

MARCH 2023

DELIVERED MONTHLY TO 4,280 HOUSEHOLDS

# RIVERBEND



CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



Cover Photo by Ann Auclair



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anita@anitamortgage.ca

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

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*\*Not intended to solicit properties currently listed for sale.*



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official-plumbing-heating.ca

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QUARRY PARK



Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



## We Proudly Follow the Alberta Dental Association Fee Guide

Complimentary Electric Toothbrush with an Adult New Patient Exam and Cleaning

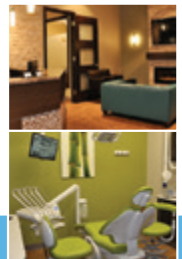
### ACCEPTING NEW PATIENTS!

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Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Megan Lawless and Dr. Isela Montemayor to the team



Dentistry is our profession, but people are our focus.

\*all services performed by a licensed general dentist

# Key Things to Know About in March

Stay connected to all things Riverbend at [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca), and Facebook, Twitter, and Instagram @riverbendyyyc

## Rink Grand Reopening Event

We would like to thank everyone for attending our event and to our volunteers who helped organize it. Special thank you to Harvey the Hound, MLA Tanya Fir for donating the refreshments, Councillor Kourtney Penner for donating prizes, Peace Officer Matt Ecker and his partner, and Parks Foundation CEO Sheila Taylor.

## Upcoming Events

### Community Associations Awareness Month

March is Community Association Awareness month. The entire month is dedicated to celebrating our city's 151 community associations, including the Riverbend Community Association, and all we have to offer Calgarians. Please read an article on page 6 that outlines the differences between community and resident associations.

### Seniors Cards and Coffee!

Join us in the Elbow Room every second and fourth Friday of the month for cards, coffee, treats, and friendship. \$2 donation appreciated. No pre-registration necessary.

The March dates are March 10, 2023, and March 24, 2023.

### March Movie Night:

#### Friday, March 17, 2023 at 6:00 pm

Join us for another exciting movie night. We will be showing Encanto. Popcorn and drinks will be provided with registration price. Member: \$3, Non-Member: \$5. Visit [www.riverbendcommunity.ca/events/march-movie-night-2023](http://www.riverbendcommunity.ca/events/march-movie-night-2023).

### Order Your Box Today!

The Good Food Box Program operates under the Community Kitchen Program of Calgary where anyone can purchase boxes of fresh fruits and vegetables at an affordable price. Each Good Food Box contains a combination of fruits and vegetables. The content varies weekly, due to seasonal availability. The boxes contain the maximum produce to ensure our clients are getting the most value for the price.

\$25 Small Box: 20 to 25 lbs.

\$30 Medium Box: 30 to 35lbs.

\$35 Large Box: 40 to 45 lbs.

Please check our website for order deadlines and pick-up dates: [www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen](http://www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen).

## New Programs Starting April 2023

Your favorite community programs, such as Tai Chi, Dance Fitness, Gentle Yoga, and Pilates with Yoga and Music for Littles will be starting again in April 2023.

Please see details on page 8, and register online at [www.riverbendcommunity.ca/programs](http://www.riverbendcommunity.ca/programs).

## We Want You to Have Your Say!

RCA is establishing two new committees to address the concerns of all Riverbend residents.

**The Traffic and Safety Committee:** See page 7 for details, or contact Director Brenda Pereira at [brenda@riverbendcommunity.ca](mailto:brenda@riverbendcommunity.ca).

**The Beautification Committee:** see page 11 for details, or contact Director Pat Medhurst at [pat@riverbendcommunity.ca](mailto:pat@riverbendcommunity.ca).

## Adopt-a-Park Registration Opens March 27

One way to make a meaningful impact in your community is to consider cleaning up shrub beds, playgrounds, and other areas through the City of Calgary Adopt-a-Park program. Find out more at <https://www.calgary.ca/volunteer/parks.html>.

The City of Calgary is excited to announce the continuation of the Adopt-a-Park Program. This program provides opportunities for you, as a proud Calgarian, to volunteer as a steward in your local parks or greenspaces.

Join us to learn more about available opportunities, such as shrub bed and playground general maintenance and grooming or litter cleanups, and how you can get involved.

