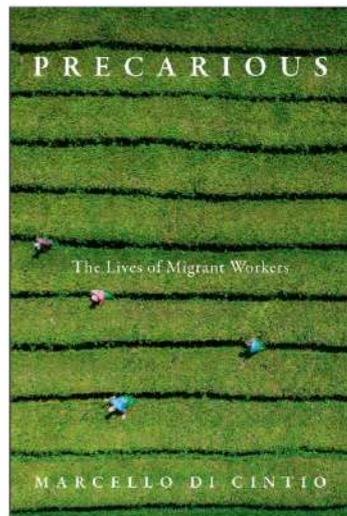
Precarious – The Lives of Migrant Workers

By Jason Foster

When you buy a coffee at Tim Hortons, do you think about who is serving you? Good chance they are a migrant worker, making minimum wage on a temporary work visa. What do we really know about the lives of migrant workers? For most Canadians, I suspect the answer is “not much.”

The stories of migrant workers are the beating heart of Marcello Di Cintio's new book, *Precarious*. He offers deep and rich narratives of their lives and experiences, exploring their pasts, how and why they came to Canada and what their lives have been like since arriving. But unlike most accounts, Di Cintio gives us insights into more than just what happens at work. We hear of migrants' romances, their joy at giving birth, the pain of being separated from family, the friendships they build. He tells us of farm workers' soccer tournaments and the ordered chaos of grocery shopping day in a small town. The migrants in *Precarious* are complete, imperfect human beings, not just “workers” to be exploited and discarded.

Still, there is no escaping the stories of mistreatment at work. Di Cintio is unsparing in revealing the exploitation faced by temporary workers, who are often badly treated by employers, work in unsafe conditions and can't exercise their rights. The stories are



upsetting. They are powerful in their authenticity.

Precarious, however, is more than reportage. Di Cintio outlines the deeply racist history of Canada's immigration policy and the equally racist underpinnings of its temporary-migrant programs. He outlines the various programs' policies that create the conditions for mistreatment – such as closed permits that make it nearly impossible to leave a bad job, or the

power employers wield through their role in caregivers' achieving eligibility for permanent residency. One of his great strengths is to interweave these more critical, analytical elements among the workers' stories, offering just what is needed to understand and contextualize their experiences. He also deftly inserts himself, travelogue-style, just enough to personalize the narrative while ensuring the workers remain the central focus.

Stories of agricultural workers form much of the book, with chapters on caregivers, international students, victims of labour trafficking and undocumented migrants revealing a mixture of different migrant worker experiences. While I know there is not enough room to explore everyone, I would have liked to see an even wider range of stories, such as from workers in construction, retail and hospitality, or those from Eastern Europe and Africa. Including them would really bring home his point that most of us have a narrow stereotype in our minds of what a migrant worker is.

Di Cintio bluntly reminds us these temporary-migrant programs are built to create exploitation by rendering migrant workers as “permanent outsiders.” And he does not spare us as Canadians. He was finishing the book at the height of our anti-Trump “elbows up” phase last spring, a patriotic Canadianism he finds ironic. “[O]ur treatment of migrant workers,”

he writes, “stands as an aggressive contradiction of who we consider ourselves to be.”

Precarious does not offer solutions, which may cause it to end more pessimistically than hoped. But solutions are not Di Cintio's, or migrant workers', job. It is up to us, as privileged permanent residents of this land, to speak up and be the voice for political change.

I want to say this book is recommended reading for anyone who is concerned about the treatment of migrant workers in Canada. But what I need to say is that this is a must-read for anyone who has never thought much about the migrants living among us. After reading it, hopefully you will finally see the human being pouring your double-double.

Jason Foster is the director of the Parkland Institute and the author, most recently, of Gigs, Hustles & Temps (2023).

