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**GRAND PRIZE DRAW:
OCTOBER 6, 2023 AT 8PM**

HOW TO ENTER:
FILL OUT OUR SURVEY AT GUEST SERVICES FOR A CHANCE
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MONTHLY QUALIFIER DRAWINGS:
THURSDAY, AUGUST 31, 2023 - 7PM
SATURDAY, SEPTEMBER 30, 2023 - 7PM

SCAN FOR SPECIAL OFFER
OR BRING TO
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	35	28	\$329,900	\$326,450
July	23	34	26	\$529,950	\$532,500
June	23	48	37	\$537,000	\$555,555
May	23	33	29	\$464,900	\$475,000
April	23	28	28	\$409,900	\$403,500
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

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
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Director at Large	Samantha.Wilson@calgarylegacy.ca	Samantha Wilson
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Advisor of Events	Janet.Burns@calgarylegacy.ca	Janet Burns
Advisor of Volunteerism	Obinna.Chimaraoke@calgarylegacy.ca	Obinna Chimaraoke
Advisors of Development	Frazer.VanRoekel@calgarylegacy.ca Evan.Hendricks@calgarylegacy.ca	Frazer Van Roekel Evan Hendricks
Advisor of Memberships	This could be you!	Vacant

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.

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: Aaiden Kulcsar

Proudly sponsored by Trimlight Calgary

How long have you lived in Legacy?

I've lived in Legacy for 10 years as of this October.

Why did you choose Legacy over other communities?

I personally didn't choose to live in Legacy, my parents made the decision, but I believe it was a great choice as Legacy has so many incredible features: walking paths, shopping, the forest (my favourite part), and how nice everyone here is. I've yet to pass someone while walking that doesn't give a friendly "Hello!"

Why do you volunteer?

I mainly volunteer to get experience for my upcoming firefighting career. I want to get experience in any way possible so that I will be prepared for any scenario that I may encounter while on the field.

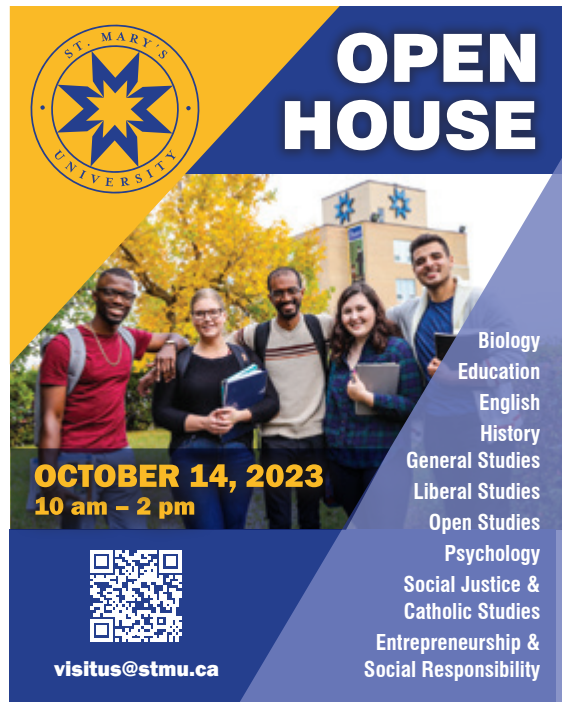
What would you say to others considering volunteering in the community?

Just do it! You won't regret a second of it, meeting new people, learning new strategies for all sorts of tasks. Volunteering is a great way to get experience for your journey of life and I believe that everyone should volunteer in at least one thing they love to further their passion for whatever it is they choose!

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 gift card to a local business, courtesy of Trimlight Calgary.

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.



OPEN HOUSE

OCTOBER 14, 2023
10 am – 2 pm

visitus@stmu.ca

Biology
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Liberal Studies
Open Studies
Psychology
Social Justice & Catholic Studies
Entrepreneurship & Social Responsibility



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SCAN HERE TO VIEW ADDITIONAL LEGACY CONTENT

News, Events, & More	Crime Statistics	Real Estate Statistics
		



Legacy Residents Association

The Legacy Residents Association was happy to set up and maintain the beautiful fountains in the ponds. We hope you enjoyed them very much as you drove by or walked around the grounds.

What is the LRA working on in the upcoming months?

As we look towards the winter months, we are busy making preparations to have our annual Christmas light set up. Over a million lights will be shining brightly in the community along with some amazing Christmas decorations. The lights will go on the week following Remembrance Day.

Preparations are also on the way to ensure that the skating rinks are set up and ready as soon as the weather allows it. Please follow our Facebook page to find out where their new location will be this year at <https://www.facebook.com/legacyresidentsassociation/>.

