

# Living Matthew 25 MEETING THE NEEDS OF OUR WORLD

A Social Justice E-Publication

## LOOK OUT FOR THE SPIT!!

by Sean D. Krausert



“Look out for the spit!” That was the catchy slogan of my very first social justice campaign. I was in grade four, and it all started on the playground. Near the monkey bars to be exact.

I attended a small country school that only went up to grade five. At recess some of the cool “big” kids perched on the monkey bars while luring some of the little tykes to walk underneath them. Then, the big kids would spit on the younger ones. As for me, I couldn’t stand idly by and watch it happen. So, while chanting “Look out for the spit! Look out for the spit!”, I re-directed all the smaller kids away from the mortal danger of being gobbled on.

Even at nine years old, I noticed (and was bothered by) how many kids were content to just watch while others were spat upon. Maybe they were just glad it wasn’t them. Or, maybe they just took the view that “spit happens.”

Yeah, I didn’t win any popularity contests with the “cool” kids. But then again, if being cool meant spitting on other people, then I didn’t want to be cool. And, as for the little kids, I’m sure they were grateful although they didn’t say so. They just went about their business – taking turns on the teeter totter or riding on the swings. Of course, I didn’t do it for gratitude either . . . it was simply the right thing to do, regardless of what others thought and whether or not I was thanked.

Unfortunately, 32 years later, I see that things are still the same in the world as they were on the playground. There are still the “cool” kids that live purely for their

own enjoyment, and lots of people want to emulate them. However, have you ever considered that those who focus on themselves while ignoring the needs of the world are, in a way, “spitting” on those in need?

I wonder what people are thinking when they see needs to be met and don’t do anything, even a little thing, to help in some way. Maybe they’re *not* thinking; and that is the problem. Whatever the cause, I still can’t stand idly by and watch it happen. And, I continue to not be satisfied with the philosophy that “s\_it happens.”

In creating awareness about those in need, I recognize that I still won’t win any popularity contests. Nor do I expect to be thanked. However, it is still the right thing to do. Even helping one kid – whether on the playground or in Africa – changes our world for the better.

Have a comment? Go to <http://meetingtheneedsofourworld.blogspot.com/>.

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# ALL ALONE AT WORK

by Sean D. Krausert

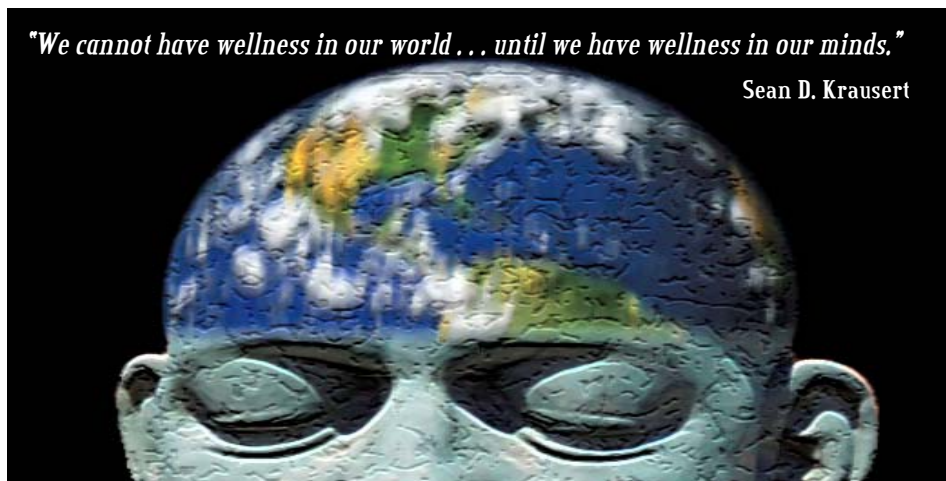
I can still hear the telephone ringing that morning, and I can still feel the panic flowing through me like the high voltage from an electric chair. Funny thing . . . I didn't even know who was calling . . . or if it was for me.

I suffer from anxiety disorder, which if not treated results in constantly being on edge and frequent episodes of panic where one truly feels as if death is imminent. This is difficult enough to handle in the relative safety of one's own home, but next to impossible in the workplace. That's where the telephone was ringing.

That morning was just like many before it – waking up with dread as to what the day would hold; slowly and reluctantly pulling my sorry ass out of bed and into my morning routine; and driving to work wondering if I should just run away and start life over again somewhere else. It had to be better somewhere else, right? Yup, a day just like many before it . . . but little did I know it would be the day I decided to leave the practice of law.

I walked into work and, without even saying hello to anyone, I made a beeline straight into my office quickly shutting the door behind me. To my co-workers I hoped it looked like I had pressing work to get done . . . or that I was running late and just having a bad morning (again). Little did they know I was leaning on the inside of the door trying my damndest to stop the tears from coming and hold the panic at bay. Just then, I heard a telephone ring in the reception area, and I simply couldn't do it anymore. Someone was calling . . . possibly wanting me to do something for them . . . and I had nothing more to give. The tank was empty. Although there are enough lawyer jokes to suggest otherwise, it wasn't the law that was doing this to me . . . it was me.