***Precarious – The Lives of Migrant Workers* by Marcello Di Cintio, BIBLIOSIS, Windsor, Ontario 2025, \$24.95, 342 pages
ISBN: 9781771966597**

This review was originally published in the March 2026 issue of *Alberta Views*. The review is online here: <https://albertaviews.ca/precarious/>

AN URGENT CONVERSATION:

Public Health Care in South East Edmonton

Tuesday, March 24

Doors 6:30 pm, Town hall 7:00 pm

Mill Woods Seniors Association

2610 Hewes Way

Edmonton, AB T6L 0A9



FRIENDSOFMEDICARE.ORG/EVENTS



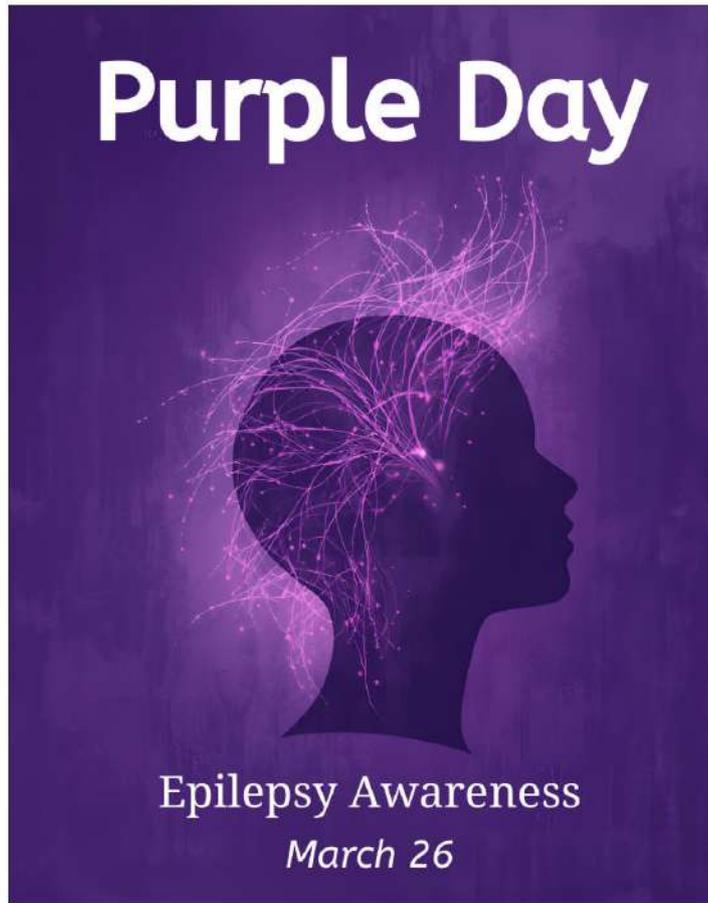
More Than Seizures: Understanding Epilepsy

By: **Ramneek Pandher**

When people hear the word epilepsy, they often picture dramatic scenes on TV, but the reality is quite different. Globally, more than 65 million people live with this condition, including about 300,000 to 360,000 Canadians. Each March, Epilepsy Awareness Month and Purple Day on the 26th serve as reminders of the importance of understanding epilepsy and supporting those affected. Even a small amount of knowledge about epilepsy can make a big difference in helping those impacted.

Epilepsy is a neurological condition that causes recurring seizures, which occur when there is a sudden burst of electrical activity in the brain. It is not a mental illness and is not contagious. It's important to understand that not all seizures look the same, and not all involve falling or shaking as one might expect. Some may be more subtle, such as causing someone to "space out" for a few seconds, stare blankly, or become briefly confused. Others can involve sudden muscle stiffness or unusual sensations like a strange smell that isn't actually present or tingling in part of the body. Since seizures can vary greatly from person to person, depending on which area of the brain is affected, epilepsy can sometimes be misunderstood.

If you believe someone around you is having a seizure, it is important to stay calm, put something soft under the head, turn them to the side, and remove them from harm's way. It is common to feel the need to intervene, but most seizures should stop on their own or be self-limiting within a few minutes. If a seizure lasts longer than five minutes, emergency medical services should be contacted. Small actions like remaining calm and informed can make a meaningful



difference.

