

S'up?

On the Edge of Perception

A HUMANITIES 101 NEWSLETTER

WINTER 2013

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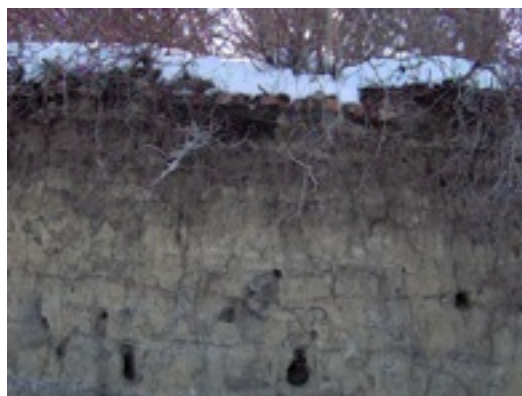
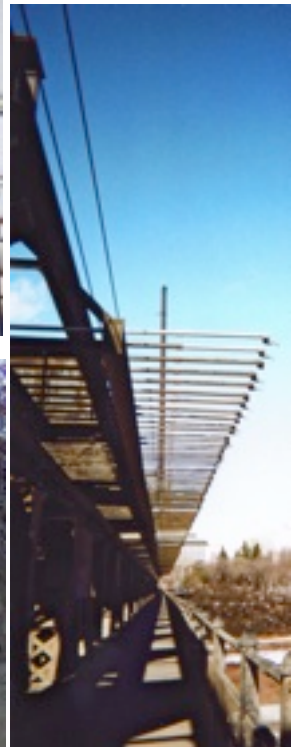
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Pictures taken by us throughout the semester of edges we visited and edges we know.



HUMANITIES 101

Defining Culture

This newsletter is just a small sampling of all the incredible work we did this past semester in Humanities 101. Our course theme was "Reading Between the Headlines". We took a closer look at some of the common stories that make the media and how they both affect us and are affected by us as Edmontonians.

This semester we partnered up with some friends from the university who generously presented their scientific perspective on two different class topics: food and aliens. The talks dove-tailed nicely with our social science perspective. In addition to speaking to us about the science side of things we were also taken on tours at the university. We went to the observatory and got to see Jupiter! We also toured the Agri-Food Discovery Place and explored a food processing lab! In addition to the university tours we were supported by a community recreational coordinator who took us on many extra curricular activities, including taking us to the Telus World of Science to participate in the Star Wars exhibit! You will find pictures and articles about these trips throughout this newsletter.

We hope that through this newsletter you, the reader, get a glimpse of what we learned, discussed, and shared over the past semester.

Enjoy!

Humanities 101 is a University of Alberta, Community Service-Learning program. For more information about Humanities 101 please see us at <http://tinyurl.com/c6ahwll>.

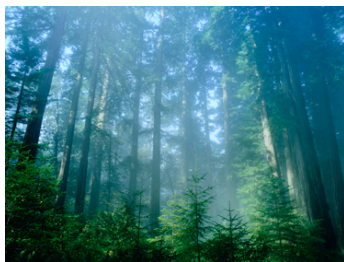


Cree culture is much like other cultures, but it is also different than other cultures. I am Bigstone Cree First Nation Treaty 8 in Alberta. I speak my Cree language. Different cultures can have similar behaviours and habits. They speak different dialects. The best and only way I know how to tell you about my Cree culture is what I know and have seen. We look to elders and parents to give us understanding and direction. Their stories have important lessons for us and for people of all cultures. More than ever, our elders are precious to us now. Cree people make up the largest foundation of this country. I am very proud.

I find other traditions fascinating and like to explore the many other cultural groups. The commitments I make to people special in my life – people you love and respect, trust – shape your identity. These people help you grow as a person and you gain perspectives that can become your own values. Not because what you value is wrong, but simply because it is different from what other cultures value.

The responsibility you have depends on what family and culture you live in. You learn how to act and behave from the actions and teachings of your parents and grandparents. Through these teachings you gain more knowledge and responsibility, body, mind, soul, belief, and respect.

**ONLY AFTER THE LAST TREE HAS BEEN CUT DOWN
ONLY AFTER THE LAST RIVER HAS BEEN POISONED
ONLY AFTER THE LAST FISH HAS BEEN CAUGHT
THEN WILL YOU FIND THAT MONEY CANNOT BE EATEN**



-Cree philosophy.

Agatha Cardinal,
Saddle Lake,
Alberta

←-----→

If I am Elected for Mayor:

- I would help the homeless by building affordable housing
- I would not raise property taxes
- I would fix the city's potholes
- There would be no more raises for city councilors and a salary freeze
- I would ensure that there was increased residential snow clearing
- Money would be invested on Edmonton events such as sports, entertainment, tourism, and parks
- I would spend time with community members, listen, and understand their community's needs before releasing funds
- To save money I would reduce bureaucratic positions in municipal government – they are not worth the money and we do not need so many of them
- It is important that maintain our city roads and keep our city streets clean by hiring more people to keep the city clean – especially the LRT stations and 118th avenue really need some extra attention. It is very important to impress tourists by keeping the city clean. Increased tourism is important for the economy.
- I would keep industry going by supporting local businesses and helping people find jobs. This would help to keep the economy strong.

