

Mill Woods **Mosaic**

September 15, 2026

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The Multicultural Voice of Edmonton Southeast

Independent • Non-partisan • Interdenominational

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When Alberta became a province of Canada, it was regarded as "The Hope of Canada", says Tom Monto.

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A new voice



As the province's inaugural Music Commissioner, Jennifer Venance is a new voice to sing Alberta's song.

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Community is Everything

More than 1,000 people attended a community BBQ at the new Stelmach Community Health Centre in Mill Woods on Sept. 12. The event included free lunch, live entertainment and a fun zone with bouncy castle. Many of the health service businesses in the centre had information available. Photo: Volunteers promoting the new Stelmach Community Health Centre during the BBQ on Sept. 12.

Photo: Covenant Health

Federal government is focused on what Canada can control

The world is changing rapidly. The United States is imposing new tariffs on Canada, designed to hurt and divide us. At the same time, conflicts in Europe and the Middle East are driving up prices around the world. In response, Canada's government is focused on what we can control: building a stronger, more independent and more affordable country.

As Canadians continue to face economic uncertainty and rising costs, affordability remains top of mind for families and businesses across the country. To help Canadians facing rising fuel costs, the Government of Canada introduced a temporary suspension of the federal fuel excise tax on gasoline, aviation gasoline (leaded and unleaded), diesel fuel and other aviation fuel earlier this year.

On Sept. 8, Lena Metlege Diab, Minister of Immigration, Refugees and Citizenship, participated in an event marking the announcement that the government is extending the temporary suspension of the federal fuel excise tax until January 31, 2027, and applying 50% of the regular excise tax rate from February 1 through March 31, 2027. This will bring down everyday costs for Canadians, including truckers and businesses in the food, agriculture, housing, construction and delivery sectors.

On April 20, 2026, the federal fuel excise tax was temporarily suspended, saving Canadians 10 cents per litre on gasoline and unleaded aviation gasoline, 11 cents per litre on leaded aviation gasoline, and 4 cents per litre on diesel and aviation fuel.

As Canada continues to build a stronger,

more resilient and more independent economy, the government is taking practical steps to reduce costs today while investing in long-term prosperity. Extending fuel tax relief is one of the measures helping families, workers and businesses navigate global economic uncertainty.

The government is also taking broader action to make life more affordable, including through the Canada Groceries and Essentials Benefit, cutting income taxes for 22 million Canadians, the cancellation of the consumer carbon tax, and Goods and Services Tax (GST) relief for first-time buyers of new homes. Together, these measures are helping Canadians keep more of their hard-earned money.

We cannot control the global forces driving up prices, but we can control how we respond. We are cutting taxes to help Canadians manage everyday expenses while building a stronger, more independent economy. That is how we build Canada strong for all.

"We know that affordability is the single most pressing issue for far too many Canadians," said Minister Diab. "That's why our government is focused on helping Canadians keep more of their hard-earned money. The extension of the pause on the federal fuel tax will provide a boost to household budgets as Canadians feel the effects of global economic uncertainty."

"With many families still feeling the pressure of higher costs, we're extending the federal fuel tax suspension to keep more money in Canadians' pockets," said François-Philippe Champagne, Minister

of Finance and National Revenue. "This will provide meaningful relief for families and businesses and help make everyday life more affordable."

Quick Facts

- When the temporary suspension of the federal fuel excise tax was first introduced on April 20, 2026, gasoline prices declined by 11 cents per litre on the first day of implementation, delivering immediate relief to consumers.

- The estimated additional fiscal impact of the extension of the suspension of the federal fuel excise tax is about \$2.9 billion. This will mean \$5.3 billion in estimated total tax relief for Canadians in 2026–2027.

- The extension will keep the federal excise tax rates suspended until and including January 31, 2027. From February 1, 2027, until March 31, 2027, federal fuel excise tax rates would be 5 cents per litre for gasoline and unleaded aviation gasoline, 5.5 cents per litre for leaded aviation gasoline, and 2 cents per litre for diesel fuel and aviation fuel.

- Effective April 1, 2027, federal fuel excise tax rates would return to their full levels of 10 cents per litre for gasoline and unleaded aviation gasoline, 11 cents per litre for leaded aviation gasoline, and 4 cents per litre for diesel fuel and aviation fuel.

- The announcement builds on major affordability initiatives to lower costs for Canadians, including:

Continued on page 2

Focused on what we can control

Continued from front page

- Cutting taxes for 22 million middle-class Canadians by lowering the first marginal personal income tax rate from 15% to 14% as of July 1, 2025, providing tax relief of up to \$420 a year per person, or up to \$840 a year for two-income families.

- Eliminating the GST for first-time homebuyers on new homes up to \$1 million and reducing the GST for first-time home buyers on new homes between \$1 million and \$1.5 million, to immediately make the goal of home ownership a reality for more Canadians, especially young families.

- Cancelling the federal consumer carbon price effective April 1, 2025, directly helping Canadians save money at the pump. The government also removed the requirement for provinces and territories to have a consumer-facing carbon price as of that date. This has helped reduce gas prices in most provinces and territories by up to 18 cents per litre in comparison to 2024-2025, lowering headline inflation.

- Launching the new Canada Groceries and Essentials Benefit,

which provides a family of four up to \$1,890 this year, and about \$1,400 a year for the next four years; and a single person up to \$950 this year, and about \$700 a year for the next four years. The benefit will provide additional, significant support for more than 12 million Canadians.

- Making the National School Food Program permanent, providing school meals for up to 400,000 children each year, saving participating families with two children in school an estimated \$800 annually on groceries.

- Introducing Automatic Federal Benefits, starting in the 2026 tax year, to ensure up to 5.5 million low-income Canadians automatically receive the benefits they qualify for by the 2028 tax year, including the Canada Groceries and Essentials Benefit and the Canada Child Benefit.

- Lowering costs and strengthening competition in essential services, including ambitious pro-competition measures in the telecom and financial sectors to reduce prices, make it easier for Canadians to switch providers, and lower banking and service fees.

More information: www.fin.gc.ca

The Chinatown Gate is back!



Letters to the editor are welcome

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

E-mail your letter to the editor of the *Mill Woods Mosaic*: mwmosaic@telus.net

Unsafe Micromobility

Edmonton City Councillor Jo-Anne Wright

Micromobility devices such as e-scooters that are privately owned, along with those covered mobility scooters that look like a tiny car and other prohibited miniature vehicles, like dirtbikes, golf carts, and motorized skateboards are not covered under the Alberta Traffic Safety Act to

operate on public roadways in Alberta. There is no license issued for them, no training and no safety regulations. But from the number of emails I receive regarding these devices, many people, including children, are making their way unsafely around our neighbourhoods. The concerns I hear are speeding, no helmets, and loss of control. Emergency rooms have seen an increase in the number of patients with injuries because of these devices and there have even been

recent reports of traffic accidents involving them.

A number of municipalities, including Edmonton, have received special ministerial permissions for shared mobility companies to operate and adhere to strict guidelines. Operators are required to have controlled speed limits, exclusion zones, and monitoring for reduced speed (10 km per hour) slow zones. As part of the rental agreement, riders are to be a minimum of 18 years of age and not ride with a passenger.

The City's Public Spaces Bylaw 20700 was recently updated to address some of the concerns.

Persons are restricted from riding a bicycle, e-bicycle, e-scooter, on a sidewalk, but does not apply to a shared pathway or persons aged 16 years and under. The Bylaw also describes what is appropriate conduct for riders: "a person must: yield the right of way to pedestrians and slower moving persons; alert any person about to be overtaken by giving an audible signal and reasonable time before overtaking; use reasonable care when overtaking another person; keep the vehicle under control; and travel at a reasonable rate of speed."

Advocacy by Alberta Municipalities was attempted in 2023 with a resolution requesting the Province to formalize both shared and personal e-Scooter use within the Traffic Safety Act. In a written response from Devin Dreesen, Minister of Transportation and Economic Corridors, he stated they are "currently reviewing the legislation and regulations" and that the "department is aiming to share findings of this review in fall 2024." Since two years has now passed, I would encourage residents to reach out to the Ministry (transportation.minister@gov.ab.ca) to share their concerns and demand that action be taken.

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

Following the successful installation of the overhead steel structure for the Chinatown Gate, 97 Street has reopened to traffic between Jasper Avenue and Okisikow (Angel) Way (101A Avenue) after a two-week full closure. There are four art panels on the new gate. Artwork for the two south-facing panels will be supplied by the City of Harbin. Artwork for the two north-facing panels is being designed by a local artist team.

Photo: City of Edmonton



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New Heritage Places Strategy supports more inclusive recognition of Edmonton's history

The City of Edmonton's new Heritage Places Strategy offers a broader view of Edmonton's history. In addition to preserving buildings, the new strategy recognizes a wider range of places that reflect the stories, cultures and shared values that matter to Edmontonians.

