

DECEMBER 2024

DELIVERED MONTHLY TO 3,625 HOUSEHOLDS



EAU CLAIRE

CURRENT

THE OFFICIAL EAU CLAIRE COMMUNITY NEWSLETTER



(403) 454-2550 / 136 2ND STREET SW

OPEN FOR DINE-IN, TAKEOUT,
DELIVERY & CATERING

#EATATMINAS / #LOVEMINAS
MINASSTEAKHOUSE.COM



BOOK
A TABLE
TODAY



GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

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

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

The Simpsons



The Simpsons made their grand debut on Fox with the holiday episode "Simpsons Roasting on an Open Fire" on December 17, 1989. That means Homer, Marge, Bart, Lisa, and Maggie have been making us laugh for 35 years – and counting!

OFFICIAL



PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

Retirement living, defined by *you*

Discover living options that evolve with you in Calgary's only retirement residence with customizable support. Experience it for yourself at our weekly Social Hour. RSVP to any Friday at 3 pm!



Make your move before March 31st for added savings!

Scan to learn more

Book a tour by calling (403) 271-7244



RIVERWALK
RETIREMENT RESIDENCE

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

*Terms and conditions apply.

Located at 528 – 25TH AVE SW

[Alfred] Nobel Prize

The very first Nobel Prize award ceremony took place on December 10, 1901. These were created due to Alfred Nobel's will and his interest in science, society, and culture, and are described as prizes given for "the greatest benefit to humankind."



BRAIN
GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



pools.
fitness studios.
social clubs.
gymnasium.
running track.
nordic spa.
dining.
golf simulators.



why just imagine it?

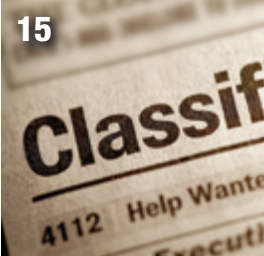
come see for yourself
ecathleticclub.ca



EAU CLAIRE ATHLETIC CLUB

CONTENTS

- 8 ECCA 10TH ANNUAL SKATING PARTY
- 9 MENTAL HEALTH MOMENT: FIVE BENEFITS OF LONGER-TERM THERAPY
- 10 RECIPE: EASY TURKEY CHILI
- 13 DECEMBER CROSSWORD
- 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.

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: 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.

Word of the Month

Absquatulate:
Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.



The sneaky cat managed to absquatulate any time the door was open.



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.

THINKING ABOUT THE FUTURE?

WHAT DOES YOUR RETIREMENT LOOK LIKE?

LIFE INSURANCE
INVESTMENTS
• RRSPs
• TFSA's
MORTGAGE INSURANCE



FRANK HILDEBRANDT

SENIOR PARTNER

☎ (403) 660-8812

EAUCLAIREPARTNERS.COM/FRANKHILDEBRANDT



EAU CLAIRE COMMUNITY ASSOCIATION 10TH ANNUAL SKATING PARTY

FEBRUARY 9, 2025
11:00AM-3:00PM

PRINCE'S ISLAND LAGOON
(JAIPUR BRIDGE)

ENJOY COMPLIMENTARY:

CHILDREN AND ADULT SKATE RENTALS
HOT CHOCOLATE
COOKIES

ALL AGES WELCOME

Skates generously provided by:

KidSport



www.eauclaireca.com
events@eauclaireca.com
[eauclairecommunity](https://www.instagram.com/eauclairecommunity)

Five Benefits of Longer-Term Therapy

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



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

5. Personal Growth and Transformation - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!





Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



Reading



At-Home Activities



Singing

FREE! Contact us to learn more:

famlit@canlearnsociety.ca
(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride





LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



EAU CLAIRE COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

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

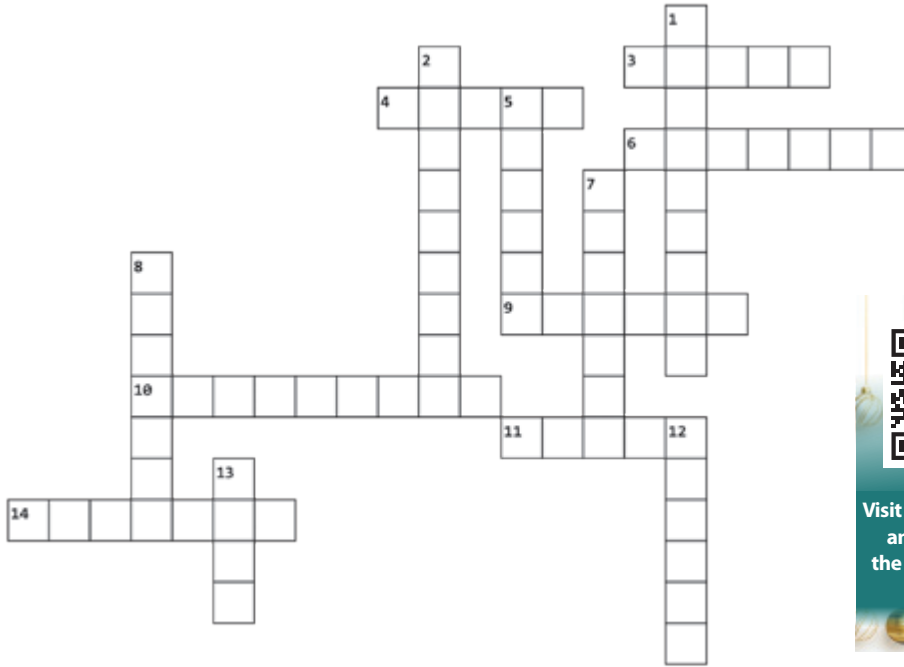
Email len@lenthwong.com

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

| | | Properties | | Median Price | |
|-----------|----|------------|------|--------------|-----------|
| | | Listed | Sold | Listed | Sold |
| October | 24 | 15 | 12 | \$451,900 | \$445,000 |
| September | 24 | 20 | 3 | \$769,900 | \$755,000 |
| August | 24 | 10 | 8 | \$735,000 | \$742,500 |
| July | 24 | 10 | 10 | \$531,900 | \$521,500 |
| June | 24 | 7 | 7 | \$489,900 | \$475,000 |
| May | 24 | 18 | 10 | \$456,950 | \$451,250 |
| April | 24 | 15 | 13 | \$279,888 | \$275,000 |
| March | 24 | 17 | 11 | \$698,000 | \$687,500 |
| February | 24 | 13 | 7 | \$989,000 | \$975,000 |
| January | 24 | 9 | 6 | \$734,000 | \$710,000 |
| December | 23 | 4 | 7 | \$557,000 | \$530,000 |
| November | 23 | 13 | 8 | \$479,950 | \$472,500 |

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

December Crossword



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

Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

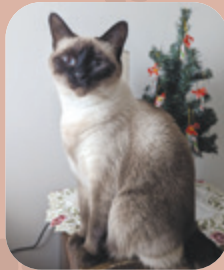
Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "_____ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.

Cats, Canines, & Critters of Calgary



Chip, Woodbine



Echo, Signal Hill



George, Huntington Hills



George, McKenzie Towne



Lola, Calgary



Misty, Queensland



Pedro, Sandstone Valley



Walden

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

A Holiday Greeting from Your Councillor

HELLO, FRIENDS AND NEIGHBOURS IN WARD 7!

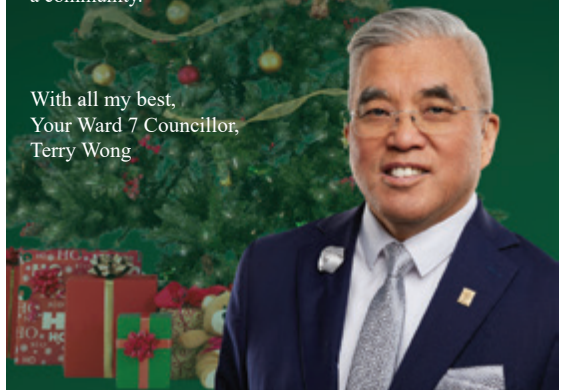
As the twinkling lights go up and Calgary's streets are sprinkled with snow, I want to share a heartfelt holiday message with each of you in Ward 7. This season, I'm grateful for the connections we've built and the shared vision we're realizing together. You are the heart of our community, and it's been a privilege to represent and collaborate with you.

The holiday season is about so much more than a celebration; it's a time to treasure moments of warmth and joy with those we hold dear. Whether you're celebrating Christmas or simply embracing the beauty of winter, I sincerely hope these days bring you laughter, love, and a chance to rest. This is also a special time to remember those in our community who are vulnerable and in need. Small acts of kindness can truly make a difference and embody the spirit that makes our community strong.

As we approach the end of 2024 and move into 2025, marking the conclusion of this Council term, I'm inspired by all we've achieved together. I'm optimistic about what lies ahead and look forward to continuing to serve you. The coming year holds so much promise, and I'm excited to see how we can build on our progress, making Ward 7 an even more vibrant, safe, and welcoming place for all.

From my family and office to yours, Merry Christmas, Happy Holidays, and a joyful New Year. Here's to health, happiness, and shared moments of connection in the days to come and beyond. Thank you for being part of this journey with me. I can't wait to see what we accomplish together as a community.

With all my best,
Your Ward 7 Councillor,
Terry Wong





MP Calgary Centre
Greg McLean
 445 – 1414 8 Street SW
 Calgary, AB T2R 1J6
 ☎ 403-244-1880 📠 403-245-3468
 ✉ greg.mclean@parl.gc.ca

The festive season is almost upon us, and I hope you enjoy the time with your family and friends.

Modern societies create silos of knowledge and perspectives, but democratic processes should combine these to achieve better outcomes, acknowledging necessary trade-offs. Above all, our democracy must not be compromised for any narrative. If everything else fails, the foundation of our self-governance must endure.

As the Liberal government enters its final year, many Canadians recognize their divisive messaging. Our role as His Majesty's Loyal Opposition is to hold the government accountable, respecting parliamentary rules and the supremacy of Parliament. Executive authority and judicial speculation do not override Parliament's responsibilities. We have lost much in governance over the past decade, and we must not let democratic norms be the next casualty.

My Conservative colleagues and I will uphold these norms, even if it is a lonely effort. In this final year of Parliament, the government will continue to try and shift the narrative to gain voter support. After all, 'tis their final season to do so. We must remain aware of these efforts and ensure manufactured divisions do not lead to a more fractured nation.

As we approach the holiday season, let us reflect on the values that unite us as a nation. Despite our differences, we share a common goal of creating a better future for our children and grandchildren. Our democratic governance is one of the core building blocks from which we have grown a great society. Let's ensure we keep that cornerstone.

Warmest wishes for the holidays to you and your loved ones. May this season bring you joy, peace, and a renewed sense of hope for the future.

Greg McLean, MP



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.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

EAU CLAIRE PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

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.





Need Mortgage Solutions? We've Got You Covered!

Prime, Alternative,
Reverse – We Do It
All! Let Us Find Your
Perfect Fit Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269

A CHRISTMAS CAROL

The first edition of the Christmas classic A Christmas Carol, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!

FIFTH
AVENUE



FIFTH AVENUE CLUB

"SERVING THOSE WHO LIVE AND WORK IN
THE DOWNTOWN CORE"



www.fifthavenueclub.ca

2 WEEK TRIAL
AVAILABLE

