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A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



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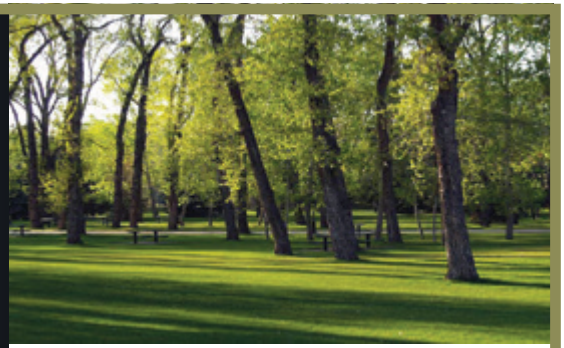
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EAU CLAIRE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
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
October 25	9	3	$598,800	$598,800

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

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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.



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.

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

Coming Soon: Calgary Winter Market at Eau Claire Plaza

Eau Claire Plaza is getting into the holiday spirit this year with the Calgary Winter Market, a new European-inspired holiday market beginning November 19.

The market will feature specialty food and drinks, local and imported gifts, entertainment, and family activities right in the heart of Eau Claire. The market will run Thursday through Sunday from November 19 to December 13, before opening daily from December 15 through Christmas Eve. It's another major event coming to the newly redesigned Eau Claire Plaza and a good reason to stay close to home for some holiday shopping and festivities.

More details and vendor announcements are expected as opening day gets closer.



Sunnyside Flood Barrier Work Continues

Work on the Sunnyside Flood Barrier is nearing completion across the Bow River from Eau Claire. The flood barrier itself is now operational, with remaining work focused on landscaping, pathway upgrades, road restoration, and finishing touches along Memorial Drive.

Residents walking or cycling between Eau Claire, Prince's Island Park, and Sunnyside may continue to encounter temporary pathway changes while this work is completed. The City currently expects some roadway and pathway work in the area to continue through the end of October.

The Sunnyside project is part of Calgary's broader flood mitigation work along the Bow River, complementing the flood protection already completed on the Eau Claire side of the river.



November Crossword



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

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

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SCAN ME

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.





November Flowers

by Garth Paul Ukrainetz

Poet of the Blackmud Creek

November flowers will never grow
Upon a field of fallen snow
O thoughtful heart, your garden best
Remembrance fertile fills the chest

In silence, sacred waters flow
Our hearts, like sunshine, warmly glow
For rain and sun make flowers thrive
Keep freedom, valor's hope, alive

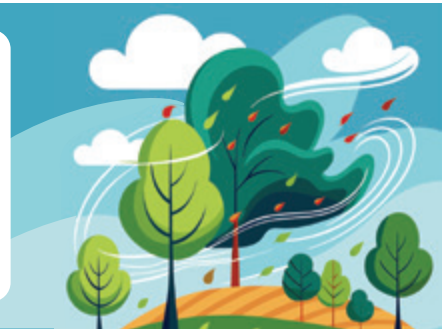
In honour, gratitude, and pride
Deep poppy roots take hold inside
Lest we forget their row on row
November flowers will never grow

Word of the Month

Psithurism: Noun (sith-yuh-riz-uhm)

The soft, whispering sound of the wind moving through trees and leaves.

"A faint psithurism at the edge of the woods could be heard as the evening air began to cool".



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 Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- 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, and stop.
- 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 (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's 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 $390.00 and three demerit points.
- Do not follow within 150meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.

Double Baked Sweet Potato Casserole

by S. Law



As fall approaches, I find myself spending more and more time in the kitchen. As such, there are always a few new recipes I end up trying before winter hits. The most recent would be this recipe for a double baked sweet potato casserole requested to me by a friend. Full of warm spices and the perfect balance between sweet and savoury, this dish is sure to be a crowd pleaser at your next family gathering.

Ingredients

- 5 to 7 medium sweet potatoes
- 1/4 cup butter, cut into small cubes
- 1 egg
- 1/2 tbsp cinnamon
- ½ tbsp nutmeg
- 3 tbsps maple syrup
- ½ tbsp ground cloves
- ½ tbsp ground ginger
- Salt to taste
- 2 cups mini marshmallows (optional)

Directions

1. Begin by peeling and roughly chopping your sweet potatoes. Boil them in a large pot until they are soft enough to mash.
2. Drain the chunks and add them into a glass casserole dish with your butter and egg.
3. Mash the chucks while evenly incorporating the other ingredients. You want everything to be mixed in with no large clumps.
4. Add all your spices and incorporate fully.
5. Put the dish in a 450° F oven and cook for about 35 minutes, or until the top begins to brown slightly.
6. In the last 15 minutes, if you would like to cover the top in mini marshmallows, and place the entire thing back in the over, it does add a little extra sweetness, but it isn't required.
7. Once it's cooked, serve warm and enjoy with family and friends.

From Canvas to Camouflage: Art in the First World War

by Kristina Quapp

Vorticism was a radical but short-lived avant-garde art movement of the early 20th century that embraced the dynamism of the machine age. Vorticism featured hard edges, geometric shapes, bold lines, and harsh colours that teetered towards abstraction. Inspired by Cubism and Futurism, Vorticism combined the static geometric structure of Cubism with the dynamism of the futurist movement.



Edward Wadsworth, Vorticist Study, 1914. Public domain. Courtesy of Wikimedia Commons.

