

Edmonton Street News

ESN

Volume 8 Issue 10 2011



Vendors pay 50 cents per paper

Community Groups that offer Meals

Bissell Centre

10527 - 96 Street
780-423-2285

Inner City Pastoral Ministry

10527 - 96 Street
Lunch (sandwiches, fruit, veggies and desserts) Sunday noont to 1 p.m. after the church service.
Monday to Thursday
10:30 a.m. - sandwiches
Tuesday and Friday
noon - hot lunch for women
Friday 9:45 a.m. - sandwiches

Christ Church

12116 - 102 Avenue
780-488-1118
3rd Saturday of the month 5:30 p.m. meal

House of Refuge Mission

10339 - 95 Street
Daily - 5:00 p.m. snacks
8:00 p.m. - meal

Lighthouse Ministries

3010 - 119 Avenue
780-423-1277 or
780-474-8086
Wednesday and Sunday
1:00 and 7:00 p.m. meal

Hope Mission

780-422-2018
Daily 7:00 to 7:45 a.m.
breakfast
Noon - lunch
5:00 tp 6:30 p.m. - supper

All Saints' Anglican Cathedral

10035 - 103 Street
780-428-6323
Thursday 12:45 p.m., Lunch
Friday 7:30 - 9:30 am.
Breakfast (November to March)

Marian Centre

10528 - 98 Street
780-424-3544
Daily except Wednesday
12:00 to 12:45 p.m. meal
Closed from the 27th of each month to re-open the 1st of next month

Mustard Seed

10636 - 96 Street
780-426-5600
Monday to Friday 7:00 to 8:00
supper
Zero tolerance of alcohol

Operation Friendship

9526 - 106 Avenue
780-429-2626
Monday to Friday
9:00 a.m. breakfast
Monday to Sunday
12:00 noon lunch
5:00 p.m. supper for seniors 55 and over only

Red Road Healing Society

4225 - 118 Avenue
780-471-3220
Tuesday and Thursday
5:00 p.m. meal
Friday - 12:00 to 1:00 soup and bannock

Robertson Wesley United Church

10209 - 123 Street
780-482-1587
Second Saturday of each month
5:00 p.m. meal

Sai Sadan

9619 - 101 Avenue upstairs
Wednesday - 6:00 p.m. meal

Salvation Army

9620 - 101A Avenue
780-242-9222
7:00 to 9:00 p.m. - lunch
Monday and Friday
83 Avenue - 104 Street (parking lot |)

St. Peter's Lutheran Church

9606 - 110 Avenue
780-426-1122
Tuesday, Wednesday and Thursday
7:00 to 9:00 a.m. breakfast

St. Faith's Anglican

11725-93 Street - parish hall
780-477-5931
Thursday - 12:30 p.m. soup
Saturday - 8:30 to 10:00 a.m. breakfast
3rd Friday of the month - 7:00 supper

Victory Café and Soup Bar

13411 - Fort Road
Monday - 5:30 to 6:45 meal

Edmonton Orthodox Reformed Church

11610 - 95A St.
Info: Pete Wright - 780-479-1860
www.orcurc.org
Thursdays 6:15 Soup & Study

B's Diner

100 Street and Whyte Avenue
Wednesdays 1 to 3 p.m. meals

Jasper Place Health and Wellness Centre

15210-Stony Plain Road
meals
Tuesdays 6:00 to 7:00 p.m.

Boyle Street community Services

7:00 a.m. daily - breakfast
11:30 a.m. daily - lunch

Edmonton Do Likewise Society

7:00 to 9:00 p.m. - lunch
Wednesday

Important Notice

Edmonton Street News is published by the Edmonton Street News Society, a registered society in the province of Alberta. The paper is published monthly, and is sold on the streets of Edmonton and Calgary. Edmonton Street News is a member paper of the North American Street Newspaper Association and of the International Network of Street Newspapers. Edmonton Street News is not in any way connected with Homeless Organization of Canada.

Linda Dumont, Managing Editor,
Edmonton Street News



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EDMONTON STREET NEWS

Edmonton Street News
Volume 8 Issue 10 2011

Edmonton Street News is an independent publication produced by volunteers and sold by vendors on the street.

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Mission

Edmonton Street News Society provides a voice, employment and social support to those who need these, and communicates perspectives dealing with poverty and social justice, by education and communication activities, including publishing a street newspaper

Values/Beliefs/Guiding Principles

We believe in being inclusive and encouraging
We believe that human rights are fundamental to living together
We believe that everyone deserves the opportunity to earn and control their money
We believe in journalistic and organizational professionalism and integrity
We believe the public needs to know about issues around poverty and social justice
We value community and connecting with others
We value passion and determination
We believe everyone deserves the opportunity to learn, develop and use communication skills

The views presented in this publication are those of the writers.

Editorial

Advice for our next premier

On October 2, as ESN vendors begin to offer this issue of the paper to readers, Alberta will have a new premier beginning the first day on the job. Each of the people seeking the job has been given a million dollars or more from very rich people and big companies to run their campaigns. A million dollars just for a point of comparison would be enough to print every issue of ESN for the next 35 years.

October 2 is also the date when the birth of Mahatma Gandhi is celebrated. He spent his life urging people to focus their lives on ensuring the needs of all were met rather than the greed of some pursued.

Looking at who has paid for the campaigns of the people wanting to be leader of the PC party, it is difficult not to wonder if they will identify more closely with those who wrote them cheques for \$10 000 or \$20 000 or more and will pay more attention to the desires of these folks than they will to the views of those people trying to survive on a few hundred dollars a month on welfare or working in tough, dirty jobs for minimum wage.

With that in mind, ESN wants to help. We are pleased to offer to the new premier a few ideas about where to focus attention, if that person's understanding of the position they have inherited might perhaps actually involve believing that those to whom more power has been given owe a greater debt to those who have much less ability to get a fair deal on their own. It's an idea many saintly people have expressed over the centuries--to measure the value of one's life by what has been done to express love and care for the weakest in the community.

