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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.

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

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/31fdeef6f](https://gofund.me/31fdeef6f)

Any help is appreciated ❤️



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**NOLAN HILL**



**SAGE HILL**



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# Sage Hill Memberships

Sage Hill Community Association memberships are completely free to residents. By registering, you'll have your voice heard at our AGM, gain access to our programs and events, and support your community!

Memberships are the heart of our organization, and we can't do it without you! A strong membership base allows us to schedule events such as our Stampede Breakfast, Neighbour Day, Parade of Garage Sales, and more!

Scan the QR code to  
join today!





## Get Ready for an Amazing Year!

Hello Sage Hillians,

Your Sage Hill Community Association (SHCA) Board is excited to share that we've officially jumped in and are ready to bring you a fun-filled, action-packed year of community events!

We have an incredible lineup planned from May all the way through December, and we can't wait for you to be part of it. Here's a sneak peek at what else is coming up:

- May: Community Cleanup Day – let's work together to keep Sage Hill beautiful.
- June: Our Annual General Meeting (AGM) (date coming soon) and a potential Parade of Garage Sales.
- July 4 (tentative): Our big Stampede Breakfast celebration.
- August (tentative): Neighbour Day featuring food trucks, activities, and fun for all ages.
- December: Our annual Christmas Light Contest, where residents can showcase their creativity and win prizes.

These events are just the beginning of what we hope will be an unforgettable year in Sage Hill!

Of course, none of this would be possible without the support of our amazing community. We are currently looking for more Board members and enthusiastic volunteers to help bring these events to life. If you've ever thought about getting involved, now is the perfect time!

We also encourage everyone to join us for our online AGM in June—it's a great way to stay informed and have your voice heard.

Even better, SHCA membership is completely FREE for all Sage Hill residents! Simply visit [www.sagehillcyc.com](http://www.sagehillcyc.com) to sign up and stay connected.

On behalf of the entire SHCA team, thank you for being part of what makes Sage Hill such a wonderful place to live. We look forward to seeing you out at our events!

If you have any questions or want to get involved, feel free to reach out anytime at [info@sagehillcyc.com](mailto:info@sagehillcyc.com).

Let's make this year one to remember!

Regards,

*Ron Howey*

President, Sage Hill Community Association

Website: [www.sagehillcyc.com](http://www.sagehillcyc.com)

Email: [president@sagehillcyc.com](mailto:president@sagehillcyc.com)



## Joke of the Month

What did one ocean say to the other?

Nothing. It just waved.



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## Welcoming May and Celebrating Community

As we move further into spring, we look forward to warmer days, more time outdoors, and celebrating Victoria Day, a moment that marks the unofficial start of summer across Canada.

It's also a great reminder of how important outdoor spaces are in bringing communities together. At the Symons Valley Leisure and Amenities Society (SVLAS), we continue working toward creating a vibrant park where residents of Nolan Hill, Sage Hill, Kincora, and Sherwood can gather, play, and connect.

## Join Us: Annual General Meeting

We're excited to invite you to our Annual General Meeting (AGM) on May 26, 2026, 7:00 pm, at Symons Valley United Church. This is an opportunity to:

- Hear about the progress made on the project.
- Learn what's next for the park.
- Ask questions and share your input.
- Connect with others who are passionate about this initiative.

We encourage all community members to attend and be part of the conversation.

## Have Your Say: Community Survey Still Open

We are still gathering feedback on the future look and feel of Symons Valley Park, and we want to hear from you. Your input on the park's theme and overall atmosphere will help shape a space that truly reflects our community.



If you haven't already, please scan the QR code and help us guide the direction of this project!

## Board Vacancies – Your Chance to Get Involved!

We are looking to fill important roles on our Board of Directors:

- Director at Large
- Director of Fund Development

These positions are a great opportunity to make a meaningful impact and help lead a project that will

benefit the entire community for years to come. If you're interested or would like to learn more: [hello@symonsvalleypark.ca](mailto:hello@symonsvalleypark.ca).

## We Need Your Help to Keep Moving Forward

To continue to bring Symons Valley Park to life, fundraising remains critical. Every dollar raised brings us closer to construction and helps ensure we can deliver a park that reflects our community's needs.

- Donate: Secure online donations can be made at [www.symonsvalleypark.ca/donate](http://www.symonsvalleypark.ca/donate).
- Fundraise with us: We are always looking for volunteers to help with grant applications, donor outreach, and fundraising initiatives.
- Spread the word: Share our mission with friends, family, and neighbours. Awareness fuels momentum.
- Visit and follow us on Facebook and Instagram (@SymonsValleyPark on both platforms) for more details and updates.

