

# ALBERTA Street News

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## MARCH

In like a lion out  
like a lamb or in  
like a lamb out  
like a lion!



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## ALBERTA STREET NEWS

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**THE VIEWS**  
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## Time for change

By Angelique Branston

When a child goes through extreme abuse, far beyond what they are capable of withstanding, their body can, within a small percentage of cases, release cortizone into the hippocampus of the brain. This completely covers the memories of the abuse, acting like a memory wipe. It is a coping mechanism that the body does to keep the person alive. Once the body has learned how to do this, it continues to be triggered with heightened amounts of stress.

It is possible to regain some of these wiped memories, but the process is slow. The memories also might be spotted, so only pieces can "seen".

This creates pockets of nothing - gaps.

Quite often the person struggling with this also has post traumatic stress disorder.

For me finding out that there was a completely biological reason that I did not remember the abuse I suffered at the hands of my father and his friends was freeing to learn. It means that it was not my fault.

To often it is asked of those, who suffer abuse from someone they know, why they simply didn't ask for help, why they chose to stay in that situation. It is a response I find rather appalling.

I think the question should be, why did the abuser think they had the right to destroy someone's life with complete disregard for their



Photo by Linda Dumont

feelings. I felt the shame for years. I was even told once that I chose to forget, that it was easier to live in denial. This truth that I stumbled across has removed that weight. I know I am not the only one. With knowledge there is power - power to evoke change.

It is time to stop blaming the victims.

It is time we placed the blame where it belongs. On the abuser.

## Child of Frost

By Daisy Lane

I cringe beside the wood stove like some frozen Cinderella  
As she hurls her words around me, "You are stupid, you are ugly,  
You were never even wanted."

I have no words to answer her for fear has held me captive,  
Her hatred is my prison and her anger is the warden.

Then I run into the forest for I see the trees all beckon,  
And the flowers are my sisters and the river is my brother.  
Then I hear the willows whisper, "You are kindness, you are beauty,  
A child of the forest, you are loved."

And I know their love is perfect for they have no axe to grind  
While human love is tainted, it is bitter, often angry,  
Not forgiving nor forgetting, it is blind.

My old dog finds me weeping and he licks my tears and anguish  
As he offers warmth and comfort and I hear him softly saying;  
"You are loving, you are giving, you will be my friend forever;  
A child of the meadow, you are loved."

And I know his love is perfect for his heart is loyalty  
While human love is wanting, sometimes selfish, not forever, never free.

One day I meet the Savior and he offers joy and purpose,  
And I hear him gently whisper; "You are broken, you are human  
And I will be your comfort, far closer than a brother."

"You are chosen, you are special,

A child of my kingdom, you are loved."

And I know his love is perfect for he gave his life to save me,  
While human love is faulted, it is temporal.  
Like the ocean, an illusion, floating free.

# The March Lion is Springing

By Joanne Bengier

March is among other things Fraud Awareness Month and National Nutrition Month. That's wealth and health looked after. Can happiness be far behind?

1. March may come in like a lion or like a lamb. Either way, March 1 is World Compliments day. Find something nice to say to everyone you meet today. I know you can, all you smart popular good-looking readers of mine.
2. March 1 is also the government's RRSP deadline. The limit is \$26,230. That's more than many of us earn in a year.
3. March 2 is Dr. Sues Day. He was born March 2, 1904. He stopped witting when he died in 1991, but he made 16 million dollars selling 48 million books in 2017.
4. March 3 is World wildlife Day. Lines between us and them have narrowed as wild fires have forced many wild animals into towns.
5. March 5 is Pancake Day followed by Ash Wednesday on March 6. Lent has begun.
6. March 6 is Oreo Cookie Day. They were first sold on March 6, 1912. I wonder if 8 year old Dr. Sues ate them?
7. March 8 is International Women's Day. Let's all empower ourselves with self confidence and self esteem.
8. March 9 Barbie Doll will be 59 years old and holding. Happy Birthday Barbie.
9. March 10 Daylight Saving time begins. Move your clocks forward.
10. March 14 is Pi Day for pi is 3.14. Eat pie today. Rhubarb used to be called pie-plant so that's the ultimate pie.
11. March 17 is St. Patrick's Day. Wear green, drink Guinness, and dance an Irish jig.
12. March 18 is St. Patrick's Hangover Day, called "The Wrath of Sheila" in Newfoundland where big snowstorms often bring out "The Sweep of Sheila's brush".
13. March 20 is Equinox Day, the first day of spring. It is also Full Moon, so wear your clothes inside out and remember the Irish say it is unlucky to begin a trip at Full Moon.
14. Now we come to the last three days of March. It is a very unlucky time to borrow money so wait until April if you possibly can.
15. The last three days of March are traditionally bad weather days. Expect wind and rain on the 29th, and sleet on the 30th, and freezing cold on the 31st..... unless March goes out like a lamb.
16. March 31 is a fun day. It is the Hindi Holy Festival when tricks are played as on our April Fools.
17. March 31 is also Crayola Day. The latest home remedy for anxiety and stress is the adult coloring book so color away and relax today.



