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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

To view more detailed information that comprise the above
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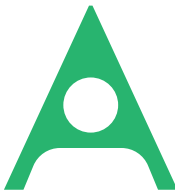


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About Us

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



www.eauclaireca.com



info@eauclaireca.com



www.facebook.com/eauclaireca



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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.



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.

GAMES & PUZZLES

Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.




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Tips and Gifts for a Less Stressful Holiday Season

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



1. Plan Ahead: You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make Time to Relax: Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

3. Put Expectations in Check: If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look For Help: Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set Limits: Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no”

to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat, Drink... But Be Healthy: Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let Things Go: If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't Forget the Fun! Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.

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11101	Polishing	\$71.54	\$71.54
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Katya Heinrich BSc, MSc, is a licensed Acupuncturist and RMT. She has a unique background in physics which enhances her understanding of body mechanics and the root causes of pain. Since 2015, she has focused on health and healing, specializing in treatments for TMJ disorders and facial pain. Katya combines various modalities such as massage, needling, cupping, Gua Sha, and Acutonics. Her integrated approach is particularly effective for musculoskeletal issues, headaches, and TMJ disorders, providing patients with comprehensive care and relief.



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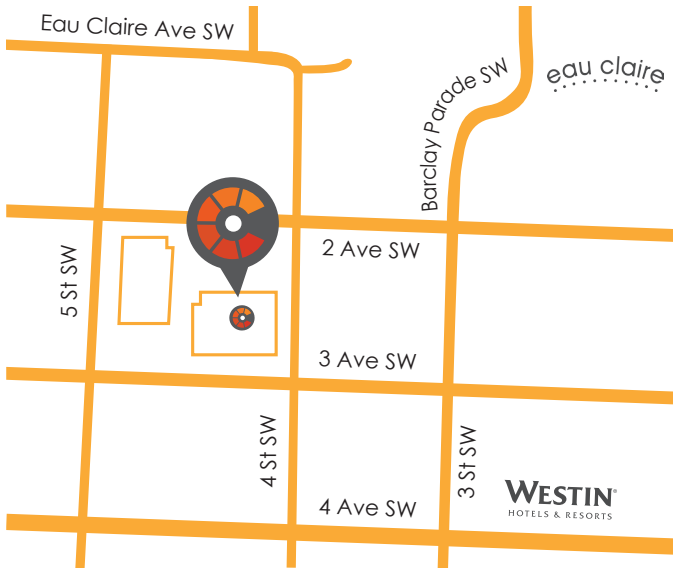


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Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I'm referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it's the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.
- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.

Wishing all of you a wonderful and stress-free holiday season.

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7		1		2				
8			1	4				
	6							

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Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



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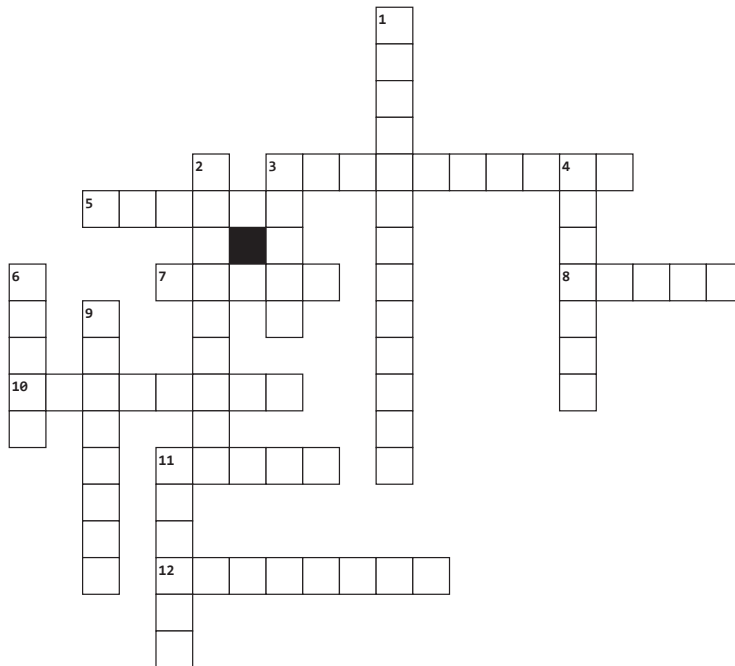
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November Crossword



