

JUNE 2026

DELIVERED MONTHLY TO 4,100 HOUSEHOLDS

your SANDSTONE MacEWAN

THE OFFICIAL SANDSTONE & MacEWAN COMMUNITY NEWSLETTER



Ducks in a Row by Janice Anderson



Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.

ANITA RUSSELL

Licensed by Avenue Financial

403-771-8771
anita@anitamortgage.ca





Don't Ruin Your Day with a Flat Tire !

Protect yourself, your passengers, and loved ones with **PERMASEAL** tire sealant!

- ☑ Eco-Friendly/Non-Toxic PERMASEAL
- ☑ Prevents flat tires before they happen
- ☑ Avoid the inconvenience and risk of being stuck on the side of the road.
- ☑ Saves you money by increasing tire life and reducing fuel consumption!

With PERMASEAL There Are No More Flats Guaranteed!
Backed by our repair /replacement warranty.

BOOK AN APPOINTMENT

☎ 780-966-7009

✉ tina.richtin@outlook.com



Tanteclo Cleaning

SERVING CALGARY AND SURROUNDING AREAS

Our services:

Residential cleaning, deep cleaning, move-in/move-out, regular cleaning

825-736-2980

www.tanteclocleaning.ca

tanteclocleaning@gmail.com



Alex Weston

REALTOR®, Sr. Advisor

T (587) 316-5400 C (403) 829-0990

E alex@chamberlaingroup.ca

Chamberlain Real Estate Group

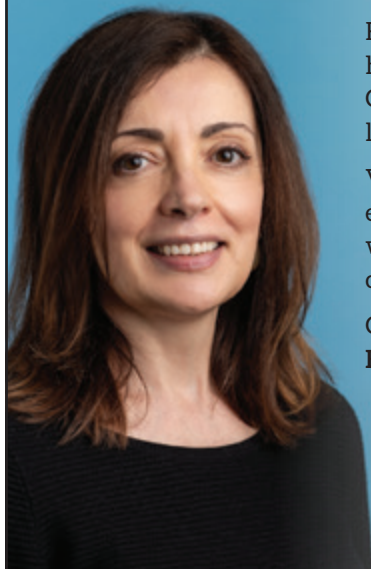
515 23 Ave NW

Calgary, AB T2E 2V7

ChamberlainGroup.ca



Part of your community.



For 30 years, **Shibley & Company** has supported our northwest Calgary neighbours in all their legal matters.

Vilma and her team deliver effective legal counsel combined with personalised service, for all client circumstances.

Conveniently located in the **Beddington Towne Centre Mall**.

SCAN TO
VISIT US
ONLINE



WILLS AND ESTATES

REAL ESTATE AND FAMILY LAW

NOTARIES AND COMMISSIONS

**INCORPORATIONS, CONTRACTS,
AND ANNUAL RETURNS**

219, 8120 Beddington Blvd. NW,

Calgary, Alberta T3K 2A8

Phone: 403.275.3230

Web: **ShibleyandCompany.ca**

**SHIBLEY
&COMPANY**
BARRISTERS, SOLICITORS & NOTARIES PUBLIC

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- 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

Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- 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

SALE \$15,679

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms

Membership Application

Family Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email: _____

Number of Residents: _____ Children's Ages: _____

Date: _____ Signature: _____

May we put you on a list of volunteers? Yes No

Membership Fees are:

\$30 per household per year

Make cheques payable to Sandstone/MacEwan Community Association

Mail or deliver to:

300 - 8120 Beddington Blvd. NW, Calgary, AB T3K 2A8

Email: memberships@sandstonemacewan.com

Memberships can be purchased

online at sandstonemacewan.com

For Office Use Only

Date Received: _____ Reg/Assoc

Card # Issued: _____ New/Renewal

Init: _____ Cash/Cheque

Source: _____ Rectified if Assoc:



Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

OFFICIAL

PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

CONTENTS

- 7 RUNNER UP PHOTOS
- 8 MENTAL HEALTH MOMENT: WHAT IS INTIMATE BETRAYAL TRAUMA?
- 12 JUNE CROSSWORD
- 13 A FRESH PERSPECTIVE: WHEN LOVE STARTS TO FEEL LIKE LOGISTICS
- 15 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**SANDSTONE
VALLEY**



**MACEWAN
GLEN**



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



SANDSTONE MACEWAN

COMMUNITY ASSOCIATION

300 - 8120 Beddington Blvd. NW • Calgary, AB T3K 2A8
General Inquiries: info@sandstonemacewan.com
sandstonemacewan.com

EXECUTIVE DIRECTORS

President	Sue Coatham
Vice-President	Trevor Bacon
Treasurer	Sharon Mazurkewich
Secretary	Willa Wu

DIRECTORS

Director at Large	Carolyn Gomez
Director at Large	Pinky Nantais
Director at Large	Jennifer Bidlake Schroeder
Director at Large	Colin May
Director at Large	Karen Lessard
Director at Large	Yakov Lipkovich

*This list of our SMCA board is available on our website at
<https://sandstonemacewan.com/contact>.

Girl Guides	Leslie Jones	403-275-7098
#224 Sandstone	Steve Herz	403-262-2871
Community	Angela Williams	angela.williams@calgary.ca
Partnerships		
Calgary Police	Cst. Bruce Graham	bgraham@calgarypolice.ca



SANDSTONE MACEWAN

Community Association

sandstonemacewan.com

Becoming a member is easier than ever!

Visit sandstonemacewan.com/join or
use your phone to scan the QR code
below - all proceeds go back to
supporting our community!



**9 PM
ROUTINE**

CALGARY
POLICE
SERVICE

☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



Sandstone/MacEwan Community Association Meetings

Held the second Thursday of the month at
7:00 pm at the Berkshire Citadel-Sandarac Drive NW.
Everyone is welcome to attend.



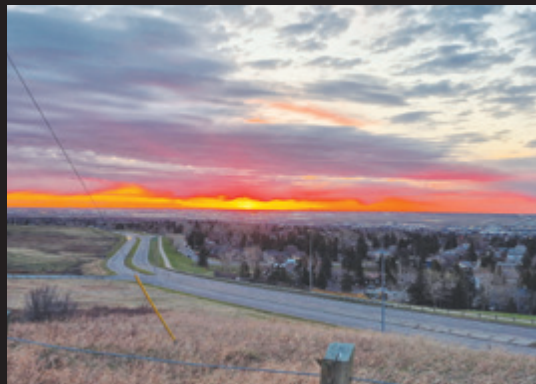
RUNNER UP PHOTOS



Little Library by Karen Lessard



Little Library Inside by Karen Lessard



Nose Hill Sunrise by Christian Gomez



News from the Friends of Nose Hill

by Anne Burke

The City Nature Challenge is a global community citizen science event wherein community groups, experts, and residents collaborate to find all types of nature around them. In the Calgary Metropolitan Region, the top 150 users in 2024 surpassed 10,000 observations. By then, they had uploaded a total of nearly 40,000 observations of Calgary's local flora and fauna. The year marked the tenth anniversary of both iNaturalist and the City Nature Challenge. For the Calgary Area, in 2025, there were 15,923 observations, 28,462 identifications, 891 species, 659 identifiers, and 356 observers. In 2026, the eighth annual Calgary City Nature Challenge focused on data quality for plants, insects, fungi, and wildlife. All information on Calgary's natural areas posted on iNaturalist can be used to revise and update the 1980 Calgary "Green Book" by 2030. Although you do not need an expert to lead a nature walk, John McFaul of Nature Calgary, in cooperation with Bird Friendly Alberta, guided field trips on Nose Hill. The group met near the 64 Ave and 14 Street NW parking lot. Much of their trip was off paved trails and on unlevel ground. A previous walk started at the Berkley Gate and 14 Street NW entrance. Calgary was one of the first certified Nature Canada Bird Friendly Cities. Injured birds can be rescued, in early morning and at night, but, of course, prevention is preferred. The aim is to identify and reduce threats since, in an urban environment, city lights and reflections cause collisions. Window treatments can help. Also turning off unnecessary lights. During fall and spring migrations, downtown is unsafe due to tall buildings, especially at night. Wildlife cameras examine how birds travel and weather radar is used to predict flight directions to support conservation and research. Learn more at <https://birdcast.org/>.