Doubtless there will be some who will scoff at this wimpy idea and brag how they pulled themselves up by their own bootstraps, and anyone else unable to do that is clearly a failure. But let's just think about what might be involved in a public agenda that tried to actively make things more fair:

A minimum wage that is not driven by employers who want to make the greatest possible profit but by considering what is the least amount of money a person needs to meet basic needs (which would be about \$12/hour in Edmonton rather than \$9.40);

Funding enough high-quality child-care spaces at subsidized rates so that parents who need to work or study can be sure their children are in a good environment that is assuring their safety and development;

Making sure schools have enough money so class sizes let every child get the direct attention to help learning that is needed and where extra fees and fund-raising is not needed to cover costs for some of their education;

Welfare and AISH rates that do not leave people living in stress and misery day after day;

Building enough low-income rental housing that people are not put on three-year waiting lists for a place to live and having to live in unhealthy and abusive places in the mean time;

Providing English classes for immigrants

How to get AISH subsidized transit passes

The AISH recipient has to purchase this pass at Churchill LRT Station on the second floor between ground level and the train platform, through an application directly to ETS for an automatic payment (which is on the link) or through their AISH worker through a blank void cheque through an automatic monthly deduction.

<http://www.edmonton.ca/transportation/ets/fares/aish-subsidized-transit-pass-p.aspx>

and refugees so they can put their great educations to work in satisfying jobs instead of cleaning offices while their professional training goes to waste;

Ending the shame of Alberta having the worst record of mental-health treatment spaces in Canada and dumping those with mental illnesses on the street to fend for themselves instead of providing supportive community services;

Building modest public long-term care beds instead of letting elderly people without enough money to pay for their own care facilities rot away in slum apartments;

Appointing an independent advocate to look after the concerns of children taken into government care instead of having all problems that arise with them looked at behind closed doors by a person who reports to the cabinet minister but not to the public.

Ah. Do we hear a voice asking dismissively "Yes, you soft-hearted dweller in fantasyland, but how do we pay for all these extravagances?" The caring agenda ESN advocates is not as unrealistic as some might think. The cost of all these measures and many other things that could help make a more fair province could be easily met with just a few simple measures such as:

Stopping the very low royalties being paid by huge international oil companies for our oil sands, royalties that would bring in billions of dollars more each year if we just raised them to the same level as Sarah Palin did in Alaska when she was governor there;

Making very rich people pay income tax at a higher rate than the rest of us, still leaving them with vastly more than most of us can imagine having to live on;

Raising the corporate tax rates that have fallen to well below every other province in Canada;

Stopping huge giveaways of money to big corporations such as nearly \$1 billion for drilling incentives that do not have to show any results and hundreds of millions more for research into carbon capture and storage that in other parts of the world private companies are expected to pay for themselves;

Operating more efficient government so, for example, we don't have two bureaucracies like Alberta Health and Alberta Health Services doing many of the same things and paying a lot of managers huge salaries.

We conclude by noting that the agenda we advocate might have a hard time getting much attention from the new premier, when we compare who benefits from the way things are now and who pays the bills for the leadership campaign. But we can hope and pray for a leader with the courage to make real change, to take up the challenge of building a truly fair Alberta, an Alberta where the needs of each one count ahead of the greeds of some.

Private Agreement

Minister Catherine Edith Flamond has a private agreement with the following men and women acting as Chief of Police for the City of Edmonton, the Minister of Transportation for the Province of Alberta, the Mayor for the City of Edmonton, the Premier of Alberta, the Solicitor for the City of Edmonton and the Justice Minister/Attorney General for the Province of Alberta to view this agreement go to:<http://allcreatorsgifts.blogspot.com/2010/10/minister-catherine-flamond-gets-private.html>

Inner City Victims Support worker helps victims at street level



Thanks to a pilot project, inner city people can access victims services within their own community through the Inner City Victims Services Program that provides street-level access to programs and services available to victims of crimes. A collaboration between the Boyle Street Community Services and the Bissell Centre, the program is funded by the Victims of Crime Fund Grant as a one-year pilot program running from April 1, 2011 to March 31, 2012.

Rob Sipes has been hired in the position of inner city victims' services worker. He has office hours at the two agencies: at the Boyle Street Community Services on Tuesday from 8:30 a.m. to 3:00 p.m. and on Friday from 8:30 a.m. to noon, and at the Bissell Centre, Monday from 1:00 p.m. to 4:00 p.m. and Thursday from 9:00 a.m. to 4:00 p.m. He can also be reached on his cell phone at 780-232 7840.

Victims' Services helps in three ways: to get financial benefits for victims of violent crimes, to get restitution for victims of crime, and to help with victim impact statements.

They also offer support in case of sudden death.

ESN spoke with Sipes at his office at the Bissell Centre.

ESN: How do people get referred to you.

Sipes: Most people come to me through referrals from an inner city agency. People can also self refer by calling my cell or coming into a drop-in and asking to see me. It is printed on the board at the entrance if I am in. Or people just come up to me and tell me their story. In the rest of the city, the person starts a police file and then is referred to Victims Services, but often I generate the process. The person tells me what happened. I take him to the police station or the hospital. A lot of community members have issues with police. I will go to the police station or I may get community officers to come to the agency.

ESN: What are some of the ways you help people?

Sipes: When police have a no-fixed-address file, they will contact me when they have a file to see if I can locate the person. I

send an email to the agency saying this person is entitled to apply for financial benefits. If the person wants to apply they will call me.

If an individual is going to court I can arrange for court prep. It is held one on one at the University of Alberta, every second Wednesday of the month in the evening. We try to get them comfortable in a courtroom and to educate them in testifying. We use the three piglets and the wolf because we are not allowed to discuss their case.

I also offer accompaniment. I go with them to court and buy them coffee and try to smooth things out. I may also help them to write a victim's statement. This is the opportunity to sway a judge's opinion as to a maximum or minimum penalty.

(Sipes retired from the Canadian Armed force after 26 years. He took social work at Grant McEwan College and did his practicum placements in the inner city, at Inner City High 2009 to 2010 and at the Boyle Street Youth Unit 2010 to 2011. He was a volunteer Advocate with the Edmonton Police Victims Services Unit downtown division for 13 years.)

ESN: Tell me about yourself.

Sipes: Being a volunteer at Victims' Services has been very rewarding.

At first I did it to give something back to the community, but I found it rewarding – I enjoyed doing it.