Anxiety, or any problem – whether it be a mental illness or a physical ailment, can run a person down to the point where they plunge into



depression. Depression is that deep, black pit of despair where you just can't function any longer other than to stew in your own pathetic emptiness. It's not a pretty place to be, and anyone who has been in this place knows it takes a lot of commitment and strength to get out of it. And time . . . you can't just "snap out of it", it's a long haul (more of a crawl, actually) out of the muck.

Why had I let it go so far? First, I'm a man, and men are expected to be strong. The tapes in my head told me I should be able to handle this myself. Second, even if I wanted to talk to someone, who would I talk to? My condition was telling me that I was weak, and that no one would understand what was happening to me. Besides it's not the sort of thing you talk about, especially at work. Third, at some level, I sensed that if I let "the cat out of the bag" I would risk losing the respect of my colleagues, and would likely scare off all of my clients. No, I felt I had to go it alone . . . as I had been for months.

Eventually, I sought the treatment I needed, which was a combination of anti-depressants and talk therapy. While absolutely owning the fact that I am solely responsible for waiting too long before getting treatment, I also recognize that there are very real barriers in our society that were working against me. Myths about mental illness, therapy, and anti-

depressants . . . most of which are false. The resulting stigma then equates mental illness with a shameful weakness, as opposed to the very real medical condition that it is.

I know now that I am not alone and that many more like me are suffering quietly at work this very minute. I eventually found happiness since leaving my job, but it is not necessary that people go to the point of breaking before getting the help they need. We can help one another before it is too late. Whether it be a broken leg, cancer, or psychological ailment – we can be there for family, friends, and co-workers alike. Through educating ourselves and talking openly about mental health, people can get the help they need before the issue gets out of control.

Depression is the leading cause of disability worldwide, and WE can do something about it.

## Editor's Note –

(i) The **World Health Organization** has announced that depression is the leading cause of disability worldwide, affecting about 120 million people at any given time.

(ii) The **Canadian Mental Health Association** had its annual Mental Health Week from May 3<sup>rd</sup> through May 9<sup>th</sup>. To find out more, please go to [www.cmha.ca](http://www.cmha.ca).

Have a comment? Go to <http://meetingtheneedsofourworld.blogspot.com/>.

*Every so often,  
we get the chance to  
be part of something  
HUGE . . .*



## **ROBINHOODTAX.CA**

The Robin Hood Tax is a small tax (0.05%) on the trade of financial transactions (e.g. stock market), which could raise \$650 BILLION PER YEAR to fight poverty and climate change at home and around the world.

Europe loves the idea, Japan loves the idea, the United States is warming up to it . . . but Canada's government has been cold to it so far.  
We can change that.

To find out more and to sign the declaration in support of taxing financial market transactions of the "rich" to provide assistance to the poor, go to:

[www.robinhoodtax.ca](http://www.robinhoodtax.ca)



**SMALL CHANGE FOR THE  
BANKS.**

**BIG CHANGE FOR THE  
WORLD.**

# HOME SWEET HOME

## Government Grant Provides 112 Units of Housing across Alberta

Written by Lindsay Schonfelder  
The Mustard Seed

On March 16<sup>th</sup> The Mustard Seed received \$12 million in funding from the Alberta provincial government to develop 112 units of housing for homeless men and women.

The housing grants will provide new supportive housing initiatives in Calgary, Edmonton and Sundre. All the housing will be developed using a "Housing First" approach.

"Housing First" recognizes that previously homeless people cannot overcome their circumstances until they have safe, secure accommodation. **Once housing is established, supportive services ranging from education or employment training to healthcare support, to life skills training are provided to help make the transition to independent living a successful experience.**

James, a former guest at The Mustard Seed Shelter, was one of the first to benefit from the program. The Mustard Seed helped him find and secure affordable housing and provided him with the furniture and home basics he needed to set up his new home. Mustard Seed Aftercare support workers build relationships with former guests like James and stay in contact with them to help them reintegrate into the community.

James is now looking ahead. "Once I'm settled, I'm



*James, a former guest at The Mustard Seed Shelter, is happy to be getting his life back on track.*

going to start putting money back away in my RRSPs again like I used to and get back to enjoying life . . . I'm getting my life back to normal."

Have a comment? Go to <http://meetingtheneedsofourworld.blogspot.com/>.



*The Mustard Seed is a non-profit Christian humanitarian organization that has been caring for Calgary's homeless for 25 years. Through its three ministry centres across Alberta, it cares for the essential needs of the less fortunate through food, clothing, and shelter provisions, along with education and employment programs, supported housing, health and wellness services, and personalized mentoring.*

**www.theseed.ca**

**Your donations provide hope and comfort to those who have none.**

**Please visit us online to make a donation and learn more about our ministry.**

The Mustard Seed: 102-11 Ave. SE Calgary, AB T2G 0X5 Main Phone: (403) 269-1319 Email: [info@theseed.ca](mailto:info@theseed.ca)



A Social Justice E-Publication

## Since you asked . . .

- (i) **There is no requirement that organizations featured in *LM 25 – Meeting the Needs of OUR World* provide any financial support to the publication.**

Some featured organizations are able to provide a portion of the support needed by *Living Matthew 25* (which is extremely appreciated!). However, there's truly only one requirement of organizations featured in the publication (as chosen by the editor) . . . doing good work with respect to meeting needs in our world.