One of the biggest challenges faced by people living with epilepsy is not just the condition itself, but also the stigma that can go along with it. Misunderstandings can cause fear, social isolation, or reluctance to seek

help. As a neuroscience student, I have had the chance to study epilepsy more closely, including its effects on memory and daily life. Through this experience, I have come to understand how complex the condition is, and how resilient many people living with

epilepsy are. With the right treatment and support, many individuals with epilepsy can lead full, active, and successful lives.

For those seeking more information or support, the Edmonton Epilepsy Association is a valuable local resource offering educational materials, programs, and community events for individuals and families affected by epilepsy. Awareness is one of the most powerful tools we have in reducing stigma. This March, whether by wearing purple on March 26th, learning seizure first aid, or simply taking the time to understand the condition, each of us can play a small role in building a more informed and compassionate community.

For more information:
<https://edmontonepilepsy.org>



Ramneek Pandher is a BSc (Honours) Neuroscience student at the University of Alberta and a 2024 recipient of the Gene Zwozdesky Scholarship. She is passionate about neuroscience research and raising community awareness about neurological conditions.



Bombs and missiles are no way to get peace and stability

The recent war that has broken out between Iran and its two adversaries, the U.S. and Israel, has grabbed headlines. Iran is under daily missile attack from U.S. and Israel; Iran is launching drones and missiles against Israel and against its neighbours who host U.S. military bases; missiles and shells are speeding between paramilitary groups in Lebanon and Israel. Further, Iran has instituted a blockade of the Strait of Hormuz, a chokepoint of a large part of the world's trade in oil. The conflict already has killed thousands including Iran's leader and much waste, destruction and massive pollution-causing fires. It has created chaos in the oil trade around the world.

U.S. President Trump has not clearly presented his country's goals in its attacks on Iran, so one is left with the impression of a country giving in to an addiction to violence, violence for the sake of violence. The U.S. is showing unbending adherence to Israel, which enduring often-violent attacks from enemies on its borders, is thrashing out with U.S.-supplied military might.

I doubt that violent foreign intervention in Iran will bring long-term peace and stability. If it worked that way, Iran would not have a government with the anti-U.S. attitudes that it holds, and we would not have the war we have today.

And note that bombing campaigns in the past failed to produce regime change. In World War II, heavy bombing did not cause either the British nor the German people to rise up against their governments.

Aggressive foreign policies are good for the U.S. military industrial complex

The bombing of Tehran's oil storage complex caused massive harm in that city, including black rain and pollution of the city's infrastructure. Any return the U.S. expected from regime change or an overthrow of the present Iranian government by a U.S.-friendly people's movement is depreciated by such attacks on the country's assets. Further, unlike attacks on Iranian Revolutionary Guards' oppressive state machinery, large-scale civilian deaths such as the tragic bombing of an Iranian elementary school in the opening round of the war, are not likely to cause the Iranian people to feel kindly towards the U.S., just as they did not do much to shift popular opinion during WWII.

Trump was elected in 2024 on promises of lower consumer prices and putting an end to international military adventurism. With this war and the resulting jump in oil prices, he is breaking both promises.

But his aggressive foreign policies are good for the U.S. military industrial complex that makes the super-expensive missiles and missile defense systems that are being used – and used up – in the conflict.

Trump is also giving another windfall to the arms manufacturers with his "America First Arms Transfer" program. Its price tag of \$900B (about \$3,000 per U.S. resident) shows how instability, war, foreign occupation and unrest is good for business.

Trump is calling for un-conditional

surrender. Iran officials are saying it will not surrender, citing the fact that it is a 7000-year-old civilization. Such attitudes tell us there is no obvious road to diplomatic resolution.

Perhaps the U.S. war effort may be only moved by the opinion of the gen-

Tom
Monto

A
Different
Perspective



eral U.S. public, especially as it is a (midterm) election year.

Higher gasoline prices at the pump are blamed on higher world prices, already up to about \$100 per barrel, compared to \$60 per barrel just two weeks ago. Gas prices in the U.S. have surged by 60 per cent since March 1 (although still perhaps less than two-thirds of Canadian gas prices), and the raised prices are expected to cause a ripple of inflationary effects across the economy. Meanwhile the U.S. is experiencing the baffling stagflation that plagued it during the 1970s. Economic woes and politicians worrying about their job security may lead to modulation of the offensive U.S. military maneuvers.