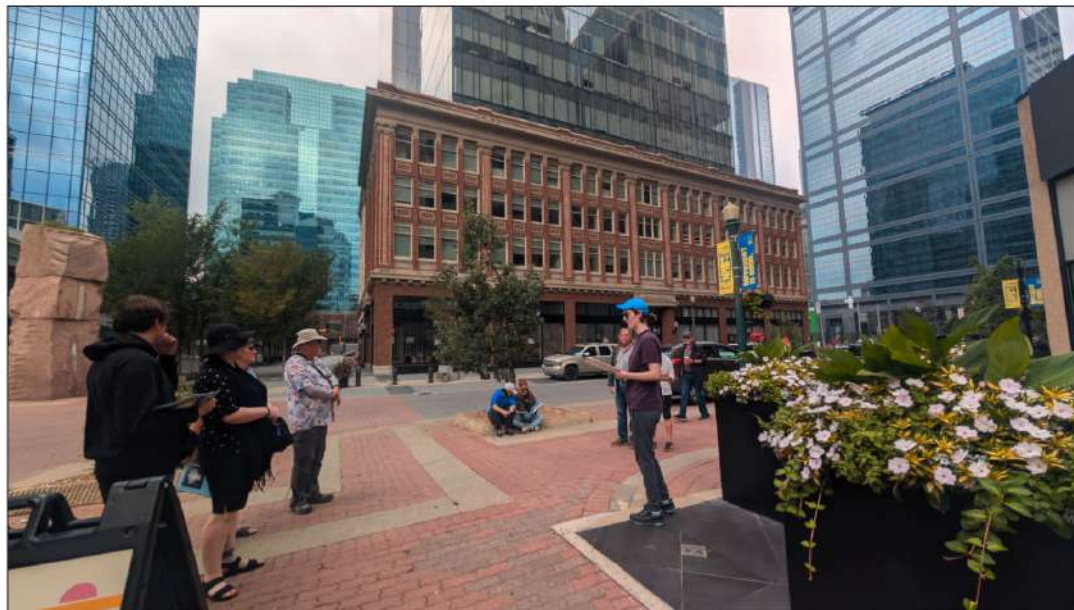
The strategy was developed over two years through engagement with the Confederacy of Treaty Six First Nations, Enoch Cree Nation, Otipemisiwak Métis Government, heritage groups, community leagues and the public.

For over 40 years, the City's Heritage Program has supported the preservation of historic resources with more than 200 Municipal Historic Resource designations. The new strategy expands this work beyond the preservation of historic architecture to recognize Indigenous heritage, natural spaces, cultural landscapes and community landmarks that tell Edmonton's collective story.

This includes reflecting Indigenous ways of knowing and being, strengthening relationships with heritage partners that support community-led initiatives and finding ways to highlight the stories and histories of under-represented communities.

"Society's views of history are changing and expanding," said Kent Snyder, Branch Manager, Planning and Environment Services. "Historically, we've only looked at the last 100 years or so, and the settlers who built the structures of Edmonton. This new strategy expands our focus to include the places, stories and landmarks important to Indigenous Peoples and those from around the world who've settled here and influenced what Edmonton has become today. Indigenous people, 2SLGBTQIA+ people and immigrants, to name just a few, are among the many voices we also want to capture as we move forward."

"This strategy and the new policy are an important evolution in how Edmontonians connect with their heritage," said David Ridley, Executive Director, Edmonton Heritage Council. "The directions and pillars are comprehensive and broad. That



Edmonton City as Museum Curiosity Walking tour

Photo: Carl Paolo Carl Paolo Hernandez/Edmonton Heritage Council

reflects not only what Edmonton's heritage is and certainly what it is becoming. The Edmonton Heritage Council looks forward to working with the community and City of Edmonton in implementing the strategy."

The Heritage Places Strategy includes six principles that reflect shared values across all elements of the strategy. Four pillars – Natural Heritage, Indigenous Heritage, Community and Cultural Heritage and Built Heritage – establish the focus areas for the City's heritage work. The strategy also identifies six implementation priorities to advance specific heritage recognition projects.

On Sept. 8, City Council approved the new Policy C450C, *Encourage the Recognition of Heritage Places in Edmonton*, replacing Policy C450B. The new policy renews Council's commitment to heritage places and provides updated guidance that complements the Heritage Places Strategy.

The City of Edmonton has received the 2026 Alberta Heritage Award from the Government of Alberta in recognition of its work to protect and rehabilitate four City-owned sites: the Hawrelak Park Pavilions, Ortona Armoury, Peter Hemingway Aquatic Centre/Coronation Pool and Stone House and Summer Kitchen.

The Alberta Heritage Awards recognize individuals, non-profit organiza-

tions, corporations, municipalities and First Nations and Métis Settlements for significant contributions to protecting, preserving and promoting Alberta's heritage. The awards are presented every two years. The City will receive its award at the Alberta Heritage Awards ceremony on Sept. 24.

For more information:
edmonton.ca/HistoricResources

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have no place in our hearts,
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Stories That Echo

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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

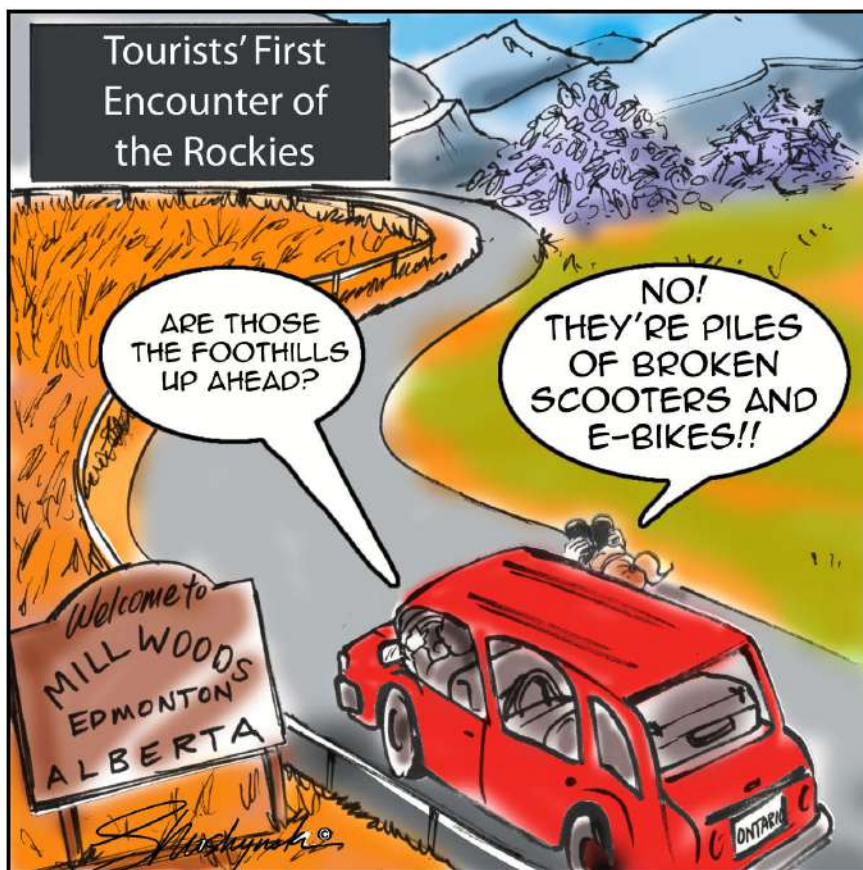
Where is the "Dr. Horst Schmid Square"?

The City of Edmonton has a new "Heritage Places Strategy" to "recognize a wider range of places that reflect the stories, cultures and shared values that matter to Edmontonians." The strategy was developed over two years through engagement with the Confederacy of Treaty Six First Nations, Enoch Cree Nation, Otipemisiwak Métis Government, heritage groups, community leagues and the public.

Edmonton has already more than 1,000 Indigenous names, but how about the recognition of immigrants from around the world who have made significant contributions to the development of our City? Where is the "Dr. Horst Schmid Square", named after the immigrant from Germany who became Alberta's culture minister and founded the Edmonton Heritage Festival? And where is the "Temporary Foreign Workers Neighbourhood"?

It is good to preserve historic buildings, but it is also important to remember immigrants who have sacrificed for our City and make sure that they are not forgotten.

The City has a Naming Committee, and any citizen can request to name a facility, park or street after an outstanding immigrant. Who would be your choice? You can apply here: Naming@edmonton.ca or phone 780-496-6226.



Since Aug. 5, Edmontonians are able to catch a ride on a shared e-scooter or e-bike in Mill Woods. These vehicles have become very popular, but not everybody likes them. City Councillors are receiving many complaints from citizens, regarding kids speeding around on those e-scooters and e-bikes without helmets, and it's dangerous. Please read also City Councillor Jo-Anne Wright's column on page 2 of this issue.