***Working People keep
the Economy Strong -
Not the Government!***



Pictures from left to right: New City Park Aerial, Armature at Jasper Ave, & Armature Concept Plan. All part of The Quarters and found at: http://www.edmonton.ca/city_government/

Edmonton is made up of many different neighbourhoods. Each of these neighbourhoods are made up of individuals who make up communities. It seems that most of these individuals have some things in common. Perhaps the most obvious thing that defines neighbourhoods is income or class. One of the reasons is because property taxes impact who is able to live where. For example, areas that are deemed to be poor have lower property taxes, this allows for people of lower income to be able to afford to live there. In most cities there is a drive to increase the property value, and hence property taxes, of these poorer neighbourhoods. Edmonton is no exception. In fact, Edmonton has established a clear plan to 'revitalize' Edmonton's poorest neighbourhoods funded by a Community Revitalization Levy (CRL). The repayment of a CRL is based on increased property taxes. You can learn about Edmonton's many plans at http://www.edmonton.ca/city_government/projects-redevelopment.aspx. Edmonton has been very clear about its goals to revitalize and regenerate its "downtown east area". The plan is called The Quarters and it promises to be inclusive and transformative. As a class we looked at this plan and then compared it to strong critiques that The Quarters is just another example of gentrification. The following are several responses to this class.

Gentrification

What is gentrification? Wikipedia defines gentrification as a dynamic emergence of poor urban areas when residential shifts, urban planning, and other phenomena affect the composite

of a neighbourhood. Where poor neighbourhoods are pushed out for a new type of class (middle to upper neighbourhood) is brought in. The old neighbourhood is displaced by increasing rents, property taxes, or unaffordable real estate.

Why do people want gentrification? Some people would want gentrification for the added culture it would bring to the area, the added housing, or even the benefit of more revenue it could bring for local businesses. The only thing with this is that when you bring these things in you can't have the lower class around to enjoy it. They can't afford the housing, the shops, or the culture; these things are for middle or upper class people. You are pushing (getting rid of) the current population of Edmonton's downtown. The cultures that are already here will be gone and replaced, the shops will be replaced, and the housing will be taxed so high that the current population can't afford it and their houses will be replaced with condos.

What can we do instead? Instead of using gentrification we should be combining what the current neighbourhood wants and the city wants. For example if the city wants more housing and culture. Then the city should make the housing it plans to build a minimum 50% affordable housing - something the current population can afford. The culture should be affordable for everyone. The city needs to think of all its people, not just the ones that have money to spend. A city is built on many different cultures, classes, and issues.

Whether you are rich or poor you have a place in a city. You are important to

how a city functions. A city can't function with the rich alone, you need all its classes to run smoothly and you need all classes for it not to run so good.*

A Small Piece of Politics According to Karl Marx

Elite = High Class
 Bourgeoisie = Middle Class
 Proletariat = Working Class
 Lumpen proletariat = People who live on the street & Criminals

Three things I would like to change:
 1) I wish that one in poverty can relocate his/her position
 2) Those at the bottom of the heap can work to the middle of the heap
 3) That the proletariat (lower class) will rise and take over the elite*

Gentrification

I'm all for change. A healthy change that includes all walks of life. If it's money motivated then it's going down a river of greed no matter how pretty and hi-tech the buildings are. The grass is always greener on the other side. What does that actually mean?

Movies and novels have either made it out to seem just wonderful and fulfilling at first, then reality sinks in and it just isn't as new and refreshing anymore. On the flip side, one may be hesitant to indulge in the ooh-and-ah of it all only to find out that it wasn't actually all that bad. Mainly the people is what made the difference for the

CONTINUED ON PAGE 4



transition of “greener grass” to be fully accepted.

So once again I would want to ask what is the motivation? Right now for a change, Edmonton is trying to attract “artists” hoping that this is one thing the the city will be known for. There is working talent everywhere, in every single person that has a heartbeat. So who exactly is going to work the everyday jobs for the everyday living. I'm so confused!

As an outsider coming to a new province the only thing I knew about Alberta was the location on the map. As for picking the city of Edmonton, it was the first place that accepted my resume. What did that tell me? A lot . . . a place for opportunity!

Upon air arrival I found that a good part of the city was vacant, or blight if you will, run down buildings that at one time was a booming establishment. I was excited. To me, this meant a change was occurring. The population was going to become humongous. Please just don't make the same mistakes as the other provinces. Learn from them, you will discover a healthy city means a healthy people. I would look around and find that not so much here in Edmonton. Not only looking at the homeless, the working class, at many different levels, is not very healthy.

From a Native point of view healthy has four elements to it: physical, mental, emotional, and spiritual. Without these four components all balanced we will not live in a balanced society.



