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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
May	23	10	9	\$439,900	\$429,000

To view more detailed information that comprise the above
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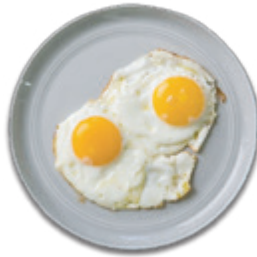
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EAU CLAIRE CONTENT**

**News, Events,
& More**



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Statistics**



**Real Estate
Statistics**



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Understanding Tuberculosis

by Alberta Health Services



What is Tuberculosis?

Tuberculosis (TB) is an infection caused by slow-growing bacteria. It commonly affects the lungs, but can also affect the kidneys, brain, or spine. It is preventable and can be cured by treatment with antibiotics.

Like many airborne illnesses, TB is contagious and spreads when a person who has active TB breathes out air that has the TB bacteria in it. An infected person releases even more bacteria through laughing, coughing, or sneezing.

TB bacterium grows best in areas of the body that have lots of blood and oxygen. That's why it is most often found in the lungs. This is called pulmonary TB. But TB can also spread to other parts of the body, which is called extrapulmonary TB.

Symptoms of Tuberculosis

If you have TB, you might have:

- A bad cough that lasts longer than two weeks and makes you cough up blood or phlegm sometimes.
- Chest pain, weakness, or tiredness.
- Lack of appetite, weight loss.
- Chills, fever, and night sweats.

If you have symptoms or have been exposed to someone with TB, call your health care provider or Health Link at 8-1-1. If you do not have a family doctor, visit Alberta Find a doctor.

Who is Most at Risk for Tuberculosis?

Some people are more at risk for TB than others. This includes those who:

- Have been around people known or suspected to have TB.
- Have had TB in the past but did not complete treatment as prescribed.
- Live or work in a community with high rates of TB.
- Visit and stay in countries with high rates of TB.
- Have a weakened immune system.

If you don't have stable, safe, permanent housing or have trouble finding health care (for example, you live in a remote area) you may be at higher risk of getting TB.

How is Tuberculosis Treated?

Treatment is often a success, but it is a long process. It usually takes about six to nine months to treat TB. But some TB infections need to be treated for up to two years.

In most cases, your health care provider will combine four antibiotics to treat active TB. It's important to take the prescribed medicine for active TB for at least six months. Almost all individuals with TB are cured if they take their medicine as prescribed.

If tests still show active TB after six months, then treatment continues for another two or three months. If the TB bacteria are resistant to several antibiotics (multidrug-resistant TB), then treatment may be needed for a year or longer.

If active TB is not treated, it can damage your lungs or other organs and can be deadly. You can also spread TB by not treating it and seeking proper care.

Did you know? In 2023, there were approximately 245 active cases of TB in Alberta, according to AHSTB 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



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Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

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



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

- 1. Work on Yourself** – Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.
- 2. Communicate Openly** – Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.
- 3. Trust** – Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.
- 4. Set Boundaries** – Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.
- 5. Be Supportive** – Offer support and encouragement to your partner. Show empathy and understanding towards their experiences and emotions.
- 6. Maintain Independence** – While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency

and maintains a healthy balance in the relationship. This also helps you show up as a whole person.

- 7. Address Insecurities** – Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.
- 8. Practice Self-Care** – Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.
- 9. Focus on the Present** – Avoid dwelling on past relationship traumas or projecting future fears onto your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.
- 10. Seek Growth Together** – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

The following are tips to help your anxious partner to feel more secure:

- 1. Communication** – Keep open and honest communication about your feelings, plans, and concerns.
- 2. Reassurance** – Offer regular affirmations of your love, commitment, and support.
- 3. Trust** – Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- 4. Empathy** – Listen actively (listen to understand, not defend) and empathize with your partner’s emotions and experiences.
- 5. Boundaries** – Respect your partner’s boundaries and communicate your own clearly.
- 6. Quality Time** – Spend meaningful time together, creating positive experiences and memories.
- 7. Appreciation** – Show appreciation for your partner’s efforts, qualities, and contributions.
- 8. Consistency** – Be consistent in your actions and behaviours to foster a sense of security and stability.
- 9. Problem Solving** – Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.
- 10. Self-Care** – Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

Book Suggestions:

- *The Power of Attachment* – Diane Poole Heller
- *You are the One You’ve Been Waiting For* – Richard C. Schwartz
- *Attached* – A. Levine & S. Heller

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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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June: Canada's Month of Celebration

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

June is a month with plenty to celebrate about Canada. It is National Aboriginal History Month, a time to learn about the peoples that inhabit our region. In Calgary, these are the Treaty 7 signatories: the Siksika, Piikani, and Kainai Nations, the Îethka Stoney Nakoda, consisting of the Chiniki, Bearspaw, and Good Stoney Bands, and the Tsuut'ina Nation. Also here are the Métis of Alberta Region 3.

