

Mill Woods Mosaic

June 15, 2026

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The Multicultural Voice of Edmonton Southeast

Independent • Non-partisan • Interdenominational

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Award-winning artist Ida Lucila is the first Filipino-Canadian Historian Laureate for the City of Edmonton.

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Not afraid to reinvent

On June 8, Louise Arbour was installed as Canada's new Governor General who is the federal representative of the Canadian monarch. See the complete text of Louise Arbour's installation speech on pages 7 and 8. Photo: Her Excellency the Right Honourable Louise Arbour, Governor General of Canada, is greeted by the Usher of the Black Rod J. Greg Peters, M.V.O., at the Senate Chamber, in Ottawa, Ontario.

Photo: MS Anne-Marie Brisson, Rideau Hall © OSGG, 2026

Show your "Mill Woods Heart" on Canada Day

By Karen Liber
Chair of the Mill Woods
Canada Day 2026 Committee

The Mill Woods Presidents' Council is finalizing preparations for the community's premier summer event: the annual Canada Day celebration at Mill Woods Park. On July 1st, the park will transform into a vibrant hub of culture and music, though organizers say this year's festivities carry a deeper purpose than just celebration.

The event, which runs from 2:00 p.m. until the final firework fades after 11:00 p.m., features a packed schedule of free family entertainment. However, the Mill Woods Presidents' Council is placing an emphasis on a "Special Call to Action" to support the Society of Saint Vincent de Paul.

A Growing Need in the Community

Operating out of St. Theresa Parish, the Society serves residents living south of the Whitemud Freeway to the southern city limits and east of 103rd Street to the eastern city limits. In 2025, the organization served over 1,600 neighbours, including 784 children. This support included toiletries, diapers, furniture, household items and food hampers.

We are asking all attendees to show the "Mill Woods Heart" by bringing a food donation. Volunteers will be on-site collecting non-perishable food such as cereal, peanut butter, jams, canned



meat/fruit/vegetables, pasta and rice. To encourage participation, every person who donates will be entered into a draw for a \$100 gift card to Mill Woods Royal Pizza.

Entertainment for All Ages

The day kicks off at 2:00 p.m. with two distinct activity zones. The Main Stage, located by the pond, will host a diverse lineup of cultural dancers throughout the afternoon. Simultaneously, the Kids' Zone by the soccer fields will offer bouncy fun, mini-golf, train rides, and carnival games hosted by Hope City Church until 6:00 p.m.

The opening ceremony starts at 6:00 p.m. featuring local dignitaries and the singing of "O Canada." The evening's

soundtrack continues with a showcase of local musical talent, building momentum until headliner Martin Kerr takes the stage at 10:00 p.m. The night concludes at 11:00 p.m. with a massive fireworks display sponsored by Mill Woods Town Centre. Through-out the event, attendees can sample diverse flavors from local food trucks or browse unique treasures at the "Artisan Market."

Logistics and Site Access

Attendees are reminded that this is a "walk-on" event. To ensure public safety, several major road closures will be in effect, and organizers strongly advise against attempting to park near the site to avoid the frustration of being blocked in by slow moving traffic, after the fireworks.

• **66th Street** will be closed from 23rd Avenue to 28th Avenue starting at 7:30 p.m.

• **Additional closures** beginning at 10:45 p.m. include 28th Avenue and sections of Mill Woods Road, with restricted access points at 34th Avenue and 50th Street.

A full schedule of events can be found at www.seedmonton.ca/canada-day-2026.

For a schedule of the cultural dance and live music performances on the main stage and more information about the entertainers, visit this page on the website of the Mill Woods Presidents' Council's website:

www.seedmonton.ca/entertainment-2026

Okisikow Way Day recognized

Community members, Elders, leaders and grassroots organizations gathered at Edmonton City Hall on June 9 to recognize Okisikow Way Day and stand against domestic violence affecting women, children and gender-diverse people.

The annual event recognized the ongoing crisis of domestic violence and honours the community-led efforts that led to the official renaming of Okisikow (Angel) Way NW in 2024. The City's Indigenous Relations Office co-hosted the event with the Okisikow Way Community Working Group, which included Elders, the Stolen Sisters and Brothers Action Movement and CEASE, the Centre to Empower All Survivors of Exploitation and Trafficking.

"Okisikow Way Day is a time to honour the women, children and gender-diverse people who have experienced violence, and to recognize the families, survivors, Elders and community members who continue to lead this work," said Krystin Flierl, Director, Indigenous Relations Office. "The

City is grateful to walk alongside these community partners to support community-led actions for healing, safety, justice and belonging."

The gathering included a short presentation, an official civic proclamation for Okisikow Way Day and an opportunity for attendees to connect and share refreshments.

By integrating the Cree word for angel, okisikow, into the city's permanent infrastructure, the initiative brings public recognition to Indigenous language, art and resilience. It also serves as a lasting reminder that people affected by violence and their families need safe spaces, support and care.

The City's partnership in Okisikow Way Day reflects its ongoing commitment to reconciliation and community safety. This work is guided by Wahigicicobi (kinship) Edmonton's Indigenous Framework and the commitments of Edmonton's Missing and Murdered Indigenous Relatives MMIR Action Plan.

For more information:
www.edmonton.ca/OkisikowWay



Edmonton's Mayor Andrew Knack presented a Proclamation to recognize Okisikow Way Day to Shawna Hohendorff and Liz Callingbull Taylor of Kindred House during an event at City Hall on June 9.

Photo: City of Edmonton

Proud to be Canadian

Edmonton City Councillor Jo-Anne Wright

In a couple of weeks, many of us will come together to celebrate Canada Day. I am proud to be Canadian as we commemorate the 159th anniversary of Confederation. Although there are some rather regrettable events in our history, for which we are now taking action towards reconciliation, we proudly demonstrate our unity from coast to coast to coast. Since First Nations peoples first greeted settlers to this land, we have continually strived to be a welcoming place for all those wanting to make Canada home.

A privilege that I have in my role as City Councillor is to engage with our diverse community in that celebration. I'll start my day with the Ismaili Council for Edmonton for their annual pancake breakfast at the Alberta Legislature, then head off for more pancakes and fun with the Meadows Community League. Mill Woods Park will be homebase for the rest of the day for the Canada Day celebration organized by the Mill Woods Presidents' Council. From there I'll take time out to attend the festivities at the Millwoods Cultural Society of Retired & Semi-Retired,

and then over to the Council of India Societies of Edmonton (CISE). The evening will end with fireworks sponsored by Mill Woods Town Centre.

I can't imagine what July 1st would be like if we were no longer a part of Canada. I can't imagine what it

would be like if I were not able to cheer on our national sports teams or revel in the achievements of Canadian astronauts reaching the moon. I can't imagine not being stereotyped as Canadian by saying "I'm sorry." I can't imagine not getting a lump in my throat when the Canadian National Anthem is played. I can't imagine what would happen if the majority of Albertans who vote in the upcoming referendum move us closer towards separation and have us suffer the enormous costs of doing so.

That is why, for me, it is imperative that we all come out on October 19th to demonstrate our pride and vote in favour of staying a part of Canada – forever.

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

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Canada strengthens Indo-Pacific ties through changes to visa requirements

As Canada continues to deepen its trade, investment and strategic partnerships across the Indo-Pacific, the Honourable Lena Metlege Diab, Minister of Immigration, Refugees and Citizenship, announced on May 25 that Canada will make changes to visa requirements for eligible citizens from Indonesia and Malaysia.

