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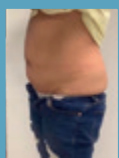
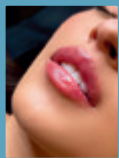
		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	24	37	26	\$574,450	\$577,500
June	24	43	34	\$579,948	\$575,000
May	24	51	40	\$634,950	\$635,950
April	24	37	29	\$539,900	\$534,700
March	24	29	25	\$549,900	\$555,000
February	24	24	30	\$596,950	\$591,000
January	24	30	24	\$604,950	\$605,450
December	23	5	21	\$538,900	\$530,000
November	23	27	25	\$539,900	\$537,500
October	23	31	25	\$525,000	\$525,000
September	23	41	32	\$447,400	\$476,000
August	23	31	28	\$329,900	\$326,450

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

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Calgary Legacy Community Association (CLCA)

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Sarah Peck	sarah.peck@calgarylegacy.ca	519-546-8096	President
Jeremie Berneche	jeremie.berneche@calgarylegacy.ca	403-463-8201	Vice President
Jose Alvarado	jose.alvarado@calgary.legacy.ca	403-708-2697	Treasurer
Elaine Shaneyfelt	elaine.shaneyfelt@calgarylegacy.ca	587-437-9920	Secretary
Brianne Van Leeuwen	brianne.vanleeuwen@calgarylegacy.ca	403-560-1522	Director of Communications
Asif Syed	asif.syed@calgarylegacy.ca	587-723-1608	Director of Fundraising
Evan Hendricks	evan.hendricks@calgarylegacy.ca	403-478-4124	Advisor of Development
Chimaraoke Akuchie	chimaraoke.akuchie@calgarylegacy.ca	780-655-2756	Advisor of Volunteers
Frazer Van Roekel	frazer.vanroekel@calgarylegacy.ca	403-404-5257	Advisor of Planning
Christie Crawford	christie.crawford@calgarylegacy.ca	403-714-5805	Advisor of Newsletter
Vacant			Director of Events
Vacant			Director of Memberships



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,

I am honoured and excited to introduce myself as your newly elected president of the Calgary Legacy Community Association. My name is Sarah Peck, and I am thrilled to have the opportunity to serve this vibrant community.

As we move into September, I am eager to work alongside all of you to continue building a strong, connected, and thriving neighbourhood. I invite you to consider supporting our community association in two important ways:

1. Join Our Board: One of my primary goals as President is to encourage more residents to get involved with the Community Association. Serving on the board is a fantastic way to make a tangible impact on our community, share your ideas, and help shape the future of Legacy. Specifically, we have openings for the roles of Director of Memberships, Director of Events, and Director of IT. I invite you to email us at info@calgarylegacy.ca to get more information!

2. Annual Memberships: In addition to joining the board, I strongly encourage everyone to purchase their annual memberships. Your membership fees are crucial in supporting the events and initiatives that make Legacy such a wonderful place to live. Plus, being a member gives you a vote at our Annual General Meeting.

Thank you for your continued support and commitment to making Legacy a fantastic place to call home. I look forward to meeting many of you in the coming months and working together to create a bright future for our community.

Feel free to reach out to me or any other board member with your ideas and questions.

Kind regards,

Sarah Peck

President

Calgary Legacy Community Association



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September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!

CLCA

Calgary Legacy Community 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

LRA

Legacy Residents Association

- » 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



TAKE ON WELLNESS

Smile More: Simple Habits for More Happiness

by Calgary and area Primary Care Networks

If you are looking for ways to boost your happiness, there's reason to smile. Research shows simple habits can help you improve your mental and physical health, energy levels, and even reduce pain.

Daily Mindfulness

Being mindful involves focusing your thoughts on the present moment. Taking a few short breaks each day to practice mindfulness can lower stress and make you feel happier.

"Mindfulness can be as simple as going for a walk. Try to breathe slowly and pay attention to your five senses – for example, notice the sun on your face or the sound of your feet on the pavement. Being aware of the present moment is a great way to check-in with how you're feeling," says Tracy Mullen Primary Care Network Health Management Nurse.

Focus on the Positives

Happiness research looks at ten positive emotions – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. Studies show we need more positive emotions to balance negatives.

"Doing positive activities, like volunteering or spending time with friends and family, can help us tip the emotional scale from negative to positive and make us feel happier," says Mullen.

Get Moving

Being physically active can improve your mood, energy levels, and overall well-being. Try to make time every day for movement you enjoy. Activities like gardening, yoga, or taking a short walk are great ways to be active.