## Thanks for the compliment

By Joanne Bengier

1. Your hair looks so wonderful no one would ever guess.
2. Of course you are overweight but you carry it well.
3. I heard you died but you still look half alive to me.
4. You can't tell it is imitation crab.
5. You are the most successful loser that I have ever met.
6. Only you could carry it off in style. Good on you.
7. Yes, I thought your polyester was genuine silk and I am sure others will think so, too.
8. You're in wonderful shape for someone who is so out of condition.
9. Yes, it could pass for new on a dull day in the rain.
10. I only guessed you were so old because you are so wise and accomplished.
11. I don't care what others say. I know you are a good person.
12. No, I don't think you are addicted but perhaps you should seek professional help.
13. You look so healthy I'd never guess your were suffering from that dreadful disease.
14. You are one of my favourite people and I'd like to spend more time with you but I am too busy.
15. They do say unlucky in love, lucky at cards. You must be a fantastic card player.
16. Yes, Mabel said how great you look but you know her eyes are going.



## Irish love

By Joanne Bengier

The courting Irishman will kiss the Blarney Stone or something green, then go in search of the perfect bride as described in this age-old poem:

Hips good and wide  
The lass was born to be a bride  
Full breasts for a man's joy  
She'll be birthing a baby boy.

He knows it's luckiest to get engaged on a Sunday. Then comes the wedding where his bride may recite this poem:

Never steal, lie or cheat,  
But if you must, steal away my sorrows.  
And if you must lie, lie with me all the days of my life  
And if you must cheat, cheat death because I could not go on living without you.

There will be many toasts including these:

Here's to health, peace and prosperity.  
May the flowers of love never be nipped by the frost of disappointment.  
May the Irish hills caress you.  
May her lakes and rivers bless you.  
May the luck of the Irish enfold you.  
May the blessings of St. Patrick behold you,  
And finally the greatest blessing of all:  
May you be 40 years in heaven before the devil knows you're dead.



## The Nurse Next Door is minutes away

By John Zapantis

The Nurse Next Door is a for-profit mobile home care service, whose fleet of home care workers are always ready and willing to drive to a client's home to provide a wide array of home care services to its many elderly and disabled clients.

The helpful organization was established in September 2001 in Vancouver BC, by its founders John Dehart and Ken Sims, whose idea for home care was influenced by their own ailing parent's needs that demanded more safety and security in their own home environments.

Nurse Next Door Relationship Manager Lindsey Wenzlawe, who is one of the 300 Nurse Next Door staff members, working from one of two locations in Edmonton, helps in adding to the distinctiveness of this reputable and helpful organization that helps to enhance the quality of life for its many home care clients.

In a recent interview with ASN, Wenzlawe elaborated on the organization's mandate establishing a structure for happiness and love for serving their clients home care needs,

Wenzlawe said, "So what it was, was, let's think outside of the box. What's going to make us different. What is truly worth value in today's society? It's happiness. So they actually structured the franchise around happiness and love and those little details are things everyone forgets. So you can have a nurse in a pink car show up and do nursing care, but you can have a nurse show up and ask you, 'How was your day? How are you feeling?' and 'Do you want your environment cleaned up?' So that you can heal holistically, organically. It's our environment that influences change."

The organization's home care providers consist of the following professionals: Live-ins, Companion Workers, Health Care Aids, Care Givers, Registered Nurses and Licensed Practical Nurses, who are all professionally trained in the art of nurturing their client's needs.

Wenzlawe elaborates on the wide array of services that first time clients are offered, "The beauty of being private is that everyone's eligible. So there's no waiting process. You call us and we start service within a couple of hours, depending on what your needs are. What you want. We also do that perfect match. We find that person that's going to motivate you. It's that same person that shows up and says, "Come on, let's go and have a bath. I'm going to go and do your hair. We're going to put something nice on you. We're going to go and get you comfortable. We're going to have a conversation, or a card game, or I'm going to read to you." or what ever it is. It's those little details that take up the extra mile."