What is Intimate Betrayal Trauma?

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



Intimate betrayal trauma occurs when someone you deeply trust—most often a romantic partner—violates the emotional, physical, or relational safety of the relationship. This can include infidelity, compulsive sexual behaviour, hidden relationships, financial deception, or ongoing dishonesty. What makes this type of trauma so uniquely painful is not just the behaviour itself, but who it comes from: the person you rely on for safety, connection, and truth.

This isn't just "being hurt" or "going through a breakup." Intimate betrayal trauma disrupts your sense of reality. Many people describe it as having the ground pulled out from beneath them. The relationship you thought you were in suddenly feels uncertain or even false, and your nervous system reacts accordingly.

What It Feels Like

The experience can be overwhelming and disorienting. Emotionally, there may be waves of shock, anger, grief, anxiety, and deep sadness—sometimes all within the same hour. Many people feel obsessive, unable to stop thinking about what happened, replaying conversations, or searching for more information.

Cognitively, confusion is common. You may question your judgment, your memory, or your ability to trust yourself. Thoughts like "How did I not see this?" or "What else don't I know?" can become constant companions.

Physically, betrayal trauma often shows up in the body. Sleep disruption, loss of appetite, nausea, fatigue, and heightened startle responses are common. Your body is reacting to a perceived threat—because, in many ways, your sense of emotional safety has been threatened.

Relationally, you may feel torn. Part of you may want answers, closeness, or repair, while another part wants distance or protection. This internal push-pull can feel exhausting and confusing.

All of this is a normal response to an abnormal situation. Your system is trying to make sense of something that doesn't fit.

1. Slow Things Down

You don't need to decide the future of your relationship right now. Give yourself permission to pause. Trauma creates urgency, but clarity comes with time and regulation.

2. Get Support—But Choose Carefully

It's important to not go through this alone, but be mindful about who you tell. Well-meaning friends or family may react strongly, offer advice that doesn't fit, or unintentionally increase your distress. Look for grounded, non-reactive support. A therapist trained in betrayal trauma can be especially helpful.

3. Prioritize Your Nervous System

Focus on basics: sleep, hydration, nutrition, and gentle movement. Even if you don't feel like eating or resting, small consistent efforts matter. Grounding practices—like slow breathing, going for a walk, or placing your feet firmly on the floor—can help regulate overwhelming emotions.

4. Limit Information Overload

The urge to know everything immediately is understandable. However, excessive questioning, checking, or investigating can intensify distress. Work toward pacing information in a way that feels manageable, ideally with professional support.

5. Create Immediate Safety

Ask yourself: What do I need right now to feel a bit safer? This might mean emotional boundaries, physical space, or clarity about immediate next steps. Safety doesn't have to be permanent—it just needs to help you get through the moment.

6. Be Cautious with Big Decisions

Avoid making major choices (like ending the relationship, moving out, or making financial decisions) while in acute shock. Your thinking will likely shift as the intensity settles.

7. Remind Yourself: Your Reactions Make Sense

You are not "overreacting." Your mind and body are responding to a rupture in trust and safety. This is what trauma looks like.

Community Cleanups

by The City of Calgary

Reduce clutter and keep your neighbourhood clean. Community Cleanup events help residents safely dispose of household items that do not fit in their garbage cart, keeping our neighbourhoods cleaner and tidier.

From April to September, we are partnering with Community Associations across the city to host weekend events open to all residents, no matter where you live.

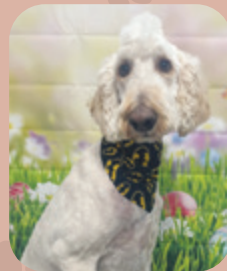
Review the list of accepted and unaccepted items and find a Community Cleanup location near you at calgary.ca/cleanups.



