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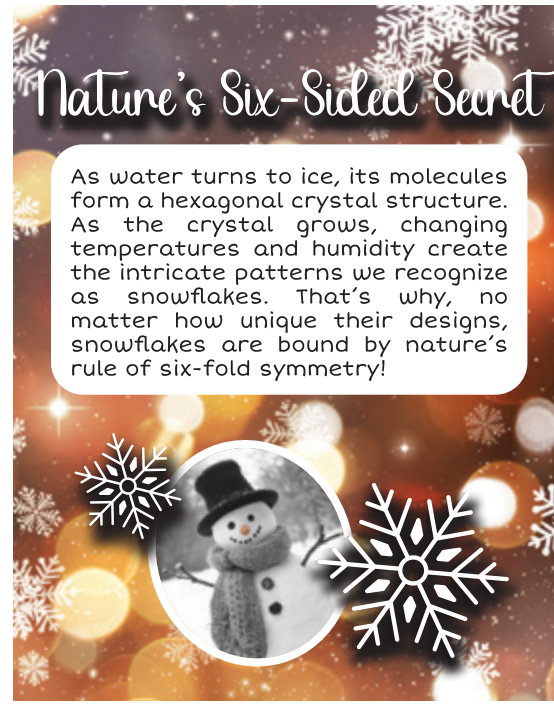



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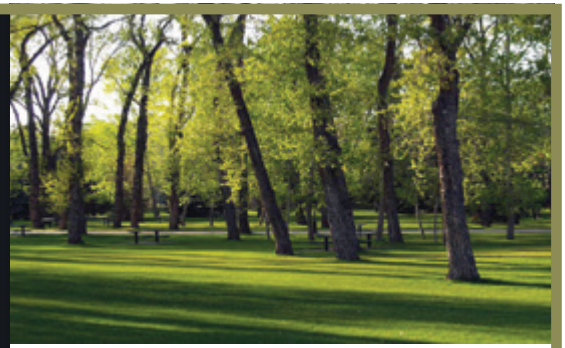

EAU CLAIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	26	5	8	$424,450	$412,250
September	26	10	8	$449,500	$442,500
August	26	9	4	$1,122,500	$1,075,000
July	26	14	8	$444,900	$428,000
June	26	20	6	$612,450	$546,250
May	26	12	2	$340,900	$327,500
April	26	10	5	$1,100,000	$975,000
March	26	14	7	$424,900	$412,500
February	26	12	8	$885,000	$797,450
January	26	7	5	$479,000	$466,000
December	25	10	5	$375,000	$355,000
November	25	13	4	$469,950	$457,500

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

Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically $10-$500.
- Bail can't be paid using gift cards.

"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.

If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.

Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY POLICE SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at 403-266-1234

To report a scam in general, contact the Canadian Anti-Fraud Centre at 1-888-495-8501

CONTENTS

7 A FRESH NEW LOOK FOR 8 STREET IN EAU CLAIRE

9 CHINOOK BLAST IS COMING BACK!

11 LOOKING BACK ON 2026 IN EAU CLAIRE

12 MENTAL HEALTH MOMENT: WHY DO THE HOLIDAYS BRING UP SO MUCH EMOTION?

15 BUSINESS CLASSIFIEDS









SCAN HERE TO VIEW ADDITIONAL EAU CLAIRE CONTENT

News, Events, & More

Crime Statistics

Real Estate Statistics



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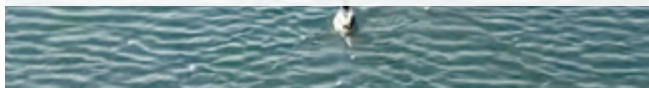

THE EAU CLAIRE COMMUNITY ASSOCIATION (ECCA)

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.



Contact us at info@EauClaireCA.com

CITY COUNCIL MEETINGS

Eau Claire Community Association

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.

A Fresh New Look for 8 Street in Eau Claire

Have you taken a walk along 8 Street lately? The Eau Claire portion of the revitalization project is looking great, with new trees, landscaping, and brickwork now in place.

The improvements are bringing a refreshed look to this important neighbourhood connection, creating a more welcoming space for residents and visitors.

If you haven't had a chance to see the changes yet, take a stroll down 8 Street and check out the transformation!



The Nutcracker





In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.

