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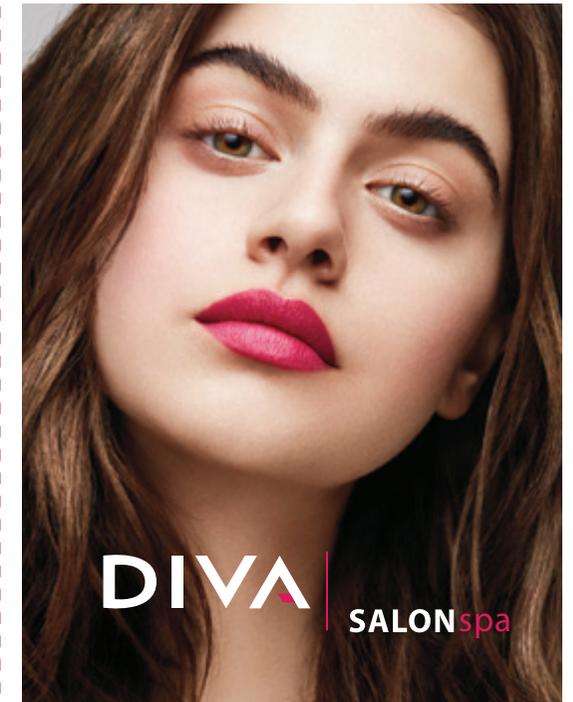


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Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
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Foothills Hospital	403-944-1110	
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Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
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Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	1-855-222-5542	

CONTENTS

- 7 ECCA: PRESIDENT'S LETTER, JAMES HUGHES
- 8 BEAKERHEAD
- 12 ART WALK
- 18 THE WEST EAU CLAIRE PARK PROJECT
- 20 BUSINESS CLASSIFIEDS
- 33 REAL ESTATE UPDATE





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 by-laws 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.

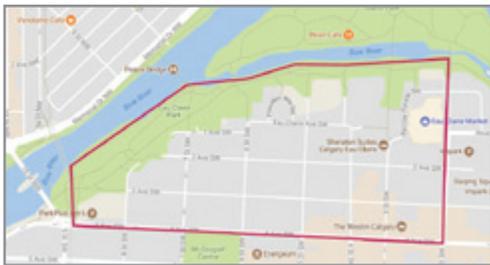
The community of Eau Claire is located adjacent to the downtown commercial core, bounded by Prince's Island and the Bow River on the north and centre of 4th Avenue on the south, extending from the centre of 2nd Street SW to the centre of 9th Street SW.

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 Re-development Plan.

Connect with ECCA

-  www.eauclaireca.com
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Contact us at info@EauClaireCA.com



ECCA: PRESIDENT'S LETTER, JAMES HUGHES

I was delighted to see Avenue Magazine recognize Eau Claire, in its latest issue, as one of Calgary's "top ten" neighbourhoods. Of course, for those of us who live here, this doesn't come as much of a surprise. Residents of Eau Claire know well how our community combines easy access to the best of downtown with all the attractions of the river and one of the city's best park systems.

Among other factors, Avenue singled out our level of community engagement, easy walkability, and access to transit as highlights. But we should also score highly in terms of other criteria they use, including access to parks and pathways, and lots of restaurants, cafés and bars—if not right in Eau Claire then certainly within easy walking distance. Of course, our parks situation just saw a major improvement with the completing of the recent major upgrades to the west Eau Claire park and the river pathway system.

Some of these are attributes of other centre city communities as well and we see both Beltline and the Commercial Core also ranked in the top ten—just demonstrating that downtown, urban living is high-quality living. That confirms the value of the vision that your community association works to promote for Eau Claire – as a distinct urban residential community. There will always be economic pressure to try to develop our neighbourhood as a growth area for the downtown office core. Your association will however continue to remind the city that this is also a place where people live and want to live and needs to grow as such.

Also striking in Avenue's review was how relatively small we are as a community, with a population of only about 1500 compared with other downtown communities like Beltline (approximately 23,200) and the downtown core (about 8500). This just demonstrates how much harder it is – and important – for us to promote a distinct identity for Eau Claire.

September marks the start of another 10 months of activity for your ECCA Board. As the city contemplates a review of the overall downtown plan, advancing that identity and vision will continue to be priorities for us.

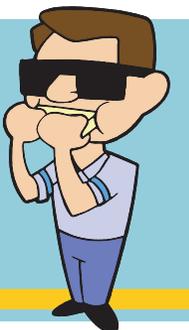
Jim Hughes
President, ECCA

Calgary is Canada's most Liveable City (The Economist)

Eau Claire is a Top-ten neighbourhood (Avenue) Eau Claire is 4th in walkability but we border #1, Chinatown, and #2, Downtown Commercial Core to create a large, interesting, walkable area that covers Prince's Island, Riverfront and the most interesting architecture in the city.

I'LL HUFF AND I'LL PUFF AND I'LL BLOW YOU AWAY WITH MY HARMONICA SKILLS

Because playing the harmonica requires strong inhalation and exhalation to play it, one can develop a strong diaphragm and increase one's lung volume. So effective is this instrument in strengthening these parts of the body that learning to play the harmonica has been included in some pulmonary rehabilitation programs.



BEAKERHEAD IN EAU CLAIRE

People have come to expect the unexpected from the Beakerhead crew. At 10 am, on June 7th enormous atomic particles were bumping down Stephen Avenue, with huge zorb balls representing protons, neutrons and electrons as part of the official program launch for Beakerhead 2018 taking place from September 19 – 23rd.

The Calgary-born original is in its sixth year and this special celebration of science, technology and art is proudly supported by the Government of Alberta. "This unique event is a showcase of innovation and imagination through art, science and engineering," said Ricardo Miranda, Minister of Culture and Tourism. "It's a great opportunity for Albertans and visitors alike to be inspired and totally entertained."

Not only is Beakerhead proud to have the support of the provincial government, it is also proud to have the support of its founding partner, Suncor. "The buzz Beakerhead creates with its annual festival is truly amazing. It speaks to how fusing art, with what is sometimes considered stuffy endeavors such as science and engineering, can create fantastic new combinations that spark creativity, innovation and inspiration," said Nathan Maycher, Director, Climate Change & Sustainability Integration, Suncor.

Beakerhead brings together more than 150 arts and engineering collaborators from across the globe to build, compete and exhibit interactive works of art and entertainment throughout city venues and public spaces. In 2017 more than 145,000 people participated

in Beakerhead and organizers are planning to top that number in 2018.

- **Light up the Night:** Giant electric bolts will light up the night sky thanks to two 10-metre Tesla Coils built by a team of scientists.
- **Dinner with Drones:** This BYO picnic event will be an international first!
- **Hot Air Balloon Bingo:** Participants will engage in a game of bingo from a hot airballoon.
- **Lunch Without Light:** This special Dark Table dining experience is led by a famous broadcaster and a local neuroscientist.
- **MakeFashion Gala:** This Calgary-based company will debut new collections of highfashion wearable tech combined with theatre and other innovative performances.

Beakerbites and Beakerbar: Dining is a whole new experience when chef and bartender become scientist! Creative Calgary chefs and mixologists experiment with a new theme in 2018 - canola.

Beakernight is a ticketed event (kids are free, but everyone has to have a ticket) on Saturday, September 22 at Fort Calgary.

Check Beakerhead.com for more info.

WITHIN MEASURE – Eau Claire Market.