Across

3. Frederick Banting, co-discoverer of insulin and recipient of the Nobel Prize in _____/Medicine, was born on November 14, 1891, in Alliston, Ontario.
5. In November 1999, beloved musician, _____ Dion, was inducted into the Canadian Broadcast Hall of Fame.
7. In November 2020, Baby _____ by Pinkfong became the most watched YouTube video of all time with over 7 billion views.
8. November has two birthstones, _____ and Citrine, best known for their warm yellow hue.
10. World _____ Day, celebrated on November 13, reminds everyone to show compassion and be helpful in their communities.
11. Canadian rock musician, _____ Adams, was born on November 5, 1959, in Kingston, Ontario and has sold more than 100 million records worldwide.
12. Known as Remembrance Day in Canada, the U.S. celebrates _____ Day on November 11 annually.

Down

1. November's birth flower, also called "mum", comes in a variety of colours and generally symbolizes longevity and happiness.
2. On November 22, 1995, *Toy Story* was released introducing the world to Woody and Buzz _____.
3. *Friends, Lovers, and the Big Terrible Thing*, written by Canadian actor Matthew _____, was released on November 1, 2022.
4. "The Great One", Wayne _____, scored his 600th career goal in the National Hockey League (NHL) on November 23, 1988.
6. This mixed-breed dog was the first live animal sent to space in Sputnik 2 on November 3, 1957.
9. The _____ Broadcasting Corporation was founded and established as a Crown Corporation on November 2, 1936.
11. November's full moon is named after Canada's national animal, the _____.

Making Lifestyle Changes After a Health Scare

by Alberta Health Services

If you have recently had a health scare, your doctor has likely indicated that lifestyle changes are necessary for your new way of life. Whether it's getting active, eating better, or prioritizing your health, goal setting can help you take the steps you need to keep you on the right path.

If you are ready to make a change, it can help to start with one or two goals and break them down into smaller steps. Change can be hard, especially if we try to make too many changes at once. You are more likely to reach smaller goals.

You can use the Setting Goals for Lifestyle Change worksheet to set a goal that's important to you and that you can reach. You are the expert in your life and the best judge of what will work for you.

The goal-setting worksheet guides you through the following steps:

1. Choose a goal that is important to you.
2. Break your goal into smaller goals.
3. Make your goal SMART.
4. Finish your plan by thinking about:
 - things that might get in the way of your goal;
 - people who can help you;
 - ways to track your progress.

Three-Day Food and Activity Journal

Use this journal as a tool to help you meet your eating goals. When you review your journal, you can see the progress you've made, or you may decide to make new goals.

How to Fill in the Journal

- Print or save the Three-Day Food and Activity Journal.
- Write down everything you eat and drink. You may want to record one weekday/workday and one Saturday or Sunday (day off).
- Include:

1. How much food you ate. See the suggestions below to estimate portion sizes. If the food comes in a package, just write down the package size. Example: 175 mL container of yogurt.
2. How the food is cooked (for example: fried, baked, boiled, barbecued)
3. Anything you add to food, during or after cooking. Example: cream, sugar, oil, butter, jam, syrup, ketchup or other sauces, dressings or condiments.
4. Details about restaurant foods, fast foods, or packaged foods (for example: McDonald's Big Mac® or KFC® chicken).
 - Measure the food you eat for a day or two to help you understand how much you eat and drink. Use measuring cups and spoons.
 - Write down all your activities for the day. Include planned activities (going for a walk or swim) and activities of daily life (housework or grocery shopping). Comments may include where you ate, your mood, or stress level.
 - Print more copies of the journal if you need more space to write.
 - Read over your journals to see what is working well and what you may want to change.
 - Keep on tracking. Use this tool to help you meet your goals, or to make new goals.