Strengthening Canada's engagement in the Indo-Pacific is essential to diversifying markets, creating new opportunities for Canadian businesses and supporting long-term economic growth. Changes to visa requirements for eligible travellers from Indonesia and Malaysia will help reinforce these ties while maintaining Canada's strong commitment to border safety and security.

Indonesian and Malaysian citizens who have held a Canadian temporary resident visa (TRV) in the last 10 years or who currently hold a valid US non-immigrant visa – and have therefore previously been screened by Canada or the US – may be eligible to apply for an electronic travel authorization (eTA) instead of a visa when travelling to or transiting through Canada by air. People who already have a valid TRV can continue to use it to travel to Canada. Travellers can visit this website to learn who is eligible for an eTA and how to apply:

www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/

Canada remains committed to prioritizing the safety and security of its border while making travel more efficient for people visiting, or conducting business in Canada.

"Canada is working to attract the world's brightest minds, strengthen our global partnerships and create new opportunities for Canadian businesses and workers," said Minister Lena Metlege Diab. "Changes to visa requirements for eligible travellers from Indonesia and Malaysia is part of a broader whole-of-government effort to deepen Canada's engagement across the Indo-Pacific, support trade and investment, and make it easier for people to connect, do business and contribute to Canada's long-term economic growth."

Quick facts

- The eTA application is used by Canadian officials to conduct pre-travel screening for air travellers.
- Indonesia is Southeast Asia's largest economy. In 2025, Indonesia was Canada's third-largest merchandise trading partner among Southeast Asian countries, with bilateral trade totalling \$6.75 billion. In 2025, Canadian merchandise exports to Indonesia were valued at \$3 billion, making it Canada's second-largest export market in Southeast Asia and the 17th-largest worldwide.
- Malaysia is one of Canada's largest

bilateral merchandise trading partners in Southeast Asia. Since 2020, bilateral trade with Malaysia has increased by 60%, rising from \$3.8

billion in 2020 to \$6.1 billion in 2025. In 2025, Canada welcomed about 18,300 visitors from Indonesia and 11,500 visitors from Malaysia.

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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

Forbidden fruits

The Liberal federal government of Canada wants to restrict social media for children, following the example of other countries, including Australia, Indonesia, France and Malaysia, but the proposed Safe Social Media Act (Bill C-34) is controversial, and some experts say that it will not work. The Bill proposes to restrict access to social media for kids under 16, but there may be some exceptions, and it would be the responsibility of the websites to protect children from harmful content, including cyberbullying.

Restricting or controlling children's use of the Internet is nothing new, and the attempts in the past haven't really worked that well, because kids are not stupid nowadays. They may not be as street-smart as the kids of previous generations, because they rely more on electronic gadgets like smartphones and laptops, but parents and teachers and lawmakers should not underestimate their ability and creativity to find ways to circumvent any restrictions or barriers to watch on the Internet what they want to watch.

Therefore, making a law to protect children from harmful content, like cyberbullying and pornography, is one thing, but enforcing such law is another thing. It is important to teach children to understand why something is *verboten*, because to be attracted to "forbidden fruits" is part of human nature since Adam and Eve.

I'm a worrier. Not a warrior. A warrior is a person who confronts conflicts and focuses on solutions, taking disciplined action and pushing through fear to achieve victory. In contrast, a worrier focuses on what could go wrong, often paralyzed by anxiety and pessimistic thoughts.

Yes, I admit to be a worrier, but I am not paralyzed by anxiety and pessimistic thoughts. Let's call it a little worrier, because I worry about little things in our everyday life. When my wife and I go out, I check everything before we leave our house. I check if the electric iron is shut off or unplugged, I check my wife's curling iron which she likes to use before we go out, I check our stove, and I make sure that all three entrance doors of our house are locked.

We have an alarm system with smoke and motion detectors, but I believe that it is always good to double-check to be on the safe side, because it is better to be safe than sorry. But my family thinks that I am paranoid and overprotective. I think that it is good not to worry too much, but on the other hand it is also good not to be naive and let our guard down, because there are bad people out there who want to hurt us and steal our stuff, so it is smart to take precautions.

When we lived in a small town in southern Alberta after immigrating to Canada, we were surprised that many

people there didn't lock their houses and cars. When I grew up in big cities in Germany, people always locked their houses or apartments and cars, and they were not paranoid, because it was the right thing to do in a city with

**Arnim
Joop**

*From the
Desk of the
Publisher*



a million people and its share of thugs and thieves. My wife Susan grew up in a small town in the Philippines where people also didn't lock their houses, because neighbours were always looking out for each other, but when she lived in Manila, a big city with millions of people, she also learnt to be more cautious to be safe.

So, when we moved to Edmonton, we were prepared to be "house-smart", and since we have our own house in a quiet cul-de-sac in The Meadows, we always lock our doors, even when we are in our garden. It is a pretty safe neighbourhood, but there have been

incidents where people were busy in their backyard without locking their front door, and then a burglar entered their house through the unlocked front door and stole stuff without the owners even noticing what was going on.

We had an incident recently where a toddler, wearing only a diaper, was roaming around in our cul-de-sac without adult supervision, and nobody knew where this kid belonged. Fortunately, some caring neighbours gathered immediately, took the child off the street and called 9-1-1. It turned out that the little girl left their house without the mother noticing it, but we don't know if that was true.

It is good for neighbours to look out for each other, because that is the best security alarm system.

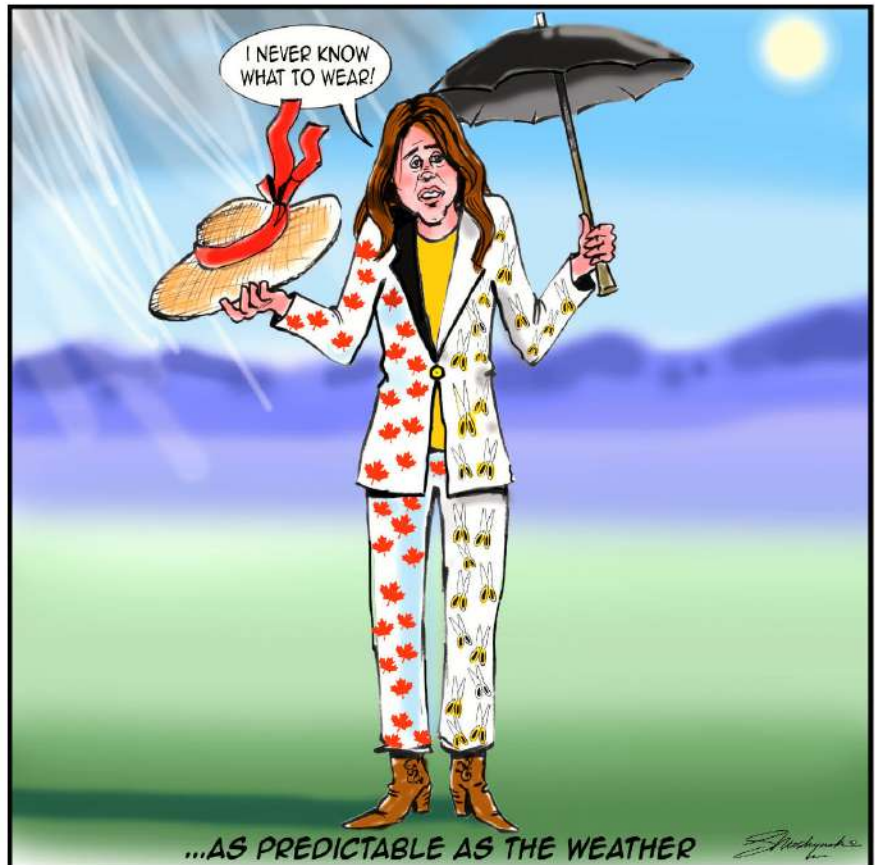
Another aspect of worrying too much or not enough is politics and the environment. As a journalist, I am always curious to find out what's going on in the world and start my day reading the headlines on CBC, BBC, CNN and other online networks, but it is becoming more and more frustrating and depressing to follow the news, because there is so much negativity and destruction. It is important to know what's going on in our community, province, country and the world, but we should not allow to be discouraged. Therefore, we should focus on the po-

sitive things and the areas where we can make a difference, and that is usually our neighbourhood and our personal circle of friends with whom we share common interests.