YES, YOU CAN GET IN SYNC WITH PHYSICS Never before has a visual artist been granted access to a synchrotron, which, in case you don't know, is a massive physics tool (six stories high, 1,300 tons of concrete and steel, housing several beamlines of electrons accelerated to nearly the speed of light). This immersive video installation is created by Saskatoon-based artist Jean-Sébastien Gauthier in collaboration with biologist Brian F. Eames at the University of Saskatchewan, and facilities of the Canadian Light Source Synchrotron.

Wednesday to Saturday
September 19 – 22
8:00 pm – 11:00 pm

A TASTE OF THAT THING IN THE DESERT – 902 – 4th Avenue SW

A celebration of freedom and self-expression through a communal display of arts, science and engineering! This is a unique evening inspired by Black Rock City. Alberta Burners will bring a taste of that temporary city and the context and principles of Burning Man closer to home. Enjoy interactive art displays, workshops for all ages, performances, and live DJs for dancing. Expressive dress and costumes are encouraged for this family-friendly event with interactivity for kids and grown-ups alike! There will be free food and beverages to gift to participants (again this year,) as well as interactive art and mutant vehicles. The event will climax with the burning of an eight-foot tall wooden effigy around 9:00 pm.

Friday
September 21
6:00 pm to 11:00 pm

These are both free events! Tickets are not required.



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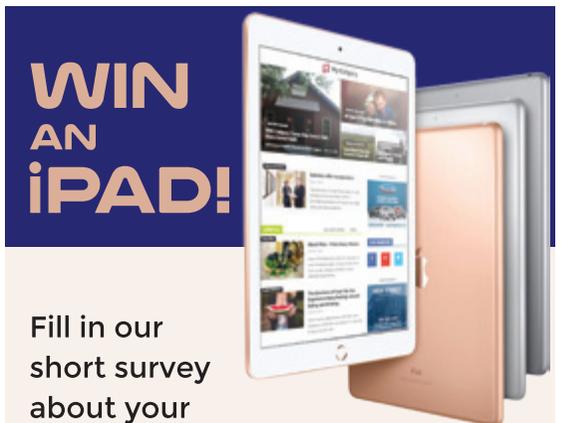


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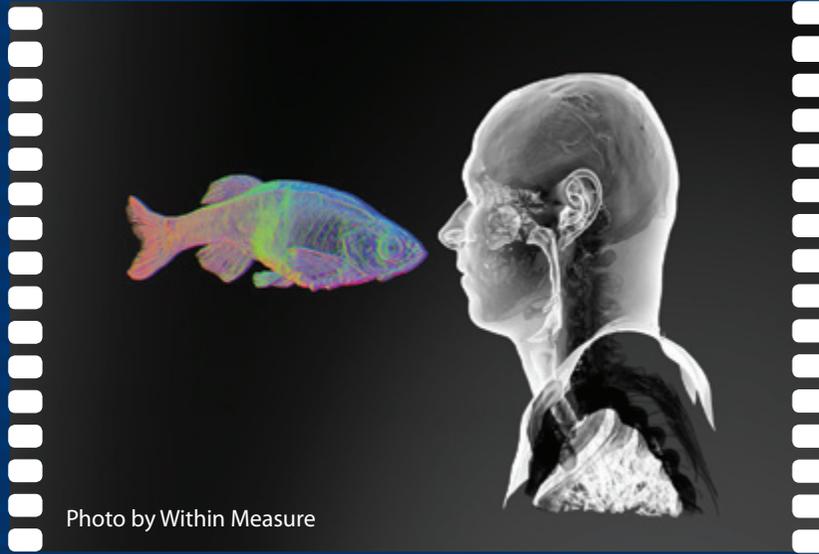


Photo by Within Measure



Photo by Raymond Wong

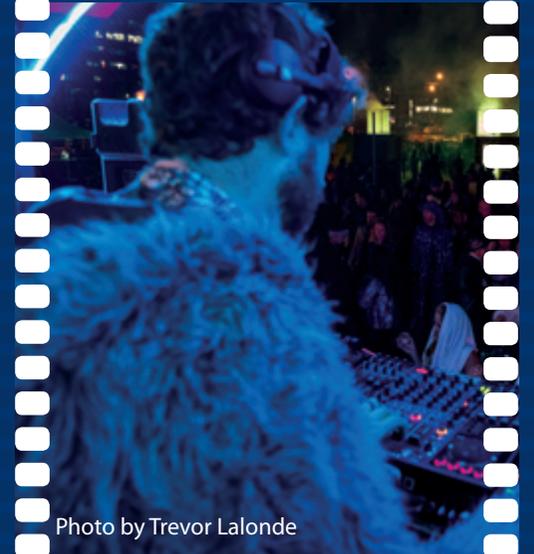


Photo by Trevor Lalonde

BEAKERHEAD

PHOTO GALLERY



Photo by Steeve Seeley

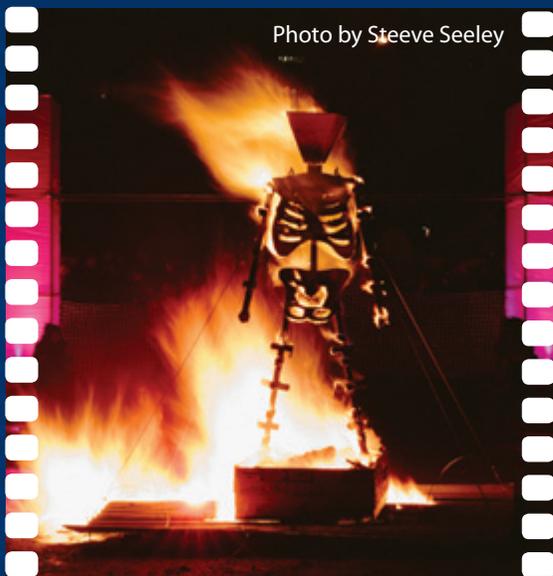


Photo by Steeve Seeley



Photo by Trevor Lalonde



Photo by Steeve Seeley

Artwalk 2018

September 15 & 16, 2018

Artwalk is an opportunity for the general public to visit Calgary galleries and artist studios to discover the quality and variety of artists' work available in Calgary and realize they do not have to travel abroad to find some wonderful treasures.

The event is free, and many venues will be providing refreshments and hosting special events. Artwalk is great for art students, art connoisseurs, and for the novice to come out and meet artists and watch creativity happen before their eyes. This event's popularity over 20 years stems from its focus on enjoyment of the arts in a friendly and casual atmosphere.

Public Art in Eau Claire

In addition to the amazing art you'll see at the annual ArtWalk event, Eau Claire has an impressive collection of public art. Why not explore the neighbourhood and get selfies with all of these great pieces?

On Prince's Island Park:

- Ducks (Prairie Progression) by Enzo DiPalma, 1969
- Prairie Collage (Prairie Progression) by Enzo DiPalma, 1969
- Buffalo Grass and Tumbleweed (Prairie Progression) by Enzo DiPalma, 1969
- Day and Night by Katie Ohe, 1964
- Untitled by Ben Mcleod, 1987
- Copernicus (1473 – 1543) by Stanislaw Wyspianski, 1975
- An Auspicious Find by Lori Sobkowich, 2004

New in the Delta Garden in WECP:

Survey by Caitland r.c. Brown and Wayne Garret, 2018

- This new artwork for the West Eau Claire Park was installed in the Delta Garden spring, 2018: Thousands of brass survey monuments are embedded in the pathway, glittering like light across water. The survey monuments are inscribed with words from Calgarians and visitors, collected through the Invisible City Survey.
- Intended to trace 'desire lines' through (and beyond) our city, this artwork speaks to the disconnect between manmade methods of mapping the landscape, the land's constantly-changing natural divisions, and the power of our perception to transform any given place. Informed by two years of research and experimentation, the public artwork was designed for the site-specific context of West Eau Claire Park and the people who use that space. By collecting a spectrum of perspectives, the artists hope to illuminate our own invisible city.