Cats, Canines, & Critters of Calgary



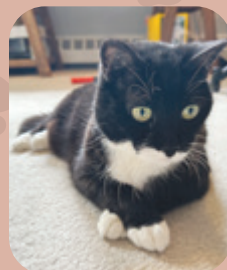
Coco, Shawnessy



Copper, Hidden Valley



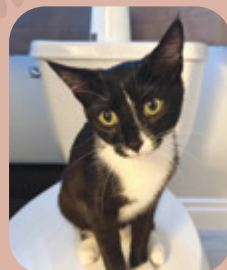
Dino, Hanson Ranch



Horst, Mission



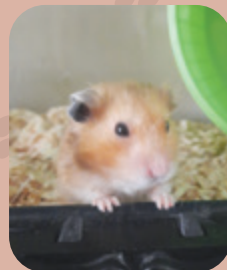
Pepper, Evergreen



Tia, Currie Barracks



Vincent, Quarry Park



Yoshi, Canyon Meadows

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

3 DAYS OF ADVENTURE A LIFETIME OF IMPACT



KidneyMarch



Learn More
**MARCH
CREW
DONATE**

Join us this September for a life-changing 100KM journey in support of kidney disease & organ donation.

1 in 10 Canadians has kidney disease.
Most don't even know it until it's too late.
We're marching to change that. You could too.

KidneyMarch.ca • 403.255.6139 • kidneymarch@kidney.ca



kidney
Canada

Charitable registration
No. 10756 7398 R00001

You might be at risk of kidney disease.
Don't wait until it's too late. Know your risk and learn how to prevent kidney failure with our 10-minute risk awareness quiz at kidney.ca/risk

Property Tax Due Monday, June 30

by The City of Calgary



Property tax bills were mailed out in May, with a payment due date of Tuesday, June 30.

Property owners can also access online their current year's tax bill, and four previous years, through the City Of Calgary's secure website, calgary.ca/mytax.

The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, but instead of one large lump sum payment in June, you pay smaller monthly instalments. TIPP makes budgeting easier, and you reduce the risk of late payment penalties.

Signing up for TIPP is easy and you don't need to re-apply each year. The easiest and fastest way to join is using TIPP Online. It's easy, safe, and secure. Through TIPP online, your customized agreement will be processed automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to Calgary.ca/TIPP and click on the Join TIPP box.

Plan enrolment must be completed by the due date shown on your tax bill to avoid a late payment penalty.

If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.

Help Grow Calgary's Urban Forest

by The City of Calgary



Trees play an important role in making Calgary a healthy, liveable city. They provide shade and cooling, improve air quality, support wildlife, and contribute to our overall well-being.

The City of Calgary is updating its Urban Forest Strategic Plan to help guide how trees are planted, protected, and cared for across the city and we want to hear from you. An important part of this work focuses on private property where residents, businesses, and communities can have a major impact.

To reach Calgary's goal of 16% canopy cover by 2060, we need to better understand what supports Calgarians need to plant and care for trees on their property. Your feedback will help identify barriers and shape programs, incentives, resources, and education to help make tree planting and care easier and more accessible.

Your input will directly inform updates to the Urban Forest Strategic Plan and help guide future decisions. Share your thoughts by June 26 at engage.calgary.ca/UrbanForestPlan.