A negative example of communication is road rage. I am guilty of getting excited when I am driving and some idiot cuts me off or tailgates me, and my wife tells me to take it easy when I am behind the wheel, because it is better for my heart and mind. So, instead of responding angrily when I encounter an aggressive driver and showing them the finger, I have made it a habit to give them a flying kiss which usually makes them speechless. Instead of escalating a situation, it is better to react with a kind gesture, because it disarms angry people. Give it a try the next time you encounter an angry driver. If you are on foot and a person is rude to you, you can offer to give them a hug which is also usually a reply angry people don't expect and don't know how to handle.

Life is too short to be down, so let's not worry so much about the morons and let's focus more on the people around us who are positive, inspiring and uplifting, and let's do our part to be like that and make the world a better place.

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



The most famous saying about weather in Alberta is: "If you don't like the weather in Alberta, wait five minutes and it will change!" The Spring of 2026 has been quite rainy so far, and politics in Alberta are unpredictable as the weather: Premier Danielle Smith keeps on talking about a "strong and sovereign Alberta within a united Canada", but what exactly does that mean?

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

Don't Worry, Be Happy!

What would you do?

For the past five years, I have been researching stories, compiling photographs, and writing about my family's history. The task, though demanding in time and effort, has often been quite rewarding, including the insight I gained about many familial concerns and some hitherto secrets. In fact, I have recently stumbled across one such secret which left me angry, sad, and puzzled about the appropriate response to what may be a common problem.

By way of context, I discovered an entry in my father's daily planner which he used as a repository of key names, dates and events. In early February 1990, after years of having significant heart-related issues, he blandly wrote about his appointment with a specialist where he was told his heart had extensive and irreparable damage. He was advised that, at best, he likely had only five years left to live. He communicated this critical bit of news to no one and died suddenly just short of seven year later.

Immediately after discovering this entry and absorbing its significance, I called my only sibling. Our mother was already deceased, and I knew she was not informed because, when she was alive, she regularly confided in me. "Did you know!?" I challenged my brother after explaining what I discovered. He did not and was equally taken aback by our father's note. We then chatted about what each of us would do if placed in our father's shoes or had knowledge of our premature demise. We had slightly different

views, which made me question, more profoundly perhaps, what I would do if placed in a similar circumstance.

We recognized two viable options.

**Ron
Kuban**

*Time
Passages*



One was to disclose the diagnosis and its likely consequences, soon after being told about it, to our loved ones and perhaps close friends. The other was to act much like our father had done and tell no one. Each option had its own merits but remained imperfect.

My brother and I agreed that had our father told us about his diagnosis, he would have had no need to pretend that everything was normal for him, and by association, for us. It clearly was not. We surmised that with each passing day he likely felt a growing urgency and anxiety, knowing that his time was rapidly running out. Additionally, we believed that had he disclosed his circumstances, he then would have had the opportunity to rely on the understanding and support of our extended family and his friends. Then, he could have planned his remaining days more

openly and better informed us of his wishes.

Clearly, his disclosure would have offered each of us the opportunity to intensify our care and engagement with him, and to make his remaining days more joyful. Most likely, we would have undertaken a more active and time-sensitive approach to our interactions with him, as opposed to our otherwise less frequent exchanges. He was only in his sixties, and we assumed we had more time with him. As it turned out, the burden of his few remaining years rested squarely on his shoulders.

In a way, I understand my father's decision to keep silent about his dreadful prognosis. He was a man of secrets who, throughout his life, shouldered his many responsibilities without complaint. He did not wish to alarm or burden his family with worries as time quickly rushed on towards his death. Instead, he pretended that life was as usual. Normal. In retrospect, I now recognize that he was acting in a seemingly out-of-character behavior which at the time was glossed over by all of us. For example, out of the blue two years before his death, he decided to visit his place of birth. It was in a country he left over fifty years before and up until then had no interest in revisiting. There was also the extravagant gift he bought his wife (my mother) on their last anniversary together.

I wish I had known the truth then and had the chance to share one-on-one time with him. I am sure it would have

benefited him enormously. It would have also comforted my family and I, both while he was alive and certainly afterwards. For example, I have been left with three nagging questions about his past which only he could have answered. Had I known of his terminal condition, I would have had the motivation, and likely taken the opportunity, to address these questions directly with him. Now, I will never know.

My experiences have convinced me that life is unpredictable, demanding, stressful, and occasionally shocking. I believe that any attempt to reduce the impact of drastic circumstances could be beneficial, as long as it is done with care and purpose. This effort applies to my father's diagnosis and to many other situations beyond that. Consider for example the loss of a pregnancy, the loss of employment or employability, break-up of key relationships, inability to complete educational programs, and a myriad of debilitating medical diagnoses.

In each case, the affected person has the potential of impacting other people, most likely loved ones, by the simple act of disclosure or the withholding of related information. My father's choice still lingers with me. Nevertheless, I understand his reasons for acting the way he did and forgive him for the impact it had on me. However, the question remains: What would you and I do in similar circumstances?

Feedback is welcome at
rkuban@shaw.ca

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

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

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Alberta Affordability Agenda to make life better for Albertans

Hello Mill Woods!
 Summer is upon us and along with hot weather we continue to see increasing costs that are pressuring families' budgets like never before! The cost of everything just keeps going up and sadly, the current provincial government under Danielle Smith and her UCP have shown no interest in helping Albertans.

Smith and her team have refused to raise the minimum wage, which hasn't changed in over seven years! The UCP are introducing a new program for disabled Albertans that they call ADAP, which pays less and is more restrictive than the AISH program it replaces. And Smith & her Cabinet have spoken in the Legislature about how they'd rather pay down the government's debts than help you and your family with your own debts; they said this while refusing to give Albertans a gas tax holiday that the federal government and several other poorer provinces gave to their citizens.

In short, whoever Danielle Smith is working for these days, it's clearly not for you!

But Albertans have a choice, and it's time for a change. With Naheed Nenshi as leader of the Alberta NDP, we are offering Albertans a government that will work to make your lives better and more affordable.

Christina Gray

MLA for Edmonton-Mill Woods



We just released our plan that we are calling the Alberta Affordability Agenda, and it contains our pledge that when we form the next provincial government, we will raise the minimum wage to \$18/hour and then ensure future increases are tied to inflation and happen automatically, year after year, to keep the wages of our lowest earning workers fair, to ensure that every Albertan who works a full time job can pay for rent and groceries.

We've heard from so many Albertans that the increasing price of electricity is eating up too much of the family budget, and so our Alberta Affordability Agenda also includes a commitment to cut electricity bills by 10%, including those frustrating distribution and transmission costs. We'll remove Danielle Smith's needless attack on

low cost renewable energy; we will ensure Albertans get the clean power they want at the best rates possible.

