

EAU CL

Eau Claire

Community Association

CURRENT

THE OFFICIAL EAU CLAIRE COMMUNITY NEWSLETTER



elebrating **YEARS**

f ≥ □ G+ **}**;

HOURS OF OPERATION

MONDAYS - CLOSED SUN,TUES,WED,THURS 12PM - 8:30PM FRI-SAT 12PM - 9:30PM #FATATMINAS

CONTACT

136 2 STREET SW (403) 454-2550 INFO@MINASSTEAKHOUSE.COM WWW.MINASSTEAKHOUSE.COM

GROW YOUR BUSINESS

ACQUIRE AND RETAIN NEW CUSTOMERS

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Contact Us:

403-720-0762 | sales@greatnewsmedia.ca



Scan for your advertising quote

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING













YOUR HOME SOLD Pro Liste

Call to find out more about our Innovative Consumer Programs

GUARANTEED!*

Virtual Tours
Guaranteed Sale Program*
Trade Up Program*
Blanket Home Warranty Program*
Accepting Crypto Currency

Call us to help you navigate through the changing real estate world

Call or Text 403-606-8888 Email len@lentwong.com

*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

EAU CLAIRE COMMUNITY REAL ESTATE ACTIVITY

		Prope	erties	Median Price			
		Listed	Sold	Listed	Sold		
March 2	23	8	6	\$644,350	\$634,400		
February 2	23	14	2	\$1,274,900	\$1,232,500		
January 2	23	9	2	\$1,307,500	\$1,252,750		
December 2	22	3	4	\$577,450	\$550,750		
November 2	22	3	12	\$388,800	\$373,000		
October 2	22	13	7	\$1,375,000	\$1,335,000		
September 2	22	13	6	\$1,844,500	\$1,650,000		
August 2	22	7	7	\$349,900	\$342,000		
July 2	22	8	3	\$669,900	\$650,000		
June 2	22	13	6	\$514,900	\$505,000		
May 2	22	11	9	\$524,900	\$515,000		
April 2	22	11	6	\$692,000	\$690,000		

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

CONTENTS

- 7 ECCA AGM
- 8 GREEN LINE CONSTRUCTION NOTICE
- 11 SAFE AND SOUND: DO YOU KNOW THE SIGNS OF A STROKE?
- 12 DOWNTOWN DEVELOPMENT INCENTIVE PROGRAMS
- 14 STARGAZING WITH PAT J
- 15 BUSINESS CLASSIFIEDS









SCAN HERE TO VIEW ADDITIONAL EAU CLAIRE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics





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.



THE EAU CLAIRE COMMUNITY ASSOCIATION (ECCA)

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



EAU CLAIRE COMMUNITY ASSOCIATION ANNUAL GENERAL MEETING & SPECIAL MEETING

The ECCA is the official voice of the Eau Claire community. Input from residents is vital to help ensure our community's ongoing strength and prosperity. Come for an update on projects and news affecting the neighbourhood and join the conversation.

ANNUAL GENERAL MEETING

Thursday June 22nd
Registration @ 5:30 PM
Meeting starts @ 6:00 PM
Location to be
determined – watch this
space next month and
check out the webpage.

SPECIAL MEETING

To update and replace By-laws.

Both Blackline and Redline versions of the By-laws will be posted on EauClaireCA.com

Agenda

- Presentation from Ward 7 City Councilor Terry Wong
- Update on Eau Claire Area Improvements Program
- Update on the LRT Green Line
- Reports from ECCA President and ECCA Treasurer
- Updates on Eau Claire Planning & Development projects
- Review of proposed By-law updates
- Election of new ECCA Directors
- Wine & cheese reception





Green Line LRT: Utility Construction on 4 Avenue; Bell and Zayo on 2 Street S.W. and 3 Street S.W.

Notice update: April 19, 2023

Project 1 next phase start date: April 17, 2023 Expected completion: Late May 2023 (All phases) Project 2 Phase 1 start date: Late May 2023

Project 1 - Telus 4 Avenue, 3 Street S.W.

Starting on April 17, TELUS's project in 4 Avenue will transition to 3 Street S.W. During this phase, 3 Street S.W. will be closed between 3 and 4 Avenue.

To accommodate this work, the northernmost lane of 4 Avenue will remain unavailable east of 3 Street S.W. Access to The Westin hotel will be maintained throughout construction.

Project 2 – Bell/Zayo 2 Street S.W. between 3 and 4 Avenue

Additional Bell and Zayo utility relocation work will commence on 2 Street S.W., between 3 and 4 Avenue on Late May 2023. Phase 1 of this work will last three weeks and will require the closure of the eastern sidewalk and the two easternmost lanes on 2 Street S.W. Two-way traffic will remain in place along 2 Street S.W. Notices for future phases will be issued accordingly.

What is the work?

TELUS, Bell, and Zayo utility relocations to make way for the Green Line LRT.

