

JANUARY 2017

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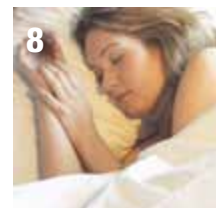
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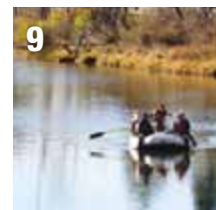




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IMPORTANT NUMBERS

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	511
Weather Information	
Gamblers Anonymous	403-237-0654

Eau Claire

Real Estate Update

Last 12 Months Eau Claire
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$372,250	\$358,500
November 2016	\$492,200	\$469,500
October 2016	\$0	\$0
September 2016	\$649,000	\$620,500
August 2016	\$980,000	\$925,000
July 2016	\$351,400	\$321,450
June 2016	\$957,000	\$910,000
May 2016	\$284,900	\$274,000
April 2016	\$444,500	\$422,500
March 2016	\$0	\$0
February 2016	\$419,900	\$403,000
January 2016	\$0	\$0

Last 12 Months Eau Claire
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	3	4
November 2016	5	6
October 2016	5	0
September 2016	8	1
August 2016	6	3
July 2016	8	2
June 2016	7	8
May 2016	6	4
April 2016	14	4
March 2016	7	0
February 2016	8	3
January 2016	11	0

To view the specific SOLD Listings that comprise the above
 MLS averages please visit eau_claire.great-news.ca

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to EC@great-news.ca

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It's a New Year for Healthy Sleep!

By Chris Carruthers PhD

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your

mental skills to refocus on relaxation, and don't let your busy mind cause insomnia.

4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal a little before bed, take deep

slow breaths when you awaken, and learn to scan and relax the body for a quick return to sleep.

Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

Tips for today and tonight: stop caffeine by 2 PM, make sure you

get some time out in the fresh air, practice a regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.



The Lower Elbow Redd Trout Count

The November brown trout redd¹ count is an annual event on the Lower Elbow River. This year it was held on November 4, 2016 under a sunny sky with a balmy temperature of 20C.

Under the guidance of Chris Bjornson, a fish biologist with Golder Associates, and hosted by Calgary River Valleys, university students hop in and out of rafts scouring the Lower Elbow River for evidence of brown trout redds or spawning sites. The yearly event provides an excellent opportunity for students to receive some practical experience in the field.

Redd counts have occurred intermittently on the Lower Elbow beginning in 1980 and consistently by Calgary River Valleys since 2008. A high was reached in 2000 with 427 redds counted. The lowest-ever count of 101 redds occurred in 2014, post the 2013 flood. Since 2014 numbers have improved reaching 231 redds in 2016 but well below the pre-flood average of 302.

According to Chris Bjornson the lower numbers after the 2013 flood might be due to a number of factors including the reduction in available brown trout spawning habitat due to the movement of gravel substrate to peripheral or downstream areas, the overall number of adult spawners and/or the proportion of the Bow River population that chooses to spawn in the Elbow River versus the Bow River in any given year.

Of interest in 2016 was the increase in the number of redds counted between Stanley Park and Fort Calgary versus the upper stretch from the Glenmore Dam to Stanley Park when compared to 2015. This could be a

result of gravel migrating downstream and becoming more available as fish habitat, suggests Chris.

Rebounding numbers from the 2014 low is an excellent sign. As we all know the river took a beating during the flood, naturally, and after the flood with emergency infrastructure protection measures. Hopefully, however, the upward trend in redds will continue in the years to come, one of many indicators of a healthy river.

Robin McLeod

S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus

¹ Redds are found in shallow water with good gravel substrate. The female trout swishes her tail back and forth vigorously, cleaning sediment from the gravel and creating a depression. Riffles (or rippled water) are a good clue to start looking, as a consistent flow of well-oxygenated water is required to support the viability of the eggs.



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Trivia
COFFEE

The Coffee filter was invented in 1908 by a German homemaker, Melitta Benz, when she lined a tin cup with blotter paper to filter the coffee grinds

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CALGARY BOAT AND
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STAMPEDE PARK BMO CENTRE**

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



**FEB. 25 – 26
2017 ISU WORLD SPRINT SPEED
SKATING CHAMPIONSHIPS AT
OLYMPIC OVAL**

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



**UNTIL APRIL 30 SHOWCASE:
TOM COCHRANE AT NATIONAL
MUSIC CENTRE**

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am – 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 – 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org

REAL ESTATE COUNCIL OF ALBERTA

Ask Charles

I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

To submit a question, email askcharles@reca.ca.

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true – transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction – the buyer or the seller - they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an *Agreement to Represent both Buyer and Seller*. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta.