Stewardship is everyone's responsibility, and you can make a difference in maintaining the health, beauty, and biodiversity of your local natural surroundings.

Calgary Parks are awaiting the chance to work with you to ensure our parks continue to thrive for years to come!

If you're interested in becoming an Adopt-a-Park volunteer, please go to the website or call 311.



RIVERBEND  
A COMMUNITY ASSOCIATION



# ★ MARCH ★ MOVIE NIGHT!

March 17, 2023 6:00 PM

Movie: Encanto

★ \$3 for RCA Members

★ \$5 for Non-Members

Popcorn & refreshments included!



REGISTER ONLINE -  
[WWW.RIVERBENDCOMMUNITY.CA/EVENTS](http://WWW.RIVERBENDCOMMUNITY.CA/EVENTS)

## Did You Know That There is a Difference Between a Community Association and Resident Association?

A Community Association is non-profit organization that is responsible for its own fundraising. Most older communities, including Riverbend, use this model. The Riverbend Community Association (RCA) is the group that represents Riverbend as a whole on matters affecting the community, including roads and playgrounds.

Community Associations are formed by the residents of an area to support the social, educational, and recreational needs of the neighbourhood. A community association can help build connections in the area through volunteer opportunities, events and programs such as fitness classes, social groups, and childcare.

As well as acting as a community liaison in civic matters, a community association helps plan, develop, and maintain community facilities and amenities like a community hall or skating rink.

Having direct contact with the City Councillor, MLA, Police Liaison Officer, and other government officials, also helps with the association's ability to provide feedback on the approval process regarding City development, transportation, and zoning plans.

Whereas membership is optional within the RCA the benefits of being a member include:

Ability to participate and register in community association-run events and programs, opportunity to volunteer in the neighbourhood whether as a board member, special event coordinator, or committee member.

Eligibility to vote on things like acceptance of our audited financials and election of board members to name a few.

Many people believe that just by living in Riverbend, they are members of the RCA. However, you must purchase an annual membership to be an actual member.

A Resident Association is a compulsory organization created by the land developer and receives funding from the City. Membership is mandatory for residents who are required to pay an annual fee which is added to a homeowner's property tax, collected by the City, and

distributed back to the association. Fees usually include access to amenities such as a community lake or golf course, or hall rentals. Most newer neighbourhoods use this model.

The role of a Resident Association is to manage and maintain the marketable amenities of a development such as community entrance signage, ornamental parks and ponds, lakes, boulevard landscaping, and buildings - items that the City is not responsible for upkeeping.

Advantages of a resident association is that it is mandated to maintain the community facilities thus contributing to the long-term appeal of the neighbourhood.

COMMUNITY ASSOCIATIONS	RESIDENT ASSOCIATIONS
<b>THINK PEOPLE</b> In older communities such as Riverbend	<b>THINK LANDSCAPING</b> In newer communities such as MacKenzie Towne
Responsible for own fundraising	Receives funding from resident fees
Optional membership	Mandatory membership
Engages community in planning of new developments; maintains community centre building, skating rink	Manages facilities/ amenities/ landscaping built by developer

SCAN HERE TO VIEW ADDITIONAL RIVERBEND CONTENT

<b>News, Events, &amp; More</b> 	<b>Crime Statistics</b> 	<b>Real Estate Statistics</b> 
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**DO YOU WANT TO HAVE A SAY IN KEEPING YOUR COMMUNITY SAFE?**

**VOLUNTEER FOR THE TRAFFIC, SAFETY & CRIME PREVENTION COMMITTEE**

01 TRAFFIC



02 SAFETY



03 CRIME



**VOLUNTEERS ARE NEEDED TO ADVOCATE FOR TRAFFIC AND SAFETY MEASURES FOR THE COMMUNITY**

**CONTACT [BRENDA@RIVERBENDCOMMUNITY.CA](mailto:BRENDA@RIVERBENDCOMMUNITY.CA) TO GET INVOLVED**

[WWW.RIVERBENDCOMMUNITY.CA/COMMUNITY-ADVOCACY](http://WWW.RIVERBENDCOMMUNITY.CA/COMMUNITY-ADVOCACY)

## RCA MEMBERSHIP FORM

*Memberships are valid for one year from the date of purchase.*

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

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

Spouse/ Partner Name: \_\_\_\_\_

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

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of Children: \_\_\_\_\_

 Ages of Children: \_\_\_\_\_

Please let us know what communications you would like to receive from Riverbend Community Association!

