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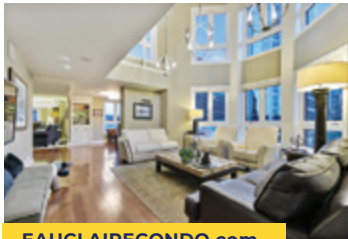
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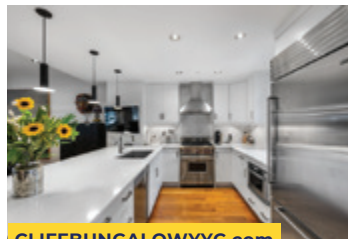
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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	0	0	\$0	\$0
December	23	0	1	\$780,000	\$760,000
November	23	0	1	\$1,800,000	\$1,825,000
October	23	3	0	\$0	\$0
September	23	0	1	\$1,250,000	\$1,255,000
August	23	1	0	\$0	\$0
July	23	0	1	\$3,500,000	\$3,350,000
June	23	1	0	\$0	\$0
May	23	0	0	\$0	\$0
April	23	0	0	\$0	\$0
March	23	0	1	\$1,245,000	\$1,217,500
February	23	1	0	\$0	\$0

To view more detailed information that comprise the above
MLS averages please visit rox.mycalgary.com

WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	11	10	\$239,450	\$245,250
December	23	3	7	\$215,000	\$228,000
November	23	15	17	\$239,900	\$248,650
October	23	14	13	\$199,500	\$200,000
September	23	11	4	\$492,400	\$494,000
August	23	11	14	\$225,000	\$218,750
July	23	12	14	\$284,450	\$284,250
June	23	17	13	\$234,900	\$232,400
May	23	14	17	\$214,000	\$209,200
April	23	17	12	\$224,950	\$217,250
March	23	16	14	\$279,400	\$271,000
February	23	9	9	\$229,900	\$229,900

To view more detailed information that comprise the above
MLS averages please visit wnd.mycalgary.com

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Housing, Developments, and Community Associations

by Harris Hanson



We are all aware of the housing crisis facing our city, with the number of people moving here. Despite the increasing cost to buy or rent a home, it seems more affordable than Vancouver and Toronto. Finding the right way to provide affordable or subsidized housing is a serious challenge. We must be careful so as not to experience the extent of problems with homelessness that cities like Vancouver and Portland, Oregon have had. If and where high-rise residential developments are permitted, we must ensure that they are wisely located and have the desired effect of producing more affordable housing. As with other densification measures, thought must be given to the number of vehicles being added to local traffic, preserving local parks and green space and (in a world that is getting warmer) protecting our water supplies, that will have to support the growing population.

Just a few years ago, who expected that we would be in this predicament? During our last mayoralty debate, our current mayor denied that the City was selling parkland and trying to increase property tax revenue, calling such allegations lies.

Even before the recent influx of immigrants to Calgary, we were seeing serious problems with homelessness, aggravated by drug addiction/overdose/poisoning, which increased demand on our EMS and Police services. With people using homeless shelters also having access to our rapid transit system, they were appearing in increasing numbers in and within easy walking distance of LRT stations. Our police service

is now hiring 50 more officers and trying to integrate with transit safety and social services in dealing with the increased demand on these systems.

People do have freedom to move from place to place in Canada. While it is a big country, our many newcomers are not required to reside in smaller communities and they do migrate to our cities, which aggravates the housing, homelessness, policing, and social problems.

We now have our ever growing and more expensive City administration (with endorsement by many city councillors) advocating for zoning changes to increase densification, with high rise residential development to accommodate low-cost housing - and increased use of rapid transit in established neighbourhoods, where people had already bought homes because of the nearby space and local amenities.

The process is fueled with reports by professional people with arguments to support those who would profit from the rezoning.

It seems that the same people at the City, who advocate for widespread rezoning, think that the opinions of residents of the affected neighborhoods - which include many professional people with an understanding of the process and the concerns of their communities - should not make them more careful to have and share with the public the information necessary to make important decisions concerning these matters.

If the City succeeds in getting all these high rises built, without having to provide new roads, think of all the extra property tax revenue it will have, to support its growing number of employees and their pensions, while homeowners nearby suffer the consequences. What is not to like, eh? What could go wrong?

There is an organization, funded with our property tax dollars, called the Federation of Calgary Communities (the FCC) which, lately, wants to be able to say that it speaks for the Community Associations (CAs) in respect of planning matters. It is a problem if the FCC wants to remain neutral (which would help proponents of rezoning in our communities get what they want) when that does not represent the wishes of the people living in our communities.