The first Sunday is Canadian Armed Forces Day. The King's Own Calgary Regiment and the Calgary Highlanders reserve unit are headquartered at Mewata Armoury, a Gothic Revival design with medieval castellated features built during the Great War. We thank all Forces personnel for their dedication and service.

Next is Canadian Environment Week, when we're encouraged to be good stewards of our rich natural heritage. Wednesday is Clean Air Day, by which we enjoy clear, crisp prairie skies complete with mountain peaks on the horizon.

National Indigenous Peoples Day is June 21. It is a day to experience an Indigenous celebration, whether it is through a walk at Fort Calgary or a dance at the Aboriginal Friendship Centre.

Then there's June 24, the feast day of Saint-Jean Baptiste. Last year, events were held at the National Music Centre and Théâtre de la Cité des Rocheuses, which has promoted dialogue in French in Calgary since 1996. This year is the 125th anniversary of the incorporation of Rouleauville by French Catholics in today's Mission district.

Speaking of dialogue, June 27 is Canadian Multiculturalism Day, when we celebrate living here together peacefully.

And finally, capping it all off, the day Confederation became reality in law - Canada Day, July 1. This year marks our 157th anniversary.

Did you know, on July 1, 1867, while church bells rang out and bonfires were lit across the Dominion, newspapers in English and French lamented this union

of peoples? They were none too excited about the agreement, each thinking the other would outdo them.

There's been much to debate since, but on this day, take time with those you love to celebrate and give thanks for the peace and prosperity of our federation.

Happy Canada Day!

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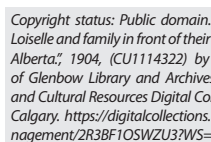


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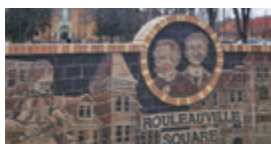


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Rouleauville Square, with St. Mary's Cathedral, April 2024. Photo courtesy of Anthony Imbrogno.



St. Mary's Parish Hall, home of Alberta Ballet, April 2024. Photo courtesy of Anthony Imbrogno.



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.

GAMES & PUZZLES

Guess That Artist!

1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled “The Persistence of Memory”.
2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
3. Born in 1853, this artist famously cut off his left ear.
4. This artist is one of the most famous American visual artists for his pop art pieces.
5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled “Balloon Girl”.
6. This Spanish painter and sculptor is best known for his cubism and surrealism.



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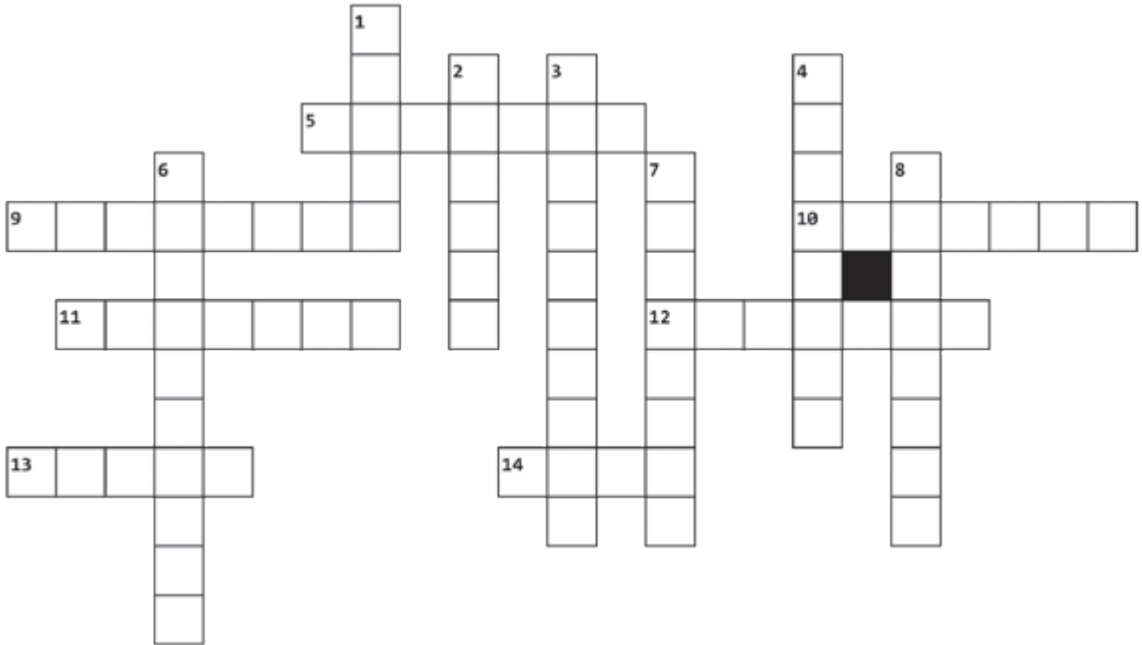


