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Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using
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Cindy Skrukwa

MBA, Realtor

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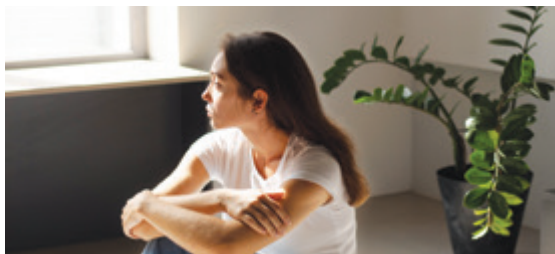
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Getting Help with Substance Use

by Alberta Health Services



One life lost to overdose is too many. The impacts are far reaching.

AHS is here to help. Support and treatment are available to individuals struggling with substance use, including help for family and friends left behind.

Resources and Treatment

- **AHS Addiction and Mental Health Community Clinics:** Services are available to serve children, families, and individuals. If you need to speak to someone, call the Mental Health Helpline at 1-877-303-2642 or the Addiction Helpline at 1-866-332-2322. Trained staff are available to offer support at those numbers 24/7.
- **Opioid Agonist Treatment Clinics in Alberta:** Provides treatment to people dependent on opioids and helps them access services they need to live healthy lives. Individuals can self-refer, or referrals can come from any healthcare professional or a community agency. Services are voluntary and confidential. For more information on how to access care, individuals can walk in or call any AHS opioid dependency program clinic.
- **Virtual Opioid Dependency Program:** Available anywhere in Alberta, VODP provides same-day access to addiction medicine specialists. There is no wait list. To access, call 1-844-383-7688, seven days a week, from 8:00 am to 8:00 pm daily.
- **The Digital Overdose Response System (DORS):** A free, discreet mobile app that can help prevent overdose deaths among people using opioids and other substances while alone.
- **Naloxone Kits:** Naloxone is a drug that temporarily reverses effects of an opioid poisoning.

Helplines

- **211 Alberta** – Information on community and social services.
- **Addiction Helpline** – 1-866-332-2322 for recovery-oriented care support.
- **Health Link 811** – 24/7 health advice and information.

Friends and Family

- People in need of support are encouraged to reach out to someone they trust. Talk to a family member, friend, or someone you can be honest with to talk through your concerns.
- If you notice people in your life who may be struggling, reach out to them. Offering support can include mentioning what you have noticed, listening to their concerns, and connecting them with some of the resources noted above. Starting a conversation does not require you to be a counsellor or an expert, just a caring person offering support and hope.



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.

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



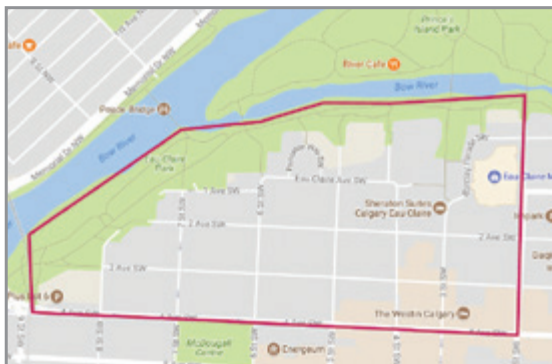
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Skating Party Recap



The 9th Annual Eau Claire Community Skating Party was held on Sunday, February 11 on the Lagoon on Prince's Island.

A beautiful sunny day was enjoyed by many skaters, those that brought their own skates and those that took advantage of the free skate rental provided by the ECCA and KidSport Calgary.

Hot Chocolate, Timbits, and cookies were enjoyed by many skaters and those passing by enjoying Prince's Island Park and the RiverWalk. It was great to see people from many other communities in Calgary, other parts of Alberta and Canada, and visitors and new residents from other countries, including the United Kingdom, USA, Germany, Ukraine, and Ghana.

We appreciate the support from student volunteers from Sir Winston Churchill High School and members of our Board of Directors. Special thanks go to the City of Calgary Parks personnel who provided off ice recreational support as well as the excellent preparation and maintenance of the ice surface.

After five years of disruptions due to extreme cold weather, COVID-19, and closures due to the construction associated with the Jaipur Bridge replacement it felt great for our community to host so many people taking advantage of the facilities and amenities we enjoy throughout the year. We look forward to a repeat performance in 2025.



