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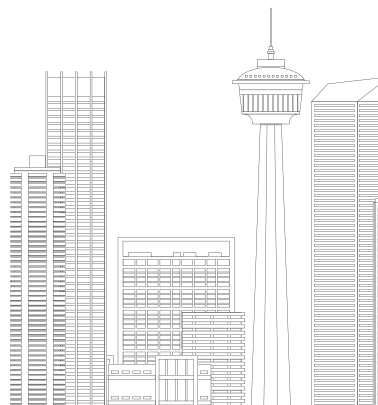


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EAU CLAIRE CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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About Us

The Eau Claire Community Association (ECCA) was founded in 1992 as a non-profit organization dedicated to maintaining and enhancing the quality of living in Eau Claire. It is recognized by the City of Calgary as the official voice of the Eau Claire community. The ECCA bylaws define the purpose and direction of the ECCA and are registered under the Societies Act of Alberta. The bylaws are available at www.eauclaireca.com/about.

The community of Eau Claire is located adjacent to the downtown commercial core, bounded by Prince's Island and the Bow River on the north and centre of 4 Avenue on the south, extending from the centre of 2 Street SW to the centre of 9 Street SW.

Mission

The Eau Claire Community Association strives to create a vibrant connected community. Our approach to planning and development is to enhance the quality of life for our residents.

Vision

Eau Claire is a safe, clean and liveable residential community proud of its natural environment. We are supportive of social and recreational gathering places and relevant businesses that support the community.



Membership

Membership in the ECCA is open to all residents. The annual fee is \$6 per household. The majority of Eau Claire condominium complexes (and therefore their residents) hold a membership, paid for by the condo corporation. Business memberships are also available. Strong membership empowers the ECCA to protect the interests of our community. Issues of key interest are planning, transportation and safety. The ECCA's role is to provide a voice for Eau Claire residents, to help ensure that community interests are being considered and that development is in keeping with the Area Redevelopment Plan.

Connect with ECCA



www.eauclaireca.com



info@eauclaireca.com



www.facebook.com/eauclaireca



www.twitter.com/eauclaireca

Contact us at info@EauClaireCA.com

CITY COUNCIL MEETINGS

Council meetings are usually held on Mondays starting at 9:30 am. You are welcome to attend any public Council meeting in person or watch remotely online through our webcast page on Calgary.ca. Members of the public can attend and speak to items during a Public Hearing which are usually held once a month.

You may also attend any public Committee meeting. Key Committee meetings are also available to be viewed remotely.

- Public are strongly encouraged to follow Council and Committee meetings using the live stream at www.calgary.ca/watchlive.
- Public wishing to make a written submission may do so using the public submission form at the following link: <https://forms.calgary.ca/content/forms/af/public/public/public-submission-to-city-clerks.html?redirect=/publicsubmission>.
- Public wishing to speak are encouraged to participate remotely. Contact the City Clerk's Office by email at publicsubmissions@calgary.ca to register, and to receive further information on how to call in.



Eau Claire Real Estate Update

Last 12 Months Eau Claire

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2023	\$1,307,500	\$1,252,750
December 2022	\$577,450	\$550,750
November 2022	\$388,800	\$373,000
October 2022	\$1,375,000	\$1,335,000
September 2022	\$1,844,500	\$1,650,000
August 2022	\$349,900	\$342,000
July 2022	\$669,900	\$650,000
June 2022	\$514,900	\$505,000
May 2022	\$524,900	\$515,000
April 2022	\$692,000	\$690,000
March 2022	\$428,000	\$414,000
February 2022	\$462,000	\$451,250

Last 12 Months Eau Claire

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2023	7	2
December 2022	4	4
November 2022	3	12
October 2022	13	7
September 2022	13	6
August 2022	7	7
July 2022	8	3
June 2022	13	6
May 2022	11	9
April 2022	11	6
March 2022	11	9
February 2022	14	4

To view more detailed information that comprise the above MLS averages please visit eauclaire.mycalgary.com



Your Photos on the Cover?

We'd love to see some community photos in The Current and even on the cover. Please submit them to info@EauClaireCA.com with the subject line "Photos."

- All photos must be taken in Eau Claire; if at an event or festival please identify.
- No pictures of kids unless accompanied by a parental release.
- If your photo is chosen for publication you will get a photo credit in the issue.
- Photos must be 1MB in size and 300 DPI for print quality.

Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

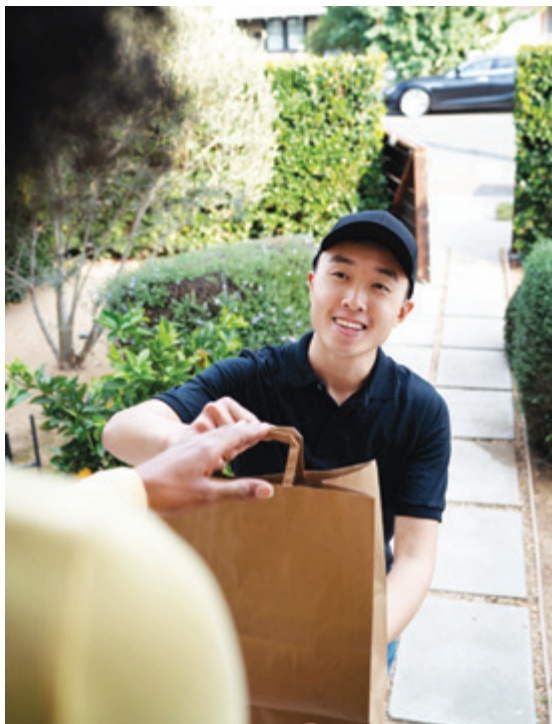
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



Heritage Stories: Have You Ever Been to Rouleauville?

by Karen Paul, a Director of the Calgary Heritage Initiative Society and contributor to *Heritage Inspires YYC*

If you've wandered the avenues of Calgary's historic community of Mission, you most certainly have visited what was once the Village of Rouleauville. Mission Notre Dame de la Paix (Our Lady of the Peace) was founded in 1875 by French-Catholic Oblate missionaries and relocated to a peaceful spot along the Elbow River. In 1884, Father Albert Lacombe oversaw the subdivision of a two quarter-section block of land with the intent of establishing a Roman Catholic Francophone settlement south of Calgary. A sandstone church was built in 1889, later to become St. Mary's Cathedral when the Diocese of Calgary was created in 1912. The current Cathedral opened in 1957.

In 1885, the Sacred Heart Convent was established, along with the first Francophone Catholic education system in southern Alberta, helped by Supreme Court Justice Charles Rouleau. Around 1887, Dr. Édouard Rouleau, Charles' brother, moved to an 1885 Queen Anne Revival house, now known as the Rouleau House, and became medical chief of staff when Holy Cross Hospital was founded by the Grey Nuns in 1892. A year after Édouard purchased the home, he had it moved two lots over to 114 St. Joseph's Street (now 18 Ave SW) and extended. The charming home featured a simple gable-fronted structure, tall bay windows, and ornamental fretwork with a kitchen at the rear. The home was sold in 1905 and continued to function as a private residence, and at times a boarding house. It survived a fire in 1950, then was slated for demolition in 2003. Thanks to public outcry, the home was saved and moved again in 2005 onto a new foundation at 1880 1 St SW. It is adjacent to St Mary's Parish Hall, once a railway station, and now home to Alberta Ballet. The Canadian Northern Railway Bridge and tracks are still visible at the rear. Restoration began in the spring of 2019 and in September of 2020, it was designated a Municipal Heritage Resource. Rouleau House is the oldest surviving building in Calgary's historic Mission district.



Holy Cross Hospital (CPL Postcards from the Past)



Rouleau House (CHI 2021)



*St. Mary's Church 1908-10
(CPL Postcards from the Past)*



*Sacred Heart Convent ca 1894
(CPL Postcards from the Past)*



*St. Mary's Parish Hall CNR Station
(CHI 2017)*



*St. Mary's Parish Hall
(CHI 2019)*

Burns and Scalds

from Alberta Health Services



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe 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 such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided 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 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.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

Spring Cleaning Your Way to Better Health

by Nina Wilder



March is here and we all know what that means: time for spring cleaning! This time of year is all about hitting that 'refresh' button and tackling the chores

that we have been putting off. But this tradition doesn't have to just be about dusting the blinds and decluttering our garages, it can also be a great opportunity to set our environment up to support healthy habits.

To form new habits, we must make them attractive, easy, and satisfying. We can do this by cleaning and organizing our homes in such a way as to encourage us to do certain behaviours. For example, if we want to increase our activity and aren't interested in going to a gym, we can create a designated activity space in our home. We can clear out a corner or – if you have the luxury – an unused room and make it appealing for activity: set out a music player, hang up motivating images or quotes, and lay out equipment in an organized and accessible way. The more appealing the room is, the more you'll want to use it!

