

Community Connections

Beverly Heights Community League eNewsletter

January/February 2022



Notes from the Board

The Beverly Heights Community League board met virtually in January. As the province still has a work-from-home order in place, the Edmonton Federation of Community Leagues suggests boards continue to meet virtually.

We are looking forward to safely planning more community league activities, programs, events and ways to build community and bring people together. We are gradually planning events and activities, including a teen paint night and a Wine Tasting Night fundraiser on February 12 (details page 5)!

The Variety Show is busy rehearsing and preparing for the show. The first of 12 show nights is Friday, February 25, 2022. See page 2 or 4 for the link to the online ticket page on EventBrite. You can present the digital ticket or the print out at the door - we will scan the Eventbrite QR code. You can also pre-purchase dinner for ALL the shows - on 8 nights a plated Ukrainian Dinner is available (so delicious!!), with a plated Beef on a bun Dinner the other 4 nights. Snacks and desserts are available to purchase at the show with all catering provided by Paulina's Catering this year. See the poster on page 4 for details.

We're excited to report that, so far, the Gud Box produce fundraiser has raised \$540 to go towards the Rundle Heights Park Redevelopment Project. This fundraiser is ongoing, you can order a produce box twice a month with \$5 from each box ordered going towards the fundraiser.

Check out the information about the Beverly Rink on page 6! We are so happy to be able to provide this fun winter activity to our community this year.

CONNECT WITH US

Website: [BeverlyHeights.ca](https://www.beverlyheights.ca)

Join our Facebook group:
[Beverly Heights Community League \(Public Group\)](https://www.facebook.com/BeverlyHeightsCommunityLeague)

Main Hall & Family Centre:
4209 111 Ave NW
Edmonton AB T5W 0K3
780-477-2458

Sports Building (Rink):
10906 40 St NW 780-477-5318

Facility Rental E-Mail Inquiries:
Rentals.BHCL@gmail.com

General E-Mail Inquiries:
Volunteer.BHCL@gmail.com

Community Connections eNewsletter Editor:
Tracey Hirtle, BHCL Publicity & Communications Director
Volunteer.BHCL@gmail.com

Do you have suggestions for stories? Questions to be answered? Let us know!

What's On? Event Calendar

Visit <https://beverlyheights.ca/whats-on/> for more information!

January/February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 16 Free Community Swim 1-3pm (See page 5)	17 <i>Teen Paint Night</i>	18	19	20	21	22
23 Free Community Swim 1-3pm (See page 5)	24 Gud Box order deadline 10am <i>Teen Paint Night</i>	25	26	27	28 Gud Box Pick Up at Rink 4:30- 6:00pm	29
30 Free Community Swim 1-3pm	31 <i>Teen Paint Night</i>	February 1	2	3	4	5
6 Free Community Swim 1-3pm	7 Gud Box order deadline 10am	8	9	10	11 Gud Box Pick Up at Rink 4:30-6:00pm	12 Wine Tasting Night Fundraiser 7-10pm <i>See page 5 for details</i>
13 Free Community Swim 1-3pm	14 	15	16	17	17	18
20 Free Community Swim 1-3pm	21 Gud Box order deadline 10am	22	23 Variety Show Dress Rehearsal	24	25 Opening Night! VARIETY SHOW UK Dinner <i>See page 4 for details</i> Gud Box Pick Up at Rink 4:30-6:00pm	26 VARIETY SHOW UK Dinner
27 Free Community Swim 1-3pm	28	<i>See next page for March!</i>				

❖ [CLICK HERE](#) for the Variety Show Online Ticket Link

❖ Rink Hours change weekly and are posted on Facebook:
[Beverly Heights Community League \(Public Group\)](#)

What's On? Event Calendar

Visit <https://beverlyheights.ca/whats-on/> for more information!

