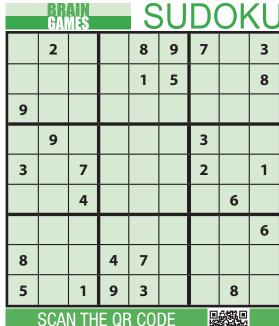


# EAU CLAIRE CURRENT







SCAN THE QR CODE FOR THE SOLUTION



# Tasty Art

What do "The Persistence of Memory" and the Chupa Chups logo have in common? Well, they were both created by surrealist Salvador Dalí! Asked by founder Enric Bernato improve the candy wrapper, Dalí sketched the now-iconic daisy-shaped logo in a café on a piece of newspaper.



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Crime
Statistics

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## THE EAU CLAIRE COMMUNITY ASSOCIATION (ECCA)

#### **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.





















Follow us for community updates!

eauclaireca.com

# 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.

# 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.

### **Call for Feedback**



We value hearing from you—it all helps us make

Eau Claire the best it can be.
While we listen to concerns, it's just as important to hear what you've enjoyed in our community, so we

can make more of it happen. Share your ideas at info@eauclaireca.com.

# Cats, Canines, & Critters of Calgary



Prairie Chickens, Calgary



Buster and Knuckles, Huntington Hills

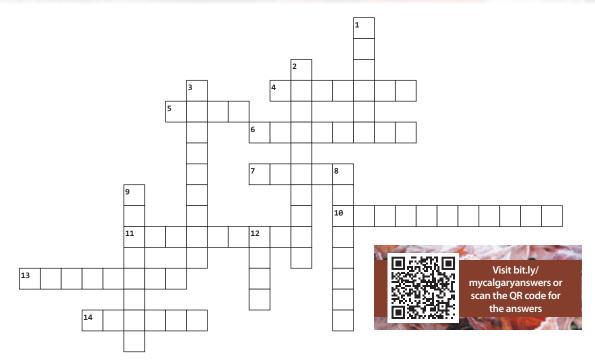


Shai and Star, Copperfield



Tobi and Cherokee, *Douglasdale*To have your pet featured, email news@mycalgary.com

# **November Crossword**



#### Across

- 4. In November 1896, the hydroelectric powerplant at \_\_\_\_\_\_Falls started operating.
- 5. "Novem" is the Latin word for what number?
- The sci-fi novel, \_\_\_\_\_\_ Park, by Michael Crichton was published in November 1990.
- 7. World \_\_\_\_\_\_ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
- 10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharoah.
- 11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
- 13. On November 30, 1982, Michael Jackson released his hit album "."
- 14. On November 27, 2013, this winter wonderland Disney animation was released.

#### Down

- 1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
- 2. Jacques Plante became the first NHL goalie to wear a protective face mask on November 1, 1959.
- 3. Canadian Music Hall of Fame inductee Gordon

  was born on November 17, 1938, in Orillia,
  Ontario.
- 8. Stars of the romantic film *The* \_\_\_\_\_\_, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
- On November 15, 2020, Lewis \_\_\_\_\_ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
- 12. One of the most complete early human ancestor skeletons (Australopithecus afarensis), nicknamed \_\_\_\_\_\_, was discovered in Ethiopia on November 24, 1974.

# **Strengthening Our Eau Claire Connection**

We love being part of the Eau Claire community, a vibrant hub that brings together neighbours, visitors, and businesses to enjoy everything our area has to offer. From lively summer events to quiet moments along the river, Eau Claire is a place where connection thrives.

As we look ahead to more exciting activities in Eau Claire Plaza, our goal is to keep our community connected and engaged with what's happening close to home. We're a small but dedicated team representing a large and diverse group of residents and local supporters. Your feedback helps shape what we do, from community programs to advocacy and events.

Do you wish there were a soccer field nearby? Free painting classes? Guided nature walks or indoor yoga? Maybe you'd like to see a pothole filled or a caution sign added in a busy spot. Your input helps put projects like these in motion and keep them running! Tell us what you love about Eau Claire, what you'd like to see improved, and what services or activities you wish were offered in the area. Connect with us on social media or send us a message through our website — your voice helps us make Eau Claire an even better place to live, work, and play.

#### Your Eau Claire Community Association Board



# Musical Birthdays

November is a special month for Canadian music legends as many celebrate their birthday! Among the legends are Joni Mitchell, Neil Young, Bryan Adams, Gordon Lightfoot, Denny Doherty, and k.d. lang.



### YOUR CITY OF CALGARY

# Improve Mental Health and Wellbeing with a Visit to the New Forest Bathing Trail at the Inglewood Bird Sanctuary

by the City of Calgary



Calgarians are invited to visit the city's first forest bathing trail, located at the Inglewood Bird Sanctuary.

