

JANUARY 2024

DELIVERED MONTHLY TO 3,625 HOUSEHOLDS



EAU CLAIRE

CURRENT

THE OFFICIAL EAU CLAIRE COMMUNITY NEWSLETTER



MINAS
BRAZILIAN STEAKHOUSE

#EATATMINAS

f t i g+ s

WWW.MINASSTEAKHOUSE.COM

OPEN FOR DINE-IN, TAKEOUT,
DELIVERY & CATERING

(403) 454-2550
136 2ND STREET SW

#LOVEMINAS ❤️

CALGARY MAT & LINEN *SERVICES*

403.279.5554

calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

VISIT OUR WEBSITE



CONTACT US



**BRAIN
GAMES**

SUDOKU

		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
FOR THE SOLUTION



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



Cindy Skrukwa
Licensed Realtor
MBA, BFA,
Eau Claire
Expert
587-999-3595



FOR SALE: Eau Claire JEWEL!
Stunning 2 Bed, 2 Bath, 2000 SF with a 400 SF private terrace.
Modern, perfection throughout!

Eau Claire Estates, 1301D



2023 Jerilyn Wright interior design update including floor-to-ceiling fireplace, custom cabinetry and lighting, and remote Hunter Douglas blinds throughout. Rare 400 SF private, landscaped terrace. Exceptional east and west views. 24-hour concierge, pool, gym, putting green, private grounds and more! Come see this beauty before it is gone! Offered at \$1,300,000.

See realtor.ca or strategyhouse.ca for more information

BARKER'S

• FINE DRY CLEANING •

PICK UP & DELIVERY
SERVICES

403-282-2226



**Hate Your
Renewal
Rate?
Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



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.

International Day of Education

January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!



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 Area Improvements Program Construction Update

From the City of Calgary

With construction of the Downtown Flood Barrier and Jaipur Bridge now complete and open to the public, all construction efforts are focused on the Eau Claire Plaza.

Work on the future Riverside Terraces area in Eau Claire Plaza began in November. This work includes site excavation, concrete, and utilities work. Connecting these spaces will be integrated planters and seating opportunities that will complete the natural transition from the urban fabric of downtown to the natural environment of the Bow River and Prince's Island.

Now that we have received funding for the next phase of construction, we are aiming to have all construction on the Eau Claire Plaza completed in 2025. In the meantime, the Plaza must remain closed to the public to ensure safety and efficiency with construction delivery.

The pathway connection between the Eau Claire Promenade and Barclay Parade will also remain closed throughout construction, but access to Prince's Island is being maintained. Wayfinding signage can be found on the north and south ends of the Plaza site to help visitors navigate the area.

For updates on the Plaza redesign, visit the Eau Claire Plaza Redesign page.

Salvaged Timbers

Providing a dramatic entrance to the Plaza, as well as supporting the central canopy over the Riverside Terraces, are large timbers that are up to 30-feet tall.

This wood is reclaimed Douglas Fir from trees that were burned in the 2020 Mount Hood forest fire in Oregon.

These pillars stand tall in the Urban Plaza and are a nod to the history of the area, specifically the Bow River, which was used to float cut trees from Kananaskis to the Eau Claire & Bow River Lumber Company.

Future Mural in Eau Claire Plaza

The construction hoarding currently being used to fence off the construction area will be repurposed as a future piece of art in the Downtown West community.

The artwork, to be completed by Dean Stanton, symbolizes the vibrancy and diversity of the Downtown West community.

Once construction is complete in 2025, the 40 pieces will be reassembled and permanently installed as a new public art piece in the Downtown West community.

Stay Connected!

For more information about construction impacts and detours, visit the Eau Claire Area Improvements construction and detours website.

Have questions or concerns about project construction? Contact the project team by emailing eauclaireprogram@calgary.ca.

That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like "snaw," "sneesi," and "skelf," officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.



Word of the Month

Fortuitous: Adjective (For-too-uh-tus)

Happening by chance or showing good luck

It was rather fortuitous that the two sisters arrived at the same time.





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@lentwong.com

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

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	15	8	\$479,950	\$472,500
October 23	9	11	\$499,000	\$480,000
September 23	15	7	\$655,000	\$614,869
August 23	16	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
January 23	8	2	\$1,307,500	\$1,252,750
December 22	3	4	\$577,450	\$550,750

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



ANNOUNCING
ALBERTA'S PREMIER BLACK HISTORY MONTH CELEBRATION

**ETHNIK
FESTIVAL
OF ARTS AND
CULTURE
2024**

FEB 9TH - 10TH, 2024

**9TH FEB
CALGARY
FOOD WAR
11 AM-2 PM**

**VENUE
CARYA
VILLAGE
COMMONS**

**9TH FEB
EMERGING
ARTISTS
SHOWCASE
5PM-10 PM**

**VENUE
TELUS
CONVENTION
CENTRE**

**10TH FEB
MAIN
CELEBRATION
11AM-7 PM**

**VENUE
TELUS
CONVENTION
CENTRE**

Get your TICKETS - www.showpass.com/efac-2024-tickets
Inquiries - info@ethnikfestivals.com www.ethnikfestivals.com



Guess the Sport!

