FEBRUARY 2017

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THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER

BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

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BD Feb 2017

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* According to the 2016 RBC Canadian Water Attitudes Survey

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Beddington Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	403-237-0654

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BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

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Beddington Heights Community Association
Membership Application

Name: _____
Address: _____
Postal Code: _____
Telephone: _____ Email: _____
Family Member's Names / Ages: Name Age
_____ _____
_____ _____
_____ _____
_____ _____

Send to: 375 Bermuda Drive NW, Calgary AB T3K 2J5 or purchase online at www.beddingtoncommunity.ca
Membership: $20

MESSAGE FROM THE BOARD

Thank you to everyone that came out to the Winter Carnival. It was great to see so many smiling faces and folks trying out skating for the first time with free skates from the Skate Shack. A special thank you to all of the volunteers who help out to make it a success, especially Megan who took on the event planning! Without volunteers, events like this wouldn't happen. There will be plenty of other opportunities this year to help out if you have a few extra hours.

After a wonderful break for the holidays, the BHCA Board met in late January for a planning session to help establish priorities, projects, budgets, and events for the next 3 years.

Watch for more information in the March banner. If there are particular projects we are going to be working on that you are interested in, we always welcome help, whether you can give back a few hours or a few days.

Email bhca@beddingtoncommunity.ca if you would like to be added to our volunteer email list.

www.facebook.com/BeddingtonHeightsCommunityAssociation

Beddington CA

WANT TO HELP START A COMMUNITY BOOK CLUB?

Do you love to read? Do you want to meet people in your neighbourhood? Cindy moved to our neighbourhood in the summer and is looking for some other avid readers who want to help her start a book club. She was a part of a successful book club in the last community she lived in and would love to get one started here. Please send a message to bhca@beddingtoncommunity.ca if you'd like to help her with the planning.

Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.

News from the Friends of Nose Hill

by Anne Burke

Calgary has over 8,000 hectares of parkland and natural areas, including 800 kms. of pathways. Public off-leash areas are also multi-use, so let's share these spaces. It is illegal to harass wildlife in parks and natural areas. Keep dogs on leash on paved pathways, even in an off-leash area if wildlife are near. Better to be safe than sorry. Keep your dog away from porcupines and coyotes.

Conservation in an urban world means protecting natural areas, according to Alberta Wilderness Association guest speaker Chris Manderson, urban conservation lead for the City Parks Department. He explored how Calgary has been shaped by its natural environments and, in turn, how they are impacted by a growing city of 1.2 million in an urbanising world. Although Calgary is blessed with a rich fabric of parks and protected areas, he acknowledged some of the new challenges and approaches to protecting Calgary's natural heritage. The Alberta Wilderness Association is a non-profit, federally registered, charitable society since 1965. Dedicated to the completion of a protected areas network and conservation of wilderness, the group has a provincial office and resource centre in Calgary, active members, volunteers, and sponsors in Alberta and beyond. Go to: www. albertawilderness.ca.

Since 1996, communities have had the option to pay a public tax for enhanced landscape maintenance in parks and other green spaces.

Usually, community associations and residents organizations are responsible for overseeing irrigation, weed management, mowing, trimming, and clean-up. The levy per household ranges from $39 to $219. City-wide standards for local parks were reviewed. If a $5 levy was added city-wide, the increase would not be enough. Instead, the Canada 150 banner/flower pilot program in 16 communities will be extended for another two years and possibly expanded. Using native plantings instead of annuals would help reduce cost and watering. The City will ask for feedback, partner with garden and community groups, and explore options. The focus will be on community entrances, major intersections, and open spaces. The plan is to introduce flower beds and street light banners in each community. The aim is to add 20 communities a year, while 14 communities were involved in the This Is My Neighbourhood program. www.engage.calgary.ca/TIMN.

Alberta Ecotrust announced a 2nd annual Environmental Gathering: "Breaking Through",Feb. 23 – 25, 2017 at the Shaw Conference Centre, in Edmonton. Details are at www.albertaecotrust.com.

Volunteers Needed

Beddington Outdoor Skating Rink

We are looking for volunteers to help with the outdoor rink for the 2016-2017 season. We are getting organized early so we can start flooding as soon as it's cold enough!

