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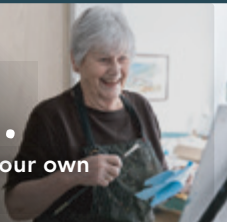
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June	25	14	6	\$712,450	\$700,750
May	25	12	3	\$399,000	\$387,500
April	25	13	9	\$955,000	\$945,000
March	25	12	9	\$259,900	\$257,000
February	25	11	4	\$1,297,500	\$1,264,500
January	25	13	6	\$956,500	\$941,500
December	24	4	7	\$260,000	\$240,000
November	24	10	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

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

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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.

Let's get social!



Follow us for community updates!
eauclaireca.com

Contact us at info@EauClaireCA.com

Recreational Ideas for Eau Claire

We've been asking residents for ideas on how to activate the open green spaces in Eau Claire for recreational use, and you've come up with some great suggestions so far! Here are a few we've received:

Cricket Pitch: A 20m x 3.5m pitch could work well along the 2 Avenue Transit Corridor line. We've heard there are avid cricket players who practiced at Knox United Church over the winter—if that's you, we'd love to hear from you!

Lawn Tennis: A standard doubles court (24m x 11m) would fit nicely into the River Run lands.

Bocce Ball: A full-sized bocce court (28m x 4m) could fit into either of these locations. A smaller court (12m x 2.5m) might even tuck in beside a lawn tennis court at River Run.

Basketball Court: The old helipad happens to be the same size as the popular Century Gardens court. It would be relatively simple to paint lines on the existing surface and add a couple of basketball hoops. This idea is a bit tricky—it's federal land and hasn't yet been decommissioned—but there's no harm in asking.

Have more ideas? We'd love to hear them! Just keep in mind that any installations must be temporary—no major construction or permanent changes like poured concrete.

Reach out to us at info@EauClaireCA.com with your thoughts and suggestions.

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.

Best Photos of Eau Claire

Submit your best photos of Eau Claire to feature in next month's newsletter!

Email marketingecca@gmail.com with your photos and name/socials.



A cartoon illustration of Bugs Bunny from Looney Tunes. He is shown from the waist up, wearing his signature white shirt and blue pants. He is holding a small, red bat in his right hand, and his left hand is on his hip. He has a mischievous expression on his face. The background is a dark blue circle with concentric white rings, resembling a target or a ripple in water.

HAMMERSPACE

Have you ever wondered how Tom can just pull a bat out of thin air to try to get Jerry with? Or where exactly Bugs Bunny keeps all his goodies that seem to just “appear.” Funny enough, there is a name for this magical place where things pop out from. This imaginary extradimensional storage area is called hammerspace.

Eau Claire Plaza Is Officially Open!

Thanks to everyone who came out to celebrate the grand opening with us. We're excited to see the space being used and enjoyed by our community. We can't wait to bring more events and activities to the plaza!

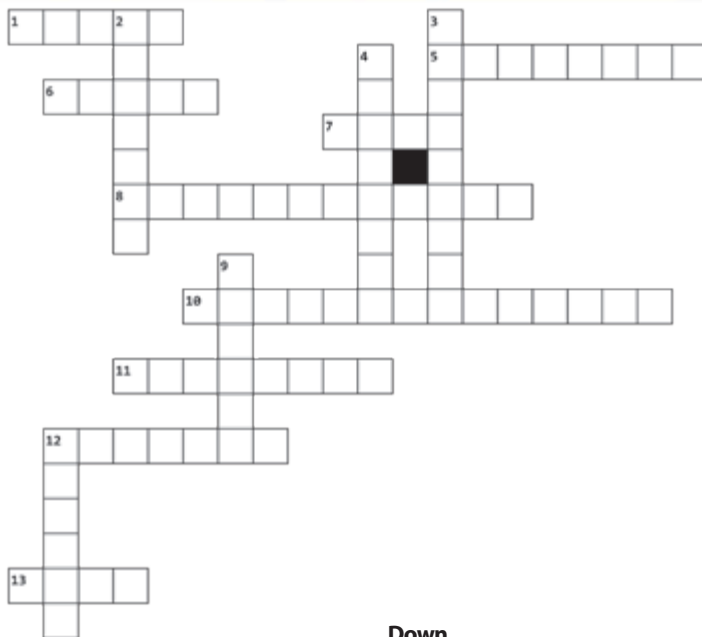
Want to stay in the loop on what events are happening in Eau Claire? Subscribe to our e-newsletter to get the latest.