But for us anyway, there is a way for Alberta commuters to avoid that higher cost. Our gas stations are stocked with gas pumped out of Alberta oil wells/oilsand projects and refined in local plants, and there is no logical reason, as far as I can see, why the world price for oil should impact prices at Alberta gas stations. If we had a made-in-Alberta price for gasoline, a sort of "National Energy Plan", we would have prices set by the government.

Under the Shah, oil companies were making massive amounts of money selling oil to the U.S.

Meantime, the higher price for oil is a windfall for the Alberta government, which predicted an expected \$9B shortfall over the coming year (in part caused by our unusually-low provincial income tax). The jump in price by \$40 barrel is expected to earn the oil sector more than \$27B in added return, but the Alberta government's softness on Big Oil means most of this added profit will go to shareholders or corporate executive bonuses and will not be scooped up by added taxation. It also is not expected to cause an oil boom as the oil and gas sector is now in the harvest stage of its life.

Oil means wealth, and scarce oil (even oil made scarce by war and blockade) is very profitable. But the oil profits are often not widely shared among the populace of a country – or a province.

The massive wealth created by oil in the past in Iran was not widely shared, and that helped create the political

conditions that caused the destruction and suffering of the last couple weeks.

Under the Shah, Mohammad Reza Pahlavi, in power from 1941 to 1979, Iran and oil companies in that country were making massive amounts of money selling oil to the U.S., and the U.S. needed to equalize the payments to some degree. This was achieved by the U.S. government allowing U.S. arms companies to sell over-much quantities of sophisticated and expensive arms to Iran, whose only real enemy was its own people. Socialists and others in 1977 began to push back against the Shah's government, which responded with repression. Thousands were imprisoned, and 64

protesters shot to death on just one day, Black Friday September 8, 1978. The government's outlandish spending on U.S. weapons was exemplified by the state security forces using U.S.-made helicopter gunships to fire on protesters in the streets.

The new supreme leader's life expectancy may be short

The present autocratic and theocratic regime of Iran came to power in the late 1970s after a people's uprising against the U.S.-supported Shah. Ruhollah Khomeini was brought back from exile, and a referendum was held on whether to retain the existing government or switch to an Islamic republic. Faced with that stark choice, 99 per cent voted for an Islamic republic. And that government has been in power ever since, first under Khomeini (to 1989), then Ali Hosseini Khamenei (up until his assassination by bomb on Feb. 28th). His son, Mojtaba Khamenei, has stepped in, but as Trump has said he is against him holding the post, his life expectancy may be short.

It can be seen that the U.S. propping up an unpopular autocratic government led to an also-autocratic but now anti-U.S. government as replacement.

One can see how the millions and billions of dollars created by oil did not lead to democracy and prosperity but to violent repression, extreme passions and now war. Iran, once one of U.S. stalwart allies, became one of its fervent enemies. I doubt if the U.S. bombing the daylight out of Iran (literally – with the creation of massive oil-fire smoke clouds over Tehran) and then imposing an unpopular replacement government in Iran will lead to long-term calm.

According to Timothy Mitchell in the 2021 book *Global Middle East*, calm is not the goal of U.S. foreign policy. In the 1970s oil companies called for the end of the massive sale of arms to Iran, and said peace in the region instead would be aided by solving the Palestinian problem and ending support for Israeli occupation of Arab lands. But the sale of arms was good for the U.S. economy and its balance of trade, and peace was seen by U.S. officials as little more than the end of lucrative arms sales.

In a version of what Naomi Klein has called "disaster capitalism", the U.S. military-industrial complex, U.S. corporations in general, and the U.S. political system benefit from international disruption and the U.S. government's destructive foreign policies.

Democracy is a way for peoples to find their own solutions to the problems that they see as most important. This cannot come at the end of a gun or through the explosions of bombs, nor through a puppet regime installed by U.S. soldiers and security agents. Free and fair elections are the route to calm and stability. How to get there from here is a puzzle – but one that can only be solved with understanding and mutual respect, not by bombs and flames.