If you have not already done so, please ensure that you pay for your annual Legacy Residents Association fees at <https://legacyresidents.ca/home-owners-association-fees/>. Fees were invoiced in May.

Lastly, for all the dog owners in Legacy a quick announcement to let you know that the dog park in Wolf Willow is now open.

Wishing you all a great fall season and a safe and happy Halloween!

Legacy Residents Association

210 - 30 Glendeer Circle SE

Calgary, Alberta

T2H 2Z7

403-263-8111

Hours: 9:00 am to 12:00 pm

info@legacyresidents.ca | www.legacyresidents.ca

Conditional vs. Unconditional Offers to Purchase: A Quick Guide for Sellers

by Max Malychev, Legacy Realtor

When it comes to selling property, understanding the difference between conditional and unconditional offers is vital. Both come with their advantages and disadvantages for sellers.

Conditional Offers

What Are They?

Conditional offers are agreements that hinge on specific criteria being met within a set timeframe, such as home inspections or buyer financing.

Pros and Cons for Sellers

- Pros: Attracts a broader range of buyers; allows room for negotiation.
- Cons: Adds uncertainty; can delay the sale process.

Unconditional Offers

What Are They?

Unconditional offers are straightforward proposals without any conditions. Once accepted, the sale is almost a done deal.

Pros and Cons for Sellers

- Pros: Faster closure; less risk of deal falling apart.
- Cons: May deter cautious buyers; less negotiation leverage.

Seller Considerations

Market Conditions: In a seller's market, unconditional offers are more likely. In a buyer's market, conditional offers are common.

Risk Management: Always consult your real estate agent to understand the implications of each offer type.

Conclusion

While conditional offers offer more flexibility and appeal to a broader buyer base, they come with the risk of delayed or failed transactions. Unconditional offers provide a quick and certain sale but might limit your pool of interested buyers. Choose based on your risk tolerance, time constraints, and market conditions.

Eat to Lower Your Risk of Diabetes

from Alberta Health Services

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

- Eat regularly to keep energized throughout the day. It can be helpful to eat earlier in the day.
- Eat a variety of vegetables each day. It may lower your risk of getting diabetes or heart disease.
- Try filling half your plate with a variety of vegetables at every meal.
- Snack on carrots or celery sticks.
- Use spinach as a topper on your pizza.
- Add vegetables to your sauces. Try adding bell peppers to your marinara sauce, and zucchini strips to your pasta noodles.
- Include at least two types of vegetables at each meal. Try a Mediterranean Salad with Cheese recipe. It is full of vegetables, fibre, protein, and unsaturated fats.
- Try eating different coloured fruits and vegetables every day.
- Make water your drink of choice and limit sugar-sweetened drinks. The added sugars in drinks such as pop can add extra calories. Extra calories over time may increase risk of obesity, which can increase your risk of chronic diseases including diabetes.
- Choose a diet or sugar-free option instead of regular pop.
- Choose sparkling water instead of regular pop.
- Fill a bottle with water and carry it with you so you get in the habit of choosing water to drink.

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

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

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

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

Prevention

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

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

The Fix

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

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

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

Colouring Contest!

Sponsored by Christie Crawford, Legacy Realtor.

Submit your entry to info@calgarylegacy.ca with "Colouring Contest" as the email subject by October 27 to be entered in a random draw for a \$10 gift card! Good luck!



First name: _____ Age: _____

Changes to Green Cart Collection This Fall: What You Need to Know

from the City of Calgary

Starting in November, green cart collection will be once every other week, resuming weekly in the spring. Here's what you need to know:

- **Fill Your Green Cart First:** Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.
- **Extra Yard Waste Bags:** Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.
- **No Plastic Bags:** They are not allowed in your green cart.

Do You Have Too Much Yard Waste?

You can drop off yard waste free of charge at any landfill from Friday, September 22, 2023, to Saturday, November 4, 2023.

Check your schedule at calgary.ca/collection and sign up for reminders.

Visit calgary.ca/waste/drop-off/yard-waste for more information and make your yard clean-up a breeze!

An advertisement for Pure Motion Dance Company. The background is a vibrant pink and purple with musical notes. In the center, a group of children and two adults are smiling and holding a large, colorful fabric banner decorated with balloons. The text "READY SET DANCE AT pure motion dance company" is at the top. A large purple box on the left says "ENROLL NOW". At the bottom, it says "DANCE CLASSES FOR AGES 2+ IN WALDEN" with the phone number "403.452.5722" and website "PUREMOTIONDANCE.CA". A QR code is on the right with the text "BOOK A FREE TRIAL CLASS!".