What's Behind Your Financial Decisions?

by Mark Letchumanan, CFA, CFP, ACC, CKA



I used to manage a financial literacy program that delivered workshops and coaching to more than 9,000 low-income households across British Columbia. Our participants included single parents, people in addiction recovery, and individuals experiencing homelessness. We taught practical skills: budgeting, saving, building credit, and basic investing. Participants were enthusiastic and motivated to make better financial decisions, but very few maintained lasting behavioural change.

Although disheartening for me, our results were unfortunately not unique. More than 200 studies confirm that financial education alone rarely changes long-term financial habits.

Now as a wealth advisor, I've seen that pattern continue even with educated, wealthy, and successful individuals—none of us are immune from making poor financial choices. Brilliance doesn't directly translate to a sound financial life.

Consider the multi-millionaire who still clips coupons, obsessively checks investment accounts, and panics during minor market downturns—despite having more wealth than they could ever spend. Or the entrepreneur who negotiates every contract detail to maximize profits yet buys luxury items they don't need or lets personal home renovations spiral out of control. Or the highly disciplined professional who continually rescues family members and adult children financially, even when it jeopardizes their own goals. In each of these cases, money doesn't act as a tool, it serves an emotional need.

In *It's Not About the Money*, author Brent Kessel argues that our financial behaviours are often driven by deeper emotional motives. He describes three financial personalities that illustrate this particularly well: the saver, the star, and the caretaker.

- **The Saver:** Disciplined on the surface but often operating out of a place of anxiety and fear of lack. Their internal script can sound like "something bad could happen and we'll lose everything," or "I just need a little bit more to feel safe." Their challenge isn't to practice responsibility and control, but to face the fear behind it.
- **The Star:** Longs to be seen, and therefore uses purchasing power to buy visibility, self-worth, and respect. Their inner dialogue may be, "if I look successful, people will value me," or "I need to project confidence before I can feel it." Their issue isn't the spending itself, but the need for approval that fuels it.
- **The Caretaker:** Generous, compassionate, and eager to help, yet their giving can cross healthy boundaries. They may be driven by a need to feel needed or beliefs like, "if I don't help, no one will," or "my worth comes from what I give."

Our relationship with money is as unique as we are. Different financial personalities often reveal our distinct wounds, fears, and beliefs running beneath the surface. True financial stability is rarely a matter of learning more financial rules, but about increasing self-awareness.

Before making your next financial decision, try journalling about your motivations first. Often, we make decisions so quickly, we don't have enough time to process the network of thoughts and feelings that went into them. Getting your thoughts down on paper first acts as a filter, helping you distinguish between facts and emotion. Similarly, talking to a trusted advisor, coach, counsellor, recovery group, or community can help us learn to recognize the thoughts and emotions driving our financial decisions before we act on them. That awareness creates an invaluable pause between impulse and action—giving us space to choose what aligns with our values rather than our fears. Lasting financial change doesn't come just from knowing more about money, but from knowing more about ourselves.

Dos Leches Winter Event Coming December 12!

Mark your calendars! Dos Leches is planning a winter event for Saturday, December 12, and we're looking forward to bringing neighbours together for some seasonal fun and dancing.

Details are still being finalized, and the event will depend on the weather. Stay tuned to ECCA's social media channels for more information as the date approaches!

Chinook Blast Is Coming Back!



Calgary's winter festival, Chinook Blast, returns January 29 to February 15, 2027! Get ready for a celebration of art, music, entertainment, and outdoor winter fun.

The festival brings Calgarians together to embrace the colder months with colourful installations, performances, and activities for all ages. With Eau Claire once again part of the winter festivities, there's plenty to look forward to close to home.

Visit chinookblast.ca for festival details and announcements as the event approaches.

Don't Miss the Calgary Winter Market!

There's still time to enjoy the Calgary Winter Market at Eau Claire Plaza! Running until December 24, the European-inspired market features festive shopping, seasonal treats, live entertainment, and holiday activities for the whole family.

Browse more than 40 vendor chalets for unique gifts, enjoy delicious food and warm drinks, and soak up the festive atmosphere right in our neighbourhood.

Admission is free before 5:00 pm daily, all day Sundays, December 24, and for visitors under 18 or aged 65 and older. Evening admission is $10.

The market is open Thursday through Sunday until December 13, then daily from December 15 to 24. Please note that dogs are not permitted, except service dogs.