## Did You Know?

The longest tennis match in history lasted over 11 hours, played across three days at Wimbledon in 2010. The match between John Isner and Nicolas Mahut ended with a final set score of 70 to 68, a reminder of the incredible endurance and determination that sports can inspire (1).

Whether it's tennis, playground games, or open-field activities, spaces like Symons Valley Park help encourage active lifestyles, resilience, and a love for movement in people of all ages.

Warm regards and happy Victoria Day,

*Symons Valley Leisure and Amenities Society*

[www.symonsvalleypark.ca](http://www.symonsvalleypark.ca)

1. International Tennis Federation. (2010). Longest tennis match in history: Isner vs. Mahut at Wimbledon. <https://www.itftennis.com/>.



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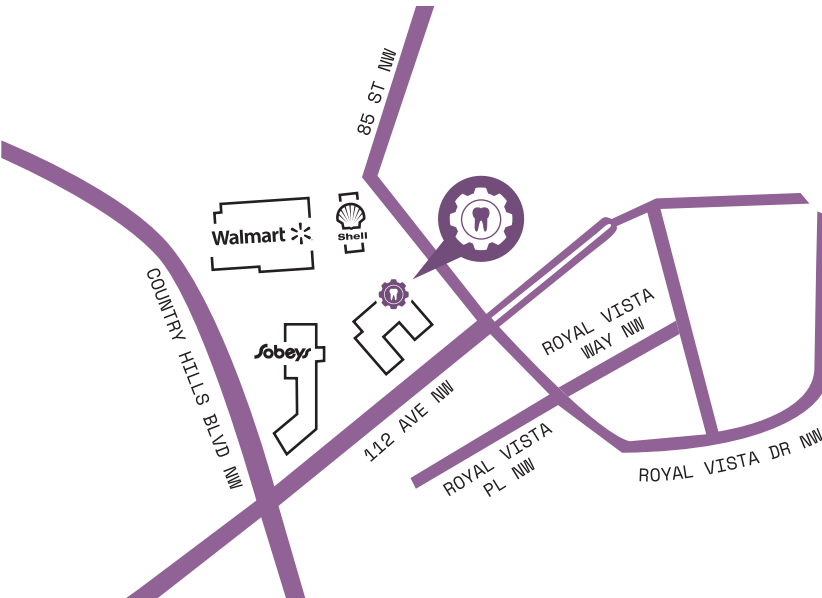
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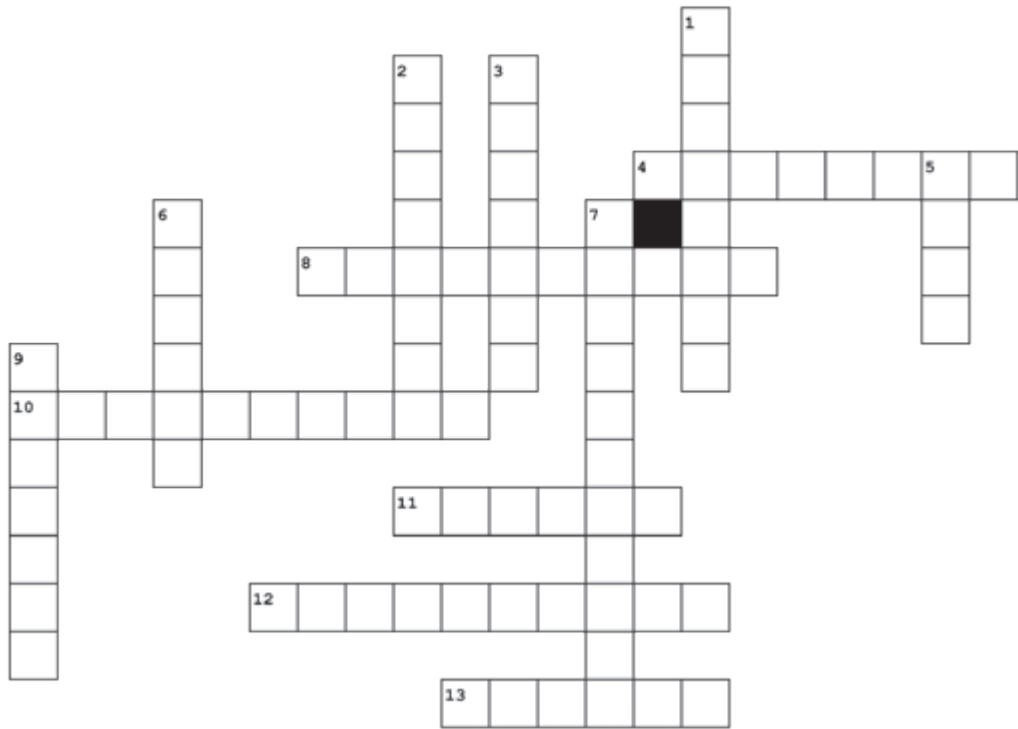
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# May Crossword