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

"Please, Mr. Postman, look and see" or "Return to Sender"

Return to Sender was a hit song by Elvis Presley in the 60s. It was written by Otis Blackwell and Winfield Scott in 1962 for Presley's film *Girls! Girls! Girls!* They based the lyrics on the actual stamps and bureaucratic phrases used by the United States Post Office – such as "address unknown," "no such number," and "no such zone" – turning a mundane piece of returned mail into a clever metaphor for unrequited love and a stubborn lover's spat.

When I was a university student in Hamburg, Germany, in the 70s, my summer job was working as a postman which reminds me of another famous song, *Please Mister Postman* by the Beatles.

*Please, Mr. Postman,
look and see*

Is there a letter in your bag for me?

Well, there were always many letters in my bag when I worked as a postman, and people were waiting for me to deliver them. *Those were the days, my friends* (another popular song of the 60s) when there was no Internet, no e-mail, no social media, and people communicated by letter mail. I worked at the post office in the district Hamburg 36 which had many businesses but also residential housing, so my customers were a mixed bag. We had to show up for work at 5:15 a.m. to sort the incoming mail, and then we

sorted the mail for our route, packed our bags and hit the road. Some routes were bicycle routes, and some mail carriers delivered mail on foot, using a handy cart. We delivered not only letters but also magazines, small parcels,

**Arnim
Joop**

*From the
Desk of the
Publisher*



registered letters and telegrams, and some seniors received their pension payments in cash.

Part of our job was also to figure out those mailing addresses which were incomplete or had wrong postal codes to make sure that these items were delivered to the correct addresses. If we were not successful to find a recipient, items were returned to sender.

Speaking of returning, I have noticed that returning merchandise is much easier in Canada than it is in Germany and some other countries. When we buy something, many stores allow us to return items if we are not satisfied

with them, no questions asked. Costco is one of the easiest places to return merchandise. Sometimes the clerk at the customer service desk asks why we want to return an item, but usually it is not a big deal – as long as the item is not damaged and we can present a receipt. Other stores, like Home Depot and Superstore, have similar policies.

When I lived in Germany, it was always difficult to return merchandise. Clerks at stores often suspected that an item was damaged and asked many questions, and many stores did not allow any returns, so every customer who wanted to return something was treated like a suspect.

But in fairness, there are two sides of this story. It is good customer service to make it easy to return things, but some customers abuse this generosity. There was a customer at Costco who bought a lawnmower in the spring, used it in the summer to cut his lawn and tried to return it in the fall, but in this case, Costco refused. "Nice try, but no!" Another customer tried to return a TV which he had bought years ago, and some tried to return plants at the end of the gardening season.

I wonder how businesses in other countries handle this. When I asked a clerk at Home Depot who grew up in India, she said that there is no returning in India. In the Philippines, where

my wife grew up, a "No Return, No Exchange" policy is strictly illegal and prohibited, and consumers have the legal right to the "3Rs" – repair, replacement, or refund – if a product has hidden faults, defects, or does not match its advertised description. But the reality is that many businesses try to circumvent these regulations.

Canada has pretty good consumer protection, but it is split between federal laws and provincial or territorial rules, with local consumer affairs handled primarily where we live. In Alberta, our day-to-day shopping, service contracts, and retail purchases fall under the Alberta Consumer Protection Act. If a local business breaks these rules, customers can file a complaint or seek mediation through provincial consumer affairs.

With today's technology and Artificial Intelligence (AI), there are more and more scams, trying to cheat or rip off people. Every day, I receive phone calls from people I don't know and whose phone number I don't recognize, and I usually don't answer these calls, because it is just a waste of time. But if it is fraud, we should report it to put these scammers out of business. Just call police at 780-423-4567 or #377 from a mobile phone.

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.

Actions Start With an Opinion

If you enjoy watching people, especially in crowds, you quickly notice that they are, well, different! While there are many similarities that unite them, their differences are staggering and can be bewildering. What then are the reasons for these variances, besides the seemingly obvious culprit, evolution?

Naturally, the most immediate and striking difference relates to people's physical appearance. I don't mean those aspects that help identify their gender and age, or emphasize their body shape, the coloring of their eyes, hair, or skin, and other such personal distinguishing features. All of these are dictated by genetics and are strictly influenced by natural selection and the evolutionary process over which we have little, if any, control. Instead, think of the many ways people alter or enhance their physical appearance.

For example, consider how human beings manage their body hair. Some purposely shave their head, others maintain their hair in a preferred length or style, and a select few permanently refuse to get a haircut. Most people wash their hair, and many even color it in different hues, but a few prefer to always leave it unwashed. This assortment of options is further enhanced when we consider the many existing styles of braids, sideburns, beards and moustaches, plus the numerous applications of head covering including hats, scarves, caps, and many more. The diversity, even within this single theme, is mind blowing and is enhanced exponentially when we also consider our wardrobe choices.

The clothes we wear include a wide selection of materials, colors, designs, and styles to differentiate ourselves from others. We further enhance these differences by using our personal version of jewelry, accessories, body piercing or tattoos. Our choices in this regard seem endless and, while they

sometimes reflect our socio-economic and cultural background, they often reveal our unique tastes.

Then, there are the differences inher-

**Ron
Kuban**

*Time
Passages*



ent to our behavior, including how we communicate and interact with each other, or perform our daily tasks. Ultimately, we act based on our current beliefs, or those ideas into which we were indoctrinated, have adopted, and likely communicated to others. These ideas form a perspective, our worldview.

This worldview is the sum of the beliefs and ideas we typically hold dearly. They are influenced by contact with other people such as family, friends, associates, fellow religious or cultural contacts, as well as our unique lifelong chain of experiences and exposures to new ideas. It is a prism that defines our sense of reality and, therefore, profoundly shapes our actions. It also assists us to interpret the ideas and actions of others. Therefore, it can both unite and divide us.

You see, it is not uncommon for two individuals to observe a similar idea or situation, with each person making a different assumption leading to differing conclusions. Why? Because of the way each of us frames the beliefs that define what we consider reality. That definition is based on the totality of our ideological preferences, or the

summary of the ideas we have chosen to harbor regarding life's many issues. Inevitably, these choices motivate us to act and become who we are.

Every day, each of us makes numerous choices about what we think regarding ourselves, other people, or a multitude of diverse issues. Some are relatively insignificant, such as what to wear and eat, when to perform errands, or how to arrange our hair. However, many other choices are more crucial for us and, in many ways, also for others. They include selections regarding personal values, social or cultural ideology, political orientation, and yes, even religion. All of these begin as beliefs, opinions, or "a view or judgment formed about something, not necessarily based on fact or knowledge" (Oxford Dictionary).

In far-too-many cases, opinions are no more than wishful thinking, or ideas that are barely supported by facts or evidence. Unfortunately, they lead many among us to make judgements about other people and then act, sometimes in destructive ways.

In some cases, our choices require little effort in weighing up the evidence needed for an appropriate selection. Most of the time, that is okay. The problem materializes when we form an opinion on a consequential matter, then act on it, without seeking evidence to verify the validity of that opinion. The outcome is often devastating. Case in point, the perpetual racial, cultural, and religious wars that have plagued humanity for millennia. Interestingly, most of those who

engage or support these conflicts often hold the opinion that their family, tribe or nation is fighting for a righteous cause. They typically accept the narrative that their side has been wrongfully assaulted or harmed by those on the opposing side. They firmly view or uphold their leaders, deity, politics, and religious practices as true, righteous, and supreme above all else. Also interesting, and rather expected, is that for each such opinion, regardless of a person's firm belief in it, there is typically a counter opinion held just as firmly by someone else. The predictable outcome is conflict and violence.

The truth is that all ideas begin as opinions. To be considered factual, they need to be tested against available evidence and formulated into theories, which need to be tested time and again following the introduction of new evidence. This is the essence of the scientific methodology which has served us well in searching for, well, the truth. It has advanced our understanding and capacity to create.

Opinions are invaluable, but only as the starting point of an intellectual process aimed at meaningful dialogue or action. They cannot stand alone and need to be enhanced by concrete evidence. Otherwise, they can easily become lightning rods for bigotry, hatred, and violence. Therefore, I encourage us to actively ensure the validity of our opinions before engaging in any public discourse and action.

Feedback is welcome at
rkuban@shaw.ca

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

**The next issue of the Mill Woods Mosaic
will be published on October 15, 2026.
The deadline is Friday, October 9, 2026.**

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"I will vote to defend my country and my province!"

Hello Mill Woods!

The kids are back to school and summer is just about over. I hope everyone is enjoying the last of the summer weather when they can, and getting back into autumn routines without too much stress!