- (ii) **YES, individuals can make charitable donations to support the work of *LM 25 – Meeting the Needs of OUR World*.**

This publication is an initiative based upon faith . . . faithfully creating awareness of needs in the world . . . and trusting that this ministry will be supported.

If you would like to make a donation to support *Living Matthew 25*, you may do so by sending a cheque made payable to "St. Michael's Anglican Church" with the memo section clearly stating "re Living Matthew 25". Cheques can be mailed to *Living Matthew 25* at:

176 Moraine Road  
Canmore AB  
T1W 1J7

A charitable tax receipt will be issued in due course for donations of more than \$20.

# THANKS!

## 10 EASY THINGS YOU CAN DO TO IMPROVE OUR WORLD

Each month a list of 10 relatively easy-to-do things is provided for your consideration. This month, in keeping with Mental Wellness Week that took place on May 3 - 9, the focus is on things we can easily do to improve our mental health and the mental health of those around us.

- **Be grateful.** We have so much to be thankful for, even when things are not going well. If nothing else, we can be thankful for clean air to breath, the beauty of nature, and the warmth of the sun.
- **Be kind . . . to yourself and others.** Not only do unto others as you would want done unto yourself, but also do unto yourself as you do unto others. Kindness can take the form of a smile, a word of thanks, or any number of forms of compassion and graciousness.
- **Take a mental health day regularly.** It's so important to take time to recharge – having at least one full day off every week and making it a priority to schedule time to do things that fill you up.
- **Go bananas AND eat reasonably while drinking lots of water.** Our bodies are machines that need proper fuel at regular intervals in order to function well – so give your body the fuel it needs. And . . . eat bananas! Bananas are an excellent source of serotonin producing proteins (needed by the brain to function well).
- **Be right here, right now.** The future and the past are often more troublesome and complex than the present moment. Take a breath and just be "now".
- **Exercise.** Physical movement rids the body of stress and also helps bolster serotonin levels.
- **Sleep.** We need regular and sufficient sleep to maintain good mental health. For many, this is easier said than done. If you are having trouble sleeping then get help – which may include creating a bedtime routine, avoiding eating late and consuming alcohol, not watching the news before bed, etc.
- **Clear the clutter.** Literally and figuratively, we must regularly take time to take stock of our lives; and, then, remove those things that are no longer useful.
- **Recognize that mental illness can effect anyone.** Mental illness is no more a sign of weakness than is catching a cold. It can happen to anyone – rich or poor, educated or uneducated, young or old. Let's not be part of perpetuating the stigma associated with mental illness.
- **Get help, if needed.** If you are not feeling well, don't ignore it. Talk to a health care professional.

Share how one of these ideas helped you to improve our world. Go to <http://meetingtheneedsfourworld.blogspot.com/>.

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# IN THE NAME OF JUSTICE

by Sean D. Krausert

Robin Hood is back, or at least I hope so!

According to legend, Robin Hood and his band of Merry Men would rob from the rich to give to the poor. Whether fact or fiction, this would certainly have been welcome by many a peasant in 12<sup>th</sup> century England – most of whom toiled on the land of the nobility, barely eking out an existence, while turning over most, if not all, of the fruits of their labour to their feudal lords. The notion, or reality, of someone redistributing wealth to the hard working poor would satisfy our natural yearning for justice.

Over the last decade or so there has been an international movement afoot to create a model of wealth redistribution which would make Robin Hood proud. In fact, this movement has culminated in a proposed financial transaction tax, to be implemented worldwide, which bears his name – the Robin Hood Tax.

The Robin Hood Tax is a tiny tax (0.05%) that would be applied on all financial market transactions traded through stock exchanges, futures



exchanges or any other “exchange trading”. Although only a miniscule percentage, it estimated that it could raise \$650 Billion per year.

Paid for by the financial sector, the Robin Hood Tax would benefit people around the world. It would fight poverty and climate change at home and abroad. The Millennium Development Goals are to be attained by 2015, and this capital injection would allow the MDG’s to be met and maybe even surpassed. With everyone everywhere having food, clean water, shelter, and health care; Robin Hood would, once again, be ensuring

justice for all.

On March 23, 1999 Canada became the first nation in the world to adopt support of this sort of tax when the House of Commons passed a motion stating – “that in the opinion of the House, the government should enact a tax on financial transactions in concert with the international community.”

Countries and influential people all over the world have now come out in support of a Robin Hood Tax. France, Germany, the United Kingdom, and Japan are but a few of the countries in favour of it. And, United States and Brazil are also getting on board. Academics, economists, and wealthy philanthropists have also voiced their support. However, Canada’s current government has rejected the idea of the tax.

