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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit gofund.me/31fdeef6

Any help is appreciated ♥



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- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

SALE **\$13,879**
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- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

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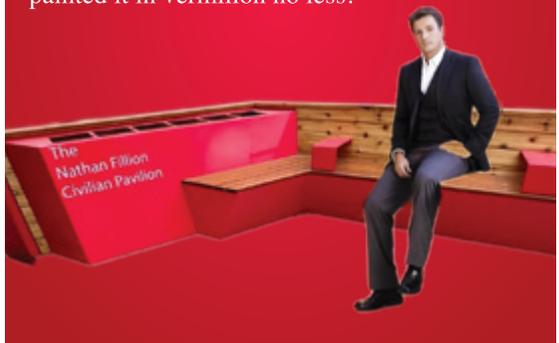
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*Nathan Fillion
Civilian Pavilion*

Edmonton-born actor Nathan Fillion celebrates his birthday on March 27. Edmontonians are so proud of their hometown hero that they created the Nathan Fillion Civilian Pavilion, and they painted it in vermilion no less!



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& More**



**Crime
Statistics**



**Real Estate
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Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

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Burns and Scalds

by Alberta Health Services



Emergency Health Services (EHS) – Alberta routinely responds to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child’s own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron, etc.), or making contact with electrical outlets. Incidents such as these can be mitigated by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

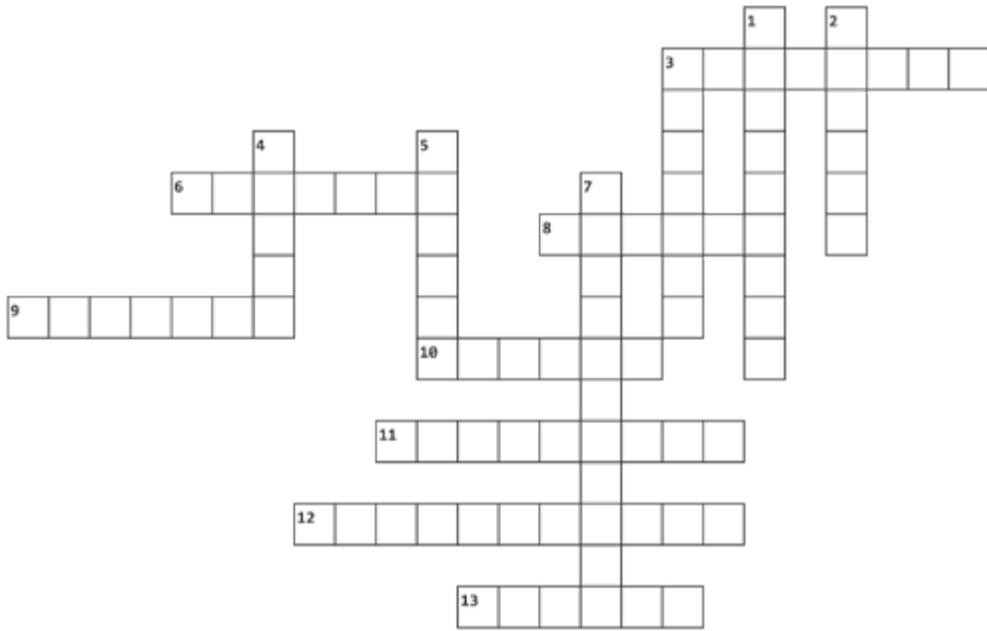
- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect from infection.

- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C/140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in.
- Try to keep children away from areas where appliances are in use (kettles, irons, hot stoves, etc.).

March Crossword



Across

3. The prestigious piano manufacturer _____ & Sons was founded by Heinrich Steinweg on March 5, 1853.
6. *The Sound of Music* starring Julie Andrews and Christopher _____ premiered on March 2, 1965.
8. This equinox takes place on March 20 in the Northern Hemisphere.
9. The sports romance novel, *Heated _____*, by Canadian author Rachel Reid was originally published on March 25, 2019.
10. The _____ Harbour Bridge officially opened in Australia on March 19, 1932.
11. Ernest Shackleton's sunken ship, _____, was rediscovered after 107 years in the Weddell Sea on March 5, 2022.
12. On March 16, 1521, Portuguese explorer Ferdinand Magellan reached this archipelagic country in Southeast Asia.
13. World _____ Day is celebrated on March 21 honouring this form of literary work.

Down

1. On March 6, 1869, Dmitri _____ presented his periodic table of the elements to the Russian Chemical Society.
2. Turkish cities Constantinople and Angora officially changed their names to Istanbul and _____ on March 28, 1930.
3. Canadian actor William _____ was born on March 22, 1931, in Montreal.
4. In March 1997, the horror drama series _____ *the Vampire Slayer* premiered.
5. On March 13, 1781, William Herschel discovered this planet believing it to be a comet initially.
7. One of the most famous and fastest racehorses of all time, _____ was born on March 30, 1970.