Make a difference in your community!

Volunteer a few hours a week assist with flooding and maintaining the ice.

Volunteering is a fun, easy and social opportunity that provides the community the opportunity to socialize with friends and neighbours while keeping our skating rinks flooded, clean and well cared for!

Contact Ilona with the **Beddington Community Association** at **rink@beddingtoncommunity.ca if you would like to help out.**

BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

BOARD MEETINGS

Fourth Tuesday of the month (except Dec/July).

7 p.m. start in upper board room at Community Theatre Building (former Community Centre)
Open to all BHCA members and the Beddington community.

Plantar Fasciitis

Causes and Treatment Options

By Dr. Alma Nenshi, Family Chiropractor

Chronic foot pain is no fun, and can spoil your enjoyment of life. One of the most common causes of pain in the feet, affecting nearly two million people yearly, is plantar fasciitis, an inflammation of the plantar fascia ligament that connects the heel bone (calcaneous) and the toes. This ligament is composed of fibrous bands of tissue, and runs along the entire bottom of the foot supporting 26 bones, 33 joints, 107 ligaments and 19 tendons and muscles during standing and movement. Plantar fascia may become inflamed when tiny tears occur in these delicate tissues.

The most common symptom of planar fasciitis is a burning or aching pain on the bottom of the foot in the mornings, often near the heel. The pain tends to decrease with activity, but may recur after periods of walking or standing. Half of people diagnosed with plantar fasciitis say that their pain is constant; 90% say that it hurts when they press on the area around the heel.

There are many potential causes of plantar fasciitis. Overuse during exercise or physical activity is one of the most common, and athletes who run, jump, or perform other repetitive movements that put pressure on the feet are prone to this condition. It may also be caused or aggravated by arthritis and diabetes, especially in the elderly. Wearing the wrong shoes or shoes with little or no arch support or cushioning can put strain on the tendons and, over time, cause plantar fasciitis symptoms. Improper footwear is even more likely to be a cause if you have flat feet, high arches, overpronation, or underpronation. Being overweight can also place additional strain on your feet that can lead to foot, ankle, knee, hip and back pain symptoms.

Whatever the cause, plantar fasciitis can take all the fun out of walking or even moving around easily. More important, it is a condition that should be diagnosed and treated early, before it becomes more serious. Traditional medical treatments tend to focus on reducing the pain (via anti-inflammatory medications such as Ibuprofen or more serious pain relievers) and alleviating pressure on the heel. Unfortunately, this regimen does not address the potential causes of the disorder. For many, chiropractic adjustments of the feet and related joints (in addition to traditional approaches such as icing and avoiding for a time the movements that seem to exacerbate the pain) may help to restore a proper range of motion, and thus remove the cause of the problem.

More advanced computer technologies like our GaitScan measures how you walk or run and can provide valuable data for the accurate diagnosis and treatment of your symptoms. Custom orthotic therapy is often covered by health insurance plans. Our modern slim but supportive custom inserts are not only comfortable and fit easily into your shoes, but they outperform popular over-the-counter cushion inserts by both relieving pain and preventing future occurrences of it. Combine this with appropriate lifestyle modifications, anti-inflammatory diets and Frequency Specific Microcurrent therapy that clinically reduces inflammation and pain while healing scar tissue, tears and adhesions in the fascia, and you've got a recipe for success!

Of course how quickly these therapies may provide relief depends on each individual case, but relief can be found. Mention this article to receive a free computer GaitScan assessment and consultation to help you diagnose the root cause of your plantar fasciitis symptoms ($50 savings!)

