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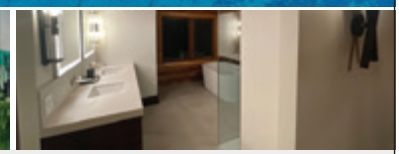

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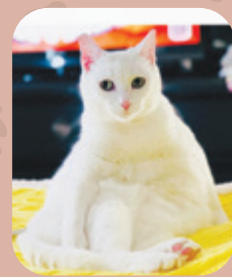

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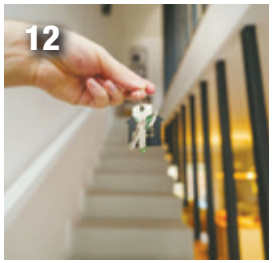

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École de la Rose sauvage (FR)

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

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.
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.

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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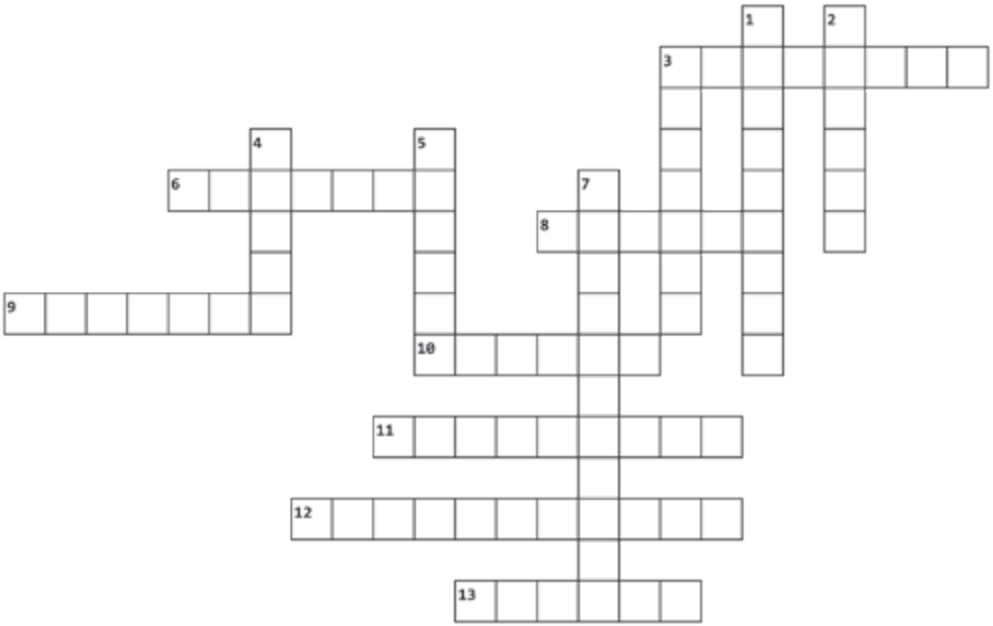
March Crossword



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 or scan the QR code for the answers

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.).

News from the Friends of Nose Hill

by Anne Burke

The visual landscape assessment in the Nose Hill Natural Area Management Plan Technical Report identifies aesthetic values that led to establishment of the Park. The natural landscape offers a sense of separation (or escape) from the City. Special places are where users want to go, whether or not formalized trails are established. These core experiences should be preserved for future Calgarians. As destinations they deserve resource protection and require maintenance from damage by major impacts. Otherwise, excessive use will impair the aesthetic resource, so that rehabilitation is necessary. There are severe erosion channels on the slopes and invasive species (weeds). The uplands are recommended for restoration. Some viewpoints are from steep promontories (rocky headlands, bluffs, or parts of a plateau, overlooking a lowland). The Nose is a landmark for both the Park and City of Calgary, despite transmission lines and power poles at its crest, a visibly damaged quarry. The Bow Creek Promontory is exposed on the steepest slopes. The NE Promontory focuses on West Nose Creek and upper Nose Creek Valleys. Several coulees provide shelter, unlike the open hilltop experience. Rubbing Stone Hill offers a panorama of the Nose Creek Valley. The north face of the slope is the focus of view from 14 Street southbound. Rubbing Stone Coulee, the site of a glacial erratic, requires reclamation. Many Owls Valley, Porcupine Valley, and Aspen Grove Coulee are refuges and valuable wildlife habitats. A Sharptailed Grouse Lek was threatened by trail overuse. The water retention facility is at a low end of the Aspen Grove Coulee. Natural beauty of the Park can be enhanced by ecology but there are challenges to the visual and environmental amenities. Many more viewers are drivers along John Laurie Boulevard, 14 Street and Shaganappi Trail.

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WORD OF THE MONTH

Hornswoggle: verb (horn-swah-gul)

To deceive or swindle someone.

The scammer tried to hornswoggle the woman into revealing her credit card details.

From Service to Settle: Key Considerations for Veterans Becoming Homeowners

by Sidney Allen

Image via Pexels

Veterans interested in becoming homeowners face a mix of familiar strengths (planning, resilience, follow-through) and very human friction (paperwork, timing, and the emotional weight of "this is my next chapter"). Homeownership can be a stabilizing base after military life, but it's also a long-term financial commitment that rewards calm decisions. This guide focuses on universal, non-U.S.-specific considerations—because veteran benefits, mortgage rules, and housing markets differ widely by country.