Photos by Doug Hay



KidSport Skate Shack

Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.







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		Listed	Sold	Listed	Sold
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October	23	8	11	\$499,000	\$480,000
September	23	15	7	\$655,000	\$614,869
August	23	14	6	\$959,500	\$872,000
July	23	11	7	\$989,900	\$975,000
June	23	15	7	\$689,900	\$680,000
May	23	10	9	\$439,900	\$429,000
April	23	8	6	\$682,000	\$660,000
March	23	6	6	\$644,350	\$634,400
February	23	12	2	\$1,274,900	\$1,232,500

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

Cats, Canines, & Critters of Calgary



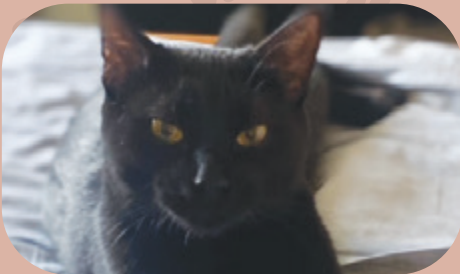
Chile Mango Bean, *Sundance*



Chloe, *Somerset*



Kiki, *Dalhousie*



Stormi, *Deer Ridge*

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

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



The Irish Role in Building Calgary

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Canada and Ireland share a special bond. On the boardwalk along the River Liffey in Dublin stands the Great Famine Memorial – six persons dressed in rags clutching their belongings and children. In Toronto's Ireland Park, similar sculptures recall the arrival of impoverished immigrants to their new lives.

In Calgary, some Irish immigrants were wealthy and sought new opportunities in the rapidly developing West. The results are seen in notable buildings around the city.

Patrick Burns, the son of Irish immigrants to Ontario after the Great Famine, became one of the "Big Four" ranchers who founded the Calgary Stampede in 1912. He arrived in Calgary in 1890, established a slaughterhouse, and grew his interests to include ranching, retail, and real estate.

In 1873, John Glenn from County Mayo homesteaded where Fish Creek joins the Bow River. In 1883, the Hull family purchased the land, established Bow Valley Ranche and expanded their business provisioning for the Canadian Pacific Railway. They constructed a Tudor Revival-style brick home by 1896, which Burns bought in 1902. In 1975, the province purchased the area and established Fish Creek Provincial Park. The Ranche was restored by Calgarians in 1999 and continues today as a place for fine dining and Western hospitality.

In 1912, the Burns Building was completed on Stephen Avenue. It's built in the Chicago style, with steel-reinforced concrete and wrought iron, and has Edwardian Classical flourishes, including lion's heads, ornamental mouldings, and green and white Italian marble. It housed the headquarters and flagship market for Burns (today's Maple Leaf) Foods.

Another building is Elveden Centre, a three-tower office building and one of Calgary's early skyscrapers. It was built in phases between 1959 and 1964 by British Pacific, a Guinness family company seeking investments in Calgary's expanding oilpatch. It's built in the International style, which emphasizes functionality, uses lightweight materials, has flat surfaces typically with glass, and no ornamentation. The first two towers, Elveden and Iveagh, are named after the Guinness estates in Suffolk, England. The third is Guinness House.

From poverty to prosperity, Irish entrepreneurship, tenacity and hope helped build our great city.

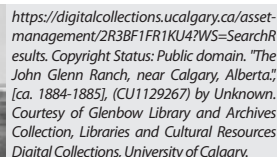
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Historic Photos

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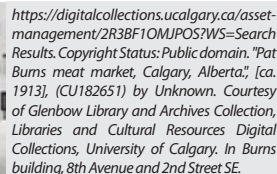
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Modern Photos



<https://www.dreamstime.com/bronze-statue-irish-immigrant-toronto-s-irish-park-bronze-statue-irish-immigrant-toronto-s-irish-park-arms-image261896856>. Bronze statue of Irish immigrant in Toronto's Ireland Park with arms extended to the sky for salvation, no date. ID 261896856 © Jeff Westhead | Dreamstime.com. Editorial license paid.