Our Alberta Affordability Agenda also addresses the rising costs of groceries. We'll appoint an independent grocery watchdog to track prices and report publicly. We'll end the land covenants that let big grocery chains block competition from opening. And we will require clear labels detailing when the grocery items you are buying have shrunk in size despite the same packaging and price.

The Alberta NDP's affordability plan contains even more good stuff. We will give you the gas tax relief during times of high fuel costs that Danielle Smith has refused to honour. We will end nuisance fees and make it easier to cancel costly subscription services. And we will make it easier for Albertans to buy their first home.

In short, summer is here and there may be some hot days ahead of us, but when it comes to the heat your personal budget is facing, relief is on the way! As Premier, Naheed Nenshi will be focused on reducing costs for working Albertan families. Naheed comes from a hardworking family and he knows what it's like to make a budget work in tough times. I'm excited to be part of the next Alberta NDP govern-

ment, so that our provincial government can get back to doing what matters, working to improve life for you.

I hope you have a great summer, I'll be out at many events, including several stops on Canada Day! This year Canada Day is extra important, as we have the fall referendum campaign that Danielle Smith gave to Separatists to save her own job. It's a vote we shouldn't have to have, we know a large majority of Albertans want to stay as Canadians, but since we have to have it, we all need to stand up, proudly declare to our friends, family and neighbours that we are choosing Canada, and make sure that everyone knows how proud we are of our amazing country. That starts by throwing the best Canada Day we know how to! I hope I'll see you there.

Have a great summer and as always, if you see me in our community, please stop and say hi, I always want to hear from you.

I'm fighting for you,

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



MLAs Christina Gray (left) and Rakhi Pancholi supporting Canada at an NDP event with a young supporter on May 25.



MLA Christina Gray (in the middle) delivering 1700 cookies to the staff at the Grey Nuns Community Hospital on May 8.



Government officials and community members gathered at the Alberta Legislature on June 9 to celebrate the Islamic holiday Eid al-Adha ("Festival of Sacrifice").



Christina Gray and Naheed Nenshi after a tour of the new Covenant Community Health Centre in Mill Woods on May 5.

Photos: Office of MLA Christina Gray

New Governor General: "A country that is not afraid to reinvent itself"

Canada's 31st Governor General, Her Excellency the Right Honourable Louise Arbour, was installed during a ceremony in the Senate Chamber, in Ottawa, on June 8. Arbour is a lawyer who served as chief prosecutor for the International Criminal Tribunal for the former Yugoslavia and the International Criminal Tribunal for Rwanda, was appointed to the Supreme Court of Canada in 1999, and was the United Nations (UN) high commissioner for Human Rights from 2004 to 2008.

Here is the full version of Arbour's installation speech:

Dear Canadians,

I am deeply honoured to stand before you here today. These halls were built on the traditional territory of the Algonquin Anishinaabeg Nation, a proud people who have cared for these lands and enriched them with their culture for millennia.

We are gathered today in this Senate Chamber, where careful scrutiny is applied to the laws that will shape our future.

Like the Supreme Court of Canada and the House of Commons, the Senate contributes to the dialogue through which Canadian democracy is expressed.

I want to thank Prime Minister Carney, and His Majesty King Charles III, for entrusting me with the opportunity to serve another great Canadian institution in a new role over the coming years.

I also wish to thank the Right Honourable Mary Simon for her remarkable service.

Her Excellency stood with Canadians through defining moments—from the COVID-19 pandemic to periods of economic strain and profound shifts in the global landscape.

Her tenure as Canada's first Indigenous governor general will be viewed by history as both significant and timely. I admire the hand that Her Excellency has extended to all Canadians. She has reminded us that reconciliation is a lifelong journey that begins with listening and with empathy.

Listening to voices that challenge our understanding of history.

Listening to Indigenous environmental and spiritual knowledge, deeply sophisticated yet long overlooked.

Listening to languages unfamiliar to many of us, that have resonated from coast to coast to coast for centuries.

And embracing a future in which First Nations, Inuit and Métis peoples are no longer cast aside.

For my part, I have learned the importance of understanding differing points of view, both through my education and throughout my professional life. In fact, I have experienced both the comfort and discomfort of homogeneity.

I grew up in Montréal in a comfortably homogenous environment.

I grew up in uniform, educated exclusively by women: my mother and the Sisters of the Congregation of Notre-Dame. Until the age of 20, I was surrounded by classmates who were all Francophone, white, Catholic girls, just like me.



Her Excellency the Right Honourable Louise Arbour was installed as the 31st governor general of Canada during a historic ceremony that took place in the Senate Chamber.

Photo: PO 2 Louis Dubé, Rideau Hall © OSGG, 2026

I then worked in another largely homogenous environment – one that was predominantly Anglophone and male-dominated. And despite the promise I made to myself at age 20 to never again wear a uniform, I donned my judge's robe without the slightest inkling of the surprises life has in store for us.

I then had the incredible opportunity to work abroad. I discovered the richness of the connections to be made with people with whom we thought we had nothing in common.

My work, both as a judge and in service to the international community, exposed me to a wide range of perspectives. The same is true of the privilege I had of living abroad and working in countries that are vastly different from Canada. I have seen regions ravaged by war and poverty, where people, like all of us, yearn to live with dignity, in peace and security.

I have always been struck by the fact that, after all, everything is a matter of perspective.

I remember standing outside the United Nations headquarters in New York in the 1990s, confronted with my own biases. I came across a group of Chinese tourists and asked a young woman about her impressions of the city. She replied: "It is so old!" I was surprised.

Then I realized I had been projecting a story onto her, imagining her as coming from a civilization of centuries-old splendour, gazing out at a vibrant city in a younger country. In reality, she was more likely born in futuristic Shenzhen or Shanghai, glittering metropolises of glass towers. There I was, looking at New York, looking at her, and making assumptions.

Perspective is everything.

I look at Canada through the eyes of someone who has known it both up close and from afar, always with admiration. A country that is not afraid to reinvent itself.

Our future is our shared project, a project that calls on us to balance the many perspectives that shape our collective identity.

We do not all share the same

understanding of our history.

Nor do we all share the same origins. We, or our ancestors, come from all over the world.

Peoples have always travelled. I am thinking in particular of Inuit families, who have always traversed the vast expanse of the Arctic.

Humanity has always sought to go further, to push the boundaries. And to go higher, as our Canadian astronaut Jeremy Hansen did on his mission into space.

How could anyone be anything other than awestruck by the thought that he set his eyes on places no other human being had ever seen before?

I say this with confidence: let us not slow our momentum toward progress out of fear of differences.

Extreme polarization is dangerous – but so is extreme consensus.

It is through our differences, and our fundamental right to express them, that we will nourish critical thinking, creativity and innovation. It is through our differences that we will build our common future.

As Canadians, we have the extraordinary privilege of living in a mature democracy. We benefit from strong institutions that allow different views to be expressed.

We must continue to protect the public space in which our national debates take place: from schools and universities to the media, political parties, unions and civil society organizations. From theatres, concert halls and museums to courtrooms and the floors of our legislative assemblies.

Continued on page 8

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2:00PM ANNOUNCEMENTS
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Happy Feet Dance Studio & Group
Ballet Mexico Lindo of Alberta
Celtic Ceilidh Dancers
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“Canada offers you tremendous freedom and possibilities”

Continued from page 7

The peaceful management of our differences is nowhere better expressed than in the Canadian Charter of Rights and Freedoms. The Charter guarantees that our cherished individual rights are subject only to the reasonable limits necessary for life in a free and peaceful democracy.