Throughout Eau Claire:

- Cow Bench by Gwen Hughes & Rick Barber, 1993 2nd Ave & 3rd St SW
- Friendship by Charles Hilton, 1980 3rd Ave & 3rd St SW
- Brown Trout Rising by Eric B. Peterson, 1997 3rd Ave & 3rd St SW
- Pathways to Everywhere by Dennis Oppenheim, 2009 4th Ave & 2nd Street SW
- Jamieson Place has a Winter Garden on the +15 with spectacular glass sculptures by world-renowned artist Dale Chihuly –accessible during regular +15 hours.
- Millennium Beetle by James R. Galts-Goldsmith, 2000 407 – 3rd St SW
- Mating Dance by Kevan Leycraft, 1991 4th Ave & 5th St SW
- Ascension by Incipio Modo, 2012 4th Ave & 9th Str SW

Calgary's Manhole Art

The Chinook manhole covers were a joint project between Infrastructure and Public Art, blending the utilitarian with the artistic. Garry Williams, a Calgary-based artist, created these covers to evoke the wind and chinooks that are part of our culture and climate.

The 500 limited edition manhole covers are located in Eau Claire, Stephen Avenue, Olympic Plaza, 17th Avenue, Kensington and certain LRT stations.

Did you know: Most manhole covers are round to prevent them from accidentally slipping down their holes and into the sewer system.

Did you know: A manhole cover is also called "a biscuit"



Manhole Art



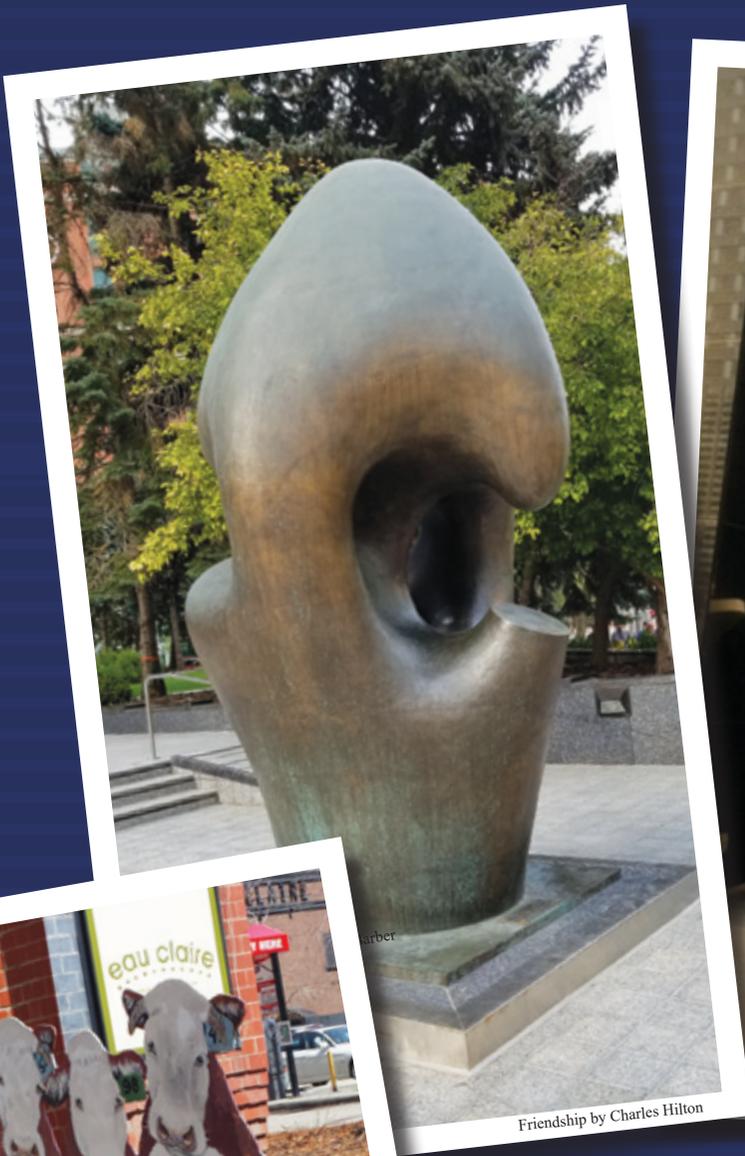
Manhole Art



Manhole Art



Manhole Art



Friendship by Charles Hilton



Mating Dance by Kevan Leycraft



Glass Sculpture by Dale Chihuly

Manhole Art



Cow Bench by Gwen Hughes & Rick Barber



Brown Trout Rising by Eric B

ART WALK

An Auspicious Find

Artist – Lori Sobkowich

An Auspicious Find, by Lori Sobkowich, is located in a pathway intersection between the pedestrian overpass on Memorial Drive and the Jaipur Bridge NW near Eau Claire market in downtown Calgary.

An Auspicious Find consists of four pixilated images, created with approximately 15,000 glass marbles captured in perforated and riveted steel, of flora and fauna set on stone columns. The theme encompasses the ecological aspects a visitor to Prince's Island might encounter - water, air and land. The images themselves are a contemporary version of the traditional stained glass panel, making the changing direction and quality of the natural light as much an element of the sculpture as the glass, metal and stone.



The Artist

Lori Sobkowich is a local Calgary artist who works in the diverse fields of fine art and art glass, as well as scenic stage and film craft.

Renowned for her skill and design abilities, she has received both public and corporate commissions, including glass and scenic design work at the Calgary International Airport, and a glass installation/sculpture at the new ENMAX place.

Her scenic stage and film work includes: Showboat; Disneyland Tokyo; Mystery Alaska; Shanghai Noon; K-19 – The Widowmaker; Dreamkeeper; and the unauthorized Michael Jackson biography, Man in the Mirror.

She has received many awards and scholarships including the Bronfman Award for an Outstanding Canadian Artist which acknowledged her status as an international glass artist.

The Project

- The artist was chosen through an open call process, where all interested artists are invited to submit an application for the project.
- The budget for *An Auspicious Find* was \$24,000.
- The public art project was a collaborative initiative by the Public Art Program and City of Calgary Parks, the business unit sponsor.
- *An Auspicious Find* was completed in November 2004.

Ascension

Artist Team – INCIPIO MODO

Ascension is a public artwork integrated into the plaza located at 4th Avenue and 9th Street S.W. in downtown Calgary.



Ascension is a work of art that encourages Calgarians to contemplate the notions of ascension, direction, steadfastness, shared passage and the value of life at every level. These concepts, which reflect some of the principles of the neighbouring Buddhist monastery, are brought to bear through two larger-than-life insects, working their way to the summit of a distinctly Alberta landscape, complete with changing elevations and varied terrain.

The artwork complements the larger aspirations of the new park (that is, to reflect the movement of life on a local and regional context) and creates an almost Alice-in-

Wonderland effect for visitors on the ground. The scale, however, ensures that those looking down from neighbouring buildings are also drawn to the piece, albeit in a completely different, but equally engaging way.

