



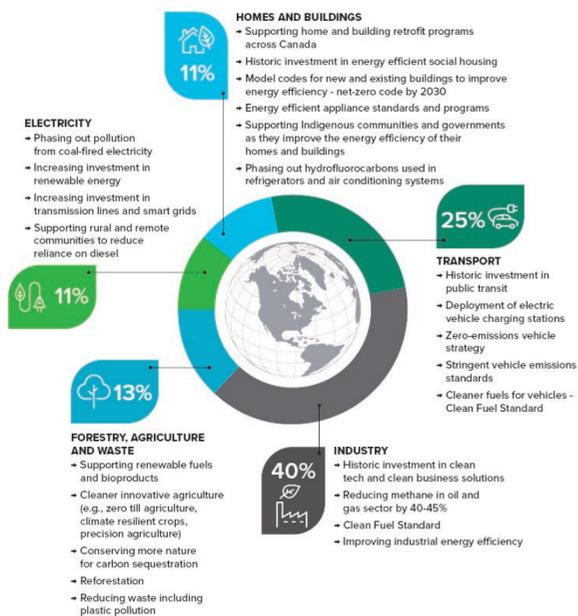
NARCAN CAN SAVE LIVES

The Opioid Crisis is impacting communities across Canada and it cuts across social and economic lines. Upwards of 70% of Opioid overdoses happen in private residences or at home. In fact, an opioid overdose can happen to anyone, anywhere. Many of these people who suffer an overdose have had a prescription in the last 180 days.

That is why it is vital for anyone with an Opioid prescription to also have a Naloxone kit. Naloxone can save lives in the event of an opioid overdose and the easy to use nasal spray version of NARCAN is free to all Ontario residents at pharmacies.

The health crisis we are facing requires us all to be more careful and to plan ahead. The easy to use NARCAN nasal spray requires no specialized training and is needle free. If you or a family member have a prescription, it is vital that you to speak to a pharmacist about a Naloxone kit that could potentially save a life.

Where do Canada's emissions come from and what are we doing to reduce them?



MORE HELP FOR FAMILIES

Our families and our economy are changing rapidly, and we need to adapt to these changes to make life easier for Canadians. Next month the EI Parental Sharing Benefit will come into effect, three months earlier than planned. By giving families up to 5 more weeks of EI benefits when they share parental leave, it gives both parents an opportunity to build a stronger bond with their child and promotes greater gender equality at home. This is another way we're working to build a Canada where everyone has a fair and equal shot at success.

Parental Benefits

Our government is helping families adjust to parenthood by:

- Extending parental benefits for up to 18 months
- Allowing EI maternity benefits to be used up to 12 weeks before due date
- As of March 2019, giving the option of 5 extra weeks of EI parental benefits w/ the Parental Sharing Benefit

Every child deserves access to quality early learning and child care, and for Canadian families, high-quality, affordable child care is more than a convenience—it's a necessity.

We made a promise to Canadian families to create 40,000 more affordable child care spaces across the country to help reduce wait times, extend opening hours, and make life easier for working parents. With our government's historic investments in early learning and child care, we're on the right track.

More Canadian parents can now pursue new opportunities to work and learn, and build a better future for themselves and their children.

IN OUR COMMUNITY



Welcome to Oakville North- Burlington's newest Canadian citizens! Thank you to everyone for sharing your stories with me.



I joined the Burlington Caribbean Connection at Burlington City Hall to recognize Black History Month with Mayor Meed-Ward.



Halton Food for Thought joined my Youth Council this month to share with them the importance of healthy eating and the reality of food insecurity in Halton, as well as a hands-on activity that gave the Youth Council an idea of choices families often have to make around healthy eating. We made smoothies on the smoothie bike..



Celebrating Chinese New Year with Halton Region Chinese Canadian Association! Happy Lunar New Year.



I was proud to inspect the 540 Golden Hawks Squadron RCACS, one of the largest air cadet squadrons in Canada.



What a great way to spend the afternoon, touring the Lions Foundation of Canada Dog Guides facility in Oakville. Thank you to Alex and Ian for the tour. It was amazing to see dogs like Taz in action and to learn more about the many people whose lives the dogs enrich.



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A MESSAGE FROM PAM

Hello Oakville North-Burlington,

I have had the privilege of meeting many of you both in Ottawa and in Oakville North-Burlington and speaking with you about the work our government is doing for all Canadians. We are committed to growing our economy, protecting our environment, keeping Canadians safe and ensuring equality for everyone.

