our LEGACY LEGACY

THE OFFICIAL LEGACY COMMUNITY NEWSLETTER



SOUTH CALGARY DENTAL & ORTHODONTICS

FREE TEETH WHITENING OR ELECTRIC TOOTHBRUSH

* With Complete Exam, X-Ray, and Cleaning

(587) 352-3100

SouthCalgaryDental.ca



■ 5250, 47 Legacy View SE, Calgary, AB
General services provided by Dr. A. Sharma & Dr. K. Toucher











LEGACY COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our Innovative Consumer Programs

Virtual Tours
Guaranteed Sale Program*
Trade Up Program*
Blanket Home Warranty Program*
Accepting Crypto Currency

Call us to help you navigate through the changing real estate world

Call or Text 403-606-8888 Email len@lentwong.com

*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	47	37	\$537,000	\$555,555
May	23	36	29	\$464,900	\$475,000
April	23	28	29	\$429,900	\$420,000
March	23	24	21	\$480,000	\$519,777
February	23	29	24	\$537,650	\$520,000
January	23	9	14	\$522,450	\$505,500
December	22	12	11	\$495,000	\$502,000
November	22	18	21	\$360,500	\$360,500
October	22	24	25	\$510,000	\$500,000
September	22	25	26	\$519,900	\$512,000
August	22	33	23	\$489,900	\$475,000
July	22	28	29	\$424,900	\$421,700

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

Calgary Legacy Community Association (CLCA)

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

Board of Directors

President	This could be you!	Vacant
Vice President	This could be you!	Vacant
Secretary, Director of Volunteers	Elaine.Shaneyfelt@calgarylegacy.ca	Elaine Shaneyfelt
Treasurer	Jose.Alvarado@calgary.legacy.ca	Jose Alvarado
Director of Events	Vanessa.Rodrigues@calgarylegacy.ca	Vanessa Rodrigues
Director of Memberships	Angela.Bliss@calgarylegacy.ca	Angela Bliss
Director of Planning	Sarah.Peck@calgarylegacy.ca	Sarah Peck
Director of Communication	Brianne.VanLeeuwen@calgarylegacy.ca	Brianne Van Leeuwen
Director of Programs	Ryan.Wilson@calgarylegacy.ca	Ryan Wilson
Director of IT	David.Cloutier@calgarylegacy.ca	David Cloutier
Director of Fundraising	This could be you!	Vacant
Director at Large	Christy.Whyte@calgarylegacy.ca	Christy Whyte
Director at Large	Samantha.Wilson@calgarylegacy.ca	Samantha Wilson
Director at Large	This could be you!	Vacant
Advisor of Events	Janet.Burns@calgarylegacy.ca	Janet Burns
Advisor of Volunteerism	Obinna.Chimaraoke@calgarylegacy.ca	Obinna Chimaraoke
Advisors of Development	Frazer. Van Roekel@calgarylegacy.ca Evan. Hendricks@calgarylegacy.ca	Frazer Van Roekel Evan Hendricks
Advisor of Memberships	This could be you!	Vacant



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.

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.



Legacy Legend Feature: Steve Wright

Proudly sponsored by Trimlight Calgary

How long have you lived in Legacy?

We moved here in early 2020. Time has flown - we can't believe it has already been three years!



Why did you choose Legacy over other communities?

We certainly didn't start our search in Legacy, but we took a drive down one day, and instantly knew we would want to be here. Great parks, pathways (especially along the ridge), and amenities.

Why do you volunteer?

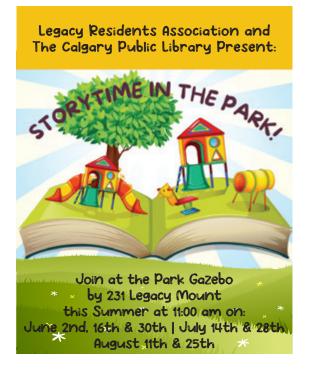
It feels great to give back to our community. Other members of the community generously donate bikes to me for repair, and then I do my best to fix them up and get them into the hands of families right here in Legacy. It's great to help people out and keep some metal out of the landfill!

