

THE PULSE

United Nurses of Alberta

March 2026

Triage Desk

Hello there,

This month, we're putting the spotlight on what really matters - our public health care and the voices of nurses who protect it every day.

Alberta's Bill 11 threatens to bring two-tier, American-style health care to our province, and **we need your help** to stop it!

You can take action by signing our [petition](#). Every voice counts.

Inside this issue, we're also celebrating International Women's Day, sharing What Nurses Are Saying and a friendly reminder to spring forward when the clocks change.

Thank you for standing with nurses and defending public health care in Alberta.

Together, we can make a difference!

Nursing Notes



Alberta's Bill 11 isn't just a law; it's a threat to public health care.

It allows private, two-tier health care that puts all of Canada's public health care at risk.

Take action now: Scan the QR codes below to sign our petition and send letters to [Prime Minister Mark Carney](#) and [Federal Health Minister, Majorie Michel](#) to demand they enforce the Canada Health Act and protect our public health care system.

Every signature and message counts. Together, we can stop the Americanization of health care.



Brain Food



Did you know?

Canada was one of the first countries to adopt Daylight Saving Time.

The city of Thunder Bay (then known as Port Arthur and Fort William) became the first place in the world to implement it in 1908!

Canada later adopted Daylight Saving Time more widely during World War I to help conserve fuel and energy.

Today, most provinces observe it, but parts of Saskatchewan stay on standard time year-round, meaning they don't "spring forward" or "fall back" like much of the rest of the country.

At 2:00 a.m. on Sunday, March 8, the clocks 'spring forward' by one hour, kicking off Daylight Saving Time. We'll keep that extra evening daylight all the way until November 1.

NO TWO TIER

AMERICAN-STYLE HEALTHCARE

Partnering Against Privatization

"Often it is the silence of the good that becomes the most dangerous thing. Injustice thrives in silence."

Right now, those words feel less like a quote and more like a warning.

UNA, alongside many others, sees through the smoke screen around [Bill 11](#) and the continued push toward privatization.

Free, fair, accessible public health care is a pillar of what it means to be Canadian. It must be about care, not wealth.

We refuse to stay silent. That's why we've joined forces with [Friends of Medicare](#) to raise our voices, reach more people, and turn concern into action.

Together, we can protect the public health care system Albertans deserve.

What Nurses Are Saying



Quote of the Month

"Anti-racism is the commitment to fight racism wherever you find it, including in yourself. And it's the only way forward."

Writer, speaker & activist, Ijeoma Oluo

March 21 is International Day for the Elimination of Racial Discrimination

What's Next?



UNA nurses at the 2025 Mental Health Nurses' Day event hosted by Local 183

When we give, we gain.

International Women's Day, celebrated on March 8, is calling on all of us to embrace one powerful idea: Give to Gain.

Real progress happens when we give our time, our resources, our platforms, our mentorship, our advocacy. When we give, we don't lose. We build. We strengthen. We grow.

When individuals, organizations, and communities invest intentionally in women's advancement, opportunities expand. Support multiplies. Barriers shrink. And when women rise, everyone benefits.

So this International Women's Day, ask yourself: What will I give to help gain gender equality?

Let's Connect

LET'S GET SOCIAL!

We'd love to keep in touch. Follow us on our social media platforms and help us spread the word about how, together, we can support Alberta's nurses.



MEMBERS CAN DOWNLOAD THE **UNA APP** HERE.



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