Eau Claire Plaza Grand Opening!



August Crossword



Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris _____, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank _____.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, _____.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and _____.
12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International _____ Handers Day is observed annually on August 13.

Down

2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the _____ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



Development 101

At ECCA, we often speak with residents and write in *The Current* about development. So, it's worth pausing to define a few key terms and explain how the development process works.

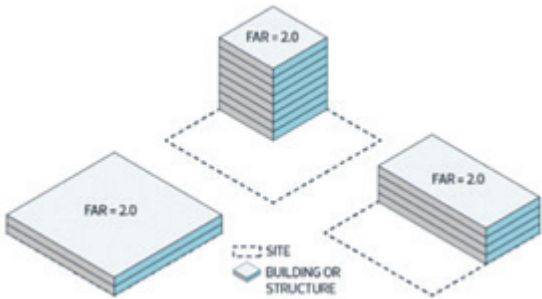
We frequently refer to the Floor Area Ratio (FAR) when we talk about density. This handy graphic helps illustrate what FAR really means. For example, an eight-storey tower that leaves $\frac{3}{4}$ of the lot for amenities like green space, and a two-storey podium that covers the entire lot, could both have a FAR of 2—but they're very different projects.

FAR is a measure of density. It's calculated by dividing the building's total floor area by the size of the lot.

The building blocks of the development process are:

1. Area Redevelopment Plan (ARP)

A tailored plan for a specific neighbourhood, developed in consultation with the City. While ARPs are living documents that may be updated over time, they're not meant to be changed at the whim



of individual developers. The ARP sets key elements like land use (residential, commercial, mixed-use) and FAR limits.

2. Land Use Amendment

These are zoning templates applied to parcels of land to guide future development. Even if two sites (like the former Market Lands and former YMCA site) are both designated as mixed-use, they might start with different base templates—like CR20 (Downtown Commercial/Residential) or CC-EMU (City Centre East Village Mixed Use). Templates vary depending on whether the focus is primarily residential or mixed-use.

3. Development Permit (DP)

This is where the actual design and build process begins. But by this stage, the ARP and Land Use decisions have already determined key factors like density and type of use. The DP puts those plans into action.

It's the Community Association's responsibility to look at the broader picture and work to ensure that, no matter what happens in terms of the market, changes in landowners, or changes in political priorities, the basic tone of the neighbourhood reflects the ARP.

Where do penguins go to vote?

The South Poll.

Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

Finding the Right Counselling Support in Your Calgary Community

by Rod Mitchell, MC, MSc, R. Psych.

Calgary winters can feel endless. Job markets shift. Relationships face stress. Life throws curveballs that leave even the strongest people feeling overwhelmed.

Seeking counselling support shows wisdom, not weakness. You're taking action to improve your mental health and well-being. Calgary offers many excellent counselling options, but each quadrant has different resources and accessibility factors.

The key is knowing where to look and what questions to ask. Finding the right therapeutic fit takes some research, but the effort pays off when you connect with someone who truly understands your needs and can help you move forward.

Know Your Neighbourhood Network

Start your search close to home. These community resources often know local mental health practitioners.