Companions take on a variety of tasks, when serving client's home care needs and are considered a friend of the client, when going out of their way in making the client's home care needs a convenience. Wenzlawe said, "So that's usually when a daughter calls in. She's like "Moms not getting out of the house. She needs help getting her groceries and vacuuming. Can you send someone?" So that's when we send a companion in, cause it's none of that nursing care. It's just someone that's going to go and be a friend. So that's where we go and send in a companion in to help with those basic needs, first the cleaning and the grocery shopping and conversations. Then from there it would go into outings. If they want to go somewhere, we could travel with them and go to a senior's activity centre, or to a movie and we could go

for a coffee."

The companion will always go the distance in making a client's day, even if it requires going out of their way in accommodating the travel needs of their clients while riding along in their client's car, or other public transportation.

Wenzlawe said, "If they have a car, we'll ride right beside them. We can take a taxi together. We can take the transit bus. However vehicle way, we want to get somewhere together."

Some requests by clients are a lot more sensitive such as when the client is recovering from a prior hip injury. That's when the services of a Health Care Aid are needed. Wenzlawe explains, "So let's say the daughter phones in and says, 'Mom fell and broke her hip. She's getting discharged out of the hospital. She's not completely mobile,' The daughter says, 'Mommy's still in the house, cause she's still recovering.' So then we're going to send your Health Care Aid over. She's going to help with meal preparation, medication reminders, things like that, watching her documenting. She takes notes – 'So Bev took her medication at 1 o'clock. She was feeling fine. She had some soup by 1:30 p.m. She had a nap. Her wounds seem to be healing well. We transferred her from her chair to her bed. All is good.' So we log everything. In the house there is a pink book. That's our journal. The entire visit is logged."

The diverse range of home care services are also provided to children living with disabilities. Wenzlawe said, "We also work with any type of disability such as children with autism as they graduate to adulthood. We work with children with P.D.D., which stands for Person's with Developmental Disabilities."

The organization's concerns stretch further, when getting a patient to re-adjust to their lifestyles, when working to relieve a parent of her duties right after giving birth to a child. Wenzlawe elaborates, "It's a wonderful way to keep parents healthy and happy. We work with the care worker again. So if the family has just had a child, we put them into pre-school and the pre-school teacher will say, "Your child needs a little bit more attention than the other children. The mom is already overwhelmed. She's just had another baby. She can't keep up. So then we refer her to the Nurse Next Door. The Nurse Next Door talks to the caseworker, talks to the family, gets the qualifications to register for Family Support for Children with Disabilities (F.S.C.D.) This organization services her child. That way she

**Continued on page 5**



**Nurse Next Door Staff Members are from left to right:**

**Finance Manager Stacy Mekk, General Manager Kenzie Jands, Relationship Manager Lindsey Wenzlawe, Care Designer Reena Kang, Human Resources Manager Ashley Danylak and Care Specialist Christian Rosario**

**Photo by John Zapantis**

**Nurse next Door continued from page 4** gets government funding to pay for her care giver, because of the disabilities that they have.

Sometimes the parent wants to work with the child. So we're taking care of the other child, the baby or the cleaning up. She needs the time to focus with her child so we take the weight off the family, 'cause it's important to grow, because it takes a village to raise a family, right!"

Live-ins are always an important part of a client's needs, especially when they need someone to live-in temporarily and baby sit, while they are away on a holiday, Wenzlawe explains the process, "Our Live-ins sleep there. They'll stay. They live there. Then they'll have a couple of hours off to do their own thing, but that's their home. So it would be like, if

your daughter moved in with you and if she cared for you and said, 'Dad, Sunday, I'm going to the mountains to do my thing.' Then she's allowed to do that. She cared for you all week. Then she came back."

Wenzlawe has inevitably earned her rightful place with the organization. Four years ago, she worked as the company's Care Giver and has never ever re-called facing any obstacles that she couldn't handle. Her resilience to the workplace pressures have paid off considerably benefiting the many elderly and disabled persons she has passionately served, helping to make that big difference in the home care communities. Wenzlawe said, "I guess the biggest thing to keep in mind is that I'm there to support them. If it means that they hang up the phone and then if they are kinder and

sweeter to their family members, then I did my job today. In the end of it, usually when people are venting and letting things go, 'Uh hum, uh hum, I understand, uh hum' and you're letting them talk, by the end of it, they were allowed to feel those emotions and they say, 'I'm grateful that you listened to me and I didn't take it out on my husband, who may have not taken it as well as you did. I now have extra patience for my family and loved ones.' So I'd say, 'I haven't seen any obstacles that I couldn't take on.' Nothing prevented me from working with any type of patient or client. Everyone deserves that."

