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July	23	12	7	\$989,900	\$975,000
June	23	16	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	13	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
October	22	13	7	\$1,375,000	\$1,335,000
September	22	12	6	\$1,844,500	\$1,650,000

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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.

Connect with ECCA



www.eauclaireca.com



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Contact us at info@EauClaireCA.com

Eating and Dementia

from Alberta Health Services



Encouraging someone with Alzheimer's disease or another dementia to eat enough may be a challenge. Here are a few tips that may help.

- If the person resists using a spoon or fork, don't force the issue. Some people may have vision or motor problems that make using a spoon or fork difficult. Serve food that can be easily eaten, such as finger foods. Prepare foods that they like and don't worry too much about how the food is eaten.
- Offer food often. This includes healthy mid-morning and mid-afternoon snacks.
- Set aside enough time for meals. They may take longer than others to eat.
- Limit choices, which can be confusing. Serve meals in courses, one food at a time.
- If they wear dentures, make sure they fit properly. Uncomfortable dentures can make eating painful and keep a person from eating enough.
- If the person is losing weight, consider adding a liquid nutrition. Ask your pharmacist or doctor for more information.
- Eat with the person.



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Pan Fried Salmon with Beans Almondine

by Jennifer Puri

Our modern Pacific Salmon appeared four to six million years ago and have been part of the spiritual and cultural identity of the Indigenous people of the Pacific Northwest for centuries. Salmon is part of their social network, their history, and their employment. Generally associated with long life and wisdom, the salmon is also a primary food source for the Indigenous people and considered an important gift of food from the Creator.

Chinook or King salmon is the largest species, averaging 30 lbs, though there are some that could weigh as much as 100 lbs. On the opposite end of the scale, Pink salmon weigh less than 5 lbs.

Classified as an oily fish, salmon is a popular food choice due to its rich, buttery flavour. It is also considered to be healthy and is high in protein, Omega 3 fatty acids, and Vitamin D content. The Omega 3s in salmon can help protect our skin from the aging effects of the sun, decrease inflammation, and support brain, eyes, and heart health.

Wild salmon is overall better for health, particularly Pacific Salmon of which there are five types in North America – Chinook, Coho, Chum, Sockeye, and Pink.

The flesh of fresh salmon fillets should be orange or bright pink in colour with no darkening, discolouration, or drying around the edges. Salmon should appear moist rather than dried out as dryness is an indication that the fish is old or was not handled correctly.

Prep Time: 12 minutes

Cook Time: 12 minutes

Servings: 4

Ingredients:

- 4 5oz salmon fillets with skin
- 3 ½ tbsps. of extra virgin olive oil
- Rock salt to taste



- Coarse black pepper to taste
- 1 lb cooked whole green beans
- 4 shallots, finely chopped
- 2 garlic cloves, finely chopped
- ½ cup sliced almonds
- ¼ cup lemon juice
- 3 tbsp honey
- 1 tbsp Dijon Mustard
- ½ cup extra virgin olive oil

Directions:

- Season salmon fillets with salt and black pepper. Over medium heat, warm 2 tbsp of olive oil in a large non-stick skillet. Add the salmon fillets skin side up and cook for about 4 minutes. Turn fish over and cook for an additional 5 minutes or until skin is crisp.
- Prepare citrus dressing by combining lemon juice, honey, half the chopped shallots, ½ tsp each of salt and black pepper, and ½ cup of olive oil in a small bowl. Mix well and set aside.
- Prepare beans almondine: In a frying pan or wok, sauté garlic and remaining shallots in 1 ½ tbsps. of olive oil for a couple of minutes. Add cooked green beans and cook for another couple of minutes. Add sliced almonds and salt and pepper to taste and cook for two minutes or until beans are warmed through.
- Place cooked salmon fillets on plates and top each one with a little citrus dressing. Serve with beans almondine and a side of Spanish or coconut rice if desired.

Bon Appétit!



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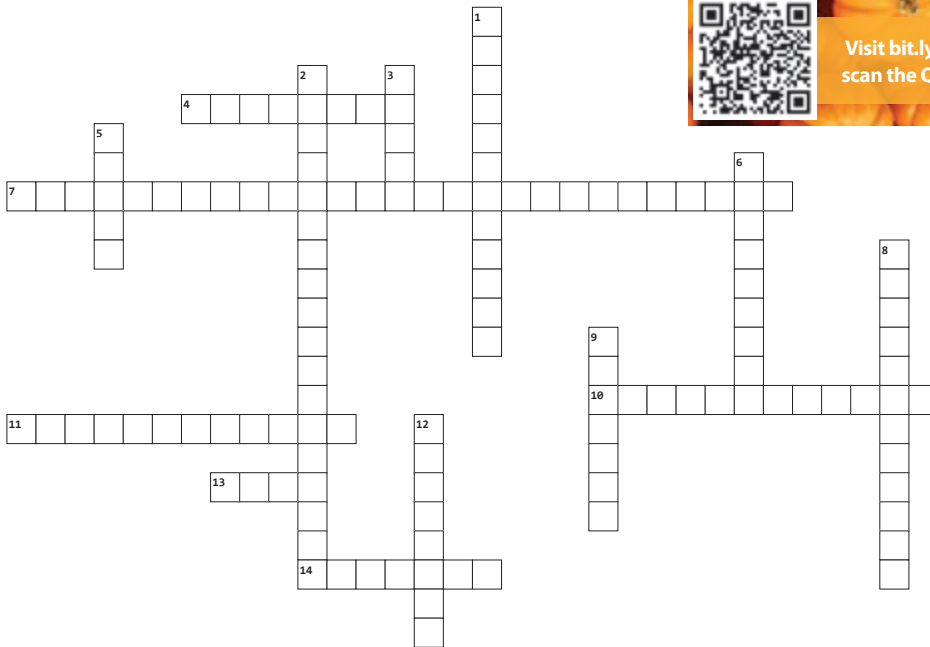