The Artists

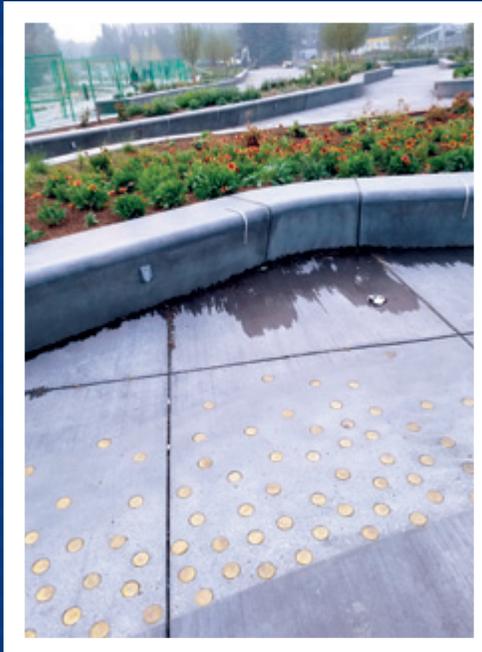
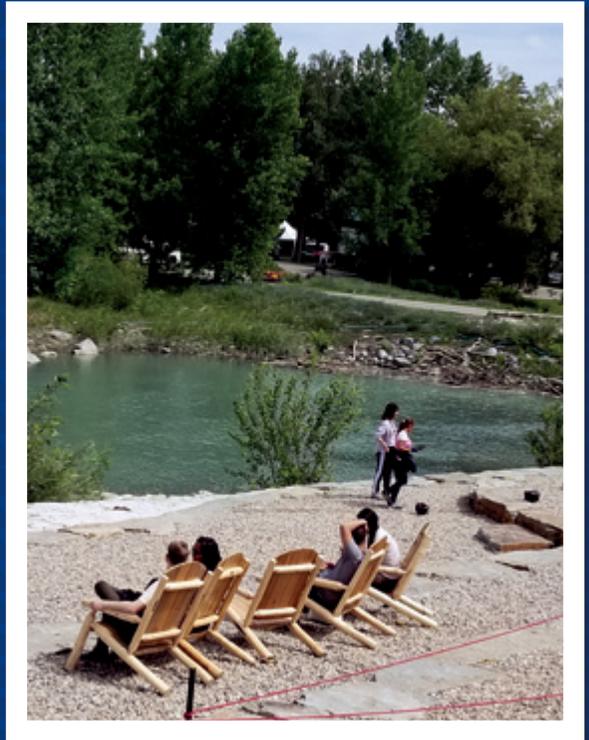
INCIPIO MODO is composed of two sculptors, Danira Miralda and Edward Beltran, and an architect, Rodolfo Miralda-Bulnes. Together they produce both abstract and figurative work, integrated and stand-alone, in a variety of mediums and at all different scales. Danira studied in Mexico City, where she founded and directed *Aberracion cromatica*, and has recently been added to the Dictionary of Mexican Sculptors of the 20th and 21st Century. Edward has also exhibited

Vancouver Biennale project, and has received such commissions as the public bust of Coronel Pinzon and the outdoor monument *Bronze Tree*.

The Project

- The artist was chosen through a limited call process targeting Alberta artists.
- Funding for the art was derived from the same fund established to implement the Centre City Parks and Public Realm Enhancements Plan. The artist budget was \$66,500.
- *Ascension* was installed in December 2012.

The West Eau Claire Park project is complete and is a beautiful addition to our neighbourhood.



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YOUR CITY OF CALGARY



What Calgarians Need to Know About Public Consumption of Cannabis

On October 17, recreational cannabis will be legal across Canada.

Each level of government has areas of responsibility in legalization, and in Alberta, municipalities are responsible for public consumption rules. In determining these regulations, The City of Calgary has worked hard to reflect citizen feedback while working within the federal legislation and provincial framework.

Where cannabis can be consumed in Calgary

Under Calgary's Cannabis Consumption Bylaw, cannabis may be consumed on private property. It will be illegal to consume non-medical cannabis in any form (smoking, vaping, or edibles) in public places, except for designated cannabis consumption areas.

Council can approve designated cannabis consumption areas around the city where cannabis may be consumed in public. Residents can contact their Councillor to express interest in having a designated area in their community. Locations will be designated through a Public Hearing of Council, at which citizens may voice their support or concerns.

At the time of this writing, no designated cannabis consumption areas had been approved. As Council designates them, their locations will be available on calgary.ca/cannabis.

There are no licensed cafés or bars in which cannabis can be consumed. This may change in the future as it is addressed by the federal and provincial governments.

It's important to understand that public consumption rules for cannabis may be different in other municipalities. For information on cannabis consumption policies, please contact municipalities directly.

Cannabis consumption will be banned in vehicles and at cannabis stores throughout Alberta.

For more details, please visit calgary.ca/cannabis.

Our Centre City is Important to Calgary's Vitality

Whether you live, work or play downtown, we want your opinion on what Calgary's downtown could be or look like in the next 30+ years. We're reviewing and refreshing the 2007 Centre City Plan and starting this fall we will be asking for your input of what you would like to see or do more of in downtown Calgary.

Calgary has a unique city skyline with its historic sandstone buildings and mix of modern skyscrapers. You've probably visited one of the 25+ park spaces, cycled down the river pathway or ate at one of the many restaurants. Maybe you've attended one of the hundreds of events hosted downtown, shopped at the mall or in a boutique store. All these things bring vibrancy to Calgary's downtown and when our Centre City thrives, so does the rest of the city. That's why it's vitally important for The City and the community to invest its support in planning and creating a livable, thriving and caring core.

The Centre City Plan is a coordinated document that pulls together the vision for the Centre City along with strategies and actions relating to land use planning, economic, cultural, social development, and governance. In the upcoming public engagement, we'll be seeking input to re-affirm the Centre City vision and identify big ideas and actions to make the vision a reality for years to come.

To learn more about public engagement opportunities or to sign up for our project e-newsletter, visit calgary.ca/centrecityplan.



This map shows the communities that make up the Centre City: Eau Claire, Downtown West, Beltline, East Village, Chinatown, and the Downtown Commercial Core.



City-Supported Community Cleanups

Once again, it's time to comb through your garage, survey your off-site storage locker and purge your garden shed of that never-used stuff that has been collecting dust for the past decade. Save yourself a trip to the landfill by visiting one of the Community Cleanup events taking place across Calgary throughout the summer and early fall.

These popular events are hosted by community associations with support from Calgary Community Standards and Waste & Recycling at The City. Check calgary.ca/cleanup for a list of cleanup events. You can also check your community association website for full details on the Community Cleanup in your area.

The following items are not permitted at the Cleanup events:

- Car batteries
- Glass (e.g. window panes, glass table tops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbecues)
- Railway ties
- Sod or dirt
- Household hazardous waste (see calgary.ca for a list of household hazardous waste drop-off locations)

Yard waste is accepted for composting. The City encourages residents to check for what can be recycled (visit calgary.ca/whatgoeswhere). The City's Waste & Recycling collection is provided free of charge; however some community associations may provide additional services that require a fee.

Some communities may also organize a "free store" where you can drop off and select items for donations free of charge. Check your community association website for details.

Calgary Fire Department Reminds Citizens to Properly Dispose of Smoking Material

This summer has been the busiest months in the last five years for building and structure fires in Calgary. The cause of most of these fires is careless disposal of smoking material in an outdoor patio planter.

