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SCAN HERE TO VIEW ADDITIONAL EAU CLAIRE CONTENT

News, Events, & More



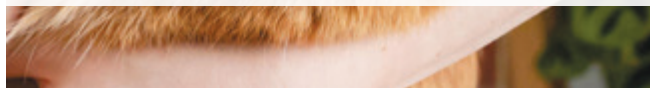
Crime Statistics



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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Development Update

Revitalize 8 Street SW Project

This spring, Eau Claire will see the City of Calgary begin construction on the Downtown Segment of this project, geared to transform and modernize the 8 Street SW corridor into a vibrant urban destination and community connector. Work will start in Eau Claire at the north tip of 8 Street and 2 Avenue SW by the North Anchor Park and in front of the Point on The Bow condominium complex.

Currently, 8 Street is seen by the City as largely designed for vehicles, with little offered to make the environment

inviting or pleasant for people (lack of trees, vegetation, places to sit or rest, lights, and separated wheeling facilities). On top of beautifying 8 Street and increasing mobility and accessibility, it will adopt new traffic lanes and patterns.

The Revitalize 8 Street SW project spans approximately 1.5 km, from 2 Avenue SW (north end) to 17 Avenue SW (south end). The City is currently funded to move forward on construction for the Downtown Segment (2 to 10 Avenue SW) and will be implementing interim safety improvements between 10 and 12 Avenue SW.

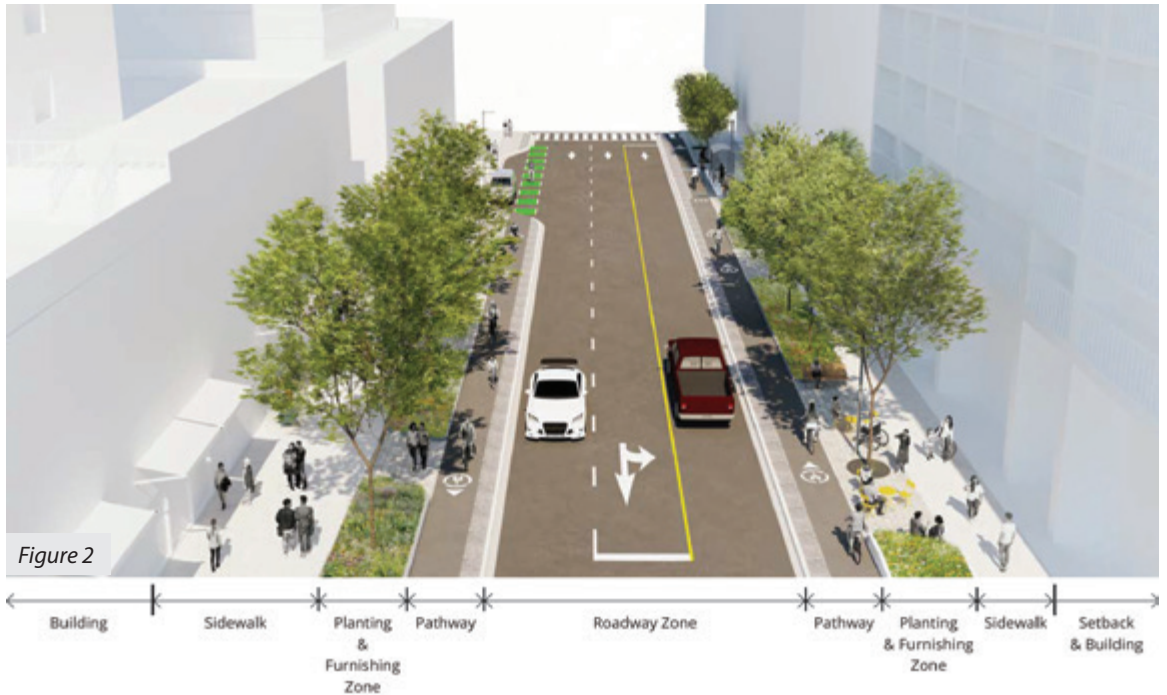


Figure 1

Outlined in the projects' Design Development Report, the 8 Street SW corridor is an important community connection for Downtown West and the Beltline. It is one of the few downtown corridors that provide a continuous north-south connection—across the CP Rail track—from the Bow River to 17 Avenue SW. In 2012, the 8 Street Corridor Public Realm Master Plan (the "Master Plan") was initiated, with a vision to "create a contemporary, pedestrian focused urban destination area with a distinct identity that connects people, parks, and neighbourhoods supported by vibrant retail experiences and a variety of transportation modes."

continued on next page

Proposed Design



The rendering of the proposed street (Figure 2.) demonstrates how the design comes together to satisfy the Master Plan principles. 8 Street SW becomes a truly green network with protected bike and wheel facilities, generous space for planting of trees and other vegetation, places to sit and gather, and broad pedestrian clearways free of obstacles.