READY SET DANCE AT **pure motion** dance company

ENROLL NOW

DANCE CLASSES FOR AGES 2+ IN WALDEN
403.452.5722 | PUREMOTIONDANCE.CA

BOOK A **FREE TRIAL CLASS!**

Signs You May Have Depression

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

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

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

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

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

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



Differences in symptoms seen in older adults:

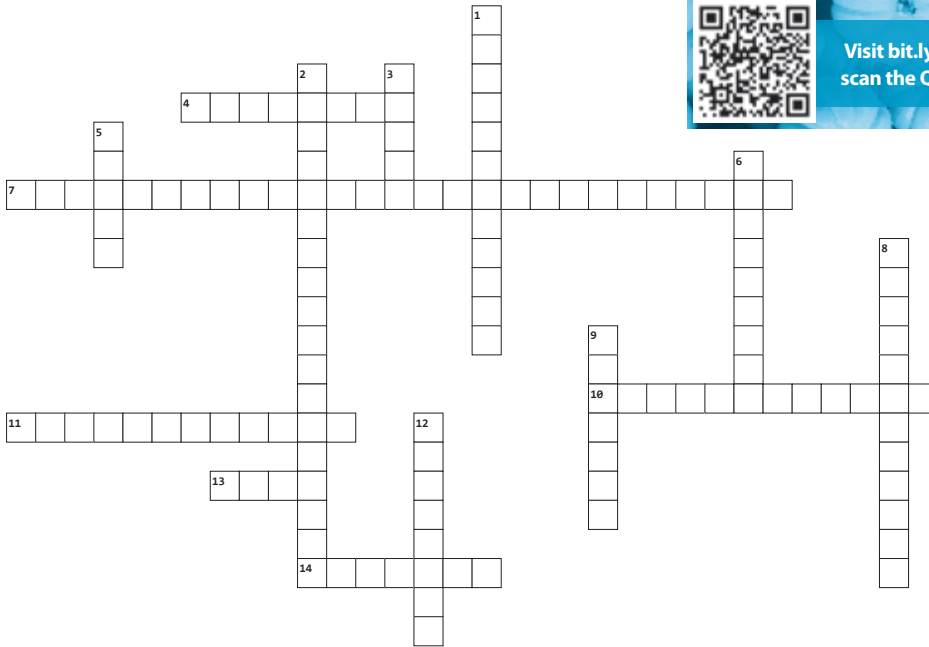
Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

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

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

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

October Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

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

Across

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

What is Prostate Cancer?

from Alberta Health Services



Prostate cancer is the abnormal growth of cells in a man's prostate gland. The prostate sits just below the bladder. In young men, the prostate is about the size of a walnut. As men age, the prostate usually grows larger.

Prostate cancer is common in men older than 65. It usually grows slowly and can take years to grow large enough to cause any problems. As with other cancers, treatment for prostate cancer works best when the cancer is found early.

Experts don't know what causes prostate cancer, but they believe that your age, family history (genetics), and race affect your chances of getting it.

What are the Symptoms?

Prostate cancer usually doesn't cause symptoms in its early stages. Most men don't know they have it until it is found during a regular medical examination.

When problems are noticed, they are most often problems with urinating. But these same symptoms can also be caused by an enlarged prostate (benign prostatic hyperplasia). An enlarged prostate is common

in older men.

How is Prostate Cancer Diagnosed?

The most common way to check for prostate cancer is to have a prostate-specific antigen (PSA) blood test. PSA tests can help find some prostate cancers early, when the cancer may be easier to treat. A large study of prostate cancer screening showed that PSA testing may prevent a small number of deaths from prostate cancer.

A higher level of PSA may mean that you have prostate cancer. But it could also mean that you have an enlargement or infection of the prostate.

If your PSA is high, you may need a prostate biopsy to figure out the cause. A biopsy means that your doctor takes tissue samples from your prostate gland and sends them to a lab for testing.

How is Prostate Cancer Treated?

Your treatment will depend on what kind of cancer cells you have, how far they have spread, your age and general health, and your preferences.

You and your doctor may decide to manage your cancer with active surveillance or to treat it with surgery or radiation.

If you are over age 80 or have other serious health problems, like heart disease, you may choose not to have treatments to cure your cancer. Instead, you can just have treatments to manage your symptoms. This is called watchful waiting.

Choosing treatment for prostate cancer can be confusing. Talk with your doctor to choose the treatment that's best for you. You may also wish to call Health Link at 811 to speak with a Registered nurse.

