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Create a Child-Friendly Sanctuary! By Michael Newton Real Estate

Hello Legacy Residents!

Designing a family home in Calgary means fostering joy, security, and cherished memories. So why not transform some areas of your house into a child's paradise, with simple, under-utilized spaces becoming snug reading corners or lively activity hubs!

Embrace DIY projects to craft unique, child-friendly spaces like an indoor treehouse, sparking your child's imagination while ensuring their safety. Balancing aesthetic and functionality, stylish living rooms can incorporate child-friendly furniture, and adaptable nurseries can evolve with your child's growth. Did you know that using vibrant colours like yellow and orange can significantly enhance the energy in your kids rooms?

Your family can celebrate Calgary's vibrant local art scene! Adorn your home with local art, introducing your children to culture and creativity, while adding a unique touch to your home.

In short, designing a kid-friendly home extends beyond safety - it's about nurturing growth and fun. With every house holding the potential to be a child-friendly haven, consider upsizing to provide more space for your children's activities.

To aid your journey, we offer our **Guaranteed Sold Program***. If we don't sell your home in 90 days, we'll buy it*, ensuring a smooth transition as you seek a larger space for your growing family's needs.

For more insights on the Calgary real estate market and home buying tips, follow my blog on michaelnewton.ca. And when you're ready to embark on your home buying journey, feel free to reach out to me at **(403) 512-9825** or michael@michaelnewton.ca. Let's work together to turn your family's dream home into a reality.

GUARANTEED SOLD!*



*The Guaranteed Sold Program is offered by Coldwell Banker Mountain Central and is subject to terms, conditions, and restrictions. This ad is not intended to solicit homeowners currently under contract.

Calgary Legacy Community Association (CLCA)

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

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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: Alex Jackson

Proudly sponsored by Trimlight Calgary

How long have you lived in Legacy?

Since 2014.

Why did you choose Legacy over other communities?

Far away from everyone else lol.

Why do you volunteer?

I hate seeing food go to waste.

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

Keep doing the Lord's work! You don't know how much the smallest gesture means to the person you're helping!

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.

Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

heartandstroke.ca/FAST



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SATURDAY, SEPTEMBER 30, 2023 - 7PM

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Top Three Winning Strategies for Calgary Real Estate Sellers: Maximize Value and Attract Buyers

by Max Malychev, Legacy Realtor

As a seller, you want to maximize your chances of a successful sale and get the best possible price for your property. Here are three tips to help you achieve that:

Price Your Property Realistically: Setting the right price for your property is crucial. Overpricing your home may deter potential buyers, while underpricing could lead to a loss of value. To determine a competitive price, consider factors such as the current market conditions, the location of your property, its size, condition, and comparable sales in the area. Consulting with a real estate agent or conducting a professional appraisal can provide valuable insights to arrive at an appropriate listing price.

Enhance Curb Appeal and Staging: First impressions matter, and this applies to real estate as well. Boost the curb appeal of your property by tidying up the exterior, landscaping the garden, and making necessary repairs. Inside, declutter and depersonalize the space to make it more appealing to potential buyers. Consider staging the property to showcase its full potential and make it easier for buyers to visualize themselves living there. A well-staged home can create an emotional connection and drive higher offers.

Utilize Effective Marketing Strategies: To attract potential buyers, you need to market your property effectively. Take advantage of online platforms, social media, and real estate websites to reach a wider audience. High-quality photographs and virtual tours can give potential buyers a better idea of the property's features. Additionally, traditional marketing techniques like flyers and signage can still be effective in some cases, especially for attracting local buyers. Partnering with a skilled real estate agent can also help expand your marketing efforts and provide access to their network of buyers.

Remember that the real estate market can be dynamic, and local conditions may influence the effectiveness of these tips. Flexibility and adaptability are essential qualities for sellers, so be prepared to adjust your strategies if necessary.

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





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Colouring Contest!

Sponsored by Christie Crawford, Legacy Realtor.

Submit your entry to info@calgarylegacy.ca with "Colouring Contest" as the email subject by September 29 to be entered in a random draw for a \$10 gift card! Good luck!



First name: _____ Age: _____



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		Listed	Sold	Listed	Sold
July	23	33	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
August	22	33	23	\$489,900	\$475,000

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

10 Signs That You May Be Suffering from Anxiety

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



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

Cats, Canines, & Critters of Calgary



Biscuit, *Deer Run*



Tiger, *Copperfield*



Walter, *Evergreen*



Xanthe, *Copperfield*

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

GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans', which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR CODE FOR THE ANSWERS!



BRAIN GAMES

SUDOKU

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



Legacy Crime Activity was Up in June 2023

The Legacy community experienced 6 crimes in June 2023, in comparison to 3 crimes the previous month, and 3 crimes in June 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 June 2023, which is up 35% in comparison to 55 crimes as of June 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.



Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!



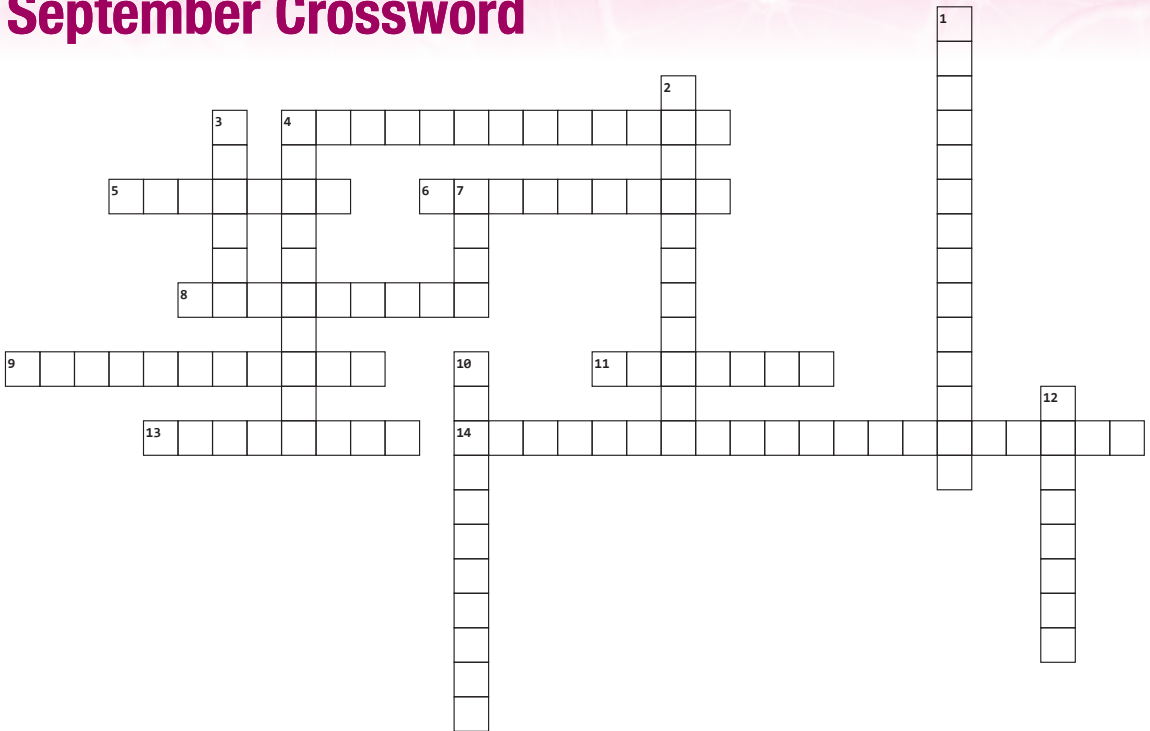

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September Crossword



Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



**SCAN THE QR CODE
FOR THE ANSWER KEY**



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**Councillor, Ward 14
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Stephanie Kusie**
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 ✉ stephanie.kusie.c1@parl.gc.ca
 🌐 stephaniekusie.mp.ca

Hello Ward 14!

September is sneakily one of the most beautiful times of year in Calgary. It is still warm (but not too warm), it is usually dry (although hopefully not too dry this year), and the kids are back in school.

I have a few things to share with you this month in the online version of this column, starting with where to find some useful webinars for homeowners and businesses. I will go into how you can help prepare your children for emergencies, have your say on Calgary’s Housing Strategy, help plan the future for older adults, and drive safely around schools. Finally, I will continue on with my second installment 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



Dear constituents,

My team and I have been busy over the past few months engaging with constituents and groups at various community events and meetings here in Calgary Midnapore. It was a pleasure to meet with many new and familiar faces over the summer months.

I hope all constituents enjoyed their summer and are ready to get back to school and other activities this fall.

As summer comes to a close, I’d like to extend a special “thank you” to all community associations here in Calgary Midnapore. These community associations help provide the fabric of our community and deserve to be recognized for the work they do. Every summer, I have the privilege to meet and engage with many community associations at local events, and this year was no exception. As you begin planning for the winter months and year ahead, please know how appreciated your work is and the critical role it plays in Calgary Midnapore.

Later this month, I will be returning to Ottawa once again to stand up for the interests of Calgary Midnapore in Parliament. Our common-sense conservative team, led by Pierre Poilievre, has a plan to bring home lower prices, safer streets, powerful paycheques, freedom for Canadians, and homes workers can afford. We will be fighting every day in Parliament to ensure the common voice of the common people is heard in Ottawa’s decision making.

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 – @StephanieKusiePolitican (Facebook), @StephanieKusie (Twitter and Instagram), @StephanieKusieMP (YouTube).

Have a wonderful September!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

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- 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.



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

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