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		Listed	Sold	Listed	Sold
October	23	8	11	\$499,000	\$480,000
September	23	15	7	\$655,000	\$614,869
August	23	16	6	\$959,500	\$872,000
July	23	11	7	\$989,900	\$975,000
June	23	15	7	\$689,900	\$680,000
May	23	10	9	\$439,900	\$429,000
April	23	8	6	\$682,000	\$660,000
March	23	6	6	\$644,350	\$634,400
February	23	12	2	\$1,274,900	\$1,232,500
January	23	8	2	\$1,307,500	\$1,252,750
December	22	3	4	\$577,450	\$550,750
November	22	3	12	\$388,800	\$373,000

To view more detailed information that comprise the above
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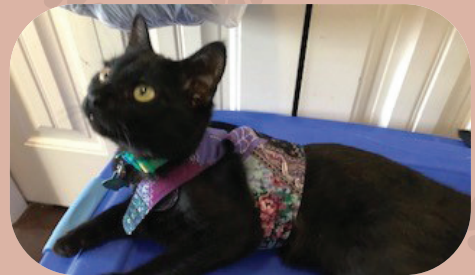
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★ HAPPY ★

Holidays

★ ★

★ ★

★ ★

from your ECLA Board



Your Photos on the Cover?

We'd love to see some community photos in The Current and even on the cover. Please submit them to info@EauClaireCA.com with the subject line "Photos."

- All photos must be taken in Eau Claire; if at an event or festival please identify.
- No pictures of kids unless accompanied by a parental release.
- If your photo is chosen for publication you will get a photo credit in the issue.
- Photos must be 1MB in size and 300 DPI for print quality.

BRAIN GAMES SUDOKU

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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.

Connect with ECCA



www.eauclaireca.com



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Contact us at info@EauClaireCA.com

Why Breast Cancer Screening Matters – and How to Get Screened

by Alberta Health Services



Breast cancer is the most common type of cancer among women. In fact, one out of every seven women will be diagnosed with breast cancer sometime in their life. Every day, one Albertan will die from this disease.

We encourage women, transgender, non-binary, and gender diverse individuals who are at risk of breast cancer to get screened. Breast cancer screening can find abnormal changes in your breasts before you have symptoms like a lump. Getting screened regularly can save your life.

Finding breast cancer early means treatments may work better, which improves the chances of survival. A screening mammogram takes an x-ray image of your breast to find early signs of cancer that you and your healthcare provider may not be able to feel or see yet.

When should I start having a screening mammogram for breast cancer?

In 2022, Alberta lowered the recommended starting age for breast cancer screening to 45. If you are between the ages of 45 and 74, plan to have a screening mammogram

once every two years, or as decided by you and your healthcare provider. If you are in this age range, you don't need a healthcare provider's referral. You can book an appointment for a screening mammogram directly with a radiology clinic.

For people who are aged 40 to 44 or 75 and older, it is recommended that you speak with your healthcare provider to talk about if screening is right for you. You will need a referral from your healthcare provider if you decide to screen. Once you have a requisition, you can book an appointment for a screening mammogram at a radiology clinic.

Screening mammograms are available at many clinics in Alberta. Visit screeningforlife.ca or call Health Link at 811 or Screening Programs at 1-866-727-3926.

For those living in rural communities, Screen Test is a service that brings free screening mammography to these communities using two mobile clinics. To find out when the next mobile clinic is in your area, go to screeningforlife.ca or call 1-800-667-0604 (toll free).

What increases my risk for breast cancer?

There are many different factors that impact your risk of breast cancer, some of which you can change and some of which you can't.

Risk factors that can't be changed:

- Family history: Having a family member who has had breast cancer increases your risk. Talk to your health care provider about your family history of cancer and know your risk.
- Age: As you grow older, your risk of breast cancer increases.
- Breast density: Dense breasts (breasts that have a lot of dense tissue instead of fatty tissue) increases your risk of breast cancer. When you get a mammogram, your result letter will tell you how dense your breasts are.