When I returned from the military I did the social work program, and the placements were in the inner city. I really enjoyed working in the inner city. I fell in love with it. When this pilot project was advertised, everything in the job description was screaming my name and I had to reply. I've no regrets. I love it.

There's been some really good success stories. There's been some negatives. There are people I'd really help more but there's the system, the barriers, rules and regulations as to who qualifies for what program.

The staff is amazing, all the staff at the agencies. I have great flexibility with my job. I'm all over. Every day is a learning experience.

Story: Linda Dumont
Photo: Amanda Almedia

Solidarity? Forever?

These are hard times for unions. Labour Day, the annual celebration of the contributions of workers, is more than 100 years old. But the most recent Labour Day, September 5 this year, marked a low point in the history of the labour movement. Membership in, power of, and public support for unions may never have been lower.

To the corporate and business leaders who (mis)manage the markets and the economy, to the investors who feed them, to the government leaders who cater to them, and to the non-union workers who enable them, that may seem good news. It is not. It is bad news: bad for all workers, bad for the economy, and bad for society. And things will only get worse for all of us (or nearly all of us) if the role of unions continues to diminish.

Let me offer a full disclosure here: I am not now a union member and have never been entirely comfortable on the occasions when I have been forced to join a union in order to take a government job. I am not naturally a joiner, and I do not enjoy identifying with groups and acting collectively to assert and defend group identity. I withdrew from the Bachelor of Education program at the University of Alberta in the 1950s in part because I thought my professors spent too much time trying to teach me to be a good Alberta Teachers' Association member and

not enough time teaching me how to be a good teacher. Later, when I had aspirations to work in theatre, I turned down a hard-to-come-by invitation to join the Stagehand's Union and walked away from an opportunity to join Actors' Equity. I have no regrets, though my professional life might have been different, possibly more successful, had I made different choices. But I do know this: wherever I have worked, as a non-union employee or contractor, or as a short-term union member, unions have set the standards that determined or significantly influenced the wages I was paid and the benefits I enjoyed.

I have been, in effect, a free rider on the efforts and achievements of organized labour. So, in fact, has been every other worker who competes for jobs against union members. Many would deny that reality, insisting that they are the architects of their own success. They have only to continue their efforts to undermine unions to hasten the day when they have to survive and compete on their own without unions and their members to run interference for them and carry them as free riders.

Business and conservative government leaders have a hypnotic mantra that they chant to justify cutting taxes on the rich and services to the rest of us: "A rising tide lifts

all boats," a rising tide of economic growth being the inevitable consequence, in their view, of the cuts they advocate. But we have been cutting since the 1990s, and it is not clear that the tide of the economy has risen very much. And if it has risen, it is unquestionably clear that only a few boats—yachts, actually—have been lifted: in the United States and Canada the incomes of the top 10 per cent of the population have risen dramatically (for the top one per cent they have doubled), while the inflation-adjusted incomes, (measured against median income levels), of the rest of us have remained stagnant for the lucky and fallen for many.

And there is one tide that has fallen during the same period: the power and influence of unions. Is it mere coincidence that the

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Terry Fox - my mentor and my hero



Born on July 28, 1958 in Winnipeg Manitoba, Terry Fox was a typical young boy. He liked playing basketball. His choice of music was western. He liked Hank Williams, Dolly Parton and Waylon Jennings. When he was in his teens his

right knee started to hurt. As time went on, the pain kept getting worse. One morning, his right knee hurt so badly that he couldn't get out of bed. The family took him to the hospital.

In 1976, at the age of 18, he was diagnosed with osteogenic sarcoma, a bone cancer. At that time the survival rate was only 15 per cent. Through surgery he had one leg amputated six inches above the knee. He also had chemotherapy treatments for eighteen months. In temporary remission, Terry, a determined and compassionate young man, decided he wanted to run across Canada to get donations for the treatment of cancer.

His selfless, courageous act indeed makes him a hero.

On April 12, 1980, he dipped his artificial leg in the Atlantic Ocean, starting his amazing run. His run lasted only until September 1, 1980. He made many close friends and raised funds for cancer.

On September 1, 1980 his cancer had spread through to his lungs. He was in Thunder Bay, Ontario when he was diagnosed. Although Terry wasn't able to finish his run and reach his goal, because once again he faced cancer, it is with sincere admiration that I am writing his beautiful story.

On June 28, 1981, Terry Fox succumbed from lung cancer, just a month before his 23rd birthday.

Although he wasn't able to reach his goal his courage and legacy lives on.

In 1993, I was diagnosed with Hodgkin's lymphoma. In 1994, after surgery and chemo I was in remission. In 1997, once again, I was diagnosed with Hodgkin's lymphoma. In 1998 I again was in remission. To this day I have not been re-diagnosed with cancer.

If only Terry could have lived longer and received the treatments that are available now, I definitely feel he would have a chance. Today, with advanced technology and the generous donations of many, the survival rate is 80 percent.

His perseverance was and is still an ongoing legacy for me. I place my cure in my belief that Doctor Robert Turner, my oncologist, was dedicated to assisting me. I also truly believe. my hero, Terry, was at my side fighting for me. I often feel his presence with me giving me the courage to go on.

I practice the Native culture. Being spiritual has brought me inner peace and complete trust in the Creator and the spirit of Terry Fox. I know they are guiding me and giving me the courage to face each day with a positive attitude.

Terry's run for cancer is now worldwide. With the funds from the runs, cancer survivors have much more of a chance to live a cancer-free life. Making the ultimate sacrifice, not thinking of himself, Terry's hopes for cures live on. He was and still is a true hero. Although Terry is gone, in spirit he knows what he has accomplished running the Marathon of Hope.

I have the video the Marathon of Hope. I watch it and remember Terry's selfless compassion in paying the ultimate sacrifice to help others to survive cancer. Through Terry's compassion, I live on today. He is my hero! I only have one ongoing wish. I wish I could have taken his place and reached his goal for him. He paid the ultimate sacrifice so I now live.

Cross Cancer Institute benefits cancer patients

Having had to use the services of the Cross Cancer institute since 1993, I am well aware of just what this magnificent facility offers. We are indeed fortunate to have such a fantastic facility, as the technology has advanced so positively.

Since 1993, I've had Hodgkin's lymphoma, a lymph node cancer. The lymph nodes run throughout the human body. Although I still go for annual checkups, my type of cancer has really given hope as many have survived many more years than before.

