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The famous Academy Award gold statuette was first called an "Oscar" in print by Hollywood columnist Sidney Skolsky on March 16, 1934, when he reported about the sixth Academy Awards. The name stuck and the rest is history. Cue the applause.

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# SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



President	Stu Pritchard
Vice-President	Aimee Johnston
Secretary	Lynn Donnelly Robb
Treasurer	Ronda Rankin
Director at Large	Jan Erisman
Director at Large	Lynn Munro
Director at Large	Al Schmidt
Director at Large	Melanie Spafford
Director at Large	Brad Wanchulak

## SCHS Community Youth Representative

Callista Tay

Please contact us at [president@springbankcommunity.com](mailto:president@springbankcommunity.com) if interested in working with the board.



## SCA UPDATE

### Memberships and Volunteer Opportunities:

Please visit [springbankcommunity.com](http://springbankcommunity.com) to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email [info@springbankcommunity.com](mailto:info@springbankcommunity.com). We need your voices to be heard!

SCAN HERE  
TO VIEW ADDITIONAL  
SPRINGBANK CONTENT



## Meet the New Board

### Secretary: Lynn Donnelly Robb

B.Sc. Biology, Lynn has lived in Springbank for over 35 years, taking on numerous volunteer roles throughout the community. She brings over 25 years of experience in education working with provincial and city parks as well as not for profits, focusing on both historical and natural history for all ages. Having spent the last ten years of her career as the Director of Conservation Education with a national NFP, she hopes to put her knowledge of program development, strategic planning, fundraising, and marketing to work with the Springbank Community Association.

### Director at Large: Jan Erisman

Jan Erisman B.I.D. with distinction. Commercial and residential Interior Designer, Masters basketball athlete, basketball coach, and 30-year resident. Volunteer board member for the Springbank Area Structure Plan and the Rocky View West Recreation Board. Over 20-year member of the Springbank Community Association, Stapa member, and founding member of the Springbank Historical Society. Striving to celebrate the incredible history of Springbank while promoting our community.

### Vice President: Aimee Johnston

Aimee Johnston holds a degree in kinesiology, and additional certifications in leadership and operating facilities. With over two decades of expertise in managing sport and recreation programs and facilities, where the focus has been on high-performance sports, her focus is now on community at the grassroots level. She has honed her skills in cultivating a culture of clear expectations and accountability, which is crucial for success in the dynamic sport and recreation industry. She has managed significant construction and renovation projects within the recreation sector, notably overseeing a recent \$60 million expansion of a recreation facility in North Central Calgary. Her commitment to excellence ensures teams execute with precision and efficiency, driving the organization forward for the community.

### Director at Large: Lynn Munro

B.Ed. with distinction, grew up on a mixed farm and now actively participates in her husband's family ranch in North Springbank. Her two sons are the sixth generation of family to live in Springbank. Has been a committed volunteer to our local schools and sports,

including minor hockey and football, and believes longevity of community is achieved through enhanced local facilities.

**President: Stu Pritchard**

Stu has been a resident of Springbank for the last 35 years. He is a retired senior IT marketing and sales executive with expertise in oil and gas information technology. Stu has lectured at the undergraduate and graduate level and experienced working overseas as a specialist. He is an active skier in the winter season and a cyclist in the summer.

**Treasurer: Ronda Rankin**

CPA, CGA, Ronda Rankin is a Springbank resident and an active outdoor recreational participant who enjoys running, hiking, and cycling in and around the community. As the President of Springbank Trails and Pathways Association (STAPA), she would like to see a safe, integrated, and sustainable system of trails and pathways in Springbank which also link to the neighbouring cities of Calgary, Bragg Creek, and Cochrane. She has served in various volunteer and community organizations including the Rocky View West Recreation District Board.

**Director at Large: Al Schmidt**

B.Sc., MBA, CPA CMA, brings more than 35 years of real estate project management to the board, involving strategy, design, finance, marketing, construction, and property management. He is process-driven and believes that organizational responses must be consistently driven by long-term vision and stakeholder objectives.