This is what it means to live under the rule of law. In an open society like ours, the purpose of law is not to restrain, but to construct a greater freedom for all.

We have a constitutional and cultural framework that allows us to imagine, to explore, to innovate, to experiment.

Our humour is grounded in self-deprecation. We believe in leading as a team. We do not mistake humility for weakness, nor do we measure a person's worth by the thickness of their wallet.

We don't think we are perfect, but we believe we are pretty well on the way there.

We have a remarkable capacity to pause, to examine our failures and to learn from them. When we do, we seek to understand, not just to blame.

And we know we are not yet doing enough – not enough for each other, let alone for the billions around the world who look at us with justifiable envy.

Our country covers nearly 7% of the world's land mass and holds 20% of its freshwater – yet we make up just half a percent of its population.

We have the talent and the resources the world will need most in the decades ahead.

Young Canadians are citizens of the world – they are well educated, with both a deep climate awareness and remarkable digital literacy. Yet not all of them are able to reach their full potential as they face the headwinds of inequality. In that, we are failing them. It is our shared responsibility to correct course.

The better we advance our common project to build a great future for Canada, the greater our influence on the world will be. And for that, our ambition must be bold and sustained.

To help Canada reach its full potential, we must adopt a new perspective – one that is ambitious and confident – on ourselves and our place in the world of tomorrow.

Some of you may have heard the parable of the three stonemasons.

A traveller comes across three stonemasons at work and asks, “What are you doing?”

The first replies, “I'm cutting stones.” The second says, “I'm building a wall.”

The third replies, “I'm building a cathedral.”

I know that it can be difficult to feel as though you are part of the ambitious project of building the Canada of tomorrow.

We all get caught up in the busyness of our day-to-day lives: meeting the demands of our children, of our colleagues, grappling with the cost of living.

But the fact remains that each and every one of us, in our own way, is



Her Excellency the Right Honourable Louise Arbour, Governor General and Commander-in-Chief of Canada

Photo: PO 2 Louis Dubé, Rideau Hall © OSGG, 2026

helping to shape what Canada will become.

Our country is our shared work. So, too, is our influence on the world.

Our expertise already positions us among global leaders in many fields – from ethical artificial intelligence to clean technologies, and from creative industries to medical research.

The new technologies at our disposal are more powerful than ever – highly attractive and widely accessible.

But we must ensure that their convenience does not lead us to overlook the profound societal shifts they are driving.

With instant access to vast amounts of information, it is very tempting to pay little attention to the reliability of sources.

The lines between knowledge and belief, between truth and falsehood, between facts and assumptions, are increasingly blurred. AI could be threatening not only the way we live and work, but also the control we exercise over our own destiny.

Yet these challenges are not insurmountable.

If we remain vigilant, we can meet them – with public institutions that remain trustworthy, a strong education system at every level, sustained investment in science, research and development, and a private sector that upholds the standards of integrity that Canadians expect.

economy, including in the Arctic, we must remain attentive to the rights of those directly affected and we must always ensure a fair sharing of both burdens and benefits.

Our collective security rests, above everything else, on the trust that we place in each other.

Of course, I cannot speak about security without recognizing the vital contribution of the Canadian Armed Forces to peace, stability and security – both around the world and here at home when there are times of great hardship.

I recently came across a remark by General Jennie Carignan, Chief of the Defence Staff, who described the Forces as long-standing “exporters of security.” I think today, those vital efforts are complemented by a renewed focus on defending our own vast territory.

To our uniformed members, I express my deepest gratitude for your service, professionalism and commitment to excellence. And I stand with your families, who share in the sacrifices that this commitment entails.

I am very encouraged to see recruitment efforts bearing fruit, with more Canadians – from diverse genders, backgrounds and perspectives – choosing to serve.

Significant progress is also being made within the Forces to foster inclusion with dignity. Building on a proud tradition of respect and honour, this continued modernization will, over time, strengthen effectiveness and morale. It will also enhance your capacity by better reflecting the country you are called to protect.

It is a profound honour for me to assume the role of commander-in-chief of Canada.

As I take on my new role, I am mindful of the privilege given to me to go out and meet with Canadians across this country and to discover the wealth of ideas and ideals that inspire them.

I am preparing myself to be surprised and to confront my own stereotypes and unconscious biases, like that day when a young Chinese woman made me smile when she remarked that everything in New York was old. I can't wait to learn and share with you my thoughts on the joy of discovering others.

And when I am called upon to represent Canada beyond our borders or to welcome foreign dignitaries here at home, it is this diversity of Canadian voices that I intend to showcase.

I hope that each day, I will be able to embody the spirit of empathy that lies at the heart of our great reconciliation project.

Together, we can harness our extraordinary resources, the breadth of our talent, our collective know-how and our boundless imagination.

The world is watching us, not to copy everything we do, but to draw inspiration from a country striving to embrace the future with greater security, prosperity and dignity for all.

Thank you. Merci.

For more information, visit the website of the Governor General of Canada: www.gg.ca

The Early Development of Millbourne

This is the sixth in a series of articles about the history of Mill Woods that will continue throughout 2026 as I write a book about the community. The fifth chapter will focus on the development of Mill Woods by the city.

When the Development Concept was approved, the city disbanded the design team and formed a new project team responsible for implementation. In October 1970, the city went to the Edmonton Regional Planning Commission to change zoning in the area from low-density agricultural to general urban use. The following year, Edmonton annexed the land from the County of Strathcona.

The *Edmonton Journal* May 1, 1971, reported that the city expected that when the first lots went on sale that fall for \$4,000, the price would “likely affect real estate values throughout the city,” and that the land bank was “expected to ease the financial agony for those wishing to buy” and to allow orderly growth at controlled prices that would prevent exploitation and urban sprawl. The economic impact was expected to be “immeasurable.”

Mill Woods is essentially a city within a city, comprising Mill Woods Town Centre and eight surrounding communities: Burnewood, Knottwood, Lakewood, Millbourne, Millhurst, Ridgewood, Southwood, and Woodvale, each divided into multiple neighbourhoods. This was the largest development any municipality in Canada had ever led and there were numerous challenges with infrastructure: water and sewage, roads and public transit, schools, religious and recreational facilities, as well as establishing services such as mail delivery and fire and police.

Richfield, which is in the community of Millbourne, was the first neighbourhood developed in Mill Woods because of access to nearby infrastructure (i.e., water, sewers, gas). In December 1971, the city held a draw for the opportunity to buy the first lots, with construction to start immediately and occupancy in April 1972. The price of unserviced 50-foot lots was set at \$2,200. A second draw was held for

**Catherine
C. Cole**

History of Mill Woods



construction to start in July 1972.

As planning for 350 lots in Lee Ridge neared completion in July 1972, servicing on 150 lots on city-owned land was scheduled to begin in August. However, 200 of the 350 lots were on land that was still privately-owned, not part of the land bank. The city negotiated with landowners to re-plot the land (resurvey and rezone land that had previously been allocated in other ways) for the neighbourhood with the intention of building roads in the summer of 1973. Three landowners were excluded from the replotting because they couldn't come to an agreement with the city. In an unrecorded interview with city planner Erik Backstrom, Phil Ellwood remembered replotting as one of the most delicate aspects of the work. Because of the human element, it was difficult to predict how long negotiations would take, or how successful they would be.