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October Crossword



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Down

1. In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
2. Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
3. Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
5. In the Middle Ages, this was used to sweeten candy.
6. This traditional Halloween candy was originally called 'Chicken Feed.'
8. Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
9. In North America, this fruit becomes very popular in October.
12. Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

4. Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
7. Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
10. Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
11. Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
13. October's official birthstone and Australia's national gemstone.
14. This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.



Beware of Post-Disaster Document Replacement Scams

from the Better Business Bureau

When coping with a disaster like flooding, wildfires, tornadoes, and other weather events, victims are at a loss for where to begin rebuilding and replacing belongings. Replacing vital documents like birth certificates, driver's licenses, Social Security cards, etc., is another task that can seem daunting. Better Business Bureau warns victims to beware of unsolicited offers of assistance in replacing these essential documents for an upfront fee. You could be dealing with a scammer.

How the Scam Works

Consumers have submitted reports to BBB Scam Tracker about "lookalike" websites that offer to help with everything from updating postal addresses to renewing or replacing ID cards and documents for an upfront fee. In many instances, they later discovered they could have accomplished their goal for little or no money and have provided personal information to an unknown third party.

Scammers continue to call and text people stating they need to replace Medicare, Medicaid, or Social Security cards. Those agencies do not operate that way! BBB warns you to be mindful of any links you click when searching for information so you are not led to a site pretending to be the official agency.

How to Avoid Falling Victim to a Fake Document Replacement Scam

Confirm the URL before entering personal and financial information. It can be easy to click on a sponsored ad or imposter website without noticing. Before typing any sensitive information, double-check that the website and the link are secure. Secure links start with 'https://' and include a lock icon on the purchase page.

Be wary of third-party websites. There are legitimate passport assistance services, but check with BBB.org first to ensure you aren't sharing your personal or financial information with a scammer.

Make online purchases with a credit card. Users can dispute fraudulent charges on a credit card, which might not be true with other payment methods. Unfortunately, there is no way to get back the personal information you may have shared.

Some provincial and federal agencies will replace certain documents free of charge when an emergency is in effect. See the Government of Canada's Help Centre to replace stolen, lost, or destroyed documents.

If you have been the victim of this or another scam, make others aware by filing a report on [BBB.org/ScamTracker](https://www.bbb.org/scamtracker) and contacting the Canada Revenue Agency.

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!



Unveiling Calgary’s Historic Treasures on Map

from the City of Calgary

Our vibrant city holds a tapestry of stories, architecture, and landmarks that have shaped Calgary’s identity. Unveil this history by exploring the Inventory of Evaluated Historic Resources Map, featuring over 900 Calgary heritage resources

and sites. Embark on a journey through time by visiting the interactive map at <https://maps.calgary.ca/HeritageInventory>; it is also mobile-friendly! To view more City of Calgary maps, please visit the Map Gallery at www.maps.calgary.ca.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.



CITY COUNCIL MEETINGS

Council meetings are usually held on Mondays starting at 9:30 am. You are welcome to attend any public Council meeting in person or watch remotely online through our webcast page on Calgary.ca. Members of the public can attend and speak to items during a Public Hearing which are usually held once a month.

You may also attend any public Committee meeting. Key Committee meetings are also available to be viewed remotely.

- Public are strongly encouraged to follow Council and Committee meetings using the live stream at www.calgary.ca/watchlive.
- Public wishing to make a written submission may do so using the public submission form at the following link: <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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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.

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Stargazing with Pat J

The Tunguska Event

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



At 7:17 am on June 30, 1908, an object travelling at 54,000 kilometres per hour entered the Earth's atmosphere over a sparsely populated region of eastern Siberia.

Locals reported seeing a bluish light, nearly as bright as the Sun, moving across the sky. As the object's tremendous speed compressed and heated the air in front of it; a shock wave was generated that caused the object to explode at a height of five to ten kilometres above the ground. The blast was so powerful; it scorched and flattened an estimated 80 million trees in an area covering 2,150 square kilometres of forest bordering the Tunguska River. In addition to the trees, thousands of animals perished, but due to the remoteness of the site, only three people are thought to have died.