**Director at Large: Melanie Spafford**

Melanie, a 45-year resident of Springbank, has a background in municipal government and IT project management. She raised her family in the area and has actively contributed to various community organizations. She is passionate about preserving and enhancing the community in Springbank.

**Director at Large: Brad Wanchulak**

Brings more than 20 years of executive, project management, and community leadership experience to the board. As a former semi-professional/NCAA student athlete and current executive director of a global industrial water management company, Mr. Wanchulak provides extensive international, business, and recreational development experience coupled with

his community involvement as a member of various Rockyview County, Springbank, and residential area community boards. He is a father to three daughters and is driven by a long-term vision to enhance country residential living throughout the Springbank area for all residents, young and old.



## Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

Visit [www.springbankcommunity.com/sign-up](http://www.springbankcommunity.com/sign-up) to learn more!

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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 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.



## Give back

Be a part of the change!  
Donate or start a fundraiser.



epilepsy  
southern  
alberta



Share your purple moments using  
**#postyourpurple**



## Calgary and Common Good

by Garth Paul Ukrainetz

They volunteer to give their time  
For Calgary and common good  
Communities are made together  
Can't build good house without good wood

A better world requires commitment  
Unto each other we must serve  
Kindness, fairness, truth, love, friendship  
For what we give we shall deserve

Yes, busy lives we all are living  
Yet some still go the extra mile  
To lend a hand or two when needed  
To make life's journey worth the while

Money's not the draw for heroes  
Though hearts of volunteers get paid  
In selfless work there's true rewarding  
When common good for all is made

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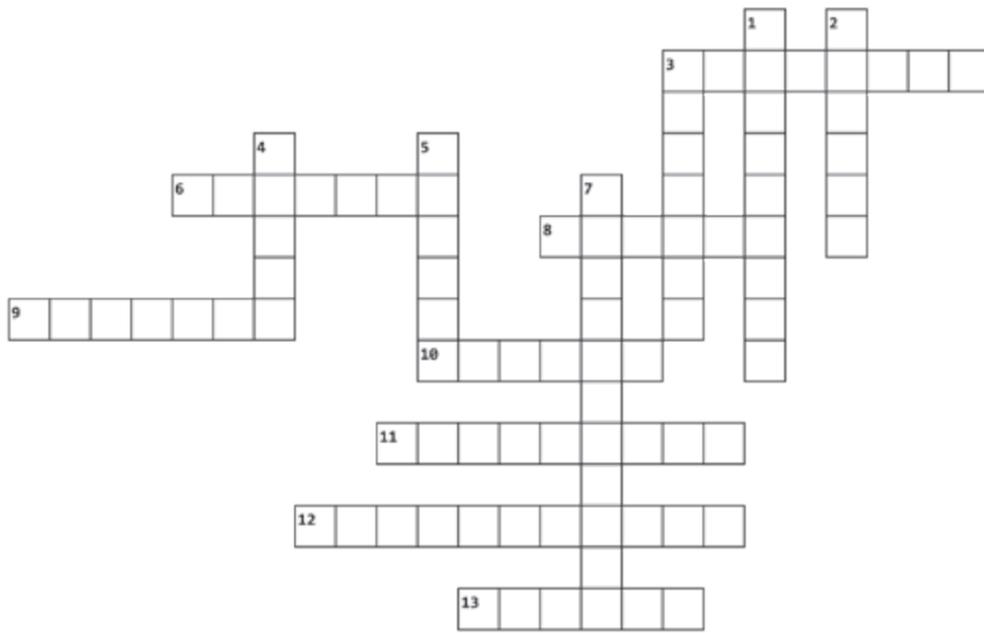
## west

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## beltline

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# 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.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers)  
or scan the QR code for the answers

# How to Call a Family Meeting About Caring for Aging Parents

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

**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.

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## A Work in Progress



The first stone of the impressive Basílica de la Sagrada Família was laid on March 19, 1882. Designed by architect Antoni Gaudí, this church is still under construction, making it the largest unfinished Catholic church in the world. 144 years in the making and counting!

# 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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★★★★★ REVIEW

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