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*Jaipur bridge with biker by Stephanie Chang*

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# Calgary's Early Residences: Brower House

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

While driving along Calgary's boulevards and trails, have you ever noticed an old building or two that seem to stick out from the surrounding area? One such place is Brower House, located just east of the intersection of Memorial Drive and 10 Street NW.

Sunnyside is better known today for its abundance of condo buildings, infills, and retail spaces than structures like Brower House, but it represents how the neighbourhood used to look, with stately homes overlooking the Bow River.

Actually, these homes came later. Sunnyside was settled in the 1880s by homesteaders. Then, workers and their families from Eau Claire Sawmill and the Canadian Pacific Railway moved in. Their homes were wood-framed cottages, the sidewalks were also wooden, and the roads were dirt. Over time, mansions were constructed facing the river along Memorial Drive (formerly called Sunnyside Boulevard, until it was renamed after the Great War).

Brower House is one of these residences. It was listed on Calgary's Inventory of Evaluated Historic Resources in 2010 as one of the oldest houses in the neighbourhood. Built in 1907, Brower House symbolizes the expansion of urban life northward across the river from the city's centre.

It's also unique for its construction. Its architectural style is Queen Anne Revival, which was popular in Calgary roughly between 1890 and 1914 and features fanciful and exuberant flourishes. While more moderate than other examples, Brower House's large front veranda with turned supports, its flat roof deck, and buff-coloured bricks all fit the mark.

Real estate speculation at the time of its construction meant Brower House had five different owners within three years, until it was bought by the Brower family in 1919. Frank C. Brower published the *Olds Gazette* and lived there with his brother Archibald and family.

The House was spared destruction when the CTrain's "Northwest Line" was built in 1987. In 1993, it was sold by the family. Today, Brower House is a Calgary Heritage Award-winning office space redevelopment. It's no longer a home (and has no official heritage protection), but it retains its charm and history as one of Calgary's early residences.



"Panoramic view of Sunnyside district, Calgary, Alberta., 1911, (CU183159) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWLXGQ?WS=PackagePres>.



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"Memorial Drive, Calgary, Alberta., [ca. 1912], (CU173515) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1S14VF9>.



"Baseball team, Olds, Alberta., 1912, (CU1193654) by Vogel's Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.  
Back row, L-R: Will Saunders; H. A. Samis; Mr. Maybank; A. H. Mann. Middle row, L-R: P. Cutton; F. Peterson; W. Bruce; Joe Girding. Front row, L-R: L. Walkley; Frank Brower.



Brower House, April 2023. Photos courtesy of Anthony Imbrogno.



# 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](http://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



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## RESIDENT PERSPECTIVES

### Stargazing with Pat J: A Tale of Two Comets

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

Comets are mysterious entities that arise from two different areas of our solar system: the Kuiper Belt and the Oort cloud.

#### Kuiper Belt (KB)

Similar to the more well-known asteroid belt between Mars and Jupiter, the Kuiper Belt contains leftovers from the formation of the solar system. Located just beyond Neptune, the KB contains an estimated trillion fragments of ice, rock, and frozen gases. Ranging in size from dust particles to greater than 100 kms in size, former planet Pluto is the largest known KB resident with a diameter of 2,376 kms.



Neptune's gravitational field will occasionally propel a KB object into an elongated orbit toward the Sun. As it approaches, the comet's surface begins to vaporize, spewing a glowing tail of dust and gases that can extend for millions of kilometers. KB comets are called short-period comets as they have orbits of less than 200 years. Halley's Comet is the KB's most famous comet, returning every 76 years. It is the only known short-period comet that is visible to the naked eye and will return in 2061.

#### Oort Cloud (OC)

The Oort cloud lies far beyond Neptune, on the very edge of our solar system. Long-period comets originate from here; meaning they take more than 200 years to orbit the Sun. Comet Hale-Bop was one of the most spectacular comets of the 20th century. Visible to the naked eye for 18 months in 1997, it was four times larger and 1,000 times brighter than Halley's Comet. It is not predicted to return for 2,400 years.



