

JANUARY 2023

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THE OFFICIAL LEGACY COMMUNITY NEWSLETTER



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	22	18	21	\$360,500	\$360,500
October	22	27	25	\$510,000	\$500,000
September	22	25	27	\$514,900	\$512,000
August	22	33	23	\$489,900	\$475,000
July	22	28	29	\$424,900	\$421,700
June	22	43	39	\$275,000	\$270,000
May	22	36	28	\$404,500	\$400,000
April	22	49	46	\$454,500	\$471,500
March	22	56	42	\$462,450	\$503,000
February	22	35	33	\$509,900	\$540,000
January	22	23	20	\$414,950	\$425,000
December	21	14	14	\$437,500	\$442,750

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

OFFICIAL

PLUMBING & HEATING

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OPEN HOUSE

FEBRUARY 11, 2023 | 10 AM – 2 PM



visitus@stmu.ca



stmu.experience



14500 Bannister Rd SE, Calgary AB | 403-531-9130

Families Matter – Family Resource Network offers your family **FREE** services.



OUR FREE SERVICES INCLUDE:

- Parent and child activities and drop-in play
- Parenting classes (online/in-person)
- Postpartum depression support
- Parent classes and playtime for dads
- Home visitation
- Programs for parents under 24

Call to learn what services and supports we can offer to your family at
403.205.5180 | 403.205.5194 or check out our website at www.familiesmatter.ca
#101—239 Midpark Way SE



We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!



Unsecured food waste attracts wildlife. Ensure garbage, compost, and recycling are in secure bins.

Please visit
www.calgarywildlife.org
for more information.



Calgary Legacy Community Association (CLCA)

For an updated list, visit www.calgarylegacy.ca.

Board of Directors

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Ryan Wilson	ryan.wilson@calgarylegacy.ca	Acting VP, Director of Communications
Elaine Shaneyfelt	elaine.shaneyfelt@calgarylegacy.ca	Secretary, Director of Volunteers
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INCLUDING

- **News and Events**
 - **Real Estate Statistics**
 - **Crime Statistics**
- and More...

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

CLCA SMALL BUSINESS DIRECTORY

Our CLCA Small/Home Business Directory
is now available at
www.calgarylegacy.ca.

The purpose of this directory is to provide you with local consumer options. Looking for storefront business partners in the community? Check out the Partners and Promotions page for member exclusive discounts.

FAMILY FEATURE

The Wilson Family



How long have you lived in Legacy?

Going on two years this April.

Why did you choose Legacy over other communities?

Proximity to work, and the fact that Legacy has the feeling of a small town but all the amenities of living in the city. We felt like this was the perfect community to start a family in.

What is your favourite thing about living here?

It would have to be the sense of community and togetherness we have seen from everyone since moving here. Our neighbours are lovely, and we have developed friendships for life with almost everyone we interact with.

What is the most interesting thing you can share about your family?

Just the fact that we love this community so much. My wife and I are both on the Community Association board of directors, Samantha is the Director of Events, and I am Acting Vice President currently. We enjoy any chance we get to make this community brighter. We chose Legacy to start our family and we want to help this community grow and thrive.

Markets of Legacy



If you love to support local, check out our "Markets of Legacy" group on Facebook! Here, we feature makers, reps, and services from right here in Legacy and nearby communities. Be sure to follow the group, peruse vendor albums at your leisure, and watch for our regular giveaways! Find the group by searching "Markets of Legacy" on Facebook and ask to join today.



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South Health Campus (SHC) Wellness Centre

South Health Campus Wellness Centre offers free, quality health and wellness programs.

Visit our 2023 Online Winter Program Guide for program descriptions and registration information at www.ahs.ca/shcwellness.

Upcoming Free Programs in January 2023

Mediterranean Style Eating for Health (Demo)

When: Thursday January 19, 2023, 12:00 to 1:30 pm

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthy foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health, or general well-being. Come discover the great flavours and many health benefits! Join us from the comfort of your home for this virtual cooking demonstration.

Registration (visit program guide): www.ahs.ca/shcwellness

Program Provider: SHC Registered Dietitians and the Wellness Kitchen

Cooking Your Way to Wellness in Pregnancy (Cook Along)

When: Thursday February 2, 2023, 6:30 to 8:00 pm

Need help with meal planning and preparation? Cooking Your Way to Wellness in Pregnancy is an interactive virtual class designed to provide you with the hands-on experience to be able to create healthy

eating habits during your pregnancy to help ensure you and baby are as healthy as possible. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week.

Please Note: You will be provided a grocery list, equipment list, and the recipes ahead of time. You will need to obtain the groceries and have your space set up and ready to go in time for the cook-along (some advanced prep is required).

Registration: www.birthandbabies.com

Program Provider: SHC Registered Dietitians and the Wellness Kitchen in partnership with Birth & Babies

Eating Well When Fatigued (Demo)

When: Thursday February 9, 2023, 12:00 to 1:30 pm

Do low levels of energy impact your ability to cook? Is it difficult to prepare healthy meals? Is meal preparation difficult because it is more challenging to use your hands?

Intended for people who experience fatigue and physical or cognitive limitations related to health conditions such as neurological conditions or arthritis, this fun virtual cooking demonstration will teach you strategies to be successful in the kitchen and to make healthier food choices.