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SCAN ME

How to Call a Family Meeting About Caring for Aging Parents

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



As parents age, families often find themselves facing new responsibilities and having to make practical decisions. Without open communication, caregiving can become stressful, unevenly shared, and full of unspoken expectations. A family meeting can help create clarity, reduce conflict, and ensure everyone is working together with compassion and shared understanding.

Why a Family Meeting Matters

Aging is gradual—until it isn't. A sudden health event can force families into crisis mode. A proactive family meeting allows siblings and parents to talk about preferences, responsibilities, and concerns before decisions become urgent. It also helps prevent one person from carrying the caregiving burden alone.

How to Invite Everyone

Keep the invitation collaborative and future focused. For example: "I've been thinking about how we can best

support mom and dad as they get older. I'd really like us to talk about planning ahead so we're not scrambling later. Could we set aside some time to meet?"

Setting the Tone

Begin with reassurance and shared purpose. Acknowledge that this can be emotional and that everyone has different capacities. Helpful guidelines include listening without interrupting, avoiding blame, and keeping parents' dignity and wishes at the centre of the conversation.

1. Parents' Wishes and Values - If possible, include your parents in the conversation. Discuss where they want to live, what independence means to them, and preferences for in-home care, assisted living, or long-term care. Clarify how they want medical decisions handled if they cannot speak for themselves.

Bobcats in Calgary

by Catherine Felidae



In the winter, going to work early or driving kids to school in the dark, sometimes we see a bobcat hunting for mice around the compost bin of one of the houses, or crossing the road before there is much traffic.

Bobcats are one of the two types of lynxes that we have:

1. The Canada lynx has big, furry feet and can walk on deep snow.
2. The bobcat is the smaller one with the stubby tail.

Bobcats live in habitats where the snow does not get as deep. With the milder winters we have had, you are more likely to catch a glimpse of one.

The green space and quiet in and around Calgary's Fish Creek and Glenmore Reservoir usually has many prairie hares and the evergreens and is home to three types of squirrels, all of which are natural prey for bobcats. With the recent warm weather and increase in the number of mice, the hunting has been good.

The food source and habitat are here. That is why we're seeing more of them lately.

Bobcats are about twice the size of a house cat. With the conditions we have in Calgary, don't be surprised if you see one in your backyard or garden.

A bobcat can jump up onto a fence to catch a squirrel, or it can chase down a rabbit.

If a small dog wants to challenge one, expect it to lose.

Like other cats, bobcats are ambush predators. They crouch down low and watch and wait for a prey animal to come close enough. Then they do a short run and chase.

As shy as they are of humans, bobcats have been known, when hungry, to take a house cat, and even a small dog. So, if you see one lounging and stretching out in your backyard, it's not a good idea to introduce it to your pet. As with coyotes, don't leave food for them and influence change in their natural wild behaviour.

2. Current Needs and Observations - Talk about what is happening now, such as memory changes, mobility issues, driving safety, medication management, emotional wellbeing, and home safety concerns. This is about noticing patterns, not diagnosing.

3. Roles and Responsibilities - Caregiving often becomes uneven by default. Discuss who lives nearby, who has flexible schedules, and who can help with appointments, finances, technology, or emotional support. Focus on realistic capacity and willingness, not obligation.

4. Financial Planning and Boundaries - Money can be sensitive, but avoiding it often leads to resentment. Discuss who manages finances, power of attorney, how care costs will be handled, and whether siblings will contribute financially. Setting clear boundaries helps prevent one person from quietly subsidizing care.

5. Medical and Legal Planning - Consider advance directives, living wills, medical and financial power of attorney, emergency contacts, and end-of-life preferences. Frame these conversations as preparing for peace of mind, not anticipating loss.

6. Communication and Decision-Making - Decide how updates will be shared, who will be the primary contact with healthcare providers, and how decisions will be made. Clear communication reduces misunderstandings and family conflict.

7. Supporting the Caregivers - Caregiving can lead to burnout and resentment. Discuss respite care, taking breaks without guilt, and how siblings can support the primary caregiver.

You do not need to solve everything at once. Summarize key points, identify a few next steps, assign follow-up tasks, and schedule another check-in. End with appreciation for everyone's willingness to engage in this important conversation.

Family meetings about aging parents can bring up old family dynamics and strong emotions. This is normal. The goal is not perfection—it is clarity, shared responsibility, and compassion. Starting the conversation early is one of the most loving steps a family can take.

Why “Someday” Is the Most Expensive Word in Rightsizing

by Chris Matlashewski, Residential Real Estate Advisor



Most families don't make the wrong housing decision for their aging parents.

They make the decision too late.

And almost every time, it starts with one word: someday.

“Someday we'll talk about it.”

“Someday we'll figure out what makes sense.”

“Someday, when we really have to.”