Immediate Resources:

- Family Doctor or Walk-In Clinic - Best starting point for professional referrals
- Community Associations - Many maintain lists of local therapists and host wellness workshops
- Calgary Public Library Branches - Staff provide mental health resource guides and information about local support groups

If You Have Children:

- School Counsellors - Excellent source for family-friendly therapist recommendations
- Recreation Centres - Staff know about local support groups and wellness programs

Cultural and Faith Communities:

- Religious Centres and Cultural Organizations - Often provide counselling or referrals to culturally sensitive practitioners. These resources understand your Calgary neighbourhood's unique needs and can point you toward practitioners who work well with people from your area.

Vetting Your Counselling Options

Ask these essential questions when contacting potential therapists.



Qualifications and Experience:

- What are their credentials? (Registered psychologist, clinical social worker, counselling therapist)
- Do they have experience with your specific concerns?
- What therapy approaches do they use?

Practical Considerations:

- How flexible is their scheduling?
- What are their fees and payment options?
- Do they offer sliding scale pricing?
- Can they provide virtual sessions during Calgary's harsh winters?
- What's their cancellation policy?

Treatment Approach:

- How do they typically work with clients facing your situation?
- What does a typical session look like?
- Do they involve family members or partners when appropriate?
- How do they handle confidentiality?

You don't need to understand every therapeutic technique, but you should feel comfortable with their general approach. Most therapists will answer these questions during a brief initial consultation.

Next Steps

Taking that first step toward counselling shows strength. Whether you're dealing with anxiety, relationship challenges, or life transitions, support exists in your Calgary community.

Your mental health matters, and the right support is available when you're ready to seek it.

Understanding Calgary 9-1-1 and Its Role in Emergency Response

What is Calgary 9-1-1?

Calgary 9-1-1 is the Public Safety Answering Point (PSAP) for Calgary and the surrounding area. It's the first point of contact for all 9-1-1 calls, staffed by highly trained Emergency Communications Officers (ECOs). These ECOs play a vital role in connecting people in crisis with the right emergency services.

The Roles of ECOs at Calgary 9-1-1

1. PSAP Call-Taking and Fire Call Evaluation

These ECOs answer all 9-1-1 calls, assess the situation, and triage emergencies. If the call is related to fire services, the same ECO will evaluate and dispatch the appropriate Fire Department resources.

2. Police Call Evaluation

If a call requires police services, it is transferred to a Police ECO. These ECOs also handle calls from the Calgary Police Service (CPS) non-emergency line at 403-266-1234.

How 9-1-1 Call Handling Works

- When a 9-1-1 call is received, the ECO determines which agency is needed.
- If it's a fire-related call, the call stays with the original ECO.
- If it's a police-related call within Calgary, it is transferred to a Police ECO.
- If it's a police-related call outside Calgary, it is transferred to the RCMP or another local police agency.

Importantly, 9-1-1 calls always take priority over non-emergency line calls.

Tools for Police Call Evaluation

Police ECOs use two main tools to assess calls for service:

- **Police Dispatch Criteria Cards:** Outline when police involvement is required.
- **Police Priority Dispatch System (PPDS):** Guides ECOs through a structured questioning process based on the nature of the incident.

Once a police-related call is entered into the system, it becomes visible to the police dispatchers.

The Role of Police Dispatchers

Police dispatchers operate separately from call-takers and have two primary responsibilities:

1. Situational Awareness:

- Monitoring and managing activity within their assigned district.
- Announcing calls, assigning units, and updating events.

2. Officer Safety:

- Managing unit timers, coordinating backups, initiating emergency responses, and conducting system checks.

Once the police acknowledge a call, the Calgary Police Service assumes full responsibility for managing the incident.

The Big Picture

Calgary 9-1-1 ECOs and Dispatchers work together as a seamless team. Their collaboration ensures timely, accurate, and effective emergency response for Calgary and the surrounding area, making a vital difference when seconds matter.



Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!



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DOUBLE EAGLE II

In August of 1978, the first successful balloon flight across the Atlantic took place. The balloon, named **Double Eagle II**, departed from Presque Island, Maine and landed in France. The gondola of this incredible balloon is on display at the Smithsonian Air & Space Annex in Chantilly, Virginia.

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