Backyard Play Safety

by Emergency Health Services



Emergency Health Services (EHS) Alberta would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

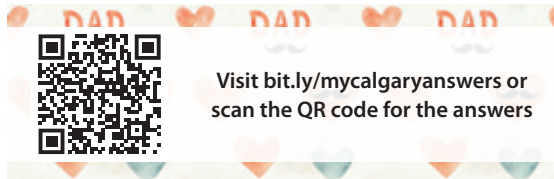
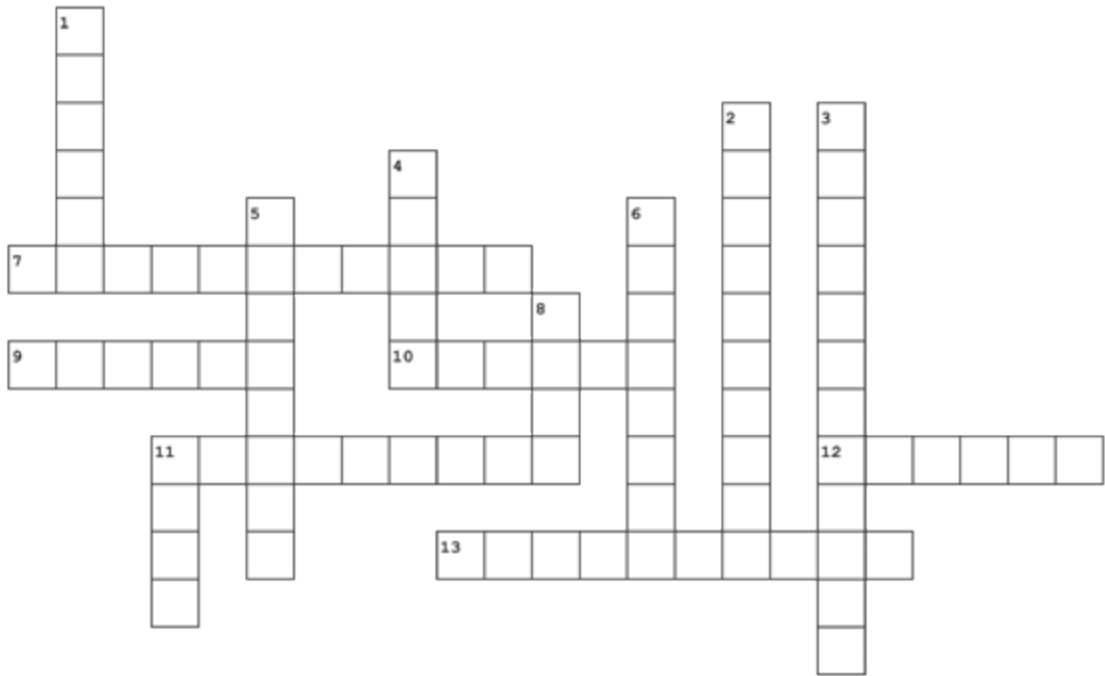
Water Hazards

- Drowning contributes to unintentional injury-related death among young children.

- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, and lockable gate.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention or call 9-1-1.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

7. This colourful *My Little Pony* represents the element of loyalty.
9. June 2025 saw the premiere of this live action adaptation; *How to Train your* _____.
10. These citrus fruits can be made into a refreshing drink on a hot June day.
11. This famous author published what she claims to be her final book, *In the Unlikely Event*, on June 2, 2015.
12. This water zodiac sign covers the last of June's birthdays.
13. This holiday, established Sonora Smart Dodd occurs on June 21, 2026.

Down

1. This famous singer, _____ Grande, was born on June 26, 1993, and was recently in the 2024 movie adaptation *Wicked*.
2. National _____ Peoples Day is celebrated in Canada on June 21.
3. This classic Spielberg movie about dinosaurs was released in theatres on June 11, 1993.
4. This gem associated with wisdom is also the birthstone for June.
5. *Elvis Presley* performed this song on June 5, 1956, on the *Milton Berle Show*.
6. The summer _____ marks the beginning of longer days in the Northern Hemisphere.
8. This white bird is commonly a symbol of peace.
11. _____ is the Roman counterpart to Hera, the Greek goddess of marriage.

When Love Starts to Feel Like Logistics

Practical Psychology for Everyday Life

by Rebecca Pink, Registered Provisional Psychologist



It rarely happens all at once. More often it is a slow shift. Between busy schedules, work demands, and the mental load of daily life, conversations become practical. Connection gets replaced with coordination. “Did you grab the groceries?”, “What time is practice?”, “Can you handle bedtime tonight?”