Risk factors that you can change:

- Physical activity: Get regular exercise every day (ideally 30 minutes or more) — even if it's a brisk walk or some yard work.
- Nutrition: Try to get lots of fruits and vegetables into your diet. See Canada's Food Guide for more information on healthy eating.
- Alcohol: Limit the amount of alcohol you drink. Canada's Guidance on Alcohol and Health recommends not consuming any alcohol.
- Smoking: Don't smoke and avoid second-hand smoke. If you're currently a smoker, talk to your healthcare provider about options for quitting or cutting back.

What can you do?

Finding breast cancer early can make all the difference. Regularly getting a screening mammogram can save your life. Know what your breasts normally look and feel like, so that you will notice any changes that may occur between your regular mammogram screenings. Talk to your healthcare provider about your personal risk of breast cancer and what you can do to minimize it.

To find out more about breast cancer screening in Alberta, visit ScreeningForLife.ca.

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: <https://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.



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Cold Weather Preparations

by Alberta Health Services



Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

It's Important to Remember a Few Things During Extreme Cold Warnings:

Try to Stay Indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada, or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof, and windproof layers, scarves, neck warmers, or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

Be Careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing, or those outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.

What Is Hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion, and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

If you think someone has hypothermia:

- Call 9-1-1 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces.

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

Support Is Available

Other supports are available for those experiencing unstable housing. Call 2-1-1 and press 3 for non-emergency support for shelter or visit www.alberta.ca/homelessness.

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.

8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

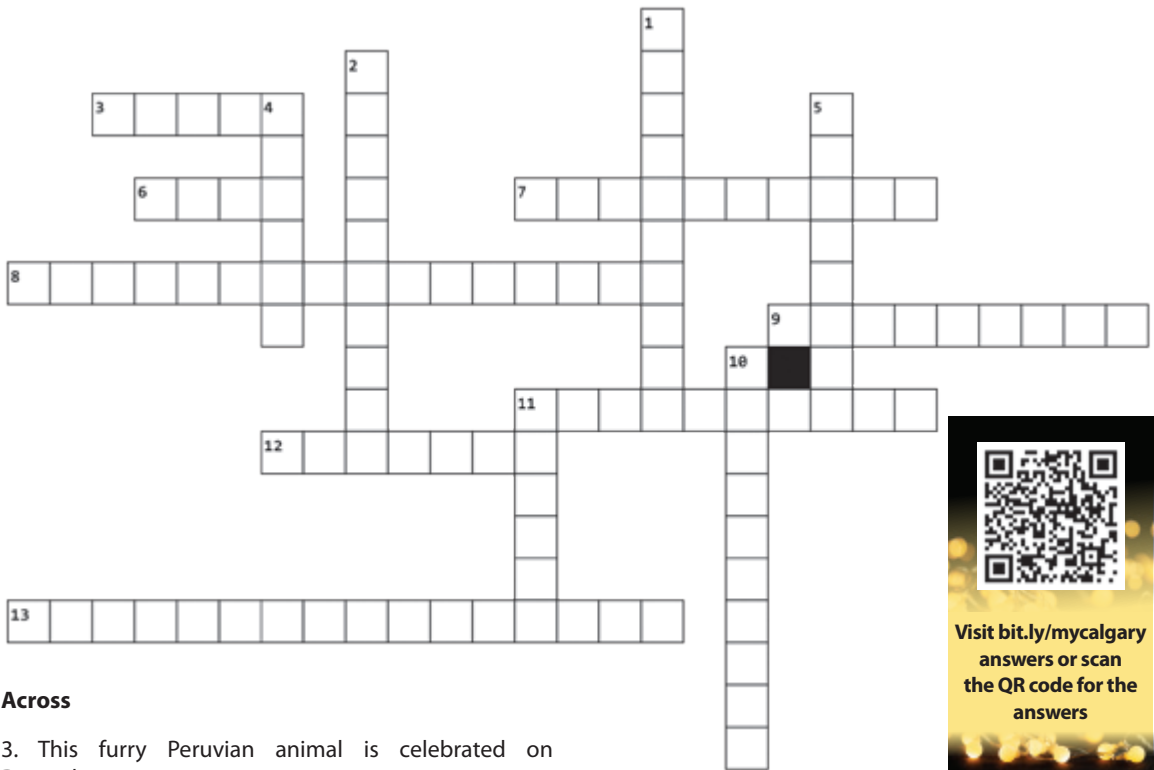
6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered _____ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



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

Roasted Squash and Pesto Baguettes

by Jennifer Puri

Pumpkins and squash are a low-calorie food as they are more than 90% water and have more fibre than kale and more potassium than bananas.



