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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

Any help is appreciated ♥



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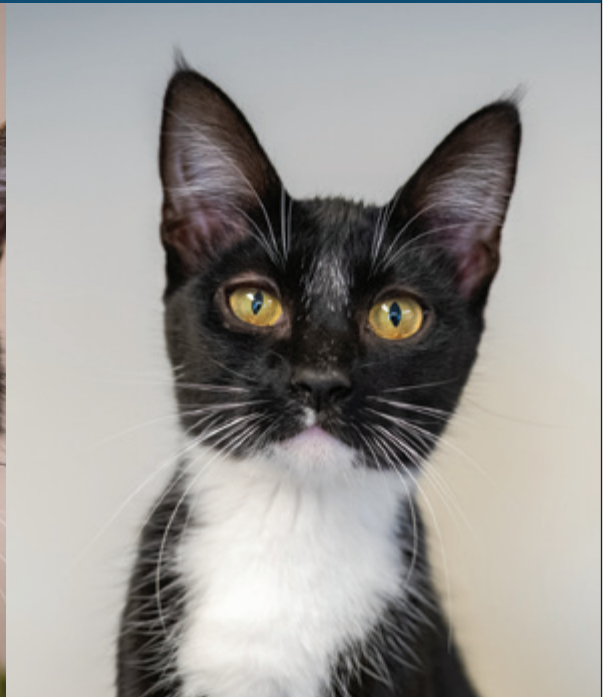


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Your donation helps fund our essential community programs, supporting both cats and the people who love them.

Together, we can give cats the second chance they deserve.

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GREENVIEW



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The Village We Lost: Why Modern Parents Need Community More Than Ever

by Saadah Shehu | The Smart Sitters Club



It wasn't that long ago that raising children was a community effort. Grandparents lived nearby. Neighbours knew one another by name. Aunts, uncles, cousins, and family friends were woven into daily life. If a parent was running late, someone stepped in. If a child needed a ride to practice, another family helped. Parents didn't carry the entire weight of childcare, household responsibilities, and emotional support on their own.

Today, many families are raising children in a very different world. Families are more mobile than ever. Parents often move away from their hometowns for work, education, or housing opportunities. Grandparents may live in another province, relatives may be hours away, and neighbours may remain strangers.

At the same time, the demands on parents have increased. Many households rely on two working parents. Children's schedules are packed with activities. Work doesn't always end at 5:00 pm, and parenting certainly doesn't come with weekends off. The result is that many parents are trying to do what once took an entire village.

The consequences aren't always obvious. Parents

may postpone date nights, decline invitations, miss professional opportunities, or simply push through exhaustion because they believe they should be able to manage everything themselves.

But perhaps the problem isn't that parents need to do more. Perhaps the problem is that they were never meant to do it alone.

The phrase "it takes a village to raise a child" may sound cliché, but its message remains as relevant today as ever. Children benefit from having trusted adults in their lives, and parents benefit from having support systems that allow them to rest, strengthen relationships, participate in their communities, and maintain their well-being.

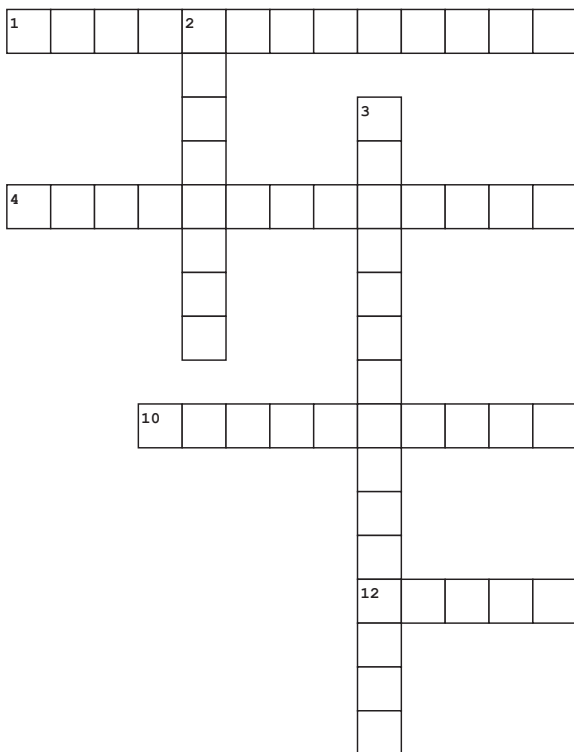
I have had the privilege of working with families across Calgary and the surrounding area. One thing I have learned is that parents are not looking for someone else to raise their children—they are looking for support.