Wow, with all these factors in mind, plus listening to all the talk and commotion of change in the city I am a little concerned and excited. Do I get my hopes up, just to find out that my family will once again be pushed to the outer edge of society? Or will it all be inclusive to everybody who is living here? Will life become easier and more enjoyable? I, myself become nervous at the whole junction of it all. Things just have to work out. A positive way at looking at life. *

←—————→

“I don't know of any place in the world where you have a city the magnitude of Edmonton with that much fallow ground lying next to downtown” - Don Stanstny, Consultant, City of Edmonton Downtown East Revitalization Project



←—————→

“Over the next 5, 10, 20 years, the area will be transformed into a vibrant, diverse and inclusive community well connected to the central business and cultural district and the river valley” - City of Edmonton website, regarding The Quarters



Concerning Edmonton's Homeless

When we face a natural disaster like a flood or tornado storm, the community and state kick in. Generally, we witness a rapid humanitarian and government response; there is never an argument about who has become homeless or how they have lost their homes. We eagerly help people to return to their homes if they can be saved, or new homes if they have lost their homes. Politicians and leaders visit the disaster zone to see for themselves and offer consolation and promises of relief.

I would like to compare that situation to the situation of people who are homeless in Edmonton. I look at the disaster that is visible on our street corners, on sidewalks, in ravines, and seniors sheltering below a fridge. It's sad and our community is unable to care for and cope with the homeless people in Edmonton streets because help is unfairly high priced.

Edmonton wants to eliminate homelessness in ten years. But there's never enough funding for anything. There is a concern that the Alberta government is not willing to help put forth the money needed for programs to work towards a common goal of ensuring a person can secure the assistance needed to maintain housing stability. *



Fallow Ground . . . ?

Questioning the Gentrification of Edmonton's "Downtown East"

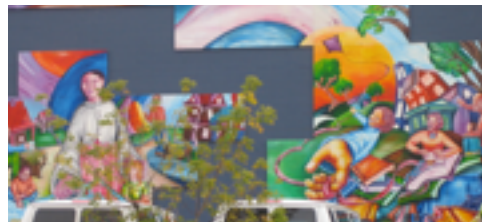
Inclusive? Really? And we should simply swallow this whole, right? Because our transparent and accountable government would never lie to us or mislead us in anyway, right? Inclusive? So out of 270 some odd suites 40 will be subsidized. Just a few questions:

- Now would that be 40 units clustered together or 40 units disbursed throughout the complex in a random pattern?
- Would the location of the subsidized units be disclosed to the other tenants?
- Would all amenities be equally accessible for those with little or no disposable income?
- Would there be a counter measure in place should the target number of 40 be downsized for unforeseen circumstances, or any other reason?
- In other words, can we get that in writing?

Currently there exists several recovery and social safety-net services in the "downtown east" area. These services are often under funded. Are these grassroots initiatives going to be supported or perhaps pushed out by the "downtown east" revitalization plan? Again, can I get that in writing?

If Edmonton society is truly evolving toward an inclusive sensibility, shouldn't there also be some honesty

about the true motivations of gentrification. \$ & ¢ & tourism. *



Gentrification

The process of gentrification can, in most cases, be a double-edged sword. It can be beneficial and at times harmful depending on the circumstances. Unrolled properly it can be socially and economically beneficial to the area in question.

If wealthy business men decide to move in and spend money improving the appearance of an older area it will be a positive thing. People from other areas will visit more often and spend their money so stores and restaurants benefit economically.

In my hometown of High Prairie AB, for example, Walmart is planning on opening a store and the town counsel has concerns. While a huge store like Walmart will provide jobs for the locals, it will at the same time hurt the businesses of the local small shop owners. Gentrification is a complex subject because it seems that though it

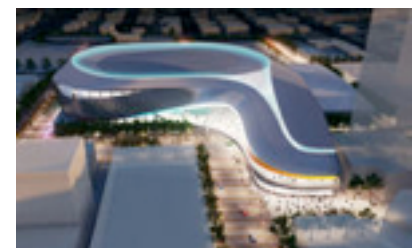
has its positives there will always be some form of negative after effect.

The process of gentrification should always consider the wellbeing of the members of the community in question. One must always make sure that there is a social and economic benefit in order to move in a positive direction. *

The Arena

Mr. Katz says he loves Edmonton and its people, therefore I would like Mr. Katz to spend some of his millions to build plenty of low-income apartments for the lower income people. The old Oilers building could be revitalized into a huge learning centre that would teach lower income and homeless people life skills. This way they could become functional citizens and feel good about themselves. I would strongly recommend all the other super wealthy people to participate in this program.

An ideal society should be considerate to all its citizens regardless of what their status or income is. *



2013, now where are we heading?

HEAR SAY "WHAT I HEAR IS WHAT I SAY."

Lie, cheat, steal. What I see, hear, and believe is where I am at for now. The choices and directions that I make and feel are most important to me. What I would like to see in our City of Edmonton would definitely be revitalization – what we have here now restore, rebuild to make it livable for all people. I totally believe in changes: new housing for the homeless people, transform, beautify the city, go green and save what we have left. Let all people from all walks of life benefit together to better life here. I am impressed about the new building and the tearing down of the old buildings and hotels. It's all good to see a lot more great stuff and work to continue making the City of Edmonton inclusive.