We have already seen an increase in door-to-door scammers and thieves looking to gain access to homes. Neighbors of mine just had a bold break-in at their home, in the middle of the night - while they and their kids were in their beds, sleeping.

We live in a democracy. The need to provide more housing should not mean that our elected officials can band together to change the rules or try to dupe Calgarians and their CAs out of advocating for their rights and interests, while ignoring or seeking to minimize the concerns of the people who elected them. This is a time when we should be supporting our local CAs, which have a unique role in responding to development proposals that affect people in their communities. There are points within the development process where the City will only consider input from CAs.

The City's website confirms that, according to City guidelines, CAs are expected to both "promote the protection of their community's natural resources and beauty" and "voice community concerns on issues affecting their community". Further, it confirms that a CA is expected to "provide information to residents through a newsletter and/or web presence and act as a unified voice on issues affecting the community, provide input into the planning and development process and foster good planning practices."

This is a time in our history when it is more important than ever that we make our concerns with development plans known to our CAs and help to support their efforts to advocate for us, given all the other things that they have traditionally done for our communities and need your help with.

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ERLTON COMMUNITY ASSOCIATION Monthly Meetings

The ECA hosts monthly meetings every second Tuesday of the month at the MNP Community and Sport Centre, except for July and August. Meetings provide an opportunity for community members to receive updates on the status of projects from the ECA and bring any new issues to the attention of the community and executive. Agendas are usually sent the weekend before the next scheduled meeting. All are welcome!

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2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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by The City of Calgary



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- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.



"Beyond the Beats" The Healing Power of Frequency

by Jonni Fox

In a world increasingly aware of holistic wellness, the concept of healing through frequency is gaining traction. This idea isn't just a new-age belief; it's rooted in the scientific understanding of how life, at its core, is a complex symphony of patterns and vibrations. Every living being, from humans to plants and animals, is composed of fractals, intricate patterns repeated at different scales. These fractals thrive on frequency, the invisible yet powerful force that envelops us.

What if the key to wellness lies not in complex medical treatments but in the ancient and simple art of sound therapy? Healing modalities like crystal bowls, gongs, drum circles, music, and dance aren't just entertainment or relaxation tools. They are conduits of healing frequencies that resonate with our body's natural patterns. Exposing ourselves to these therapeutic sounds can have profound effects, aligning our inner vibrations to a state of harmony and health.

This isn't just conjecture. There are programs that delve into numerous scientific facts about fractals, frequencies, and their effects on the human body.

By understanding these concepts, we can unlock a powerful source of healing. As the world grapples with widespread health issues, often struggling to understand the root causes of unwellness, this knowledge becomes invaluable.

Integrating sound therapy into our lives is a gentle yet potent way to invite healing. Unlike many medical interventions, this approach bears no adverse side effects. The only 'side effects' one might experience are profound well-being, happiness, joy, vitality, and relief from suffering.

In this era of rediscovery, frequency-based healing stands out as a beacon of hope. It reminds us that sometimes, the most profound healing can come from the simplest sources. Let the rhythmic pulse of the universe be your guide to a healthier, more vibrant existence.



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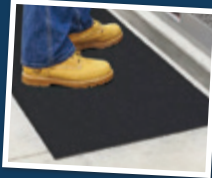
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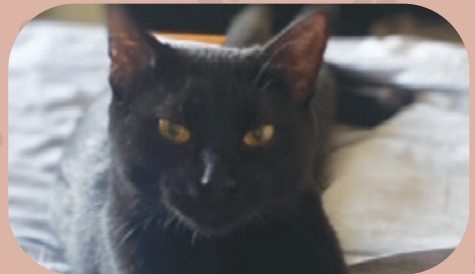
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ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	9	6	\$484,400	\$481,500
December	23	2	0	\$0	\$0
November	23	3	2	\$569,900	\$575,500
October	23	2	8	\$489,000	\$482,000
September	23	11	11	\$555,500	\$502,000
August	23	4	6	\$549,950	\$571,250
July	23	7	4	\$779,900	\$784,000
June	23	9	5	\$424,900	\$424,900
May	23	8	6	\$467,450	\$457,200
April	23	5	3	\$400,000	\$411,000
March	23	6	7	\$395,000	\$390,000
February	23	3	2	\$407,400	\$442,500

To view more detailed information that comprise the above
MLS averages please visit erl.mycalgary.com

PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	1	6	\$1,064,500	\$984,000
December	23	2	3	\$499,900	\$499,900
November	23	9	5	\$850,000	\$890,000
October	23	12	7	\$460,000	\$450,000
September	23	6	5	\$700,000	\$705,000
August	23	5	3	\$469,900	\$471,000
July	23	8	4	\$484,900	\$533,587
June	23	5	11	\$399,900	\$405,000
May	23	9	5	\$279,000	\$273,000
April	23	5	5	\$799,000	\$785,000
March	23	6	2	\$748,500	\$804,500
February	23	3	3	\$234,900	\$245,000

