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THE OFFICIAL EAU CLAIRE COMMUNITY NEWSLETTER

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Farewell Eau Claire

Join us for a heartfelt farewell to the iconic Eau Claire Market, on May 11, 2024, as we celebrate 30 years of cherished memEAUries.

The Eau Claire Market Farewell Celebration, hosted by Harvard Developments, is expected to be a fun family event with games, chances to win prizes, the opportunity to explore local vendors at the Community Market, contribute to a collective art piece called the MemEAUry Mural celebrating memories at the market, and enjoy live music and shows by talented musicians and artists.

Don't miss out on this special occasion to bid farewell to Eau Claire Market in style. Let's come together to celebrate its legacy and the community it has served for three decades.

Eau Claire Market is set to close on May 31, 2024, as the City of Calgary moves ahead with a plan to demolish the downtown mall to make way for a future Green Line LRT station. Under an agreement reached last year, The City will take possession of the property on June 1, 2024 and begin demolition preparation including fencing.

For more information on the Farewell Celebration at Eau Claire Market, visit eauclairemarket.com.

To learn more about the demolition: calgary.com/GreenLine



Beauty and the Chimera

In the classic fairytale *Beauty and the Beast*, “Beauty” is a human but what exactly is the “beast”? This character is a chimera! A chimera is a single organism with more than one genotype... essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!



Long Live the Queen in White!

Ever heard of Victoria Day? It's an annual shindig in May celebrating Queen Victoria's birthday! Speaking of celebrations, did you know Queen Victoria revolutionized wedding fashion by strutting down the aisle in white. Before Victoria, brides would just wear their favourite dresses, no matter the colour, down the aisle.



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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.

Emergency Preparedness Week Is May 5 to 11, 2024

by the City of Calgary

Emergencies can happen anytime and anywhere. Knowing what to do before a disaster strikes can go a long way in assisting you, your family, and your community during an emergency.

Emergency Preparedness Week is May 5 to 11, 2024. This annual event takes place across Canada every May to highlight the importance of getting prepared for emergencies before they happen.

During Emergency Preparedness Week and throughout the year, Calgarians are encouraged to take steps to get prepared for emergencies to help minimize the impacts.

- Know the risks. Learn about the types of hazards that can occur in Calgary and how you can better prepare for them.
- Stay informed. Stay tuned to local and regional emergency alerts and other trusted sources of information such as local radio, television, and social media.
- Get prepared. Every emergency is different, but having a plan will help you and your family know what to do and who to contact in different situations. Get started by downloading our emergency action plan, available in different languages at [ca/getready](https://calgary.ca/getready).

In addition to preparing yourself and your household for emergencies, building connections within your community can also help. Neighbours, co-workers, and friends often provide crucial support during times of

crisis. Creating a network that you can rely on during an emergency can help you and others in your network stay safe.

Visit calgary.ca/getready to learn more about how to prepare for emergencies, and the events taking place in the community during Emergency Preparedness Week.



Huge Flakes!

Although some are skeptical of the record, according to the Guinness World Records, the largest snowflake ever recorded came down in Missoula, Montana. In 1887, this city measured a single snowflake that was 15 inches in diameter! That's about the height of a bowling pin!



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



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EAU CLAIRE COMMUNITY ASSOCIATION ANNUAL GENERAL MEETING

The ECCA is the official voice of the Eau Claire community. Input from residents is vital to help ensure our community's ongoing strength and prosperity. Come for an update on projects and news affecting the neighborhood and join the conversation.

Tuesday, May 28th

**Registration @ 5:30 PM
Meeting starts @ 6:00 PM**

**Location: Sheraton Suites Eau Claire
255 Barclay Parade SW, lobby level**

Agenda

- Short presentation and Q&A with Councillor Wong
- Reports from ECCA President and ECCA Treasurer
- Election of new ECCA Directors
- Wine & cheese reception