1. This is commonly known as the only sport that has been played on the moon.
2. This incredibly physical two-person activity is considered the world's oldest sport.
3. In this sport, goal posts are painted yellow.
4. In _____, a score of zero is called "love".
5. An elegant show of talent, this is the oldest winter Olympic sport.
6. When you miss three times in a row, it's called a turkey in this sport.



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-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.

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

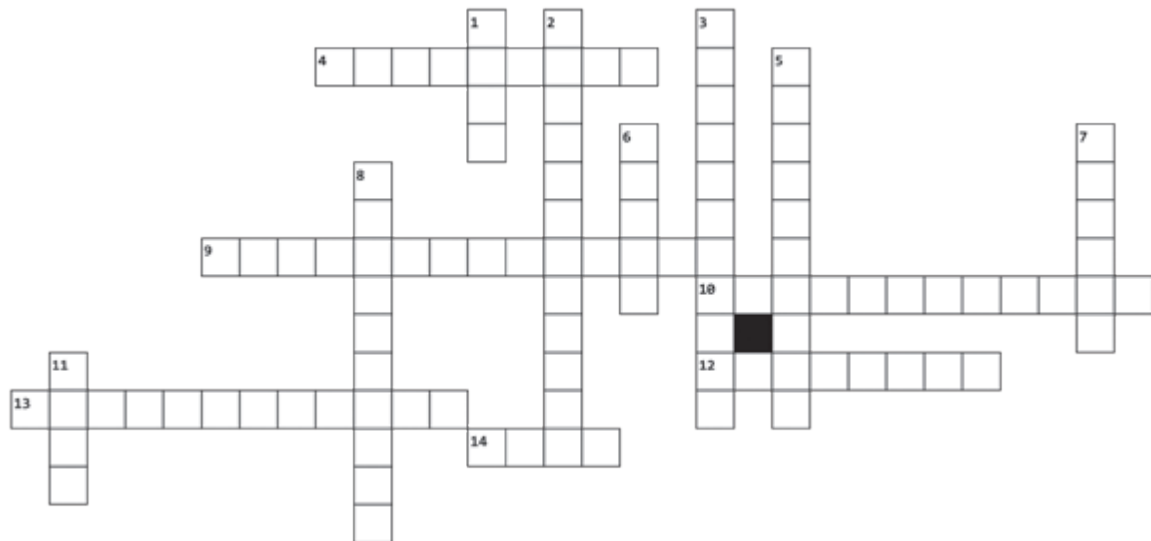
GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

Say Cheese? Or Maybe Not...

Back in the 1840s, instead of saying "cheese," folks opted for "prunes" during photo sessions. Flashing a big grin was considered juvenile at the time. A savvy London photographer advised people to say "prunes" to maintain a more composed expression. This practice, predating the modern "fish face" selfie, harks back a good 180 years.



January Crossword



Across

4. Every year on January 11, Sir John A. _____ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by _____ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means _____ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101* _____.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



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

Say goodbye to skin imperfections!

20% off laser procedures

Receive one free treatment with package treatments

10% off Botox and Filler



We offer various treatments that target various skin conditions such as: age spots, pigmentation, vascular lesions, discoloration, acne scars, sunspots, freckles, uneven skin tone, rosacea, spider veins, etc.



Our Clear Lift (lunchtime facial) is a pain-free, no downtime treatment. Typically needs 3 sessions, 2-5 weeks apart. This treatment stimulates collagen production and boosts skin elasticity, giving your skin a smoother and more youthful appearance.



The other laser treatments offered are: tattoo removal, hair removal, dye VL, and skin resurfacing. Packages for tattoo removal can be purchased in a set of 8 sessions and hair removal can be purchased in a set of 6 sessions. Prices and number of sessions needed vary.



Botox is a great option to treat: wrinkles, lazy eyes, excessive sweating, migraines, etc. Only \$8 per unit! Find out today if Botox is right for you!

Packages

- Clear lift facial: \$700 (3 sessions)
- Hair removal: \$250-\$2,500 (6 sessions)
- Tattoo removal: \$700-\$4,200 (8 sessions)
- Skin resurfacing-face: \$500 (3 sessions)

Book your FREE consultation today!