To view more detailed information that comprise the above
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World Optometry Day: The Vital Role Optometrists Play in Defending Us from the 'Silent Thief of Sight'

by Dr. Clark Tardiff, Optometrist



March 23 is World Optometry Day, serving as a yearly reminder for Canadians to prioritize their eye health and celebrate the important role optometrists play in protecting our vision. This year, let us focus on how the 'silent thief of sight', glaucoma, is impacting Canadians across the country and how optometrists support in the early detection and monitoring of the condition.

There are many different types of glaucoma, but all cause damage to the optic nerve. The optic nerve plays a critical role in sending images to our brain and without proper treatment and management of the disease, those impacted can experience irreversible vision loss.

Recent Specsavers surveys, conducted by Leger, show the majority of Canadians (71%) expect at least one early warning symptom of glaucoma. This is concerning as in its early stages the condition progresses without noticeable symptoms – hence the name “silent thief of vision.” Most don't notice the symptoms until irreversible damage to vision has already occurred, and if early signs do occur, you may notice subtle changes in vision, such as blurriness, difficulty focusing, and light sensitivity.

Regular visits to an optometrist and early detection through 3D eye scans are crucial for treatment and ongoing monitoring of glaucoma. A 3D eye scan – optical coherence tomography (OCT) – helps optometrists see what is going on beneath the surface of the eye, spot any abnormalities, and identify eye diseases in their earliest stages. The Canadian Association of Optometrists recommends that adults have their eyes tested every one to two years, or as advised by your eyecare professional.

Although the exact cause of glaucoma is unknown, certain risk factors may increase the likelihood of developing the condition, such as family history, increasing age, certain ethnicities, and ocular hypertension.

If you are diagnosed with glaucoma, your optometrist will work closely with you on monitoring and treatment, ensuring you receive personalized care in order to slow the progression and preserve your eyesight where possible.

As we recognize World Optometry Day, let us commit to prioritizing our eye health by visiting our optometrist for a comprehensive eye exam.



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Resources and Treatment

- **AHS Addiction and Mental Health Community Clinics:** Services are available to serve children, families, and individuals. If you need to speak to someone, call the Mental Health Helpline at 1-877-303-2642 or the Addiction Helpline at 1-866-332-2322. Trained staff are available to offer support at those numbers 24/7.
- **Opioid Agonist Treatment Clinics in Alberta:** Provides treatment to people dependent on opioids and helps them access services they need to live healthy lives. Individuals can self-refer, or referrals can come from any healthcare professional or a community agency. Services are voluntary and confidential. For more information on how to access care, individuals can walk in or call any AHS opioid dependency program clinic.
- **Virtual Opioid Dependency Program:** Available anywhere in Alberta, VODP provides same-day access to addiction medicine specialists. There is no wait list. To access, call 1-844-383-7688, seven days a week, from 8:00 am to 8:00 pm daily.
- **The Digital Overdose Response System (DORS):** A free, discreet mobile app that can help prevent overdose deaths among people using opioids and other substances while alone.
- **Naloxone Kits:** Naloxone is a drug that temporarily reverses effects of an opioid poisoning.

Helplines

- **211 Alberta** – Information on community and social services.
- **Addiction Helpline** – 1-866-332-2322 for recovery-oriented care support.
- **Health Link 811** – 24/7 health advice and information.

Friends and Family

- People in need of support are encouraged to reach out to someone they trust. Talk to a family member, friend, or someone you can be honest with to talk through your concerns.
- If you notice people in your life who may be struggling, reach out to them. Offering support can include mentioning what you have noticed, listening to their concerns, and connecting them with some of the resources noted above. Starting a conversation does not require you to be a counsellor or an expert, just a caring person offering support and hope.

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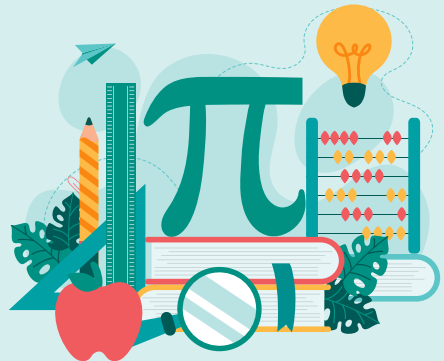
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Hunting for a four-leaf clover is like searching for a lucky needle in a green haystack! With odds of approximately 1 in 5,000 to 10,000, these elusive charms owe their rarity to a quirky genetic mutation that adds that extra bit of luck.

Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	2	0	\$0	\$0
December	23	0	0	\$0	\$0
November	23	0	1	\$2,999,990	\$2,775,000
October	23	2	3	\$990,000	\$990,000
September	23	2	6	\$789,450	\$714,000
August	23	3	2	\$909,950	\$905,000
July	23	5	3	\$999,000	\$1,000,000
June	23	4	2	\$1,024,950	\$973,500
May	23	4	5	\$1,050,000	\$935,000
April	23	3	3	\$1,998,000	\$2,000,000
March	23	4	0	\$0	\$0
February	23	4	4	\$945,000	\$921,000

To view more detailed information that comprise the above
MLS averages please visit eya.mycalgary.com

ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	6	3	\$1,085,000	\$1,177,000
December	23	2	4	\$2,546,500	\$2,475,000
November	23	5	3	\$1,950,000	\$1,932,500
October	23	5	6	\$1,572,500	\$1,562,000
September	23	3	5	\$1,075,000	\$1,000,000
August	23	6	4	\$2,147,450	\$2,139,950
July	23	5	1	\$3,250,000	\$3,323,428
June	23	9	11	\$1,990,000	\$2,200,000
May	23	10	6	\$1,912,450	\$1,865,000
April	23	7	4	\$1,970,000	\$1,987,500
March	23	7	4	\$1,847,450	\$1,925,500
February	23	5	5	\$1,850,000	\$1,870,000

To view more detailed information that comprise the above
MLS averages please visit epk.mycalgary.com

Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



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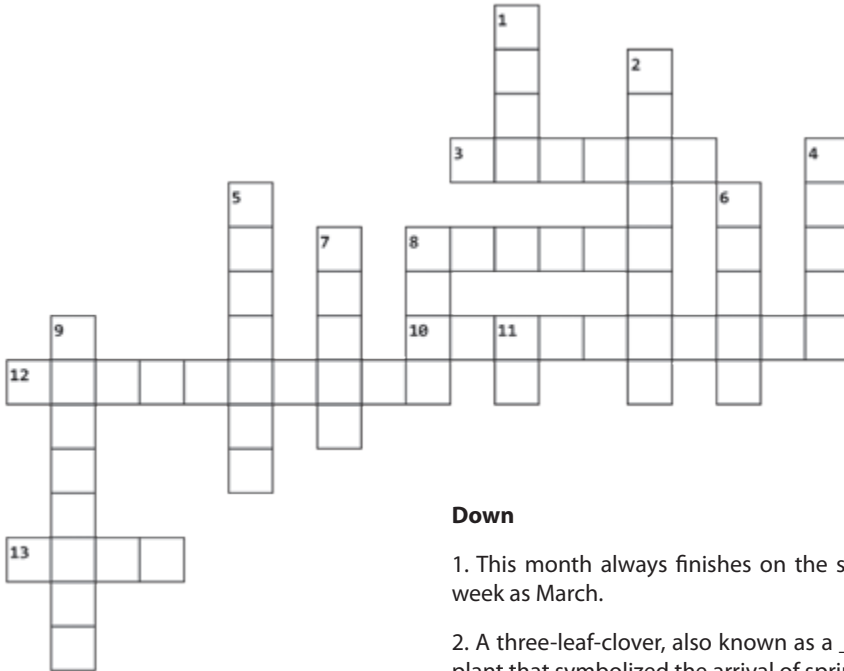
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March Crossword



Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* _____ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	1	1	\$1,598,000	\$1,650,000
December	23	0	0	\$0	\$0
November	23	0	1	\$1,699,900	\$1,570,000
October	23	2	1	\$1,650,000	\$1,650,000
September	23	1	1	\$1,799,000	\$1,710,000
August	23	2	0	\$0	\$0
July	23	0	0	\$0	\$0
June	23	1	1	\$1,995,000	\$1,979,500
May	23	1	0	\$0	\$0
April	23	2	2	\$1,336,500	\$1,362,500
March	23	1	0	\$0	\$0
February	23	0	0	\$0	\$0

To view more detailed information that comprise the above
MLS averages please visit maf.mycalgary.com

RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	3	0	\$0	\$0
December	23	1	1	\$238,000	\$222,500
November	23	3	2	\$322,500	\$308,750
October	23	3	1	\$452,000	\$460,000
September	23	2	1	\$1,250,000	\$1,220,000
August	23	2	5	\$549,000	\$540,000
July	23	5	2	\$337,500	\$338,000
June	23	2	3	\$438,800	\$438,800
May	23	3	2	\$429,950	\$417,150
April	23	2	1	\$1,675,000	\$1,850,000
March	23	0	1	\$425,000	\$415,000
February	23	2	2	\$237,450	\$229,950

To view more detailed information that comprise the above
MLS averages please visit rid.mycalgary.com

Live Healthier, Happier, and Longer

from Calgary Foothills Primary Care Network

Did you know there is a team of health professionals who work with your family doctor to provide personalized health support – for free.

