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		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	25	14	6	\$1,169,950	\$1,169,450
October	25	13	5	\$375,000	\$355,000
September	25	10	4	\$469,950	\$457,500
August	25	8	3	\$598,800	\$598,800
July	25	6	7	\$449,900	\$420,000
June	25	11	6	\$712,450	\$700,750
May	25	8	3	\$399,000	\$387,500
April	25	13	9	\$955,000	\$945,000
March	25	11	9	\$259,900	\$257,000
February	25	10	4	\$1,297,500	\$1,264,500
January	25	13	6	\$956,500	\$941,500
December	24	4	7	\$260,000	\$240,000

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**

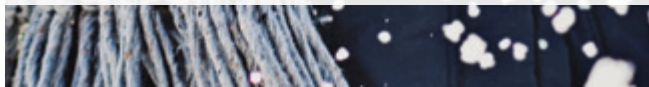


**Real Estate
Statistics**



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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

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.

Help Shape Eau Claire's 2026 Community Programming

What programs and activities would you like to see in Eau Claire next year? We want to hear from you. As we begin planning for 2026, the Eau Claire Community Association (ECCA) is asking residents to share their input through our Community Programming Survey.

Every year we receive dedicated community funding, and your feedback plays an important role in deciding how those dollars are allocated. This survey will help us understand which low-cost or free programs and events matter most to residents. Whether you enjoy outdoor activities, educational workshops, arts and culture, fitness classes, social groups, or something entirely new, we want to hear about it.

The survey takes only a few minutes to complete, and your voice will directly influence what gets planned for 2026.



Scan the QR code or visit tinyurl.com/EauClaireSurvey2026 to complete the survey and share your ideas.

Just a Quick Zip



The shortest commercial flight in the world is from Westray to Papa Westray. Flights on this route are between one to one-and-a-half minutes long. The record fastest flight on this route was 53 seconds long. Can you imagine?!

Asian-Style Chicken Noodle Soup

by Jennifer Puri



A comfort food ideal for cold weather, variations of chicken soup can be found in cuisines around the world.

Chicken soup is typically made with chicken broth and can include pasta, noodles, rice, dumplings, barley, leeks, celery, onions, carrots, matzo balls, and potatoes.

In some cultures, chicken soup is believed to have healing properties and is served to the sick and the elderly. Chicken soup is filled with protein and vitamins which can help boost immunity.

Prep Time: 20 minutes

Cook Time: 25 minutes

Servings: 3 to 4

Ingredients:

- 1 lb boneless, skinless chicken breasts, cubed
- 2 green onions, finely sliced
- 3 heads of bok choy, quartered
- ½ red bell pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 tsp. crushed garlic
- 2 tsp. crushed ginger
- 2 tsp. sodium reduced soya sauce
- 1 tbsp. olive oil
- 2 tbsp. rice vinegar

- 1 tsp. red chili flakes
- 6 cups sodium reduced chicken broth
- 1 cup water
- 4 oz. vermicelli noodles broken into thirds

Directions

1. Heat the olive oil in a large pot, add the green onion and sauté for a couple of minutes.
2. Next add ginger, garlic, and chicken cubes and stir until chicken is no longer pink, about 2 to 3 minutes.
3. Add carrots, bok choy, and red bell pepper, and sauté for a couple of minutes.
4. Lastly add soya sauce, fish sauce, red chili flakes, stock, and a cup of water, and bring to a boil. Reduce heat and simmer for about 12 minutes or until chicken is tender. Add the broken noodles to the pan and simmer until the noodles soften, approximately two minutes.
5. Serve soup with green onion cake if desired.