Designed to support the well-being of Calgary's residents and visitors alike, the self-guided trail takes users on a sensory exploration of the sanctuary. While not literal bathing, forest bathing is a chance to "bathe" and be immersed in the forest surroundings.

The idea of forest bathing (or "shinrin-yoku" in Japanese), originated in Japan in the 1980s when there was a rise in anxiety and stress-related illnesses as people in Japan were increasingly living and working in urban centers. To support the health and well-being of people living in Japan, research was conducted to determine whether spending time in forested environments was beneficial. Studies have shown nature helps reduce stress, improve mood and sleep, boost creativity and immunity, lower blood pressure, and more.

The Forest Bathing Trail at Inglewood Bird Sanctuary consists of five stations along a one-kilometer loop. Each station features an "invitation" from a certified Forest Therapy Guide. While each invitation is unique, they all encourage reflection and offer ways for people to connect with the place using their five senses. Invitations change seasonally, with a new set of invitations offered starting November 1 (meaning anyone who has already completed the trail can come back now for a new and different experience).

For more information, visit calgary.ca/forestbathing.

#### **RESIDENT PERSPECTIVES**

# The Art of Finding Work: Myths Job Seekers Believe or Are Sold

by Nick Kossovan

Mythologies arose to explain natural phenomena. Many Greek and Roman gods—like Apollo (sun and light), Athena (war and wisdom), and Zeus (sky and justice)—represented various forces of nature. Eventually, mythology gave rise to organized religion, which developed more imaginative, almost human-like characters. While myths are, by definition, false or inaccurate, they remain as relevant today as they were to the ancients.

Myths aren't just stories. Ancient and modern cultures use them to explain the world and our experiences, answer timeless questions, and serve as a [moral] compass. Because myths aren't substantiated, they're not considered factually credible in the same way as documented history, scientific studies, and empirical evidence; however, they can have profound impacts on a person or community, often in negative ways, such as creating limiting beliefs that inhibit a person's thoughts, actions, and experiences.

Every day, I see job seekers cling to myths about job searching, often sold to them by self-professed career coaches peddling fear, false hope, and outright snake oil because it serves their self-interests to sell you their supposed magic bullet services.

The most common myths I encounter:

# Using LinkedIn's "Open to Work" Banner Makes You Look Desperate

I find the often-heated ongoing debate about whether someone should use LinkedIn's "Open to Work" banner feature childish and ridiculous. The banner is nothing more than a signal, no different than a bakery hanging a 'Help Wanted' sign in its window or standing on the side of a road with your thumb out because your car broke down and you now need a lift. You do you; let others do themselves. Your job search strategy is yours to design. Ultimately, your job search results will speak for themselves.

#### The ATS is Rejecting Your Application Because of Keywords

Excuses abound:

- "Recruiters aren't doing their jobs."
- "I'm getting ghosted by bots."

• "It's all about keywords."

Here's the harsh truth. Job searching is a competition. You're competing against many candidates just as qualified as you, many more so. As I've stated in previous columns, there's always someone younger, more skilled, qualified, and hungrier than you.

Most of the time, your resume is seen by a human being, but like most resumes, it's not compelling. Then there's the common scenario, where your resume presents you as a "rockstar," but your LinkedIn profile and/or digital footprint, which employers study to determine whether you are interview-worthy, raises red flags and is an employer turnoff. Give this possibly serious consideration.

**Resume Advice:** Most resumes and LinkedIn profiles are mere lists of opinions. Employers hire results, not opinions.

Numbers are the language of business; therefore, your resume and LinkedIn profile should be populated with numbers (revenue increase, savings created, time efficiency, amount of work done, scope of work) that clearly show employers the value you've brought to previous employers, which demonstrates what value you can bring to a new employer.

#### It's All Just Luck

"You just need to get lucky" translates to "I don't want to take ownership of my actions." Success in today's market isn't about luck; it's about strategy, clarity, positioning, and relentless repetition. How many job seekers can say they're focusing on, even mastering, these four action pillars?

There's a lot of truth for job seekers in the words of Canadian writer and humourist Stephen Leacock: "I am a great believer in luck, and I find the harder I work, the more I have of it."

#### **Employers Should Talk to All Applicants**

This myth stems from a sense of entitlement. Employers don't owe applicants—who've freely chosen to apply—anything. Yet, I hear: "If I could just talk to someone, they'd see how great I am," and "Employers should stop making us jump through hoops and just call people."