- Volunteer Opportunities
- Special Events & Community Surveys (as occurring)
- General Riverbend Community Communications (monthly)

Membership cost:

- \$25 +GST (\$26.25) - Individual/ Family or Associate
- \$15 +GST (\$15.75) - Seniors Household



*Please mail completed form with appropriate payment to Riverbend Community Centre, 19 Rivervalley Dr SE, Calgary AB T2C 3S1, or drop it off at the Riverbend Community Association's office.*



**SENIORS CARDS AND COFFEE 2PM-4PM**

**EVERY 2ND & 4TH FRIDAY OF THE MONTH CARDS, COFFEE, TREATS & FRIENDSHIP! AT THE RIVERBEND COMMUNITY CENTRE \$2 DONATION ENCOURAGED**



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## Spring Programs

April to June 2023

Register online at [www.riverbendcommunity.ca/programs](http://www.riverbendcommunity.ca/programs)

### Music for Littles

Music for Littles is a music program for small children with play-based learning to improve cognitive, physical, and social-emotional growth. Our Accredited Educator offers age-appropriate classes for newborns to age three, designed to nurture cognitive, social-emotional, and physical development, while helping grow kind, lifelong learners.

#### Age 0 to 1

Mondays | 12:00 to 12:45 pm (in the Elbow Room)

12-Weeks | Dates to Come

Members: \$150, Non-Members: \$180, Drop-In: \$20

#### Age 1 to 3

Wednesdays | 10:00 to 10:45 am (in the Elbow Room)

12-Weeks | Dates to Come

Members: \$150, Non-Members: \$180, Drop-In: \$20

### Yoga for Beginners

Start at the very beginning and build skills, strength, and mobility over the course of this session. For all ages and fitness levels. Please bring your own mat, and dress in comfortable clothing that you can easily move in.

Tuesdays | 9:45 to 10:45 am (in the Bow Room)

10-Weeks | April 11, 2023, to June 13, 2023

Members: \$150, Non-Members: \$180, Drop-In: \$20

### Gentle Yoga

Great for anyone with a mobility issue, 50+, or just getting back into a movement practice. Please bring your own mat and dress in comfortable clothing that you can easily move in.

Tuesdays | 11:00 am to Noon (in the Bow Room)

10-Weeks | April 11 to June 13, 2023

Members: \$150, Non-Members: \$180, Drop-In: \$20

### Pilates with Yoga

Each class will include a flowing series to warm the body, hold postures to build strength, and balance postures to increase stability. Classes will end with gentle stretches

and relaxation. If you are new to physical activity, please check with your physician prior to starting a new exercise routine.

Tuesdays | 7:00 to 8:00 pm (in the Bow room)

8-Weeks | April 11 to June 13, 2023 (No Classes May 9 and May 16, 2023)

Members: \$145, Non-Members: \$165

### Dance Fitness

Dance Fitness is an easy-to-follow cardio dance class with a mix of popular and international rhythms guaranteed to make you sweat! A portion of the class is dedicated to toning choreography with the use of light hand weights.

Mondays | 8:15 to 9:15 pm (in the Bow Room)

10-Weeks | April 10 to June 19, 2023 (No Class May 22, 2023)

Members: \$145, Non-Members: \$165, Drop-In: \$18

### Tai-Chi

In this beginner program you will begin to learn the Cheng man-Ching style of Tai Chi. It is a shorter version of Yang family style. Also, Chi Gong and meditation are part of each class. The main focus of this program is health and relaxation.

Thursdays | 10:30 to 11:30 am (in the Bow Room)

12-Weeks | April 13 to June 29, 2023

Members: \$108, Non-Members: \$120, Drop-In: \$12

### Seniors Cards and Coffee

Join us every second and fourth Friday of the month for coffee, cards, and treats. \$2 donation appreciated. No registration necessary.

