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# THE OFFICIAL LEGACY COMMUNITY NEWSLETTER



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# **LEGACY COMMUNITY REAL ESTATE ACTIVITY**

#### **Properties Median Price Listed Sold** Listed Sold October 24 38 32 \$552,450 \$552,500 September 24 49 25 \$550,000 \$547,000 August 24 36 29 \$649.900 \$647,000 July 24 30 26 \$574,450 \$577,500 June 24 39 34 \$579,948 \$575,000 Mav 24 50 40 \$634.950 \$635.950 **April** 24 37 29 \$539,900 \$534,700 March 24 29 25 \$549,900 \$555,000 **February** 24 24 30 \$596,950 \$591,000 **January** 24 30 24 \$604.950 \$605,450 December 23 5 20 \$531,950 \$525,000 November 23 27 25 \$539,900 \$537,500

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

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Rashmit Kaker	rashmit.kakar@calgarylegacy.ca	Advisor of Events	
Pooja Nanda	pooja.nanda@calgarylegacy.ca	Advisor of Events	

# **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.



### PRESIDENT'S MESSAGE

Dear Legacy Community Members,

As we approach the end of another wonderful year, I am filled with gratitude for the vibrant and supportive community we are building together. December is a special time for us, and I am thrilled to announce our annual Light Up the Pond for a Cause event, scheduled for Saturday, December 7 (more details to come – please follow the Calgary Legacy Community Association on social media or check out our website!).

This cherished tradition brings us together to celebrate the holiday season with lights, festive music, hot drinks, and fun while we help raise donations for a local cause! I encourage everyone to join us for an evening of joy and community spirit! This year, we will be canvassing for donations (clothing, non-perishable foods, baby formula, diapers, or cash) to support the Mustard Seed of Calgary (https://theseed.ca/about)! If you are interested in volunteering, please reach out to us at info@calgarylegacy.ca.

In addition to our festive celebrations, we are looking to strengthen our association by recruiting passionate and dedicated individuals for key positions.

We are currently seeking:

- Director of Development: To lead our development team in defining and prioritizing the CLCA's development goals, and in creating communication tools for updating the community on developments.
- Grant Writer (Advisor): To help us secure funding for various community projects and initiatives.
- Advisor for Sponsorships and Business Partnerships: To help the Director build and maintain relationships with local businesses and sponsors – for both membership discounts and to support events.

These roles are crucial for the continued growth and success of our community association. If you or someone you know is interested in contributing to our vibrant community, please reach out to us at info@calgarylegacy.ca.

Thank you for your ongoing support and involvement. Together, we can make Legacy an even better place to live.

Warm regards,

Sarah Peck

President, Legacy Community Association

#### **GAMES & PUZZLES**

# **Guess the Holiday!**

- 1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
- 2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
- 3. This holiday typically revolves around one shape.
- 4. Eggnog, trees, and bells are classic elements of this holiday.
- 5. Costumes are a huge part of the fun of this holiday.
- 6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.





## Become a member today!



With a CLCA membership, you'll get:



- Special perks at select community events
- Special Community Program Pricing
- Exclusive Local Business Discounts

# Royal Flush

Alfred Hitchcock's movie Psycho is thought to be the first Hollywood movie to show (and really focus on) a toilet flushing on-screen. You can hear it as well! This was very unusual in 1960 when this movie was released. I guess you could say the movie was a Royal Flush!

# **Pets of Legacy**



#### Meet Mitch

We know that the people who live in Legacy are amazing, but we can't forget about our furry friends! Each month, we are showing off our Legacy pets. If you have a beloved animal whether it's a fluffy kitty, a prickly porcupine, or a scaley lizard, we want to meet them!

Name: Mitch **Breed:** Tabby

Age: 7 years old

Hi, I'm Mitch, a charming White Tabby cat who turned 7 this October; but don't let my age fool you—I'm full of energy and curiosity. Unlike most cats, I have a particular fondness for the outdoors. Whether it's basking in the sun or playfully chasing dragonflies, I thrive in nature, exploring new places with a sense of adventure!

