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		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	19	9	\$339,900	\$352,500
April	24	17	13	\$279,888	\$275,000
March	24	18	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
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

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



Green Line demolition to begin this summer!

The City took possession of Eau Claire Market on June 1, with abatement of the building beginning in July. Demolition of the building will take place a few months after that. The request for proposal to select a contractor to complete the work closed on May 24, with contract award happening in June.

In case you missed it, Harvard Developments, the property owner, hosted a farewell celebration to commemorate the Market's 30-year history in May. The event featured live music, a community market, food trucks, games and prizes, and a public mural for people to join in and share their favourite memories.

It was great to see so many people come out and celebrate all the memories that took place at Eau Claire Market over the years.

Stay up to date with Green Line construction.

calgary.ca/GreenLineConstruction



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EAU CLAIRE CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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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



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How to Grieve the Loss of a Pet

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



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier

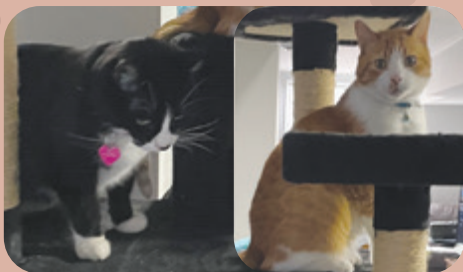
Plaza Construction



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Riley and Ozzy, *Coach Hill*



Sir Gawain and Sir Tristan, *Woodbine*

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



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.

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AGM Recap

ECCA had a great turn out for our Annual General Meeting on May 28, 2024. Thank you to everyone who participated in the community by attending.

The business of the meeting was managed quickly, with the election of board members and reports from the President and Treasurer.

Eau Claire is Calgary's smallest community with approximately 1,600 residents, and it's important for us to band together to keep the city and developers on-track to create things that support us as a distinct residential neighbourhood.

ECCA's primary mandates are 'Review, Speak, and Gather.'

We review all development proposals submitted to the city and we stay on top of proposed projects coming to our neighbourhood.

We speak for our community perspective on everything that can impact our residents.

We gather to foster a sense of community and collegiality.

December 2023 saw the introduction of the extremely popular LobbyFest events. The ECCA, funded by Downtown Strategy Grants, hosted a series of small community events in the lobbies of various buildings.

Ice skating returned after our annual party had been sidelined, first by COVID and then by construction. We had a great turn out. The weather was good, and our volunteers did a terrific job.

In March, the ECCA hosted a meet and greet with Terry Wong.

Our volunteer base is small but we're eager to add to our social events. If you have ideas and can provide a few volunteers to help, we'd love to hear from you.

Recently, we have been able to add 'Placemaking' to our mandate due to encouragement and funds from the City of Calgary.

In 2023, Calgary artist Sarah Slaughter commemorated our 30th anniversary as a community association with a colourful mural depicting the heritage of The Eau Claire Lumber Company from which we got our name. We are very grateful to the City of Calgary for funding this project through their Downtown Strategy Programming Funding.

This year, the ECCA has been busy with some major, multi-year projects.

We've learned over the years that we have the most impact early on in the projects. For that reason, we have already engaged with Greater Downtown Strategy about how Riverwalk West and the North Anchor Park (which is the north end of the 8 Street redevelopment project) and Lot 6 development will impact our Western Gateway and how we want to use placemaking and beautification funds to enhance the interface between Eau Claire and these public realm areas. Joyce Tang attended the AGM to discuss these projects, even though they are still very preliminary.

On the other side of the neighbourhood and the other end of construction, The Eau Claire Improvement Project is beginning to wrap up. We should see significant progress this year and hopefully completion next year. Dennis Hoffart was available to discuss the remaining work needed to complete the Plaza. (Note: The Bow Valley Lumber Company building has been moved to its forever-home. See photos in this magazine.)

ECCA remains concerned about how the interface of the Green Line and the Promenade and the River will look. We've spoken at length before about how this interface could impact the community when the project crosses the river and goes north. But our focus has recently become on how the "Temporary Northern Terminus" of the Green Line will look from the end of construction to the beginning of the next phase. Since that hasn't been funded and the current Provincial government has stated they will not provide additional funding for the Green Line, the length of time that this could remain on hiatus is less and less certain. Adam Noble-Johnson, from the Green Line Team attended and responded to questions regarding timing and the design of the station. Proposals will be going before Council on June 18, so we hope for additional information at that time.

Eau Claire Market has closed; work to remove hazardous materials and secure the structure is underway. It will be demolished at a date to be determined. That land will be used as a staging area for the Green Line construction. I'm sure that when that's complete, and plans can move forward with new development we'll once again see representatives from Harvard Developments to discuss their plans for redevelopment.

One of the most common questions we're asked by residents and downtown office workers is "what's happening with the former YMCA building?" Alix

Williams from the Eau Claire Athletic Club was on hand to definitively answer that question.