What would you say to others considering volunteering in the community?

Legacy truly has a community feel. There are plenty of ways to help, and lots of people that could use a hand from time to time. It is a great way to meet your neighbours. Nothing feels quite like making a positive impact on someone's day.

To nominate a deserving member of the community for next month, please email info@calgarylegacy.ca with their name, contact information, and reasons why they should be considered a Legacy Legend! The winner receives a \$25 aift card to a local business, courtesy of Trimlight Calgary.







The Importance of Pricing It Right: A Guide for Sellers

by Max Malychev, Legacy Realtor

When it comes to selling your property, one of the most critical factors that can make or break your success is pricing it right. Setting an appropriate price for your home is not only crucial for attracting potential buyers but also for maximizing your chances of selling quickly and at the best possible value. In this article, I will explore the importance of pricing your property correctly and provide insights into how it can significantly impact your selling experience.

Attracting Buyer Interest: Pricing your property competitively from the beginning is essential for capturing the attention of potential buyers. In today's real estate market, buyers are well-informed and have access to extensive data. If your property is overpriced, buyers are likely to overlook it in favor of more reasonably priced alternatives. By setting a realistic price, you increase the chances of attracting a larger pool of interested buyers, which can lead to more showings and potentially multiple offers.

Minimizing Time on the Market: Overpricing your property can result in extended time on the market. The longer your property sits unsold, the more it can raise concerns among buyers. They may wonder why your property hasn't sold and speculate that there may be underlying issues. On the other hand, pricing it right from the beginning can generate more interest and create a sense of urgency among buyers. A well-priced property is more likely to sell within a reasonable timeframe, saving you from prolonged stress and carrying costs.

Enhancing Negotiating Power: Properly pricing your property provides you with a stronger negotiating position. When buyers perceive that a property is priced fairly, they are more inclined to make serious offers. On the contrary, overpricing can discourage offers or lead to lowball offers from buyers who believe they have room to negotiate. By setting an accurate price, you can attract motivated buyers and engage in negotiations that are more likely to result in a favorable outcome for both parties.

Showcasing Value and Differentiation: Proper pricing allows your property to stand out among the competition. When priced right, your property will be viewed as a valuable proposition in comparison to similar listings. Buyers will recognize the worth and unique features of your home, making it more likely to receive favorable attention. Pricing it right showcases the true value of your property and positions it competitively in the market.

Legacy Community Garden

Did you know that there is a community garden in Legacy?

Legacy's community garden was built to enhance the community and provide enjoyment for every resident. Donated by WestCreek Developments and maintained by the Legacy Residents Association, this space has been developed with the goal of increasing biodiversity, beautification, and community involvement.

The garden has a mixture of 3x8 and 3x4 plots and is available to all residents in Legacy on a first come first serve basis. The garden beds cost \$35 per year and \$17.50 per year respectively. This fee covers general upkeep and maintenance of the garden.

Are you interested in joining the garden or would you like to learn more about it?

If you are interested in joining the community garden for the 2023 season, or just want to learn more about what you can plant or what the rules are, please visit the Legacy Residents Association website at www. legacyresidents.ca/garden.

You can also send an email to the Legacy Residents Association at info@legacyresidents.ca.

We hope to see you in the garden.



SCAN HERE TO VIEW ADDITIONAL LEGACY CONTENT

News, Events, & More Crime Statistics Real Estate Statistics



Colouring Contest!

Sponsored by Christie Crawford, Legacy Realtor.

Submit your entry to info@calgarylegacy.ca with "Colouring Contest" as the email subject by August 25 to be entered









Commercial mat rentals and purchases



Linens for tables, chairs, and napkins, Laundry and pressing services



Workwear and cleaning of uniforms and coveralls



One-stop service for cleaning supplies and paper products

calgarymatandlinen.com

DID YOU KNOW?