The ongoing runs and other functions to fight cancer are of great assistance. I felt that this small article would be hopefully appropriate.

The staff at the Cross Cancer Institute are very courteous, pleasant and accommodating. The clinic has also absorbed themselves in procuring McDonald House, a home away from home for families of children suffering cancer, who come from out of town. This is a very essential part of recovery. The McDonald House also houses families whose children are critically ill.

The oncologists are very explanatory and tell one what is occurring. So far, I'm in remission but go yearly for a general check up. It gives me peace of mind. It is a good feeling to go there as staff and doctors make patients feel so comfortable.

Many citizens volunteer their time in assisting, which I think is very good. They in turn learn much and meet many interesting people. This fantastic institution is so necessary. We are indeed fortunate to have advanced so far in technology and caring staff. I thank the staff and oncologists for their sincere and ongoing contributions.

Story: Marie Joki
Photo: Michelle Rosette

Opinion – Thoughts on missing people

It would be interesting to find out just how many people go missing every year. It could be in the high thousands if not millions, but it could be a rough number of those who do go missing. Some of them can be traced and found over a matter of time but those without friends or family could disappear and no one would be the wiser.

This is where the homeless are vulnerable, as I see it. Some homeless may not use shelters, for a variety of reasons. They may couch surf or live in a vehicle for a spell, but after doing this for a while they may decide to "disappear". Whether it involves living on the streets, in bushes or something similar, who really knows?

A few years ago I spent a lot of time in emergency homeless shelters across Western Canada. I found there were two groups of people using these services. One group was those milking the system for what they could get out of it. An example is the shelter in the small city where I live. I live in the opposite corner in the building where this shelter is and I see some people have used its services 8 to 12 times over the last four years. The other group have given up on their lives and seem to be waiting to die as they perpetually drift from one place to another. People from this group are most likely to disappear.

Some may go missing on a temporary basis as a way of clearing their heads as a result of divorce, homelessness or for other reasons. Others go missing as a result of abduction, a scary situation as friends or family don't know if the person is alive or dead.

Others are living in alleyways with a cardboard box or bridge as a roof. This makes society look like it accepts these "missing" people as throwaways that don't count for anything or just become another face in the crowd.

It's time to open our eyes to see what is

actually going on. Not that anyone is owed a living, everyone needs to contribute something positive and not just complain about their life situation or the system.

Ron Murdock



Hugh MacDonald, MLA Edmonton-Gold Bar

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Third annual Rock 'N' Roll Climb of Hope raises over \$140,000 in the fight to beat cancer

On Saturday, September 17, an enthusiastic crowd, some dressed casually, others dressed as their favourite iconic rock 'n' roll performers (ranging from the notable Gene Simmons of the legendary rock group Kiss to Angus Young of AC-DC) gathered around a band stage on the north side of Victoria Park to listen to a presentations ceremony that helped kick off the third annual Rock 'N' Roll Climb of Hope five-km run and walk fundraiser for cancer.

Over 40 volunteers from various local businesses and organizations, such as the presentations sponsor Hudsons Canadian Tap House, the Alberta Cancer Foundation and the Cross Cancer Institute, were all out in full force helping with the operations of this unique event.

The presentations ceremony helped raise public awareness about cancer and its devastating impact on Albertans who live with this disease.

According to statistics released through the Alberta Cancer Foundation's website, 16,000 people in Alberta will be diagnosed with various forms of cancer before the year's end. Prior to the ending of 2011, more than 6,000 Albertans will lose their lives to this deadly disease. Close to one-in-two persons living in Alberta will have been afflicted by cancer during their lifetime. One in four Albertans' lives will be taken by cancer.

During the stage presentations, Bear radio 101.3 FM radio personality Paul Brown acted as MC, keeping the audience entertained with his witty brand of humour.

Volunteer race director Chad Murphy, a Hudsons Canadian Tap House representative, also spoke briefly about cancer awareness and kept the audience in good humour throughout the presentations.

Cancer survivor Ashley Rose, 28, was afflicted by thyroid cancer, but made a remarkable comeback after having successful surgery to remove a lump in her throat. An occupational therapist currently employed at the University of Alberta, she spoke briefly about how appreciative she was to all participants who came out to run or walk the five-km route.

Rose said, "I just wanted to send a big heartfelt thank you, as a former cancer patient at the Cross Cancer Institute, for coming out today, getting up so early on a Saturday to raise money for the cancer centre. All the money you raise will go to patient care. I'm fortunate to be on the other side. I was a patient at the age of 21. At a time when a lot of my friends were going out partying, drinking and enjoying life, I was having my own drink of a chemo-cocktail. So from the bottom of my heart, I really do appreciate it. Your funds will make a difference. I hope you guys will really have a great morning. Thank you."

At 10:10 a.m. over 300 run-and-walk participants lined up at the starter's line. Jamie Sale, a Canadian gold medallist of the 2002 Olympics for duo figure skating, was given the honour of firing the starter's pistol. Along the route, participants encountered three and a half sets of stairs where amplifiers played rock 'n' roll tunes to motivate and encourage them to climb up and down.

After participants returned from their successful journey to Victoria Park, hamburgers were provided, courtesy of Hudsons Canadian Tap House. Starbucks provided free coffee, and other local sponsors provided novelties for a job well done.

Keynote speaker Ashley Rose, gave Edmonton Street News an interview elaborating on her successful thyroid cancer operation. Rose was 21 when she was diagnosed with the disease in 2004, but from what her doctor confirmed, she might have been



Ashley Rose, a cancer survivor, (top left of photo) was more than thankful for the support of these five-kilometre walk participants. Kevin Braddell is seen here with his arm around Ashley in his Gene Simmons Kiss costume with his wife Dori to the right and their two children Beckett and Connor. All were participants at the 3rd annual Rock 'N' Roll Climb of Hope Run at Victoria Park, in Edmonton. Photo John Zapantis

afflicted by cancer 10 years prior to being diagnosed.

During her diagnosis, she was a student attending the University of Alberta. "I was studying really hard, hitting the books, pulling all-nighters preparing for the final exams, that sort of thing, living the life of a student, basically."