Nothing lasts forever, and neither do comets. Eventually, after many flybys of the Sun, all the ice and volatile gases have boiled away, leaving nothing behind but a rocky remnant.



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## Eau Claire Community Association AGM

Thanks to everyone who attended our AGM! This was our most successful and well-attended AGM since before the shutdowns. After brief opening remarks from Councilor Wong, the business of the meeting was quickly accomplished, and we successfully recruited two new Board members who we hope will help us meet more of our goals over the next two years.

Obviously, a big reason to attend the meetings is to be able to speak directly to the people behind the important projects that are going on in Eau Claire. This year we tried a new format and received extremely good feedback on it. One of our Board members called it the "science-fair" format – we had all our guests set up in the back of the room (near the refreshments) so that people could speak directly to the people behind the projects they were most interested in.

The guests who attended and were able to interact directly with community members were:

- Councilor Terry Wong and Denise Cheng from the Ward 7 office
- Adam Noble-Johnson, Green Line
- Dennis Hoffart and Natalie Coombs, City of Calgary Eau Claire Public Realm projects
- Dru Mohler, City of Calgary, Neighbourhood Partnership Coordinator
- Kris Van Grieken, Telsec, former YMCA property redevelopment
- Scott MacDonald, Harvard Developments, Eau Claire Market redevelopment

We can't thank them enough for taking time out of their busy schedules to come out and meet with the community and keep us all informed.

### The Spotted Lake

Located near Osoyoos, BC, Spotted Lake is a mineral-rich body of water that evaporates every summer. Calcium, magnesium, and sodium sulphate deposits are left behind in small circular pools, each a different colour. It's no wonder that this otherworldly place is sacred to the indigenous Sylix people of Okanagan!



# Wildfire Smoke and Your Health

*from Alberta Health Services*

When wildfire smoke enters a community, it can cause problems for the people who live there. Smoke contains small particles, which are a big health risk. These particles can get in your eyes, breathing (respiratory) system, and bloodstream. They can cause:

- burning eyes
- a runny nose
- coughing
- trouble breathing or illnesses such as bronchitis.

### **If smoke is a problem where I live, what can I do to lower my health risk?**

Stay inside as much as possible and keep all windows and doors closed. Here's what else you can do to keep your indoor air clean:

- Close fresh air intakes from furnaces, fireplaces, or stoves.
- If you have air conditioning, turn it on and set it to recirculate. Keep it running to help filter the air and keep your family cool. Just remember that some air conditioning systems don't filter the air or improve indoor air quality.
- If you have room air cleaners with high-efficiency particulate air (HEPA) filters, turn them on. Don't use air cleaners that may produce ozone. For portable air cleaners, follow all the manufacturer's instructions for changing the filter, where to place the device, and the size of room it's meant to be used in.
- Use humidifiers, which may remove some of the smoke. The humid air can also help keep your nose and mouth moist.
- Don't use wood stoves, gas stoves, or candles, because they can make the indoor air quality worse. If you can, prepare foods that you don't have to cook. Cooking (especially frying and broiling) can affect the air quality in your home.
- Don't use spray air fresheners or electric fragrance dispensers because they can affect air quality.
- Don't vacuum because it stirs up particles that are already inside your home.
- Don't let anyone smoke, vape, or use e-cigarettes in your home.

### **What can I do if it's too warm inside my home?**

When you keep doors and windows closed to keep smoke out and you don't have air conditioning, your house may get very warm. If you need to cool down, you should visit a place that is more air-tight with cooler filtered air. Examples include a shopping mall, library, community centre, or movie theatre.

If you can't leave your home, watch for signs of heat-related illness, such as heat exhaustion or heatstroke. Turn on the furnace fan or standalone fans to move air around in your home. If the air quality gets better, you can air out your home by opening doors and windows.

Smoke can also be harmful to pets. Try to keep your pets inside as much as possible and make sure that they have lots of water. If your pet has trouble breathing, contact your vet.

### **How can I stay aware of what's going on in my community?**

When wildfire smoke is in your community, regularly check for air quality updates on local media (TV, radio, or online). If you have neighbours, friends, or relatives who live alone, check on them to make sure they're okay.