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		March 1	2	3	4	5
					VARIETY SHOW UK Dinner	VARIETY SHOW UK Dinner
6	7	8	9	10	11	12
Free Community Swim 1-3pm	Gud Box order deadline 10am				VARIETY SHOW Beef Dinner Gud Box Pick Up at Rink 4:30-6:00pm	VARIETY SHOW Beef Dinner
13	14	15	16	17	17	18
Free Community Swim 1-3pm					VARIETY SHOW UK Dinner	VARIETY SHOW UK Dinner
20	21	22	23	24	25	26
Free Community Swim 1-3pm	Gud Box order deadline 10am				VARIETY SHOW Beef Dinner Gud Box Pick Up at Rink 4:30-6:00pm	VARIETY SHOW Beef Dinner
27	28	29	30	31	April 1	April 2
Free Community Swim 1-3pm					VARIETY SHOW UK Dinner	<i>Last show!</i> VARIETY SHOW UK Dinner

Restrictions Exemption Program in effect at all BHCL facilities:

As we transition to more in-person activities, the health, safety and wellness of our community league members and partners is a top priority for the Beverly Heights Community League Board when considering and planning community events.

As a Board, we have made the decision to implement the Restrictions Exemption Program (REP) at our facilities – the Beverly Heights Community League Hall, Family Centre and Sports Building/Rink. In addition, a vaccination policy for staff and volunteers has been approved to ensure our patrons and renters feel comfortable while enjoying our venue.

All those visiting, volunteering, or working in the Beverly Heights Community League Hall, Family Centre and Sports Building who are age 12+ must be able to show proof of vaccination, or a negative COVID-19 test within 72 hours (paid test, self test cannot be accepted), or original medical exemption documentation. Masks continue to be required. Thank you for your understanding and cooperation!

(Still) celebrating
50 YEARS
 1971 - ~~2020~~
 2022

BEVERLY HEIGHTS COMMUNITY LEAGUE VARIETY SHOW

An Adult Comedy Extravaganza!

HINDSIGHT'S ~~2020~~

Written and Directed by
Will Moellering, Ken Pawluk & Jason Grilo

Beverly Heights Community Hall
 4209 111 Avenue, Edmonton

Tickets on sale starting January 1, 2022

Online at BeverlyHeightsShow.eventbrite.ca or call 780-471-3600

www.BeverlyHeights.ca/variety-show

2022 SHOW DATES

Doors open 6:30pm, guests seated by 7:30pm

FRIDAY	SATURDAY
February 25 (UK Dinner)	February 26 (UK Dinner)
March 4 (UK Dinner)	March 5 (UK Dinner)
March 11 (Beef Dip Dinner)	March 12 (Beef Dip Dinner)
March 18 (UK Dinner)	March 19 (UK Dinner)
March 25 (Beef Dip Dinner)	March 26 (Beef Dip Dinner)
April 1 (UK Dinner)	April 2 (UK Dinner)

- ♦ Tickets \$20 (plus Eventbrite fee). Must be 18+.
- ♦ Reserved seating, no refunds.
- ♦ Free coat check.
- ♦ Licensed event. All beverages (including water) must be purchased on site.
- ♦ Live band.
- ♦ Paulina's Catering is providing all food services (plated dinners, snacks & desserts).
- ♦ Outside food/snacks welcome.

Due to the venue implementing the Restrictions Exemption Program and an Employee/Volunteer Vaccination Policy, all patrons and volunteers must show proof of vaccination OR negative COVID-19 test within 72 hours OR original medical exemption documentation to enter. Masks required. Thank you for your understanding and cooperation!

[CLICK HERE](#) for the Variety Show Online Ticket Link



Beverly Heights Community League

Wine Tasting Night

Let's sample and learn about the wines, wineries and wine tasting together! Each event will feature wines from different regions.

DATE: Saturday, February 12, 2022
 TIME: 7-9pm
 PLACE: Beverly Heights Family Centre
 ADDRESS: 4209-111 Ave NW
 TICKETS: \$28 (plus Eventbrite fee)
 MORE INFO: email.volunteer.bhcl@gmail.com

Included:

- Samples of 5 wines featuring Canadian wines from BC;
- Wine tasting scorecard;
- Individual graze box with cheese, toppings and savory tidbits, fruit, dessert, crackers (GF available);
- Make and take wine charm project;
- Games & activities.
- Love one of the samples? Optional additional glass of wine available to purchase for \$6 (cash only).

[CLICK HERE](#) for the Wine Tasting Night Online Ticket Link.

Only 24 tickets available. Restrictions Exemption Program is in effect, masks are required unless seated and eating/drinking.

Get your 2021/2022 Membership

Your Community League membership card is valid from September 1 to August 31.
 Visit beverlyheights.ca/memberships/ for membership benefits and more information.