Hopefully you have already heard this, but on October 19, 2026, Albertans will be asked to vote in a special referendum with 10 questions.

Every single referendum question was put forward by Danielle Smith and her UCP government. Not *one* of the ten questions came directly from Albertans. The questions can be grouped into three categories – Immigration, Constitutional, Separatism.

Immigration: Questions # 1 to 5

These questions are designed to place blame on newcomers for the provincial government's irresponsible decisions to underfund healthcare, education, social services, and infrastructure. I will be voting "NO" to all these questions. A society that denies any child an education or withholds healthcare from those in need is one that is poorer and weaker for doing so.

Christina Gray

**MLA
for
Edmonton-
Mill Woods**



Constitutional: Questions # 6 to 9

These questions relate to the constitutional framework of our country. I will be voting "NO" to all these questions, because these questions are designed to stoke anger but have no ability to actually affect change. Danielle Smith wants validation for refusing to work with the rest of Canada, and I don't believe we should give it to her.

Separatism: Question #10

Like the vast majority of Albertans, on this question I am strongly in favour of **Option 1 – Remain in Canada**, and you can refer to any of my past social media posts, press con-

ferences, public statements and debate in the Legislature for all the many reasons why!

It is deeply important that there is a strong voter turnout in favour of remaining in Canada so that the question of separatism can be soundly defeated and put to rest. Albertans did not want this divisive question asked in the first place, so we cannot allow the issue to persist. Separatism causes uncertainty and instability in our economy, as well as division amongst Albertans.

I am a proud Albertan and a proud Canadian. And I will vote to defend my country and my province.

So on October 19, 2026, remember the line from our anthem *O Canada*, and make sure you "stand on guard for thee" by getting out and casting your vote!

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

The referendum will be run by Elections Alberta like a general election, with in-person, advance voting and special ballots (mail-in). Voters will receive "Where to Vote" cards by mail, outlining their voting location options before advance voting begins.

- Electors voting in person must cast their ballots in the electoral division where they ordinarily reside.

- Electors no longer need a reason to apply for a special ballot. Special ballots must be returned to Elections Alberta by mail by October 16, 2026. They cannot be returned or completed in person at local returning offices.

- Vouching is no longer accepted as a form of identification. However, there are over 50 forms of accepted identification, including attestation forms.

Important dates:

- Last day to request a special ballot: September 25, 2026

- Special ballot return end date: October 16, 2026, 5 p.m.

- Advance voting: October 13 through 17, 2026, 9 a.m. to 8 p.m.

- Referendum day: October 19, 2026, 9 a.m. to 8 p.m.

There will be 10 separate ballots, one for each referendum question. Ballots will be hand-counted by Elections Alberta because the UCP government banned electronic tabulators last year.



MLAs Christina Gray and Janis Irwin take a photo with Animethon mascot Ryu after the opening ceremonies on Aug. 7.



MLA Christina Gray (right) visiting ISKCON Edmonton Mandir during their Janmashtami celebrations on Sept. 4.

Photos: Office of MLA Christina Gray



MLA Christina Gray with one of the 18 Mill Woods stands she visited on Aug. 30. Lemonade Stand Day 2026 saw 7,000+ stands out raising money for the Stollery Children's Hospital.



MLA Christina Gray (left) stood with colleagues Sarah Hoffman, Jasvir Deol and Gurtej Singh Brar to call for the UCP government to fulfill their 7 month old promise to hire emergency triage liaison physicians on Sept. 9.

Building a Sense of Community in Mill Woods

**Catherine
C. Cole**

History of Mill Woods



This is the ninth in a series of articles about Mill Woods that I am writing throughout 2026 as I write a history of the community. The eighth chapter will focus on community life and the various ways in which people living in Mill Woods have associated with one another, including district-wide and neighbourhood organizations, cultural groups, and faith communities. This article focuses on community leagues and the Mill Woods Cultural and Recreational Facility Association (MCARFA).

The basic premise of Ron Kuban's book *Edmonton's Urban Villages: The Community League Movement* is that Edmonton "was built as a collection of urban villages." This is perhaps most true of Mill Woods, which was designed as an ideal village, a city within a city. The community league movement began in Edmonton in 1917, and Leeview, the first community league in Mill Woods, dates to 1973, within a year of people beginning to move into the community.

There are nine community leagues in Mill Woods, established between 1973 and 1982. Leeview (comprised of Lee Ridge and Richfield), was established on October 19, 1973, as the Mill Woods Community League and changed its name to Leeview on April 28, 1978. Others followed: North Millbourne (Michael's Park and Tweedle Place), May 26, 1975; Knottwood (Ekota, Menisa, and Satou) March 14, 1977; Lakewood (Kameyosek, Tipaskan, Meyonohk) February 28, 1978; Millhurst (Meyokumin and Sakaw), May 11, 1979; Woodvale (Hillview and Greenview) August 6, 1980; Burnewood February 26, 1982; Southwood (Crawford Plains, Daly Grove and Pollard Meadows) March 10, 1980; and Ridgewood (Bisset, Minchau and Weinlos) June 2, 1982.

Unique to Mill Woods, the Mill Woods Cultural and Recreational Facility Association (MCARFA) was established in 1978, with the support of founders Leeview, North Millbourne, Knottwood, and Lakewood Community Leagues, to develop large scale, community-wide recreational and cultural facilities. Other leagues, and the Mill Woods Presidents' Council, became involved as they were established. The relationship between MCARFA and the City has not always been harmonious. Construction costs for the Mill Woods Recreation Centre escalated and the City's contribution increased from \$1 million to \$2.2 million. The City received title and operational responsibility but MCARFA contributed \$600,000 (12.5% of the total \$4.8 million) towards the cost, including money provided by community leagues. MCARFA was not satisfied with the amount of ice time Mill Woods was allocated and did not think it reflected their understanding with the City. In June 1993, City Council dissolved its agreement with MCARFA for the Rec Centre and conducted an investigation that resulted in a separate organization being established. MCARFA signed an agreement regarding the Rec Centre because they thought that further delay could jeopardize negotiations for the golf course which were underway at the time. (1)

MCARFA also developed the Mill Woods Golf Course which opened in June 1989 and, beginning in the early 1990s, Jackie Parker Park. The park has evolved significantly over the years and includes nature trails, playgrounds, and amenity facilities, with the newest feature, a sensory playground, which opened on June 19, 2026.

On October 19, 1983, the community leagues formed the Millwoods Council of Community Leagues (now Mill Woods Presidents' Council) which coordinates the community leagues in Mill Woods and the Meadows and organizes community-wide programs and activities. Members include presidents of the nine community leagues in Mill Woods as well as The Meadows, Twin Parks, and Ellerslie, chairpersons of committees related to major community-wide sports (e.g., hockey, soccer and softball), MCARFA, community organizations, and ongoing projects. The City encouraged the formation of Area Councils and Area Council #18, aka the Mill Woods Presidents' Council (MWPC), is arguably the most active in the city. Since 1990, MWPC has organized what has become the largest Canada Day celebration in the city attracting up to 50,000 people. The Edmonton Federation of Community Leagues (EFCL) plays an important role in defining the boundaries of different community leagues and supporting the work of leagues and area councils

throughout the city.

While community leagues may be first thought of in terms of community halls, skating rinks and playgrounds, they served and continue to serve multiple recreational, social, and civic functions, and have been an important conduit between the City and citizens. Historically, community leagues raised funds, organized team sports and programs for all ages at the neighbourhood level, published newsletters (now websites and social media), and often had a "telephone tree" to inform members of timely activities. Which specific sports and programs were initially identified through neighbourhood surveys; they have changed over the years and are dependent on how many people are interested in what, and who is able and willing to coordinate and coach or teach them.

In the early years, community leagues sometimes collaborated with nearby leagues, particularly before building their own facilities or to provide support during difficult times. They often worked closely with area schools, holding meetings and programs in schools before their halls were built, and collaborated with parent councils to build school playgrounds. They participated in community-wide efforts to address specific challenges, such as to secure postal and bus services, pave roads, establish schools, parks and trails, and improve community safety, and provided input into City planning. They organized town hall meetings and petitions – even a massive public rally on April 8, 1994 in response to the threat of closing the Grey Nuns Hospital.

The City has always supported community leagues. Community leagues leased land from the City for a nominal amount and have operated in close cooperation with City departments as required, with Parks and Recreation

(now Community Services) on grounds maintenance and some programs, and with Planning (now Urban Planning and Economy) on development or redevelopment, for example. This relationship has saved the City money in establishing and maintaining facilities, and it continues to empower residents, engaging them with the City in meaningful ways, and developing skills and knowledge that often lead to political roles, whether as Councillors, MLAs or MPs.

Do you have minutes or photographs related to the history of your Community League?

