



News Release

ATCO BLUE FLAME KITCHEN

Corporate Head Office: 10035 - 105 Street, Edmonton, Alberta T5J 2V6 Tel: (780) 420-7211

For Immediate Release

October 10, 2012

ATCO BLUE FLAME KITCHEN UNVEILS NEW HOLIDAY COLLECTION COOKBOOK

Holiday Recipes from Appetizers to Desserts

EDMONTON, Alberta – ATCO Blue Flame Kitchen has released its latest edition cookbook – *Holiday Collection*. The 2012 edition is packed with more than 100 holiday recipes from appetizers to desserts, as well as safety tips and helpful hints.

Featuring Quiche Lorraine, Blueberry Baked Brie, Carrot and Tarragon Bisque, Crown Roast of Pork with Pumpnickel and Sausage Stuffing, and Sticky Toffee Puddings – the 2012 *Holiday Collection* cookbook is the perfect complement to any celebration.

“Our cookbook is the perfect holiday planning companion for preparing everything from festive gifts from the kitchen to wonderful meals,” said Sarah Francis, Manager, ATCO Blue Flame Kitchen. “Through our extensive testing, we have perfected these holiday recipes and not only are they delicious, they are easy to follow.”

The price of *Holiday Collection* is \$14.99 + GST and it is now available at ATCO Gas and ATCO Electric offices throughout Alberta. Copies can also be ordered through the toll-free cookbook order line at 1-800-840-3393, or online at www.atcoblueflamekitchen.com.

The ATCO Blue Flame Kitchen is a service provided by ATCO Gas. ATCO Blue Flame Kitchen has provided Albertans with natural gas safety information, energy efficiency tips and household advice related to food, cooking, general nutrition, laundry and household problems for more than 80 years. ATCO Gas is celebrating 100 years of heating homes and warming communities in Alberta. As an Alberta based, province-wide natural gas distribution company, ATCO Gas serves more than one million customers in nearly 300 Alberta communities and is part of the ATCO Group of Companies.

ATCO Group, with more than 8,800 employees and assets of approximately \$13 billion, delivers service excellence and innovative business solutions worldwide with leading companies engaged in structures & logistics (manufacturing, logistics and noise abatement), utilities (pipelines, natural gas and electricity transmission and distribution), energy (power generation, natural gas gathering, processing, storage and liquids extraction) and technologies (business systems solutions). More information can be found at www.atco.com.

For further information, please contact:

Joanne Ellard

Marketing Communications Advisor

(403) 245-7625

Forward-Looking Information:

Certain statements contained in this news release may constitute forward-looking statements. Forward-looking statements are often, but not always, identified by the use of words such as “anticipate”, “plan”, “expect”, “may”, “will”, “intend”, “should”, and similar expressions. These statements involve known and unknown risks, uncertainties and other factors that may cause actual results or events to differ materially from those anticipated in such forward-looking statements. The Corporation believes that the expectations reflected in the forward-looking statements are reasonable, but no assurance can be given that these expectations will prove to be correct and such forward-looking statements should not be unduly relied upon.

The Corporation’s actual results could differ materially from those anticipated in these forward-looking statements as a result of regulatory decisions, competitive factors in the industries in which the Corporation operates, prevailing economic conditions, and other factors, many of which are beyond the control of the Corporation.

The forward-looking statements contained in this news release represent the Corporation’s expectations as of the date hereof, and are subject to change after such date. The Corporation disclaims any intention or obligation to update or revise any forward-looking statements whether as a result of new information, future events or otherwise, except as required under applicable securities regulations.



News Release

ATCO BLUE FLAME KITCHEN

Corporate Head Office: 10035 - 105 Street, Edmonton, Alberta T5J 2V6 Tel: (780) 420-7211

Forward-Looking Information:

Certain statements contained in this news release may constitute forward-looking statements. Forward-looking statements are often, but not always, identified by the use of words such as "anticipate", "plan", "expect", "may", "will", "intend", "should", and similar expressions. These statements involve known and unknown risks, uncertainties and other factors that may cause actual results or events to differ materially from those anticipated in such forward-looking statements. The Corporation believes that the expectations reflected in the forward-looking statements are reasonable, but no assurance can be given that these expectations will prove to be correct and such forward-looking statements should not be unduly relied upon.

The Corporation's actual results could differ materially from those anticipated in these forward-looking statements as a result of regulatory decisions, competitive factors in the industries in which the Corporation operates, prevailing economic conditions, and other factors, many of which are beyond the control of the Corporation.

The forward-looking statements contained in this news release represent the Corporation's expectations as of the date hereof, and are subject to change after such date. The Corporation disclaims any intention or obligation to update or revise any forward-looking statements whether as a result of new information, future events or otherwise, except as required under applicable securities regulations.