Price: \$15 Single \$5 Senior \$25 Family



Need a membership? Email Crystal at membersbhcl@hotmail.com. Once your information is confirmed she will review your payment options - send an e-transfer to treasurer.BHCL@gmail.com or drop off / mail a cheque (payable to Beverly Heights Community League). Once payment is received your card and skate tags will be ready to pick up!

Memberships are also available at Edmonton Servus Credit Unions or online at EFCL.org (service charge will be applied)

Free Community Swim - Benefit of Community League Membership!

FREE COMMUNITY SWIM - Sundays from 1-3 pm

Commonwealth Recreation Centre OR Eastglen Leisure Centre

Show your community league membership card at the admission desk.

If you have a family membership your family swims for free!
Due to staffing, the pools may limit number of participants.

Beverly Rink Update

The rink is open! **Skating times are posted on the [Beverly Heights Community League Facebook Group](#).**

Thank you to Sports Central and the Tegler Centre/Hope Mission for skate donations - we have nearly all sizes available to borrow. We do not have many helmets, however, and helmets are required for all those under age 18 so please send your child with a helmet.

Our rink director, Jamie, and ice maker/rink attendant, Matt, have been working hard to keep the ice cleared and in good skating shape despite mother nature's ongoing challenges. The rink will be closed when the weather is -25 or colder with the windchill and, unfortunately, it has been that cold a lot.

To access the building/washrooms proof of COVID-19 vaccination (QR code) will be required for those 12+ as well as ID for those 18+. Negative test within 72 hours or original documentation of medical exemption is also accepted.

Skating at outdoor rinks is free with your community league membership and skate tags, or is \$2 per person. You can purchase your Beverly Heights Community League membership at the rink during skating hours.

BEVERLY RINK IS OPEN!

BEVERLY HEIGHTS
COMMUNITY
LEAGUE

10906-40 St NW (Enter between the sports murals)

Skating is FREE with your community league membership/skate tags or \$2 per person.

Community League Memberships available to purchase (cash only, family \$25 or individual \$15).

Helmets required if under 18. Loaner skates available. Website: beverlyheights.ca/skating

Restrictions Exemption Program in effect: To enter the building, everyone age 12+ must show one of the following (plus ID if 18+):

- ❖ proof of vaccination (QR code), or
- ❖ a negative COVID-19 test within 72 hours, or
- ❖ original medical exemption documentation.

Masks covering your mouth and nose at all times are required indoors.

Thank you for your understanding and cooperation!

Pocket Park, west of No Frills - Input needed!

Beverly Heights Community League representatives Chris Keeler and Noma Morrissey have been meeting with Edmonton Community Liaison representatives regarding safety issues and upgrading the little pocket park just west of the No Frills store.

Issues have been identified by the Edmonton Police as well as community members. As the attached shopping centre is a community hub which provides our area with most of our shopping/medical needs, we would like your input into what we need to do to improve the park.

Please send your ideas/concerns by email to Noma at cliffmo@telus.net



Beverly Heights Community Snow Angels

The City does not provide snow shoveling services to individual residents.

As a community, we want to encourage everyone to keep their sidewalks free of snow and ice. We also want to encourage residents to consider helping a neighbour. Many people in Beverly need help due to mobility or health issues and might not always ask for help.

The Beverly Heights Community League has been fortunate to receive a grant from the City of Edmonton to assist our neighbors with clearing their sidewalks. We are looking for a few capable and committed youth (with parental permission) to sign on to help your community and make some cash (between \$10 and \$20 per house) by clearing residential sidewalks and walks to the houses including steps to the front door. Shovels and scrapers will be provided by the league to do the job if needed. Please note that this is not intended to be a guarantee of snow clearing for the season, and that requests for service will be responded to when help is available and until funding is exhausted.



Please contact David Grist, past president of the Beverly Heights Community League to sign up by email at snow.bhcl@gmail.com. Once a crew has been assembled, residents may request assistance of a snow angel or nominate a neighbor for the service through our Facebook Page or by email snow.bhcl@gmail.com

Some restrictions apply. The grant guidelines stipulate that this program is for seniors and people with disabilities. Premises (e.g., condominiums, townhouses, businesses) and individuals that have snow removal contracts are not eligible.