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre
Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are *very* popular! Register at https://shop.lego.com/en-US/minibuild-registration

Mar. 3 – 18, The Urban Jungle Book at Story Book Theatre
Michael is a foster childwith a vivid imagination. Whenever the world gets a bit much for him, he retreats into the amazing world inside his head, and the people in his life become the characters from his favourite story – The Jungle Book. Recommended for ages 6+, tickets at www.storybooktheatre.org

Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre
One theatre, four evenings, ten one act plays, a diverse array of local artists. The One Act Play Festival is sure to delight regular theatre goers and the newly curious alike. $15 adults, $12 students/seniors. Tickets at www.pumphousetheatre.ca

Mar. 16, Hodgetwins at the Laugh Shop
These American identical twins have some the most popular channels on YouTube with over 600 million views. Enjoy the edgy sense of humour of these handsome siblings while having a drink at this comedy hotspot. Adults only, $29.95. More info at www.thelaughshopcalgary.com

Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre
Get pre-season deals on the best outdoor gear and travel experiences at this exciting two-day event featuring hundreds of exhibitors. Discover hiking, running/triathlons, camping, kayaking, canoeing, and adventure travel, plus be inspired with seminars from seasoned travelers and experts. More info at www.outdooradventureshow.ca

Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome
The C of Red is calling! Don't miss your Calgary Flames live in action at the Scotiabank Saddledome on March 31st as they take on San Jose Sharks! Tickets start at $29. More info at www.scotiabank.saddledomecalgary.com

MARCH MARCH

MAR. 3 – 12
THE BIG TASTE FOODIE FESTIVAL

Calgary's premiere dining festival offers splendid lunch and dinner options at over 60 downtown restaurants, ranging between $15 for lunch and $65 for a gourmet 5 course dinner. More info at www.calgarydowntown.com/the-big-taste

MAR. 7
AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL

Playing tracks from their newest offering titled Kings And Kings, the album features some of the band's best "guy" friends from the world of roots, blues and country. One night only, tickets $32.75-$62.75. More info at www.artscommons.ca/WhatsOn/

MAR. 23
GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN

Poppy Innovations is thrilled to launch their 'cooking from scratch' series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. Price includes all food and supplies featuring flatbreads from around the world! More info at www.poppyinnovations.ca

AHS Public Health Forum Invite

Alberta Health Services (AHS), in partnership with Alberta Health, is initiating conversations across Calgary and Central Zones to look at the delivery of health services in 2031 and beyond.

A public blog on AHS' website invites all community members across both zones to share their perspectives and participate in conversations about how healthcare could be structured in 15 years.

The blog site builds upon in-person meetings that have taken place across both zones through late November and early December. These included visioning sessions, smaller group workshops and meetings that involved community members (including individuals typically under-represented in formal engagement activities), health partners and stakeholders. They were asked to examine ways to co-design and co-deliver a sustainable, quality health system that promotes healthy communities and provides appropriate access to services, programs and facilities across Alberta.

"We are exploring new, innovative ways to structure and deliver care," says Lori Anderson, Senior Operating Officer at the South Health Campus. "It's important that we work together because the healthcare model of the future involves more community-based services and shared opportunities between AHS and community partners."

Projections of health service delivery in 15 years show an increase in older demographics and more chronic health conditions.

"In the healthcare system of the future, the emphasis needs to be more preventative with proactive measures that will keep all Albertans, including our children and grandchildren, healthier," says Larry Albrecht, Chair of the Prairie Mountain Health Advisory Council. "It's also expected that health services will be more community-based."

Opportunities for community member input will continue throughout the year-long planning process. The feedback and ideas will contribute to informing a high-level health system strategy proposal, which will be further developed in 2017.

AHS is currently focusing long-range planning efforts on Calgary and Central Zones. Similar planning in Edmonton Zone is ongoing. Long-range planning for North and South Zones will follow. For more information on how you can be involved, please contact community.engagement@ahs.ca or join the conversation at www.ahs.ca/longrangeplanning.

Groundhog Day

Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.

NEW FRIENDS & NEIGHBOURHOOD GROUPS

Calgary Immigrant Women's Association

- Practice English and make new friendS
- Personal story-telling
- Community resources information
- Field trips and guest speakers
- Sessions run from September to December and January to June
- Join anytime • Free childcare (6 months - 6 years)

Beddington Group meets
Tuesdays 1-3PM (Sept 13 - Dec 13)
16 Bermuda Drive N.W
(Agape Language Centre)

Contact: Debra Colley at (403-444-1752)
or debrac@ciwa-online.com

BRAIN GAMES SUDOKU

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5	1	4	8					
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FIND SOLUTION ON PAGE 14

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- ✦ Free announcements: lost/found, household items for sale, wanted, garage sale, student/ senior services, etc.
- ✦ Forty word limit

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

VOLUNTEERS NEEDED: The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.