Tom Monto is an Edmonton historian. His books *When Canada had Effective Voting and Proportional Representation*, and *Protest and Progress (the lives of Harry Ainlay, Rice Sheppard and Margaret Crang)* are available at *Ahambra Books near Whyte Avenue*. His blogsite *Montopedia* has hundreds of articles on contemporary events, history, politics and elections.

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*

When the clocks change, we adjust. What if we did the same with ourselves?

On March 8, we lost an hour. Twice a year we adjust the clocks. No public outcry. No endless debate. We may grumble about lost sleep, but we move the hands forward or back and carry on.

Psychologists remind us that light affects mood. Longer evenings can lift energy. More daylight can soften winter's heaviness. Yes, the change disrupts sleep for a few days. Tempers shorten. Coffee sales rise. But the intention is alignment – bringing our schedules closer to the rhythm of the sun.

It's an adjustment. And we accept it.

I sometimes wonder when we stopped applying that same wisdom to ourselves.

When did every disagreement become a contest?

When did every issue turn into "us versus them"?

When did noise replace conversation?

Noise isn't just sound. It's reaction without reflection.

Outrage before understanding. Commentary without contribution.

The performance of leadership instead of the practice of it.

Noise spreads quickly. It gives us the illusion of participation. We feel involved – even when we're not building anything at all.

It's easy to point out what's wrong. It's harder to strengthen what's right.

Sharan Sandhu

Moments in our Community



Across cultures, there are reminders that we are not separate.

In Indigenous teachings: All my relations.

In Sikh prayer: Sarbatt da bhala – well-being for all.

In Filipino culture: Kapwa – your dignity and mine are connected.

In African philosophy: Ubuntu – I am because we are.

Different languages. Same truth. There is space between expectation and reality – and that is where resilience is built.

Many of us carry quiet disappointments. Personal plans that didn't unfold as imagined. Community hopes that feel stalled. A world that seems louder and harsher than we expected.

It's easy in those moments to believe: Something is wrong with me. We are uniquely targeted.

We are falling behind.

But that space between what we hoped for and what is – that space is not failure. It is adjustment.

We may not control outcomes.

But we control interpretation.

We control adaptation.

We control whether we harden or evolve.

Communities work the same way.

Long before headlines and hashtags, people gathered around fire. The

circle offered warmth and protection. Stories were shared. Listening mattered. Community wasn't an abstract idea. It was survival.

Today our "fire" glows from screens. And instead of warmth, it often throws sparks.

But steady people are still here. The mentors guiding youth.

The neighbours checking in. The volunteers feeding families.

The quiet leaders who show up without needing applause.

They don't trend. They build. Here in Mill Woods, Armin Joop keeps publishing *Mill Woods Mosaic*. Issue after issue. Story after story. While much of the world argues, he gathers. He introduces neighbours to neighbours. While algorithms reward outrage, he rewards connection. He

keeps shining light on what is working – the simple strength of knowing the people who live around you.

That kind of steadiness doesn't shout. It strengthens.

When we change the clocks, we don't argue with time. We adjust ourselves to it.

What if we approached our lives – and our communities – the same way? Not "Who's to blame?"

Not "What can I strengthen?"

Not "What's broken?"

But "What can I help repair?"

Real change rarely starts on a stage. It starts at kitchen tables.

In community halls. In small, consistent acts.

In the quiet decision to listen instead of react.

On March 8, none of us moved the clock alone. We shifted together. Quietly. As a province.

That means we are capable of collective adjustment.

Less noise. More responsibility. Less performance.

More practice. Time has already moved forward.

The question is whether we move forward with it – together.

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

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Sunday, April 5
at 9:30 a.m.
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RSVP: 780-436-3431

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The Edmonton Amateur baseball Association (EABA) provides accessible and inclusive baseball for youth players ages 3-18+ in southeast Edmonton. All skill levels are welcomed to come out, be active, have fun and make great memories!