Mavens of Beverly - Important Notice

Mavens of Beverly is a group of amazing women in and around the Beverly area who socialize with a purpose - fostering positive, inspiring relationships, learning, and having fun.

Crystal regrettably shares that Mavens of Beverly get-togethers will be put on hold until September, 2022. Those who purchased an annual membership can contact Crystal at membersbhcl@hotmail.com for a refund.

Abundant Community Beverly / Rundle - NOW HIRING!

The Beverly and Rundle Heights Abundant Community support team is looking for a self-motivated, community minded individual to recruit, train and support our community Block Connectors by serving as our **Neighbourhood Connector**.

To learn more or to apply for this temporarily funded position, please contact Chris at 780-293-6674

[Abundant Community Edmonton](#)

[Block Connectors Resource Guide](#)

Check out the updated Abundant Community website page <https://beverlyheights.ca/abundant-community-edmonton-beverly-rundle/>

Reach out if you are interested in connecting with your neighbours or learning more about the Abundant Community Program.

neighbouringbeverly@gmail.com



Beverly Memorial Cenotaph - Seeking Committee Members

The Beverly Memorial Cenotaph committee is seeking veterans, those currently serving, or members of the public in the area who are passionate about the Cenotaph project to join the committee and take part in planning events, including the Remembrance Day event.

Please email Alex at beverlybrz@telus.net with your name and contact information if you are interested.

<https://www.facebook.com/beverlycenotaph>



Welcome to Beverly Program!

Do you have a new neighbour you would like to welcome to the community?

The Beverly Heights Community League is offering a welcome package for you to deliver to your new neighbour - an opportunity for you to say hello, introduce yourself, and to share valuable information about the area.

Included in the package:

- Reusable BHCL bag
- Welcome to Beverly Newsletter
- Voucher for a free Community League Membership
- Benefits of Membership information
- And more!



To get a welcome package for your new neighbour email volunteer.bhcl@gmail.com.

The program starts September 1 and will include those moving into the Beverly Heights Community League after June 1, 2021 (includes Beverly Heights and Rundle Heights: east of 50th Street, south of 118 Avenue, north of the river). See the Welcome to Beverly Newsletter at beverlyheights.ca—it's great information for all living in the area.



BEVERLYHEIGHTS.CA volunteer.BHCL@gmail.com
Facebook: [Beverly Heights Community League \(Public Group\)](https://www.facebook.com/BeverlyHeightsCommunityLeague)

Rundle Heights Park Redevelopment Project

Thanks to those who supported the fundraisers over the past few months! So far, the Gud Box orders have raised \$540 towards the Rundle Heights Park Redevelopment Project.

We're still approximately \$183,000 away from our goal. We are waiting on 3 grants that are delayed in making decisions, which unfortunately impacts us...and maybe delays us. The CFEP grant is for \$125,000. CCRF is for \$190,000 and Tree Canada is for \$10,000. We need these grants...so we're plugging along. Fingers crossed they will come through and soon so that we can be on the 2022 build schedule.

In the meantime, we're going to continue applying for other grants, work on some fundraising, and push for those donations and sponsorships. See the next page for more information!

If you are interested in donating and receiving a tax receipt or in sponsorship and getting your name or business name on a plaque at the park, please check out the form on the next page and at beverlyheights.ca/rundle-heights-park-redevelopment/.

Donations and sponsorships: Click [HERE](#) to download the sponsorship form. Sponsorships are a great gift idea! Give and include your kids or grandkids names, which will be added to a plaque when the park is built. Leave a real family legacy for year to come (no tax receipt). Or make a donation of \$20+ to the park and receive a tax receipt, maximize your tax/gift benefits for the year.

Donate your bottles! You can drop off your bottles at the Beverly Bottle Depot and ask to donate the funds to the Rundle Heights Park Project. Every little bit adds up to meet our goals!