VOLUNTEERING....
Good for the Soul

KEYBOARD SHORTCUTS

TO DO THIS:

Change the case of the letters
SHIFT +F3

Format all letters as capitals
CTRL+SHIFT+A

MLA Calgary-Mackay-Nose Hill
Karen McPherson
Current Member
(403) 215-7710
calgary.mackay.nosehill@
assembly.ab.ca

Since the beginning of the year I've had the opportunity to meet with many constituents at both our Lunar New Year Open House on January 28th at my constituency office and the SMB Town Hall I hosted on February 2nd. I really appreciate the time people took to come out and connect. I always look forward to meeting with constituents and hearing your feedback. If you missed either event and would like information about government programs and services, please contact my office or visit www.alberta.ca.

I was also so pleased to spend time with many of you at events in January such as the many Lunar New Year Celebrations in China Town, the Bedddington Heights Winter Carnival and the various community association meetings. Did you know that each community in the Calgary Mackay Nose Hill riding has a skating rink? Huntington Hills has an indoor rink (with lots of hockey) and the others are seasonal outdoor rinks. Winter can be a challenging time to enjoy the outdoors so I'd like to encourage you to join me in lacing up your skates and checking out our community rinks. I can't think of anything more Albertan than skating outside! It is great to see how many dedicated residents volunteer their time to maintain the ice rinks for people to enjoy.

Our government is working hard to help the many Alberta families impacted by low global oil prices and who are facing challenging times. Through Alberta Works, Albertans can access a range of career and employment services, whether they are making career transitions or looking for employment. Alberta Works also helps Albertans with low incomes cover their basic costs of living. To learn more about programs and services that may be available to you, I encourage you to call the Alberta Supports Contact Centre (1-877-644-9992) and make an appointment.

Once again, please feel free to contact me by email at calgary.mackay.nosehill@assembly.ab.ca, by phone at 403-215-7710 or drop by the office at #106, 8220 Centre Street NE, beside First Calgary Credit Union.

BRAIN GAMES SUDOKU

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5	1	4	8	3	2	7	9	6
6	9	8	1	7	5	2	4	3

Trivia

Black History Month

The 21st Black History Month is celebrated this February, it was formally recognized following a motion introduced in the House of Commons by the first black Canadian woman elected to Parliament, the *Honourable Jean Augustine.*

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Beddington Heights. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Beddington area with quality work happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

The Pathway Church
375 Bermuda Drive NW
Beddington Heights
Community Arts Ctr.
Ph: 587-581-1858
www.thepathwaychurch.ca

Sunday Services at 11am and Bible Study at 10am

Beddington Heights mybabysitterlist

Name	Age	Contact	Course
Alexandra	34	587-716-3894	Yes
Angeline	14	403-275-0344	Yes
Bella	16	403-969-2072	Yes
Brittney	19	403-464-0213	Yes
Cameron	13	403-455-0142	Yes
Kasandra	27	403-483-1788	Yes
May	55	587-968-0782	Yes
NIkkita	25	403-826-8917	Yes
Rebecca	14	587-223-6730	Yes
Sabrina	17	403-512-3171	Yes
Winner	18	587-893-2935	Yes
Zara	24	587-703-9212	Yes

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: *We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.*

Councillor, Ward 4
Sean Chu
403-268-3727
ward04@calgary.ca
www.calgary.ca/ward4
www.seanchu.ca

Greetings Residents,

Free family fun for the holiday weekend

Family Day weekend is a perfect time to slow down, reconnect with loved ones and create lasting memories together. Finding holiday activities everyone will enjoy can be a challenge, but this year it will be a walk in the park.

The City of Calgary will be hosting a free We Are Family event on Sunday, February 19 from 1 to 3 p.m. at the Inglewood Bird Sanctuary. Bring the kids for a fun-filled afternoon of nature games, wildlife crafts, scavenger hunts and more. Enjoy a guided walk around the park or try out our spotting scopes to catch a glimpse of the sanctuary's high flyers.