The project will decrease traffic lanes from four to three. Subsequently, there will be one lane each travelling north and south with the addition of a left-turn middle lane that will separate turning vehicles from through traffic, reducing the potential for congestion and delays.

In addition, raised intersections are proposed in two locations along the corridor— at 3 Avenue SW north towards the riverfront and at 16 Avenue SW intersection. The raised intersection in Eau Claire at 3 Avenue SW is intended to create a sense of arrival towards North Anchor Park and the riverfront. It is also intended to create a slow driving zone in addition to other strategies such as narrowing of the street width and use of decorative unit paving on the road (see Figure 3.)

Project Benefits



Figure 3 - View North on 8 Street SW Towards North Anchor Park and Bow River Pathway

The Revitalize 8 Street SW project will:

- Enhance accessibility for all users, including pedestrians, cyclists, transit riders, and drivers, with dedicated and protected walking and wheeling paths.



CITY COUNCIL MEETINGS

- Improve connectivity to surrounding communities, parks, natural areas, and transit, enhancing key east-west connections downtown, such as Stephen Avenue.
- Create comfortable and inviting gathering spaces that prioritize the pedestrian experience.
- Enhance landscaping and new green infrastructure to manage stormwater, provide shade and cooling, and increase biodiversity.
- Improve lighting and sight lines to promote safety.
- Provide comprehensive upgrades to replace aging infrastructure and improve the overall condition of the road.

For Eau Claire, we'll see an exciting upgrade to our North Anchor Park, located on the west side of 8 Street SW between the Bow River Parkway and a city owned parking lot on 4 Avenue SW. The key directions to improve this space include bringing in features to animate the park, creating a variety of playful seating options, strategically locating semi-permanent and/or rotating event art installations, enhancing landscaping, and introducing lighting to create a special ambiance, welcoming character, and improved sense of safety. The redesign of North Anchor Park will be coordinated with the City's River Walk West project.

The anticipated completion of the Downtown Segment is early 2027. The project is a foundational piece in The City's Greater Downtown Plan to establish a green network of tree-lined, people-focused streets that connect residents and visitors with parks, natural spaces, and the river.

More detailed information can be found online at calgary.ca/planning/downtown-strategy/revitalize-8-street-sw-project.html and calgary.ca/planning/community/greater-downtown-plan.html.

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.

☑ CHECKLIST

9 PM
ROUTINE

CALGARY
POLICE
SERVICE

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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ECCA Call for Volunteers

TOGETHER WE CAN ACHIEVE GREAT THINGS

Are you interested in getting to know your community and your neighbours? Volunteering is a great way to get involved and to give back.

ECCA would love to have your help. Volunteer for the Board; a specialized sub-committee or a one-time event. Give as much or as little time as you're able.

Some of the things we could use your help with are:

- **Development Committee:** join our existing team and help review development proposals, evaluate their impact on the community and present our views to the City.
- **Event Committee:** help to brainstorm, propose and develop events and get them advertised in all of our buildings.
- **Volunteer Coordinator:** The volunteer in this role will help recruit and organize community volunteers for specific events and fundraising activities.
- **Communications Committee:** help our team spread the word about how much Eau Claire has to offer.
- **Building representative:** ideally you are on your condo board so we can get information to and from the Boards of all buildings not currently represented by ECCA Board members.
- **Bring in fresh ideas** for how the ECCA can enhance the community

Your skills, your interests and your time will ensure the success of upcoming events and help enhance life in Eau Claire.

Info@EauClaireCA.com



ECCA Survey of Resident Interests

TELL US WHAT'S ON YOUR MIND

It's our job to represent you, the residents of Eau Claire. We'd love to hear what's on your mind.

Some things we're involved in:

- Lot 6/River Hall activation.
- River Walk West development.
 - These two projects will form our Western Gateway, and we want to make sure they enhance our experience.
- Capital development.
 - There are some grants available if residents are interested in a new amenity such as a sports court (tennis, pickleball, basketball?)
- Social events.
 - Getting to know each other is the best way to present common concerns and understand all your perspectives.
- Former Eau Claire Market land development.
- 505 & 605 Eau Claire Avenue development.
 - The two large parking lots are looking for new Land Use designations and amendments to the Eau Claire Area Redevelopment Plan.
- Two-way communications with the Board
 - We want to hear from you, and we want to inform you.
 - If you're great with social media and want to help, let us know!