The area will be transformed into a vibrant, diverse community to be able to enjoy year round. Development opportunities will offer excellent designs, lifestyle options, and reduce damage to our environment. Recycle what can be recycled, reuse cardboard and newspaper, save our trees. *

Just a Wee Rant

What I am finding frustrating about living in this world is that it is not fair by any standard at all! Nor did anyone, at anytime, throughout history tell me that it would be a fair place to live your life. In the big picture of life one culture or nation or tribe has fought with each other over territory, resources (such as fruit trees in the gorilla worlds), region, race, family, or over the nature of God etc. As well, in the natural kingdom there is constant competition going on – which tree can grow bigger to get more sun, which animal can run faster, which predator can be the smartest, which race of Neanderthals can become rulers of their natural environment first? As we now know by history, human beings became the rulers of the natural environment, hence modern day life. We have superior intellectual abilities that allowed us to dominate all other

animals and thus control territory, develop clans/tribes, and start down a path of trying to control the natural environment and, I believe, an inclination to want to also control other human beings. It seems to me history is written in blood with the amount of warfare that has taken place through all the ages!!! We also seem to glorify the victories of these ancient peoples as superior, for example Alexander the great, or idealization of the culture of revolution with role models like Che Guevara and William Wallace etc. When, in fact, the actions that made these people great were actions that society has deemed as being harmful or damaging to the collective when in a state of peace. What is so bizarre about this unfair game of life is that this is what seems to propel us to new technologies, such things as the age of steel, computer age, the nuclear age, only God knows what new technologies exists out there and all of this is in the interest of staying one step ahead of the competition (or other nations). Some people would argue that humanity has lived in a state of peace in certain places, but from what I understand about human beings is that wherever we are there seems to develop tribes and then territories, then kingdoms, then states, and then empires etc. In all of these places warfare seemed to be a natural part of life. There is, and was, a dire need to stay one step ahead of your enemy, to stay in control of your territories and resources.

Now we come into the part that makes me frustrated. There is no fair play in war, empire building, revolution, or guerrilla warfare. When it comes right down to it, the nastiest things in human nature are revealed during these times. At this moment we are in a relative state of peace in the world but we have countries called super powers that dominate other countries like big bullies and nobody can say or do anything because we live in age of nuclear weapons. These super powers dance around each other in their relations because of a thing called mutually assured destruction, meaning both sides lose. Having said that, there is still a hidden war going on to develop the next level of protection or

weapon to render the other nation ability to attack futile, thus giving ultimate power to one nation or tribe to dominate and dictate their will on others.



My whole point of this rant is to state that I am now taking over as King of the world and we are gonna play a new game, all our lives we play games which are win/lose but there is another game which is win/win and I command that we start learning and teaching this to our kids and our friends/family. Yes I realize there is the odd crazy man/woman bent on destruction and that we all don't live in lovely dud-dud society, but with me as King of the world I have my eye on those folks! This brings me to another point of this rant, those folks wanting to wage war will be given an opportunity in an Ultimate fighting ring – you have a problem you can't work out and you feel the need to hurt some one, then you do it in the ring with the understanding of fair rules, both parties agree to go in the ring and work it out. This is the closest thing I think you can get to fair fight. There would be a ref and if you still have not resolved the issue at the end of the fight then to jail with both of you until you decided to settle the matter; if you are unable, then you spend the rest of your life in jail! As of this day in history I pronounce that we are all connected on this little planet earth. Beginning today the next revolution is going to be a peaceful one. Remember I am the King of the Earth and the revolutionaries are gonna be rock stars, musicians, dancers, actors, comedians, women, artists, and writers. Oh, and there is gonna be a lot of hugging going on too, and laughter. As I pronounce it as king of the world there will be no more fighting over the nature of God !!!! That fight you will have to save for the after life!!! Man it feels good to be the king of the world !!!! I decree the next step for humanity is one where we learn to have fun on this little planet and look after it and all the animals!! *



Food can tell us a lot about who we are

Foody Goody

There was a time when the questions “got food?”, “you need food?”, or “hey check out this food” meant something completely different than what it means today. Back in those days my jaw would ache from disuse. There was never any food in my belly; only smoke in my lungs and rage in my heart. I began a journey of recovery. The red road of healing has become what it was always meant to be, nourishment for body and soul, and thus must be respected as such. This red road has taught me kindness towards self and has manifested in a healthier self-esteem. Having food in abundance is good. Today I have the privilege of offering meals once a week to people who are in the same boat I used to be in. Many times I’ve caught myself asking, “you need food?”, and I have to smile. I consider the journey some of these folks may embark upon; healing and recovering by exploring their own perspectives, perhaps learning, as I did, that

food is more than what we put into our bodies. Food is how we care for our souls. *

Foody Goody
Mr. Rudy
Got some money
For my Foody
A & W
Wendy’s
Mickey D’s
Year right
Old behaviours
Today acceptance
Protein
Beta-carotenes
Iron
Potassium
Zinc & vitamins
Ensure vitality
Eat your greens
Foody
Goody
Mr. Rudy

Guide to Growing Your Own Homegrown Cheddar Bunnies

Week 1:
-Plant your cheddar bunny tree in a cool, grassy pot
-Water frequently with carrot juice

Week 2:
-Your bunnies should be sprouting! Encourage

them with classic well-worn sayings. For extra cheesy flavor use puns

Week 3:
- Be careful not to over-water your bunnies! This ain’t Watership Down

Week 4:
-Your herd of bunnies is ready for harvest! Package them appealingly. Be sure to say they are at least 5% organic so that you can charge more for them. Do not say they are recycled – this is not a selling point for food products. *



How much can you afford???
Determine what you can afford when shopping for groceries. Budget, think about how much you will need and like to eat for the month, it will help you save money in your budget. Sometimes you will have to cut out unnecessary

expenses like restaurant lunches.