Canada has the opportunity to take the lead again on this issue when it hosts the G8/G20 meetings in Toronto from June 25 -27. I hope it will . . . in the name of justice.

**Editor’s Note** – For more info go to [www.robinhoodtax.ca](http://www.robinhoodtax.ca). Also, check out page 9 for ways to show your support!

Have a comment? Go to <http://meetingtheneedsfourworld.blogspot.com/>.

**Make a world of difference in the lives of these children.**

**www.causekids.ca**

CAUSE Kids provides assistance to entire school communities through food and health programs, purchasing school uniforms, planting school gardens, and making school supplies accessible.

**PLEASE Sponsor a Child Today!**

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(403) 678-3332

# HERE COME THE GRANNIES!

Written by Sean Krausert

Canada, Swaziland, and our world may never be the same. Grandmothers from all over Canada and Africa are mobilizing in the fight against HIV / AIDS.

In Africa, it is often grandmothers who are left to care for their orphaned grandchildren when the parents have died from AIDS. In recognition of this unfortunate fact, grandmothers from across Canada have teamed up with the Stephen Lewis Foundation to support African grandmothers and to turn the tide on HIV and AIDS.

Just a few days ago, from May 6 – 8, 44 grandmothers from across Canada travelled to Swaziland for the 1<sup>st</sup> International Grandmother's Gathering in Africa. The gathering featured 500 grandmothers from all over sub-Saharan Africa coming together to share their stories and support one another. Then, on May 8<sup>th</sup> 2,000 grandmothers took to the streets to march . . . to show solidarity with one another . . . and to call for action around the world to support them as they struggle on the frontlines of the HIV / AIDS pandemic.

The official purpose of the gathering is to create a common agenda for future action and support, and is being organized by Swaziland Positive Living (with support from the Stephen Lewis Foundation). However, the unofficial consequences of such an event are immeasurable. Ellen Monaghan, a grandmother from Alberta, is looking forward to hearing the stories of the African grannies. "I expect to be profoundly touched by hearing all the personal stories and shall come back galvanized into greater action," she states. "My passion is to get as many new groups started in Alberta as possible."

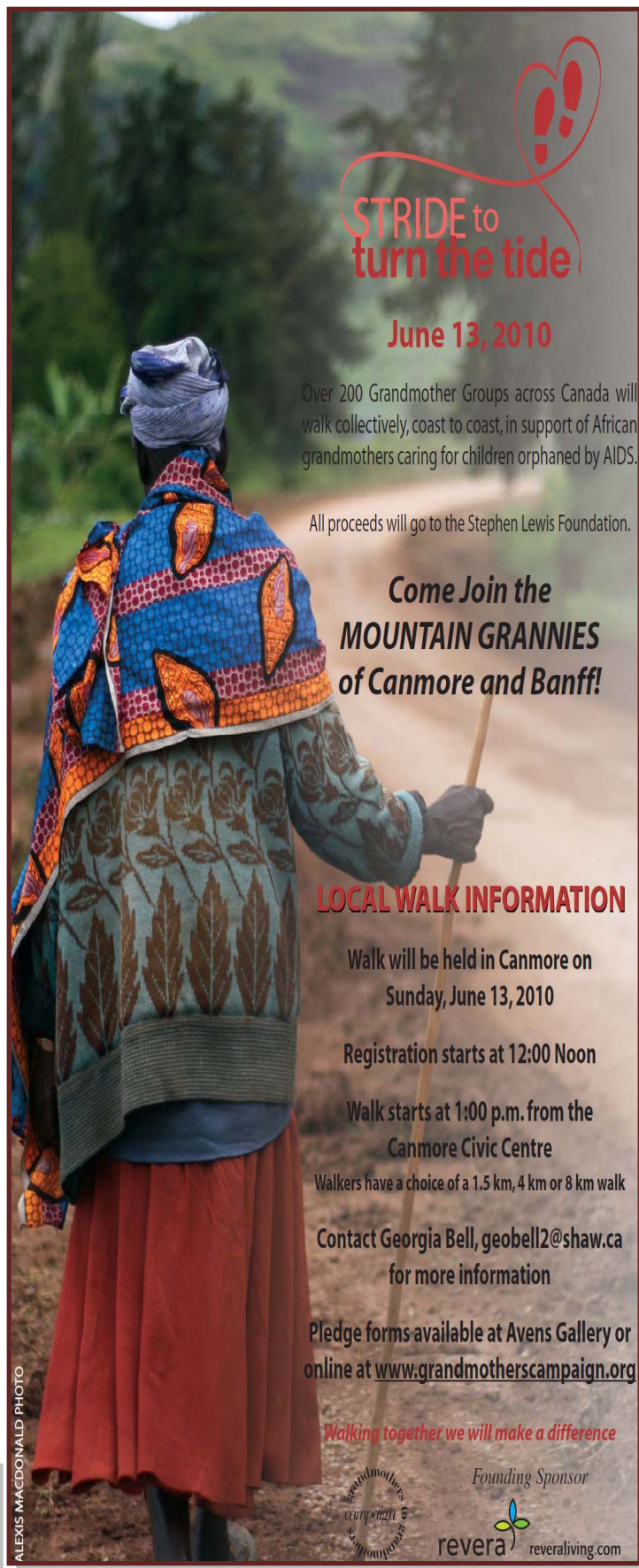
However, the action is not only in Africa. Grandmothers all over Canada are gearing up for a National Walk to be held on June 12 and 13 at various locations throughout the country. Participants will be walking to create awareness about the hardships faced by grandmothers in Africa and others dealing with the tragedy of AIDS, as well as raising funds through pledges in order to support their African sisters. The National Walk is part of the Grandmothers to Grandmothers campaign, with all proceeds going to the Stephen Lewis Foundation.