## Kids And Youth

### Girl Guides of Canada

Girl Guides of Canada is the largest organization for girls and women in Canada. Meetings every Wednesday at 6:30 pm, September to June. Sparks, ages 5 and 6, Elbow River Room. Brownies, ages 7 and 8, Bow River Room. Guides, ages 9 and 11, Carburn Park Room. Pathfinders, ages 12 and 14, Heritage Room. Contact [ggcinfo@calgarygirlguides.com](mailto:ggcinfo@calgarygirlguides.com) or [www.girlguides.ca](http://www.girlguides.ca) for more information.



### Calgary Young People's Theater

CYPT provides professional caliber mentorship, training, and performance opportunities to youth ages 4 to 18. Our extensive year-round programming includes productions, camps, classes, workshops, and new play development. Register online at [www.cypt.ca/classes/](http://www.cypt.ca/classes/). For more information, please email [ad@cypt.ca](mailto:ad@cypt.ca).


### Little Steps Before and After School Care Out of School Care

For children ages 5 to 12 years attending Riverbend Elementary School and Holy Angels. Open Monday to Friday, 7:00 am to 6:00 pm, September to June. Closed on all statutory holidays; open all PD days.

Contact [littlestepspreschool@telus.net](mailto:littlestepspreschool@telus.net), 403-554-3605, or [www.littlestepschildcare.ca/riverbend-preschool/](http://www.littlestepschildcare.ca/riverbend-preschool/) or [www.littlestepsbac.ca](http://www.littlestepsbac.ca) for more information.




RIVERBEND COMMUNITY CENTRE  
19 RIVERVALLEY DR SE, CALGARY, AB T2C 3Z7



# GOOD FOOD BOX PROGRAM

MONTHLY BOXES OF ASSORTED PRODUCE  
(SMALL, MEDIUM OR LARGE) AVAILABLE TO  
PURCHASE FOR APPROXIMATELY 50% OF RETAIL  
COST AVAILABILITY

CONTENTS VARY WEEKLY, DUE TO SEASONAL AVAILABILITY.



[WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS/COMMUNITY-PROGRAMS](http://WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS/COMMUNITY-PROGRAMS)

## Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



# RIVERBEND FYI

## Riverbend Community Association Contacts

✉ info@riverbendcommunity.ca ☎ 403-236-7270 🏠 19 Rivervalley Dr SE, Calgary, AB T2C 3S1  
 🌐 riverbendcommunity.ca 📘 facebook.com/riverbendyycc 🐦 twitter.com/riverbendyycc 📷 @riverbendyycc

### Directors

President	Olga Maciejewski	olga@riverbendcommunity.ca
Past President	Christina Matisons	christina@riverbendcommunity.ca
Business Administration	Amit Khare	amit@riverbendcommunity.ca
Board Secretary	Vladimir Ivanov	vladimir@riverbendcommunity.ca
Treasurer	Vacant	
Capital Projects	Ken Schultz	ken@riverbendcommunity.ca
Community Beautification	Patricia Medhurst	pat@riverbendcommunity.ca
Information Technology	Ryan Munday	ryan@riverbendcommunity.ca
Memberships and Partnerships	Samantha Moulds	samantha@riverbendcommunity.ca
Treasurer	Vacant	
Traffic, Safety, and Crime Prevention	Brenda Pereira	brenda@riverbendcommunity.ca
Volunteer Resources	Natalia Gonzalez	natalia@riverbendcommunity.ca
Director at Large	Melodie Tang	melodie@riverbendcommunity.ca
Director at Large	Stuart Russell-Gibson	stuart@riverbendcommunity.ca

### Other

Community Manager	Delby Auktor	delby@riverbendcommunity.ca
Communications and Marketing	Lindsay Gray, Denelle Peacey, Ben Fisher	communications@riverbendcommunity.ca
School Liaison Holy Angels	Vacant	
School Liaison Riverbend	Olga Maciejewski	olga@riverbendcommunity.ca
Softball League	Cody Halleran	cody.halleran@shaw.ca
Volleyball League	Clayton Bischoff	claytonbbischoff@shaw.ca