To inquire on the various programs and services that the Nurse Next Door offers to its many clients, you may contact the Care Spe-

## Watch For Hypothermia

Story and photo by Sharon Austin

Most of us are getting tired of the cold and are longing for the first first warm melting days of spring. The extreme cold that Canadians have faced this year is not only miserable as it stings our cheeks and stalls our cars but it can be dangerous and life-threatening for those without adequate protection. Not only are people suffering but poor animals as well.

Many years ago when I was a girl living in rural Alberta I learned first-hand about hypothermia or "freezing to death." We had just purchased our first television and Dad and I were happily watching *The Beverley Hillbillies*. It was all so new to us and so amazing that we could watch that black and white program right in our living room. Dad went out to get another pail of coal from the coal shed as it was a freezing cold night and he wanted to keep the heater going. He was back in a minute but instead of coal he carried a tabby cat. The television was completely forgotten as I ran to see the poor limp creature in his arms.

"She's about frozen to death," Dad said "but we can warm her up real slow and see if she makes it."

The cat's fur was frozen with big lumps of ice and her eyes were half-open and staring. Mom filled a basin with water that was barely luke warm and I helped her gently work the clumps of ice from the cats matted fur. When the ice was gone, we lay her in a cardboard box lined with soft rags and set it on the open oven door of the wood stove. There the cat would be nice and warm but not too hot. By this time the cat was trying to lift it's head and moving a little so we warmed some milk and spooned it in her mouth.

She was definitely not one of our cats and where she came from we never knew. Our barn cats were safely sleeping in the warm barn and our house cats were snoozing on the beds. Dad thought someone may have dropped her off at the gate. Sometimes city folk would abandon an unwanted cat or dog at a farmer's gate foolishly thinking that they could survive on their own or find a new home.

As I looked at the cat lying helpless in her box I wondered what kind of person could be so cruel. I sat beside the box for a long time and gently stroked her fur wanting her to know that she was not alone and she was safe. Later, I took her to my bed and with her cold little body pressed against mine she began to purr, a loud happy sound in the darkness. By morning Ellie-May, as I called her, was eating, drinking,



playing, and enjoying her new home. She had used up one of her nine lives, but other than that she was fine.

The little cat must have had an angel watching over her for Dad to find her just in time. My parents had lived Up North and they knew the risks of extreme weather. They were well acquainted with the dangers of hypothermia and frostbite and they knew what to do.

Hypothermia occurs when the body loses heat faster than it can produce heat causing a dangerously low body temperature, below 95°F or 35°C. Symptoms include shivering, slurred speech or mumbling, slow shallow breathing, weak pulse, clumsiness, drowsiness and lack of energy, confusion, and loss of consciousness. Those with hypothermia likely do not realize they are in danger as the symptoms begin gradually. If you suspect someone has hypothermia call for emergency help. If possible, gently move the person inside. Remove all wet clothing and replace with warm dry blankets or coats. Sips of warm liquids may be given but not alcohol. Do not put them in a hot shower as this may cause shock. Those most at risk for hypothermia are the homeless, those addicted to drugs or alcohol, the mentally ill, people who live alone, and seniors.

The best course of action is always prevention. Dress for the weather even if you are only planning to be out a short time. Dress in layers and keep your head covered. Wear warm socks and well insulated boots and mitts instead of gloves. Keep warm blankets, extra clothes, snacks and water in your car in case you become stuck in extreme weather. A shovel and a small bag of traction sand can be kept in the trunk for emergencies. If you plan on outdoor activities in cold weather, such as hiking or snowmobiling, always tell someone where you are going and when you plan to be back. Check on your elderly neighbours. Until those warm spring breezes blow, stay warm and stay safe!



# Another lesson from life with my grandchildren?

By Allan Sheppard

Regular ASN readers will know I have written two essays musing on an incident that occurred a few months ago at a bus stop in downtown Edmonton. I had not expected to write a third, but life is full of surprises. And, sometimes, lessons.