Peak Earnings At Last! The Pluses and Pitfalls

by Suzanne Smith-Demers – Consultant

You've worked hard and now you're right in your earnings sweet spot: these are your peak earnings years. Not only has your income increased, your finances are steadily improving. Now is the time to secure your long-term financial future by making the most of your peak earnings years. Here are some tips for doing just that:

Pay off unwanted debt Apply some of your extra money to paying down your debts, be strategic and focus on the highest interest costs first.

Identify your priorities Rushing forward to realize some dreams? Beware of spending too much now at the expense of your future. Take the time to identify your priorities and budget realistically to achieve them.

Prepare your kids It's tougher these days for young people to become financially independent. Many parents are finding themselves helping their kids, not just with post-secondary, but for several years beyond. Investing a few dollars each month into a registered education savings plan (RESP) is a good start, having your kids contribute some of their own pocket money can help teach them too.

Support your parents As a member of the sandwich generation you could find yourself not only supporting your kids but aging parents as well. Include that possibility in your budgeting decisions and look for ways to plan for certain expenses in advance.

Plan to retire How would it feel to know that you are financially prepared to retire at a day of your choice? On that day, you get to decide whether to step back or keep working. Developing an effective retirement paycheck means striking a balance between various registered and non-registered programs. Having a plan in place that gives you this flexibility means putting the retirement decision in your hands.



CALGARY PUBLIC LIBRARY

Celebrate Family Day at the Library!

Drop in for activities, storytimes, and more this Family Day. Everyone's welcome to join in the celebration happening at these community libraries:

Country Hills | Crowfoot | Fish Creek | Saddletowne | Shawnessy | Signal Hill

February 20, Noon- 5:00 pm | No registration required.

#Read150

Canada 150—read 150 books in 2017! Pick up your free *Great Reads 2017* reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Bill's Book Café with Evan Woolley

All Calgarians are welcome to join *Bill's Book Café*! Library CEO Bill Ptacek and City Councillor Evan Woolley host a lively discussion of *The Sisters Brothers* by Patrick deWitt.

Alexander Calhoun Library
Friday, February 24 | 7:00 pm

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Relationship Tips 101

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

5. Have high standards. Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.

6. Learn to repair and exit the argument. Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.

7. Focus on the bright side. In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.



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Approving, and Building, Energy Projects

As Prime Minister Justin Trudeau wrote in his mandate letter to my colleague Natural Resources Minister James Carr: "it is a core responsibility of the federal government to help get our natural resources to market..." It is a clear direction, by both this government and yours truly, to gain access to tidewater for Alberta's products and to exporting energy abroad, and was why we approved both Trans Mountain and Line 3 on November 29th, 2016.

However, as the Prime Minister has emphasized time and time again, the only way to get resources to market in the twenty-first century is if they are done **sustainably** and **responsibly**. The environment and the economy are two sides of the same coin, and it is not possible to achieve long term economic success without having the trust of the Canadian people, support by Indigenous Peoples, and allaying local concerns.

This is why we are working with the provinces and territories to develop a Canadian Energy Strategy. It's why our government has committed \$1.5 billion over the next five years to have a world-leading Oceans Protection Plan to safeguard our coasts and invest in the transportation corridors that gain access for all of Canada's products abroad.

It's why our government is moving forward with putting a price on carbon pollution, which will give us a competitive edge internationally and incent the marketplace to innovate to build a clean-growth economy. This will also have the additional effect of safeguarding Canadian's health and clean air, and bring new and exciting job prospects for middle-class Canadians.

It's why, in the fall of 2016, our government approved Pacific Northwest. This project has an estimated total capital investment of up to \$36 billion and is one of Canada's largest resource development projects. This project will provide some 4,500 middle class jobs during construction and 630 indirect/direct jobs during its operation.

It's why we are ensuring the environmental risks linked to development are addressed by industry before projects proceed. The Canadian Environmental Assessment Agency took in a ground-breaking 34,000 comments from the public, and was granted a three-month extension to the time-

line to ensure we had the science right. Northwest will be required to comply with specific mitigation measures that will minimize adverse effects on fish habitat, wetlands, human health, and on Indigenous peoples. And for the first time ever, annual greenhouse gas emissions for the project have been capped at a maximum level that is substantially lower than initially envisaged for the project.

These decisions reflect our promise to work with provinces, indigenous peoples and Canadians to find practical solutions that will grow our economy, create good jobs and protect our environment for future generations.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at www.KentHehrMP.ca.