Ellen Monaghan sums up the grandmother movement in Canada quite nicely – "Many Canadian women are getting involved, raising awareness and funds while at the same time meeting many new dynamic friends and having fun. The rewards of involvement and the feeling of solidarity with the African Grandmothers are major factors in drawing new members to the cause."

Thank God for Grannies!!

**Editor's Note** – To find a grandmother's group near you, please go to [www.grandmotherscampaign.org](http://www.grandmotherscampaign.org) and then look under "Groups" at the top to find the "Map of Granny Groups".

Have a comment? Go to <http://meetingtheneedsofourworld.blogspot.com/>.



**STRIDE to turn the tide**

June 13, 2010

Over 200 Grandmother Groups across Canada will walk collectively, coast to coast, in support of African grandmothers caring for children orphaned by AIDS.

All proceeds will go to the Stephen Lewis Foundation.

**Come Join the MOUNTAIN GRANNIES of Canmore and Banff!**

**LOCAL WALK INFORMATION**

Walk will be held in Canmore on Sunday, June 13, 2010

Registration starts at 12:00 Noon

Walk starts at 1:00 p.m. from the Canmore Civic Centre

Walkers have a choice of a 1.5 km, 4 km or 8 km walk

Contact Georgia Bell, [geobell2@shaw.ca](mailto:geobell2@shaw.ca) for more information

Pledge forms available at Avens Gallery or online at [www.grandmotherscampaign.org](http://www.grandmotherscampaign.org)

*Walking together we will make a difference*

Founding Sponsor  
**revera** [reveraliving.com](http://reveraliving.com)

ALEXIS MACDONALD PHOTO



# SOMETHING REMARKABLE IS HAPPENING

Across Africa, grassroots organizations are changing the course of the AIDS pandemic. In project after project, we have seen lives and hope restored. The Stephen Lewis Foundation funds in a way that avoids red tape, so that your money goes where it's needed most.

**Help us turn the tide of AIDS in Africa.**

The Stephen Lewis Foundation  
260 Spadina Avenue, Suite 501  
Toronto, ON M5T 2E4  
Tel: 416-533-9292  
Toll free: 1-888-203-9990

[www.stephenlewisfoundation.org](http://www.stephenlewisfoundation.org)



## QUOTABLE QUOTES

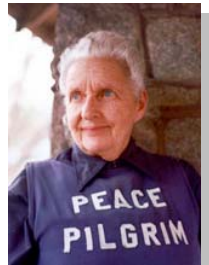
*"Most obstacles melt away when we make up our minds to walk boldly through them."*

**Orison Swett Marden (1850 – 1924)**  
Author



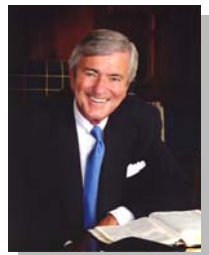
*"If you realized how powerful your thoughts are, you would never think a negative thought."*

**Mildred Lisette Ryder (aka Peace Pilgrim)**  
(1908 – 1981)  
Peace Activist



*"The secret of life is that all that we have and are is a gift of grace to be shared."*

**Lloyd John Ogilvie (1930 - Present)**  
Presbyterian Minister



*"There are times when we must sink to the bottom of our misery to understand truth, just as we must descend to the bottom of a well to see the stars in broad daylight."*

**Václav Havel (1936 – Present)**  
Playwright, Dissident,  
1<sup>st</sup> President of the Czech Republic



*"In the end, we will conserve only what we love. We love only what we understand. We will understand only what we are taught."*

**Baba Dioum (1937 – Present)**  
Environmentalist



*"Each person born into this world has a right to everything he needs. His right, however, is bound up with that of every other creature and gives him no license to grab everything he can without allowing a share for others."*

**Linda Hogan (1947 – Present)**  
Author & Environmentalist



# JOIN THE BAND OF MERRY MEN & WOMEN

*Written by Sean D. Krausert*

There are hard working innocent men, women, and children here in Canada and all over the world that need our help. However, with needs so great, we need a great solution. Now we have one . . . the Robin Hood Tax (*please see the article "In the Name of Justice" on page 6 for more details about this revolutionary idea*).