The City of Edmonton Archives preserves records related to the EFCL and individual community leagues. There are many gaps. If you have community league or MCARFA records that you're interested in donating to the city archives, please contact the reference desk at 780-496-8711 or cms.archives@edmonton.ca.

Join us at the Edmonton Public Library, Oct. 15, 6:30 - 8:30 p.m.

I have revived the monthly Listening Sessions at the library. If you have information about the history of Mill Woods or photographs to share, please join us on Oct. 15 from 6:30 p.m. to 8:30 p.m. or contact me at catherineec.cole@telus.net. Next month, I will explore the Mill Woods Town Centre. 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.

(1) Special Investigation Report. Mill Woods Cultural and Recreational Facility Association (MCARFA), September 8, 1994, page 9, City of Edmonton, Office of the Auditor General



Leeview Community League was the first community league in Mill Woods.

Photo: Leeview Community League (www.leeview.ca)

Getting to School Safely: A Shared Responsibility

Whether I am attending school council meetings, answering emails or speaking with families, one concern comes up again and again: traffic and safety around our schools.

It is easy to understand why. The beginning and end of the school day bring hundreds of students, families, vehicles, bicycles and pedestrians into a relatively small area, often within just a few minutes. Keeping everyone safe requires all of us, students and adults alike, to do our part.

For those of us driving, a little patience and courtesy can make an enormous difference. Follow posted parking and traffic signs, use designated drop-off areas, and never stop in the middle of the road to let a child out. In busy drop-off zones, having backpacks, lunches and goodbyes taken care of before arriving helps keep traffic moving and reduces frustration for everyone.

It is also important to be a good neighbour. Many of our schools are located in residential communities. Blocking driveways, parking illegally or making unsafe turns may save a minute or two, but it can create problems for residents and, more importantly, put students at risk.

School staff are outside before and after school primarily to welcome and

**Jan
Sawyer**

**Edmonton
Public Schools
Trustee
(Ward 1)**



supervise students and help keep them safe. They certainly appreciate the cooperation of adults in following traffic and parking expectations so their attention can remain where it belongs: on students.

Students have responsibilities too. Those walking or cycling to school need to stay aware of vehicles, other cyclists and pedestrians. Students riding bicycles should wear helmets, follow the rules of the road and slow down in busy areas where younger children may be walking.

Perhaps the best way to improve traffic safety around our schools is also the simplest: whenever possible, have fewer cars there.

Walking or cycling to school reduces congestion, provides students with some physical activity and can be a wonderful way to start and end the school day. Families who live farther away might consider parking a few blocks from the school and walking the rest of the way. Neighbours can also organize a "walking school bus" or "bike bus," where groups of

students travel to school together with adult supervision.

Not every family can walk or cycle, of course. Distance, weather, accessibility and family schedules all play a role. But if those who can leave the car

at home do so even occasionally, there are fewer vehicles around the school for everyone else.

There is no single solution to traffic congestion around our schools. But there are hundreds of small choices made each morning and afternoon that, together, can make a very big difference.

A little patience, a little courtesy and a shared commitment to safety can help ensure that every student's school day begins and ends safely.

As always, I welcome your questions, comments and perspectives (jan.sawyer@epsb.ca). Hearing from families and community members helps me better understand what is happening in our schools and neighbourhoods and informs my work as your Edmonton Public Schools trustee.



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In this referendum, electors will be asked to vote on 10 questions. Nine questions require a "Yes" or "No" response. One question asks electors to choose between two options.

You have three ways to vote:

- 1. Vote during Advance Voting**
from October 13 to 17, 2026, at an advance voting place in your electoral division.
- 2. Vote on Election Day, October 19, 2026**
at your designated voting place.
- 3. Request a special ballot by September 25, 2026**
and vote by mail.*

***If you are unable to vote during advance voting or on Election Day, or if you prefer to vote by mail, special ballot is available to all eligible voters.** To vote by mail, visit specialballot.elections.ab.ca. Completed special ballots must be returned by mail and received by Elections Alberta by 5:00pm on October 16. Canada Post recommends mailing it no later than October 9.

Find everything you need to be referendum ready at elections.ab.ca

Social Prescribing and Arts Engagement

As part of the *Why the Arts Matter* campaign, the Edmonton Arts Council is publishing a series of short articles and videos highlighting the numerous ways the arts generate economic activity, promote civic engagement and social connections, and support the well-being of individuals. This article provides an overview of how the arts are being used in a more prescriptive manner in community settings through social prescribing.

What is Social Prescribing?

The formal practice of social prescribing has been gaining more attention over the last decade. Social prescribing first emerged in England out of a social movement that advocated for the healthcare system to be more community-focused and person-centered.¹ The rationale for the practice is to help address health inequities that stem from social determinants of health, which are the material conditions that affect individuals throughout their life course, such as employment, income, education, housing, and access to community and social support systems.² The purpose of social prescribing is to provide non-medical supports that can help address these inequities and other unmet personal and social needs a person may have.³ This includes assistance for things like meal preparation, transportation, housekeeping, and recreation.

What are the Benefits of Social Prescribing?

Many countries around the world have recognized the potential social prescribing has for the well-being of their citizens and have formalized the practice as part of their healthcare systems. In England, it was estimated that visits being made to general practitioners were for non-medical reasons almost 20% of the time.⁴ Social prescribing gives primary care physicians non-medical referral options that can support the well-being of patients in their communities. The Canadian Institute for Social Prescribing has estimated that for every \$1 invested in social prescribing programs, this results in a return of \$4.43 in other areas of the Canadian healthcare system.⁵ This manifests in the form of improved outcomes for patients while reducing the number of primary care appointments and emergency department visits being made at the population level.

Social prescribing has been recognized as a practice that can address other societal issues like social isolation and loneliness.⁶ Statistics Canada indicates that over one-in-ten people over the age of 15 in Canada are always or often feel lonely.⁷ Severe and prolonged social isolation and loneliness can have negative conse-



RA Stylez Team, Downtown Playdates in Downtown Park Spaces programming at Michael Phair Park

Photo provided by the EAC

quences for the physical and mental health of individuals, which can result in increased stress, risk for mood disorders (e.g., anxiety, depression), and cardiovascular diseases among other issues.⁸

Arts on Prescription

Arts and cultural activities and events are well positioned to help contribute to the goals of social prescribing.⁹ This practice has become commonly known as arts on prescription. These prescriptions for individuals provide access to arts and cultural events and activities as part of their overall wellness régime. They provide opportunities for people to engage with the arts in ways that they may have not considered or have not been able to access before.

In Canada, there have been a couple of notable "arts on prescription" partnerships between arts organizations and healthcare providers. Since April 2025, a partnership between the Vancouver Art Gallery and the BC Parks Foundation has allowed healthcare providers to prescribe free visits to the gallery. The program, known as PaRx, allows visitors to bring a guest and have unlimited visits during their active social prescription at no cost.¹⁰ Another program in Montréal between the Orchestre symphonique de Montréal and Médecins francophones du Canada is allowing physicians to prescribe concert tickets for individuals and their guests. The program, Music on Prescription, is seen as a way to bridge the arts and medicine and support the overall well-being of attendees.¹¹ These two programs, PaRx

and Music on Prescription, demonstrate the impact arts-based collaborations can have on improving the well-being of individuals through social prescribing.

Accessing Social Prescribing Services in Alberta

At present, social prescribing programs are mainly designed for adults aged 55 and older in the province. Access to social prescribing services requires a referral from a formal healthcare provider, such as a family doctor or case manager.¹² After the initial referral, individuals are then connected with a link worker who provides consultation and recommendations for social supports in the community that are relevant to the needs of the individual. Through this process, individuals may also be eligible for subsidized activities and services that promote their well-being and quality of life, including arts on prescription activities.

Conclusion

Social prescribing practices have grown in Canada in recent years. The goal of social prescribing is to address health inequities that people experience by providing non-medical and community-based supports that are relevant to the individual. Research has shown how arts-based social prescribing can address societal issues like social isolation and loneliness. While social prescribing in Alberta is primarily focused on older adults, there is potential to expand these services to promote the well-being of other diverse communities.

Are there any other interesting arts-based social prescribing initiatives happening locally or further afield that we should know about? We'd love to hear from you. Email us at info@edmontonarts.ca or message us @yegarts.

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Jonathan Lai
Edmonton Arts Council
edmontonarts.ca

You have news for the *Mill Woods Mosaic*?

Please give us a call: 780-465-7526

A new voice to sing Alberta's song

To help grow Alberta's music industry, attract investment and support local artists, Alberta's government is welcoming its first music commissioner.

Alberta's government is proud to welcome Jennifer Venance as the province's inaugural music commissioner. Her appointment marks an important step in implementing the Alberta Music Action Plan, which seeks to grow Alberta's music industry.