**Reality Check:** Employers receive hundreds, sometimes thousands, of applications per advertised job opening. Expecting every applicant to receive a call is unrealistic. If you didn't get a call, it's not because the system is broken; it's likely because your resume didn't align with



the role or, as I mentioned, wasn't compelling enough (read: didn't convey your value), or your LinkedIn profile/digital footprint is an employer turnoff.

#### Biases and "Isms" are Why I'm Not Getting Hired

This myth can be filed under the many "I'm a victim!" excuses job seekers have. Yes, biases exist. Every person on this planet carries a bucket of biases; it comes with the human condition. You and I have biases, so pointing out what you perceive as an employer's bias is hypocritical.

Biases aren't what's holding you back. I've seen countless candidates prove biases inaccurate by showing up prepared with a clear message and evidence of their value, and most importantly, without an "I'm a victim!" mindset. Do your actions support common biases, such as older people being less energetic or exhibiting health issues, or do they challenge them?

Today's job market is the new norm. Believing in the face of ongoing rapid advancements in AI and automation, the myth that we'll one day return to an employee-led market is believing a comforting lie. More than ever, job search success requires clearing your head of unsubstantiated myths.

### **GAMES & PUZZLES**

### **Guess the 2000s Movie!**

- 1. This parody pokes fun at films like *Scream, I Know What You Did Last Summer*, and *The Sixth Sense*.
- In this crime thriller, Guy Pearce plays Leonard who suffers from an untreatable form of memory loss that makes finding his wife's killer nearly impossible.
- 3. This legal drama involves Julia Roberts, a car accident, and a devastating legal cover-up.
- Two cheerleading squads duel it out and uncover some shady practices going on during the national championship.
- 5. Bruce Willis and Samuel L. Jackson star in this sci-fi thriller that takes "survival of the fittest" to a whole new mysterious realm.
- A handsome, young professional living in America lives two separate lives: one an urban businessman, the other a knife wielding killer.



QR CODE FOR THE ANSWERS



# Doggy Inspiration

Did you know that Chewbacca from Star Wars was inspired by George Lucas' dog! His loyal Alaskan Malamute, Indiana, not only shaped Chewie but also gave his name to another icon - Indiana Jones. Proof that man's best friend can also be Hollywood's best muse!



# **Stay Connected to Your Community!**

by Recovery Alberta - Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying "good morning" to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely "in" the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must "do it all." Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say "yes" to new experiences and opportunities—food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself—make "you" a priority. Filling your own cup gives you the energy to connect with others!

#### **SAFE AND SOUND**

# **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 when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

# 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; be prepared to pull over.
- 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.
- On one-way streets move to the nearest curb, either the right or left.
- 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., in order to safely pass other traffic.

#### When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane 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 road and 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.

# Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes
Cook Time: 25 minutes
Bake Time: 35 minutes

Servings: 4 Ingredients:

4 red and yellow bell peppers

• 1 lb. lean ground beef

• 2 tbsp. olive or canola oil

• 1 tsp. minced garlic

•  $\frac{1}{2}$  cup chopped yellow onion

• 1 tsp. minced ginger

• 2 bay leaves

• 1 cinnamon stick

 $\cdot$  ¼ tsp. ground cloves

• ½ tsp. salt

• 1/2 tsp. black pepper

• 2 cups cooked long grain rice

• 2 cups shredded mozzarella or cheddar cheese

#### **Directions:**

- 1. Preheat oven to 425 degrees Fahrenheit.
- 2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
- 3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.





- 3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
- 4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
- Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
- 6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
- Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!

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On November 12, 1966, Buzz Aldrin snapped the first space selfie! With the earth as his background, Aldrin took a photo of himself while performing extravehicular activity in space during the Gemini 12 mission. Truly out of this world!

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# Word of the Month

Magnanimous: Adjective (mag-nan-uh-muhs)

Generous and high-minded. Not petty or resentful.

She paid for both her and her friend in a magnanimous gesture.







# **EAU CLAIRE COMMUNITY REAL ESTATE ACTIVITY**

#### **Properties Median Price Listed Sold** Listed Sold September 25 13 4 \$469.950 \$457.500 **August** 25 8 3 \$598,800 \$598,800 25 July 6 7 \$449.900 \$420,000 June 25 12 \$712,450 \$700,750 25 8 3 \$399,000 May \$387,500 April 25 13 \$955.000 \$945,000 March 25 11 \$259,900 \$257,000 **February** 25 10 \$1,297,500 \$1,264,500 January 25 13 6 \$956,500 \$941,500 December 24 7 \$260,000 \$240,000 November 24 10 5 \$848,900 \$810,000 **October** 24 12 12 \$451,900 \$445,000

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

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