Many of the families we serve are newcomers, have relocated for work, or simply do not have family nearby. They are dedicated parents doing their best, but often without the support network previous generations relied upon. Their stories are a reminder that the challenges facing families today are not individual failures; they are the result of a village that has become harder to find.

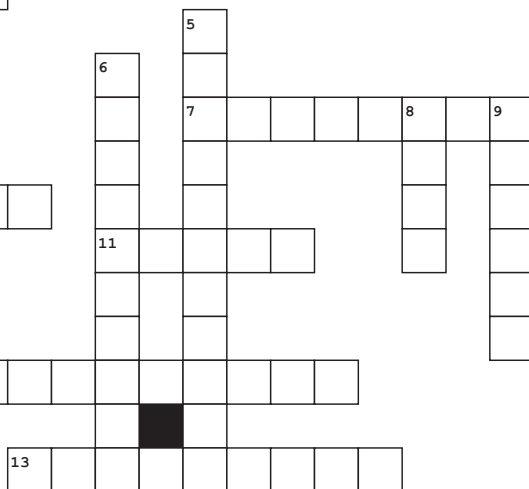
Rebuilding that village requires all of us. Sometimes it means checking in on a neighbour. Sometimes it means creating family-friendly spaces and events that make it easier for parents to participate fully in community life. Through my work, I have seen firsthand how something as simple as providing on-site childcare at conferences, community gatherings, and professional events can open doors for parents who might otherwise be unable to attend. Sometimes it means supporting services and organizations that help families access trusted childcare when they need it most.

The village may not look the same as it did generations ago, but the need remains unchanged. Parents do not need to be superheroes. They need support. They need community. They need a village. Perhaps one of the most important conversations we can have is not how parents can do more, but how we can do more to support parents. Because when families are supported, children thrive, communities grow stronger, and everyone benefits.

July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



Finding the Right Therapist: How to Search for the Help You're Actually Looking For