Let us know which of these things you care about (rate them 1 – 5 with 5 being very interested) and we'll prioritize the time we spend on them.

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Getting Your Gut on Track

by Alberta Health Services

You may have heard of the gut microbiome – it's the community of microbes (example: bacteria) that live in your colon (or gut) that influences your health.

It's an exciting area of nutrition research because what you eat and drink can affect the health of your gut and the microbiome. This can affect your risk of chronic diseases like obesity, heart disease, and even certain cancers.

There are many foods that support a healthy gut microbiome which is linked to better overall mental and physical health.

Whole Plant Foods

It's recommended that whole plant foods make up the majority of what you eat. Whole plant foods are vegetables, fruits, whole grains, beans, legumes, and nuts that have undergone limited processing. These foods have fibres that feed your gut microbes. For example, whole grains have benefits for metabolism and immunity. Gut microbes feast on parts of the bran layer in whole grains, which has an anti-inflammatory effect. This is important as many chronic diseases are linked to inflammation.

Having a variety of whole plant foods has been shown to help improve feeling of fullness and can help your body to be more sensitive to the insulin, which regulates blood sugar in your body. Choose a variety of plant foods.

As many Canadians struggle with getting enough whole grains, where possible look for opportunities to replace refined grains with whole grain options.

Protein Foods

The protein foods to support gut health are plant-based protein foods and fatty fish. Examples of plant-based protein foods are kidney beans, chickpeas and lentils, nuts like walnuts or almonds, and fatty fish like Arctic char, mackerel, herring, salmon, sardines, and trout.

Beans and nuts contain fibre and phytochemicals (plant chemicals) which can help to increase the helpful gut microbes. Fatty fish has omega-3 fatty acids which help lower inflammation.

Low Fat and Fermented Dairy Products

Fermented dairy foods that have live bacteria (like kefir and yogurt) can increase the good bacteria in the gut microbiome.

Look for milk, yogurt, and kefir with little or no added sugar and lower milk fat (M.F.). Lower fat dairy (2% M.F. or less) is recommended over higher fat dairy foods like cheese because they are lower in saturated fat.

Saturated fat is linked to inflammation.

What to Limit or Avoid

Red Meat: Small amounts of lean red meat can be included in a healthy eating pattern, as red meat has many nutrients including protein. It is recommended to be included in smaller amounts because it can contribute to inflammation.

Processed meat: Avoid or minimize them because the curing agents in processed meats contribute to cancer forming compounds when they are digested by gut microbes.

Try Mediterranean Style Eating!

The Mediterranean style of eating has been shown to help support a healthy gut microbiome. It includes lots of vegetables, fruits, beans, peas, lentils, fish, nuts, and olive oil. There is some research that it can help support brain function and it can also reduce inflammation as well as frailty in older adults.

If you are looking for practical ways to eat in a way to support a healthy gut microbiome, visit ahs.ca/nutritionhandouts and search for Mediterranean Style of Eating.





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November	24	11	5	\$848,900	\$810,000
October	24	12	12	\$451,900	\$445,000
September	24	16	3	\$769,900	\$755,000
August	24	8	8	\$735,000	\$742,500
July	24	9	10	\$531,900	\$521,500
June	24	7	7	\$489,900	\$475,000
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April	24	15	13	\$279,888	\$275,000
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Word of the Month

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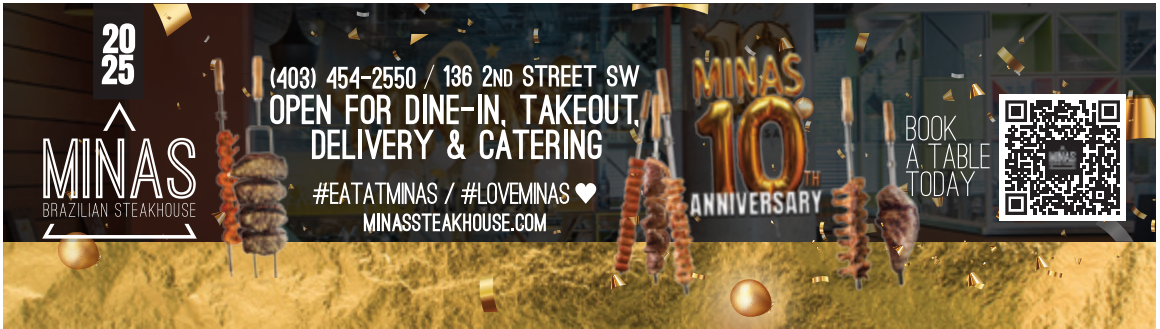
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