Saving monthly works best when you have a fixed income. That’s why I go out hunting for wild meat and do all my cooking at home. Deer, moose, fish, rabbit, and ducks are good healthy foods for me. *

pepperoni and mushroom, and one pepperoni, ham, pineapple, mushroom, and olives. We also made a salad and vinaigrette. For dessert we made coconut meringue cookies (that we forgot about in the oven which we ate with our pizzas).



Collective Kitchen

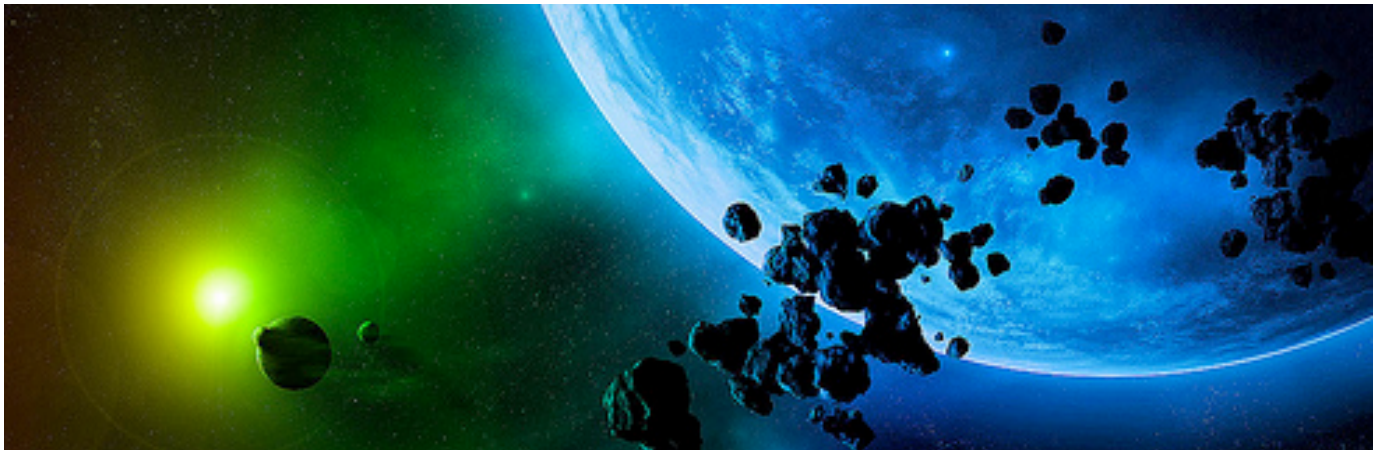
A collective kitchen is when a group of low-income people get together and cook meals together. This way you can cook a meal at a small price per person.

I had never thought about going to a collective kitchen before because it was something I had never been that interested in, but it was fun and something I am planning on doing again. *



Today we went to the Boyle Renaissance Plaza to their collective kitchen and we made four pizzas: two ham and pineapple, one





What we can learn about ourselves through aliens & the media:

Looper

I recently viewed Looper with friends at my home (the Mustard Seed). It was fantastic to me. It was about time travel. One man, played by Bruce Willis, found out about a gifted child, 'the Rainmaker', who can be viewed as a kind of alien that has already been here for many generations. Anyways, this man found out about time travel and tried to manipulate the past by destroying the Rainmaker, but was unable.

I think that Looper says a great deal about ourselves. He tried and failed to manipulate what had already been proven to be more powerful than what he had in his mind. We waste a lot of time trying to control that which we have no control of such as other people's free will. Love is even more powerful than man's greed and "the game". Love will

always be stronger than man's desire for power and wealth – especially the love of mothers and families, no matter what that family looks like. *

The Neighbours

On ABC at 9:30PM
Wednesday evenings

The premise is that a family of aliens move into middle-class America disguised effectively as human in order to learn about the human experience. Really? Are we so vain as to believe that extra terrestrial beings are simply fascinated by us? Aliens who have enough advanced technology to travel millions of miles to Earth, who have the capacity to transform their appearance radically in order to appear human, and who are then able to successfully blend into polite society, are completely invested in studying our complex and dynamic humanity. Clearly this is a big leap of the imagination. Now, I

can suspend my disbelief as well as anyone, but with that being said, I must concede that this show is meant to be a comedy and it does succeed on that level. The episode I viewed on Wednesday March 6, 2013, certainly got some giggles out of me. However, I do find it difficult to believe that aliens would go to such lengths only to observe and adopt the minutiae of daily human life. This television show suggests that not only are aliens non-threatening, but that they are even laughable; yet they possess an emotional sobriety that we humans lack. I did enjoy this program and will very likely view it next week.