Facebook page: [Rundle Heights Park Redevelopment](#)

Website: beverlyheights.ca/rundle-heights-park-redevelopment/

[CLICK HERE](#) for the link to the Rundle Heights Park
Redevelopment Donation / Sponsorship forms

Every Child Deserves a Safe Place to Play

Rundle Heights Park Redevelopment

Donation and Sponsorship Pledge Card



Sponsorship levels:

Individuals

- \$500 - Champion of Fun
- \$100+ - Friend of Play
- \$20+ - Community Maker

Local Businesses

- \$200+ - Community Friends

In commitment to support the Rundle Heights Park
Redevelopment, please:

Accept my tax deductible gift of \$ _____

*\$20 min receives a tax receipt

Accept my sponsorship pledge of \$ _____

*Name engraved at the park on a plaque. Not tax deductible

Please fill in personal information on reverse

Personal Information

Fundraiser Details

Visit <https://beverlyheights.ca/whats-on/> for more information!



Funds raised through The Beverly Heights Gud Box go towards enhancing green spaces and parks in the community.

www.thegudbox.ca/beverlyheights

The Gud Box Fundraiser

Thank you for your support for this fresh fundraiser! Boxes are available twice a month. Order deadline is 10am Monday with pick up 4:30-6:00pm Friday (note the end time has changed!) at the Beverly Sports Building (rink) at 10906-40 Street. Enter the door between the two sports murals.

Visit the website and place your order [HERE](http://www.thegudbox.ca/beverlyheights) (www.thegudbox.ca/beverlyheights).

Home delivery in the area for seniors and those with reduced mobility is available, email Volunteer.bhcl@gmail.com.

Click [HERE](#) to visit our Facebook page and see actual Gud Box content photos and comments from community members and an unboxing video (link [HERE](#))

Beverly Heights Community League RAFFLE FUNDRAISER
License 583693

Tickets: \$5 each, 2000 printed
Must be at least 18 years of age to purchase

Draw date: April 12, 2022 at the Beverly Heights Community Hall 4209-111 Avenue NW

Official Raffle Rules and ticket details at BeverlyHeights.ca

Win a facility rental and host an incredible event ~ wedding, anniversary, milestone celebration, family reunion, or a simple get-together!

Grand Prize: Main Hall one-day rental including commercial kitchen (value: \$1300)	2nd Prize: Family Centre one-day rental including set-up and cleaning add-on (value: \$700)	3rd Prize: \$300 cash	4th Prize: \$200 cash
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Thank you for your support! Proceeds help fund youth, adult, and senior programs, events, and activities in the community.

Beverly Heights Community League Facility Rental and Cash Fundraiser Raffle

Host an incredible event: milestone celebration, wedding, anniversary, family reunion or simple get-together!

Tickets \$5 each, must be 18+ to purchase.

Grand Prize: Main Hall one-day rental (value \$1300)
2nd Prize: Family Centre one-day rental (value \$700)
3rd Prize: \$300 **4th Prize:** \$200

Proceeds help fund youth, adult, and senior programs, events, and activities in the community. Official raffle rules and how to get your tickets at beverlyheights.ca
Draw date April 12, 2022 at the BHCL AGM.

Tickets on sale during Gud Box Pick up times at the rink - see the upcoming event calendar for details.

2022 Picassos of Beverly Calendars are on sale now!

See the amazing artwork of local youth and offers / information from local businesses.

All proceeds go back into adult and youth programs for the Beverly Heights Community. Price \$20 each.

Call Crystal at 780-289-0995 to get yours today or pick one up during The Gud Box pick up times at the rink - see the upcoming event calendar for details.



Picassos of Beverly 2022



Beverly Heights Community League Hall and Family Centre Facility Rentals

The perfect backdrop to your special day! Located in a park setting overlooking the river valley. The facility is air conditioned, with ample parking, adjacent playground, wheelchair accessible, and new flooring and paint.

MAIN HALL

Capacity of 300 guests with (optional) access to a commercial kitchen, stage, and décor. Bar service is available. New floor and fresh paint in grey tones is the perfect backdrop for your event.

Services include sanitizing before and after event, event set up, and staff on site during the event.

FAMILY CENTRE

Capacity of 60 guests with small kitchen and bar area. Ideal for meetings, luncheons or smaller gatherings such as showers, birthday or anniversary celebrations.

Ask about the Weekend Special - rent both the Family Centre and Main Hall with commercial kitchen for your wedding, reception, and gift opening.

Visit BeverlyHeights.ca or email rentals.BHCL@gmail.com for more information, to arrange a viewing, or check availability.