While the city preferred to sell land directly to homeowners, some homeowners in Richfield had been unable to complete construction and there was a debate at council and in the press about the ability of individuals to construct their own homes increasing speculation among builders, so half the lots in Lee Ridge went to builders, with each builder limited to four lots.

In 1973, 300 lots went on the market in Tweddle Place for housing starts by the end of October. Only about 75 people (some couples) lined up for lots and not all available lots were sold. The land rush in Mill Woods had

ended. Interest rates increased at that time, as did the cost of building materials, so demand had fallen off since they sold the lots in Lee Ridge.

The *Edmonton Journal* noted that throughout the 1970s, 33% of the city's growth was in Mill Woods; by 1980 that figure grew to 50% as the population of Mill Woods approached 35,000 residents. In 1978, 70% of the population of Mill Woods was under 30, compared to the city's average of 26% under 30. Just over a decade into the development, on May 31, 1984, the *Edmonton Journal* reflected on the pros and cons of Mill Woods, saying, with typical insensitivity:

“Mill Woods – home for guinea pigs or trendsetters? It's 13 years since Edmonton began its bold experiment with the community. Today 59,000 people live there. Some praise Mill Woods for its positive racial integration, affordable housing and closely-knit community leagues. Others point to signs of social unrest, increasing unemployment and annoying lack of services.”

The Mill Woods development was ahead of the schedule outlined in its 25-year plan. In 13 years, 90% of lots were serviced and the population of 59,000 was six years ahead of schedule. Naturally there were growing pains. This rapid growth caused some

challenges, particularly in terms of accessibility, the sewer system, pipelines and schools.

In an oral history interview recorded on March 5, 2012, planner Zard Sarty, remembers:

“We put the roads in, put the sewer in, we put the water and electricity in, and we sold the land through the auction and got the people in ... this was a piece of land isolated from the body of the city. It had to have its own amenities, and it didn't have. We were so busy to create the lots, finance the roads, finance the sewer and so on, and manage the sale. There wasn't enough resources to put in the other facilities.”

The book will include information about the development of other communities in Mill Woods as well as discuss some of the challenges of establishing roads, sewers, and utilities in the area. Next month, this column will focus on the establishment of institutions in Mill Woods, such as schools, the library, religious facilities. If you have information about the history of Mill Woods or photographs to share, please contact me at catherinec.cole@telus.net. I am very grateful to the Canada Council for the Arts and the Edmonton Heritage Council 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.



Edmonton Journal, July 14, 1978

Courtesy: Provincial Archives of Alberta J4117



1912 home in a 1970s cul-de-sac in Lee Ridge

Photo: Catherine C. Cole, 2026

When Every Minute Counts: Understanding Stroke

By Ramneek Pandher

Every five minutes, someone in Canada experiences a stroke. As June marks *Stroke Awareness Month*, it is an important time to learn how to recognize the signs of stroke and understand the challenges many survivors face during recovery.

A stroke occurs when blood flow to part of the brain is interrupted, either because a blood vessel becomes blocked or because it ruptures. Without oxygen-rich blood, brain cells begin to die, making rapid medical attention essential. This urgency is reflected in a common phrase often used by neurologists and healthcare professionals: "time is brain." The sooner treatment begins, the greater the chance of reducing long-term damage.

One of the most effective ways to recognize a stroke is by remembering the acronym **FAST**: **F** for Face drooping, **A** for Arm weakness, **S** for Speech difficulties, and **T** for Time to call emergency services. Spotting these warning signs early can make a significant difference in a person's recovery.

While recognizing a stroke is important, many people are less familiar with the challenges that can continue long after the medical emergency has passed. One of these is aphasia, a condition that affects a person's ability to communicate. Depending on the area of the brain



affected, aphasia can make it difficult to speak, understand language, read, or write. Importantly, aphasia does not affect intelligence. A person may know exactly what they want to say but struggle to find the words to express it.

For many stroke survivors, this can be one of the most frustrating and isolating aspects of recovery.

Recovery after a stroke is rarely a straight line. Some individuals regain abilities quickly, while others may

require months or years of rehabilitation. Physical challenges, fatigue, memory difficulties, and communication barriers can all become part of daily life. These changes can affect not only survivors, but also their families, friends, and caregivers.

Supporting someone after a stroke does not always require specialized training. Sometimes, it is as simple as being patient, listening carefully, allowing extra time for communication, or using gestures, writing, or visual aids when needed. Small acts of understanding can have a meaningful impact on a person's confidence and quality of life.

For those seeking additional information or support, the Heart and Stroke Foundation of Canada and local stroke recovery programs offer valuable resources for survivors and caregivers. This Stroke Awareness Month, taking a few moments to learn the signs of stroke and understand the realities of recovery can help create a more informed, compassionate, and supportive community.

For more information:
<https://www.heartandstroke.ca/stroke>

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



Happy Canada Day!

Gurtej Singh Brar
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Jasvir Deol
 MLA FOR EDMONTON-MEADOWS

Naheed Nenshi
 LEADER OF THE OFFICIAL OPPOSITION

Christina Gray
 MLA FOR EDMONTON-MILL WOODS

Alberta's Oil Prosperity – Shaky Foundation and Uncertain Future

Someone coming into Alberta at this time might think Alberta has always been a “have” province, a powerhouse part of the country of Canada. But prior to the 1950s Alberta was one of the poorest places in Canada, and even since then we have suffered as many economic recessions (busts) as economic boom times. And of course even in good times, our general prosperity has not been shared by all the people or by all sections of the province.

Until oil was discovered at Leduc in 1946, Alberta's main base was agriculture, the growing of wheat in particular. Alberta became a province in 1905 and for the next several years experienced a boom. Tens of thousands arrived, most bringing their life savings with them. These new arrivals needed houses, the construction of which meant jobs and business for local lumberyards and hardware stores. The Legislature and other public buildings, the High Level and other bridges, streetcar and railway lines and roads were built at this time, providing more work. But work dried up when the work was done, and Alberta's economy slumped badly as investment turned to a world war.

The 1920s was mixed, likely about what we see now around us. Some Albertans did good; some barely hung on – with prices driving ever upwards.

The 1920s ended on the now-infamous Black Thursday when the stock market crashed. The world price for wheat dropped by a third or more in the next few months. Alberta farmers on average were still establishing their farms and carried heavy debt so suffered badly from the cut in income. As well, a drought hit south-eastern Alberta, an area that now prospers due to a massive government irrigation project.

During the Great Depression, thousands of Albertans wandered away trying to seek a living in other provinces. One old-timer told me he learned not to say he was Albertan when asking for a job. Not that there was hatred of the province – just that being from Alberta raised the expectation that he had few job skills. By saying he was a BC boy, he got a job as a logger in BC and went on to serve in WWII in a Canadian lumber unit, making up log booms for the D-Day invasion.

WWII improved the Alberta economy, and then oil was found in large quantities near Edmonton in 1946. The discovery at Leduc No. 1 was partially due to developments in Saskatchewan.

Saskatchewan's 1944 election of Tommy Douglas's socialist CCF government drove oil companies out of the province, and they tried their luck in north-central Alberta. After many dry wells, Leduc No. 1 came in, in gushing amounts. The oilwell flooded the farm it was sitting on, showing the danger that the oil industry posed to farms and to animals and plants in general. But Alberta's new premier, Ernest Manning, saw Big Oil as the province's economic salvation and opened the door to U.S. companies by offering low royalty rates.