To mom



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## Across

4. This popular Sci-Fi series is unofficially celebrated on May the fourth.
8. May's full moon is often referred to by this floral nickname.
10. This holiday was founded by American activist Anna Jarvis in 1908.
11. On May 25, citizens of Gloucestershire, England, race this edible item down a steep hill.
12. This famous bridge in San Francisco was opened on May 24, 1987.
13. Twilight star \_\_\_\_ Pattinson, was born on May 13, 1986, in London, England.

## Down

1. This flowering shrub is just one of May's birth flowers!
2. May 24 marks a Canadian national holiday celebrating this former Queen of England.
3. April showers bring May \_\_\_\_.
5. May 2 marks the birthday of Dwayne the \_\_\_\_ Johnson.
6. The \_\_\_\_ brothers patented their Flying Machine on May 22, 1906.
7. On May 1, 1931, this famous building was opened to the public in New York, New York.
9. This green gem is the birthstone of May.



# Are You a Member? What Does It Mean for You?

Hello Sage Hill Homeowners,

Sage Hill is a vibrant, growing, and truly unique community—one that stands out from many others. Unlike neighbourhoods that are supported by a single Homeowners Association (HOA) or Residents Association (RA), Sage Hill has a more dynamic structure.

Currently, there are two associations serving parts of our community—SHRA and Symons Gate Homeowners Association (SGHOA)—together covering roughly half of Sage Hill. Other areas, including Sage Meadows, Sage Crest, Sage Walk, and our business district, are not part of an HOA or RA at all.

### What Does This Mean for You as a Resident?

An HOA/RA is typically a mandatory, legally binding organization tied to property ownership (meaning, it's on your land title).

- **Membership:** Required when you buy a home in that part of the community
- **Fees:** Mandatory dues (often annually)
- **Authority:** Can enforce rules (bylaws), issue fines, and place liens in some cases
- **Responsibilities:** Maintains owned property (e.g., entrance ways, landscaping, amenities)

### Community Associations (CA)

A community association (like SHCA) is usually a voluntary, nonprofit group focused on building community and represents all of Sage Hill.

- **Membership:** Optional (often free or low-cost)
- **Fees:** Typically, none or minimal
- **Authority:** No legal enforcement power over your property or public/private lands
- **Responsibilities:** Organizes events, advocates for the neighbourhood, connects residents

It's important to know that the HOA/RA and the Community Association (CA) are completely separate organizations, each operating independently with no shared legal or financial connection in Sage Hill.

### Why We're Sharing This Information

We are sharing this information to be transparent and to acknowledge that financial challenges can arise

when it comes time to pay fees. At the same time, we want to highlight that, statistically, a significant portion of long-term outstanding accounts are associated with condominium units and are not tied to the Condominium Fees as well. In some cases, these properties are owned as long-term rental investments, and owners may not reside within the unit or the city, which can contribute to delays in payment.

Like all HOAs/RAs, there is a defined process for fee collection. Typically, associations allow a grace period before pursuing further action. In some communities, this grace period may extend beyond one year, while others may initiate legal steps sooner.

At SHRA, we strive to take a supportive and understanding approach by dealing with the homeowner for the first two years of delinquency. Legal action is not considered until the third year of non-payment. Our goal is to work collaboratively with all residents—homeowners and condominium owners alike—to ensure fees are managed in a fair and reasonable way.

### Stay Informed. Get Involved. Be Part of Your Community. RA and CA AGMs

This is your opportunity to stay informed about what's happening in your community and to have a voice in its future.

By attending the SHRA Annual General Meeting (AGM), you'll learn more about the work being done on your behalf—such as the installation of additional boulevard planters, which are maintained and refreshed throughout both the summer and winter seasons. You'll also gain insight into the ongoing care of our two private entranceways and three community pathways, all owned by the SHRA.

Looking ahead, SHRA is currently in discussions with the City of Calgary to explore the installation of electrical outlets along some boulevards—an exciting initiative that would allow for more extensive and vibrant Christmas light displays during the winter season.