Our residents have expressed concerns about increased noise and security issues if events that formerly took place at the Olympic Plaza are moved to Lot 6 during the Olympic Plaza refurbishment period. Your ECCA has already begun to ask for more information about what may be moved and what additional security may be needed. Since our Community Resource officer, Cst. Arthur Rekshta was on secondment, his Sergeant, Carey Nelson gave us an update on policing and security.

Office to residential/hotel conversions are expected to improve the vitality and occupancy of the entire downtown area. There are currently five conversions approved for our area.

James Scott and Erika Jansen, PBA Group of Companies, Element Hotel, were on hand to talk about the office-to-hotel conversion at 833 4 Avenue SW.

We've reached out to all five developers, and while four of them weren't ready to speak to us yet, they've committed to keeping us informed as soon as they can share information publicly.

Your ECCA is committed to gathering as much information as possible from all the developers and establishing positive relationships with them.

ECCA has had a strong relationship with the Ward 7 office for several years and it has only improved since Councilor Terry Wong was elected. He spoke to the assembled residents and gave a brief update on items before Council.

We're very grateful for the generous time and support of all the folks mentioned above who came out to keep the community informed of everything that's happening in our area. A special thank you to Dru Mohler, our Neighbourhood Partnership Coordinator from the City of Calgary. Dru is a regular participant at all our board meetings and is a core member of our team, helping us to liaise with all the various City agencies that provide services to communities. He also fielded several questions during the mingle and chat portion of the event.

Finally, I'd like to thank all the board members who worked hard all year to accomplish everything and who were out in force at the AGM. It's a volunteer position that we don't want to be a thankless one.

Know the signs of STROKE

- F** **Face**
is it drooping?
- A** **Arms**
can you raise both?
- S** **Speech**
is it slurred or jumbled?
- T** **Time**
to call 9-1-1

Beat stroke
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Heat Related Illness

by Alberta Health Services



EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).

- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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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

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

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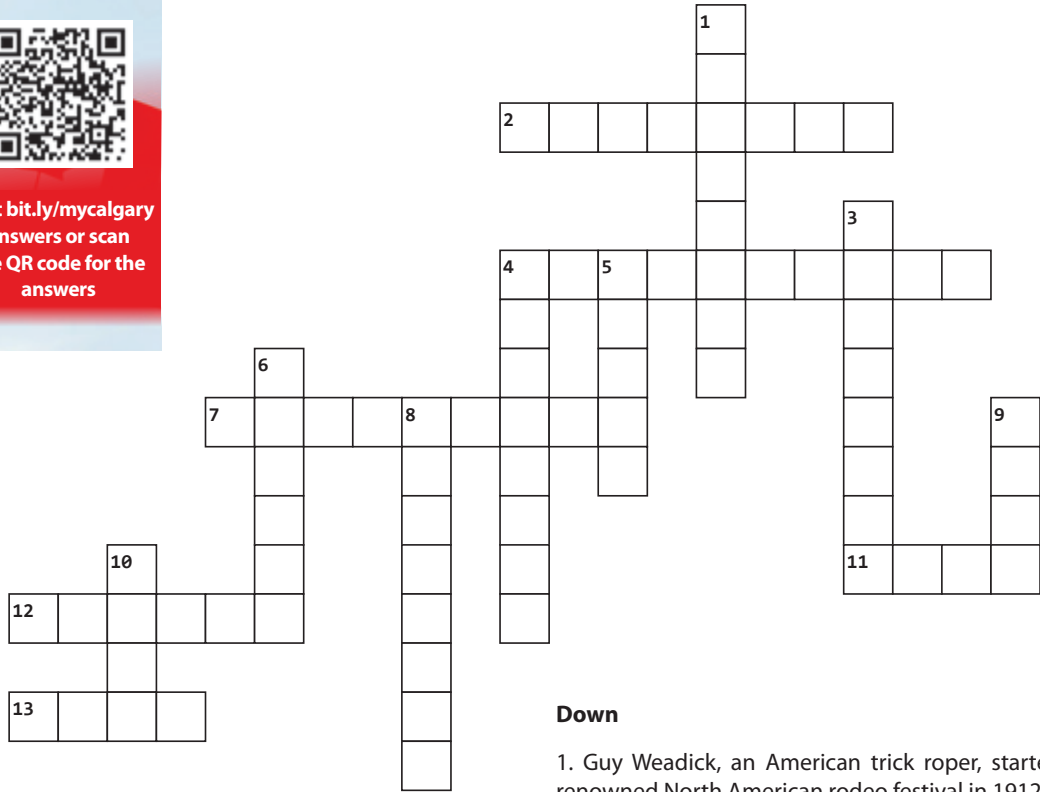
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July Crossword



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Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

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Yahoo Cowtown!

Cowtown (that's Calgary's fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here's the kicker, at that time, Calgary's population was just 47,000!



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