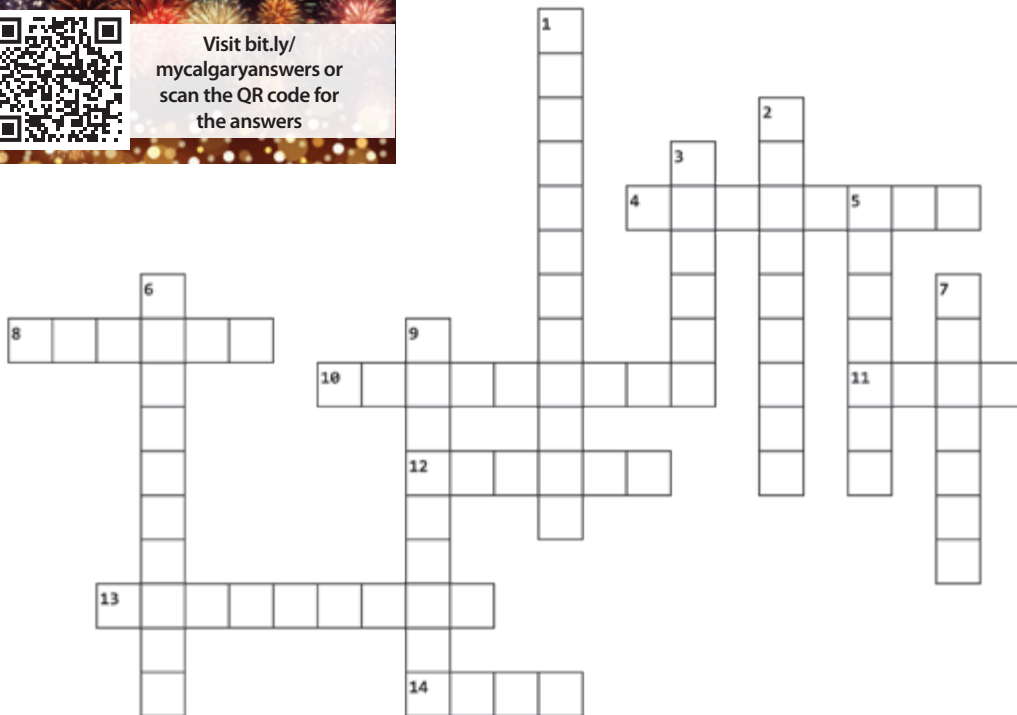
Bon Appétit!



January Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.

The Art of Finding Work: What if I Told You Ageism Doesn't Exist?

by Nick Kossovan



When you read the title of this column, where did your focus and mental energy immediately go?

What if, when job searching, instead of obsessing about all the things you can't control—biases, economic factors, the job market, employer's hiring process—you focused on what you can control, such as creating and maintaining a professional network, tailoring your resume and cover letter for each application, managing your digital footprint, and cultivating a positive mindset. Wouldn't this be a more effective approach to your job search?

Every job seeker I encounter seems fixated on what they can't control. LinkedIn has become an echo chamber of pity, dominated by posts vilifying employers, giving unsolicited advice to employers who'll never read it, and venting about ageism, being overqualified, or ghosting. Participating in these discussions doesn't reflect well on you when employers check your profile to evaluate whether you're interview-worthy.

You're likely familiar with the quote attributed to theologian Reinhold Niebuhr: "Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." This emphasizes the importance of accepting situations you can't change and directing your energy towards what you can influence.

As a job seeker, you can't control:

Someone's Biases: Do yourself a favour; stop trying to control the beliefs and behaviours of other people. Whether it's age, ethnicity, or any other characteristic, you can't change how someone perceives (read: interprets) you. Biases are a fact of life, and dwelling on them only drains energy.

Speaking of biases: Why do people fail to recognize their own biases but see them in others?

The Economy and the Job Market: Yes, economic downturns, market fluctuations, industry trends, government policies, and global events contribute to the job market landscape, but you have no influence over them. My advice is to say to yourself, "It is what it is," and turn your attention elsewhere.

The Hiring Process: Employers own their hiring process. You can't control how an employer structures their hiring process, accesses candidates, or how long they take to make a decision. Since no two employers hire the same way, job searching is unpredictable, leading to frustration if you let it dominate your mindset.

I often see the unpredictability of hiring; what one employer views as a positive might be seen as a negative by another. For example, hiring manager A might determine, based on the level of your previous job and/or your age, that you're overqualified and, therefore, will soon become bored and leave. Conversely, hiring manager B might perceive you as a potential role model for younger employees, in addition to bringing a wealth of knowledge and experience.

Subjective perception, the basis for creating bias, plays a crucial role in hiring decisions.

Company Culture: You're either a fit or you're not. Trying to contort yourself in hopes of appearing to be someone who'll "fit in" is pointless. If you get the job but can't be yourself, you won't be happy. Hiring managers know their company's culture much better than you, especially its nuances; hence, trust them if they determine you won't be a good fit.

Fire Pits Now Open Around Eau Claire

Past Experiences: What's done is done. If there's anything to learn from a mistake, do so and move on. Dwelling in the past only creates unnecessary anxiety.

As a job seeker, you can control:

Creating and Maintaining a Professional Network: Your professional network is your lifeline in terms of job search and career advancement; thus, it's the most influential factor in your job search. Given that the correlation between networking and job search success is common knowledge, you undoubtedly know the primary benefit of networking is access to unadvertised opportunities.

I highly recommend reading *Never Eat Alone* by Keith Ferrazzi.