Technically a fruit, pumpkins and squash are a member of the gourd family which includes cucumbers, honeydew, watermelons, cantaloupe, and zucchini.

Pumpkins and squash come in all different sizes, shapes, and colours including tan, blue, white, orange, green, and red. Every single part of the pumpkin (flowers, stems, pulp, seeds, and leaves) is edible, and it can be stewed, roasted, baked, and even pickled. Roasted pumpkin seeds are an easy to prepare snack and can be sprinkled on salads and pasta dishes for a little extra nutrition.

Pumpkins are a good source of beta carotene which after its eaten becomes Vitamin A and is beneficial for eye, skin, and digestive health.

One of the most popular ways to enjoy pumpkin is pumpkin pie and the early version of the pie involved scooping out the insides, filling it with milk, honey, and spices and then baking it on hot ashes.

Roasted squash and pesto baguettes are an easy to prepare and assemble recipe which combines the nutritional goodness of pumpkin with pesto and almonds making it a delicious and inexpensive way to serve pumpkin over the holidays.

Prep Time: 25 minutes

Cook Time: 40 minutes

Servings: Four to six

Ingredients:

- 1 butternut squash
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 2 level tsps. of Italian seasoning
- 1 ½ tbsps. of extra virgin olive oil

- 1 small tub herb and garlic cream cheese
- 1 small jar of pesto
- 3 baguettes or ciabatta buns
- ½ cup sliced almonds
- 6 cherry tomatoes
- A handful of basil leaves

Directions:

- Heat oven to 375 degrees Fahrenheit.
- Wash squash and pat dry with paper towel, remove seeds and slice it into ¼ inch thick pieces. Place squash pieces in a mixing bowl, add olive oil, Italian seasoning, salt, and pepper.
- Next arrange the squash on a foil lined baking tray and bake on middle rack of the oven for about 20 minutes. Toss cherry tomatoes in a little olive oil and add to the squash in the oven. Continue baking for another 15 to 20 minutes or until squash is tender. Remove from oven and allow to cool before removing the skin and slicing squash pieces into strips.
- Slice baguettes into half and then half again. Spread cream cheese on baguettes followed by the squash and top with pesto and sliced almonds. Garnish with cherry tomatoes and basil leaves and serve.
- Baguettes can be lightly toasted before adding the toppings and you can also add thinly sliced prosciutto or ham for even more flavour.

Bon Appétit!



Public Light Displays

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

'Tis the season for outdoor light displays to brighten dark winter nights. The tradition of lighting fires on the winter solstice is an ancient one. In the sixteenth century, trees appeared in German homes lit with candles to symbolize the newborn Saviour's light. The UK adopted this tradition during the reign of Queen Victoria, and it eventually arrived in North America.

An outdoor public display of lighted Christmas trees was first recorded in San Diego in 1904. In 1914, Calgary began lighting up a municipal tree in Central Memorial Park. Rockefeller Centre first raised its annual tree in 1933. By the 1950s, homes across North America were stringing up light displays.

An iconic display in Calgary is the Lions Festival of Lights in Confederation Park (14 Street NW between 24 Avenue and Rosevale Drive). Lights have been displayed there since the park was established in 1967 for Canada's centennial. In 1986, the Lions Club began organizing the display as a thank you to Calgarians for donating time and money to the Club. The festival is supported by various sponsors, most recently including the City of Calgary, Calgary Herald, and Enmax. It is installed by volunteers, who last year strung up 650,000 bulbs on 25,000 strings with almost four kilometres of power cords.

The Calgary Lions Club is the oldest one in Alberta, dating to 1929. Its mission is community service, beginning with assistance to the blind and expanding to aiding seniors and the disabled. In 2013, an affordable residential seniors' complex opened in the Bowness area.