### **What if I need to leave my home?**

- If you are in your vehicle, and the air quality is poor, keep the windows closed. Put the air system on recirculate so smoky air doesn't get inside.
- When driving through an area with low or no smoke, switch the circulation system to let outside air into your vehicle.
- If you're in a wildfire area, be ready to evacuate. Follow all public service announcements.
- Create an emergency kit and have it ready by the door.

### **Can I still be active when there's wildfire smoke in the air?**

- Pay attention to the local air quality health index (AQHI). Adjust your activities according to the AQHI messages.
- Move outdoor activities indoors and keep your indoor air as clean as possible. Reschedule or cancel outdoor events (such as sports) if smoke levels are too high. Don't do any heavy activity or exercise outside. Heavy activity and exercise can make you breathe 10 to 20




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times more than you do while you're resting. Stop or slow down if what you're doing makes you cough or feel overly tired.

- Drink lots of water to stay hydrated. This will keep your nose and mouth moist, which makes it easier to breathe. This is important when you're inside and outside.
- When there is a lot of haze in the air, don't let your children play outside for a long time.
- If you have heart or lung problems, the smoke can make it worse. If you have chest tightness, chest pain, shortness of breath, or another health emergency, call 911 or go to the nearest emergency department right away.
- For 24/7 nurse advice and general health information, call Health Link at 811.



## Joke of the Month

Why do seagulls fly over the sea?  
Because if they flew over a bay,  
they would be bagels.



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# Have Your Own Reasons for Healthier Eating

from Alberta Health Services

Your reasons for healthy eating are really important. Don't do it just because your spouse, friend, or someone else wants you to eat healthier. What makes you want to change how you eat? Do you:

- Want to feel better and have more energy?
- Want to improve your health?
- Want to prevent or treat health problems, such as high blood pressure, high cholesterol, or diabetes?
- Have another reason for wanting to do it?

Whatever your reason, you may already know what areas you want to work on. Maybe you want to cut back on high-fat snacks or eat more high-fibre foods.

If you aren't sure where to start, keeping a food diary can help. For a week or two, write down everything you eat, then compare what you are eating to Canada's Food Guide. It will help you see which foods you need to eat more of and which foods you eat too often.

Set goals you can reach. Ask yourself if you feel ready to begin taking steps toward big goals. If you're not ready yet, try to pick a date when you will start making small changes. Any healthy change—no matter how small—is a good start.

### When You Are Clear About Your Reasons for Wanting to Make a Change, It's Time to Set Your Goals

- **Long-term goals:** These are goals that you want to reach in six to 12 months. A long-term goal might be to eat plenty of vegetables and fruits every day.
- **Short-term goals:** You may not be ready to eat more vegetables and fruits every day. What are the short-term goals that will help you get there? Your first small goal might be to eat fruit at breakfast each day. As soon as you've reached that goal, you can set a new one by adding vegetables or fruits to your lunch or dinner. Or you could try eating a piece of fruit as a snack every day.
- **Update your goals:** It will help you stay motivated if you track your progress and update your goals as you move forward.



### Tips for Setting Goals:

- **Focus on small goals.** This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it.
- **Write down your goals.** This will help you remember, and you'll have a clearer idea of what you want to achieve. Make a personal action plan where you can record your goals. Hang up your plan where you will see it often. It will remind you of what you're trying to do.
- **Make your goals specific.** Specific goals help you measure your progress and adjust your plan. For example, setting a goal to eat vegetables two times each day is better than a general goal to "eat more vegetables."
- **Focus on one goal at a time.** By doing this, you're less likely to feel overwhelmed and then give up.
- **As soon as you reach a goal, set a new one.**

# PHOTO GALLERY

Photos by Stephanie Chang



*Little flowers*



*Red flowers*



*Peace bridge*

## Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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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](http://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](mailto:publicsubmissions@calgary.ca) to register, and to receive further information on how to call in.



## NATIONAL **Terry Fox** DAY

After a cancer diagnosis and leg amputation in 1977, 18-year-old Terry Fox began a cross-Canada run to raise funds for cancer research. He ran from 4:30 am to 7:00 pm for 143 days! Thanks to Terry and his incredible legacy, a total of \$850M has been raised! In honour of this indomitable Canadian, August 7 is National Terry Fox Day.