In addition, we are actively working on several projects to further enhance and beautify our neighbourhood, and in collaboration with the Community Association, support and help where we can.

These are just a few examples of the updates, initiatives, and future plans you'll discover by attending the AGM.

## Plan a Neighbour Day Event in Your Community!

by *The City of Calgary*



Neighbour Day is happening on Saturday, June 20, 2026, and it's the perfect time to bring your community together. Neighbour Day helps build welcoming and inclusive communities where neighbours connect and feel a sense of belonging all year long.

Get involved by hosting a block party, BBQ, or neighbourhood gathering. Permits for block parties and greenspaces are free, so apply now.

Want more neighbours to join the fun? Add your event to The City's Neighbour Day calendar and help others discover celebrations near them.

Learn more and get started at [calgary.ca/NeighbourDay](http://calgary.ca/NeighbourDay).

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Please keep an eye out for upcoming signage with details on the date, time, and location. The AGM is typically held between April and June.

Thank you for your time, and we encourage you to connect to the SHRA or SHCA with the links provided below if you have any questions.

SHRA: [www.shra.ca](http://www.shra.ca)

SHCA: [www.sagehillyc.com](http://www.sagehillyc.com)

Regards,

*Ron Howey*

President, Sage Hill Residents Association



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## Meet the New Kid of Ecological Advocacy: Nose Creek Preservation Society

Nose Creek Preservation Society (NCPS) is the 'new kid' on the ecological advocacy block here in Calgary. Nature advocacy has a long history in Calgary—both Fish Creek Park and Nose Hill Park owe their existence to Calgarians who spoke up.



Established in 2023, the mission from the beginning has been to “Speak for Nose Creek” by advocating to preserve the health and natural beauty of the Nose Creek Valley and improve equitable access to nature in the north region of Calgary.

After years of being both a dumping ground and home for industrial development, members of surrounding communities began to question the city’s Area Structure Plans that did not account for the impact on the health of the watershed or natural environment. Alberta is consistently losing native grassland and the biodiversity that is key to a sustainable future. We want to advocate for improved long-term development that builds ‘better’ in the region. Once our native land is dug up and replaced, there is no going back.



This is not a simple task, and we believe that this work has no end date. Our initial organizational structure was a traditional hierarchical model with decision-making led by a limited few and often felt like ‘work.’ As a volunteer-run organization, it’s important to ensure all efforts are appreciated and volunteers are supported.

This year, we decided to take mother nature’s lead and design our advocacy team to mimic the flow of nature.

### Organizational Structure



We have been working together to create a community-collaborative model inspired by circular/egalitarian/matriarchal ideologies. Instead of one leader, we have developed a leadership council made up of key members who share the load while also having autonomy in each person’s skillset and interest. This is a volunteer gig—so it shouldn’t feel like being another cog in a system that doesn’t matter. Everyone matters.

We began this work by determining our core values:

- Connection and Community
- Ecological Integrity and Sustainability
- Knowledge and History
- Equity

If you have an interest in learning more about Nose Creek, we have many ways you can engage. Between volunteering with Creek Watch, joining the council, or becoming a member, the only limit is your own creative ideas and interest.

### First Annual Nose Creek Discovery Day

In this spirit we are hosting our first annual Nose Creek Discovery Day on Sunday, May 24, 2026. You are invited to learn more about the NCPS and the Nose Creek valley. Between 1:00 and 4:00 pm you and your family can play Discovery bingo and experience nature in your own backyard for free. You can learn more and RSVP today at [savenosecreek.com/discovery-day](https://savenosecreek.com/discovery-day).

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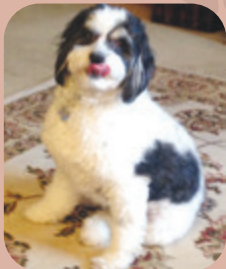
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## GAMES & PUZZLES

### Mythology Trivia

1. Who is the Greek goddess of the rainbow?
2. In Norse mythology, what is the name of the world tree?
3. Which animal is the symbol of the Egyptian god Bast?
4. The Aztec capital, Tenochtitlan, was founded after which bird's landing?
5. In Chinese mythology, which season does the Azure Dragon represent?
6. According to Blackfoot legend, what is the name of the spirit that caused the splitting of the Okotoks Erratic?



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# Is Your Relationship Boring? Congratulations.

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

When you're in a healthy relationship, things shouldn't be constantly bothering you. No anxiously checking your phone every five minutes (or sneaking a peek at theirs), decoding texts, or wondering where you stand in the relationship daily. There are no emotional roller coasters, no high-stakes arguments that leave you questioning everything.