Three stars out of five.
Enjoy. *

The Mist

The Mist scared me terribly, but not of the aliens which are very foreign to my thought process. As the movie went on it was not the

aliens but the people, the "humans", that really stuck out to me.

When you strip people of everything that makes them feel secure and sound, throw in a Bible thumper that misunderstands the message of the Bible, add some outer space aliens, and the human race becomes a survival fight against each other. To die rather than fight for one's life, feeling like there is no way out, putting or allowing others to make a ruling as to how we will survive really does not sit comfortable with me. My own ideas of a strategic survival plan, to put my survival without other's, really plays strong with riding out the wave of staying alive on my own terms. *

They Came From Outer Space

I once saw a 1920's movie titled They Came from Outer Space which depicted

an interesting view on our attitude towards aliens. An alien space ship lands in a small town, where the people all go into panic mode. Since the town's folks only knowledge of aliens is through the media, which portrays them as hostile, everyone is understandably apprehensive and afraid. The town police and people all gather around the space ship, preparing to defend themselves. When they come out of the space ship, although they are physically different from us, they were in actuality peaceful. The aliens and people got along well and learned from each other. It goes to show how powerful the media can be in shaping our minds sometimes in a misleading manner. We must all learn to keep an open mind and learn more about other worldly beings before we pass judgement on them. *

Star Man

A human looking being arrives from another planet in a one person space ship. The alien gets hungry and eats Chinese food out of a restaurant garbage can. The police capture him and take him to see a psychiatrist. The psychiatrist has a meeting with him.

Psychiatrist: What is your name? My name is Dr. Gordon.

Alien: My name is Oden.

Dr. Gordon: Where are you from Oden?

Oden: Alpha Centuras within the Alpha Centres.

Dr. Gordon: Why are you here Oden?

Oden: Our Worlds were destroyed by evil people who use us for slave labour. I escaped in a shuttle.

Dr. Gordon: Do you have any powers?

Oden: Yes.

Dr. Gordon: Can you help my poor daughter with cancer?

Oden: Your daughter is cured. Just phone the hospital.

Dr. Gordon phones his wife, Heather, and she answers the phone call.

Dr. Gordon: Heather, please go and check on Tina.

Heather: Dear, you won't believe your eyes, Tina is walking, she's walking!

Dr. Gordon: Oden, what you have done is a miracle!

Oden: Your welcome. However, you must not ever tell anyone what happens or your daughter will get sick again.

In the middle of Edam Saskatchewan that night a bright disk lifted up a took off to the stars.

Finish *

Space vs. Place

I was homeless with my kids when I first moved here to Edmonton from Ontario. Having no knowledge of the resources in this city we all found out the hard way. Having a shortage of food we were lucky to get a room at the YWCA. Otherwise I was prepared to tent it with my kids until I found us a home. During this time we came across the Mustard Seed. At first glance we were very out of place. After a short time the people who regularly attend the Mustard Seed were making connections with my children and I. Clothes that would normally have been sold to bring in extra income for some were given freely to my kids. We were provided with summer toys to keep my kids happy and food for when we went back to the YWCA to snack on. Other special moments of people's kindness occurred. In a short time the Mustard Seed became a *place* where my children enjoyed being a part of. That was five years ago, and there are people who still ask me about my kids and have taken a dear interest in their wellbeing. The Mustard Seed became a safe *space* that helped in meeting our basic human needs. *



where my children enjoyed being a part of. That was five years ago, and there are people who still ask me about my kids and have taken a dear interest in their wellbeing. The Mustard Seed became a safe *space* that helped in meeting our basic human needs. *



ESO's Festival of Harmony

10-20/2078

To think that just 60 short years ago the human race was thought to be alone in the universe. With the arrival of the intergalactic collective we have been enlightened. There is no need for war, most diseases have been cured, travel to other planets is common and, among other things, music is a big part of all races.

This year Edmonton's Symphony Orchestra is proud to present *The*

Festival of Harmony in the Upper Domed Garden. Transport will be provided and is free for all. This event featured a combination of light, sound, movement, and vibration. I have had the pleasure of attending the opening



night. It was magnificent!

The opening act was performed by the ESO, the Sellotex (a silicone based life form), and the Bryencue (a proud reptile type race). The Sellotex provided vibration that the audience could really feel. Our own ESO provided classical music from the past and present. The Bryencue provided the most amazing display of surreal movement. We were delightfully surprised by the appearance of the Eam (an energy life form). They gave us the most astounding light show that was seen in all spectrums. When all of it came together it felt like all of it was inside us as well as outside of us.