Want to see your pet featured? Please send an email to christie.crawford@calgarylegacy.ca to find out more.

GAMES			SU		<u>DOK</u>		<u>(U</u>	
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#### SCAN HERE TO VIEW ADDITIONAL LEGACY CONTENT

News, Events,



Crime **Statistics** 



**Real Estate Statistics** 



# **Calgary's Top Neighbourhoods for Festive Outdoor Holiday Lights**

by Christie Crawford



As a local Legacian, I always look forward to the holiday season and our Festival of Lights and Light Up the Pond event but what other communities enjoy the season as much as Legacy? Here are my top picks of communities to visit for an evening drive or stroll to inspire holiday cheer.

#### **Tuscany, Northwest**

Tuscany tops the list with their annual display of Christmas lights and tradition of Candy Cane Lane. This community goes all out, especially along Tuscany Vista Crescent, where the home decorations light up the night sky, turning the community into a twinkling winter wonderland.

#### Dalhousie, Northwest

This community is known for its competition of Christmas lights. Each home attempts to outshine their neighbour to win the title of 'best decorated', organized by the Dalhousie Community Association. With all these twinkling lights, it's hard not to feel merry!

#### Crestmont, Southwest

The Crestmont community hall is transformed into a hub of festivity during their annual Christmas Market which kicks off the holiday season. After the market, community members are known to meander the neighbourhood enjoying the lights and decorations that are on full display.

#### **Mount Royal, Southwest**

This community is host to the Christmas Lights Walk event and showcases a vibrant display of lights throughout. Many homes boast permanent home lights such as Trim Lights that twinkle against the (typically) snowy conditions. Don't miss a stroll through Elbow Park for the perfect holiday evening.

#### McKenzie Towne, Southeast

This quaint community has a unique charming vibe that creates a warm and cozy feeling during the holiday season. This has never been truer than during their annual Light up McKenzie Towne event. This event showcases a beautiful display of thousands of holiday lights.

#### Mahogany, Southeast

The community of Mahogany has a variety of Christmas décor throughout and kicks off the holiday season with their annual Parade of Lights and Tree of Hope event. The community will come together for the lighting of the tree, following their Christmas parade. Even Santa and Mrs. Claus make a special trip to Calgary from the North Pole to spread cheer from their float in the parade!

#### Auburn Bay, Southeast

Auburn Bay is also known for their friendly competition amongst neighbours for the best decorated house creating a dazzling display of festivity. The Parade of Lights event boasts community spirit and cheer. It brings together residents, local businesses, and the community association in a procession that travels a specified route through the community.

Each neighbourhood has their own unique culture and creative prowess in creating a winter wonderland. I hope your family gets out and explores all the holiday cheer that Calgary has to offer. Wishing everyone a wonderful holiday season!



#### Calgary Legacy Community Association

# LRA

#### Legacy Residents Association

- Membership is voluntary
- Members receive community perks/discounts and event incentives
- Run by volunteers
- Support social, educational and recreational needs of the community, including the addition of new amenities and facilities
- Plan community events throughout the year
- Liason with developers, city officials, and government officials relating to community matters

- All residents of Legacy are members
- Residents pay an annual fee through an encumbrance on their property title
- Manage and maintain certain amenities and unique features of the community, like the Legacy Clock Tower not maintained by the City of Calgary
- Maintain common amenities, such as entrance signage, certain ornamental parks/ponds, boulevard landscaping, etc
- >>> Enhance the community environment with Christmas lights, temporary skating rinks and the community garden





# **Colouring Contest!**

Name: \_\_\_\_\_ Age: \_\_\_\_



### Sponsored by Christie Crawford, Legacy Realtor

Colour and submit to christie@calgarylegacy.ca with "colouring contest" as the subject line by the end of the month for a chance to win a \$10 gift card!

Good luck!



## **South Health Campus Wellness Centre**

#### **Better Health for Free**

Find information, resources, and classes to help make decisions about your health.

Visit the 2024 Fall Program Guide for more information and registration details at www.ahs.ca/shcwellness.