We are the official youth soccer provider for: Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, Queensland, and Walden.

YOUR LOCAL SOCCER PROVIDER U4-ADULT

DEVELOPING EXCELLENT PLAYERS

- · Canadian Soccer Association -Youth Club License holder.
- Only Calgary Club with 2 turf indoor training facilities. Full size 11v11 Turf Fieldhouse and Turf Training Skills Center.
- Professionally qualified Phase Area Managers at every age group (U4-Adult) (Canada and Europe Qualifications).
- In-house Sport Science program to develop athleticism and prevent injuries.
- Coaching Mentorship and Certification Programs for ALL U4-Adult Coaches.





- Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.
- 8 Canadian National Youth Championships won.
- Foothills WFC is the highest level of women's soccer in Canada and 2022 **UWS Western Conference Champions.**
- One of two founding franchises for the Project 8 women's professional league launching in 2025.

INDOOR 2023/2024 REGISTRATION: Program details and online registration available AUGUST 15TH TO SEPTEMBER 30TH at www.gofoothills.ca

BUSINESS CLASSIFIEDS

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

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.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

AFFORDABLE DENTAL CARE MINUTES FROM LEGACY!

Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

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.

FENCES AND SHEDS: Homestead Fencing, established in 1999, builds all types of residential, acreage/farm, and commercial fences. We can custom-build sheds and shelters to your specific requirements. If you're looking for great quality at a great price, give us a call for your free quote! Tyler: 403-852-5394, tyler@homesteadfencing. ca, or visit us at www.homesteadfencing.ca.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711. nare nibh eget upsa.

nis tristique egetque.



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.

MENTAL HEALTH MOMENT

101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- · Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- · Say 'no' more often
- Set priorities in your life
- Avoid negative people
- · Use time wisely
- · Simplify meal times
- · Always make copies of important papers
- · Anticipate your needs
- Repair anything that doesn't work properly
- · Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- · Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- · Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- · Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- · Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- · Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- · Watch a ballet

- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- · Ask someone to be your sounding board
- · Do it today
- · Work at being optimistic
- Put safety first
- · Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
 Stretch your limits a little each day
- · Look at a work of art
- · Hum a tune
- · Maintain your weight
- Plant a tree
- · Feed the birds
- Practice grace under pressure
- Stand up and stretch
- · Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- · Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- · Learn the words to a new song
- · Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- · Put an air freshener in your car
- Watch a movie and eat popcorn
- · Write a note to a faraway friend
- Write a note to a laraway interior
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- · Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

GAMES & PUZZLES

Guess That Canadian City!

- 1. This city hosted Canada's first and only Summer Olympics in 1976.
- 2. Ginger beef was invented in this city in the 1970s.
- 3. Terry Fox began his "Marathon of Hope" in this city.
- 4. This city has the highest population and is the most visited in the country.
- 5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
- 6. This town is dubbed the "polar bear capital of the world."





SCAN THE QR CODE FOR THE SOLUTION







Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members. Our programs are available online, in-person, or over the phone.

At Wellspring Alberta, you'll find a place to connect with others, be yourself, and find the support you need to face cancer.

wellspringalberta.ca | 1.866.682.3135 Charitable Reg. #809013675RR0001

SOUTH CALGARY DENTAL & ORTHODONTICS

General services provided by Dr. A. Sharma & Dr. K. Toucher

WE ARE **BELOW** THE ALBERTA DENTAL FEE GUIDE



FREE TEETH WHITENING OR ELECTRIC TOOTHBRUSH

* With Complete Exam, X-Ray, and Cleaning

LOCATED AT THE **BACK** OF LEGACY

OPEN EVENINGS & SATURDAYS

- **(587) 352-3100**
- 5250 47 Legacy View SE, Calgary, AB T2X 2C3 (Next to Fitness 1440)
- www.SouthCalgaryDental.ca