EABA provides organized and structured playing options from Grassroots (ages 3-9), Community (ages 9-18) and competitive Rep AA and YEGA (ages 9-18+). Beyond this, EABA supports All-Girls teams at 12U (ages 10-12) and 14U (ages 12-14) as well as a Challenger program for athletes with mental physical disabilities. Come join the fun!

Scan the QR Code to find out more.
grassrootsdirector@eabaseball.ca
Let's Play Ball!

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Brüderfeld had a strong sense of community

This is the third in a series of articles about the history of Mill Woods that will continue throughout 2026 as I write a book about the history of the community. The second chapter will begin with a focus on the Moravian settlement of the area after the Papaschase Reserve was surrendered.

The Canadian government actively recruited immigrants from Europe and the United States to settle 'the last best west'. The Dominion Lands Act of 1872 allowed settlers to claim up to 160 acres, or a quarter section of land for ten dollars and a commitment to live on and work the land for three years. In 1894, 20 Moravian families came from Russia and settled in what they called Brüderfeld (now Mill Woods) where they established a congregation.

There are several reasons people choose to emigrate, among them religious freedom, education and economic opportunity, threats to personal health and security, and love. The Moravians came for religious freedom. At the time, the Russian government required German settlers living in Russia to accept the Russian religion. In 1892, Andreas Lilge, his wife and 10 children left Volhynia, Russia (now Ukraine) to find a new home for their friends and family. Lilge contacted Moravian Church officials in Bethlehem, Pennsylvania to discuss the idea of immigrating and establishing a Moravian Church in North America. He learned of land in western Canada that was available for settlement and, according to William Breese's *Mill Woods Community Church History* (www.mcchurch.ca/history/) in 1893, acted as an immigration agent for his group.

Three groups of German Russians, about 300 people in total, came to the region. They sold up in Russia and began their long journey to Libau on the Baltic Sea, from there to Liverpool, then Halifax, and by train to Edmonton. The Calgary and Edmonton Railway had opened in 1891, providing a point of entry for settlers who would then go to the immigration hall and land titles office on the north side of the river to secure their homesteads. The population of Edmonton and South Edmonton was about 1500 at the time, with most people living near Fort Edmonton.

The exchange rate for Russian currency was low, and many were left without sufficient funds to purchase land. Those with limited means homesteaded at present day Brüderheim, northeast of Edmonton, while those who could afford to purchased land southeast of Edmonton for \$3.25 per acre (\$520 for a quarter section), with a down payment of \$52 and a 10-year mortgage. Being closer to the growing community, they had the advantages of an established settlement, and land that was less heavily forested so easier to clear. They called the area Brüderfeld. Lilges formally organized Moravian congregations at Brüderheim and Brüderfeld in 1895.

The Moravian Church sent a young pastor with just three years' experience, twenty-three-year-old Clement Hoyler, to start the two new churches. He arrived on February 3, 1896. Hoyler enjoyed the challenges of frontier life and adapted to the climate and

Catherine C. Cole

History of Mill Woods



travel. As well as providing spiritual guidance, he helped the settlers in a variety of ways, from acquiring land and setting up schools, to writing correspondence and giving music lessons. The first services were held in homes and barns. Hoyler played his portable organ, violin or flute and led the singing.

Initially the community was German speaking, particularly in the church and home. Over time, English became the dominant language because adults had to interact with the surrounding world and children went to English-language schools. By the mid-20thC, church services were also held in English. Waves of immigrants continued to arrive. The Moravians were joined by other European immigrants, and migrants from eastern Canada, wheat, dairy and poultry farmers and market gardeners, some of whom supplemented their income by trapping.

The success of Brüderfeld as an agricultural community depended on the growth of Strathcona and Edmonton (after the 1912 amalgamation, Edmonton). The city faced numerous challenges in the early years, in building the infrastructure (e.g., streets, sidewalks, public transit, sewers, gas heat, telephones) necessary to support its growing population, weathering a post-1907 recession, and 1912 real estate boom, followed quickly by Edmonton's first bust in 1913 and, by 1916 a significant drop in population from 72,516 to 53,846 due to enlistment in World War I as well as economic conditions.