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

Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

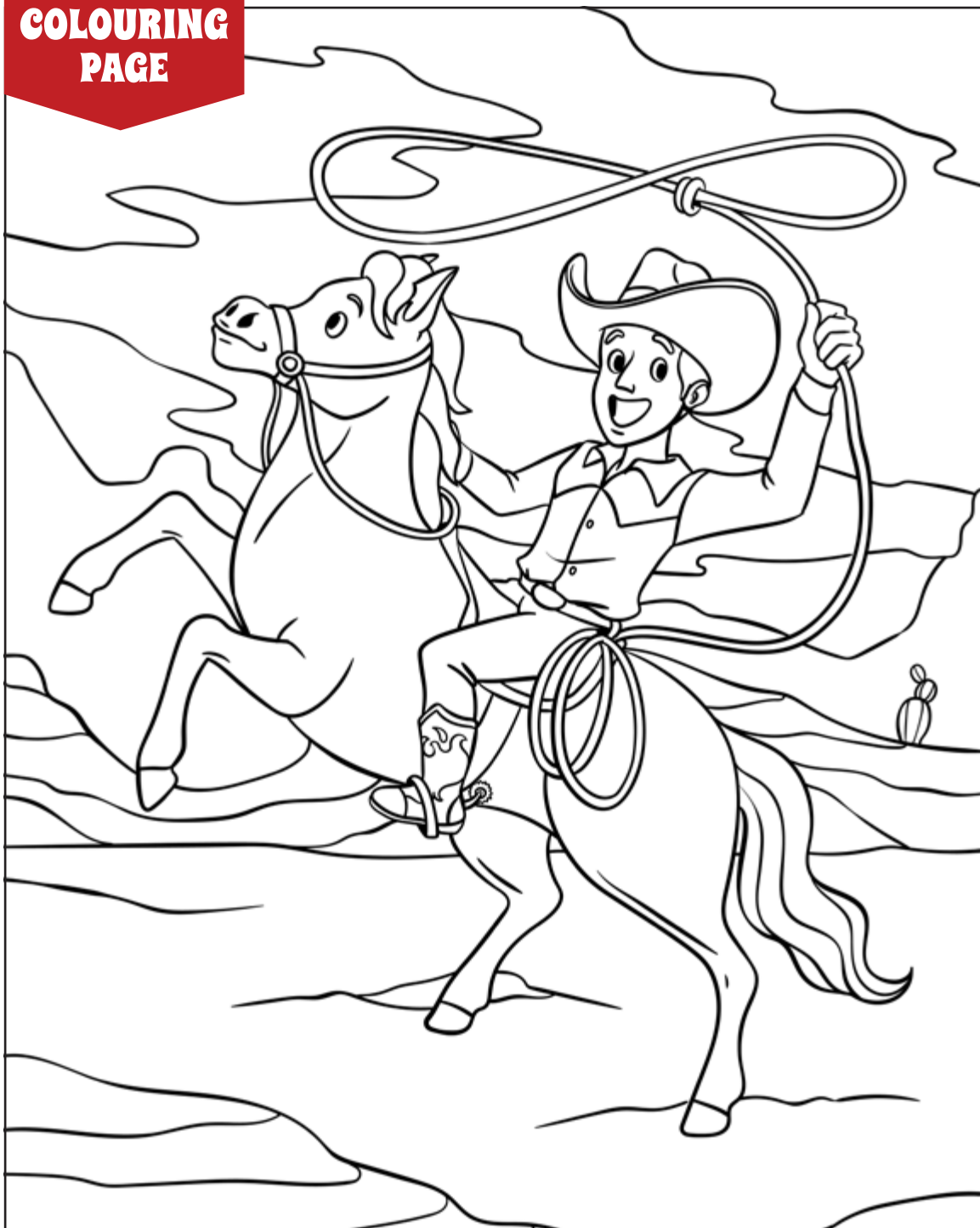
You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

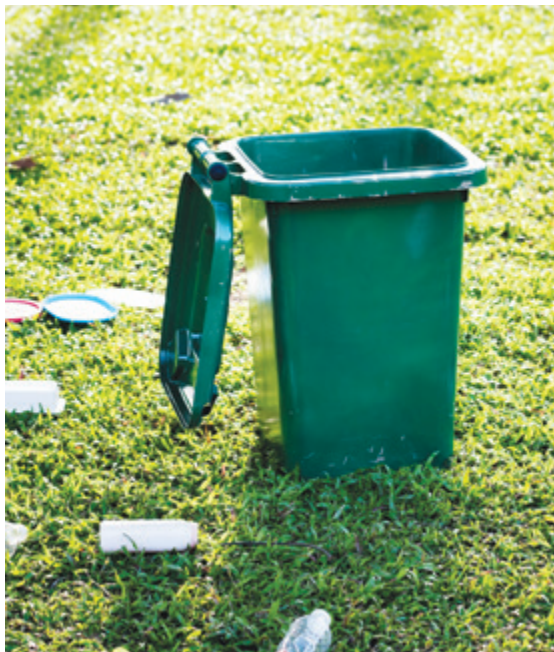
The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.

**COLOURING
PAGE**



Green Bins Are for Food Scraps and Yard Waste

by The City of Calgary, Waste and Recycling Services



Food scraps belong in the green cart, but packaging does not. Plastic does not compost and can break into small pieces during processing, which can contaminate the finished compost. All food scraps must be separated from packaging before composting, even if the packaging says it is biodegradable or compostable.

A few simple habits can make a big difference:

- Remove all plastic before putting food scraps in the green bin.
- Empty and clean plastic, glass, and metal containers go in the blue cart.
- Plastic wraps, foam, and other non-compostable packaging belong in the black cart.

Putting food scraps in the green cart and packaging in the right bin helps keep compost clean. If you are not sure where an item goes, visit <https://www.calgary.ca/waste/what-goes-where/default.html>.