At first, that can feel underwhelming. But what it actually means is that your nervous system is at rest. You're not surviving love, you're living in it. You have space to focus on your career, invest in yourself, and show up for friends and family, because your relationship isn't consuming all of your emotional energy.

In a "boring" relationship, you know how your partner will show up. What to expect. They call when they say they will. Disagreements don't turn into emotional warfare. Love isn't something you have to earn or worry about losing on a bad day.

Predictability gets a bad reputation, and consistency is underrated. There is something deeply comforting about being chosen, not impulsively, but steadily on ordinary days. And those ordinary days? They are what make up a healthy relationship.

What many people label as "chemistry" is often unresolved attachment wounds. The push-and-pull dynamic, the intensity, the emotional highs and lows. These feelings can feel magnetic or exciting because they are unconsciously familiar. When that intensity disappears, it can feel like something is missing. But often, what's missing is the anxiety, not the love.

In a healthy relationship, love doesn't spike your stress levels or leave you questioning your worth. It doesn't require emotional gymnastics to stay connected. Instead, it feels steady and sometimes even quiet. And if you've been conditioned to equate love with intensity, that steadiness can feel unfamiliar at first.

One of the biggest green flags of a "boring" relationship is the space it creates. You don't have to shrink yourself to keep the peace. You're not walking on eggshells. You can simply be who you are, and feel accepted in that.



No chasing, seeking affirmations, or changing who you are. That's what creates a sense of grounding and safety.

Secure love allows room for growth. You can have bad days, need space, or evolve as a person without it threatening the relationship. This kind of love doesn't feed on chaos, it supports calm.

It may not look exciting from the outside. It looks like grocery shopping, cleaning the house together, quiet nights, knowing how each other takes their coffee, and being able to sit in comfortable silence. It's choosing each other again and again, not through grand gestures, but through mutual respect, reliability, and care. There is romance in that, it's just not performative or overt.

Healthy relationships thrive on shared routines, inside jokes, and even predictable disagreements. The love doesn't have to be loud to be deep and real.

Maybe "boring" is actually the greatest form of love these days. In a world hooked on instant gratification and emotional extremes, choosing calm, steady love is almost radical. A relationship that doesn't drain, confuse, or exhaust you is incredibly valuable.

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MLS®: A2296858



- ◆ 2 Car Detached Garage
- ◆ South Facing Backyard
- ◆ Close To Arbour Lake
- ◆ Large Walk-In Closet
- ◆ Full Ensuite

**\$650,000**

🏠 4 🛏 3+1 📏 1400 sqft 🚗 2 Car Detached

**#1112 1010 Arbour Lake Road NW**

MLS®: A2297672



- ◆ Bright & Open Feel
- ◆ Gas BBQ Hookup
- ◆ Private Covered Patio
- ◆ Close To Arbour Lake
- ◆ Master Private Ensuite

**\$399,900**

🏠 2 🛏 2 📏 1049 sqft 🚗 1 Underground Space

**#609 16 Varsity Estates Circle NW**

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- ◆ Hardwood Flooring
- ◆ Exercise Centre
- ◆ Recreation Centre
- ◆ Granite Counters
- ◆ Central Air Conditioning

**\$449,900**

🏠 2 🛏 2 📏 1047 sqft 🚗 1 Underground Space

**#413, 20 Sage Hill Walk NW**

MLS®: A2296501



- ◆ Pets Allowed (Restrictions)
- ◆ Gas BBQ Hookup
- ◆ Quick Possession
- ◆ Covered Balcony
- ◆ Quartz Kitchen Counters

**\$289,900**

🏠 2 🛏 1 📏 536 sqft 🚗 1 Underground Space

**505 Evanston Square NW**

MLS®: A2290480



- ◆ Central Air Conditioning
- ◆ Hardwood Floors
- ◆ Pets Allowed (Restrictions)
- ◆ Walk-In Closet
- ◆ Granite Kitchen Counters

**\$429,900**

🏠 2 🛏 2+1 📏 1242 sqft 🚗 1 Car Attached

**#403 138 Sage Valley Common NW**

MLS®: A2280945



- ◆ Flex Room
- ◆ Quartz Kitchen Counters
- ◆ Walk-In Closet
- ◆ Ensuite
- ◆ Gas BBQ Hookup

**\$295,000**

🏠 1 🛏 2 📏 675 sqft 🚗 1 Underground Space

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