In a 2013 oral history interview, Clarence Newman, a descendant of original settlers, recalled that in the 1920s, farmers suffered from the collapse of grain prices; some lost their land because they couldn't pay their taxes. Farming remained a difficult life throughout the Depression of the 1930s. However, there was a strong sense of community, with people sharing equipment, helping one another out, and building community facilities such as churches and schools. The community remained agricultural until the 1970s.

Upcoming Events

I am collaborating with the Edmonton Public Library on a Community History Project about Mill Woods and invite residents to share memories, stories, and reflections about the people, places, and moments that have shaped the community. Through informal conversations, one-on-one appointments, and community discussions, we will create space for residents to connect with local history, explore heritage

issues, and listen to the voices that make Mill Woods unique. The first session was March 11; upcoming sessions will be held the second Wednesday of each month to the end of June: April 8, May 13, and June 10, from 1:00 to 4:00 p.m. at the Mill Woods Library.

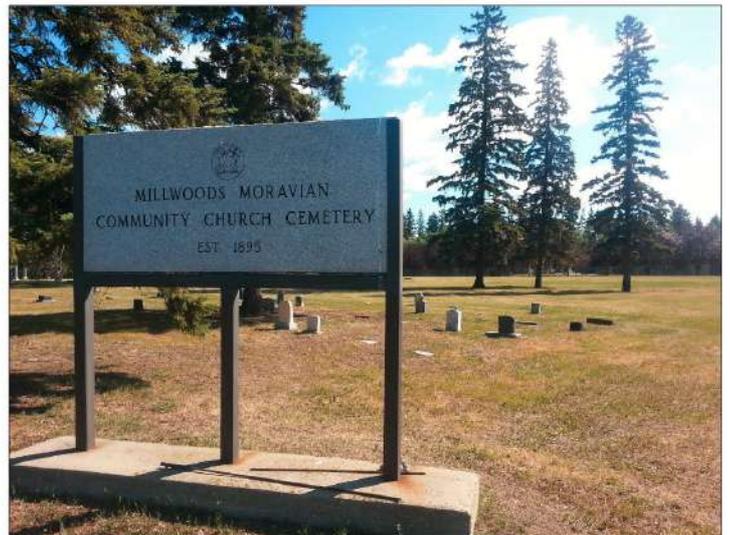
I will also be speaking about the project at the Stony Plain Museum on March 23 in a talk titled

Local histories that tell a larger story. <https://www.pioneermuseum.ca/event-details-registration/speaker-series->

march-23-guest-speaker-catherine-cole-historian

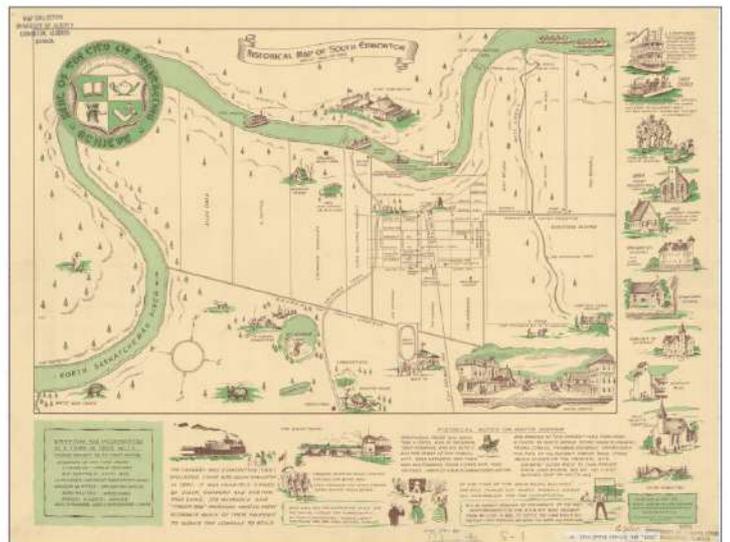
Next month, the column will focus on the creation of the land assembly. If you have information or photographs to share, please feel free to contact me at catherinec.cole@telus.net. I am very grateful to the Edmonton Heritage Council and the Canada Council for the Arts for supporting the research and writing of this manuscript.