The Calgary Fire Department reminds Calgarians that disposing of smoking material in flower planters, peat moss, your lawn or garden is a dangerous choice.

Fires that start outside a building are potentially much more dangerous for occupants, as indoor smoke alarms may not detect the fire until it is well underway.

To better protect your home, it is recommended that you:

- Never put out cigarettes or smoking material in flower planter, peat moss, your lawn or garden. Use a deep, wide, sturdy metal container filled part way with sand or water that should be emptied regularly.
- Ensure all cigarette butts and ash are put out by dousing them with water prior to putting in the garbage.
- Do not store propane tanks, firewood or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 30 metres of your home, including natural debris, trees and other structures.

Remember to always call 9-1-1 to report a fire.

For more information on outdoor fire safety, visit calgary.ca/smokingdisposal.

FOOT INPUT

Ever wonder why shoe sizes seem to have such arbitrary numbers? The barleycorn was a unit of measurement that was used in England, which is approximately 1/3 of an inch. This measurement was the basis for UK and North American shoe sizes.

New App Makes It Easier to Find Your Way Around City Cemeteries

Until recently, finding your way around the almost 100 hectares (243 acres!) of The City of Calgary's five cemeteries and indoor mausoleum was a challenging task. But with the strategic thinking of Calgary Parks, tapping into an existing technology has made it easier and quicker for Calgarians to get where they want to be in The City's cemeteries. The new tool is the cemetery app on calgary.ca.

The tool can be found on The City's Map Gallery, which has almost 50 apps and maps to help Calgarians find location-based information. Simply type a loved one's name into the app's search bar and it will show you exactly where in The City's cemeteries or mausoleum your loved one is located. The app is accessible on desktop and mobile devices, and the data is updated daily, so the information is always reliable and accurate.

Check out the new cemetery app by visiting maps.calgary.ca.

Tap into Your Creative Side with the City of Calgary

Think you don't have a creative bone in your body? Think again! We all have the ability to be creative and programs with The City of Calgary can help you find your inner artist.

The City is offering hundreds of artistic and creative programs for all ages, interests and abilities, allowing you to get more creative, more often. Performing and visual arts classes range from beginner drawing and painting for adults, to preschool dance and ballet, clay classes for families, and even belly dancing for those looking for something a little different. Registration is now open.

To tap into your inner artist and see which program is right for you, visit calgary.ca/register.



Ward Traffic Safety Meetings

Do you know The City of Calgary and Calgary Police Service host annual meetings about traffic safety in each ward? The Community Traffic Safety meetings are a great opportunity to learn about traffic safety initiatives in your community and provide your input on how we can improve traffic safety in your neighbourhood. Presentations by The City and Calgary Police Service high-light work being done, followed by an open discussion with various safety experts from The City of Calgary and Calgary Police Service.

To find out more, including a schedule of when the meetings happen in your ward, visit calgary.ca/wardsafety.



BRAIN GAMES SUDOKU

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



About Wine

by Nik Rasula

About Wine features wines not typically on one's shopping radar. Unique wines with a story to tell; of place, process or style. Highlighting artisanal producers making reasonably priced (under \$50 retail) wines, all-the-while demonstrating careful earth consideration.

2014, Bodegas Vegalfaro, CAPRASIA Bobal Crianza, Utiel-Requena - Valencia, Spain (vegalfaro.com)

About the Region: Located 200 km southeast of Madrid and 70 km inland of the Mediterranean coastline, Utiel-Requena lies within the region of Valencia. Here it incurs both Continental and Mediterranean climatic influences. With winemaking anthropology dating to 7th C. B.C., Utiel-Requena is Spain's oldest winemaking region.

About the Maker: Coming from a long-line of wine-makers, Andrés Valiente, along with son Rodolfo, founded Bodegas Vegalfaro in 1999. After earning degrees in both Oenology and Law, Rodolfo now serves as Vegalfaro's Technical Director. In 2017, Rodolfo was named Valencia's Winemaker of the Year.

About the Estate: The three Vegalfaro vineyards average 700 m.a.s.l., each with distinct soil types ranging from gravel/chalk to clay/limestone. Average age of Vegalfaro's low-yielding Bobal bush-vines is 55-years.

About Sustainability: Having never been exposed to synthetic treatments, the Vegalfaro soils thrive with micro-fauna and decomposing organic matter. All their wines are certified organic.

About the Grape: Native to Valencia, Bobal is a late sprouting and late ripening red. Renowned for its fragrance, colour and tannin, it has adapted perfectly to the region's climactic vagaries.

About the Wine: After aging 14-months in European oak and five in clay amphorae, a wine that's dark purple results. Aromatic notes of leather, spice box and dark

fruits precede a medium-bodied palate of cinnamon and blackberry. The finish is fresh and long.

About Pairing: Medium cheeses, roast lamb and seared tenderloin.

About Availability: Check liquorconnect.com (call the listed store too) confirming availability. CSPC #783360

About Price: \$28

IDIOMATIC 慣用句
관용적인 IDIOMATIQUE
IDIDIOMÁTICO IDIOMATISCH
אידיומטי IDIOMATYCZNY
MUNDRET



“ Turn a ”
Blind Eye

Meaning: to “turn a blind eye” to something means to pretend not to have noticed it.

Origin: The famous English naval hero Admiral Horatio Nelson, who, during the Battle of Copenhagen in 1801, is alleged to have deliberately raised his telescope to his blind eye, thus ensuring that he would not see any signal from his superior giving him discretion to withdraw from the battle.

CALGARY WILDLIFE



25 Years of Saving Wild Lives

In April 2018, a group of workers at a concrete-mixing plant were preparing to start up their machinery for the season only to realize there were two owls inside—and eggs on the conveyor belt.

Calgarians have an incredible compassion for our wild neighbours, and these workers were no different. Instead of starting up their machinery or trying to move the eggs, they waited patiently for the two small owlets to hatch and contacted the Calgary Wildlife Rehabilitation Society to find out what to do next. After a harrowing rescue, the two babies are growing up healthy and happy at the CWRS animal hospital, and will soon be released to join our other wild neighbours in Calgary.

Stories like this are part of our everyday work at CWRS. Each day, we see first hand how the Calgary community supports urban wildlife and how Calgarians go out of their way to make sure our diverse species are cared for.

Thanks to people like you, the Calgary Wildlife Rehabilitation Society is celebrating 25 years of service this year. That's 25 years of saving wild lives; of managing crises; of inspiring awe and wonder in youth and adults alike through educational programming; of providing compassionate relief from suffering; of mentoring the next generation of front-line animal care workers. We have been supporting positive wildlife outcomes for all Calgarians—animals and humans alike—since 1993.

Most of the 50,000 patients who have passed through our doors since then are victims of their urban habitats and are commonly seen in our city, including species like Canada geese, white-tailed prairie hares, eastern grey squirrels, mallard ducks, robins, magpies, and crows. There are more than 400 species of wild animals that live and thrive in Calgary, and we have cared for many of them over the last 25 years.

We care for what we know. We are raising awareness of human-wildlife interactions by providing engaging outreach programming, through which our educational ambassadors have to date inspired more than 100,000 learners of all ages, and we respond to more than 10,000 calls on our hotline each year from concerned members of the public regarding wildlife-related issues.