In spite of keeping a healthy lifestyle throughout her lifetime, Rose became ill with cancer. "No one really knows what causes cancer. I ate organically. I ran. I'm in health-care. I like to think I was doing all the right things, but I think in today's day and age there's so many reasons why cancer is becoming more and more common amongst young people especially. So I think it's really hard to say what contributed to the diagnosis."

Before being diagnosed for cancer, Rose felt fatigued (one of the many symptoms of cancer) every morning and then continually while attending her classes. Rose says, "For me it was fatigue, but it's hard to say because you're 21. You're in university and you're a student, and you're pretty tired all the time. I was kind of bone tired. I don't think I was so tired, ever in my life. Even getting up in the morning, waking up tired was a big sign. I had a big lump in my neck so when I would raise my neck to take notes in the big school auditorium, I was finding it really hard to breathe. That's when I knew there was something going on inside."

The lump in her throat was so huge she also could no longer tolerate its excruciating pain, so she went to see a doctor to determine what was causing the problem. Rose said, "I went through the procedures and through the testing. It started with a series of blood work, biopsies and ultrasounds to get it diagnosed."

A battery of tests was conducted in May 2004, The results of those tests were returned to her in July. Those results finally confirmed Rose had thyroid cancer. Soon she went under the knife. The surgeon successfully removed her thyroid gland and surrounding lymph nodes. After her surgery, Rose received radioactive iodine treatment, known as oral chemotherapy, that eliminated the cells and surrounding cancer.

Rose was impressed by the results of her cancer operation and feels relieved about the

end results. She says, "It kills off the thought I would subsequently need more treatments. But the radioactive iodine is pretty powerful, so I only needed the one dose and I was very fortunate that it worked very well on me."

Her doctor has told her that there are no guarantees that she'll remain cancer-free. She still remains on a high dosage of synthetic thyroid, a synthetic thyroid hormone that stabilizes the cancer from reproducing. Rose said, "It's a synthetic thyroid hormone, but I'm on a higher dosage than normal, because that keeps the cancer growth lower. Hopefully, because there's a higher chance of re-occurrence, it's a highly curable thyroid cancer. I'm coming up on eight years cancer-free so my fingers are crossed. Once I make it to the 10-year mark, I can breathe a sigh of relief."

Her free will and spirited determination in keeping a positive attitude in the things she enjoys most are her only concern, now that she's been given a second chance at life. Rose says, "I think your mind set has a lot to do with it. I live my life thinking, you know, it will never come back, but I also know deep down inside there's a very real possibility it could. So I'm just enjoying the days, enjoying the moments. I'm trying not to worry that it ever comes back."

After the completion of the run and walk, a judging contest for the best-dressed rock 'n' roll costumes was held, and prizes were awarded to best-dressed individuals and teams. Prizes were also awarded to the top individual fundraisers and top fundraising teams.

This event couldn't have been a success without the support of local business sponsors, the more than 40 volunteers who helped in organizing this event as well as the many walkers, and runners who successfully raised over \$140,000 in pledges from generous donors whose money will be used for programs, services and research over at the Cross Cancer Institute to help to beat cancer.

To find out more about how to get involved in next year's Rock 'N' Roll Climb of Hope Run contact Fundraising event specialist Charissa Spencer at 780-432-8365 or e-mail: charissa.spencer@albertacancerfoundation.ca

John Zapantis

Invalidation denies our importance



Invalidation denies the importance of our experiences, our feelings, our thoughts, our wisdom and even our existence. Emotional invalidation is one of the most detrimental forms of emotional abuse. It is the blatant disrespect of a human's basic need.

For an innocent and sensitive child growing up in an environment of constant abuse, he or she learns to shut feelings off and go into a survival mode. This is especially traumatizing because abandonment and isolation become part of the child's life.

The parents give very unclear and chaotic information on what is expected from their children, but one thing that is quite clear is their demand for respect and complete submission from their children. In order to obtain this, the children's feelings are ignored, their needs are ignored and nurturing and love become conditional. With the lack of information and extreme expectations, children are walking on a mine field, trying to avoid blame attacks. They are not given the opportunity to defend themselves. The fact is that they are blamed for everything. They are told that they are "bad," that they overreact, that they are wrong. These children are completely invalidated by their parents and they grow up seeing themselves as flawed individuals with no self worth.

Invalidation kills confidence, creativity, individuality. and because children are helpless, they are unable to find a way to re-empower. The abuse will slowly erode the little self-esteem that they might have been able to build, as fragile as a tower of sand.

Invalidation is a devastating mental attack when you least expect it. It usually goes unnoticed and unpunished while it injures the victims to the very core of who they are and this is done to destroy and/or to manipulate to gain complete control and obedience.

The impact of invalidating emotional abuse is that the developing child fails to develop confidence, a sense of the self and healthy use of the emotional brain. What occurs is that the child adapts to an unhealthy and dysfunctional environment that becomes the "norm." The child's foundation is based on faulty beliefs about self, others and life. As a result, emotional responses, emotional management, and emotional development are seriously affected. What occurs is that the emotional processes are

learned from their own experiences. This worked for the parent so the child begins to either use the learned system or he/she will put herself or himself under the same system as the invalidator or the victims, and sometimes decides to be both. Invalidation is connected to many of the mental-health challenges and disabling relationship problems that as adults we face.

Becoming aware of invalidation allows us to change dysfunctional patterns and most importantly to counterattack the power of this devastating emotional abuse. Now that I am aware of invalidation, I realize when people try their suppressive mechanisms that only serve to chip away at our self esteem. They are so manipulating and controlling that they take the time to send feelers and study what we think, what are our shortcomings, our vulnerabilities and they use these as ammunition until we are ready to succumb and become under their spell of control.

Invalidators could be among your friends, colleagues, family members. There are people with whom we have close ties and unfortunately we want to salvage a relationship.

Would you dare to confront an invalidator? Good luck! He/she will blow you out of the water and turn everything against you. The invalidator's goal is to control you, to control what you feel, how you think and the decisions that you make.

Invalidators are weak and fearful people that, in order to feel good about themselves, have to control others. They demand complete trust and they do not like to be questioned. There is no relationship with an invalidator as it is permeated with resentment, criticizing and punishment. They will use intimidation and threats to control and at the same time they will feel victimized.

