

**MEDIA RELEASE  
FOR IMMEDIATE RELEASE**

**KAREN MCCRIMMON SEEKING RE-ELECTION AS ONTARIO  
LIBERAL PARTY MPP FOR KANATA-CARLETON IN UPCOMING  
PROVINCIAL ELECTION**

**KANATA, Ontario – JANUARY 28, 2025** – Karen McCrimmon, a 31-year military veteran and Member of Provincial Parliament for Kanata-Carleton (2023-2025) is the riding's Ontario Liberal Party candidate for the provincial election to be held on **February 27**.

Karen is a resident of Constance Bay and long-standing leader and advocate for Kanata-Carleton. She is a decorated Canadian Armed Forces veteran serving as the first woman navigator and the first woman to command a Canadian Air Force flying squadron. Committed to community service, Karen is dedicated to ensuring that Kanata-Carleton remains a healthy, vibrant and strong community where all can build a life and a future.

In the 2023 by-election, Karen was elected as the Member of Provincial Parliament for Kanata-Carleton, overturning the Conservative stronghold held for 109 years. Prior to representing the riding provincially, she served as its federal Member of Parliament from 2015 to 2021.

Karen has promoted the interests of Kanata-Carleton at Queen's Park and for the Ontario that we all deserve. She has introduced legislation to enshrine green spaces, prevent flooding, and reduce barriers for affordable housing. Karen knows the resources and technological value that Kanata-Carleton brings to Ontario and Canada, and believes that they can contribute to growing Ontario's workforce and economy. She has fought tirelessly for more family doctors and for building a health care facility in Kanata/Stittsville. As the Ontario Liberal Party's Critic for Education, Colleges and Universities, Karen has lobbied for re-investments in our children and education system, including fighting for a new high school in Kanata.

Karen has the experience and leadership to demand accountability from Doug Ford's government: "There was no need to call this election 18 months early. This is just another example of Doug Ford and his government grasping for more power so that they can parcel out Ontario to wealthy insiders." Karen has opposed selling off the Greenbelt, the Ontario Science Centre, Service Ontario, and Ontario Place. She believes that for Kanata-Carleton and Ontario to thrive, the government needs to focus on better health care, making housing and life more affordable, and growing our jobs and economy.

Karen is the only proven choice for Kanata-Carleton and looks forward to continuing to serve the interests of all constituents as their Member of Provincial Parliament.

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Learn more about Karen McCrimmon by visiting her webpage at [www.karenmccrimmon.ca](http://www.karenmccrimmon.ca)  
or her Facebook or Twitter page @KarenMcCrimmon.  
Interviews available by emailing [comms@karenmccrimmon.ca](mailto:comms@karenmccrimmon.ca)