The incident involved an encounter between my two grandsons and me with a middle-aged woman who accosted the youngest, who had just celebrated his fifth birthday, by yelling at him, face-to-face, "YOU SHOULD BE DEAD." I speculated, in the first essay, about how my grandson might react negatively to, and perhaps internalize, the encounter.

I got what may be still a preliminary answer a couple of weeks ago. The three of us were in the same area when the five-year-old began to talk about a man who tried to kill him. It took only a few questions to realize that he was talking about the incident I have reported and described.

The woman had become a man in his mind and the hurtful words spoken to him an effort to kill him.

I do not have the knowledge or the audacity to try to infer or explain why and how the youngster could get the "facts" of the encounter, as his older brother and I remembered them, so wrong. Nor do I have the knowledge or wisdom to understand whether, despite the errors of fact in what he remembered, my youngest grandson might still hold a "truth" of the matter—a five-year-old's truth—correctly in his mind. He does not remember accurately what happened to him, but he remembers (and knows) how it made (and probably still makes) him feel. And it is the feelings he will have to learn to live with as he grows older.

Such thoughts led me to revisit incidents that I remember, or think I remember, from my childhood.

When I was about four years old, I spent some time in the children's ward of the old Royal Alexandra Hospital under observation for an abscess behind one eye that could dissipate harmlessly or break open. In the event of a break, my eye would have had to be removed so doctors could prevent pus toxins from migrating to my brain. Scary, but not disabling. I was fully mobile, and I remember clearly being part of a small group of three or four young patients who were allowed to roam the halls. I don't remember how long I was at the hospital, but I know the abscess dissipated. I did not lose an eye, and I went home with tales to remember and share.

All of that is factual and true, in essence, if not in detail. It's what happened decades later that prompted this reminiscence. Sometime

during my forties, I think, I began to have memories from my childhood. I recalled sitting at one end of the kitchen table, with my mother at the other end and my father between us. As I remember the incident, I said something impatient to my father (or my mother, or both) and my father responded with a backhanded slap to my face. In time I began in my mind to associate the slap with my stay in the hospital, eventually concluding that the abscess I had suffered was caused by my father.

Eventually I confronted my mother and asked her to tell me what had happened and why. Why had Dad (a gentle, non-aggressive soul, as I remembered and still remember him), who was long dead at the time, hit me? She insisted that nothing like I thought I remembered had happened. My father had not hit me in the circumstances or the way I remembered. My having to go to hospital had nothing to do with anything my parents did or did not do; it was a child's bad luck that I got the abscess and good luck that I got through unscathed.

So, was I the victim of false-memory syndrome, as some would want to interpret memories of childhood trauma? Or was my mother a victim of a kind of false-forgetting syndrome? As she too has died, just short of her hundredth birthday, I can never know the answer. I have to come to terms with my own and my understanding of my mother's memory of what happened or did not happen. I am content with that.

The lesson I draw (or redraw) from my grandson's and my experiences is that we cannot trust memories, our own or anyone else's. Nor can we trust our interpretations of our memories, which are, as they must be, contingent and conditional. Our interpretations are subject to change (which is inevitable) as we encounter new experiences, including the memories of others and their, and our, mutual interpretations and re-interpretations of memories; about what we think we know about what we think happened to ourselves, the people around us, and ultimately everyone everywhere.

The inevitable conclusion, it seems to me, is that there is no such thing as absolute truth—The Truth as some of us would have it—in our perceptions and understandings of our relationships. There are many truths: My truth. Your truth. Their truth. Ultimately everyone's truth, including the truths of others who disagree. Each truth conditional and contingent. Always under pressure for change and reinterpretation.

You might be tempted to say that's no basis for a good life. I disagree; it's the only way that each and every one of us can live a good life, which I understand to be a life that recognizes the ambiguity of its truths and conducts itself accordingly; a life that does not seek to impose its own truth as The Truth on anyone else and resists patiently efforts by others to impose their Truths on itself.

You may also be tempted to say that, even if we as individuals can learn to live with ambiguity, it's not the way to run a family, or a commu-

nity, or a nation. Or the world. On the contrary, it's the only way.

It's also the hardest way, for it requires constant negotiation and renegotiation, with everyone having an opportunity to hear others' truths and have their own truths heard, to arrive at mutually acceptable understandings of conditional and contingent facts and truth. At the most basic level, it involves rejecting either/or interpretations of facts and truths and seeking both/and interpretations. It involves making and accepting compromises, also known to some souls as half-truths.