And at some point, many couples find themselves wondering: When did we start feeling more like roommates than partners?

If this feels familiar, you’re not alone. This is one of the most common experiences couples share, especially as life gets busier and more demanding. It’s not necessarily a sign of deeper issues; it’s often a sign that life has simply taken up more space than the relationship.

Over time, interactions can become increasingly transactional. Necessary yes, but they can crowd out the smaller moments of connection that relationships rely on.

Connection is built in subtle ways: a comment about your day, a shared laugh about something that made

the day a little lighter, or even a small attempt to connect in the middle of a busy day. These moments are easy to miss, or just as easy to brush past when we are tired or distracted.

Rebuilding connection doesn’t require big changes. It often starts with noticing and responding to those small moments. Relationships are often built on many small moments, those shared rituals that keep connection feeling alive, meaningful, and fun.

Pausing to listen, looking up instead of away. Taking a few minutes to check in, not about tasks, but about each other. These moments may seem minor, but they add up. Over time, they help shift a relationship from simply functioning to feeling connected again.

If things have been feeling a bit distant lately, it may not mean you’ve grown apart, it may mean your connection needs a little more attention. Sometimes, even the smallest turn toward each other is where connection finds its way back, reminding us that we’re still in this together.



The first full moon of summer is called a Strawberry Moon! It may occasionally appear to have a reddish hue when close to the horizon. This year, the Strawberry Moon will peak on June 29!

BRAIN GAMES

SUDOKU

8					9			
						7		
5	4	9		1	8			2
	9					2		
1	2						8	3
		3					5	
3			8	6		9	4	1
		1						
			9					7

SCAN THE QR CODE FOR THE SOLUTION





MLA Calgary-Beddington
Amanda Chapman
 106 – 8220 Centre St NE
 ✉ calgary.beddington@assembly.ab.ca
 ☎ 403-282-7980 ✂ amandachapman
 📱 @amandachapmanndp

Dear Neighbours,

Happy June!

With the school year coming to a close, I want to congratulate all students, teachers, and families for their hard work and dedication over the past months. As summer begins, I hope everyone takes the time to rest and enjoy a well-deserved break.

With warmer days ahead, our communities will be busier with people walking, biking, and spending time outdoors. Please continue to take extra care on our roads and help keep our neighbourhoods safe for everyone.

June also marks the start of an exciting season in our community. With events, festivals, and gatherings just around the corner, and Stampede season fast approaching, I'm looking forward to connecting with many of you throughout the summer.

I look forward to seeing you out at local events, in our parks, and around the neighbourhood in the weeks ahead.

As always, please don't hesitate to reach out to my team if you have any questions, concerns, or ideas. We're always here to listen and help.

Warm regards,

MLA Amanda Chapman



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

SANDSTONE MACEWAN MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

HIGHLAND PARK PRESCHOOL: Highland Park Preschool welcomes families seeking a warm, engaging start for their children. Our caring teachers, play-based learning, and safe environment help young minds grow with confidence and curiosity. Join a supportive community where friendships blossom and creativity thrives. Enroll today at hpca.ca/preschool or preschool@hpca.ca.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

FALCONER HANDYMAN SERVICES LTD: New decks, fences, and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.



GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

**SHOP
LOCAL**



Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762
grow@greatnewsmedia.ca



SCAN ME



HEAD IN THE CLOUDS

Clouds are heavier than you think!

The average cloud, at one cubic kilometre in size, weighs around 1.1 million pounds!



the Gutter Doctor

Home Exterior Services

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured

403-714-0711 • gutterdoctor.ca



Sandstone Dental

Perfecting One Smile at a Time

Call today to book your appointment!
Ask about our New Patient Promotion!

Accepting New Patients

Scan the QR code



66 Sandarac Dr NW #220
Calgary, AB, T3K 4L2
(Located beside the DQ)

403.800.8996
www.sandstonedental.ca



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/31fdeef6f
Any help is appreciated ♥