And it's not only our wild neighbors that benefit from responsible stewardship—human health and happiness are interlinked with flourishing ecosystems. For our 25-year anniversary, we want to thank you for your support and unwavering dedication to wild lives. Calgarians know that wildlife contributes to the diverse beauty and vibrant wealth of our city and that they deserve to be cared for in a way that preserves the dignity of their lives.

Thank you, Calgary, for 25 great years. Here's to 25 more!

To find out more about how you can celebrate our anniversary with us, please visit: calgarywildlife.org/25years.



27 Ways to Save Money on Food

According to Canada's Food Price Report, a family of four will spend \$348 more on food in 2018 than last year for a total of \$11,948. With food prices going up, it pays to find ways to cut costs. Here are 27 tips for reducing your food bill:

1. Sit down before you shop and make a meal plan. Include the foods you need for breakfasts, lunches, dinners and snacks.
2. Set a food budget and make choices based on what you want to spend.
3. Review the grocery store flyers to see what's on special. This may help you decide what to put in your meal plan.
4. Identify all the items you will need to make meals for the week and make a shopping list.
5. Eat before you go to the store. You're less likely to pick up extra items if you aren't hungry.
6. Shop on discount days. Most grocery stores have a day (such as the first Tuesday of the month) where they offer an additional discount on your entire bill.

At the grocery store:

7. Get rewards. Several grocery stores have free rewards cards that help you save on the cost of certain products each week. Bring a calculator to help you track how much you're spending so you can stay on budget.
8. Plan your route through the store. Start with the outer perimeter. This is where the fresh food is kept. Once you get the items on your list, target the aisles that have the other items on your list.
9. Don't wander up and down the aisles. You're more likely to pick up items you don't need.
10. Consider buying store brand products instead of brand names.
11. Use coupons.
12. Buy in bulk for items that you can freeze or that are non-perishable.
13. Stick to your grocery list as much as possible, but keep your eye out for sales on items you use frequently.
14. Avoid pre-packaged foods (unless the sale price is really good). That convenience often comes with a more expensive price tag. For example, it may cost less to buy a block of cheese than shredded cheese packages.

15. When trying to decide between two similar products, take time to calculate the cost per portion. Sometimes the unit price is located on the shelf label. The lower cost isn't necessarily the better deal.
16. If you don't know how you're going to use an item, don't buy it.
17. Watch as items are scanned at checkout. Machines and cashiers aren't perfect.

Dining out:

18. Dining out can be fun but expensive. Try to reduce the number of times you eat out in a week. Even cutting out one or two meals will save you a lot of money.
19. Many restaurants offer coupons or specials. Take advantage of them.
20. Portion sizes at restaurants are often larger than you need. Ask your server to package half and eat it for lunch the next day.
21. Order an appetizer rather than a full meal.
22. Ask if there is a half size or lunch size option available. Share an appetizer or dessert with your dining companion.

Change your habits:

23. If you normally cook for one or two people, double the recipe and freeze the leftovers. This not only saves you time, but it is often more economical.
24. Start drinking water instead of soda. A water filter on your tap or in a pitcher costs less than bottled water or other beverages, and it's good for you.
25. Cut down on junk food. Not only will you spend less money but you'll improve your health.
26. Make your coffee at home and pack a lunch. You'll save a lot of money each week, even if you only do it every other day.

Try not to shop when you're tired or overwhelmed. You'll be more likely to pick up convenience foods.

Reference: Dalhousie University. Canada's Food Price Report 2018. Retrieved from <https://www.dal.ca/faculty/management/news-events/canada-s-food-price-report.html>



5 Ways to Boost Brain Power!

by Dr. Alma Nenshi, Family Chiropractor, www.DrNenshi.com

Back to school is a stressful time for most families. Here are 5 easy tips to help you reboot your brain and improve your health.

1. Eat a diet rich in Omega-3 fatty acids to lower triglycerides and help joint pain, depression, ADHD, asthma and neurodegenerative conditions like Alzheimer's disease and dementia. Consider wild Arctic fish over farmed fish and dark green leafy vegetables like broccoli and spinach for iron and B-vitamins for circulation and immunity. Lightly blanch spinach before you eat it to reduce the waxy coating on the leaves, so it is easier to digest and absorb its nutrients. Other sources of essential fatty acids include hemp, flax, walnuts, almonds, olive oil and eggs.
2. Challenge your balance and get active. Hiking, walking and standing on unlevel surfaces while maintaining upright extension postures all stimulate your cerebellum, the critical part of the brain that controls balance, coordination and your postural tone.
3. Don't slouch! Standing and sitting up straight reduces stress on spinal joints and nerves that carry electrical signals to and from the brain and body. If you find yourself slouching, focus on arching your lower back.

Sometimes using a small pillow or rolled towel in the small of your back can serve as a gentle reminder. Sensory chair cushions may improve balance and attention in kids who find it hard to sit still in class.

4. Set a reasonable bedtime and stick to it. Well-rested kids are likely to perform better at school and are healthier. Sleep hygiene routines such as turning off all electronics (including TVs and cell phones) and not drinking anything within 1-2 hours of your bedtime can improve your quality of sleep and keep you from waking up in the middle of the night to visit the bathroom.
5. Get regular chiropractic care. Our brain continuously monitors and integrates sensory information from within and around the body to accurately perform movements, a process called sensorimotor integration. Healthy movement of the joints in the spine is essential for the brain and body to communicate and respond to internal and environmental changes. Chiropractic adjustments gently restore movement in dysfunctional joints of the spine. Like fixing the static on your phone, rebooting your brain with chiropractic care leads to better body function, fewer accidents and a healthier you!

Ask Charles

I made an offer on a property that was not accepted. I later learned there were multiple offers on the property; if I had known I would have raised my offer. Doesn't the seller have to tell buyers there are multiple offers?

No, sellers in Alberta do not have to tell buyers if there are multiple offers.

Sellers are in the driver's seat when it comes to multiple offers. If the seller instructs their agent not to disclose that there are multiple offers to potential buyers, their real estate representative must follow those lawful instructions.

That being said, nothing prevents a buyer's agent from asking the seller's agent if there are multiple offers. If the seller allows their agent to answer, they must do so honestly. But, if the seller tells their agent not to disclose that there are multiple offers, they'll tell your agent that they're not allowed to say. In that case, you'll have to decide how you want to proceed, and your real estate professional can help guide you.

Now, you may be wondering why a seller wouldn't want buyers to know there are multiple offers, after all, wouldn't that create competition and possibly result in higher offers?

Not necessarily. Some buyers, upon hearing there are multiple offers, may withdraw their offer and move on to a different property, not wanting to waste time competing for a house when there are other options available. And, in weaker markets, when there is more inventory and fewer buyers, sellers may not want to disclose if there are multiple offers.

Alternatively, in a strong market, when there is less inventory and more buyers, sellers typically disclose the existence of multiple offers because it generally works out better for them to do so. So, while it's the seller who decides whether or not to disclose, the market will influence their decision.

If you're in a situation where you're concerned about multiple offers, it's not a bad idea, prior to making your offer, to take some time in advance to consider how you would handle a multiple offer situation if it arises. Would you increase your offer? Are there other aspects of your offer you would be willing to change, for example, changing the conditions or changing the possession date? Knowing this ahead of time may get your revised offer to the seller quicker than your competition.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

OFF THE MENU

Cheese is the most stolen food in the world. Around 4% of ALL the cheese made in the world gets stolen. There's even a black market of stolen cheeses.