Finally by 1971, many Albertans saw that the oil sector could afford to pay more to the government; that Canadian operations, not foreign corporations,

could do the work and get the profits; and that Alberta could have “nice things” like government-supported arts and culture. That year Peter Lougheed led a party called the Progressive-Conservatives to election victory.

**Tom
Monto**

**A
Different
Perspective**



The new government made the oil companies pay more in royalties and used the money for government-owned enterprises such as the Alberta Energy Company and the Pacific Western Airlines, and for arts and culture. Oil money kept pouring into the government coffers (even if the overall amount exported was just a dribble compared to the 3.5B barrels exported daily these days), and in 1975 Lougheed's government was reelected on a promise to establish the Alberta Heritage Savings Trust Fund. This was to be a savings account that he said would be needed once oil ran out.

By saving oil revenue instead of spending it, a government can prevent the damage that dependence on oil can create. Such a fund holds off the boom-and-bust cycles and maintains the importance of other parts of the economy.

Unfortunately since the 1980s, Alberta has not paid any more into the Heritage Savings Fund. Instead the government uses oil revenue to cover its expenses while having one of the lowest income tax rates in the country. The government buys votes by cutting income taxes and relies heavily on widely fluctuating oil revenue to get by. Oil wealth goes right into the economy, and high housing prices and other economic squeezing of the everyday consumer is the result.

Meanwhile Alberta has trouble keeping things going when the world price drops. In 2020 and again in 2025, the Alberta government cut back its spending and still had to borrow money.

As well, the oil companies have left behind thousands of abandoned well sites, the clean-up of which may cost more than \$33 Billion, a figure of \$8,000 per Albertan, which the Alberta Heritage Saving Trust Fund has nowhere enough to cover. These oil wells are the remains of Alberta's conventional oil sector, which now produces less than one third of the province's oil production.

Production has now switched to the oil sands of the Fort McMurray area, and unlike the situation before, much of that is in the hands of Canadians. This Canadian profit-making gives Albertans on average an income higher than the Canadian average, and each of us pays income tax in line with our

income levels – unless tax breaks are used to pay less!

The federal government then spends the money it receives – plus more that it borrows – on its expenses and to help out struggling provincial governments through federal equalization payments. The Alberta government does not receive such payments because if it had the tax rates of other provinces, the government could easily cover the basic services by income tax alone. The equalization payments are meant to ensure that the poorer provincial governments have the means to cover basic services that each Canadian expects.

It is not like the Canadian government is rolling in dough – it currently spends about \$66B every year more than it collects. This deficit is a small amount compared to our average income, and, parsed out over Canada's 40 million people, this added debt is about \$1500 per person. (The U.S. government last year went into debt to the tune of more than three times that amount per U.S. resident, so by comparison we look like we are doing just fine.)

But the idea of Albertans subsidizing other parts of Canada rankles, and U.S. influencers are quick to work the hurt – for the sake of U.S. interests.

Since the beginning of the U.S. in the 1700s, the existence of surviving North American British colonies bothered U.S. leaders. And later the existence of the country of Canada, a constitutional monarchy in the British Commonwealth, a force for good as a middle power, and international peacekeeper, has irritated some U.S. officials and business leaders.

The Alberta separation issue makes it seem some in the U.S. want to try the old divide-and-conquer strategy to get

access to our resources. Alberta has lots of coal and fertile land. And most of the oil we produce is sold to U.S. corporations.

Or the threat of separation itself can be used as a lever to get business-friendly concessions from the federal government.

Mulroney's free trade deal of the 1980s moved Canada deeper toward the position of helpmate to U.S. corporations. And now the Canadian federal government is working to undo that harm and establish an economy that works for the benefits of Canadian businesses, not foreign corporations.

Addressing the needs of Canadian workers and consumers is critical for a happy country. Happy workers and consumers would be loyal citizens and faithful voters. Prime Minister Mark Carney has to balance his nation-building projects with addressing the everyday concerns of parents trying to get food on the table. Neither problems are particularly connected to Alberta's drive to separate. Although advertized as a way to save money for Alberta, separation would add more costs on a tighter provincial budget. And Alberta consumers would be even more defenceless against inflation and high food bills.

If Alberta adopted the income tax levels of Saskatchewan or BC, our government would have enough money to help subsidize needy households, and such beneficence would do more for Albertans' general happiness than a debate on splitting up this country. At least, that is my opinion.

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 Alhambra Books near Whyte Avenue. His blogsite Montopedia has hundreds of articles on contemporary events,

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The Clutter We Keep Spring After Spring

An LRT doesn't apologize for arriving at 11:30 just because someone expected it at 10:30. Every train runs on its own schedule. Different routes. Different stops. Different destinations. Lately, I've been thinking about people the same way.

Spring cleaning usually makes us think about clearing closets, garages, and storage rooms, but this season has me thinking more about clearing the mind too. The unnecessary noise. The constant reacting. The pressure to always have an opinion about somebody else's life.

I came across something recently that stayed with me: meaning is cultivated, not discovered. It grows quietly through routines, presence, relationships, and the environment we create around ourselves. A morning walk. A peaceful cup of tea. Watching the sunrise. Checking in on someone. One conversation that leaves you lighter instead of heavier.

Maybe that's why our environment matters so much. Not just physical spaces, but emotional ones too. The people around us. The content we consume. The conversations we entertain every day. Over time, they quietly shape how we think, react, and see the world.

And honestly, time spent with good people is rarely wasted, even when we don't fully agree with each other. Sometimes the value is not in agreement itself, but in learning patience, perspective, listening, and understand-

Sharan Sandhu

Moments in our Community



ding. Good conversations do not always end with people thinking the same way. Sometimes they simply leave people thinking deeper.

At the same time, I've also been thinking about how easy it is for people and communities to become emotionally trapped in history. History matters deeply because it teaches us where people suffered, resisted, survived, created, and changed the world. Without history, people repeat harm and forget the sacrifices that built the present.

But if we only live in history, pain can slowly become permanent instead of something we learn from. Old divisions stay alive. Younger generations inherit fear, anger, or guilt without being shown how to move forward. Healthy people and healthy communities seem to do both: remember honestly and still build something new.

History should be a foundation, not a prison.

The same feels true personally too. If someone only revisits old hurt, eventually they stop living in the present. But ignoring history completely removes wisdom. The balance is remembering honestly while still allowing yourself to grow beyond what hurt you.

And honestly, I think social media has quietly become one of the biggest platforms for epicuricity, and it feeds it constantly. I recently learned the word. It describes that uncomfortable human tendency to take pleasure in somebody else's downfall, especially when jealousy, resentment, anger, or unresolved hurt already exists beneath the surface.

Every day people gather online to watch someone get exposed, humiliated, cancelled, mocked, or torn apart. Sometimes accountability is necessary. But somewhere along the way, accountability and entertainment started blending together.

The downfall becomes content. The comment section becomes a performance.

And people already carrying resentment, frustration, loneliness, or unresolved hurt suddenly find temporary relief in somebody else's collapse. The more we consume it, the more normal

it starts to feel. Eventually the mind starts scanning for failure instead of goodness, outrage instead of understanding, reasons to react instead of reasons to connect.

That kind of emotional clutter builds up quietly too.

This summer, I just want to clean some of that out internally.

Less involvement in tearing people down online. Less energy spent ridiculing people because of their race, background, mistakes, or where they are in life. Less satisfaction in negativity. Less reacting to every downfall as if another person's pain somehow improves my own life.