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Welcome 2017 – Onwards and Upwards

With a new year comes new beginnings. 2017 will bring growth and diversification for our province. After two years of economic downturn, there are signs of the beginning of economic recovery. I have been working hard with my colleagues to grow and diversify the economy to get Albertans back to work through the Alberta Jobs Plan. The Alberta government has set the policy signals to open our doors to new opportunities, new industries, new investment, diversification and therefore new jobs in 2017.

Bill 30: *Investing in a Diversified Alberta Economy Act* will establish two tax credits that will drive innovation, diversification and job creation. The **Capital Investment Tax Credit** will help ensure that Alberta is attractive and competitive for investments by encouraging large-scale capital investments that will support thousands of direct and indirect jobs. **The Alberta Investor Tax Credit** will bring Alberta investors and small businesses together. It will be available for investments in companies that are engaged substantially in proprietary technology research, development or commercialization, interactive digital media development, video post-production, digital animation or tourism.

The Alberta Small business corporate tax has also been reduced by one-third, **from 3% to 2%**. This gives Alberta the second lowest rate in Canada. New facilities supported by the Petrochemicals Diversification Program are expected to add up to 4,000 jobs. Other new infrastructure projects that have been added to the Capital Plan are estimated to add a further 10,000 jobs for the next three years.

More than 25,000 jobs have been steadily added in the province since August 2016, and this growth continues to tick upwards. Alberta remains competitive and strong. The recent anguish we have endured and have come through is proof that our workforce is resilient. The worst may be behind us, but we have a lot of rebuilding to do. That is why our government will continue to provide for Albertans through these tough times. We will continue to ensure that affordable child care is available to hard working families, and that kids are receiving the best education possible so that they can be assured a bright future. We will continue to ensure that all families have access to health care. We will continue to work for all Albertans in making sure that this province will support them and their well-being.

Affordable Housing Part Two - Why, Where, and How

In your October 2016 newsletter, I wrote about how increasing the affordable housing supply is one of Council's priorities. In Part Two, I will share information on why, how, and where the City builds affordable housing.

Council unanimously passed the new Affordable Housing Strategy last year and is working to find homes for over 3000 families on the Calgary Housing Company waitlist. The recently released 2016 Citizen Satisfaction Survey confirmed that Calgarians want increased investment in affordable housing: 95% of Ward 7 residents said affordable housing is very or somewhat important.

A key principle in Calgary's Municipal Development Plan is to provide a mix of housing types and prices in all communities, including affordable housing. The City has learned from experience that building affordable housing that blends into neighbourhoods works best for new residents and for communities. Happily, the days of "social housing ghettos" are behind us.

Alongside the goal of providing safe and affordable housing for Calgarians, the City focuses on designing buildings that fit in with communities. Building quality affordable homes makes these developments indistinguishable from market-priced housing and helps low-income Calgarians integrate quickly into their new neighbourhoods. Many residents are surprised to learn that from Dalhousie to Mount Pleasant to Hillhurst, almost every community in Ward 7 has welcomed affordable housing developments.

The City develops affordable housing units that are built to last over 65 years. Using slightly more expensive materials at the outset reduces long-term maintenance and utility costs. The City seeks LEED Certification and focuses on the Building Durability, Energy-Efficiency, and Tenant Health sections. These features minimize monthly operating costs, allow for maintenance dollars to be set aside in reserve, and ensure Calgarians see maximum value from our investment in affordable housing.

Over the last three years the City has also reduced the cost of affordable housing from \$330,000 per unit to about \$250,000 per unit – and in many cases much lower. Most of the funding comes from the Provincial and Federal governments, with a recent commitment from Ottawa for \$2.3 billion nation-wide.

Ultimately, the City builds quality, durable, and cost-effective homes that provide much-needed housing for low-income Calgarians. Our model ensures those homes integrate well into all neighbourhoods and deliver value to all Calgarians.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca. To contact my office, please email Ward07@Calgary.ca.

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.vocallatitudes.org.





Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

Call (403) 290-0110

Email info@alzheimercalgary.ca

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- Kent Hehr, MP

Below is what we are doing to make sure we bring both the environment and our economy together.

> Investing \$1.5 Billion into a world-leading Oceans Protection Plan to protect our coasts, rather than cut ocean science and monitoring programs like the previous government.

> Reforming the NEB to ensure that it reflects regional views and has sufficient expertise in relevant fields like environmental sciences, community development, and traditional Indigenous knowledge.

> Implementing a price on carbon pollution — like the one supported by Preston Manning and others — to not only create a vibrant innovation economy but to reduce harmful carbon pollution.



Get the full update at www.KentHehrMP.ca/pipelines

An update from Kent Hehr, MP
www.KentHehrMP.ca | 403.244.1880 | kent.hehr@parl.gc.ca

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