Invalidators are well aware that their victims are seeking love and/or approval. If you get them angry or go against what they think, they will threaten to withhold or they might even take themselves out of the relationship to punish you. Therefore, it is easier to succumb and allow them to control your decisions and put up with their behavior with their own particular style of "mental manipulation". But when you do this, you become an extension of them, their own mirror. You will be forfeiting your uniqueness and all your rights as a human being.

This kind of behavior is learned behavior from childhood where children were subjected to a form of invalidation as toddlers where the love of the parents was conditional. This kind of behavior can only be changed through awareness. We must identify if we use dysfunctional patterns and change

them; also it will be easier for us to identify it whenever someone is invalidating us.

Do you have someone in your life that invalidates you? That is, whenever you express your point of view, thoughts or feelings he/she puts you down, tells you you're wrong, ignores what you have to say. Living with an invalidator day-in and day-out, creates an atmosphere where you end up doubting yourself and questioning what a healthy relationship is.

I have met and actually have family members who chronically practice invalidation. The method is the same; they basically, do not recognize that I have my own opinions, and my own feelings so they fail to respect my thoughts and my feelings as a valid perception of reality. Whenever I offer my opinion about something, they will find something wrong with my point of view or my feelings and correct them by telling me what I should think or feel. This kind of person actually believes that they are the only ones that have the right to give their view. They are always right. It is easy to get hooked into this kind of manipulation and end up defending myself as an individual because they will launch a personal attack against you as a person. I am constantly walking in defense mode with them.

I am sure everyone can recognize this picture. Not only that, they can identify the feeling of repeatedly experiencing the denigrating sting of being emotionally abused that comes from being invalidated. It is time to assert our independence as human beings; we have the right to our own thoughts, feelings, opinion and choices.

We do not have to seek validation through the definition of others about ourselves. Develop your own identity as a child of God, You were created in the image of God and in his eyes you are imperfectly and divinely created.

My value as a person comes from knowing who I am in the eyes of our Creator and we are gifts that deserve to be treated with dignity and respect. We must realize that one important factor is that every person's life journey for wholeness is unique and it is our responsibility to make it happen.

We must teach people how to treat us and stand against abuse of any form. Creating clear boundaries that are in alignment with our convictions is a clear message of the respect that we expect from others.

Empower yourself. You are the only one that should dictate the quality of your life.

When you choose a behavior you are responsible for the outcome in life.

Photo and story: Maria B

Calgary's urban Aboriginal homeless people are a lost generation



On my frequent strolls through part of Calgary's East End I have seen a drastic change, just over the last year. New developers recently bought almost every empty lot and the antique, original run-down diners and dives that once housed the poor in one-room dwellings above. Some were family-owned buildings where the owners specialized in traditional Asian and other diverse foods. The owners often lived upstairs in the same building. There was always the reminder of the past with its vibrant lifestyle and old-time buildings.

Only a few buildings remain where I once stood, and where I now often stand, on a cor-

ner waiting for the walk light to change. In my social visits at the local Lonely Diner Grill in Inglewood, there isn't a conversation that goes by where I don't hear someone reminiscing about the old East End. But now there is the mainstream of the hustle and bustle of white- and blue-collar workers walking through an area that at one time they had passed by without noticing.

They would pass a generation of Aboriginal street people, who would often be sitting on a park bench, a turned-over shopping cart, or the stairs of a run-down diner, trying to find a place to rest after a restless night on the street. Eventually the owners would come out to chase the Aboriginals off the steps with a dishtowel waving in their hands, like they were chasing stray street cats and dogs.

The working classes would also pass by, ignoring pleas for spare change to just buy a

morning coffee and toast that fill their bellies, rather than give them a nutritious hot meal.

There will always be that social stigma: stereotypes. and prejudice and fear that have been deeply rooted since the East End became part of the history of Calgary.

The generation of Aboriginal people before my generation are the children who were apprehended and taken into the residential schools and became wards to foster care and adoptions through the welfare of Canada. They became the stranded ones, left to fend for themselves. They were dropped off to wherever their destination was, and some were dropped off in the East End of Calgary, like discarded trash thrown beside a country side road. They brought with them just the clothes on their backs and the suffering of mental health issues, emotional continued page 7

Mamma's Chickens



Chapter 38 Leaving

Judy! Judy! Judy! You always made my life so much more stimulating, it was like out of the frying pan into the fire. Being a single parent like myself, you always understood the fine art of survival--not intended for the weak of heart. After several years, Judy had moved back into the area with a new husband in tow named Gordon. Now Gordon at first seemed like a godsend until we all started to realize Gordon didn't tolerate anyone but Judy. This made it very difficult for us to maintain our friendship as his jealousy distanced us.

But one never knows what little surprises life may hold. Gordon went out to the dump one day and keeled over and died. We were all very shocked, especially Judy, who had never been a widow before and found this very discomfoting. Then we realized we could all be friends again -- oh happy days. And lo and behold, who should have moved into the area but one of Judy's first loves and

it seemed he had been pining away for love of her forever.

It didn't take long for an alliance to be formed between the two of them. Now Al was certainly a lot more amusing than Gordon and had a dry sense of humour that got him by quite nicely. Every Friday night Bellisle would empty as all the people drove to Sussex. It was kind of a tradition to break up the boredom of country living. Neighbour would meet with neighbour in the malls. It was almost a social event. I would stand by my window watching the cars go by and want to cry out, "Take me. Take me. I'm so lonely and bored." But no one heard. It fell on deaf ears. We only got out twice a month for groceries and it was such a treat I counted the days in between. I had been over three years without a man and it was beginning to wear on me like an ache in my bones. Judy, being a kindred spirit, was soon to notice my groans of world-weariness. "What you need is another man," she said.

Al jumped up and snapped his fingers and said, "I know I'll get my brother, Charlie." Without another word they were gone.

Back they came with Charlie in tow. When he walked through the door two things happened simultaneously. First my heart stood up in my chest and yelled, "No", second, I feel in love or something with the bright-eyed, bushy-tailed, fast-talking, funny, little man. I always was a sucker for someone who could make me laugh and forget about my circumstances. It would start with a movie, after all, what was a movie? It seemed

innocent enough. But innocence was soon left behind like a jilted bride at the alter. Charlie's feelings didn't match mine, which only seemed to send me on a fatal mission to be so great he would have to love me. With my misguided principles in hand, I set out to make him love me. But there are always a few flies in the ointment and Charlie's were sex, booze and rock 'n' roll. The last thing he wanted was to settle down, and he made it very clear he was there for a good time, not a long time.

