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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.).

Huntington Pioneers Association

www.hpa50.ca

pioneers50@shaw.ca

403-275-4294

Come Try Something New!

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.

Cats, Canines, & Critters of Calgary

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To have your pet featured, email news@mycalgary.com

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.

Selling Your Home in a Canadian Winter: Smart Strategies for a Successful Sale

by Virginia Cooper

Winter in Canada might not seem like the ideal season to sell your home—but with the right strategy, it can actually work in your favour. Fewer listings mean less competition, serious buyers are still active, and a well-prepared home can stand out beautifully against a snowy backdrop. Here's how to make your property shine when the temperature drops.

Quick Takeaways for Winter Sellers

- Curb appeal matters even more in snowy weather.
- Proper lighting makes a big difference during darker months.
- Pricing strategically attracts motivated buyers.
- Winter staging should highlight warmth and comfort.
- Organized paperwork keeps the sale on track, even during holiday slowdowns.

Make First Impressions Count

When buyers arrive at your home, the exterior sets the tone.

A few simple steps make a major impact:

- Shovel paths and apply salt before every showing.
- Keep exterior lights on during short daylight hours.
- Add evergreen planters or a tasteful wreath for colour and warmth.

Winter buyers often view homes in low light, so ensure porches and walkways are well-lit.

Showcase Warmth and Comfort

The key to selling in the cold is to make visitors feel at home the moment they walk through the door. Before each showing, turn up the heat slightly and let soft light fill the rooms. A cozy atmosphere helps buyers imagine themselves staying warm in your home.

Here are simple touches that help create that feeling:

- Place a thick throw blanket on the couch.
- Bake something aromatic (cookies or fresh bread work wonders).
- Use warm-toned lamps instead of overhead lights.
- If you have a fireplace, light it for viewings.

These subtle cues convey comfort—a powerful selling point when it's -10°C outside.

Get Your Paperwork in Order Early

Selling in winter often coincides with holidays, slower offices, and weather delays. Preparing documents ahead of time prevents disruptions. Gather disclosures, inspection reports, and any renovation receipts before you list.

Saving these as PDFs ensures consistent formatting and easy sharing between agents, buyers, and lawyers. If you need to combine multiple reports or contracts into one digital file, you can merge several PDFs together to keep everything organized and accessible. Doing this upfront helps keep your sale on schedule and shows professionalism.

Pricing Wisely During the Winter Market

With fewer listings on the market, serious buyers are more motivated, but that doesn't mean overpricing is a good idea. A home priced correctly for local conditions generates immediate interest, especially when inventory is low. Work with your agent to analyse comparable sales from recent months, not last summer's peak data.

Even small seasonal adjustments can help your listing attract offers faster, avoiding the stagnation that sometimes hits overpriced winter listings.

Keep the Home Showing-Ready
In snowy or rainy conditions, buyers track in slush and salt, which can damage floors and distract from your home's appeal. Create a clean, welcoming entryway with:

- A sturdy doormat inside and outside the door.
- A boot tray for visitors.
- Soft music and pleasant lighting near the entrance.

These details might seem minor, but they contribute to a seamless, stress-free showing—exactly what winter buyers appreciate.

How-To Checklist: Preparing for Winter Showings
A little organization goes a long way when temperatures drop.

Before every open house or viewing:

- Clear snow and ice from all walkways and driveways.
- Open curtains and blinds to maximize natural light.
- Turn up the thermostat one to two degrees for comfort.
- Add fresh seasonal touches like pine-scented candles or a vase of winter greenery.
- Provide boot covers or a mat at the door.

This checklist keeps your property consistently inviting, regardless of the weather outside.

Selling in Summer versus Selling in Winter

Factor	Summer Sale	Winter Sale (Canada)
Competition	High - many listings	Low - fewer homes for sale
Buyer Motivation	Mixed - browsers and serious buyers	High - buyers are ready to move
Home Maintenance	Landscaping and curb appeal	Snow clearing and lighting
Showing Conditions	Easy access and bright light	Weather challenges, shorter days
Emotional Impact	Bright, airy atmosphere	Warm, cozy, "welcome home" vibe

While summer offers convenience, winter's emotional appeal can be just as persuasive when leveraged correctly.

FAQ: Answering Common Winter Sale Questions
Selling in a Canadian winter raises a few predictable concerns. Here's how to address them with confidence.

Do homes really sell in the winter?
Yes. Many serious buyers—especially those relocating for work or with specific timelines—shop year-round. Winter sellers often encounter fewer "tire kickers" and more decisive buyers, which can mean smoother negotiations.

Should I wait until spring to list?
Not necessarily. Spring brings more competition. Listing in January or February can help your home stand out when there are fewer options available.

How can I handle snowy driveways for showings?
Hire a snow removal service or keep a reliable routine. Accessibility signals good maintenance and helps buyers focus on the home, not the weather.

Will photos look dull in winter?
Not if taken professionally. Photographers can capture crisp, clean winter scenes—and interior warmth pops beautifully against snowy exteriors.

What about closing delays due to weather?
Prepare early, keep all paperwork digital, and stay flexible with timelines. Having everything pre-signed and stored securely online minimizes risk.

Is it worth staging during the holidays?
Yes—but keep décor neutral. Subtle, seasonal accents feel festive without alienating buyers or dating your listing photos.

Conclusion
Selling your home in a Canadian winter isn't about braving the cold—it's about warming up the experience for buyers. With a clear path, a well-lit and inviting atmosphere, and your paperwork neatly organized, your property can outshine the competition.

Winter buyers are motivated, agents have more time to focus, and the right presentation can transform "off-season" into "prime opportunity."

Bundle up, light that fireplace, and get ready to hand over the keys—snow and all.

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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What To Do with Extra Waste?

by The City of Calgary, Waste and Recycling Services

Sometimes your carts may be full, but you still have extra materials to get rid of. Where possible, hold onto extra garbage, recyclables, or yard waste until your next collection day, when you can fit them into the appropriate cart.

Overfilled carts can pose safety risks by spilling their contents, so please keep the following rules in mind to make the most of your carts:

- Lid Closure: Carts must have lids closed to prevent trash from spilling while being emptied by automated trucks.
- No Loose Items: Do not place bags or items on top or beside the cart; they will not be collected.
- Weight Limits: Carts have a 60 kg weight limit. If you can roll the cart, it should be ok.

For handling excess waste, take extra recycling to a community recycling depot or visit one of the Calgary Eco Centres. For more information, please visit calgary.ca/extrawaste.

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