[https://commons.wikimedia.org/wiki/File:The_Jubilant_Man_\(3372089964\).jpg](https://commons.wikimedia.org/wiki/File:The_Jubilant_Man_(3372089964).jpg). Benson Kua, "The Jubilant Man" statue at Ireland Park, Toronto, 2009 (This image licensed under the Creative Commons Attribution-Share Alike 2.0 Generic license).

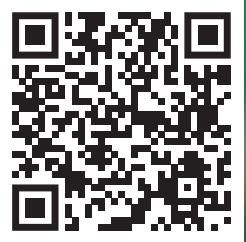


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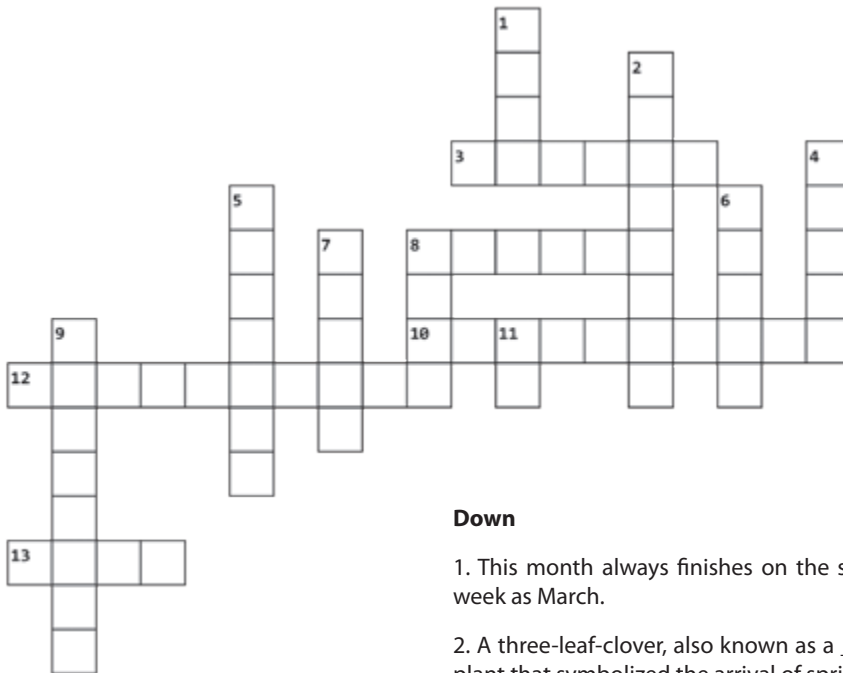


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March Crossword

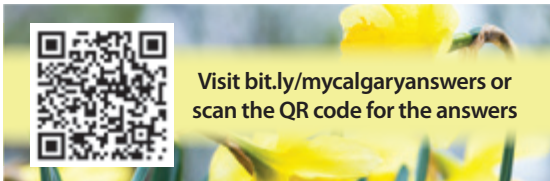


Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* _____ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



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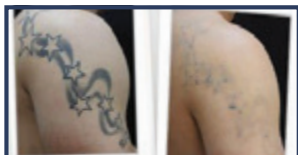
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📍 520 3rd Ave SW #420, Centennial Place Tower

Spicy Chicken Curry

by Jennifer Puri



Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.

Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as "red gold" is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

Prep Time: 15 minutes

Cook Time: 40 minutes

Servings: 5 to 6

Ingredients:

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 ½ tps powdered red chilli peppers

- 2 bay leaves
- 1.5 tps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

Directions:

- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.

Bon Appétit!



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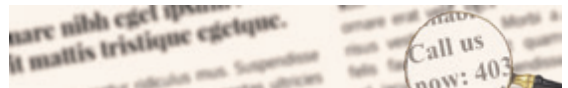
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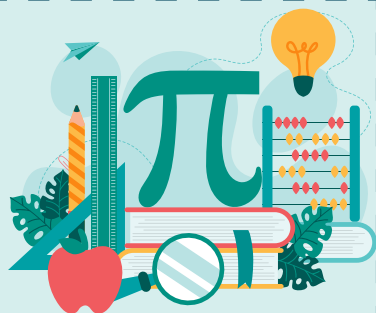


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Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



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