From mental health counsellors to nurses who can help with things such as anxiety and diabetes, you can access a variety of health support through one of the Alberta Primary Care Networks. There are a number of Primary Care Networks across the province, offering services designed to best meet the needs of each community. Primary Care Networks are part of Alberta's public health care system and are funded by the provincial government – there is no cost to use any of their services.



Access Free Health Support

Studies show that people who regularly see their family doctor are healthier, live longer, and have fewer hospital visits. You can find various health support through Primary Care Networks, including:

- Virtual and in-person workshops to support mental health, nutrition, diabetes, exercise, and to help you quit smoking.
- Access to a team of health professionals that could include nurses, mental health therapists, dietitians, pharmacists, and social workers who can provide you with specialized care.
- After-hours care to support you if you can't get in to see your family doctor.

Word of the Month

Imponderabilia: *plural noun*
(im-pon-der-uh-bil-ee-uh)

Experiences, ideas, and objects that are complex to explain.

In her poetry, Jane discusses the imponderabilia of life's milestones and hardships.

BRAIN
GAMES

SUDOKU

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

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Explore the City of Calgary Roadway Activities Map

by the City of Calgary

Curious about the ongoing road projects in your area? Wondering when the last time your neighbourhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit <https://maps.calgary.ca/RoadwayActivities/> to stay informed and navigate the city hassle-free.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



Real-Life Fairy Tale

Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.



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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	1	1	\$2,950,000	\$2,941,000
December	23	0	1	\$4,450,000	\$4,271,000
November	23	0	0	\$0	\$0
October	23	1	0	\$0	\$0
September	23	1	1	\$2,095,000	\$1,860,000
August	23	0	0	\$0	\$0
July	23	0	0	\$0	\$0
June	23	0	0	\$0	\$0
May	23	3	4	\$1,945,000	\$1,925,000
April	23	1	1	\$1,850,000	\$1,800,000
March	23	3	0	\$0	\$0
February	23	0	4	\$3,017,500	\$2,852,500

To view more detailed information that comprise the above
MLS averages please visit bel.mycalgary.com

BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	2	0	\$0	\$0
December	23	0	0	\$0	\$0
November	23	1	0	\$0	\$0
October	23	2	2	\$2,196,500	\$2,395,000
September	23	2	1	\$1,850,000	\$1,850,000
August	23	4	5	\$1,700,000	\$1,650,000
July	23	2	3	\$2,099,000	\$2,100,000
June	23	4	1	\$899,900	\$875,000
May	23	1	1	\$1,649,900	\$1,600,000
April	23	3	1	\$1,669,000	\$1,640,000
March	23	0	2	\$1,587,500	\$1,505,000
February	23	1	1	\$1,745,000	\$1,697,000

To view more detailed information that comprise the above
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Dear Neighbours,

On January 16, Rachel Notley announced her resignation as leader of the Alberta NDP. She will remain leader until a successor is chosen. It's the end of an era.

I remember the first time I saw Rachel Notley. It was on TV, the debate stage in 2015.

And as I watched the debate, I realized the best person on that stage to represent me and my values was Rachel Notley. I voted NDP for the first time in my life in 2015. I didn't regret that decision even once.

Rachel Notley cut child poverty in half. She made protecting our environment a priority. She shepherded a booming renewable energy sector. She somehow managed to keep healthcare and schools working despite a collapse in oil prices the likes of which we had never seen before.

She worked with the federal government to get the first pipeline to tidewater built in 50 years. She was instrumental in enhancing Canada Pension Plan benefits to make our retirements more secure. She phased out heavy polluting coal-fired plants. She raised the minimum wage to \$15 per hour. She started construction on the Calgary Cancer Centre. She even made our beer better by supporting a nascent craft brewing industry.

I never thought that I would be a politician and never believed that I could be elected to serve you, the people of Calgary-Elbow. It was Rachel who showed me, at length, that I had something to offer the people of Alberta. I wouldn't be here if it weren't for her, and I owe her everything.

Just as we, as Albertans, owe her so much.

I will miss her.

Should you have any other questions or concerns, my office is located at 205, 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. My door is always open.

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WINNIE IS CANADIAN

In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



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