4209 111 Avenue NW
Edmonton, Alberta

Website: BeverlyHeights.ca
Email: rentals.bhcl@gmail.com

BEVERLY HEIGHTS
COMMUNITY
LEAGUE

Due to the venue participating in the Restrictions Exemption Program, renters are responsible for ensuring all attendees (age 12+) show proof of vaccination OR a negative COVID-19 test within 72 hours OR original medical exemption documentation, as well as ID if 18+. Masks required indoors.

Community Partners and Links

Facebook Links	Website Links
<p>Beverly Heights Community League</p> <p>Rundle Heights Park Redevelopment</p> <p>Beverly Historical Society</p> <p>Beverly Page Community News and Classifieds</p> <p>Beverly Business Association</p> <p>YourAlberta (Government of Alberta)</p> <p>Edmonton Federation of Community Leagues - EFCL</p> <p>City of Edmonton City of Edmonton Recreation Centres</p> <p>Edmonton Public Library</p> <p>Edmonton Police - Crime Prevention</p> <p>Community Police - Northeast</p> <p>Edmonton Neighbourhood Watch</p> <p>Tegler Youth Centre</p>	<p>Abundant Community Edmonton</p> <p>Alberta.ca (for COVID information)</p> <p>BeverlyHeights.ca</p> <p>Beverly Historical Society</p> <p>Beverly Business Association</p> <p>Abbotsfield Recreation Centre (ARC)</p> <p>Abbotsfield Youth Project</p> <p>Boys & Girls Club/Big Brothers Big Sisters of Edmonton</p> <p>Northeast Edmonton ECD Coalition</p> <p>Norwood Child & Family Centre</p> <p>REACH Edmonton Council for Safe Communities</p> <p>WIN House</p>

Who to call for help: If you or someone you know is in distress please call the Distress Line at 780-482-HELP (4357)

Call 211 for information and referrals to connect to social, health and government services. Press 3 for 24/7 crisis diversion team if you see someone in distress due to heat, mental health, substance, other circumstances.

Call 311: City of Edmonton services.

Call 911: if in immediate danger or call the non-emergency police line at 780-423-4567.

<p>Building Hope Compassionate Association addresses the basic needs of low and no-income people in the Beverly Community since 2000 with a clothing bank, homeless outreach and light breakfast and lunch M-T-W 9am-3pm 3831 116 Avenue NW summerbz@live.com 780-479-4504 https://rwyers.wixsite.com/website</p>	 <p>enpcn.com 780-479-1533</p> <p>Group programs are offered virtually, and you can self-refer.</p>	 <p>Wecan Cooperative Our Community Employment Resource Centre 780.479.5443 Resumes Cover Letters Training WE ARE OPEN Virtual and in person appointments FREE!! #248 Riverview Crossing Mall formerly Abbotsfield Mall</p>
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<p>Let's Eat Lunch Program <i>By Boot Scootin' Boogie Dancehall</i> 3945 118 Ave (formerly Drake Hotel) Free lunch is offered weekends from 12-3pm for individuals and families. Donations and volunteers welcome! Facebook: Let's Eat with Boot Scootin' Boogie Website: bootscootinboogiedancehall.com</p>	<p>The Candora Society Thursday Community Lunch  Drop in for a free hot lunch every Thursday 11:30am-12:30pm Abbotsfield Recreation Centre (ARC) 3006 119 Avenue Volunteers welcome! Call 780-474-5011 ext. 111 Email: info@candorasociety.com Website: Candora.ca Facebook: https://www.facebook.com/candorasociety</p>
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Political Representative Contacts		
<p>City of Edmonton: Ashley Salvador Councillor, Ward Metis 780-496-8140 ashley.salvador@edmonton.ca</p>	<p>Edmonton Public School Board Trustee Ward D: Trisha Estabrooks trisha.estabrooks@epsb.ca 780-292-5215</p>	<p>Edmonton Catholic School District Trustee Ward 73: Vacant boardoffice@ecsd.net 780-441-6002</p>
<p>Province of Alberta: Deron Bilous, MLA for Edmonton-Beverly-Clareview Edmonton.beverlyclareview@assembly.ab.ca Albertandpcaucus.ca/your-mlas/deron-bilous 780-476-6467</p>	<p>Government of Canada: Blake Desjarlais, MP Edmonton Griesbach Blake.desjarlais@parl.gc.ca https://blakedesjarlais.ndp.ca 780-495-3261</p>	