Tunguska is the largest impact event in recorded history and debate still rages as to the exact nature of the object. Initially, it was thought to be a comet. Current scientific theory leans more toward an asteroid 50 to 80 metres in diameter, but no crater or asteroid fragments have ever been found. Whatever it was, the energy released was calculated at 1,000 times more powerful than the atomic bomb dropped on Hiroshima, Japan.

Due to the rotation of the Earth, had the object struck five hours later, it would have destroyed the Russian capital of St. Petersburg, killing over a million people including the Tsarist royal family, heads of government, and its military command. It would have altered world history.

On February 15, 2013, an asteroid 18 to 20 metres in size plunged through the atmosphere above the southern Ural region of Russia. The object exploded at a height of 29.7 kilometres with a release of energy equivalent to 26 to 33 times that of Hiroshima. Because the object detonated at a much higher altitude, no one was killed, but 7,200 buildings were damaged and nearly 1,500 people received injuries from broken glass.



Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in _____ seconds.



Nature's Philosophy

by Victor Timmons



Nocturnal birds in sibilant causerie
 Forest creatures in distant revelry
 While nature's blanket dims their rivalry
 And stills the air to peaceful reverie
 How brief is this tranquillity
 As hostile meetings in darkened shrubbery
 Remind, if only momentarily
 That man alone enjoys in camaraderie

Eat to Lower Your Risk of Diabetes

from Alberta Health Services



Diabetes is when your body cannot properly use and store the sugars broken down from food. This can lead to high blood sugar. There are many treatments available, including medication, physical activity, and healthy eating. Making healthy food and lifestyle choices may help lower your diabetes risk. It may also help you manage diabetes if you already have it.

- Eat regularly to keep energized throughout the day. It can be helpful to eat earlier in the day.
- Eat a variety of vegetables each day. It may lower your risk of getting diabetes or heart disease.
- Try filling half your plate with a variety of vegetables at every meal.
- Snack on carrots or celery sticks.
- Use spinach as a topper on your pizza.
- Add vegetables to your sauces. Try adding bell peppers to your marinara sauce, and zucchini strips to your pasta noodles.

- Include at least two types of vegetables at each meal. Try a Mediterranean Salad with Cheese recipe. It is full of vegetables, fibre, protein, and unsaturated fats.
- Try eating different coloured fruits and vegetables every day.
- Make water your drink of choice and limit sugar-sweetened drinks. The added sugars in drinks such as pop can add extra calories. Extra calories over time may increase risk of obesity, which can increase your risk of chronic diseases including diabetes.
- Choose a diet or sugar-free option instead of regular pop.
- Choose sparkling water instead of regular pop.
- Fill a bottle with water and carry it with you so you get in the habit of choosing water to drink.

Making healthy food choices can lead to long-term health. Start with making small changes. For more tips on how to make healthy eating a habit, call Health Link at 811 to speak with a dietitian.



In Canada and the US, the season between summer and winter is typically called 'fall.' In the UK, the term 'autumn' (derived from the French word 'automne') is preferred. However, up until the 17th century, the UK also used the term 'fall' as it comes from the Old English word 'feallan,' which means the "fall of the leaf."



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Many of you who have spoken to me over the summer – at festivals, when I knocked on your doors, or at random meetings – are deeply troubled by the intensifying inflation and cost of living crisis. This is being felt particularly in the increased cost of housing; cost of a single-family home in Canada has risen over 80% in the past eight years. Nowhere is the failure of bad fiscal and monetary policy of our federal government being felt more profoundly. Let me caution that the worst is not yet upon us. If mortgage interest rates stay high in Canada for two more years, the impact on mortgagors in Canada will be severe. That is because many Canadians re-mortgaged their homes in 2020, when interest rates were at historic lows. And the most popular mortgage term in Canada is the five-year mortgage. If these homeowners face the increased mortgage cost that is coming, it will increase their payments significantly.

It is essential to recognize this as a policy choice. This is not an accident – it is the outcome of incompetent fiscal and monetary policy. There is a price to pay for this profligacy.

It is not just homes. Even school materials and lunches are now burdensome for many. Recently, the average back-to-school expenditure in Canada reached \$700 per student, with school supply costs jumping a staggering 24% in just two years. StatsCan warns parents of skyrocketing lunch box items: bread and rolls by 8.1%, apples 7.8%, and cookies and crackers a staggering 12.4%. Many families are at their breaking point. We need to change this ASAP.

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, GregMcLeanMP.ca.

Sincerely,

Greg McLean



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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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Unofficial National Food

Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!



Save Today for Their



Tomorrow

What is a Registered Education Savings Plan (RESP)?

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For more information, call 403-536-6558 or email FinancialWellness@CaryaCalgary.ca.