What can you expect?

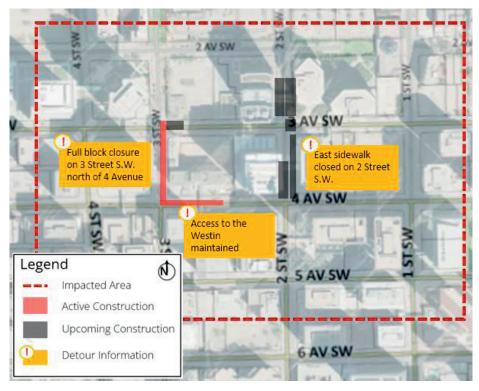
- Full block closure of 3 Street S.W. between 3 Avenue and 4 Avenue
- Pedestrian detours will be in place on 3 Street S.W.
- Temporary traffic lane closures along 4 Avenue S.W. between 2 and 3 Street S.W.
- Temporary removal of on-street parking within the active blocks.
- Closure of east sidewalk of 2 Street S.W. between 3 and 4 Avenue.
- Temporary traffic lane closures along 2 Street S.W. between 3 and 4 Avenue. Two-way traffic maintained.
- Access to adjacent properties, underground parking and loading will be maintained.

Please see the map below for more information.









For more information or if you have any questions, please call 311 or email the project team at greenline@calgary.ca

About Green Line LRT

The Green Line is Calgary's next light rail transit (LRT) line. With \$4.9 billion in commitments from the Government of Canada, Government of Alberta and City of Calgary, it is the largest infrastructure investment in our city's history.

The current work in Beltline and Downtown is part of the utility relocation program required to make way for Phase 1 construction from Shepard to Eau Claire.

Accessibility is a priority for Green Line. If you have concerns with accessing information or navigating around construction, please contact greenline@calgary.ca





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.



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.

Eau Claire Area Improvements Program

The Eau Claire Area Improvements Program is moving into construction again this spring. With the improving weather condition, it means our teams are projected to be back on site, with complete remobilization anticipated in mid-May. This means you can expect to see more construction activity and change in travel patterns in the area. Please follow the detour signs and travel with care.

With most of the Eau Claire Promenade complete and the Downtown Flood Barrier installed, this season you will see work continue for utilities, landscaping, hardscaping, site furnishings, and permanent connections into the fall of this year. In Eau Claire Plaza, things will start to take shape this season with the installation of our Gateway Timbers and festival light posts. There will be ongoing work for the hardscaping of the sidewalks, pathways, and podium.

This season we expect to see localized detours along the Downtown Flood Barrier and Eau Claire Promenade. The connections from Barclay Parade and the west side of the Plaza to the Bow River Pathway will remain closed until the project is complete. The dedicated detour on 3 Avenue will continue to be available until work on the Promenade and Flood Barrier are complete in the Fall of 2023.

Throughout construction, the Eau Claire Area Improvements Program will send detour and construction information out through our email newsletter and post to our website. If you have not yet signed up for our newsletters, visit calgary.ca/EauClaire.



BRAVEHEART

This May marks 28 years since the release of the Mel Gibson directed film, *Braveheart*. The film, which portrays the Scottish revolt against the British in the 13th century, was nominated for ten Academy Awards, five of which it won. Braveheart was such a success that it increased tourism in Scotland!

Do You Know the Signs of a Stroke?

from Alberta Health Services

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- · Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

Remember: FAST

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping?
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit myhealth.alberta.ca.



Downtown Development Incentive Programs

The Downtown Development Incentive Programs are designed to support the revitalization of Calgary's downtown core by encouraging the conversion of underused office space into residential units, post-secondary institutions, and other active uses, and by incentivizing the demolition of end-of-life office buildings.

These programs are part of The City of Calgary's goal to remove six million square feet of office space from the downtown area by 2031, which will help to address the issue of oversupply and create a greater diversity of uses and more vibrant downtown. By supporting the repurposing of office space and incentivizing the removal of office buildings unsuitable for conversion, these programs will help to create a more dynamic and resilient downtown.

The Loft 744 4 Avenue SW



Developer: Institutional Mortgage Capital Municipal investment: \$3,900,000 **Scope of conversion:** ~52,550 sq.ft

Total units created: 55

Eau Claire Place II

521 3 Avenue SW



Developer: Pacific Reach Properties Municipal investment: \$11,900,000 **Scope of conversion:** ~52,550 sq.ft

Total units created: 195

Eau Claire Place I

525 3 Avenue SW



Developer: Cidex Group of Companies Municipal investment: \$6,000,000 Scope of conversion: ~79,400 sq.ft

Total units created: 90

United Place 808 4 Avenue SW



Developer: United Canadian Investments Inc.