A Fast Read Before You Start Calling Agents

Buying a home is less like a single purchase and more like a sequence of decisions you'll live with for years. Start by making your finances predictable, then match a home to your real life (commute, health, family, support network) instead of an idealized version of it. If you're eligible for veteran housing support where you live, treat it as a tool—not a reason to stretch beyond what you can afford. The goal is sustainable ownership: a home that still feels manageable on a hard month.

What Matters Beyond Price

A house can be affordable and still be a poor fit. Before you fall for the listing photos, pressure-test the day-to-day reality:

- Distance to work, training, medical care, and family
- Noise, light, and privacy (especially important if you're recovering from stress or sleep issues)
- Layout and accessibility (stairs, narrow doors, bathroom setup)
- Safety and neighbourhood vibe at the hours you actually live (not just weekends at noon)
- Exit strategy: could you rent it out, sell it, or keep it if life changes?

Common Costs People Forget to Plan For

Cost Area	What It Can Include	Why It Surprises Buyers
Upfront fees	Valuation, inspections, legal/admin fees, taxes/transfer costs	Each item feels "small" until they stack up
Monthly housing	Mortgage/rent equivalent, insurance, local taxes/fees, utilities	The payment isn't the whole monthly picture
Maintenance	Repairs, servicing heating/cooling, seasonal upkeep	Homes break on schedules, not on your schedule
Lifestyle costs	Commute, parking, childcare, accessibility upgrades	Location choices reshape your budget

Staying Steady When the Process Gets Loud

Homebuying can spike stress fast—deadlines, sales pressure, and the fear of "messing it up" can push you into decisions that don't match your real needs. When

you notice that urgency creeping in, pause for a minute, take a few slow breaths, and reset on what actually matters: your monthly comfort zone, your must-haves, and the kind of life you want this home to support. A simple habit is to zoom out before every major choice—ask how this purchase holds up if your income changes, if your health needs shift, or if you need to relocate. That kind of thinking keeps you grounded, reduces impulsive compromises, and helps you choose a home you can sustain with confidence—especially when you commit to thinking long term.

How To Buy with Fewer Regrets

1. Confirm your eligibility for veteran support in your country (if any). Look at official government veteran services, defence departments, or reputable veteran charities where you live.
2. Stabilize income and budget like a briefing. Use a conservative number (your "bad month" income), then decide what payment you can handle without stress.
3. List your non-negotiables (three to five items). Examples: quiet street, close to transit, ground-floor bedroom, within 30 minutes of key services.
4. Get a realistic borrowing range from a lender or broker. Then choose a target below the maximum, not at it.
5. Plan for the move-in runway. Keep cash for "first 90 days" costs: basic furnishings, utilities setup, minor fixes, and life happening.
6. Inspect with your future in mind. Ask, "What will annoy me daily?" and "What could become expensive quickly?"
7. Slow down before signing anything final. If you feel rushed, treat that as a warning light and re-check the numbers.

Practical Tips That Help Almost Everywhere

- Build a buffer fund before you buy—aim for "repairs and life" money, not just a down payment.
- Treat every estimate as a range, plan for the higher end.
- Keep documentation organized (IDs, income proof, service records if relevant, bank statements).
- Don't buy a "project" home during an already demanding transition period unless you truly love projects.
- Choose a location that supports your routine: groceries, healthcare, community, exercise, quiet.
- If you're buying with a partner, agree on the walk-away point before shopping starts.

FAQs (Frequently Asked Questions)

Do veterans automatically get better mortgage terms outside the U.S.?
Sometimes, but it depends entirely on your country and specific programs. In many places, veteran support may come through grants, counselling, priority housing access, or targeted lending—so you'll need to confirm locally.

Should I buy right after a major life change (posting, discharge, divorce, recovery)?
Not always. If your income, location, or health needs are in flux, renting short-term can be a smart "stability bridge" while you learn the area and reset routines.

What's the biggest mistake first-time buyers make?
Buying at the edge of affordability. A home that only works when everything goes perfectly tends to become stressful fast.

Is a condo/apartment a "lesser" choice than a house?
No. For many people, shared maintenance and predictable costs can reduce workload—especially during a rebuild phase.

One Resource Worth Bookmarking
If you're in the UK (or you want a clear example of what a reputable, plain-language guide looks like), Citizens Advice has a straightforward walkthrough of the homebuying process—mortgages, offers, and what to consider before you commit. It's useful even if you live elsewhere because it helps you think in steps and questions, not vibes. Use it as a template for the kind of information your own country's consumer or housing agency should also provide.

Conclusion
Veteran homeownership works best when it's built on calm math and a life-aware plan, not urgency. Focus on fit, affordability under stress, and the routines you're trying to protect. Use any veteran support you're eligible for, but don't let benefits talk you into overreaching. A good home should make your life simpler—not feel like another mission.

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

Any help is appreciated ♥

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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.

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