This is our chance to be part of something HUGE and voice our opinion to the Canadian government . . .

## Step #1 – Find out more.

Go to [www.robinhoodtax.ca](http://www.robinhoodtax.ca) and watch the informative and entertaining 2-minute video, as well as reading the easy to understand details about the proposed tax on financial markets.

Also, you can watch these incredible UK advertisements on YouTube starring Bill Nighy and Ben Kingsley:

<http://www.youtube.com/watch?v=gYtNwmXKlvM>

[http://www.youtube.com/watch?v=M18\\_Yi9hVm4&feature=channel](http://www.youtube.com/watch?v=M18_Yi9hVm4&feature=channel)

## Step #2 – Take 30 seconds to sign the Declaration in support of this idea.

"Click" on the "Take Your Place Now" icon on the right side of the page at [www.robinhoodtax.ca](http://www.robinhoodtax.ca).

## Step #3 – Take 2 minutes to send an e-mail to Prime Minister Harper, Finance Minister Flaherty, and your MP.

"Click" on the "Send a message to Stephen Harper now" icon in the middle of the page at [www.robinhoodtax.ca](http://www.robinhoodtax.ca).

## SMALL CHANGE FOR THE BANKS.

## BIG CHANGE FOR THE WORLD.

Have a comment? Go to <http://meetingtheneedsofourworld.blogspot.com/>.



**Brown Bagging  
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Society**

Healthy Kids. Healthy Minds.



[www.brownbaggingit.org](http://www.brownbaggingit.org)

## Help us, help them.

\$25/mo = School Lunch every day for 1 child

For \$5,000, a business or group can "adopt" a school, and feed 20 children for the entire year.

**Brown Bagging for Calgary's Kids (BB4CK)**  
223 12th Avenue SW  
Calgary, AB  
T2R 0G9

**403.264.7979**

## THE WORST PLACES TO BE A MOTHER

DAKAR, 4 May 2010 (IRIN) - Eight of the bottom 10-ranked countries in Save the Children's annual Mothers Index, which ranks the best and worst places to be a mother, are in sub-Saharan Africa, says the NGO.

Afghanistan, Niger, Chad, Guinea-Bissau, Yemen, Democratic Republic of Congo, Mali, Sudan, Eritrea and Equatorial Guinea form the bottom 10; while Norway, Australia, Iceland and Sweden come on top.

One in seven women dies in pregnancy or childbirth in Niger and one in eight in Afghanistan and Sierra Leone; while the risk is one in 25,000 in Greece and one in 47,600 in Ireland.

*Read more . . . [www.irinnews.org](http://www.irinnews.org)*

## WORLD MUST TACKLE OVER-CONSUMPTION OF ENERGY, RESOURCES, UN PANEL CHAIR WARNS

6 May 2010 – The world is consuming too much energy and materials to sustain itself and the global community must summon the political will to tackle a whole raft of challenges, from mineral extraction to waste recycling to the more than 200 toxic chemicals entering the blood of foetuses, the head of a United Nations commission warned today.

The central question is “how to achieve green and equitable growth and development for a growing population through better management of materials,” UN Commission on Sustainable Development (CSD) Chairman Luis Alberto Ferraté Felice told a news conference in New York “More specifically, how can we de-couple development from resource use?”

*Read more . . . [www.un.org](http://www.un.org)*

*More “Around the World” on page 11 . . .*



## Southern Alberta Land Trust Society

The Southern Alberta Land Trust Society (SALTS) is a locally-based, rancher-driven, non-profit organization with registered charity status, dedicated to preserving the ecological, productive, scenic and cultural values of Alberta's Eastern Slopes, prairie and foothill regions.

[www.salts-landtrust.org](http://www.salts-landtrust.org)

### HOW CAN YOU HELP?

- Become a SALTS Supporter
- Contribute to SALTS
- Volunteer Your Help

(403) 282-7011

[info@salts-landtrust.org](mailto:info@salts-landtrust.org)

P.O. Box 45016 High River, AB T1V 1R7

**DEVELOPMENT AID UP BUT “INCREASINGLY OFF-TRACK”**

DAKAR, 27 April 2010 (IRIN) - Members of the Organisation for Economic Cooperation and Development's (OECD) Development Assistance Committee (DAC) gave US\$121.5 billion in bilateral aid in 2009, reaching a historic high, but the gap between commitments and promises made in 2005 is widening, says the UK's Overseas Development Institute (ODI).

In 2005 DAC donors collectively promised to commit 0.56 percent of gross national income to aid by 2010, but reached just 0.31 percent in 2009, according to OECD's 2010 aid report issued on 23 April.

“Though aid commitments have continued to increase, the rate of increase has dropped off in the past few years...making donors increasingly off-track,” ODI research fellow Alison Evans told IRIN. . . . Recognizing many donors have had difficult years amid financial recession, she continued, “Were these commitments made just for good times? That isn't the case. They were made because of a commitment to reduce poverty globally and boost international development... for those receiving this aid; they are clearly going to be worried.”

