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February	24	16	7	\$989,000	\$975,000
January	24	9	6	\$734,000	\$710,000
December	23	4	7	\$557,000	\$530,000
November	23	13	8	\$479,950	\$472,500
October	23	8	11	\$499,000	\$480,000
September	23	15	7	\$655,000	\$614,869
August	23	14	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

To view more detailed information that comprise the above
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- Improving the condition of the flyover, including the addition of streetlights.
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- Improving one critical link in the transportation network to help with Calgary's continued growth in the coming years.

For more information and to sign up for email newsletter updates, visit calgary.ca/4aveflyoverrehab

23-0028698 | ADV-26509

Vancity

April is a special month for Canada! Now a bustling hub of community, film, and diversity, the city of Vancouver was incorporated on April 6, 1886. Can you imagine a Canada without Vancouver?!



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YOUR CITY OF CALGARY

Make Every Drop Count: Collect and Reuse Water with a Rain Barrel

by The City of Calgary

Our region is in a drought, and that's why now, more than ever, every drop counts. With another dry summer expected this year, we all need to do our part to conserve water and use it wisely.

A rain barrel is a great way to capture and reuse any rainwater Mother Nature provides this season. You can use what you collect to water your trees, lawn, and garden – even when outdoor water restrictions are in place.



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.

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



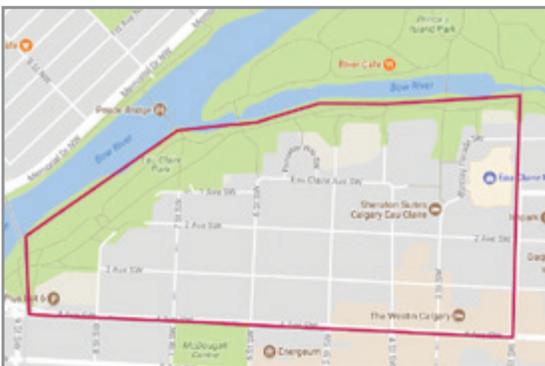
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Spring Cleaning Your Finances

by Danielle Robbertze



Do you have a bunch of documents, statements, receipts, and more lying around? Well, April is the perfect time to sort this all out. April is often the time for spring cleaning. Although this mostly involves general cleaning of your house or donating items you no longer need. This time can also be used to 'spring clean' your finances.

Here are a few tips on how you can spring clean your finances this year:

1. Sort, Sort, and Sort Some More

Sort your financial documents into categories, this way it becomes easier to manage. Categories can include bank statements, bills relating to your home, receipts, contracts, and miscellaneous. Throw away (or shred which is a more secure option) that which is old and no longer relevant. This could be bank statements for an old credit/debit card, bills from a previous residence, or pay slips older than three months.

Create a filing system with labelled folders in a secure area of your house. Once this filing system is set up it becomes easy to file new documents and throw out old ones.

2. Consider Digital

Some documents are best to keep as hard copies such as rental agreements, mortgage statements, and

work contracts. However, documents such as bank statements and receipts are available online these days which can be easily filed digitally either through Google Drive or directly on your computer.

3. See Where You Can Start Saving

Once everything is organized it becomes easier to see where your money goes every month. Consider creating an Excel sheet where you can clearly see where you spend your money. Here you can also create categories such as income, savings, bills, subscription fees, groceries, bank accounts, loans, and miscellaneous (spending on clothes, recreational activities, and luxury items).

Indicate in green the money that comes in your account monthly and indicate in red the money that comes out. You can create an easy equation after doing this to see how much money you have left every month.

When all this is done you could possibly see that you no longer use a certain subscription and could save money by unsubscribing, or you have a bank account you no longer use which you can close.

All of this may seem like a bit of a hassle, but once it is done you will not regret spring cleaning your finances. It will only make your life easier moving forward.

Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

Prep Time: 20 minutes

Cook Time: 45 minutes

Servings: 4



Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

Directions:

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.
2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.
3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.
4. The next day preheat oven to 350 degrees Fahrenheit.
5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!



Pelvic Floor Health for New Moms

from *Alberta Health Services*

You're a new mom! Congratulations. Among the changes that occur when you have a baby, childbirth and pregnancy can also have an impact on your pelvic floor.

In Alberta, there are specific clinics and specialists that can help and educate on pelvic floor issues, such as bladder and bowel control and pelvic organ prolapse.

Age can have a lot to do with your pelvic floor health, especially when it comes to recovery following childbirth. The effects of having a baby and lifestyle issues can cause changes to your pelvic floor, resulting in symptoms. That's why it's important to learn what you can do to prevent and address issues, for now and for the future.