### District Representatives

Calgary Police Community	Liaison Officer Cst. Sue Bennett	403-266-1234
If you need to report an emergency or crime in progress, please call 911. If you need to report a historical crime and there is not an immediate need for police, please call the Calgary Police non-emergency line at 403-266-1234. For online reporting, please visit calgarypolice.ca.		
Councillor Ward 11	Kourtney Penner	Ward11@calgary.ca
MLA Calgary Peigan	Tanya Fir (UCP)	Calgary.Peigan@assembly.ab.ca
MP Calgary Shepard	Tom Kmiec (PC)	Tom.Kmiec@parl.gc.ca
School Board Trustee (Calgary Public School Board)		
Ward 11 and 13	Nancy Close	neclose@cbe.ab.ca
School Board Trustee (Calgary Catholic School Board)		
Ward 11 and 12	Cathie Williams	cathie.williams@cssd.ab.ca
Girl Guides Riverbend	Holly Sweeney	hollysweeney6@outlook.com
Scouts 77th East		
Glenmore Scout Group	Rose Martin	rose_m@shaw.ca

## YOUR CITY OF CALGARY

### Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



## support your community

### BECOME A MEMBER NOW!

GET CONNECTED | BUILD RELATIONSHIPS  
VOTE ON IMPORTANT ISSUES | JOIN RCA BOARD

FEEES SUPPORT COMMUNITY PROGRAMS, EVENTS AND PROJECTS

In addition members benefit from

DISCOUNTS | PRIORITY | EXCLUSIVE ACCESS

- %15 off community centre rentals
- FREE monthly materials drop-off at Ecco Recycling landfill
- Discounts for RCA program and event registrations
- GREAT discount offers with community retailers

[WWW.RIVERBENDCOMMUNITY.CA/MEMBERSHIP](http://WWW.RIVERBENDCOMMUNITY.CA/MEMBERSHIP)



## BEAUTIFICATION CONTRIBUTES TO A VIBRANT NEIGHBOURHOOD AND SENSE OF PRIDE.

### JOIN THE TEAM TO HELP US IMPLEMENT NEW PROJECTS.

01 ENHANCEMENT 02 LANDSCAPING 03 PUBLIC ART



VOLUNTEERS NEEDED WHO ARE INTERESTED IN ENHANCING THE BEAUTY OF RIVERBEND!

CONTACT [PAT@RIVERBENDCOMMUNITY.CA](mailto:PAT@RIVERBENDCOMMUNITY.CA) TO GET INVOLVED

[WWW.RIVERBENDCOMMUNITY.CA/COMMUNITY-ADVOCACY](http://WWW.RIVERBENDCOMMUNITY.CA/COMMUNITY-ADVOCACY)