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June Crossword

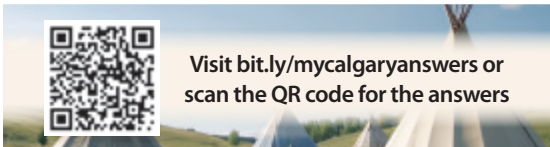


Across

5. On June 21, 1957, Canada's Prime Minister Louis St. _____, who had the distinction of having the longest continuous term as prime minister, resigned.
9. This year's F1 Canadian Grand Prix in _____ will be held from June 6 to 10.
10. In history books, June 21, 1749, marks the date that _____, Nova Scotia was founded.
11. The _____ released their hit album "Sgt. Pepper's Lonely Hearts Club Band" in June of 1967.
12. In June 2003, J.K. _____ released *The Order of the Phoenix*, the fifth book of the Harry Potter series.
13. Interestingly, the most _____ Laureates are born in June.
14. June is named after which Roman goddess of marriage, childbirth, and love?

Down

1. June's birthstone, the _____, is the only stone that is made by a living sea creature.
2. On June 5, 1998, audiences were captivated by the release of "The _____ Show," featuring Jim Carrey in the lead role, portraying a man unwittingly thrust into the spotlight as the star of a live television program.
3. On June 21, Canada honours the contributions of First Nations, Inuit, and Métis peoples by celebrating National _____ Peoples Day.
4. The novel *Crazy Rich Asians*, released on June 11, 2013, later became a film starring Oscar-winning actress _____ Yeoh.
6. June's full moon, known as the _____ Moon, will illuminate the sky on June 21 this year.
7. June 28, 1980, _____ entered Ontario as part of his incredible Marathon of Hope.
8. Founder of Tesla and SpaceX, _____, was born on June 28, 1971.



Have Your Say on Calgary's Canada Day Celebrations

by the City of Calgary

Every year on July 1, Calgarians and visitors gather downtown for Canada Day. This City of Calgary event is free and family-friendly, featuring Indigenous and cultural performances, live music, activities, art, and more.

Canada Day is for everyone. It's a time to honour the rich traditions of Indigenous history and culture and welcome those who move here from all over the world. We can all be proud to live in a great city and country where people from all walks of life come together on Canada Day to celebrate culture and community.

We want Canada Day celebrations to reflect the many different interests and backgrounds of Calgarians. Whether you attend often or haven't attended for a while, this is your opportunity to tell us what's important to you on Canada Day and what an ideal downtown event looks like.



Have your say today at calgary.ca/CanadaDaySurvey. The deadline to provide your input is July 4, 2024. Feedback collected will be used to shape future Canada Day celebrations in Calgary.

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Joke of the Month

What do you get from a pampered cow?
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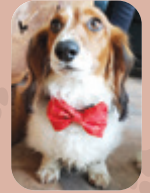
Morgan, Panorama Hills



Sergeant Pepper, Thorncliffe



Toby, Douglasdale



Toby, Patterson Heights

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Green Line takes possession of Eau Claire Market property

A big thank you to Harvard Developments, the community of Eau Claire and Calgarians for inviting the Green Line to join the farewell party for the Eau Claire Market in May. We know that while the market will be missed, Calgarians are looking forward to the revitalization that will come to the area with the building of the Green Line.

On June 1, 2024, Green Line will take possession of Eau Claire Market which will be demolished to make way for construction. Site set-up and abatement of any hazardous building materials will begin right away, with the demolition of the building to be complete towards the end of this year. Two restaurants in the area, JOEY Eau Claire and LOCAL Public Eatery, will continue to operate after the market closes, and a section of the south surface parking lot will still be available for parking. Your continued support of these and other nearby businesses in the area are appreciated.

Stay up to date with Green Line construction:
calgary.ca/GreenLineConstruction