*Read more . . . [www.irinnews.org](http://www.irinnews.org)*

**TRAPPED IN SAUDI ARABIA**

May 7, 2010 - In most parts of the world, women can make their own decisions. Mothers can drive cars and daughters can go to school if they wish. They can even board planes and fly to different cities or countries under their own volition.

But not in Saudi Arabia - a country where Nazia Quazi, a 24-year-old citizen of Canada and India, has been trapped because she's a woman.

In November 2007, Nazia flew to Saudi Arabia to visit her father, an Indian citizen who worked there. But after she arrived, he wouldn't let her leave. He was able to do that legally because in Saudi Arabia women live under a "guardianship system," where men make women's life decisions.

There, women need permission from their guardian to take a trip, to attend a university, to marry, and even to undergo certain surgeries. While guardians are often fathers or husbands, a woman's teenage son, younger brother, or abusive uncle could be the one making her most important decisions.

*Read more . . . [www.hrw.org](http://www.hrw.org)*



**Native  
Counselling  
Services of  
Alberta**

Our mission is to contribute to the holistic development and wellness of the Aboriginal individual, family and community.

**Programs**

- Court Workers
- Family Wellness
- Homelessness & Housing
- Residential Schools & Healing
- Corrections & Restorative Justice
- Community Wellness
- Employment
- Youth

Our goal is to continue to strategically plan and deliver culturally sensitive programs and community education through accountable resource management.

**[www.ncsa.ca](http://www.ncsa.ca)**

Calgary	(403) 237-7850 <a href="mailto:calgary@ncsa.ca">calgary@ncsa.ca</a>
Red Deer	(403) 347-4377 <a href="mailto:reddeer@ncsa.ca">reddeer@ncsa.ca</a>
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Brocket	(403) 965-3933 <a href="mailto:brocket@ncsa.ca">brocket@ncsa.ca</a>

# DID YOU KNOW . . . ?

**MAY 3 – 9, 2010 was  
Mental Health Week  
(Canadian Mental Health Association)**

## Falling Through the Cracks

Only 1/3 of those who need mental health services in Canada actually receive them.

*Source: Statistics Canada: Canadian Community Health Survey: Mental Health and Well-Being, 2003*

## That's ALL Folks

20% of Canadians will personally experience a mental illness in their lifetime (depression and anxiety being the most common). 100% of Canadians are impacted by mental illness.

*Source: Health Canada, A Report on Mental Illness in Canada, 2002*

## Show Me the Money!

In Canada, while mental illnesses constitute more than 15% of the burden of disease in Canada, they only receive 5.5% of health care dollars.

*Source: Institute of Health Economics, How Much Should We Spend on Mental Health, September 2008*

## Jumping Jehosaphat!!

As of 2008, it is estimated that the total cost of mental illness to the Canadian economy in terms of health care and lost productivity is **\$51,000,000,000 (\$51 BILLION)**.

*Source: Dewa, CS et al, Chronic Diseases in Canada, 2008*

## ENVIRONMENTAL FACTS, FIGURES, and FASCINATING STUFF

**#1 – Lichen has been used to monitor air pollution.** Usually found on trees and rocks, Lichen is very sensitive to air pollution, and so its presence indicates good air quality.

**#2 – Your residential water heater uses 15% of your home's energy and produces approximately two tonnes of carbon dioxide annually.** Turn down your thermostat on your water heater to reduce energy consumption. Often the level is set unnecessarily high for regular use. If you go on holiday or away for a long period of time, you can turn the heater off since the water does not need to be heated when no one is home.

**#3 – A typical 5-minute shower uses 100 litres of water.** Use a low flow showerhead and you can reduce the amount of water used during a 5-minute shower to 35 litres. You will save water and money on your water bill.

*Source – www.earthday.ca*

*Environmental Factoids provided by:*



Together, WE can build a better  
Canada for our children.  
[www.pembina.org](http://www.pembina.org)

READY . . . SET . . .  
MARK YOUR CALENDARS!!

MAY 2010

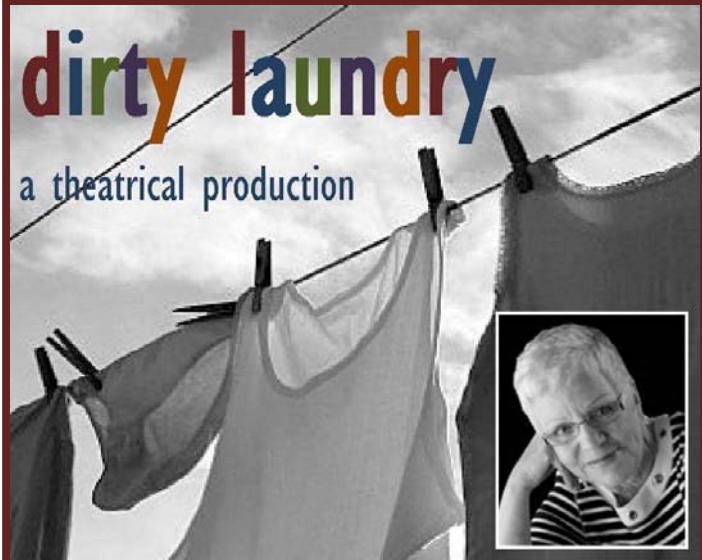
21 – World Day for Cultural Diversity for Dialogue and Development. For more information - [www.un.org/depts/dhl/cultural\\_diversity/index.html](http://www.un.org/depts/dhl/cultural_diversity/index.html).