Emerging around 1914, Vorticism was quickly interrupted by the outbreak of the First World War. Many artists involved in the movement enlisted, and the horrors of mechanized warfare shattered the romanticized view of industrial machinery and the machine age. Canadian-born artist Wyndham Lewis, often considered to be the founder of Vorticism, enlisted in March 1916. While Vorticism was being interrupted by war, its bold geometric aesthetic would soon find an unexpected parallel in a very different setting: naval camouflage. In 1917, British artist and Royal Naval Volunteer Reserve officer Norman Wilkinson began developing a radically different approach to camouflaging ships. While serving the Royal Naval Volunteer Reserve in 1917, Wilkinson took note that German U-boat torpedo attacks were doing significant damage to British forces, sinking roughly eight ships per day. Wilkinson concluded that if painting ships to try and hide them wasn't working, the goal should be to make them harder to target through a German U-boat's periscope. To successfully hit a moving ship, a U-boat commander could not simply aim directly at it; they had to calculate the lead angle and fire where the ship eventually would be by the time the torpedo arrived. The calculations of a ship's speed, range, size, and course needed to be precise; Norman Wilkinson calculated that throwing a U-boat gunner's calculations off by just 10 degrees was often enough to cause a torpedo to completely miss the vessel. Dazzle camouflage, also known as "Razzle Dazzle" distorted the ship's silhouette, confusing the enemy as to whether the ship was moving fast or slow, and which direction it was sailing. The intention was to cause U-boat crews to miscalculate, causing a torpedo to miss, graze the vessel, or strike a less critical area.

Vorticist artist Edward Wadsworth served in the Royal Naval Volunteer Reserve, supervising the application of dazzle camouflage to ships. After the war, he and other artists returned to the canvas, capturing the striking vessels and preserving their place in wartime history.



Edward Wadsworth, Dazzle-ships in Drydock at Liverpool, 1919. National Gallery of Canada. Public domain.

Vorticism celebrated the energy and machinery of the modern world, only to be interrupted by a war defined by those same forces. Through artists like Wadsworth and Lismer, art became a way to document what followed and preserve pieces of the First World War experience. This Remembrance Day works like these remind us that remembrance takes many forms. Through stories, photographs, monuments, and art, the experiences of those who served and sacrificed continue to be shared and remembered. Lest we forget.

Create More Memories and Less Waste this Holiday Season



The best holiday memories aren't found under the tree. They're made with the people we spend time with.

During the holidays, Calgarians generate about 25% more waste from wrapping paper, packaging, and leftover food. As you get ready for the season, here are a few simple ways to create more memories and less waste:

- Gift experiences instead of things, like tickets, memberships or a day out together.
- Make a gift with a personal touch, such as homemade cookies, a photo book or a handmade gift.
- Shop locally to reduce shipping materials and packaging waste.
- Borrow, swap or share decorations with neighbours, friends or family.
- Reuse gift bags and bows or wrap gifts with fabric.
- Stick to a grocery list, use leftovers or send extras home with guests.

For more holiday waste reduction tips, visit calgary.ca/our-city/articles/calgary-conversations-podcast-015-howland-wark.html.

Convert Your Unregistered Basement Suite by December 31 and Save

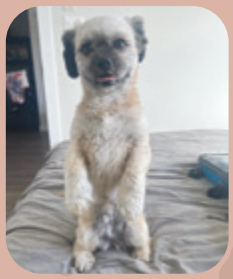


When The City of Calgary started its Secondary Suite Registry in 2015, just 430 homes dotted the map. November 2026 11 years later, more than 26,000 suites are registered. It's a success story made possible by Calgarians who stepped up to provide renters with a suite that is legal and safe.

For homeowners who have yet to register their suite, time is running out on a program that allows them to convert their suite and save money. The City of Calgary's Secondary Suite Amnesty Program ends December 31, 2026. Homeowners who take advantage of the Amnesty Program before that date will avoid development permit charges and registration fees. Owners of a suite constructed prior to March 2018 must ensure their existing suites meet the minimum life safety requirements. This includes providing a safe exit from all bedrooms, smoke and carbon monoxide alarms, a safe exit from the basement to outside, and drywall barriers between suites and in the mechanical room.

Details about registering an existing suite and the Amnesty Program can be found on calgary.ca/suites. Renters searching for a safe, legal suite can look for The City's official Registered Secondary Suite sticker in the window and visit the online map that lists all registered suites.

Cats, Canines, & Critters of Calgary



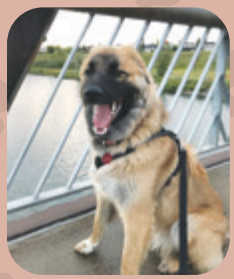
Bean, *Seton*



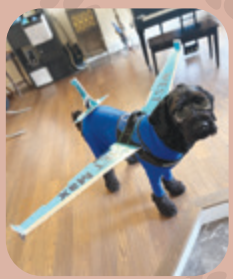
Coco, *New Brighton*



Ember, *Seton*



Kato, *McKenzie Lake*



Max, *Signal Hill*



Teasha, *Huntington Hills*



Whiskers, *Oakridge*



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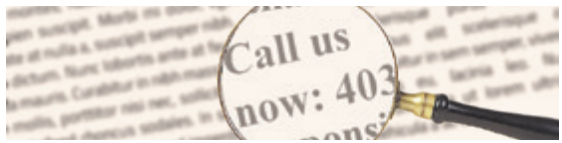
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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