Summer Gardening Made Easy

by The City of Calgary



The City of Calgary's YardSmart program offers tips to keep your yard thriving, rain or shine.

- Make the most out of rainy days. Plants prefer rainwater over water from the hose. Collect water with a rain barrel and use it to water your yard. Point downspouts towards your lawn or garden, so they soak up every drop.
- Mow less often. Keep your grass two to three inches high to shade the soil and leave clippings on your lawn.
- Add mulch to garden beds. Mulch helps prevent water evaporation and reduces weeds. Use two to four inches of mulch on top of garden beds, leaving an inch around the base of plants.
- Water plants at the roots—low and slow, allowing the soil to fully absorb the water. Hand watering with a watering can, using drip irrigation, or using soaker hoses are all effective ways to water plants at the roots. If you're watering with a sprinkler or irrigation system, remember to water on your scheduled days. Visit calgary.ca/whentowater for more information on Calgary's lawn and landscape watering schedule.

Now that your yard is summer-ready, it's ready for its close-up.

Share your YardSmart yard with us for a chance to be featured on calgary.ca. A YardSmart yard can include:

- Drought tolerant, water-wise plants
- Lawn alternatives
- Rain barrels or other rain harvesting set-ups
- Efficient irrigation systems
- Native plants
- Rain gardens

Simply snap a photo of your Yard Smart yard and complete the 'Show us your yard' form at calgary.ca/yardsmart.

July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



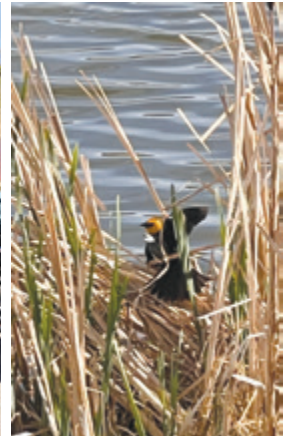
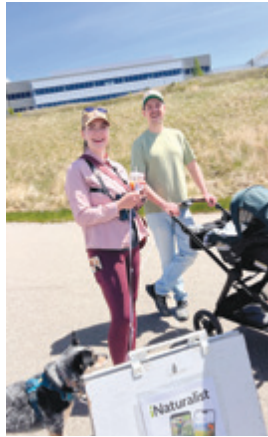


Nose Creek Preservation Society's First Annual Discovery Day Marked as a Success

We hosted our first public event to showcase the Nose Creek Valley, connect with our communities, and showcase the beauty and life that call it home. And we succeeded! Over fifty Calgarians popped by the district storm pond, and everyone commented they had no idea this natural space existed!

Everyone—including our wonderful exhibitors, local government reps, and two very young kids enjoying a planned playdate—enjoyed what turned into a beautiful day. Our soundtrack was the birdsong playing on repeat, no speaker required.

Thank you to everyone who attended. For those who couldn't make it, sign up online at savenosecreek.com for our newsletter to learn more about the Nose Creek Valley and details for the second annual Discovery Day sometime in May 2027!



July 30 is National Cheesecake Day!



Try baking one of your own to celebrate!

Ingredients

- 2 cups of graham crumbs
- 1/2 cup of butter or margarine, melted
- 1/4 cup of white granulated sugar
- 2 tsp of nutmeg (optional, make it whatever flavour you would like)
- 2 blocks of cream cheese (6oz)
- 1/2 cup sour cream
- 3/4 cups of white granulated sugar
- 2 eggs
- 1 tbsp vanilla extract, or vanilla bean paste