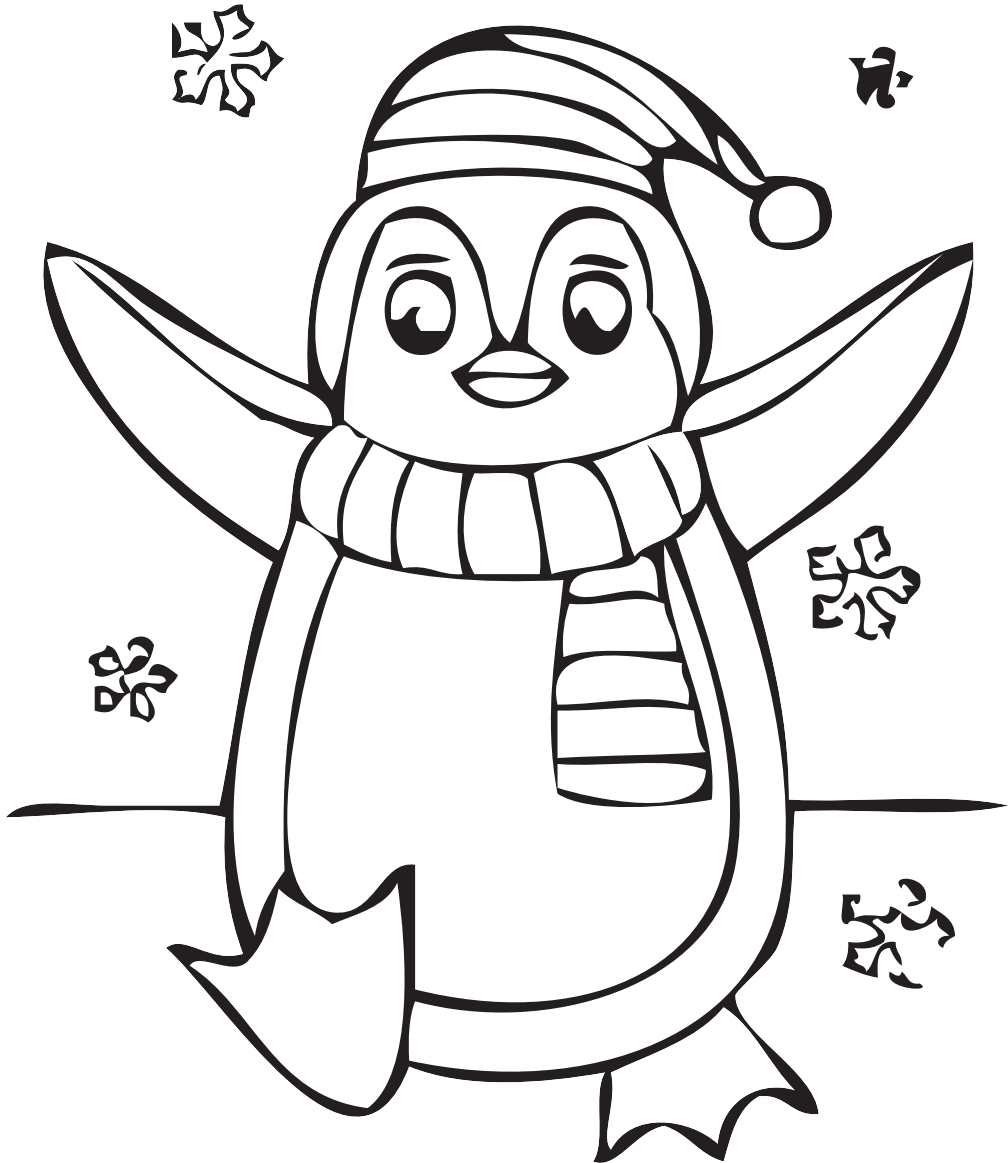
Registration (visit program guide): www.ahs.ca/shcwellness

Program Provider: SHC Registered Dietitians, Allied Health, and the Wellness Kitchen

Colouring Contest!

Sponsored by Christie Crawford, Legacy Realtor, Royal LePage

Submit your entry to info@calgarylegacy.ca by January 25, 2023 to be entered to win a for a \$10 gift card to A & W Legacy.



First name: _____ Age: _____



Winter Family Skate

Date & Details Coming Soon...

WWW.CALGARYLEGACY.CA



BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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LEGACY MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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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.

PROFESSIONAL TAX PREPARATION SERVICES: Affordable and accurate. Our services include employment income, students, seniors, foreign pension, self employed, business, rental, newcomers, and deceased/final return. Local senior tax specialist. Licensed E-filer. Open year round. Call or text Ella at 403-992-0419, or email ellasmobiletax@gmail.com.

WALDEN CHILD CARE: Part time/On call/Relief staff needed for your local neighbourhood day care. We will train you and place you in a course for Level 1 Early Childhood Education, at no cost to you. Opportunities for advancement if you continue your levels. Apply today! Call Andrea at 587-353-7529.

A festive graphic for "New Year's Eve in Times Square". The title is written in a large, elegant, pink cursive font. Below the title are several illustrations: a top hat with "HAPPY NEW YEAR!" written on it, two party hats, and a striped ball. The background is a dark, textured surface with a subtle pattern of small, light-colored dots.

New Year's Eve
in Times Square

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!

Turkey Salad

Makes 4 Servings

Ingredients:

- Two turkey breasts, diced/cut into strips
- 1 Full Head of Living Lettuce
- 20 Cherry/Grape Tomatoes
- 150g Feta Cheese Crumbled
- Panko Breadcrumbs
- Dijon Mustard
- 150ml White Wine Vinegar
- ½ Lemon

Directions:

- Preheat pan to medium heat with 1 tbsp. of olive oil.
- In a bowl, add strips of turkey, coat with Dijon mustard, and cover with panko/breadcrumbs.
- Add turkey to heated pan, turning when browned.
- Cut head of lettuce into smaller pieces for salad and halve cherry tomatoes.
- In a bowl, add 150ml of white wine, two tsps. of Dijon mustard, and ½ lemon squeezed. Mix well.
- Coat lettuce with salad dressing mix, add tomatoes, feta cheese, and turkey once done cooking.
- Add croutons if desired.



Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

from the City of Calgary

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.



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