The four of us became quite an item and went everywhere together. Charlie and I were soon living together. I hated his drinking. I would watch the person I loved disappear before my eyes.

This disastrous combination ended as all the rest, except this time my friends and family decided I should move. While I was away, they moved all my furniture out, so I couldn't go back and he couldn't come back to me. And so it was my country stint was over, but the richness of the things I learned and experienced will live on forever in my heart. Many years later my daughter moved back to Bellisle with two children in tow. She had been six when we left but never forgot it. She said, "Mom, I just couldn't see me living anywhere else everything. I love it here."

Story: Sharon Spense

Photo Linda Dumont

Lost Generation

Continued from page 6

issues like abandonment and attachment issues, and a loss of identity.

They also suffered from culture shock, not knowing their culture and traditional values and, most importantly, not knowing they had an immediate family somewhere. Some had carried memories with them from when they were briefly raised as a child with the Aboriginal language and the culture, but that was short-lived. They suffered horrendously with sexual abuse, incest, post-traumatic stress, rejection and abandonment issues, and not knowing why they were behaving aggressively with inappropriate anger issues and not being able to understand what had happened to them.

Alcohol, drug and tobacco addictions had also been there with this generation, especially when they had no relatives to turn to. The only thing they could turn to, as others like themselves had done, was addictions to suppress the emotional pain and to help them feel they belonged with others, whom they thought cared about their well-being. They became victims and lived to carry on a dysfunctional lifestyle.

The residential schools and the foster/adoption-home era moulded this generation to believe in promises of being loved and cared for after they left the residential schools/Foster/Adoption Homes and were no longer wards of the welfare of Canada.

I remember seeing the people who were the generation before me. I saw many groups from the surrounding reserves. I saw many of them die violently in the East End. Most of them have now passed on. They had found themselves alone, abandoned on a side street in the East End of Calgary. They passed life on the streets and the homeless lifestyle down to their own children, who also lived their lives and died without the bond of their immediate families.

Some of the places where I see this new generation are the same places that their

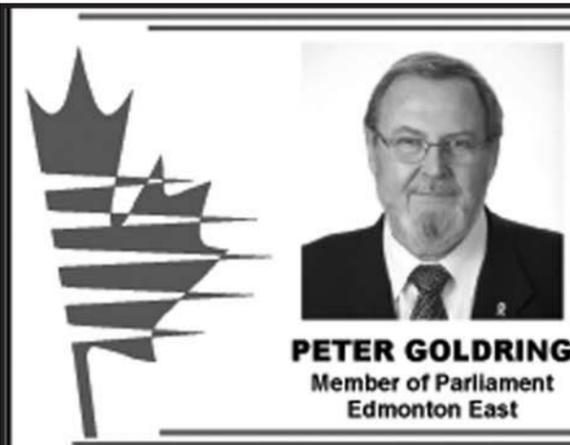
parents and relatives once frequented. I saw and have seen a new generation of people who aren't accepted, who don't fit into the "normal" society in the East End or anywhere in the city's core. They are often in places hidden from the public eye, where they are can be targeted or victimized by other street/homeless sub-cultures.

It's going to take at least three generations to be able to renew the identity, language, culture and traditions needed to survive and be accepted in the mainstream and its diverse cultural societies. The residential schools and foster/adoption home era is still believed to be here today, especially for the children who have already reached the legal age of eighteen. Some will also leave the foster home and be left to survive alone on the streets of Calgary. The new drug and alcohol addictions for the generation to come will be carried on from the environment that they were raised in.

Someday I would hope to see and join a strong Aboriginal community in the East End, with strong Aboriginal women and men in my generation as leaders. People who will come together as a group that believes in and walks in the teachings and the way of life of the old Aboriginal traditional values and the cross/cultural teachings. That way of life means learning about and understanding today's diverse cultures and how they deal with contemporary issues.

I believe that strong Aboriginal women and men leaders who walk and believe in the Aboriginal way of life will stop the cycle of lost generations of the residential schools and foster/adoption home era and will help our Aboriginal community reclaim their identity and have functional, safe, and healthy Aboriginal families and extended families again.

Photo and story: Andie Wolf Leg



PETER GOLDRING
Member of Parliament
Edmonton East

**NDP PART-TIME CITIZENS,
LIFETIME PAY CHEQUE**

The Official Opposition may have changed after this year's election, but the attitudes have not changed. In the past Parliament the Liberals wanted to change Old Age Security regulations to give a pension to people who had been in Canada just three years over a 20-year period.

Now it is the NDP, who on June 6, 2011 introduced Motion M-141 to do the same - at a cost to Canadian taxpayers of a billion dollars and give tax-payer funded benefits to those who might never have paid any taxes in Canada.

Our Old Age Security pension benefit qualifiers are designed to strike a balance between the many years of contributions of individuals to our society with publicly paid benefits received in their old age. It is reasonable and more than generous to expect someone to at least reside in Canada for a minimum 10-year period before being granted this benefit.

The NDP has now joined with the Liberals in asking the government to reduce the residency requirement, meaning someone who arrived in Canada 20 years ago but returned to live in their home country would receive Old Age Security and a Guaranteed Income Supplement by spending only three years in Canada applying for citizenship, with occasional visits over a 20-year period.

Our Conservative Government is opposed to this costly and irresponsible Liberal-NDP scheme.

When the previous Bill was introduced I received many letters from Edmonton East residents urging me to vote against it. I assured that I am completely opposed to such irresponsible and costly schemes.

This proposal would cost a billion dollars at a time when Canadians can least afford it. I think it is offensive to Canadians who work hard and pay their taxes, and goes against Canadians' deeply ingrained sense of fairness and fiscal responsibility.

What do you think?

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Edmonton Street News Vendors Lila and David

Lila and David sell Edmonton Street News from the corner of Jasper Avenue and 104 Street, by the Downtown Farmer's Market. Their story is told together, because that is how they live and have lived for more than 10 years. They've been married since May 13, 2002.

