

PROJECT  
PLOUGHSHARES  
CALGARY

# Peace News

DECEMBER 2013/JANUARY 2014



The Mennonite Central Committee in partnership with Project Ploughshares and the Calgary Centre for Global Community present  
**An Evening of Storytelling with Richard Wagamese**  
Friday January 24, 2014 ~ 7 - 9:00 PM  
St. David's United Church, 3303 Capitol Hill Cr NW

Everyone is invited to an evening of stories with author **Richard Wagamese**, one of Canada's foremost Aboriginal authors and journalists with a career spanning 30 years. Richard will be celebrating and exploring Aboriginal identity and culture in light of the history of Residential Schools. He has written several books, including the critically acclaimed *Keeper'n Me* and *One Native Life*, a collection of essays. Wagamese is also an advocate for the homeless and in 2010, received an honorary doctorate from Thompson Rivers University. He is an Ojibway from the Wabaseemoong First Nation in North-western Ontario and currently resides in Kamloops, BC.

We are located:

Parkdale United  
Church  
2919 8<sup>th</sup> Ave NW  
T2N 1C8

403-270-7366

Office hours:

Mon Tues & Thurs  
9:30 am - 2 pm

Wed 12 - 4 pm

## Holiday Peace Fair November 23, 2013 at Parkdale United Church

This year's Peace Fair was a huge success, with both vendors and attendees enjoying the bright and open space at the new venue - Parkdale United Church. Our thanks to Parkdale, and of course to all our volunteers, without whom the Peace Fair wouldn't happen!

First of all, a huge shout-out of appreciation goes to the Coordinating Committee: **Shahin Bhura**, the Peace Fair Coordinator; **Meryl Arnott**, Project Ploughshares Table Coordinator; **Karen Dickson and Lorna Green**, Kitchen Coordinators; and **Helen Negrave**, Volunteer Coordinator.

We would also like to acknowledge the following volunteers. Your time and efforts are so very much appreciated - and essential! - to the smooth running of the Peace Fair.

**Bill Anderson, John Backhouse, Ash Khan, Marion Jorgensen, Kathleen Hatfield, Margaret Fitch, Jean Reid, Janet McKinnon, Kristen Cathers, Dave Green, George and Trudy Steber, Jan Craig, Veronica Kanaszyc, Brian Langan, Mary Clark, Bev DeLong, Lynn Nugent, Chris & Carl Svoboda, Larry Negrave, Joye Brown, Marya Jarvey, Jack Wilkes, Donna Fallon, Peggy Raitt, Ruth Huggins, Jessica Huggins, Ida Wyllie, Anne Waller, Penny Young, Brooklyn Cottier, Lee Wertzler, Isabel Miller, Sandra Zazalenchuk, Ross Purvis, Maureen Ewasiuk, Geoffrey Belleth, Kerry Duncan-McCarthy, Bruce Clark, Tracey Braun, Lena Osman, Bill Dickson, Garry Fry, Sally & Bob Hodges.**





## Alternate Remembrance Day Ceremony November 11, 2013, 2 - 3 PM at the Calgary Community Peace Pole

Tracey Braun, a Ploughshares board member, presented a very moving ceremony based on people's stories about the personal impacts of war. The focus was on the voices of peace: those who have fought and learned that war is not the answer; those who have refused to fight; those whose home, bodies became battlefields; and those who have never stopped working for peace. .