That's a hard and messy business. It's much easier, many of us have come to believe or accept, to run our communities and nations like businesses, which can (some would say must) externalize unmanageable facts and truths in favour of manageable ones: let inconvenient facts and truths fall as and where they may, which cannot but mean that they become the responsibility of others—to our own, arguably undeserved, benefit. The many populisms at play around the world (and closer to home) to-day seem focused on achieving the same, likely disastrous, results by different means; all of them aiming in their various ways to impose certainty on ambiguous happenings in an ambiguous world.

One must cultivate a high tolerance for ambiguity to survive and thrive in the midst of growing diversity and accelerating change. The unacceptable alternative is to try to impose suspect truths as certainties on our own lives and, in order to protect our fragile certainties, to impose the same false truths on everyone everywhere. If we look, we can see that happening around us every day.

That is a lesson I hope my grandchildren will embrace in time. I will guide them, but I cannot and will not force them. They must find their own ways.

## Thank You

By Linda Dumont

Thank you to all of the people who donated clothing for The Mission House. Your thoughtfulness is appreciated.

When the weather dipped down in February, the need for warm clothing for the homeless became acute. At The Mission House, where I volunteer Sundays, we were handing out unmatched mitts or even socks to cover freezing hands, and I bandaged a number of cracked, frost bitten fingers. My son, who teaches exercise classes at two YMCAs and a seniors' centre, seeing the situation, got permission to put boxes at the workplace for people to drop off warm clothing.

People filled the boxes with bags of jackets, sweats, hoodies, and other clothing as well as mitts, gloves and socks – some still with the price tags on them. My son dropped off loads of clothing at my house, where I sorted

**Continued on page 8**

# The wax fruits of Corporate Social Responsibility

By Timothy Wild

Currently, there is a standoff in the Zambian copper mining industry between the national government and the mining companies. As might be expected, this impasse is related largely to taxation and the reluctance of multinational companies to meet these obligations. In its most recent budget, the Government of Zambia indicated that it would substitute a value added tax for a sales tax (to promote the further processing of raw ore), introduce a 15% export duty on certain commodities, change the sliding mineral royalty tax of 4 to 6%, and impose a 10% wind-fall tax, when the price of copper reached \$7,500 a ton. Without getting too much into the background and specifics of these changes, it is fair to say that the gigantic costs of debt and debt-servicing (together with the hard line adopted by the International Monetary Fund) has created considerable financial and policy pressure on the Zambian government, and they have attempted to mitigate some of this pressure through these financial measures.

The mining companies – some of the largest being Canadian (Barrick Gold and First Quantum Minerals) – argue that these tax changes are excessive, and are cutting into the financial viability of their operations. In fact, as of writing, Barrick may actually have sold their largest copper mine to concentrate on mining in other countries. That's the so-called logic of the free market. But, when it comes right down to it, it is the people who pay the price for this adherence to the economic "bottom line". As with Alberta, the resource remains in the ground, and it is the ideology of profit, as opposed to notions of the common good and intergenerational environmental stewardship of collective resources, that is actually causing this impasse.

Overall, this situation brings up an important question: What is the role of business in supporting a political entity meet its statutory obligations to the residents? At one time, during the salad days of the Keynesian Welfare State (KWS), this was a relatively easy question to answer. The state helped mediate the concerns of labour and business, with an

eye to achieving overall economic growth to meet the social, cultural and economic needs and aspirations of all citizens. Obviously, there were some drawbacks. The KWS was based on masculinist assumptions of workforce participation, and the goal of ever-increasing economic production and consumption had deleterious environmental consequences, which are the cause of many of our concerns today. However, there was a measure of predictability arising from the operation of the flexible triangle of government, labour and business. Unfortunately, this predictability – and the role of government serving as mediator for the collective good – has been sacrificed on the altar of capitalism, and people are suffering.