What Is the Pelvic Floor?

Your pelvic floor is at the base of your abdomen, between your legs which can be thought of as the bottom of a canister. Your abdominal muscles and bones are the back of the canister, and the top is your diaphragm, the muscle that moves your lungs up and down to help you breathe. The weight of your abdomen sits on the base of this canister, the pelvic floor. There are no bones underneath your pelvic floor, only muscles circling around it, so the pelvic floor muscles act like a sling or trampoline to support your pelvic organs. A healthy pelvic floor controls your bladder and bowels, and is important for sexual intercourse, along with lifting and carrying things by controlling the pressure inside your abdomen.

They also work with your deep abdominal, low back, and diaphragm to give you stable posture.

The large group of core muscles is called your Levator ani, which suggests there is a lifting action. Circular-shaped muscles called sphincters are around your urethra and anus. These pinch the urethra and anus closed as you do pelvic floor exercises, sometimes called Kegels.

Pregnancy and the Pelvic Floor

Pregnancy puts stress on your pelvic floor due to the weight of the baby along with pregnancy hormones that loosen and stretch the area. Your uterus grows and

becomes heavier as your baby grows which pushes down on your pelvic floor and your bladder.

Labour and the type of delivery – vaginal or Cesarean (C-section) – can also affect your pelvic floor. Swelling, pain, and even a loss of feeling or tone in your pelvic floor can occur after a vaginal delivery. During a C-section, the pregnancy hormones are still present, doubling your blood volume, while your urethra (the tube from the bladder) dilates and loses some of its tone.

Managing Pelvic Floor Issues

Exercise and lifestyle are two of the main ways to address your pelvic floor issues. After having a baby, you may find it harder to find and use your pelvic floor muscles which is why it's important to consider the following:

- **Consult a pelvic health physiotherapist** – These trained specialists can help you find these muscles and start a program.
- **Contact the Rehabilitation Advice Line** – They can help you get in touch with the proper resources to find out more.
- **Avoid straining or pushing down when using the toilet** – This can lead to incontinence (when you can't control your bladder or bowels) and prolapse (when pelvic organs sag down). Take your time.
- **Drink enough fluids to stay hydrated** – Try to urinate every three to four hours, and ensure your urine is a light-yellow colour.
- **Eat healthy foods and get enough fiber** – Eating well not only helps your internal organs to remain healthy and function optimally, but being a healthy weight helps put less pressure on your pelvic floor. Seek advice from a nutritionist.
- **Return to gentle movement** – Everyone returns to exercise at a different time after giving birth. Walking or gently stretching can help your body get rid of extra pregnancy fluids. Talk to your healthcare provider if you have questions about exercising after having a baby.
- **Avoid smoking** – Smoking often causes coughing which is hard on your pelvic floor and can irritate your bladder and rectum.



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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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Blog: Office to Residential Conversions: Let's Do the Math!

Articles and photos provided by Richard White, A.K.A. Everyday Tourist

Over the past month or so, I have been engaged with several people on social media regarding why Calgary's "office to residential" conversions rents are so expensive. Many thought that because the City had subsidized the conversion, the City would require the developer to have all or some of the homes be affordable for lower income Calgarians.

The reality is no conditions were placed by the City to require the "office to residential" developers to provide apartments at lower than market rates. And the reason for that is without the City's subsidy, few if any developers would have converted their office buildings to residential. The outdated office buildings would have sat empty providing no value to the downtown community and little tax revenue. Even with the subsidy, many questioned the viability of the conversions, given the cost of the complicated conversions and more recently the cost of borrowing money to finance them.

I have done some basic math to help illustrate the rents being charged for one of the first "office to residential" conversions. And they are not out of line given the costs involved.

Let's Do the Math!

The plan is simple: the city provides grants of \$75 per square foot (up to \$15M) for the developer to convert the office building into a residential one, waives the need for a development permit (in most cases), and expedites the approval processes for "office to residential" conversions in the downtown core. It is not a city-wide program.

Let's base our calculations on a hypothetical 1,000 sq. ft. apartment, with two bedrooms, 1.5 bathrooms, and in-suite laundry, to help make the math simple.

But first there are some caveats:

Every building will have different conversion costs per apartment depending on the building's floor plan and if there is anything worth saving other than the shell of the building.

This estimate doesn't consider that only 80 to 85% of the building's total square footage will be rentable or that only 95% of the apartments will be rented at any given time as people move in and out and while repairs are made.