The music commissioner will serve as a central point of contact between our government and the music sector, strengthen Alberta's musical ecosystem and create new opportunities for musicians across the province. The commissioner will also help connect industry leaders, support business development and champion initiatives that create new opportunities for Alberta entrepreneurs and music businesses.

"From Paul Brandt to Tate McRae, Alberta has produced some of the world's best musical acts," said Tanya Fir, Alberta's Minister of Arts, Culture and Status of Women. "That's why we're proud to welcome Alberta's first music commissioner, who will help more talented artists succeed and grow an industry that contributes billions of dollars to Alberta's economy."

The Alberta Music Action Plan, which launched in April, recognizes music as both a source of economic growth and cultural pride. The new music commissioner will build on that momentum by advancing strategic partnerships, promoting Alberta talent



Jennifer Venance

Photo: Government of Alberta

and helping the sector reach new audiences and markets at home and around the world.

Venance brings with her a proven record of leadership in government, arts education and community engagement. Most recently, she served as director of K-12 curriculum and French education with Alberta Education and Childcare. Her more than 20

years as a musician and music educator have also given her firsthand knowledge of the industry as well as the talent, entrepreneurship and innovation that continue to drive Alberta's music industry forward.

"Music has the power to connect people, strengthen communities and create economic opportunity," said Venance. "Alberta is home to extraordinary artists, organizations and industry leaders and I am honoured to serve as the province's first music commissioner. I look forward to working alongside the sector to build on Alberta's strengths, support growth and help create new opportunities for Alberta music at home and around the world."

Building on the proven success of Alberta's Film Commission, the Music Commission will apply a similar model to help grow Alberta's music sector. By connecting artists, businesses and industry leaders, the commission will help create the conditions for continued growth while strengthening Alberta's position as a destination for music creation, performance and investment.

"Alberta's music sector is excited to welcome the province's – and Canada's – first provincial music commissioner," said Andrew Mosker, president and CEO of the National Music Centre and co-founder and chair of West Anthem. "We applaud the Government of Alberta for recognizing the tremendous economic and cultural opportunities and potential that come from investing in music, and

for demonstrating leadership nationally. We look forward to working with the new music commissioner to advance the economic and untapped potential of Alberta's artists, creators, businesses and broader music industry."

Through the Alberta Music Commission, artists, producers, venues, festivals and music retailers will have a dedicated champion focused on growing the sector, strengthening industry partnerships and expanding Alberta's presence in the industry. With a keen advocate at the table, Alberta's music sector will be better positioned to tackle challenges, seize opportunities and continue to grow for years to come.

Quick facts

- The Alberta Music Action Plan was launched on April 30 as the first music strategy of its kind in Canada.
- Alberta's music sector supports more than 23,000 jobs and generates almost \$5 billion in economic output annually, contributing about \$2.5 billion to Alberta's GDP.
- The action plan was developed through research and engagement with Alberta's music industry, including ecosystem studies and roundtable discussions with sector representatives from across the province.
- The Alberta Music Commission will work to showcase Alberta talent, celebrate industry achievements, advocate for the sector and attract new opportunities to the province.

Opening doors, building futures

Alberta's government is offering several scholarships to help Albertans pursue careers in fields where they are under-represented.

To support students pursuing rewarding careers and help build the skilled workforce our province needs for the future, Alberta's government is offering three post-secondary scholarship opportunities: the Persons Case Scholarship, the Women in Science, Technology, Engineering and Mathematics (STEM) Scholarship, and the Women in Technical and Applied Arts Scholarship. Together, the programs provide \$275,000 annually for up to 110 students, with each recipient receiving \$2,500 to go towards their post-secondary studies. Applications for all three scholarships are now open and will be accepted until Oct. 30.

"Talent and determination should be the only limits on what women in Alberta can achieve," said Tanya Fir, Minister of Arts, Culture and Status of Women. "That's why our government is supporting these scholarships, which help break down barriers, open doors to new opportunities and empower more women to lead, succeed and build Alberta's future."

"Alberta's future depends on developing a highly skilled workforce," said Myles McDougall, Minister of Advanced Education. "These scholarships are helping more Albertans access post-secondary education, develop in-demand skills and pursue rewarding careers across a wide range of fields. By investing in student success today, we are helping build the talent Alberta

needs for tomorrow."

The Persons Case Scholarship supports Albertans studying in the arts, humanities and social sciences fields whose work advances gender equality or who are studying in fields where their gender is under-represented or disadvantaged. The scholarship, which has been offered in Alberta for the last 47 years, recognizes the legacy of the Persons Case by supporting the next generation of professionals and leaders as they pursue their educational and career goals.

The Women in STEM Scholarship supports women pursuing studies in science, technology, engineering and mathematics. For the past six years, the scholarship has helped more women build the skills and expertise needed to succeed in STEM fields while also helping them contribute to Alberta's innovation economy and future workforce.

Finally, the Women in Technical and Applied Arts Scholarship supports women studying for technical careers in Alberta's cultural industries, such as the film, television and music sectors. Now in its third year, the scholarship is helping build a new generation of skilled professionals whose talent and expertise contribute to Alberta's rapidly growing creative sectors.

Whether pursuing careers in STEM, the skilled trades or Alberta's growing creative industries, these scholarships are helping more Albertans turn their ambitions into opportunities. It's all part of Alberta's ongoing efforts to build a province where everyone has

an equal chance to succeed, contribute and reach their full potential.

Quick facts

- In 2025-26, these programs provided a total of \$275,000 in scholarships for 110 students across Alberta, including:

- Fifty Women in STEM Scholarships of \$2,500 each, for a total of \$125,000
- Forty Persons Case Scholarships of \$2,500 each, for a total of \$100,000
- Twenty Women in Technical and Applied Arts Scholarships of \$2,500 each, for a total of \$50,000

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When Memory Changes: The Reality of Alzheimer's Disease

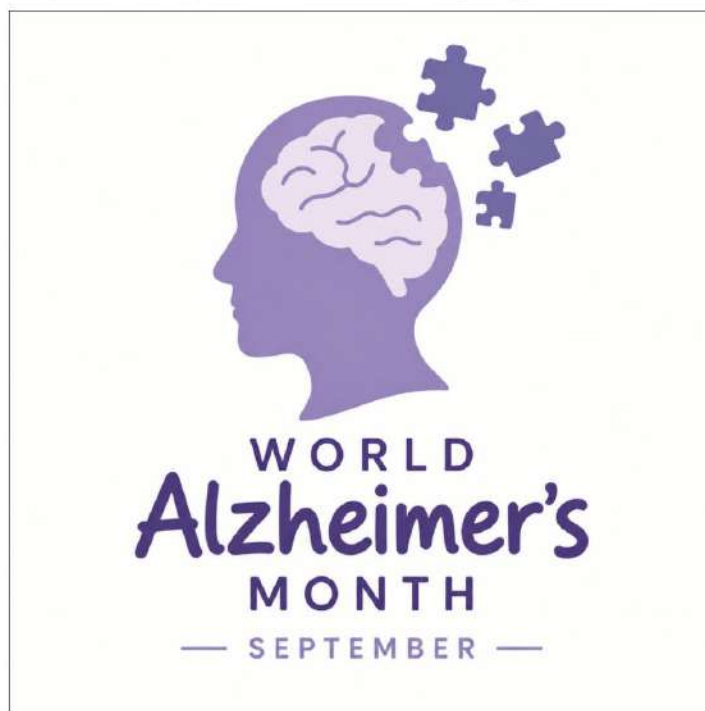
By Ramneek Pandher

September is World Alzheimer's Month. Everyone forgets things sometimes – where they left their keys, a name, or why they walked into a room. When does ordinary forgetfulness become something worth paying attention to?

Dementia is a condition many people have heard of, often associating it simply with “losing your memory.” However, dementia is actually a general term used to describe problems with memory, thinking, communication, and other abilities that can be caused by different diseases affecting the brain. Alzheimer's disease is the most common cause of dementia. Beyond memory loss, people living with dementia may experience changes in language, problem-solving, judgment, mood, and their ability to complete familiar everyday tasks.

Some forgetfulness is a normal part of aging. For example, someone might occasionally forget a name or misplace their keys but remember later. Dementia involves more significant changes that can interfere with everyday life. A person might repeatedly forget important information, have difficulty completing familiar tasks, become confused about time or place, or struggle to communicate in ways that were once easy for them. Dementia is therefore not a normal part of getting older.

Dementia does not look the same in everyone. For some people, memory problems may be the first noticeable change. For others, difficulties with communication, decision-making, mood, or behaviour may appear first.



Over time, these changes can affect a person's daily activities and relationships, making understanding and support from family, friends, and the community especially important.

This is why early diagnosis matters. If someone notices concerning changes in themselves or a loved one, speaking with a healthcare professional can help determine what may be causing

them. An earlier diagnosis can help people and their families access support and available treatments sooner. It can also give individuals more time to plan for the future and participate in important decisions about their care.