Taxes, it seems, are no longer the price to be paid for development, inclusion and participation. However, despite the reluctance of "Big Business" to pay their share, many large companies still like to be seen as contributing and compassionate members of the local "community", particularly under the painfully vague notion of Corporate Social Responsibility (CSR). Yet, while it is relatively easy for large companies to profess adherence to notions of CSR, it is often a different story when it comes to practice. My experience with the company Clean Harbors, concerning the alleged unethical personal behaviour of one of their Canadian vice-presidents, is a case in point. Despite repeated entreaties following their published process, I have given up hope of a response from the company. And I guess, this is why I am concerned with, what for all intents and purposes, are the wax fruits of CSR. It is a "nice to have" as opposed to a "must do". Companies don't have to follow up on it when the truth, as they say, is too inconvenient. In many ways, Corporate Social Responsibility can be seen simply as a public relations exercise. I am sure that some companies are very well-intentioned when it comes to publicizing their commitment to the principles. But it can't actually be enforced; the silence of Clean Harbors on my allegations is a case in point. As noted by Micomyza Dieudonné "CSR schemes are designed to suit corporate objectives and align with the business case very well,

but this causes a scenario of dependency rather than helping the community to help itself". Hospitals, schools and roads in the Copperbelt and Northwestern provinces, for example, are largely dependent on company largesse, as opposed to stemming from economic, social and cultural rights of citizenship. And that is why we need greater predictability, accountability and enforcement when it comes to businesses and their contributions to the public purse. Given this gap, I would argue the best way to implement the intent of corporate responsibility is through government financial measures, such as taxes, royalties and other fees. Then, the government can be in a position to determine where public finances are best directed, as opposed to a tentative continuation of charitable provision on a corporate scale. In terms of mining, royalties and taxes are paid due to the fact that the mining companies are extracting a common good. Surely, this extraction should be balanced with a respect for the ideas of the common good, and the intergenerational stewardship of a collective resource? Nationalization, particularly in Zambia due to the control of global financial institutions and heavy internal and foreign debt, is not as available as a policy response as it once was. Therefore, recognizing the need for some type of mixed-market approach, the government has to set the framework and ensure that less of a role is played by the illusion of Corporate Social Responsibility and more by public finance measures.

The scale may be different, but in many ways the structure of our economy is similar to Zambia's; largely dependent upon the extraction of a collective natural resource. Additionally, as similar to Zambia, we do not really add value to the raw product, and ship it out of the political entity for further processing and refining. And for this we pay the price. We leave too much open to the control of companies – it is time for government to **step in, and manage the resources for the people and not the corporations. Our NDP government still has a chance to ensure that the extraction of our natural resources is directed towards the common good and not the "bottom line".**

## Do What Is Right

By Rodney Graham

Here's a little something especially for the bureaucrats, poverty pimps, chambers of commerce, and cops.....

There comes a time in one's life when you should ask this, 'Am I going to go with the status quo, the abusers, the exploiters, the fakers - the ones who have power on their side, who are sophisticated, who have support for themselves - or am I going to stand up for justice, compassion, the welfare of the less fortunate - stand up for the unsophisticated,

those who have little support/witnesses/back-up, voice, who are abused, neglected, used? Am I in a position in my life when I could help make a difference for the less fortunate?

If you answer, "Yes, I will stand up for what's right, even though it means I may lose my job, my home, my reputation" - then you will have the reward of being one of the few, the honorable, the right. You will die knowing you have done right and will have a clear conscience. Priceless things. These things give you a peace and a joy that material things will never give.

If you say, 'no', as so many people do -

Then you will have support, good reputation, wealth, stability, and security, even happiness -temporarily....

But, you will never know real peace, joy, and your conscience will be your worst enemy - tormenting you - And YOUR 'wrong choices' will make you a worse devil than you were when you made the wrong decision. And you will die some day - seeing the faces of all those innocents you have helped terrorized on this earth.

And then..... you will be judged by Truth itself.

## Existing Without Knowing Who we Are

By Maris B.

"Connect with your inner self. A beautiful sanctuary exists within you. A place of total calm. A connection to stillness. A temple of sacredness, peace, beauty, love. Once you are truly at this infinite inner place, your true home, you will be at home anywhere, at any-time, with anyone. A place where INFINITE possibility exists." Angie Karan Krezos "True Self" describes a sense of self based on spontaneous authentic experience, and a feeling of being alive; it is the feeling of being whole.

"False Self" is what people would like to believe we are or the fact that we do not know who we truly are. It is the mere appearance of who we think we are.

You are one thing only. You are a Divine Being. A true-powerful Creator. You are who you are, and within you dwells the infinite wisdom of the ages and the sacred creative force of "All that is, will be and ever was." Deep within, there is something profoundly known, not consciously, but subconsciously, a quiet truth that is not a version of something, but an original knowing. What this absolute, truth [identity] is may be none of our business...but it is there, guiding us along the path of greater becoming; a true awareness. It is so self-sustaining that our recognition of it is not required. We are offspring of such a powerfully divine force – Creator of all things known and unknown."