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.



Millwoods Moravian Community Church Cemetery, established in 1895. The Moravians bought a quarter section of land for Hoyler to farm and the cemetery was located there, at what is now 34 Avenue and 34 Street.

Photo: Richard Wood



Historical Map of South Edmonton

Credit: William C. Wonders Map Collection, University of Alberta

The next issue of the *Mill Woods Mosaic* will be published on April 15, 2026. The deadline is Friday, April 10, 2026.



Forever Canadian is now bilingual

A campaign opposing Alberta separation is expanding its reach after forming a new partnership with the province's largest francophone advocacy organization. *Forever Canadian*, a group led by former deputy premier Thomas Lukaszuk, announced on March 5, at a press conference at La Cité francophone that it is joining forces with the Association canadienne-française de l'Alberta (ACFA) which represents 260,000 people. *Forever Canadian* collected more than 450,000 signatures for a petition to remain in Canada, and on March 13, the Alberta NDP opposition called on the UCP government to immediately convene the committee tasked with reviewing the *Forever Canadian* proposal.

Photo: Thomas Lukaszuk speaks at the press conference on March 5.

Photo: Forever Canadian

What's up?

Community events in Mill Woods

- March 20** - Celebration of 50th Anniversary
St. Hilda Catholic Junior High School
7630 - 38 Avenue NW, Mill Woods
12:30 p.m.
 - March 20** - Real Canadian Wrestling (RCA) Meltdown
Mill Woods Seniors Association
(Above the Mill Woods Public Library)
2nd Floor, 2610 Hewes Way NW, Mill Woods
7:30 p.m.
 - March 23** - Commemorating UN International Day
for the Elimination of Racial Discrimination
hosted by Edmonton Interfaith Centre
St. Stephen's College
8810 - 112 Street NW, Edmonton
12 noon
 - March 24** - Town Hall about Public Health Care with
public health care advocate/emergency
physician Dr. Paul Parks
Hosted by Friends of Medicare
Mill Woods Seniors Association
(Above the Mill Woods Public Library)
2nd Floor, 2610 Hewes Way NW, Mill Woods
Doors open at 6:30 p.m., Event starts at 7 p.m.
 - April 5** - Free Continental Breakfast to celebrate Easter
First Mennonite Church
3650 - 91 Street NW, Edmonton
9:30 a.m.
 - April 11-12** - 6th Annual Baisakh Mela 2026
Mrs Punjaban Alberta, Fashion Show,
Shopping, Gidha/Bhangra, Door Prizes,
Kids Activities & Food
Mill Woods Town Centre
2331 - 66 Street NW, Mill Woods
11:00 a.m. - 6:00 p.m.
Contact: Monika Nijhawan, Tel. 780-906-2941
 - May 17** - Nagar Kirtan Sikh Parade in Mill Woods
*The parade will begin at noon at Gurdwara
Millwoods (2606 Mill Woods Road East) and
end at Gurdwara Siri Guru Singh Sabha
(4504 Mill Woods Road South).*
- 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 Friday, April 10, 2026.*



Good Friday & Easter Gatherings

Good Friday Gathering, April 3, 10:30 a.m.
Easter Sunday Gathering, April 5, 9:45 a.m.

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

Sunrise Community Church
3303 - 37 Street, Edmonton
Tel. 780-463-2699



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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

Mill Woods Town Centre Professional Building
Suite 304, 6203 - 28 Avenue NW
Edmonton, Alberta
T6L 6K3
Tel. (587) 401-1129
Website: <https://newcomercentre.com>

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

Changing Together Centre for Immigrant Women

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

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

Catholic Social Services

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

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

Family Futures Resource Network

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

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

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

Multicultural Health Brokers Co-operative

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

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

Indo-Canadian Women's Association

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

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

The Shaama Centre for Seniors and Women

(formerly Multicultural Women & Seniors Services Association)
329 Woodvale Road West
Edmonton, Alberta
T6L 3Z7
Tel. (780) 465-2992

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

Youth Empowerment and Support Services

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

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

Alberta Employment Standards

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

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

ign 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.iafcandana.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

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