Questions? Call 403-956-3939.

# **Upcoming Free Programs**

**Cooking When Fatigued** 

December 10 from 12:00 to 1:30 pm (In-person)

Program Provider: AHS Nutrition Services and the

Wellness Kitchen Registration:

https://redcap.link/CookingWhenFatigued

Do low levels of energy impact your ability to cook? Do you struggle with meal preparation because it is more challenging to use your hands? Is it difficult to plan for and prepare healthy meals? As we cook through three recipes, you will learn strategies to be more successful in the kitchen to support eating well. Led by registered dietitians, join us in-person for this cooking demonstration.

**Easy and Healthy Mediterranean Cooking** 

When: December 12 from 12:00 to 1:30 pm (Online)

**Program Provider:** AHS Nutrition Services and the

Wellness Kitchen **Registration:** 

https://redcap.link/EasyHealthyMediterraneanCooking

Discover great flavours and how to eat Mediterranean! 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. This practical cooking class includes recipes and helpful tips. Led by registered dietitians, join us virtually for this cooking demonstration.



### TAKE ON WELLNESS

# #HealthyTechnologyUse

by Community Health Promotion Services

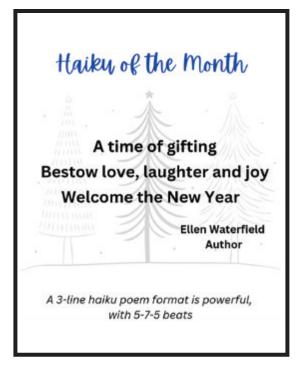
Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- Manage: The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- Meaningful: To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO "fear of missing out" on an event that may be posted by their peers.
- Model: If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- Monitor: The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.







Councillor, Ward 14
Peter Demong

403-268-1653

≥ eaward14@calgary.ca

www.calgary.ca/ward14

#### Season's Greetings!

It is that time of year again. The days are short, the snow has flown, and that holiday spirit is in the air. Whether it be around the house or out and about, I hope you get a chance to spend special time with your loved ones. There will be many festivities to take part in. I will do my best to summarize them for you in the online version of my column and highlight some of the need-to-know municipal topics for the season like snow and ice control.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Merry Christmas and Happy Holidays!

Sincerely,

Councillor Peter Demong



# A CHRISTMAS CAROL

The first edition of the Christmas classic A Christmas Carol, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!



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 stephaniekusiemp.ca

Merry Christmas and Happy Holidays!

As 2024 comes to a close, I'd like to take a moment to reflect on some of the work I've done in Calgary in addition to my Parliamentary duties.

To kick off the new year, my office collected nine boxes of food items (thanks to generous Calgary Midnapore residents) and donated them to the Veterans Food Bank of Alberta. In February, I partnered with Don Bosco School in Deer Ridge to deliver handmade valentines to residents of the Canyon Meadows Retirement Home for my fifth annual Valentines for Seniors campaign.

In the spring I participated in Telus' annual Kits for Kids campaign, which provides school supplies to students in need. My team attended the Willow Ridge Community Association's Civic Affairs Night on my behalf. Also in the spring, nominations opened for the King Charles III Coronation Medal, I look forward to celebrating the twenty deserving constituents who were selected for the medal in early 2025.

As the House of Commons rose for the summer break, I jumped straight into events across the riding from Ukrainian Fest in Acadia to the 50th anniversary of the Queensland Diamond Cove Community Association. I spent Canada Day in Parkland and then began the Stampede season with pancake breakfasts in Lake Chaparral, Deer Run, Lake Sundance, Acadia, Silverado, Lake Bonavista, and more! As the summer wrapped up, I spent some time with Calgary's Korean, Filipino, Venezuelan, Francophone, and Hong Kong communities.

Finally in the fall, I visited with volunteers at Deer Run's Annual Cleanup and paid respects to our fallen soldiers at the Field of Crosses.

This is just some of the work I've done over the past year. If you'd like to learn more about my work both here and in Ottawa, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.

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