"Self-empowerment is free to anyone who chooses to use it. It comes from within and nowhere else. You cannot buy it, borrow it, steal it or sell it. It is always available to you and never wears out. The only choice you have to make is whether or not you will use it." And the manner in which you will implement it. When we become everything that matters, then we lose our specialness. We become selfish with lack of empathy and craving for admiration. When we focus only in our own needs and frustrations, we become incredibly skillful at blaming and controlling others. You will learn that feelings of superiority and entitlement do not promote mutually satisfying relationships. The reason for this is because we will always be taking and very seldom giving.

For me, I have learned that being kind and giving, being grateful and recognizing what people do for me is the bond that develops between two people that enjoy giving. When you discover who you are you do not need to strive for recognition /and admiration

you will accept yourself through your own strengths and your own weaknesses.

False people seeking to adopt who they want to be will, learn to obtain praise and admiration through the exaggeration of their talents and accomplishments. Their desire to be recognized as being superior will lead to a complete misrepresentation of who they truly are. They will have no problem using lies and any means to get promotions or anything that they want. They fantasize about and seek power, fame, status, or money and are often envious of others who have an abundance of these resources. With grandiosity and arrogance, they demand that others treat them as special or superior. Feeling entitled and lacking in empathy, these people tend to exploit others to serve their own needs.

Just as their image in the mirror is deceiving, they become masters of deceit in order to fulfill their needs. You can not expect them to fulfill any of your needs or desires unless it suits their goal for stardom. Generally you should not count on anyone fulfilling your deepest needs and taking care of you. However, it is definitely desirable to be with someone who is considerate, loving and thoughtful—traits, which false people can fake, but cannot truly embody. Basically this is a psychological coping mechanism for a low self-esteem person, who does not even know who he/she is.

Very young children naturally feel they are the center of the world. They need to experience a healthy image about themselves in order to feel good about themselves, to gain the confidence to grow up and take care of themselves and to be able to initiate social interactions. Children learn from their parents through receiving patience, empathy and approval. Through this they develop the idealization of their caregivers. Without receiving empathy or the ability to look up to others, children do not develop empathy for themselves or others. They may grow up being psychologically stuck in the narcissistic phase. As a result, they feel flawed and unacceptable. They fear rejection and isolation because of their perceived worthlessness. To avoid this pain, they focus on controlling how others view them by embellishing their accomplishments and skills. They feel deep shame, which causes them to develop an artificial self. While we all develop an artificial self to some degree, narcissists IDENTIFY with their artificial self. Preoccupied with presenting the right image, they are ironically rarely aware of their own low self-esteem.

People with adequate self-esteem are usually willing to look at themselves with honest



self-reflection and consider areas in which they could improve. This makes sense because they have empathy for the flaws and inadequacies in both themselves and others.

Sadly, the narcissist believes that flaws are to be hated and concealed, and that only perfection and superiority can be displayed. Thus, they view themselves and others with a perspective that swings from over-valuation to loathing. In their quest for approval and acceptance, they use their charm and charisma. Once dependent on others' approval, the smallest hint of disapproval can send them into a state of punishing vengeance.

The best way to teach children empathy is when children are allowed to express their feelings and ideas, as it allows them to develop empathy for themselves, and eventually for others as well. Parents shouldn't deny, downplay, or redirect their children's feelings. Nor should they overreact when children disagree or share experiences. Otherwise, they will develop shame and learn to hide their opinions and experiences in the future.

Parents should become aware of ways in which they project their own needs for status or convenience onto their children. By becoming aware of our own biases and desires, we can become more open to really listening to what the child needs and desires. This doesn't mean becoming an indulgent parent; it simply means being open to the fact that our children are distinct individuals. So, rather than projecting on them our own desires that they become football quarterbacks or Olympic stars, we can allow them to develop their own direction.

Accepting children means interacting with them without constantly judging them positively or negatively. When we play referee with regard to every action they take, we miss out on really knowing and loving our children. Parents are powerful models for our children, it is important for us as parents to know who we are.

## Thank You - continued from page 6

them, then took them to the clothing room at The Mission House. Articles not suitable for distribution at the Mission House, like children's clothing and dress wear, were bagged up and dropped off at The Mustard Seed Pack

Store.

Pack is set up like a store but everything is free. I went there once thinking it was a thrift store, but when I went to pay for my purchase, was told there was no charge.

**Believe In my dreams  
Just a little  
And when I can no longer believe  
Carry those dreams for me**