At the same time, a diagnosis of dementia does not change who someone is. People living with dementia con-

tinue to have their own personalities, experiences, relationships, interests, and abilities. As the condition changes, they may communicate or complete certain tasks differently, but this does not mean they should be treated as though they are no longer capable of participating in their own lives.

Misunderstandings about dementia can sometimes create additional challenges. Assuming that someone with dementia cannot understand, communicate, or make decisions can prevent them from being included and supported. Simple things such as patience, respect, listening, and giving someone time to respond can make a meaningful difference.

World Alzheimer's Month is an opportunity to look beyond the idea that dementia is simply about forgetting. It is about recognizing changes that may need attention, understanding the experiences of people living with dementia, and supporting families as they navigate the condition. By learning more and reducing stigma, we can help ensure that people living with dementia are treated with compassion, understanding, and dignity.

For more information:
Alzheimer Society of Canada
<https://alzheimer.ca/en>

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

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1905 Alberta became Province - Parade float read "The Hope of Canada"

As the October 18 referendum approaches, we see many references to the day in 1905 when Alberta became a province. Many high-level dignitaries and thousands of spectators gathered to observe the proceedings as Alberta changed from being just a district in Canada's North-West Territories to being its own self-governing province. A speaker noted that with Alberta's promotion, for the first time there was an unbroken line of provinces from the Atlantic to the Pacific. The change was the culmination of a decade-long struggle, and the start of the province's struggle to define itself as an important part of Canada.

Ten years earlier, a book *Provincial Government for Alberta. Its meaning and necessity* had described how Alberta as part of the NWT had no powers to borrow or to tax and how the Territory was receiving a friendly subsidy from the federal government but had no constitutional claim to any certain amount.

And, the book pointed out, not more than ten percent of the elected MPs in the House of Commons knew or cared about the Northwest. (The same is true today to a degree when no members of Danielle Smith's Conservatives were elected in Edmonton. Not only do we suffer from polarized politics, we also suffer from regional unbalance.)

The 1895 pamphlet said the constitution allows new provinces to be born and grants them the same powers as the old ones have – "power to borrow money on their own credit, to initiate undertakings for their own benefit, to subsidize railways, to attract immigration. It leaves the destiny of the new Provinces to those who have the most thorough knowledge of her requirements and the greatest interest in her development, her own people."

The pamphlet foretold today's argument over dependence on oil and gas development when it said with provincehood, no longer would Alberta see its great coal field sit unexploited "due to lack of railway facilities to carry it to the market." But then when Alberta's first premier A.C. Rutherford subsidized a shaky railway, he was pushed out of the premier's office.

Finally in 1905, the district of Alberta did become a province. The province was drawn larger than the old NWT Alberta district. A strip on the east was brought in, including Medicine Hat but only half of the Lloydminster settlement. Due to the half-and-half nature of the city of Lloydminster today, if Alberta separates from Canada, will a fence be built through downtown Lloydminster?

Liberals dominated Alberta politics from 1905 to 1921

Other schemes for the boundaries of the new prairie provinces envisioned a southern province along the Canadian Pacific Railway line all the way from Manitoba to the mountains, with Calgary likely the capital. Such a division would have created a southern prairie province dominated by the Conservative party.

And north of that would have been one or two northern provinces, making

Saskatoon and Edmonton possibilities for provincial capitals.

In the end, it was decided to form two prairie provinces in north-south lines. Saskatchewan on the east running from the U.S. border to 60 degree latitude; Alberta beside it.

**Tom
Monto**

A Different Perspective



For a time Liberals dominated in both provinces. Yes, as difficult as it might be to imagine, Liberals dominated Alberta politics from 1905 to 1921, and Saskatchewan politics from 1905 to 1944, with only one short break. But note that if the southern prairies had been made a separate province, it would have had no control over the tar sands, the engine of our fossil-fuel-based economy today. The southern prairie province would be a have-not province today!

One effect of the large Alberta province is it has two large cities competing for supremacy. But an Edmontonian might say that Calgary has just one thing that Edmonton does not have – a beautiful city 300 kilometres away!

On that first "Alberta Day" back in 1905, it was announced that former NWT politician G.H.V. Bulyea would be Lieutenant-Governor of the new province. Born in New Brunswick, he had come out west in 1882 when he was 23. A Baptist, as were many of the top officials in the new Alberta government, he would be Alberta's viceregal official until after the start of WWI a decade later.

He in turn named Alexander Cameron Rutherford, Strathcona's member in the NWT government, to head an interim government to organize Alberta's first provincial election. Rutherford had been born in Ontario and had been out West for about ten years when he was named premier in 1905.

Edmonton's mayor Kenneth McKenzie addressed the audience. Born in Ontario, he had come west around 1893, when he was in his 30s.

McKenzie introduced Prime Minister Wilfred Laurier, who spoke in both English and French. The PM had occasionally visited Edmonton since becoming prime minister in 1896. Back in 1896, he had actually been elected in a riding that included part of what was now the new province of Alberta. In that election he had also been elected in a Quebec riding so had given up his Prairie seat.

Laurier was followed by the then-well-known author Sir Gilbert Parker. The former Ontarioan was best known for his novel *Seeds of the Mighty*, set in the time of the British Conquest of

New France (Quebec), which had happened 1758-1763. Even with the British military victory, French language rights and special laws were allowed to remain, leading to Canada's bilingual status today.

By 1905, Sir Gilbert was a British politician. He had been elected to the British House of Commons in 1900 on the promise of "More work for the people – Tariff reform will give it". (Certainly we see the result of tariffs today – high prices. Although record high profits by grocery chains doubtless also have something to do with today's inflated prices.)

Sir Gilbert was the only Canadian novelist ever to be knighted – the Canadian government asked in 1919 that the monarch stop knighting Canadians.

King Edward VIII had knighted him for his literary accomplishments. The King was brother to princess Louise Caroline Alberta, whose name was used to name the district and then the province itself. She was known to Canadians as she had lived in Ottawa while her husband, Marquess of Lorne, had served as Governor-General. The princess allowed her name to be used as the name of a district in the NWT, saying as it was the feminine form of the name Albert, such naming would honour her father, Royal Consort Prince Albert, husband of Queen Victoria, whose activities included being a valiant campaigner against the slave trade.

The new Province of Alberta was "The hope of Canada"

Sir Gilbert, Prime Minister Laurier, and the other assembled dignitaries seemed impressed by the inauguration parade that Edmonton put together. The motley and democratic mix filled Jasper Avenue for blocks, starting with a contingent of "old-timers" with a Red River cart, the cart being a visual reference to the Metis who had lived in Alberta since the early days of the fur trade. They were followed by representatives of the French-speaking St. Baptiste Society, the German Society, the Farmers' Society of Equity, the carpenters', painters', plumbers' and blacksmiths' unions, and hundreds of schoolchildren. Local businesses were represented by a float for Oschner's brewery and another for the La Palma cigar factory.

Other floats in the parade carried messages saying "Young Canada", "Sunny Alberta", and "The hope of Canada". Adding a democratic touch, the end of the parade was made up of citizens – "on foot, mounted on horseback, and in carriages."

The Governor-General, Earl Grey (the 4th Earl Grey), was there as well. Although of British gentry, his family had deep connections to Canadian politics – his uncle had been Lord Durham who had helped bring about needed democratic reforms in the Canadian colonies in the 1840s.

Earl Grey spoke of Alberta's great potential. "The fertility of your lands, the service of your railways, your cold storage [meat storage] facilities, and your Dominion experimental farms have all done much to make this province what it is. For some of these things you have to thank the Dominion Government [the federal Canadian government]."

There was hope for a united, cultured and righteous Alberta

"Each of you enjoy the opportunity within the reach of all, of a happy and comfortable home in an ideal climate under a just and freedom-loving government, an opportunity that many in the old country are reaching out for. That you may assimilate all who come and grow up together a united, cultured, righteous God-fearing people, I, as the King's representative, do most fervently pray."

Likely he meant "assimilate" in the nicest way possible, as in welcome into a warm embrace. He was no bigoted assimilationist, speaking out strongly in favour of minority rights and fair elections. His statements on that subject had been quoted in a 1895 pamphlet opposing the Protestant Protective Association, which was engaging in anti-Catholic boycotts in Ontario.

That hope for a united, cultured and righteous Alberta was later pursued by Premiers Peter Lougheed and Rachel Notley. Earl Grey's prayer can more easily still come true if on October 18, we vote in favour of remaining in Canada and against anti-immigration laws being pursued by the current Alberta Government.

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, history, politics and elections.