I, for one, will go to see and feel it again. I urge all to take the *Festival of Harmony* in. It will not be performed for another 25 years. *



Strawberries contain vitamin C and sugar. I can make a lot from strawberries. Such as jam, jelly, and fruit cake. It is a healthy fruit. I use strawberries for making cakes and for the garnish. *

Two Paintings in Rutherford Library



"Alberta History" - H. G. Glyde, 1957

Rutherford Library South on the University of Alberta campus displays two very powerful and very different works of art. They face each other.

"Alberta History" was painted and donated to the University of Alberta by H. G. Glyde in 1957. It is intended to portray what was happening in Edmonton between 1850 and 1870.

"Sky Talk" was painted by Alex Janvier, a First Nations artist from Cold Lake Alberta, and erected opposite of "Alberta History" to offer an alternative representation of history.

As I took the time to allow these two images to envelop me I could not help but be struck by the two very different perspectives of the Native American experience.

The first one, "Alberta History", does not tell the full story and really does not capture the essence or soul of the Native sensibility. *



"Sky Talk" - Alex Janvier

Billy Elliot: a review

Saturday March 23, 2013

Elton John's musical, *Billy Elliot*, at Northern Alberta Jubilee Auditorium. Even the matinee was jam-packed!

Of course having seen the movie I was aware of the story. Young Billy, whose mother has died and whose father is

on strike fighting a doomed cause, develops the gift of dance. Despite concerns over whether or not he is a "poof" Billy finds the courage to embrace his joy of dancing. This musical is based on a true story. Certainly the sound and the orchestra were extraordinary, even from my seat way up high in the second balcony, and wow – what a view!

Throughout the play the action was riveting. The laughs were deep and genuine. Patti Perkins as Grandma was a hoot! Singing "We'd Go Dancing" she reminded me of my own Nana. Watching the Billy character evolve from an awkward young boy into an accomplished and beautiful dancer gave me a feeling of buoyancy and a joyous affirmation of love.

I can certainly see why this musical is award winning. What a wonderful treat!

★★★★★

Bannock

What you need:

- medium bowl
- fork
- tablespoon
- sharp knife
- wooden spoon
- measuring cup
- 1 regular cup
- frying pan/cast iron (opt)
- regular cookie sheet (opt)

- 5 cups flour
- 1/4 cup Tenderflake Lard or Canola Oil
- Pinch of Salt
- 3 cups cold water
- 2 Tbsp of Blue Ribbon Baking Powder

Cook time - 10 min. on each side (when baking in oven)

Preheat oven to 420 F

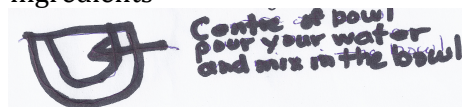
Prep time - 20 minutes

1. In a medium bowl combine: flour, salt, and baking powder. Mix well with hands or wooden spoon.
2. Then add your lard or oil, mix together until flaky.

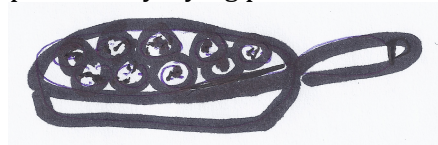
3. Make a hole in the centre of the bowl and add the water into the centre of this hole.
4. Stir all the ingredients together and form a ball, roll out by hand, knead or use a rolling pin.
5. Poke holes with a fork all over your dough of bannock.
6. Use a cup to cut out round bannock if you want.
7. If you plan on frying just omit the lard/oil from the ingredients.
8. Put the lard/oil in a frying pan, heat on medium to fry your bannock.
9. Check and turn over when brown on one side.
10. If baking, place rolled bannock on cookie sheet and place in preheated oven.

ONLY FOR ONE BANNOCK:

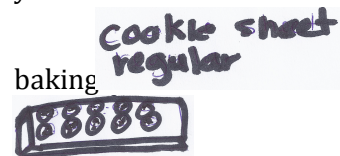
- i. make a hole in centre of bowl with ingredients



- ii. I prefer to fry with oil in cast iron pan but any frying pan will do



- iii. using a cup to make round bannock making sure you poke holes with your fork to make bannock rise while



- iv. using a knife cut squares if you would like before putting bannock in the oven. Make sure you poke holes with your fork to make your bannock rise while baking.



I grew up making bannock as a child. We used cold water because we had no running water. You learn to survive with what you have. This is my bannock.

Forces

I was on course MSE OP 0026 CFB Wainwright.



My Charter of Rights section 9 was violated:

Everyone has the right not to be arbitrarily detained or imprisoned.

Psychological, by definition, is established when the individual has a legal obligation to comply with the restrictive request or demand.

The Armed Forces has a bully mentality. If you have a mind of your own it is not the place for you.

There is no honor in conspiring silence! *



* Photos from The U. S Army's photostream

Zea: Female Nautolan

I was raised on the gas planet Bespin, where members of my community made their living working as engineers in Cloud City's reactor core. On holidays my friends and I would traditionally flock to the Cloud City casinos to play high-stakes sabacc.

I never knew my parents, but I did inherit my strong set of creative abilities from them. Later on I spent

some time with an important mentor, whose guidance left me with knowledge I still use everyday in my professional life.

I remember this one time when I watched a cruel despot destroy my home planet. This had a pretty big influence on me, I guess, because after that I dedicated my life to preserving the memory of my home culture.