## Conversations on Peace & Global Citizenship Project Ploughshares and the Calgary Centre for Global Community Wednesday November 13 7 - 8:30 PM "Creating Peaceful Homes: Planting Seeds for Humanity"



Mahendra Singh and Naomi Terner did an amazing presentation on Peaceful Parenting, with some of the following key points:

- ◆ Children are born with an innate desire to live with justice, do good work and behave well, and to speak the truth. It is our responsibility to provide the proper environment and content so that they can have knowledge of justice, truth and good work and behaviour and be able to live this knowledge out in their daily lives. It is up to us to show them a living example.
- ◆ Children want to be heard, be understood, to feel related, and explore the world around them through their curiosity.
- ◆ It's important to develop balance in all aspects of our lives in order to teach our children well. This includes physically, psychologically, emotionally, socially, ecologically and spiritually.
- ◆ Peaceful parenting is a way of understanding that can be cultivated, and ensures a state within that is calm and filled with peace, unaffected by outer circumstances and situations. We are then able to approach our children with that centeredness, rather than constant emotional fluctuation.
- ◆ Children need to develop the trust that we are always there to understand them (no matter what) - then children can feel safe to make mistakes and learn. With trust, they are inclined to cooperate. Punishment erodes closeness - they don't feel understood and don't feel you are there for them.
- ◆ It's very important to engage in dialogue with your children. Ask them questions to encourage them to analyze, make connections and think for themselves. Avoid 'do's and don't's'.
- ◆ Children are learning to understand and regulate their emotions. The only way we can help them is by regulating our own behaviour, language and emotions. Proper understanding is the base.
- ◆ Are we reacting or responding? It's not about how our children act, but about how we respond. Be mindful - pay attention to what you are feeling when your child is frustrated or having a tantrum. Children observe us and they copy our expressions, our speech and actions. We are setting an example every moment.
- ◆ Remember that everything a child does is with good intentions. They need our help. Every moment is an opportunity to reflect, grow, transform and model to our children.
- ◆ Changing the way we parent can change the course of human history and create a just, fearless and peaceful world!



## First Annual Calgary Toy Audit Results

Eleven Calgary toy stores and toy departments were recently visited by volunteers from Project Ploughshares Calgary. The toy store shelves were examined for violent and non-violent toys and games, books and videos. We looked for games and toys that encourage the use of weapons (historical and modern) for solving conflicts; we looked for how the message was communicated on packaging; we checked the location of toys and games on shelves and in displays; and we checked to see if video sections were following the Alberta ranking and age appropriate rules.

Project Ploughshares will be giving **Certificates of Merit** to all stores ranked **Excellent**:

**Excellent:** Once Upon a Child, Ten Thousand Villages, and Monkey Shines

We also **commend** Castle Toys, Discovery Hut, and Graphic Kidz as very good places to shop.

Livingstone and Cavell was rated as a **good** place to find toys. They have a large assortment of military figures, but in general the toys are nonviolent in nature.

Toys R'Us, Indigo and Sears are rated as **acceptable**, although the percentage of violent toys was higher than at the stores noted above.

Wal Mart( Westbrook) shows up as **unacceptable**. There was a very high percentage of violent toys geared towards boys. The video game section was predominantly violent, with many graphically violent games at the eye level of a toddler.



## 2020 Vision for Humanity Symposium Saturday November 2, 2013 at Parkdale United Church

**Recommendations**, subdivided by small group sessions from which they arose. If you are drawn to any of the following activities, please get in touch with the facilitators from each of the 4 groups to further discuss how you can play a part. The following is a very brief synopsis of the ideas and action plans that came out of the Symposium, so please do get in touch if you would like further information, or want to get involved.

### **Recommendations from group facilitated by Bev Delong: (bevdelong@shaw.ca)**

#### **Next Steps on Nuclear Disarmament**

1. Encourage banks and pension funds to divest from corporations involved in nuclear weapons production
2. Raise public awareness of essential information on nuclear weapons, particularly their lack of utility for warfare.
3. Organize the next Hiroshima/Nagasaki Remembrance for August 2014.
4. Take steps to ensure that the need for the elimination of nuclear weapons and the important international work done in that regard are effectively covered in the Alberta Learning curriculum for Social Studies.