For tickets, hours, and more information, visit calgarywintermarket.ca.

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Gather Around a Fire Pit This Winter



Looking for a cozy way to enjoy Calgary's winter weather? The City of Calgary offers free, bookable fire pits in parks across the city, perfect for gathering with friends, roasting marshmallows, or enjoying a hot chocolate outdoors.

Fire pits can be reserved daily for two-hour time slots, and drop-in use is welcome when they're available. Just bring your own firewood, supplies, and something warm to drink!

To find participating parks and reserve a fire pit, visit calgary.ca/events/winter-city/community-fire-pits.html.

Help Keep Our Alleyways Safe

We've received concerns from residents about drivers using Eau Claire's alleyways as shortcuts, particularly between 2 and 3 Avenues. Some vehicles are travelling at unsafe speeds, creating safety concerns for pedestrians and residents.

If you notice vehicles speeding or using alleyways as through roads, please report the issue to 3-1-1.

Reporting these concerns is one of the most effective ways to bring them to the City's attention. ECCA can advocate for safer streets, but documented complaints through 3-1-1 are essential to help demonstrate the extent of the problem and support requests for action.

You can submit a report by calling 3-1-1 or visiting calgary.ca/311.



It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary
In foothills west a silent night
The constellations fill the sky
Forever sharing starry light

The whitetail deer in Nose Hill Park
Prancing over city's glow
Sweet homes of dancing candlelight
Gentle as the falling snow

And high on top of every tree
The stars and angels overlook
For bleak and icy winter hearts
The melting grace of warm chinook

It's Christmastime in Calgary
Though heights of mountains cold in snow
Our gifts stay warm beneath the trees
Wrapped with love by River Bow

Looking Back on 2026 in Eau Claire



As 2026 comes to a close, we're reflecting on another year of bringing neighbours together and helping make Eau Claire a great place to live.

This year, ECCA hosted a variety of community activities, including Karaoke in the Park, Painting in the Park, guided nature walks, Lobbyfest gatherings, and dancing in Peace Park with Dos Leches. These events gave residents opportunities to meet their neighbours, explore our beautiful outdoor spaces, and enjoy everything our community has to offer.

Behind the scenes, our volunteer board continued working with the City of Calgary and community partners to share residents' concerns, advocate for neighbourhood improvements, and keep our community informed about local developments. We also helped brighten up the neighbourhood with new lighting along 7 Street!

A big thank you to everyone who attended an event, shared feedback, volunteered, or supported ECCA throughout the year. Your involvement helps make Eau Claire the vibrant, welcoming neighbourhood we all enjoy.

What Would You Like To See in Eau Claire in 2027? We're always looking for new ideas for community events, activities, and neighbourhood improvements. We'd love to hear your suggestions! Contact us on social media @eau.claire.yyc or via our website.

From all of us at ECCA, we wish you a wonderful holiday season and a happy New Year!

Event Noise Bothering You?

We occasionally receive messages about noise from festivals and events happening in the neighbourhood. We completely understand that what feels like a fun event to one person can be disruptive to someone living nearby.

For permitted events, organizers are required to follow the conditions of their City permits, including specific noise limits and event end times. If those conditions aren't followed, organizers may face enforcement or fines.

If you're experiencing excessive event noise, the best thing to do is report it directly to 3-1-1. The City tracks these complaints, which helps create a record of concerns related to a particular event or location.

ECCA does not have the authority to enforce noise limits, issue fines, or shut down an event, so sending a complaint to us unfortunately doesn't get it to the people who can take action.

- Call 3-1-1
- Submit a request through Calgary 3-1-1
- Use the Calgary 3-1-1 app

You're always welcome to keep ECCA in the loop, but please make sure your concern is reported to 3-1-1 so it is officially recorded.



Why Do the Holidays Bring Up So Much Emotion?

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



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the

holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.

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9 PM ROUTINE

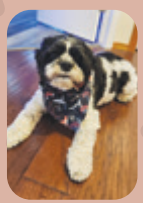
CALGARY POLICE SERVICE

☑ CHECKLIST

- 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

Cats, Canines, & Critters of Calgary


Jasmine, *Mount Pleasant*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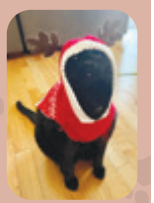
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