Conversely, to kick a bad habit, we must make it harder to do, unattractive, and unsatisfying. If our goal is to eat less junk food, we can start by reorganizing the kitchen. We can declutter our pantries and fridges of things that tempt us and put them somewhere harder to reach such as that cupboard in the garage, or the freezer downstairs. We can also organize the contents in our fridge so that healthier snacks are more towards the front so they're easier to grab and give us a strong visual reminder to go for those instead. If you find yourself throwing out uneaten vegetables and fruits that have gone bad, stop putting them in the fridge drawer, out of sight!

With a little elbow grease, we can not only make our homes cleaner and more organized, but also conducive to having better health. How's that for a new tradition?

Orange Vegetables Are Healthy and Delicious

from Alberta Health Services



Canada's Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

Here are a few ways to add orange vegetables to your meals:

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at ahs.ca/recipes.

Reducing the Salt in Your Diet

from Alberta Health Services



Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure, and stroke.

The top sources of sodium in our diets include ready-made bread, crackers, and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups, and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, take-out food, and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice, and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus Wellness Kitchen in Calgary will host "Low Sodium Tasty Tips and Tricks", a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions, and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

To register, visit ahs.ca/shcwellness or email wellness.shc@ahs.ca.

For more information on this topic, search "heart health" at ahs.ca/nutritionhandouts.

Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!

A Perfect Game



In baseball, a 'perfect game' refers to a complete nine inning game that is pitched without the opposing team making it to base. In Major League Baseball's 147 years, only 23 perfect games have ever occurred! The most recent took place in 2012 when Félix Hernández pitched a perfect game for the Seattle Mariners against the Tampa Bay Rays.

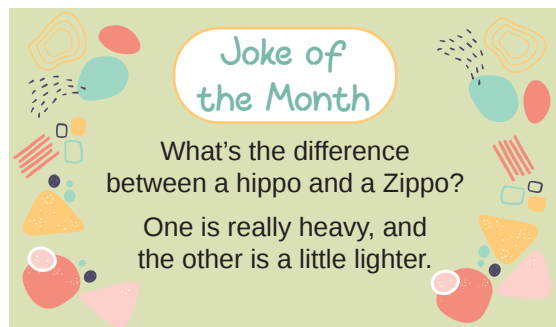
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Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.





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Dear Friends,

It has been over a year since Vladimir Putin ordered Russian troops to invade Ukraine. It is horrifying to witness the destruction, loss of human life, and the displacement of millions. Despite all the hardships, it is inspiring to witness the millions of Ukrainians who are bravely defending their homeland.

We also need to acknowledge the thousands of Russians who are imprisoned over their opposition to this war. The response to the censure of media, and the other protests that have ensued at great risk, has shown the world that this tyranny has opposition. It's obvious that Putin does not have the full support of the Russian people as he moves his country backwards.

Early in this invasion, I called on the Government of Canada to sanction trade with Russia. The initial agreement with this request was a relief. But you will recall that I was vocally opposed when the Canadian government withdrew their sanctions to allow gas turbines to be shipped back to Russia so they can be used for the Nord Stream pipeline. After the pipeline became inoperable, Canada reversed its reversal on these sanctions. Sanctions are not meant to be opportunistic, and they always affect both parties involved, so our country's waffling left many people questioning the seriousness of our words and actions. To many around the world, the reversal/double reversal damaged our credibility.

Canada has enacted the temporary Canada-Ukraine Authorization for Emergency Travel (CUAET) program allowing Ukrainian refugees to apply for an express entry through a visitor visa. This visa allows them to study, live, and work in Calgary for up to three years. My office continuously works hard in assisting those applicants and their families in receiving these visas. To date, my office has helped around 30 Ukrainians who currently reside in our riding.

If you wish to make a donation for the people of Ukraine, please do so through the Ukrainian Canadian Congress, the International Committee for the Red Cross, or to Health Partners International of Canada's Emergency Response to Ukraine.

Please contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880 and keep up to date on my work in Parliament on my website, GregMcLeanMP.ca.

Sincerely,

Greg McLean

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**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



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		Listed	Sold	Listed	Sold
January	23	8	2	\$1,307,500	\$1,252,750
December	22	3	4	\$577,450	\$550,750
November	22	3	12	\$388,800	\$373,000
October	22	13	7	\$1,375,000	\$1,335,000
September	22	14	6	\$1,844,500	\$1,650,000
August	22	7	7	\$349,900	\$342,000
July	22	8	3	\$669,900	\$650,000
June	22	13	6	\$514,900	\$505,000
May	22	11	9	\$524,900	\$515,000
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February	22	14	4	\$462,000	\$451,250

To view more detailed information that comprise the above
MLS averages please visit eauc.mycalgary.com