Don't miss this exciting event perfect for the whole family.

For more information, visit calgary.ca/parksevents.

Sunny side up! New map shows the solar potential of your roof

Wondering about the potential amount of sunshine on your home's roof and how it compares to other homes? Check out the City of Calgary's https://maps.calgary.ca/SolarPotential/ to find out!

The new map is intended to be a starting point for Calgarians who are curious about the viability of solar as an energy source for their particular home or building. Using data collected in 2012 and 2013, the map shows all buildings in Calgary's city limits and their varying degrees of solar exposure, on an annual basis, in generalized optimal conditions.

"The solar potential map can be the first step in determining if a solar energy system could work on your home," says Liz Findlay, manager of Geospatial Business Solutions, the group who created the map. "People considering a solar installation should contact a solar system professional to conduct a thorough assessment for their particular building and location."

The best place to look for solar professionals is the Canadian Solar Industries Association (CanSIA), which has an online member directory.

Solar energy isn't just for homes. Various City facilities already have solar systems installed to off-set some of their electricity needs and costs. You can find the particular locations on the solar potential map using the information icons on the map or scrolling through the project listings on the left side bar. To find your home on the map, simply type your home address in the search bar.

Visit maps.calgary.ca/SolarPotential/ to check out the City of Calgary's new Solar Potential Map.

Cheers,
Councillor Sean Chu, Ward 4.

Beddington Real Estate Update

Last 12 Months Beddington MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	$370,000	$346,000
November 2016	$417,500	$401,250
October 2016	$339,500	$329,500
September 2016	$336,250	$339,000
August 2016	$397,900	$387,500
July 2016	$346,950	$332,750
June 2016	$399,900	$380,000
May 2016	$399,888	$390,000
April 2016	$375,000	$364,000
March 2016	$315,000	$310,000
February 2016	$419,900	$409,750
January 2016	$394,450	$380,000

Last 12 Months Beddington MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	2	7
November 2016	10	9
October 2016	14	8
September 2016	15	12
August 2016	9	6
July 2016	18	10
June 2016	12	17
May 2016	15	15
April 2016	21	9
March 2016	7	7
February 2016	10	6

To view more detailed information that comprise the above MLS averages please visit **beddington.great-news.ca**

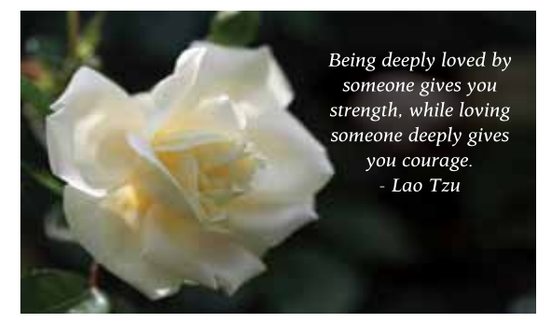
Calgary Nose Hill
Hon. Michelle Rempel, MP
201-1318 Centre Street NE, Calgary, AB, T2E 2R7
Phone: 403-216-7777
Email: michelle.rempel@parl.gc.ca
Website at www.michellerempel.ca

In January, the consultation phase of the Alberta Jobs Taskforce concluded. Over the course of the last several months my colleagues and I have heard directly from thousands of Albertans. They have shared their personal experiences as a result of unemployment and provided their suggestions for how to move forward. Thank you to everyone who provided feedback.

The Taskforce has prepared a report for the government to review as they consider their next budget and policy to respond to the crisis. You can read the report here: www.michellerempel.ca/alberta_jobs _report

I will keep you apprised of any response from the government on this matter. Parliament will debate many important issues this session and I encourage you to stay informed and contact me with your thoughts. Here are some ways you can stay connected:

Subscribe for email updates at www.MichelleRempel.ca/subscribe Facebook: www.facebook.com/michellerempelMP Twitter: @MichelleRempel As always you can contact me at my office using the contact information below: 403-216-7777 Michelle.Rempel@parl.gc.ca 201-1318 Centre Street N.E., Calgary, AB, T2E2R7 www.MichelleRempel.ca



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