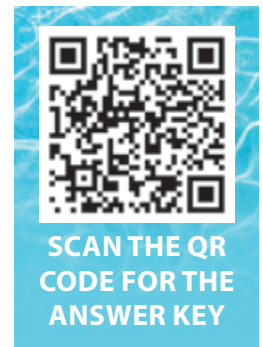
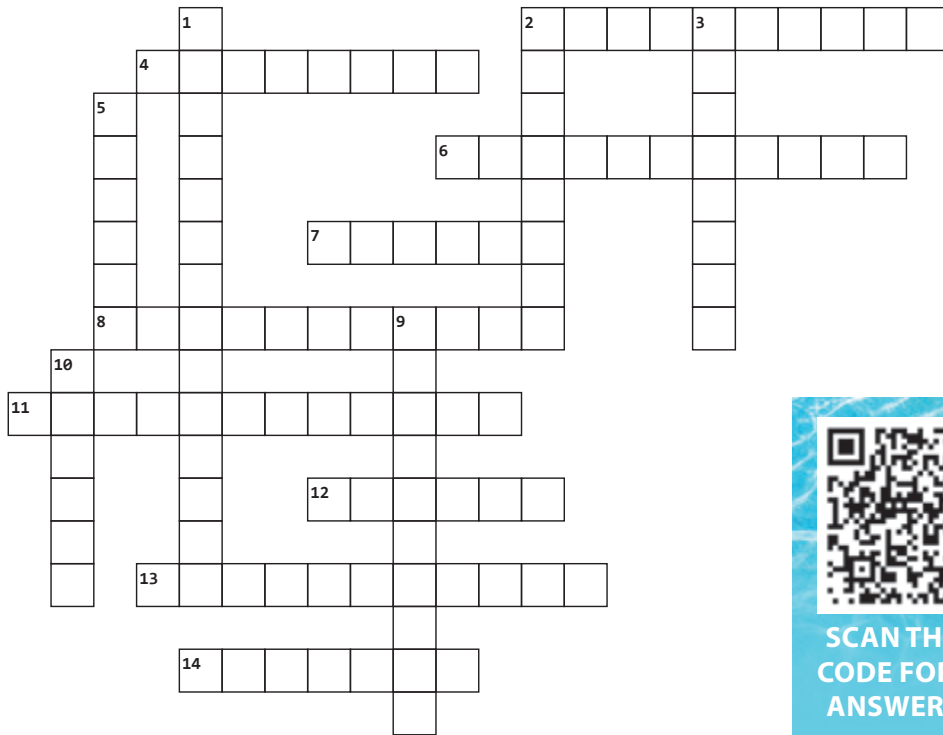


## Your Photos on the Cover?

We'd love to see some community photos in The Current and even on the cover. Please submit them to [info@EauClaireCA.com](mailto: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.

# August Crossword



## Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and \_\_\_\_\_ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National \_\_\_\_\_ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National \_\_\_\_\_ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

## Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the \_\_\_\_\_ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

# Hawaiian Rice Bowl

by Jennifer Puri



Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world's largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world's largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

**Prep Time:** 25 minutes

**Cook Time:** 5 minutes

**Servings:** 4



**Ingredients:**

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

**Directions:**

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

\*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

## When it Roars, Stay Indoors

from the City of Calgary



Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting [calgary.ca/getready](http://calgary.ca/getready).

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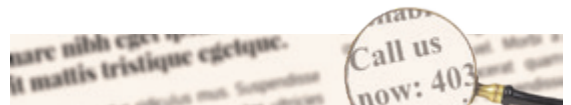
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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 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](http://www.gutterdoctor.ca), 403-714-0711.





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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	17	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	13	2	\$1,274,900	\$1,232,500
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	13	6	\$1,844,500	\$1,650,000
August	22	7	7	\$349,900	\$342,000
July	22	8	3	\$669,900	\$650,000

To view more detailed information that comprise the above  
MLS averages please visit [eauc.mycalgary.com](http://eauc.mycalgary.com)