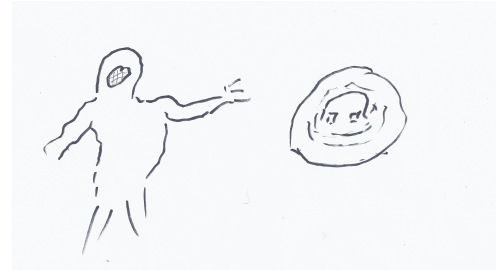
People often tell me I'm a generally relaxed and imperturbable person, I also tend to be adventurous and curious. But the most important thing to me is achievement: I believe that excellence deserves recognition and respect.

I have no abilities whatsoever with the Force, but the Emperor took an interest in me anyway. When he offered me limitless power in exchange for my allegiance, I decided not to answer. You can't get into trouble if you keep quiet. *



My experience with UFOs

UFO sighting: stories of seeing odd lights in the sky, relating encounters with **circular** craft and their occupants – even if sighting has simple explanation.



I have been fascinated with the UFO phenomenon from a young age and have seen sightings. I have also been inside of some kind of strange space craft and have met the occupants. Yet I'm not attempting to convince skeptics of their stubbornness nor inspire believers. *

THANK YOU:

St. John's Institute for your incredible support and generosity! Our learning space is beautiful and comfortably accommodates our growing numbers. The food is super good too.

All the volunteer U of A graduate students and guest facilitators who took turns sharing their understandings, questions, and their time. Your commitment, help, and contributions to the classroom are greatly appreciated.

Community Service-Learning, University of Alberta, for the continued program support.

And of course everyone who brought their curiosity, insight, passion for learning, and enthusiasm to the classroom each week. Thank you also for your contributions to this newsletter.

Thank you!

Musings

Miscellaneous thoughts, ideas, and prose

Power of Words

The right words spoken in the right way can bring us love, money, and respect. While the wrong words or even the right words spoken in the wrong way can bring us pain and misunderstanding

Although we are born with the gift of language we often choose our words without thought. We talk more than we need to, often missing the subtle meaning converged by facial expressions, body

gestures and the tone and cadence of our voice – elements of communication that are often more important than the words we actually say. *

The Chooi Violins

I had the pleasure to see the rehearsal of the Edmonton Symphony Orchestra this week at the Winspear featuring Nikki and Timothy Chooi – both violinists.

The music was inspired by the calm of the rain forests found in the BC

interior. We heard the raindrops on the leaves, the excitement of the many waterfalls from the water sounds, and the roar of the ocean on the West coast as the raindrops whispered into nothing. *

Oh Oh

Oh, oh I sit alone wasting my life away.

Oh, oh I wish a girl will bring a pie my way.

Oh, oh one day I can only pray that life will shine some day. *

Food Value

An important value of food is that it brings people together. When I was growing up we valued having supper together as a family. It would give us a chance to talk about things we did for that day. This helped provide togetherness in our family. *

REXALL PLACE . . .

A new home for all those displaced by Edmonton's revitalization and new sports arena. 400 square feet per person, many

amenities including day old & expired food stores, seven liquor stores, and a needle exchange.

Totally affordable at \$900.00 per month.

First 100 applicants receive a \$100 Safeway gift card and free damage deposit! Apply at @D.KATZ.com for a long, time consuming, and demoralizing form. Only those who qualify will be contacted. *

Our Words:

Following a class on the power of words we came up with a list of some that we like to use - even if they never make it into a dictionary.

I L A N O I T O M E H T N Y S R
 N O I T A C I N O M R A H M R R
 T O M S B A Z W A T Z B O O M J
 E G L R ' Y P V N R G V N T K P
 G N A N K U S R N N M I K X M G
 R I M D ' A O C I J A N R R J L
 A R E S Z M S D H R P I T B L M
 L O W V R O B S B O C A H C O G
 I B A G O M O R T H O Y Q ' R J
 C A F Y U L I K A A A L Y P D D
 I L F D A A A T S B S O E L T P
 O L L ' H D B H R P I T W D M D
 U O E D T N R G S N P N I L ' Y
 S C R W R Z T G K D R P W C B L

Ass-tastic – something that is so gross but so fantastic

Collaboring – team collaboration that is so boring
Dumbding – internal debate/struggle between two choices that are not much different from each other

Gadzooks – to be mentally shocked/startled

Gōcha – a dagger

Gbay – good-bye

Grday – a greeting/great day

Grmorn – good morning

Hairbrain – preposterous

Harmonication – open communication

Integralicious – so much integrity you can taste it
Omsbazwatzboom – A spiritual frequency where grandmothers, grandfathers, and angels can meet

Schooled – when someone has been schooled they have been outdone, or have been put in their place
Shalove – open love without attachment to outcome

S'up – What is going on? How are you?

Synthemotional – expressions of feelings that are insincere, plastic, or not genuine

Waffler – someone who goes on about nothing

Xrichat – Russian word for the sound a bug makes when you step on it

Yoink – Something you say when you quickly and sneakily grab something away from someone