JUNE 2010

12 – World Day Against Child Labour. Go for the goal . . . end child labour. For more information - [www.ilo.org](http://www.ilo.org).

13 – Mountain Grannies Stride to Turn the Tide. Join grandmothers from Banff and Canmore participate in a National Walk in support for African grandmothers. All proceeds go to the Stephen Lewis Foundation. Walk starts at 1:00 PM from the Canmore Civic Centre (registration begins at Noon). Walkers have a choice of 1.5 km, 4 km, or 8 km. For more information contact Georgia Bell at [geobell2@shaw.ca](mailto:geobell2@shaw.ca).

20 – World Refugee Day. For more information - [www.un.org/depts/dhl/refugee/index.html](http://www.un.org/depts/dhl/refugee/index.html).



**dirty laundry**  
a theatrical production

*Judy's life was unravelling . . . she was on the verge of losing everything – her husband, her kids, her job. She wanted to die. But was this to be her destiny? NO FRIGGIN' WAY!!*

[www.dirtylaundrytheatre.ca](http://www.dirtylaundrytheatre.ca)

**“Dirty Laundry is the most powerful performance I have ever seen.”**

- Jane Kuzik, Canmore AB -

**WATCH THE TRAILER!!!**

<http://www.youtube.com/watch?v=AF-TBkKJzdQ>  
(by clicking here)

If your group wants to bring *Dirty Laundry* to town, e-mail the Producer – [producer@dirtylaundrytheatre.ca](mailto:producer@dirtylaundrytheatre.ca)

A Production of  
**GLOBAL WE INITIATIVES**



# The Primate's World Relief and Development Fund

## The Primate's World Relief and Development Fund (PWRDF)

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## REALITY CHECK

Written by Sean D. Krausert

While my world is always a little weird (it's the way I like it), I'm not feeling too wonderful right now. Might have something to do with waking up to snow on the ground six days in a row . . . in May! But, to be honest, something else is gnawing at me.

I've just heard someone utter the same excuse for not helping others that I've heard a billion times (okay, maybe only a few hundred million times). It's an excuse that is supposed to convey . . . a God given entitlement to "keep" . . . an earned right to put one's self ahead of the interests of others . . . and a philosophy of life that embraces survival of the fittest. It's an excuse that drives me stark raving bananas; albeit, admittedly, I am usually walking dangerously close to this line at the best of times (I like to think of it as the fine line between genius and insanity).

What is the excuse, you ask? Well, I'll tell ya. Brace yourself . . . "But I work hard for my money." Okay, after all that build up, maybe you were expecting some swearing or rude hand gestures?

To be honest, when I hear this I feel like someone has just "flipped the bird" to the world's poor (pardon my avian vernacular). You'll see what I mean when we unpack this statement a bit.

First of all, there's the very strong implication that others (i.e. those without money) are not working hard. This is so wrong on so many levels that I have difficulty knowing where to start. What about the fishermen off the coast of Louisiana whose livelihood is in jeopardy due to the unfortunate ecological disaster that happened in the Gulf of Mexico? What about those who work tirelessly and with the patience of Job to assist children with developmental difficulties and are paid a pittance for their Herculean efforts? What about the millions of hardworking people laid off due to global economic crisis?

Second, this excuse perpetuates the myth that hard work is the key to financial success. I beg to differ. What about the good fortune of living in the land of opportunity as opposed to an impoverished developing nation? The hardest working person I ever met was a 16 year old Sierra Leonean boy named Joseph. Joseph lived at an orphanage near the beach and during the day he

went to school, did chores (like cleaning the entire beach himself), and helped with the other kids. At night, he studied by candlelight. However, despite his efforts, Joseph will never be far from poverty. He lives in one of the poorest countries in the world, and he is ostracized by society due to having been forced to be a child soldier for 7 years of his young life. Despite working harder than most North Americans, Joseph will never achieve a standard of living greater than one living in the slums. In fact, one need not go to Africa to find people who will likely not be able to work themselves out of their situation – what about those born into the ghetto or onto the reserve?

Third, underlying this excuse is the belief that we are each responsible for only ourselves, and not for others. While I still wouldn't agree with it, this might have some credibility if we could each control all the variables affecting our lives. But we can't. Those "with" today may be "without" tomorrow due to no fault of their own. What about doing unto others as we would want done unto ourselves?

Please, use your hard earned money to help others today . . . you may be the one in need of help tomorrow.

Have a comment? Go to <http://meetingtheneedssofourworld.blogspot.com/>.



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