Healthy Summer Eating

It is summertime and everyone wants to make the most of it! The sunny, warm season means eating and cooking outdoors. Here are some tips for healthy summer eating.

Keep vegetables and fruit as the main focus on your plate:

- Fill half your plate with vegetables, fruit or a green salad. Use plain yogurt, lemon juice, herbs and spices to make delicious dips and dressings.
- Try cooking vegetables such as eggplant or cabbage wedges on the barbecue grill. Create colourful vegetable kabobs using bell pepper, corn, onion, zucchini, mushroom and tomato.
- Cook a potato, yam or cob or corn wrapped in aluminum foil on the barbecue.

When choosing meat, fish or tofu to grill:

- Look for lean cuts or poultry without skin
- Use a marinade
- Cook meat on foil or a grill pan
- Cook at a lower temperature and trim charred pieces of meat
- Choose fish and shellfish more often; you can grill a

whole salmon filet on a cedar plank or wrapped in aluminum foil with herbs and spices

- Marinate tofu cubes and grill them on a skewer with vegetable pieces

To quench thirst in a healthy way:

- Favour water with lemon or orange wedges, mint leaves, fresh rosemary or frozen berries. Make flavoured ice cubes by putting a berry in each cube of an ice cube tray and filling it with water.
- Try making fizzy drinks with carbonated water, a splash of 100% fruit juice and frozen fruit.

Include refreshing summer desserts:

- Take advantage of what summer has to offer by choosing seasonal fruit.
- Grilled peaches, pineapple or plums with a dollop of Greek yogurt are a tasty dessert.
- Try homemade frozen desserts by freezing your favourite smoothie recipe in a popsicle tray or small cups with a popsicle stick in the middle.

For a healthier approach, continuously turn foods over while barbecuing and do not overcook.

The Elbow River Riverbank Makeover Project 2018

About Calgary River Valleys

Calgary River Valleys (CRV) is an independent, not-for-profit organization led by volunteers dedicated to building a strong and effective voice for river valley protection and water quality in Calgary. This summer, we are implementing a pilot project with funding from the City of Calgary Water Resources department – **The Elbow River Riverbank Makeover Project 2018**. The goal of this project is two-fold: (1) help homeowners protect their property from flood damage and erosion over time and (2) help homeowners learn what they can do to become even better stewards of Calgary's rivers and water resources.

How to Protect Your Property by Stabilizing Your Riverbank

Instead of traditional engineering solutions—such as retaining walls—we are advocating the use of locally adapted native vegetation which build deep root structures in the soil and will increase riverbank stability, reduce water velocity and energy during high water events, and filter contaminants from going into the river. CRV has recruited a homeowner who is willing to work with us to plant a variety of native vegetation adjacent to the river on their land to stabilize their riverbank and protect water quality and habitat in and around the river. This homeowner's backyard will serve as a demonstration site to show how other homeowners can also use similar techniques in their own yards. Another part of the project will involve surveys to help us assess river-adjacent homeowners' knowledge of riverbanks and river stewardship. This project is made possible through funding from City of Calgary which allows CRV to provide this service to candidate sites **free of charge to the homeowner**. In order to help achieve both of the above goals CRV is providing the resources and materials required to protect their property from flood damage and increase water quality in the Elbow River.

How You Can Participate

If you live beside the Elbow River, and/or are interested in learning more about this pilot project, how to protect your yard from erosion during annual or semi-annual high water events, and contribute to better water quality in the Elbow River, we want to hear from you. CRV is looking for volunteers to help plant the demonstration site with native vegetation in September, as well as river-adjacent homeowners who are willing to participate in a short survey. Please contact CRV by email at: CalgaryRiverValleys@outlook.com or CalgaryRiverValleys2@outlook.com or by phone at 403-268-4867 or 403-268-4632. You can also find more information about this project on CRV's website: www.calgaryrivervalleys.org.



MP Calgary Centre
Hon. Kent Hehr
 950 6 Ave SW Calgary
 ✉ kent.hehr@parl.gc.ca
 ☎ 403-244-1880
 🌐 www.KentHehrMP.ca

Kent and Deanna got married in Calgary in August

Some Happy News on A Personal Note

It is an honour and privilege to represent Calgary's urban centre since 2008 – first as a provincial MLA and now as your federal Liberal MP (Member of Parliament).

I've long said that I'm in this line of work for two reasons: to create good public policy for the long term, and, admittedly selfishly, to share my life with Calgarians.

It seems fitting that through this work, I met my partner Deanna. I'm thrilled to say that in August, Deanna and I got married here in Calgary. We both feel very lucky.

When we first met, Deanna was working at CUPS. As I often collaborated with CUPS on issues near and dear to my heart such as poverty, homelessness, and early childhood development, I started to get to know Deanna. Eventually we went for coffee, starting dating, and now here we are.

I am very thankful for Deanna, and for the wonderful group of family and friends who surround us.

As I can personally attest, politics can be a tough business, but I am so thankful and honoured to do this work and to represent the people of Calgary Centre. Although I have now tied the knot, rest assured that I remain focused on creating good public policy and sharing my life with each and every one of you.

YOU'RE INVITED: Free Community BBQ with MP Kent Hehr

Saturday, September 15
 11:00 a.m. – 1:00 p.m.
 2201 Cliff Street SW (Cliff Bungalow Mission Community Hall)
Hope to see you at the BBQ on September 15th!

Subscribe to email updates at www.KentHehrMP.ca/email-updates

Connect with me (@KentHehr) on Facebook, Instagram, Twitter or LinkedIn



Councillor, Ward 7
Druh Farrell
 ✉ ward07@calgary.ca
 🌐 druhfarrell.ca
 📱 @DruhFarrell 📘 Druh Farrell

Walking Safety

Following the 2017 Municipal Election, Councillors convened a roundtable discussion on the key issues they heard at the doors. Again and again, walking safety was a top concern across Calgary neighbourhoods. Calgarians of all ages and abilities deserve to be able to safely walk to work, school, and daily amenities.

As our children head back to school, walking safety will be top of mind for many Calgarians. Be sure to slow down in playground zones, be cautious in school drop-off areas, and watch for pedestrians of all ages throughout our city. Always drive with care and never drive while distracted.

The City is doing its part to improve walking safety through the approval of an award-winning pedestrian safety strategy called Step Forward. This robust strategy seeks to improve the safety, accessibility, and desirability of walking in Calgary. Unfortunately, the Council of the day was unwilling to fund Step Forward's implementation. As a result, the strategy has resulted in minimal improvements so far. During the four-year budget debate this fall, I will be pushing to fund Step Forward and boost the City's commitment to safer streets.

Council also recently supported my motion to improve winter maintenance for walking. The City will now:

- Clear all sidewalks adjacent to City property within 24 hours, bringing this in line with the timeframe for private property owners to clear adjacent sidewalks
- Clear an additional 100 km of pathway, boosting the total clearing to 500 km
- Plow windrows away from high priority wheelchair ramps
- Introduce fines for those who repeatedly fail to clear adjacent sidewalks
- Create an advisory panel to push for continuous snow clearing improvement, with particular focus on accessibility

Finally, this September, Council will debate what speed limit is appropriate for neighbourhood streets. The World Health Organization reports that pedestrians struck by automobiles travelling at 30 km/h are 90 per cent likely to survive. Survivability drops to 60 per cent when speeds increase to 40 km/h and below 20 per cent at 50km/h. Cities across the world, and as close as Airdrie, are improving safety by changing speed limits in areas where people live and where their children play.