Instructions

1. Preheat oven to 325° F. The lower temperature will help the centre cook without burning the exterior.
2. In your 9' spring pan or baking dish, pour in your graham crumb, 1/4 cup of sugar and melted butter. Using your hands gently combine everything until it becomes equally incorporated. It should feel like wet sand. If mix seems too dry you can add a little more butter to help it stick.
3. Spread the mixture evenly across the base of the pan and firmly press down into an even layer. Feel free to use a heavy glass or another pan to help pack it down.
4. Set aside while preparing the filling.
5. In a large bowl add your cream cheese blocks, sour cream, nutmeg, and sugar.
6. Beat the two ingredients together either with a hand mixer on speed 2, or by hand if you prefer. We are looking for the mixture to be smooth and fluffy.
7. Add the eggs and vanilla and continue mixing. At the end you should have a smooth, thick batter that coats the blades of your mixer.
8. You've made it! This is the easy part. Simply pour your batter overtop of the prepared base, smooth out the top to make it as even as possible, and place it in the oven. Let it bake for 45 minutes to an hour. If you're feeling fancy, you can spray some water into the oven around the halfway point. This steams the oven and can give the cheesecake a more even tone. You know it is done when you gently shake the pan and there is little to no movement in the centre
9. Remove from the oven, rest at room temperature until completely cooled, and enjoy your delicious cheesecake.



News from the Friends of Nose Hill

by Anne Burke

The 1992 Master Plan Review recommended a Natural Area Management Plan for Nose Hill after a land use study. The job was to document compatible recreational opportunities because of native grasslands with some deciduous shrubs and trees. The Nose Hill Park Trail and Pathway Improvement Plan relied on the earlier research and did further consultation, before concluding that activities in the multi-use zone (top of the Hill) should be separated from all Park native vegetation. Over 86% was Western wheatgrass, Rough fescue - Parry oatgrass, Smooth brome, and Rough fescue-Golden bean. There was strong support to extend the multi-use zone towards the Edgemont entrance but increase habitat protection along the south side of Porcupine Valley. The earlier study assessed the sensitivity of vegetation from recreational trampling (foot traffic). Rough fescue-Golden bean has the greatest distribution in the Park and contributes almost 75% of the moderate to high at-risk areas. Most of the grassland is along the sloped areas of the Park's escarpment. Rough fescue grasslands are significant since they are in great abundance on Nose Hill (up to 35%) but have been lost in much of western Canada. Native Rough fescue grassland along the escarpment is prone to erosion due to more trails and off-trail uses, so having rules will help minimize impact and disturbance to reduce the invasion of non-native species (weeds). Due to its rarity, Nose Hill Park's Rough fescue is a nationally significant ecosite and preservation of the grassland is a great management concern. It is also important to consider that while the native grasslands have higher sensitivity to trampling, heavy recreational use and other disturbances also support the invasion of non-native species (weeds), for which natural recovery times could take several decades.



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Happy Canada Day, Calgary-Klein! Whether your family has called Calgary home for generations or you arrived just a few months ago, you are part of what makes our community and our country so special.

I was born in Edmonton, and my parents came to Canada from El Salvador in the 1970s. I am deeply grateful that Canada welcomed my family, and I am incredibly proud to call this country home.

As many of you may have heard, there is a referendum this October that may relate to Alberta's place within Canada. I want to be clear: Alberta belongs in a united Canada. While there are certainly challenges and areas where we may disagree with decisions made in Ottawa, I firmly believe in the strength of our unity and the importance of working together.

We are proud Albertans and proud Canadians. I will always stand up for Alberta's economic future while also advocating for a strong and united Canada. I know this perspective is shared by many in our community.

This Canada Day, I encourage you to connect with your neighbours, friends, and family and reflect on what being Canadian means to you. Let's celebrate our shared values, our diversity, and our commitment to making this a place where everyone can thrive.

Together, we can continue building a strong, united, and prosperous future for all.

Lizette

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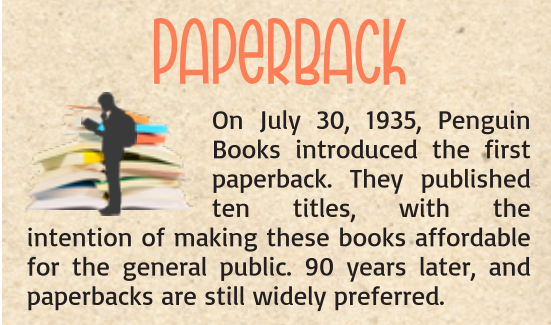
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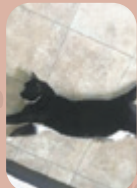
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Word of the month



Zephyr: noun (zeh-fur)

A light, gentle, or mild breeze.

During the summer months, we may experience a gentle zephyr blowing in.

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