If you're an adult child with aging parents, this probably feels familiar. And to be clear—this hesitation is completely human. No one wants to rush their parents.

No one wants to feel like they're taking something away. No one wants to force a conversation that feels emotional, uncomfortable, or premature.

But here's what experience teaches: timing isn't about urgency—it's about options.

The longer families wait, the fewer good choices they usually have. Not because anyone did anything wrong, but because life has a way of stepping in. Moves are rarely triggered by calm, well-planned decisions. They're triggered by events: a fall, a health scare, a diagnosis, a sudden change in mobility, or even something quieter—the stairs feel steeper, the yard feels heavier, the house feels bigger and lonelier than it used to.

By then, the conversation feels rushed. Emotional. Stressful.

That's why timing is such a critical step in the rightsizing process. Not selling. Not buying. Not packing. Timing.

The biggest mistake families make is waiting for certainty. Waiting until everyone is “absolutely ready.” But clarity doesn't come before the conversation—it comes from the conversation.

A healthier way to think about timing is this: The right time to start planning is when the move still feels optional.

That's when parents have the energy to explore choices, the health to decide for themselves, and the ability to move forward with dignity and control—rather than pressure.

For adult children, this matters deeply. Helping your parents plan early isn't pushing them. It's protecting them. It gives them agency. It reduces fear. And it dramatically lowers the risk of a rushed, emotional decision later.

I hear one sentence more than almost any other: “I wish we had talked about this sooner.”

Not because families regret the move—but because they realize how much easier it could have been.

Rightsizing doesn't mean acting today.

It means stopping the belief that someday is a plan—and starting the right conversations while choices still exist.



Councillor, Ward 2
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As we head towards the beautiful season of spring, I wanted to share a few tips and some useful information that might come in handy.

Being Water Wise Starts at Home

It's amazing how small choices can make a big difference, not just during emergencies but every day. Fixing leaks quickly, running full dishwashers, and turning off the taps are habits many of us already practice. These steps will help protect Calgary's water supply and save money. Being indoors more often can lead to higher water use, so now is the perfect time to build these habits. Learn more at calgary.ca/indoorwaterwise.

Reminders about 3-1-1 and Neighbourhood Upkeep

We continue to hear questions about maintenance and 3-1-1 requests, so I wanted to share some helpful clarifications.

- Grass mowing responsibilities - In residential areas, the patch of grass between the sidewalk and road is the responsibility of the homeowner whose property it fronts. If that area is in front of a business/commercial property, it is the responsibility of the landlord to maintain it.
- Why submitting a 3-1-1 request matters - Calling 3-1-1 remains the most direct and efficient way to get City attention on issues like snow and ice, weeds, potholes, traffic signals, or infrastructure repairs. Requests go straight to the department responsible, which ensures faster follow-up and proper tracking.

Note: When a 3-1-1 request shows as "closed," it does not necessarily mean the issue has been resolved. It simply means the request has been reviewed and transferred to the appropriate department for action. Our office understands that this classification can be frustrating, and we continue to push for improvements to make it more user-friendly.

As the city works to repair the feeder main, please visit calgary.ca/watermainbreak to stay up to date with the latest information.

As always, my office is open if you have any questions. You can reach us at ward2@calgary.ca. I look forward to hearing from you soon.



MLA Calgary-North
Hon. Muhammad Yaseen

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Happy St. Patrick's Day! May your troubles be less, your blessings be more, and may happiness walk beside you today and always.

Evanston School: I was excited to be able to join the Honourable Martin Long, Minister of Infrastructure to tour the new Evanston Heights School in my constituency, scheduled to open this fall offering high-quality education for students in grades 4 to 8. This school has been thoughtfully designed to provide a safe and innovative environment where students can grow.

Improving Pediatric Care: Alberta's government is investing \$2 million to plan an expanded inpatient tower at the Alberta Children's Hospital. This investment is matched by a \$2 million contribution from the Alberta Children's Hospital Foundation to support planning for a new Research and Innovation Centre.

AB Health Care Online Dashboard: Albertans will soon have an easier way to see how health care is working through a new online dashboard that clearly shows surgeries, their wait times, and other important information in their communities and across the province. The dashboard will give Albertans simple, clear information about how care is delivered and how the system is doing. It will show surgical information, including comparisons across facilities province-wide, helping Albertans understand how surgical care is delivered across the province.

Big News for Investment and Tourism in Alberta: Etihad Airways is launching direct flights between Abu Dhabi and Calgary, expanding Alberta's position as a global hub. Beginning November 3, 2026, Etihad will operate the service four times per week, improving access for visitors, investors and business travellers, and opening new commercial opportunities for Alberta companies.

Thank you to my constituents for your continued support.



epilepsy
southern
alberta

March is Epilepsy Awareness Month

On Purple Day (March 26):



Wear purple

Show your support by wearing purple clothing or accessories on March 26.



Light up

Light up your homes, offices, and public spaces in purple to show your solidarity.



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