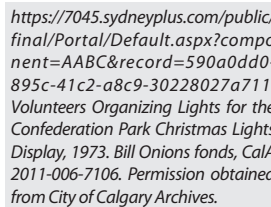
Other notable displays were at Brewery Gardens, which is slated for major development, and the Calgary Tower itself, which received a natural gas-fired cauldron in 1987. In 2014, LEDs were installed, which use 60% less energy than the prior lights. It's specially lit for charitable causes and on holidays, including Christmas and Hanukkah.

Another favourite was the flickering candle and alternating trees on the Alberta Government Telephones (AGT) Tower. Today, the uniquely designed Telus Sky creates public art shows with LED lights on its north and south facades. Dress warmly when going outside to enjoy the lights!

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F2J30?WS=SearchResults>. "First public Christmas tree in Central Park, Calgary, Alberta.", 1914-12-24, (CU1122821) by Unknown. Courtesy of Glenbow Library and Archives, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://7045.sydneyplus.com/public/final/Portal/Default.aspx?component=AABC&record=590a0dd0-895c-41c2-a8c9-30228027a711>. Volunteers Organizing Lights for the Confederation Park Christmas Lights Display, 1973. Bill Onions fonds, CaIA 2011-006-7106. Permission obtained from City of Calgary Archives.



<https://7045.sydneyplus.com/public/final/Portal/Default.aspx?component=AABC&record=6018f25e-9ae7-4470-bc29-46f9065e534e>. Firemen Volunteers Organizing Lights for the Confederation Park Christmas Lights Display, 1973. Bill Onions fonds, CaIA 2011-006-7111. Permission obtained from City of Calgary Archives.



<https://7045.sydneyplus.com/public/final/Portal/Default.aspx?component=AABC&record=567bf515-05e9-47fa-80a1-4c1707ba7656>. Christmas tree and display at the Brewery Gardens, Calgary, Alberta, 1971. CaIA 95-025-002. Permission obtained from City of Calgary Archives.



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CRIME STATISTICS



Eau Claire Crime Activity was Up in October 2023

The Eau Claire community experienced 7 crimes in October 2023, in comparison to 6 crimes the previous month, and 3 crimes in October one year ago. Eau Claire experiences an average of 5.3 crimes per month. On an annual basis, Eau Claire experienced a total of 63 crimes as of October 2023, which is up 9% in comparison to 58 crimes as of October 2022. To review the full Eau Claire Crime report visit eauc.mycalgary.com.

How To Report Crime In Eau Claire: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



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✉ greg.mclean@parl.gc.ca

As the world becomes less secure, with regional conflicts flaring in many parts of the world, we need to remind ourselves of the importance of National Defence. It's an essential service of our government that frequently gets overshadowed by more politically attractive issues. The risks of under-delivering on this service is a hazard, and a risk that will only be clear in retrospect. Yet, the current scenario reveals an alarming picture; our Canadian Armed Forces face a 16,000 personnel shortfall, coupled with a cumbersome procurement system and significant underfunding. This is merely the surface of issues facing the forces.

Protecting our Arctic region is of utmost importance. It is rich in untapped resources and has emerged as a focal point of interest from numerous foreign parties. Events like Russia's invasion of Ukraine have heightened concerns about the vulnerabilities of this strategic region. Presently, the defence infrastructure in the Arctic oscillates between being outdated and entirely non-existent, emphasizing the area's exposure. It is an expensive environment in which to operate, but our presence there is paramount to enforcing our sovereignty.

Another layer of complexity is our substantial reliance on the United States for our defence needs. Should Americans gravitate towards more self-interest, our mutual priorities may diverge. While it is not feasible to advocate for a completely independent defence policy, Canada must bolster its armed forces to act autonomously in some matters, including taking the funding of our defence partnerships like NATO and NORAD seriously. Consider peacekeeping where we were once pioneers, but now our contributions pale in comparison. Simply put, our Armed Forces do not have the essential resources to fulfil their fundamental role of defending our own territory – let alone create a significant impact internationally. For the sake of our brave and committed armed forces personnel, and the proud history they uphold on our behalf, this needs to change.

Please contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880 and keep up to date on my work in parliament on my website, Greg.McLean.mp.ca.

Sincerely,
Greg McLean



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In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!



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