## Riverbend Community Centre

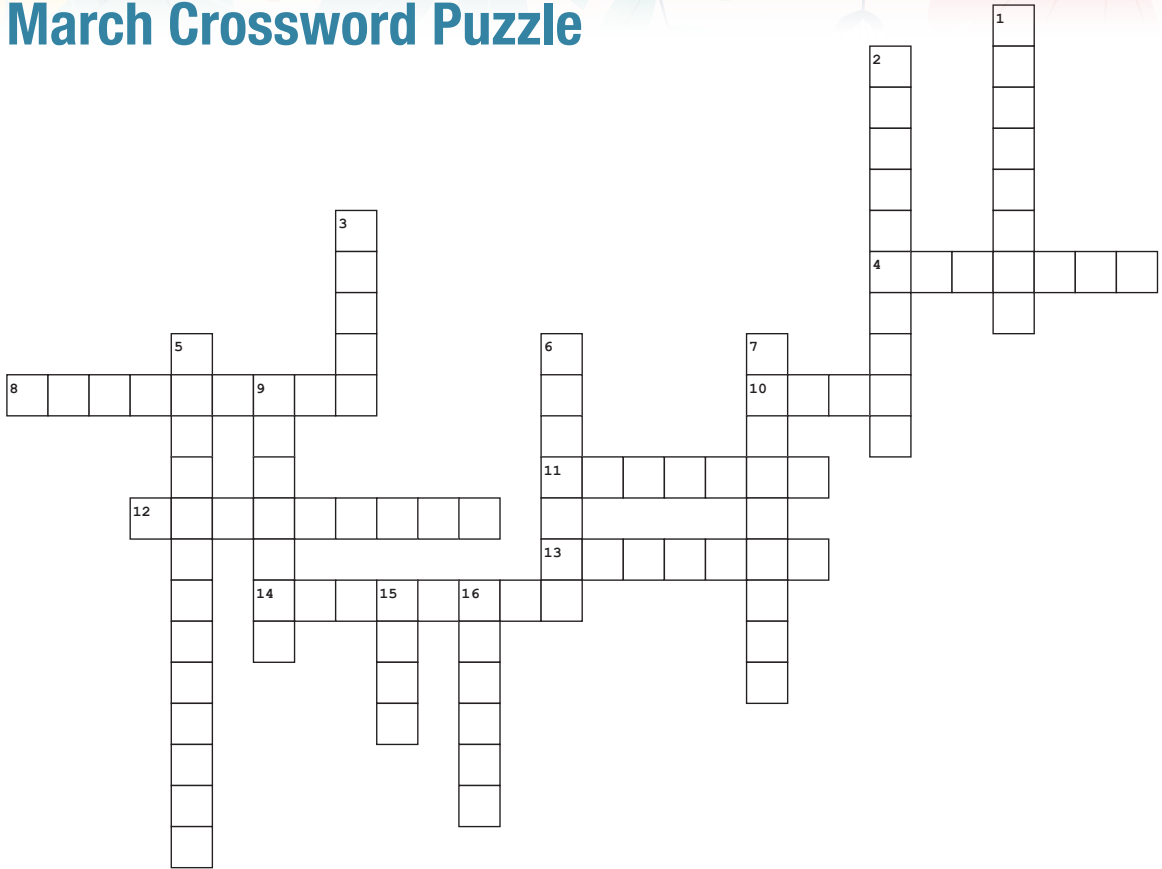
LOOKING FOR A SPOT TO BOOK YOUR NEXT EVENT? LOOK NO FURTHER THAN YOUR OWN COMMUNITY!

- The perfect spot for a wedding, family celebration, birthday party or a business meeting!
- Main level with 2 rooms, 175 plus 64 banquet sitting capacity
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- Fully renovated patio
- Minutes away from picturesque Carburn Park
- Listed as one of the best Community Centres in Calgary
- And so much more!!



[WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS](http://WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS)

# March Crossword Puzzle



## Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

## Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR  
THE ANSWER KEY**





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MLA Calgary–Peigan

**Tanya Fir**

Parliamentary Secretary  
for Status of Women

📞 587.392.8850

✉️ Calgary.Peigan@assembly.ab.ca



Dear Constituents,

Alberta's economy is booming and continuing to create jobs at a strong pace. According to Statistics Canada's latest labour force survey, our province created 20,600 more new jobs. That means Alberta has created a total of 129,900 jobs since 2021. Also, interprovincial migration to Alberta has surged, with our province's population increasing by 119,000 since the first quarter of 2022, and 135,190 since the fourth quarter of 2021.

This kind of tremendous job growth and migration has been spurred by our government implementing policies that support Alberta job-creators. By cutting taxes, balancing the budget, reducing red tape, making life more affordable, and supporting pro-growth policies, we have re-established Alberta as a top destination for families and businesses to invest. We also have low taxes, no sales tax, and the cleanest land, air, and water in the world. We have a burgeoning venture capital sector, a booming film and television industry, world-class universities, affordable housing compared to other provinces, and affordable high-quality childcare.

Another thing we are doing to defend Alberta's economy is opposing Ottawa's "just transition" plan, which would disrupt millions of jobs across Canada. Instead, we are encouraging Prime Minister Trudeau to work with us on developing federal legislation that will signal to all Canadians and investors from around the world that our governments have worked cooperatively on designing incentives and initiatives to create jobs, reduce emissions, improve technologies, and accelerate investment opportunities.

Addressing affordability continues to be a top priority for our government. More than one million Albertans are enrolled and scheduled to receive their first of six \$100 affordability payments, representing \$96 million in inflation relief. We are providing families, seniors, and the most vulnerable with the help they need in a timely manner.

Optimism is strong for the future – and our government is working tirelessly for Albertans and the province we love.

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