To sign up for updates on the speed limit discussion and on key community issues, visit www.DruhFarrell.ca or www.Facebook.com/DruhFarrellCalgary



Support Your Community Association As One of Your 3 Things for Calgary!

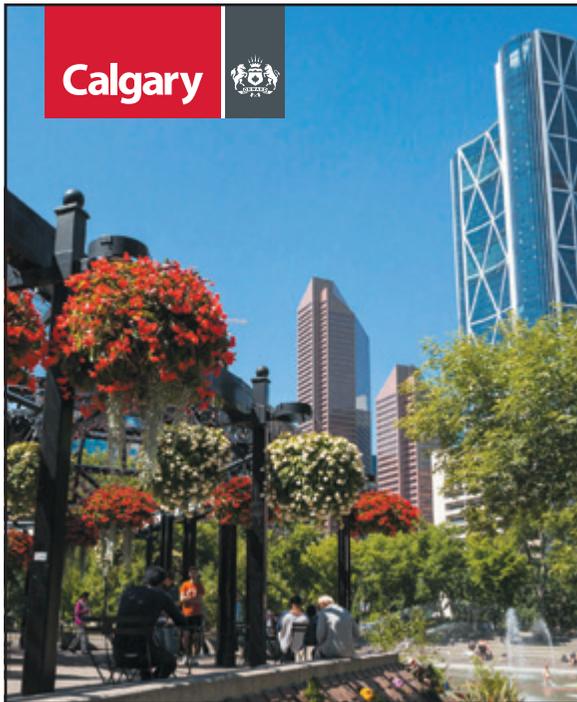
What is *3 Things for Calgary*? It's pretty simple. This initiative challenges Calgarians to do three things for Calgary – three acts of service to give back to our city. If every Calgarian did three things for Calgary, we would have more than 3,000,000 actions making Calgary an even better city. The initiative asks Calgarians to:

1. Think
 Think about three things you can do to make Calgary better. These can be for your street, your community, or the entire city. What are your skills and passions? What issues are important to you? The three things you do are up to you.
2. Do your *3 Things for Calgary*
 Every action you take, big or small, makes a difference in our city.
3. Encourage three more people to also do *3 Things for Calgary*
 Your actions can be an inspiration for others, so share your experiences and tell your story!

An easy way to knock one of your *3 Things* off the list is to support your community association! How? There are many ways you can show your appreciation for the organization and volunteers working hard every day to make sure you love where you live:

- Take some time to learn about your community association
- Follow them on social media
- Attend a community association event
- Purchase/renew an annual membership
- Volunteer for a community event
- Attend the AGM
- Join the board or directors or a committee of the board
- Thank them for all they do for you and your neighbours!

To find out more about your community association visit calgarycommunities.com and click on "Join Your Community"



We are refreshing the 2007 Centre City Plan. What would you like to see and do more of in downtown Calgary?

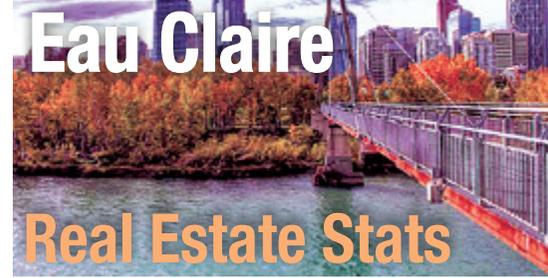
Online engagement starts in September. Sign up for e-mail project updates and provide your input at calgary.ca/centrecityplan



ACCEPTING NEW PATIENTS
INTEGRATIVE ORAL
AND ESTHETIC MEDICINE

Dr. Danielle Davids

420 2 St SW #102A | 403-770-6900
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Last 12 Months Eau Claire
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2018	\$785,000.00	\$742,500.00
June 2018	\$559,400.00	\$533,000.00
May 2018	\$439,900.00	\$430,000.00
April 2018	\$419,000.00	\$390,000.00
March 2018	\$227,000.00	\$218,500.00
February 2018	\$1,287,000.00	\$1,200,000.00
January 2018	\$649,400.00	\$615,000.00
December 2017	\$873,900.00	\$830,000.00
November 2017	\$334,900.00	\$319,250.00
October 2017	\$2,485,000.00	\$2,200,000.00
September 2017	\$499,450.00	\$480,000.00
August 2017	\$672,450.00	\$636,000.00

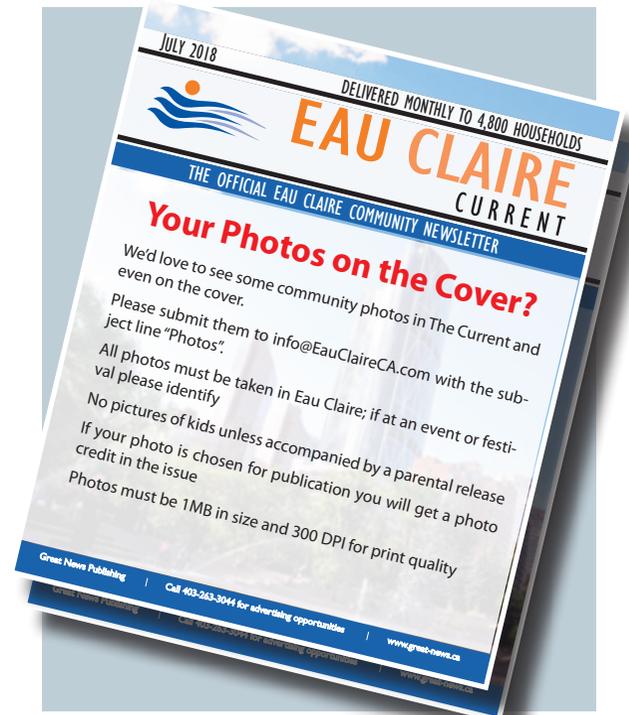
Last 12 Months Eau Claire
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2018	8	4
June 2018	11	7
May 2018	9	4
April 2018	12	5
March 2018	9	3
February 2018	5	3
January 2018	14	7
December 2017	3	4
November 2017	8	3
October 2017	10	2
September 2017	11	3
August 2017	4	3

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

Call me first for a complimentary market analysis.

403-805-8027
sarahscott@lenthong.com



Judy Wagner

Your Eau Claire Resident Realtor
RE/MAX Real Estate (Central)

Thinking of selling?
Give me a call!
403-850-3436

judywagner@remax.net

RE/MAX



\$399,900.00

202-201 10 Street N.W.

Kensington by BUCCI

Gorgeous one bedroom with one bath and fabulous open kitchen plus wrap around terrace with east views and morning sun! Solid concrete. New building, underground parking and storage.

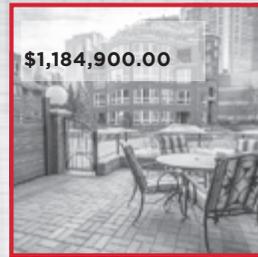


\$419,900.00

902-801 2nd Avenue S.W.

The Lookout

Excellent opportunity for this 2 bedrooms 2 full baths, terrace with south views and floor to ceiling windows. Underground parking plus a titled storage "room". Great amenities & LOW condo fee.



\$1,184,900.00

5203-400 Eau Claire Ave S.W.

Prince's Island Estate

3 Bedrooms, 3 full baths, 3 terraces. Gorgeous stone tile thruout, views of park, river and downtown Courtyard unit completely renovated. 2 indoor parking stalls. Private access to unit from parkade



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