Cats, Canines, & Critters of Calgary



Bonnie, Bridgeland



Moose, Canyon Meadows



Ash, Mckenzie Towne



Sparky, Douglas Glen

To have your pet featured, email news@mycalgary.com



South Health Campus Wellness Centre

Better Health for Free

Find information, resources, and classes to help make decisions about your health. Visit the 2023 Fall Program Guide for more information and registration details at www.ahs.ca/shcwellness.

Questions? Call 403-956-3939.

Upcoming Free Programs in October and November 2023

Tasty Low Salt Cooking

Are you struggling with how to implement a lower salt (sodium) diet? Learn practical ways to lower salt in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This two-part series will feature label reading, lower sodium substitutions, and preparing healthy, lower sodium foods that taste great. Register for one or both classes.

When: Dips and Sauces: October 10 from noon to 1:00 pm, Meal Ideas: November 21 from noon to 1:00 pm

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

Registration: <https://redcap.link/TastyLowSaltCooking>

Cooking When Fatigued

Learn to prepare and cook healthy meals when you live with chronic fatigue or mobility issues related to neurological conditions or arthritis. This unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen.

When: October 18 from noon to 1:30 pm

Program Provider: AHS Nutrition Services Registered Dietitians, Allied Health and the Wellness Kitchen

Registration: <https://redcap.link/CookingWhenFatigued>

Easy and Healthy Mediterranean Cooking

The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being.

When: November 16 from noon to 1:30 pm

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

Registration: <https://redcap.link/EasyHealthyMediterraneanCooking>

Food and Nutrition for Cancer Treatment and Recovery

Are you faced with eating challenges due to swallowing difficulty, taste changes, or dry mouth caused by your cancer treatment? Learn and share tips for regaining health through good nutrition with other survivors. Plan to attend both sessions.

When: October 26 and November 2 from 10:00 am to noon

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

Registration: <https://wel.gametime.net/cne/public/list>



Volunteers NEEDED

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We're looking for:

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- Community Ambassadors
- Anyone looking to give back!



Contact us today at info@calgarylegacy.ca
Scan the QR code to apply!



Councillor, Ward 14
Peter Demong
 📞 403-268-1653
 ✉️ eaward14@calgary.ca
 🌐 www.calgary.ca/ward14



MP Calgary Midnapore
Stephanie Kusie
 204 – 279 Midpark Way SE
 Calgary, AB T2X 1M2
 📞 403-225-3480 📠 403-255-3504
 ✉️ stephanie.kusie.c1@parl.gc.ca
 🌐 stephaniekusie.mp.ca

Hi Ward 14!

Things are starting to get busy in October. Apart from the leaves, the pumpkins, Halloween, and Thanksgiving, City Council will also be getting ready for budget adjustments and tackling many other topics. Reach out to me to tell me what you think. As usual, I will talk about an interesting map available through maps.calgary.ca for this month's column. There will also be tips on preparing for emergencies and fire safety in the kitchen. I will round it out with another edition of how to navigate the City of Calgary website.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,
Councillor Peter Demong



CRIME STATISTICS

Legacy Crime Activity was Down in July 2023

The Legacy community experienced 5 crimes in July 2023, in comparison to 6 crimes the previous month, and 5 crimes in July one year ago. Legacy experiences an average of 6.2 crimes per month. On an annual basis, Legacy experienced a total of 74 crimes as of July 2023, which is up 37% in comparison to 54 crimes as of July 2022. To review the full Legacy Crime report visit lega.mycalgary.com.

How To Report Crime In Legacy: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

Dear Constituents,

Last month I returned to Ottawa for the start of the fall session of Parliament. Our common-sense Conservative team kicked off the session highlighting our plan to bring it home for all Canadians.

A key pillar of our plan is to bring home lower prices. We will do this by capping costs and stopping government waste to bring down inflation and interest rates. We will also cancel both Liberal carbon taxes and stop punishing hardworking Canadians like yourself just for buying food, filling up your car, and heating your home. In Parliament we have used every tool available to us as the Official Opposition, including multiple Opposition Day Motions calling on the government to make life more affordable for Canadians. We will continue to pressure the government to take a common-sense approach and ease the financial burden that families and individuals across Canada are feeling.

From my family to yours, I'd like to wish all constituents a Happy Thanksgiving! I hope you have the opportunity to gather with loved ones and appreciate all that we have been blessed with. I am extremely thankful to call Calgary Midnapore home.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media – @StephanieKusiePolitian (Facebook), @StephanieKusie (X/Twitter and Instagram), @StephanieKusieMP (YouTube).

Happy Thanksgiving and have a fun and spooky Halloween!

Sincerely,
Stephanie Kusie

MP Calgary Midnapore



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Save Today for Their
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