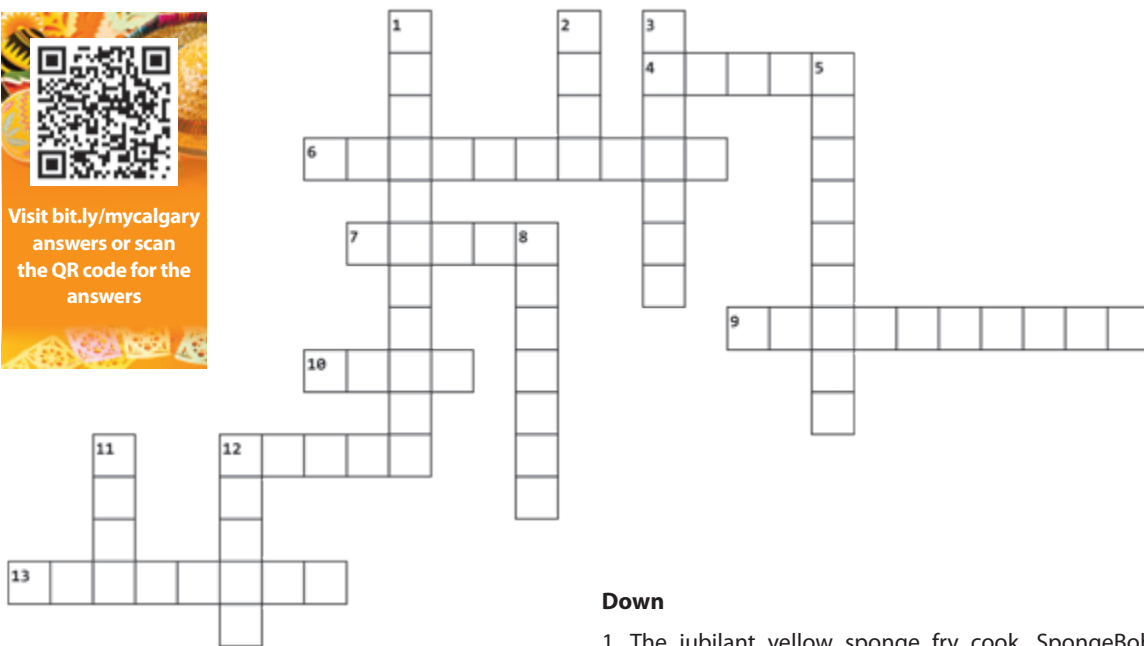
Guests

- Ward 7 City Councillor Terry Wong
- Calgary Police Service Community Resource Officer Arthur Rekshta
- Eau Claire Public Realm (City of Calgary)
- Green Line LRT (City of Calgary)
- Eau Claire Athletic Club (Telsec Property Corporation)



Eau Claire
Community Association

May Crossword



Across

4. On May 25, 1963, the legendary comedian Mike _____ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, _____ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of _____ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the _____ Derby.

Down

1. The jubilant yellow sponge fry cook, SpongeBob _____ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New _____* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of _____ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April _____ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, _____ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. _____ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.



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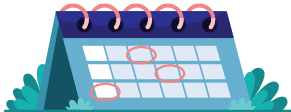
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		Listed	Sold	Listed	Sold
March	24	19	11	\$698,000	\$687,500
February	24	15	7	\$989,000	\$975,000
January	24	9	6	\$734,000	\$710,000
December	23	4	7	\$557,000	\$530,000
November	23	13	8	\$479,950	\$472,500
October	23	8	11	\$499,000	\$480,000
September	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
May	23	10	9	\$439,900	\$429,000
April	23	8	6	\$682,000	\$660,000

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

Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



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=/publicsubmissions>.
- 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.

Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers being offered by Centre for Suicide Prevention and community partners. A separate caregiver group will run at the same time and location.

This program is funded by the Government of Alberta and FCSS Calgary.

Learn more: www.suicideinfo.ca/workshops





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How to Create Personal Happiness

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



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

1. Self-Awareness – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

2. Positive Mindset – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

3. Healthy Relationships – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

4. Work-Life Balance – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

5. Self-Care – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

8. Contribute – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

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Farewell celebration

celebrating
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Saturday

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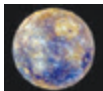
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Stargazing with Pat J: Why Humans Will Never Ever Set Foot on Mercury or Venus

by Patricia Jeffery © 2024 of the Calgary Centre of the Royal Astronomical Society of Canada

Mercury

- Closest planet to the Sun.
- If our Sun is the goal post of a CFL football field, Earth would be at the two-yard line; Mercury on the 0.8-yard line.
- Smallest planet, only slightly larger than Earth's Moon.
- Very faint; visible only after sunset or before sunrise.
- Rotates on its axis in 59 days. It takes 88 days to orbit the Sun.
- Sunlight takes three minutes to get there.
- No moons or rings.
- Rocky, heavily cratered surface.
- Only two probes have ever been sent there; neither landed.
- A blistering 430-degree Celsius during the day. A bone chilling - 170-degree Celsius at night.
- Any water or atmosphere it once possessed has long since boiled away.



Venus

- Second planet from the Sun.
- Using the above CFL field comparison, Venus is on the 1.4-yard line.
- Slightly smaller than Earth.
- Second only to our Moon in brightness.
- Rotates on its axis in 243 days. It takes 225 days to orbit the Sun, making its year shorter than its day.
- Takes sunlight six minutes to get there.
- No moons or rings.
- Unlike every other planet, Venus spins clockwise. Scientists believe this is because Venus is actually upside down; meaning the Sun rises in the west and sets in the east.
- While it has an atmosphere, it is a poisonous concoction of carbon dioxide and sulphuric acid which has produced a runaway greenhouse effect. With an average temperature of 460-degree Celsius, Venus is hotter than Mercury, despite being further from the Sun.
- Russia has landed several probes on the surface, but none survived more than two hours; having been crushed flat by an atmospheric pressure of 1,350 pounds per square inch, then melted by the scorching temperatures.



Champions of Care: How Nurses Can Support Your Health Goals

by Calgary Primary Care Networks



In May we celebrate National Nursing Week in Canada and shine a spotlight on the crucial role nurses play in primary care.

Looking for ways to live healthier? You may be surprised to learn about the free services available through the primary care network (PCN) nursing team to support your health and well-being. PCN nurses can support you through appointments — both in-person and virtual — at no cost. They can answer your health questions and help you:

- Set achievable health goals and learn strategies for a healthier lifestyle.
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