Most people are carrying struggles we cannot fully see anyway. Some are healing. Some are learning. Some are rebuilding quietly. And honestly, all of us are still growing in one way or another.

Maybe spring cleaning is not only about removing things from rooms.

Maybe it's also about clearing resentment, bitterness, noise, and the habit of constantly looking outward instead of inward.

Less judgment. Less emotional clutter. More patience. More peace.

More room for people to arrive in life at their own time, on their own route.

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

The Nagar Kirtan Sikh Parade has become a community event in Mill Woods

By Sharan Sandhu

Thousands gathered on May 18 for the Sikh parade and prayer service, filling the streets with faith, music, prayer, and the spirit of *seva*. The annual Nagar Kirtan is held as part of Vaisakhi celebrations, one of the most significant occasions in Sikhism, marking the formation of the Khalsa in 1699 by Guru Gobind Singh Ji. Families walked together, volunteers served food with humility, and prayers were offered for peace, well-being, and unity for all humanity.

The Nagar Kirtan has always been more than a parade. It reflects Sikh values of compassion, equality, service, humility, and standing together as a community. People from many different backgrounds came out to participate, support, observe, and share in the day.

As the community came together in prayer and service, the atmosphere felt peaceful and welcoming. Days like this remind people that communities become stronger when people show up for one another. You could feel the spirit of *seva* and prayer throughout the day.

Children walked beside elders. Strangers shared meals together. Volunteers worked quietly behind the scenes from early morning until late into the day without expecting recognition. Sometimes those small moments are what people remember most.

In many ways, *seva* is not about attention or performance. It is about helping people quietly and consistently. Communities also become stronger through small acts of service that often



Thousands of people attended the Nagar Kirtan Sikh Parade on May 18.

Photo: Sharan Sandhu

go unnoticed.

This year, organizers and volunteers also made visible efforts to improve safety, cleanliness, traffic flow, and respect for the surrounding neighbourhoods. Volunteers helped direct both vehicles and pedestrians throughout the route, and many attendees followed requests to use the Park and Ride service from Lot H behind the Meadows Recreation Centre. It was encouraging to see people respecting parking restrictions, avoiding fire hydrants, and working together to keep roads accessible for emergency services and local residents.

Food stands along the parade route were removed this year to help reduce congestion and keep movement along the route smoother. Portable wash-

rooms were placed at designated locations, attendees were encouraged to respect private property and cleanliness, and reminders throughout the event focused on cooperation, safety, and respect for the wider community.

Large gatherings of this size can still create temporary traffic delays and inconvenience for some residents. At the same time, many people noticed the efforts being made to improve organization and public safety. As the event continues to grow each year, expanded shuttle services, additional parking areas, stronger transit coordination, and earlier public traffic updates may help create a smoother experience for both attendees and the surrounding community.

Communities like Mill Woods and

The Meadows are sometimes spoken about only when problems happen. Yet events like the May 18 Nagar Kirtan also show another side that exists every day – neighbours helping one another, volunteers stepping forward, families spending time together, and people from different backgrounds finding ways to support one another.

In a world that often feels divided, gatherings like this remind people that compassion and empathy still matter. Being kind does not mean people are weak. It takes strength to care for others while also standing against injustice and standing up for people around us.

The Sikh community continues to contribute not only through faith, but through service, generosity, advocacy, and care for humanity. Events like the May 18 parade help strengthen relationships within the community and with the wider public.

“Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh” – a traditional Sikh greeting meaning “The Khalsa belongs to the Creator, and victory belongs to the Creator” – reflects the spirit shared throughout the day. The word Khalsa comes from the Arabic and Persian root word “Khalis,” meaning pure, genuine, and free from corruption. In Sikh teachings, Khalsa represents purity of character through compassion, courage, kindness, humility, love, and standing against injustice while caring for humanity. It is not a title gained automatically, but a lifelong journey of spiritual growth, discipline, humility, courage, and service to humanity. It is a path of building character, living honestly, and continuing to grow as a human being.

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

The next issue of the Mill Woods Mosaic will be published on July 15, 2026. The deadline for advertising and editorial is Friday, July 10, 2026.



New Historian Laureate for Edmonton

Edmonton has welcomed a new voice in preserving and sharing the city's rich history. Ida Lucila has been named Edmonton's newest Historian Laureate, taking on the important role of connecting residents with the stories, cultures, and experiences that have shaped the city. As Historian Laureate, Lucila will work to promote Edmonton's diverse heritage through storytelling, public engagement, arts, research, and community-based history projects. Her role will help bring local history to life, ensuring that the contributions of all communities are recognized and celebrated for future generations.

Lucila is the first Filipino-Canadian Historian Laureate for Edmonton. She is a gifted communicator, and a recognized storyteller. She works as an artist and an arts administrator within various organizations.

Since 2016 Lucila has led the Philippine Arts Council (Edmonton), including working on several documentaries and a cultural mapping project. In 2018, she spearheaded the campaign to have Philippine Heritage Month declared in the province.

Lucila served on the Edmonton Arts Council board of directors between 2019-2022 to assist with the implementation of the Connections and Exchanges plan for arts and heritage in Edmonton. Since 2023, Lucila has acted as an advisor to the Alberta Fil-Can Community Leaders' Association.

In 2019, Lucila founded the Edmonton Philippine International Centre to provide a dedicated space for Filipino heritage, culture and community archives in Edmonton.

Her project, "Echoes of Identity," is a natural evolution of her work. By mapping the physical and intangible landmarks of the Filipino diaspora, she is filling a critical gap in the City of Edmonton Archives and mapping the stories this community wants to share with other Edmontonians. It is also a process other cultural communities can scale to their own documentation of their history.

To contact Lucila, e-mail to historian.laureate@edmonton.ca

Photo: Provided by Ida Lucila

What's up?

Community events in Mill Woods

June 20 - 128th Philippine Independence Day Festival
 Hosted by Yakap Alberta Foundation
 Mill Woods Town Centre Parkade
 2331 - 66 Street NW, Mill Woods
 10:00 a.m. - 9:00 p.m.
 More information: yakapalbertafoundation.ca

June 20 - Father's Day FREE Mini Golf
 Mill Woods Town Centre
 2331 - 66 Street NW, Mill Woods
 1:00 - 4:00 p.m.

June 27 - SINAUNA – A Philippine Heritage Month 2026 Event hosted by the University of Alberta, the UPAA Edmonton and community partners
 Department of East Asian Studies
 Education Centre North 2-115
 University of Alberta
 2:00 - 4:00 p.m.

July 1 - Canada Day Community Pancake Breakfast
 Meadows Community League
 Larkspur Park @ Rink Shack
 10:00 a.m. - 1:00 p.m.

July 1 - CANADA DAY Celebration in Mill Woods
 Mill Woods Park
 2730 - 66 Street NW, Mill Woods
 2:00 p.m. - midnight
 If you want to volunteer for this annual community event, be a sponsor, or contribute in any other way, contact the organizers: www.seedmonton.ca

July 1-5 - Canada Day Carnival Extravaganza
 Hosted by Wild Rose Shows in the parking lot of the Mill Woods Town Centre, the event features a mix of midway rides, games, and classic fair foods.
 2331 - 66 Street NW, Mill Woods
 Wednesday 12:00 - 11:00 p.m.
 Thursday 3:00 - 11:00 p.m.
 Friday 12:00 - 11:00 p.m.
 Saturday 12:00 - 11:00 p.m.
 Sunday 12:00 - 5:00 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 Friday, July 10, 2026.

Life is a story. Tell it well.



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