(587)353-5062

520 3rd Ave SW #420, Centennial Place Tower

How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

Along the Shores of Lake Louise

by Garth Paul Ukrainetz

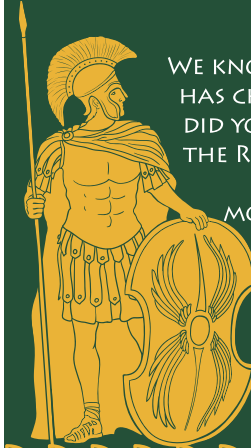
Along the shores of Lake Louise
We walk through forest winding
The gifts of nature here abound
Her peaceful ways we're finding

The spruce, the pine, the balsam fir
The autumn larch electric
The glaciers full of ancient ice
The snowy peaks majestic

A beehive in a bonnet high
A calm reflecting mirror
Our souls recharge, a sacred place
A sense of heaven nearer

A glowing smile upon her face
Sweet Rocky Mountain Daughter
Along the shores of Lake Louise
Translucent in the water

THE DEAD PERIOD



WE KNOW THAT THE CALENDAR HAS CHANGED OVER TIME, BUT DID YOU KNOW THAT BECAUSE THE ROMAN MILITARY WASN'T ACTIVE IN THE COLDEST MONTHS, THEIR CALENDAR ONLY HAD 10 MONTHS WITH FORMAL NAMES. JANUARY AND FEBRUARY WERE REFERRED TO AS THE "DEAD PERIOD".

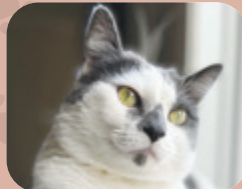
JOKE OF THE MONTH

HOW DO MOUNTAINS STAY WARM IN THE WINTER?
THEY PUT ON THEIR SNOWCAPS!

Cats, Canines, & Critters of Calgary



Chigs, Crescent Heights



Daisy, Calgary



Pikachu, Sandstone



Tiffany and Maggie, Calgary

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



**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

Dear Friends,

Happy New Year!

For those of you that follow closely, you know that my parliamentary work is interesting – and I largely focus on the areas where my prior experience and skills lead me to provide input for better solutions than the government is proposing.

This term I was shuffled around, and as Calgary Centre is the most urban riding present in my party, we need voices addressing what is one of the most broken departments in the government, the Standing Committee on Immigration.

We've all seen the problems associated with files touching on immigration:

- Long delays in bringing in new Canadians.
- Family reunification that causes unnecessary angst.
- The botching of getting our allies and their families out of Afghanistan when that regime changed.
- The backlogs in programs from movement in priorities that cause more delays in other areas, and, of course,
- The effect that large immigration flows is having on our national infrastructure combined with the need for the skillsets that are not being provided in our own economy; and,
- The growing out-migration of new Canadians to other countries.

Canada is a country of immigrants, and our doors will always be open to those seeking to build lives, families, and futures here. As much as our government has faltered these past years – in failing to deliver basic services, mismanaging our economy, and becoming less relevant on the international stage – we are still a beacon to many.

Expect to hear more from me on this critical social issue going forward.

Let me take this opportunity to wish you and yours all the best in the new year.

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

Thank you,

Greg McLean, MP



Fresh Jock

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

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.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

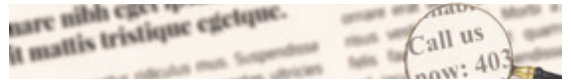
Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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, 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 Gavin for a free estimate at 403-390-0036. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/ Drop-Off Service Available.

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.



SCAN HERE TO VIEW ADDITIONAL
EAU CLAIRE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics





**NEW YEAR,
NEW SPACE!**

**INSPIRED SENIOR LIVING
IN CLIFF BUNGALOW-MISSION**

**RIVERWALK IS THE ONLY PREMIUM
RETIREMENT RESIDENCE WITH
CUSTOMIZABLE SUPPORT WHEN
YOU NEED IT.**

**INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE LIFESTYLES**

**BOOK YOUR TOUR TODAY
(403) 271-7244**

528 - 25TH AVE SW

riverwalkretirement.com

RIVERWALK

RETIREMENT RESIDENCE



INSPIRED SENIOR LIVING WITH



BEST PICTURE

Oscar season is an exhilarating time of year. With so many categories and nominees, it can be hard to keep track of what's going on! One thing of note is that only three animated films have ever been nominated for Best Picture. Up, Toy Story 3, and Beauty and the Beast in 1991 which was the first ever animated Best Picture nomination.



FIFTH AVENUE



FIFTH AVENUE CLUB

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

SCAN ME



www.fifthavenueclub.ca

**2 WEEK TRIAL
AVAILABLE**