One of the key issues I hear about over and over again is climate change. Experts now identify climate change as the greatest risk to human health in the 21st century. And those health harms are disproportionately being borne by younger Canadians. Canada is obligated to protect future generations from climate change and pricing pollution is an important health intervention. Our government is taking strong, proactive measures to do just that.

In this newsletter, I outline our government's approach to ensuring the protection of our environment through measures such as pollution pricing. There is also key information

enclosed about how to claim your Climate Action Incentive when you file your taxes this year.

I hope you will read through the full newsletter to see how you can help reduce climate change in your daily life and at home and take advantage of the Climate Action Incentive on your tax filing.

I continue to be proud to represent our community in Ottawa. Please follow my social media pages for updates on community news, events and federal issues.

Sincerely,

Pam Damoff, MP
Oakville North-Burlington

CANADA'S CLIMATE PLAN

- A price on pollution
- Renewable energy
- Public transit
- Clean tech and clean jobs
- Energy efficiency



Look for this when filing your taxes

Step 1 – Calculating your basic climate action incentive

Base amount	claim \$154.00	6010	1
Amount for an eligible spouse or common-law partner	claim \$77.00	6011 +	2
Amount for a single parent's qualified dependant	claim \$77.00	6012 +	3
Amount for qualified dependants (Do not include the qualified dependant claimed on line 6012 above, if applicable.)	Number of qualified dependants	6013 × \$38.00 =	4
Add lines 1 to 4.			=

Step 2 – Calculating your supplement for residents of small and rural communities

Did you reside outside of a census metropolitan area on December 31, 2018, as defined by Statistics Canada? 6014 Yes 1 No 2

If yes, continue on line 6. Otherwise, enter the amount from line 5 on line 7 below.

Enter the amount from line 5.	× 10% =	+	6
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Step 3 – Calculating your total climate action incentive

Add lines 5 and 6. Enter this amount on line 449 of your return.	=	7
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See the privacy notice on your return.

LOOK FOR THIS WHEN FILING YOUR TAXES!

PUTTING A PRICE ON POLLUTION

FIGHTING CLIMATE CHANGE

BY PUTTING A FAIR PRICE ON POLLUTION

CLIMATE ACTION INCENTIVE

Each year, an average family of four in Ontario will receive:



Starting this year, it will no longer be free to pollute in Canada because when pollution is free, there is more of it.

Our government put a price on pollution while giving money directly back to Canadians. For example, an average family of four will receive \$307 through the Climate Action Incentive when they file their taxes.

8 in 10 Ontario families will be better off. And Ontarians can save even more money if they choose clean solutions such as public transit, a more efficient vehicle, LED light bulbs or smart thermostats.

We are focused on making life affordable and growing the economy – from the Climate Action Incentive and our middle class tax cut, to the new Canada Child Benefit and the enhanced CPP, to helping Canadians create 800,000 new jobs.

Canadians know that climate change is real, and recent floods, droughts, forest fires and extreme heat are imposing huge economic and human costs across our country. We also have the chance to take

advantage of the clean economy that could create 65 million jobs around the world.

Our climate plan is ambitious, effective and makes life affordable while creating good middle class jobs through:

- Putting a price on pollution;
- Making historic investments in public transit and renewable energy;
- Supporting clean solutions by entrepreneurs creating good jobs; and
- Helping hospitals, schools, and businesses become more energy efficient and save money.

Canadians deserve a serious plan to protect our environment and grow our economy, and we are delivering on both.

Understanding your Climate Action Incentive Rebate

Climate change is a real threat. **We are taking action.** We are putting a price on pollution to encourage everyone to pollute less and make cleaner choices.



Heavy industry will pay based on their pollution levels

We're also keeping life affordable for families. The money collected by the Federal Government in Ontario is being returned to Ontarians through the new Climate Action Incentive

Things like turning off lights and biking instead of driving will help you save some money.

A price on pollution means that the more you cut pollution, the more you save.

Things like insulating your home and driving an electric vehicle will save you lots of money in the long run.

\$154
Single adult or first adult in a couple

\$77

\$38

\$38
Second child in the family

=

\$307!

An average Ontario family of four will receive a \$307 Climate Action Incentive payment through their Income Tax and Benefit return this year.