Developers' Costs	
\$475 per sq. ft.	Cost of building, renovation, and financing
-\$75 per sq. ft.	City subsidy (which doesn't get paid until the project is finished)
\$400 per sq. ft.	Total cost to acquire and renovate

The developer must contribute about 30% or \$120,000 in equity long term and upfront the \$75 sq. ft. City subsidy. These costs must be reflected in the rent.

The developer's \$280,000 mortgage (\$400,000 - \$120,000) will cost them \$1,800 per month at 6%.

The developer is also responsible for all common area costs, maintenance, heating, and electricity, building insurance, parkade, taxes, and debt/equity financing. Let's ballpark that at \$300 per month. Condo fees per month on a 1,000 square foot condo would be higher than that.

Developer Cost Per Month	
\$1,800	For mortgage
\$300	For taxes, common areas cost
\$500	5% tax return on the \$120,000 equity investment
\$2,600	Total monthly costs to the developer
\$200	Profit
\$2,800	Rent payment for 1,000 sq. ft. (cost + profit)

Note: If we translate this into a 500 sq. ft. one bedroom apartment, the rent should be in the \$1,400 per month or \$2,100 for a 750 sq. ft. apartment.

Renovated/New Buildings Are Never Affordable

Simply put, an “office to residential” developer, even with the City subsidy, can’t rent out the apartments at affordable rates for low income Calgarians and still make a profit.

And when we are talking about new concrete residential on bare land, the costs to build are as high or higher than the conversions.

Let’s stop fooling ourselves - the private sector cannot afford to build “affordable housing”, i.e. where the rent is 30% of the income of low wage earners. The living wage in Calgary is estimated to be \$24 per hour or about \$50,000 per year which translate into \$1,232 per month for rent, which will get you a 500 sq. ft. apartment with one small bedroom.

Thus the \$1,400 per month rent for a 500 sq. ft. one bedroom apartment is maybe manageable for a single person, definitely not for a single parent with one or two children, and certainly not affordable to anyone earning less than \$24 an hour, which is \$9 an hour higher than Calgary’s minimum wage.

Affordable housing must be the responsibility of all levels of government and not-for-profit agencies who are not governed by the “for-profit” mandate and are eligible for subsidies and government owned land at reduced rates.

Dividends

While many including myself have questioned the value of the City subsidy for “office to residential” conversions, the reality is 13 empty office buildings scheduled for conversions would have sat empty for a very long time without the subsidy.

Healthy downtowns are three dimensional i.e. attractive places to work, live, and play. In theory, the new conversions will be filled with a diversity of residents who will help to evolve Calgary’s downtown into more than just a place to work, which is the current situation. The goal is to make our downtown a neighbourhood, with a sense of community where people of all ages and backgrounds call it home.

The converted buildings will contribute more taxes as occupied residential towers, than empty office buildings do. Without the subsidy, many of them would eventually get demolished which would be a waste on many levels.

Last Word

Yes, it will take decades for the residential taxes to pay back the subsidy, but hopefully the additional people living downtown will create other dividends. Perhaps the biggest dividend will be a critical mass of downtown residents who will create an urban vitality in our downtown in the evenings and weekends when the workers have gone home.

That’s the theory, let’s hope it works!



How to Heal from Intimate Betrayal

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



Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

1. Seek Professional Help - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.

2. Practice Self-Compassion - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.

3. Establish Healthy Boundaries - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.

4. Engage in Self-Care Activities - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.

5. Join a Support Group - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.

6. Journaling - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.

7. Educate Yourself - Learn about the impact of betrayal trauma and explore resources on healing and recovery.

8. Practice Mindfulness - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.

9. Express Yourself Creatively - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.

10. Challenge Negative Beliefs - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

11. Cultivate Forgiveness - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

12. Engage in Healthy Relationships - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

13. Set Realistic Expectations - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

14. Practice gratitude - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

15. Connect with your Spirituality - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

16. Engage in Activities You Enjoy - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.

17. Practice Relaxation Techniques - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

18. Seek Closure - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

19. Focus on Personal Growth - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

20. Celebrate Milestones - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.

Word of the Month

Portmanteau: noun (port-man-toe)

A literary device wherein two words are merged to form a novel word with a distinct meaning.

John was surprised to learn that the word 'motel' is a portmanteau of 'motor' and 'hotel'.

Webster Dictionary

You come across a word you don't recognize, and you want to know what it means; what do you do? Well, you look it up in the dictionary of course! This was much easier to do starting April 14, 1828, because this was when seventy-year-old Noah Webster copyrighted the first Webster Dictionary.



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