Municipal investment: \$6,600,000 Scope of conversion: ~88,000 sq.ft

Total units created: 81

Canadian Centre

833 4 Avenue SW



Developer: PBA Group of Companies Municipal investment: \$12,375,000 Scope of conversion: ~163,000 sq.ft

Total units created: 225

The City of Calgary today announced three new office-to-residential conversion projects for Eau Claire. Along with two previously announced projects in close proximity to our neighbourhood this could mean some big changes for Eau Claire.

YOUR CITY OF CALGARY

'Aging is More... Let's Enjoy the Journey Together': Seniors' Week Offers More This Year

from the City of Calgary



June 5 to 11 is Seniors' Week. Recognized annually across Alberta, Seniors' Week is an opportunity to show appreciation for older adults and the many contributions they make to our communities through volunteerism, assisting charities, and by supporting family members and friends.

This year's celebrations promise to be even more exciting, with specially curated events under the theme 'Aging is more...' designed to showcase the potential in aging. Seniors' sector organizations, not-for-profits, businesses, and individual Calgarians are collaborating to bring about fun and inclusive celebratory events for each day of the week under a different sub-theme: 'More of the things you love,' 'More movement,' 'More music,"More learning,"More fun with friends and family, and 'More time to celebrate.'

Whether or not you choose to attend one of the official Seniors' Week events, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread awareness within your networks by using the social media hashtags #seniorsweek and #agefriendlyyyc. Visit calgary.ca/seniorsweek for the list of activities taking place during Seniors' Week.

RESIDENT PERSPECTIVES

Did You Know Osteopathic Manual Therapy Can Help With Osteoarthritis?

by Stephanie Berk, Osteopathic Manual Practitioner



Osteoarthritis (OA) occurs when there is a breakdown of cartilage covering joint surfaces, thus altering the overall joint structure. Osteopathy can help prevent further degeneration by removing additional stress on the joint through gentle manipulations of the muscles and joints themselves. Osteopathic treatments can improve blood flow and drainage of the arthritic joints so that the joint remains healthy and mobile. Since Arthritis is a degenerative condition, Osteopathy cannot reverse the process, but it can help prevent further progression of the disease.

What Exactly is Osteopathy?

Osteopathy is a form of manual therapy that helps realign the body. It aims to calm the nervous system and to remove any obstructions to nerves, blood vessels, and lymphatic structures. An Osteopathic Manual Therapist can provide treatment to any demographic without the use of high-velocity manipulations.

Osteopathic manual treatments are covered by most extended health care companies, and you do not need a doctor's referral to get a treatment.

Stargazing with Pat J

How Come We Don't Have a Lunar or Solar Eclipse Every Month?

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Let's take a trip down memory lane and imagine that our solar system is an old-style music record album with the Sun in the middle and each song representing a planet's orbit.

As the planets formed at the same time, about 4.6 billion years ago, they were all pretty much level with each other. Astronomers refer to this flat disk as the ecliptic plane.

Now, considering its traumatic birth was the result of a Mars-sized object smashing into Earth, our Moon has never been one to follow the crowd.

First off, over the course of each month, the Moon's orbit around Earth varies from 5 degrees above the ecliptic plane to 5 degrees below.



A full moon takes place when the Earth is between the Moon and the Sun. If the Sun, Earth, and Moon all line up perfectly, with the Moon smack dab on the ecliptic plane, the Moon will enter the Earth's shadow and a lunar eclipse will occur.

Conversely, a new moon happens when the Moon is between the Earth and the Sun. If all three align, with the Moon on the ecliptic, the Moon's shadow will move across the surface of the Earth and a solar eclipse will occur.



The reason we don't have a lunar or solar eclipse every month is because most of the time, the Moon's orbit is either above or below the ecliptic plane, which causes the Moon to miss Earth's large shadow or Earth to miss the Moon's tiny shadow.

A lunar eclipse occurs about three times a year while a total solar eclipse only happens every 18 months.

	GA	MES		SUDOKL				
		8			1			
	5						1	
9			5		2		7	
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
	3						5	
SCAN THE QR CODE								

GAMES & PUZZLES Guess That Movie!

FOR THE SOLUTION

- 1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
- 2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
- 3. A visit to a theme park full of genetically modified creatures goes very wrong.
- 4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
- 5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



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.

EAU CLAIRE 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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



Vote

JOE Ceci

Calgary – Buffalo



A better future.



- Fighting for real action to make life more affordable for families
- Standing up for public healthcare and an end to the chaos in hospitals

JoeCeci@albertandp.ca **albertandp**.ca

Authorized by Alberta NDF



How to BEE a Community Scientist Help us document the different pollinators in Calgary!





Look around your favourite park or backyard for any insects visiting a flower.



Take at least 1-2 photos of the plant where you can see (1) the flower, and (2) the leaves/whole plant.



Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.



Take a least 2 clear photos of an insect, preferably from multiple angles.



Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.

Alberta is home to hundreds of different pollinators

- more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! Community science involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!