To estimate portion sizes, use the guidelines below:

This amount of food:	Is about the same size as:
2½ oz (75 g) of meat	a hockey puck
1½ oz (50 g) of cheese	2 white erasers
1 cup (250 mL)	a baseball or fist
½ cup (125 mL)	a hockey puck
1 medium piece of fruit	a tennis ball
2 tbsp (30 mL)	1 golf ball
¼ cup (60 mL)	2 golf balls
1 tsp (5 mL) – use for butter, margarine, mayonnaise	a thumb tip or one die

Example of how to fill in your food journal:

Meal	Day 1: Thursday	Day 2: Saturday
Breakfast (First Meal)	<ul style="list-style-type: none"> • 1 cup Bran Flakes® with 1 tsp sugar and ½ cup 1% milk • 1 cup black coffee • 1 slice whole wheat toast with 2 tsp soft margarine 	<ul style="list-style-type: none"> • 1 egg fried in 1 tsp butter with 3 strips of bacon • 2 slices whole wheat toast with 2 tsp soft margarine • 2 cups tea (chamomile)
Snack	<ul style="list-style-type: none"> • 1 carrot muffin - Tim Hortons® • 1 medium black coffee - Tim Hortons® 	<ul style="list-style-type: none"> • 1 medium apple
Activity	<ul style="list-style-type: none"> • Stressful day at work 	<ul style="list-style-type: none"> • 30-minute walk

Download the Three-Day Food and Activity Journal at <https://myhealth.alberta.ca/Alberta/AlbertaDocuments/3-day-food-activity-journal.pdf>.

Peanut Butter Lovers Month



Did you know November is Peanut Butter Lovers Month? Although, many believe George Washington Carver is the person to thank for this tasty, nutty treat. It was actually Canadian chemist Marcellus Gilmore Edson who patented peanut paste in 1884, by milling roasted peanuts between heated surfaces. Now you know who to thank for your favourite spread!

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Northern Flickers in Calgary

by Cole Aptes

The Northern Flicker (also known as the Common Flicker) is the most common species of woodpecker found in Calgary.



These birds are eleven to twelve inches long, weighing 3.9 to 5.6 oz, and have a wingspan of sixteen to twenty inches.

They are a protected species under the Migratory Bird Convention Act. They go south for the winter.

They can be seen on the ground, eating beetles and ants. They use their long, curved beaks to dig for food and lick it up with their barbed tongues. In the forest, they live where there are good trees to nest in - usually dead or decaying trees - where an insect snack may be available nearby.

Their nesting period can last 27 days. Typically, they will have five to eight white eggs, in late May or early June, that hatch in eleven to thirteen days. These birds can live up to nine years.

People are not as happy to see them on their homes. They cause millions of dollars in damage to stucco in Alberta each year. They especially like stucco covered Styrofoam, where they can make a hole and nest inside.



Unlike other woodpeckers, they will reuse a nest they have made the year before or one made by another woodpecker.

Visual deterrents seem to work to keep them away. People have had success with plastic molds of their predators - owls or hawks. Pinwheels and shiny things also work. They will not peck at your siding if there are no bugs in it.

This is a reason to choose Hardie Board instead of ordinary wood siding.



When looking for a mate, Northern Flickers make a loud, evenly spaced drumming sound by hammering their beaks against trees or metal objects. In some places, this has earned them the name "Yellow Hammers".

THINKING ABOUT THE FUTURE?

WHAT DOES YOUR RETIREMENT LOOK LIKE?

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YOUR CITY OF CALGARY

Chinook Blast 2025: Calling All Creators and Cultural Curators!

by the City of Calgary

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

Calling All Installation and Visual Artists

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

Calling All Market Partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit chinookblast.ca.



Joke of the Month

Dogs can't operate MRI machines.

But catscan.



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