### **Recommendations from group facilitated by Brian Seaman: (brianseaman@yahoo.com)**

#### **Expanding Democracy and Engaging People in Critical Thinking**

1. There are other ways to effect policy change; eg. getting involved in community groups and lobby groups.
2. The electoral process needs to be reformed to allow for on-line voting. An entire generation has come of age with the reality of the Internet, social media, online banking, etc. so there already exists a digital culture that is used to doing business on-line and socializing on-line. It only makes sense to provide people with on-line voting, at least as an option.
3. New media allows us to connect with and maintain connection with people from diverse cultures and different countries. This is one way to ensure dialogue outside of the "Fear Culture" that mainstream media feeds into. In order to develop a critical capacity, people need to get off the mainstream media grid for a while.
4. Form local community action groups that cut across social, economic class, ideological differences, and other differences to work together on issues of common concern: eg. more green spaces, recreation, safe streets, etc.

### **Recommendations from group facilitated by Saima Jamal: (saimacool@hotmail.com)**

#### **Making Peace Mainstream in Calgary**

The Peace community will collaborate with the oil and gas community to work on a project of mutual choice that would bring transformative attitudes and ideas in each other.

### **Recommendations from group facilitated by Arthur Clark: (awcimp@shaw.ca)**

#### **Making Calgary a more inclusive society and a City of Peace**

The following ideas are to be considered for actualization over the next year and reported at the 2020 Vision Symposium in 2014:

1. Use the concept of "Creating Change and Treating Trauma with Yoga" presented by Nicki Mosely to bring Calgarians together in a conscious process of healing themselves, fostering inclusivity in Calgary, and making Calgary a city of peace.
2. Connect with the "Silk Road for Peace" project by providing support for at least three Calgarians to experience the evolution of the project – joining the next tour led by Jorg – and thereby becoming lifelong ambassadors for the goals of the project in Calgary. Their experience would be reported at the 2014 symposium, and they would connect with the project to make Calgary a more inclusive society and a city of peace.
3. Connect with older Calgarians for their stories, including their memories from times of war, to make Calgary a more inclusive society and a city of peace. Their concerns about nuclear weapons and their memories of the Cuban Missile Crisis of October 1962 would also be appropriate interview topics. The current Human Voice Project at CCGC and Studs Terkel's project that led to his book *The Good War* are useful references for this.
4. Connect with the Calgary Catholic Immigration Society to bring cultures together and explore "second language" learning; and to foster a more inclusive society and promote Calgary as a city of peace. The details of the project should be worked out with the Calgary Catholic Immigration Society.



**Project Ploughshares Calgary**  
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 office@ploughsharescalgary.ca



“If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work.”

— Thích Nhất Hạnh, *Being Peace*

Special thanks to Karen Huggins & Sally Hodges for their work writing and editing this issue of the newsletter.

## Calgary Office News

### MAKE A DIFFERENCE. Donations



We received **\$595** during the month of November from individual donors. When you're planning your charitable donations, please think about Project Ploughshares and give generously! We value your contributions, and would like to thank all those who continue to contribute big-heartedly to support Project Ploughshares. We can't continue to do the important and meaningful work of peacebuilding without you!



### Project Ploughshares Calgary

Yes...I am interested in supporting the peace work of Project Ploughshares!

- \$50
- \$100
- \$250
- \$500
- \$1000
- Other Amount (Specify) \$ \_\_\_\_\_
- I'd like to make a monthly donation of \$ \_\_\_\_\_
- I'd like to volunteer

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Donation Options:  Cheque  PayPal  Cash

**Make cheque payable to Project Ploughshares Calgary or go to [www.ploughsharescalgary.ca](http://www.ploughsharescalgary.ca) to make your payment via PayPal.**  
**Please mail completed form with donation to:**  
**Project Ploughshares Calgary, 2919 - 8 Ave. NW, Calgary, AB T2N 1C8**



### Holiday Office Closure - December 11 - January 5

Emails and messages will be checked once a week during this time, but Karen will not be in the office.

Enjoy the season with your family and friends!