Tailoring Your Resume and Cover Letter: Each job application should feel personalized, highlighting your skills and experiences that directly relate to the position you're pursuing. "I applied to over 700 jobs in three months" isn't a flex. As far as job searching is concerned, submitting two quality applications daily is significantly better than the 'spray and pray' method that most job seekers resort to.

Your Digital Footprint: Be mindful of your online presence. Your social media activity reflects your professionalism. A messy digital footprint is a red flag to employers, just as not having one makes you appear out of touch.

Practicing Interview Skills: The best hack I know for honing your interview skills is to have more conversations with family, friends, acquaintances, and strangers and ask more open-ended questions ("How did you spend this past weekend?" "What made you decide to become an accountant?" "What's your go-to restaurant?"). The more comfortable you become having conversations, the better you'll perform in interviews, which are essentially a conversation.

Maintaining a Positive Mindset: Your attitude impacts your job search. Control your mindset by practicing mindfulness and gratitude. Focus on what you can achieve, not on what you believe is holding you back.

Another book recommendation: *Rewire Your Mindset: Own Your Thinking, Control Your Actions, Change Your Life!* by Brian Keane.

As in life, what you focus on determines where your energy goes; therefore, choose your focus wisely.

Cozy winter days are here, and the public fire pits throughout Eau Claire are ready to enjoy.

Schedule:

- Red dot fire pits: Lit daily from Friday, November 14, 12:00 to 7:00 pm
- Yellow dot fire pits: Opening in early December as the weather cools and skating begins, lit daily from 9:00 am to 9:00 pm

Whether you are warming up after a walk, enjoying the skating rink, or stopping by on your way through downtown, the fire pits offer a welcoming spot to gather and relax outdoors this season.



BRAIN
GAMES

SUDOKU

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9			8				2	
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8	2	5		4		1	3	6
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							5	4
	3	7					1	2

SCAN THE QR CODE
FOR THE SOLUTION

Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

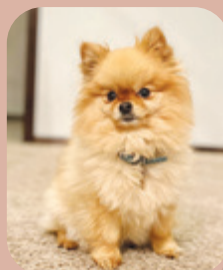
9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

Cats, Canines, & Critters of Calgary



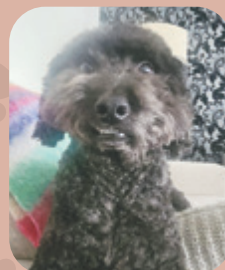
Betty White, Cranston



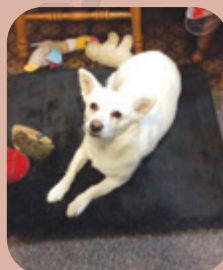
Dazi, North Glenmore Park



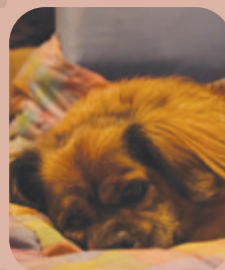
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Leo, Nolan Hill



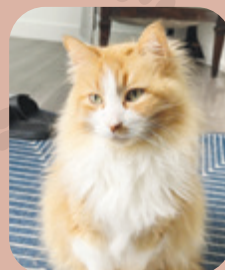
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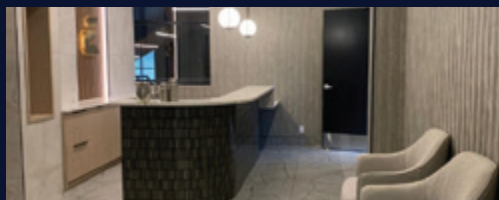
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Safety In Our City

The national statistics are an awful indication of how Canadians have been affected – particularly since the pandemic – by the increase in homelessness and crime in our streets. The epicentre for this activity drifts towards downtown.

A number of neighbourhood associations have raised this issue with me over the past few months. The increase in people living in the streets, and the increase in property damage has been especially troubling in Calgary.

Property damage is not a victimless crime. It has real effects on all of us – from the shared increase in insurance costs, to the affected condominium board fee increases, to the increase in the cost of goods at our local vendors – we are all at least indirectly affected.

Thus far, the response of a report line has served inadequately. Compared to most other cities, Calgary's central communities are wonderful examples of living spaces. Yet the scourge of property damage is affecting us all.

It's time we got ahead of this growing problem. It's an issue that spans three levels of government, and my elected colleagues at each level need to come together and move toward solutions. Federally, this means more robust laws against property damage, along with a judicial system that aids our peace officers in their efforts.

I will be coordinating with other levels of government to find ways to reduce the increasing incidence of these events. Stay tuned.



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