**Do you have
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Give us a call at
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**Mill Woods
Mosaic**

Finding our footing in ordinary kindness when the world feels uncertain

If you hand someone a warm loaf of bread every morning, by the end of the month the gift is no longer quite a gift. It has become part of the landscape. Missing a Tuesday may even feel like a small betrayal. Yet take someone who has gone without food for days and offer them half a stale crust, and they may remember your kindness for the rest of their life. The bread hasn't changed. What has changed is the quiet, invisible baseline of what was expected.

As human beings, we have a remarkable ability to adjust to whatever becomes familiar. It is a little like walking into a room with a ticking clock. At first, we hear it. After a while, we don't. The clock hasn't become quieter; our minds have simply decided it is no longer worth noticing.

The same thing happens with comfort, convenience and stimulation. When they become the starting point, ordinary life can begin to feel strangely inadequate. A quiet evening can seem boring after a day of constant entertainment. A simple meal can feel disappointing after weeks of abundance. We often measure contentment not by what is actually in front of us, but by the distance between what we expected and what arrived.

Perhaps we do something similar at work. We meet the deadline, so the next deadline arrives a little sooner. We take on an extra task because someone needs help, and before long that task has quietly become part of our job. We stay late once, then twice, and eventually leaving on time can feel like we are the ones doing something unusual. Often there is no single moment when the line moves. It simply moves, one small step at a time. If we rarely say no, what was once an extra effort can gradually become the new expectation.

That constant shifting of expectations easily feeds into a deeper restlessness. When outcomes feel uncertain, we feel compelled to keep doing something. We check the email again, look at the numbers one more time, revisit a decision we have already made, or search for one more piece of advice. The activity feels productive because it gives our anxiety somewhere to go. But there comes a point when effort is no longer changing the outcome; it is simply feeding the illusion that we are in total control. We forget that uncertainty is the only real certainty there is. Genuine security does not come from trying to micromanage every unknown – it comes from learning to live steadily with insecurity itself. Knowing when there is something left to do, and when there is simply something left to wait for, may be one of the quieter challenges of modern life.

Nowhere is that restless adjustment more visible than in the small glowing screens we carry everywhere. In part, we look to them to feel informed, prepared, or guarded against the unexpected. But the endless stream of

Sharan Sandhu

Moments in our Community



short videos, images and digital flashes works on a very different principle. Every swipe offers something new, something amusing, something just a little more interesting than the last. It is like standing beside a conveyor belt that never stops, with each passing package labelled you might like this. We keep reaching for the next one, sometimes without even remembering what we were looking for.

A few seconds of curiosity can quietly become an hour, and then another. Time, after all, is the one currency we can spend but never earn back. We are sometimes remarkably careful with money and remarkably careless with minutes, even though only one of those things can be replaced.

Perhaps what gets lost in all that stimulation is not simply time, but the ability to be still. Silence can feel strangely uncomfortable when we have grown accustomed to filling every empty space. It is a little like living beside a busy highway and then discovering that, when the traffic finally stops, the quiet itself feels loud.

There is always another message, another head-line, another video waiting. Our minds rarely have a chance to settle, wander or simply breathe. A pond cannot reflect the sky while its surface is constantly being disturbed. Sometimes our minds are much the same. It is difficult to know what we actually think when something is always rippling across the surface.

And after a day filled with noise, we can be left with a peculiar kind of exhaustion that is difficult to explain. Not the tiredness that comes from digging a garden or carrying a load, but the tiredness of having been mentally somewhere else for hours.

There is another part of this worth noticing. Spend enough time looking through a screen and it can begin to seem as though the world is far more hostile than the one outside our door. Strangers arguing. Anger amplified. Division presented as entertainment.

It can be like looking at your neighbourhood through a window that only shows car accidents. After a while, you might reasonably conclude that nobody drives safely anymore. But the window has not shown you the whole street.

The systems behind these platforms

have learned what keeps us looking, and anger and outrage are remarkably good at doing that. Kindness rarely arrives with flashing lights. Nuance seldom shouts. A thoughtful conversation does not usually demand that we pick a side before the first sentence is finished.

After enough hours of seeing that version of the world, it is easy to carry some of it with us. What we repeatedly look at can

become the lens through which we look at everything else. A steady diet of outrage may leave us expecting conflict in places where there is actually very little.

When larger debates fill the air with uncertainty, it is easy to forget that the true strength of a community isn't forged in headlines or political crosswinds. It is built in the quiet goodwill between people who share the same street – neighbours who still clear each other's sidewalks, lend a hand without asking who you agree with, and choose steadiness over panic.

Maybe the simplest thing we can do from time to time is step away from the treadmill. Not dramatically. Not forever. Just long enough to notice what is still there.

When we put the phone down, life gets a little smaller, and a whole lot better. A quick chat across the fence. A warm cup of tea on a quiet morning. A walk without headphones on. A few minutes to just sit with our own thoughts. A friendly smile and a wave from a neighbour. The little flash of hazard lights when you let someone merge in traffic, or stopping to let someone cross on your avenue and having them give you a quick nod and a smile – those small moments are enough.

That is the reassuring part: the life we worry about losing hasn't gone anywhere. It isn't trapped inside a screen. It is like a favorite song playing softly down the hall – we just need to be quiet enough to hear it.

It is waiting in ordinary, everyday places: around the kitchen table, on the front step, in those little gestures of grace on our daily commute, and in the quiet resolve of people who simply choose to stay good to one another. We don't need to go searching for a brand new life. Sometimes, we just need to turn down the noise long enough to appreciate the one we already have – and the people who share it with us.

Sharan Sandhu is a resident of Mill Woods and volunteers with BNT Foundation and StopHateAB.



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-

eign 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 October 15, 2026. The deadline for advertising and editorial is Friday, October 9, 2026.

Join us at the
26th Annual Interfaith & Multicultural Celebration

THE SHAAMA CENTRE

Faith in the Age of Technology and AI:
What Are We Leaving Behind?

Oct 3rd 5:30 PM

Meridian Banquet Hall,
4820 76 Ave NW, Edmonton

What to expect:

- ★ 25 years from now...
- ★ What will they remember?
- ★ What will remain?
- ★ What will we have changed?

Five Faiths. One Future

Vendors:
Tables are available for displays, bazaar, information
To book your table please call the Shaama Centre at 780-465-2992 or email: light@shaama.ca

No tickets at the door. Ladies only, no kids under 12

Early Bird Ticket:
\$35 (cash)
After Sep 20th
\$50

Early Bird Table of 10:
\$330
till Sept 20th

Come for the food. Stay for the conversation.
Enjoy the entertainment. Leave inspired.

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

Online tickets also available by clicking the link below:
<https://www.eventbrite.ca/e/26-interfaith-multicultural-celebration-tickets-124190385787?aff=oddtcreator>

What do you think of the *Mill Woods Mosaic*?
What do you like? What do you not like?
Please tell us your opinion.
Send us an e-mail: mwmosaic@telus.net

What's up?

Community events in Mill Woods

- Sept. 25 - 27 - AsiaFest YEG "Under the Moon"**
A Mid-Autumn Festival with beautiful lantern displays, cultural experiences, and a vibrant festival atmosphere
Currents of Windermere
6183 Currents Drive NW, Edmonton
2:00 p.m. - 11:00 p.m.
More information: www.asiafestyeg.ca
- Sept. 26 - Mid Autumn Festival at Chinese Garden**
Louis McKinney Park
9999 Grieson Hill NW, Edmonton
2:00 - 4:00 p.m.
Contact: maryfung88@gmail.com or 780-945-9513
- Sept. 26 & 27 - Mill Woods Seniors Fall Rummage Sale 2026**
Mill Woods Seniors Association
2nd Floor, 2610 Hewes Way NW, Mill Woods
Saturday, Sept. 26: 10:00 a.m. - 4:00 p.m.
Sunday, Sept. 27: 10:00 a.m. - 3:00 p.m.
- Oct. 3 - 26th Annual Interfaith & Multicultural Celebration**, hosted by The SHAAMA Centre
"Faith in the Age of Technology and AI: What Are We Leaving Behind?"
Meridian Banquet Hall
4820 - 76 Avenue NW, Edmonton
5:30 p.m.
No tickets at the door, Ladies only, no kids under 12
For more details: phone 780-465-2992 or e-mail lighty@shaama.ca
- Oct. 10 - AniYEG**
Edmonton's largest Anime Market
Mill Woods Town Centre
2331 - 66 Street NW, Mill Woods
Noon - 6:00 p.m.
More information: millwoodstowncentre.com
- Oct. 23 & 24 - Oktoberfest in the Ballroom**
with Live Band *Rule of Nines* and *The Bavarian Schuhplattlers of Edmonton*
German-Canadian Cultural Centre
8310 Roper Road NW, Edmonton
More info: 780-466-4000 or www.gcca.ca
- 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, October 9, 2026.

Life is a story. Tell it well.



How do you want to be remembered?



South Side Memorial Chapel
by Arbor Memorial

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

Mill Woods Mosaic

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