David has an incredible memory for dates and facts. He was born in Kelvington, Saskatchewan in 1955, the youngest of four brothers and four sisters. They were grain farmers, but a fire one year and a flood the next forced them off the farm. The family moved to Hudson Bay, Saskatchewan where David's father worked in the MacMillan Bloedel particle board plant. The family split and David, his oldest brother and father moved first to Rose Valley and then to Hanley.

With constant moves David was put behind two grades in school, but that didn't stop him from working in Hanley, driving a D-9 Caterpillar on a road crew. From there he moved himself to Radium where he worked sorting lumber in a pulp-and-paper mill. In 1979 he came to Edmonton, where he held many jobs including working for a partition-systems company.

What David didn't know, and what had been developing for a long time, was muscular dystrophy, a disease that weakens the muscles and causes shaking. David fell on the job, and the company laid him off. He went back to school for upgrading without much success. Something else that had been with David for a long time was alcoholism. His father was a steady drinker, and by the time David was laid off in 1996 he had been drinking for years, but never at work. Without a job, and with worsening muscular dystrophy symptoms, he drank every day,

and came to a place where, in his words, "looked at myself and that wasn't me." It was then he quit drinking and met Lila. She asked him to marry her. It was, he says, the best thing that happened to him in his life.

Lila too was born on a grain farm, near Grande Centre, Alberta. Leaving home at 18, she first moved to Calgary where she went to trades school and then worked in a plastics factory making onion bags. She moved back to Edmonton after 11 years to be closer to her two brothers and three sisters. In Edmonton she worked for several cleaning



companies and a cafeteria before meeting her first husband and having children. Lila doesn't like to talk too much about her children, two of whom have passed away. One son, Greg, has been a good son and is still in touch, but he is living on a disability pension himself and cannot provide for her.

There are some memories that are best left to the past. That is where Lila's first two

husbands will stay, though their actions reach into the present. She has been confined to a wheelchair for many years because



of them. Lila has other health difficulties. Besides being in a wheelchair she recently underwent major surgery that affects her digestion. She has a recurring heavy cough.

When asked for the one day she remembers more than any other that brings her joy, it was the day that she married David.

David and Lila are, in Lila's words, "what you might call street people." In between housing, they don't use the shelters unless they have to, because no shelter will take them in together. They hope to get some housing support from the city. Life is not easy, but together they survive. And you can still hear a lilt in Lila's voice as she calls out to the people who pass by - "Buy the paper! Buy the paper!"

Photos and story Eric Rice

Funding needed for NASNA conference

The North American Street Newspaper Conference is coming up quickly - October 13 to 16 - and this year I have reluctantly decided not to attend. Since my husband's death, it's been a struggle to keep going, and my first priority with Edmonton Street News is always to ensure that the paper is edited, printed and out on the street each month.

Last year I was able to go to the conference in Chicago thanks to the generous donations I received that paid for airfare and conference expenses. I have also represented Edmonton Street News at conferences every year since 2004, except for the Portland conference in 2007, by paying my own expenses.

I know how valuable the experience can be. As street newspapers, we work in isolation in our separate cities, but the conference brings us all together in one place at one time to compare and share our successes and failures. It shows a broader picture of poverty and homelessness. I would like others to have the benefit of that experience.

This year, Angelique Branston, writer

As Our (your) World Turns

By Ernie Ballandine

As our (your) world turns
We all endured a few fearful burns
Some things are not for us to control
So enjoy your time if you're in a roll
A part of the world stays occasionally sleeping
While the rest work and keep leaping
For joy when success comes a-creeping
As our world turns, we get caught sleeping
Are we staying or getting a little wiser
Or spinning like some people who just get dizzier.

and vendor manager for ESN, and Andrea Wolf Leg, a Calgary writer and vendor, both said they want to attend. Unfortunately, the ESN budget just covers our operating expenses so we cannot cover conference expenses. Both Andrea and Angelique are surviving on low fixed incomes so are unable to pay their own airfare for the conference. I have applied for the NASNA scholarship that should be able to cover conference fees, and have paid for passports. If you would like to help, send donations to Edmonton Street News, 9533 - 106A Avenue, Edmonton, Alberta T5H 0S9, and specify that they are for the NASNA conference or call me at 780 428-0805 .

Managing editor
Linda Dumont

Thoughts about Japan

By Ernie Ballandine

This was a bad year for Japan
Losing lives, livestock, houses another to
natural disaster
Donations help went or sent from many a
kind man
As well as helping hands from companies,
government agencies, brothers and sisters
One is very impressed with this tiny nation's
strong stand
Against natures nastiest nod with wild
windy waves and blusters
It can be noted that they used what was on
hand
But today on TV I saw their women's soccer
world championship
Playing a much better, bigger team, an
adversity new to grip
Think we should go to learn or at least go
for a fishing trip.

Solidarity

Continued from page 2

wealth and influence of business and investor interests have risen as the power and influence of unions have declined? I think not. And I encourage you to consider in your own thoughts if and how the balance between unions, as advocates for workers and broad social interests, and corporations and governments as advocates for themselves and each other, has shifted too far in the wrong direction.

To inform your musings, I offer an excerpt from the Toronto Star by columnist Rick Salutin ("The sector that dares not speak its name, September 16, 2011," <http://www.thestar.com/opinion/editorials/article/1054799-salutin-the-sector-that-dares-not-speak-its-name>):

"We're now mired in this profiteering, privatizing mentality. It cuts off every alternative viewpoint. Brian Topp is running for NDP leader. The worst the Harper Tories can say about him is, he has 'deep union ties' and can't 'speak on behalf of all Canadians.' They don't say why, it's taken for granted. But tell me one thing unions have done that was even slightly as damaging as a business class that shipped out good industrial jobs (and factories) to cheap labour zones; or a financial sector that concocted useless and incomprehensible 'devices' that contributed to an economic meltdown rivalling the 1930s. Yet no one challenges the ability of people with 'deep business ties' to represent us."

You might also consider the plight of those who can only find jobs nobody else wants and those who have no jobs at all, often through no fault of their own. They do not have unions. And governments seem not to take them seriously. Coincidence? You tell me.

Allan Sheppard