Learn Happiness Habits


Alberta Primary Care Networks offer a free 'Happiness Basics' workshop where you can learn strategies to be happier. Sign up to attend online or in-person at www.albertapcns.ca. You can also talk to your family doctor about your mental health.



OPEN HOUSE



OCTOBER 5, 2024
10 am – 2 pm



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- Biology
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- Psychology
- Social Justice & Catholic Studies
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Tips to Beat the Back-to-School Blues

As summer winds down, the thought of going back to school can be tough. Whether you're a student, parent, or teacher, here are some easy tips to make the transition smoother.

Ease Into the School Routine

Start adjusting your sleep schedule a week or two before school starts. Gradually go to bed and wake up earlier to help your body adjust.

Create a Fun Morning Routine

Make mornings enjoyable with small rituals like having your favourite tea, meditating, or listening to upbeat music. This can make getting up a bit easier.

Get Organized Early

Organize your supplies, plan your outfits, and set up your study space before school starts. Being prepared reduces stress and makes you feel ready.

Plan Fun Activities

Keep the fun going by planning weekend activities or after-school hobbies. Having something to look forward to can make the school year more enjoyable.

Set Small Goals

Set achievable goals, like aiming for a certain grade or joining a new club. Goals give you motivation and make the school year feel more rewarding.

Stay Positive

Focus on the new opportunities the school year brings. New friends, experiences, and knowledge await you. Embrace the adventure with a positive mindset.

Make Time for Self-Care

Take time for self-care, like reading, walking, or relaxing. Self-care helps reduce stress and maintain balance.

Connect with Others

Share your feelings with friends, family, or a trusted teacher. Knowing others feel the same way can make the transition easier. Surround yourself with supportive people.

Stay Active

Physical activity boosts your mood and energy. Join a sports team, take up yoga, or go for daily walks to feel more energized and less stressed.

Focus on the Positives

Celebrate your achievements, no matter how small. Focus on the positives to make the school year feel rewarding.

By following these simple tips, you can beat the back-to-school blues and start the new school year on a positive note. Here's to a great year ahead!

WE'RE LOOKING FOR OUR NEXT DIRECTOR OF EVENTS!

Are you passionate about event planning and want to get involved?

- Help us continue to run incredible events like **Easter, Neighbour Day and Light Up the Pond**
- Create a sense of community where you live
- Meet more of your neighbours!

If this sounds like you, email us at info@calgarylegacy.ca

WE'RE LOOKING FOR OUR NEXT DIRECTOR OF MEMBERSHIPS!

Are you great at bringing people together around a common cause?

- We need your help to **grow our member base and get the word out about our amazing perks and benefits!**
- Help support our local economy
- Meet more of your neighbours!

If this sounds like you, email us at info@calgarylegacy.ca

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!

DID YOU KNOW?



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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, New Brighton, Queensland, and Walden.**

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- One of two founding franchises for the Project 8 women's professional league launching in 2025.

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Back-to-School Safety

from Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

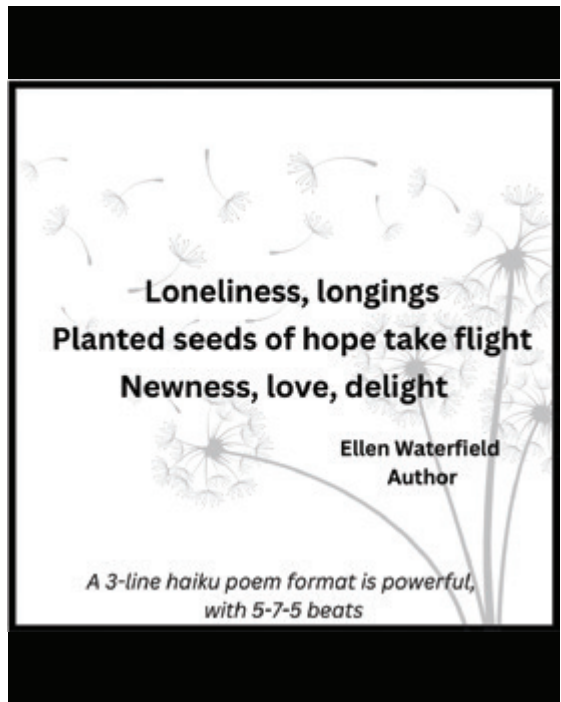
- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Pets of Legacy



Meet Radar

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 scaly lizard, we want to meet them!

Age: 3.5 Years Old

Breed: Boston Terrier

Meet Radar! His favourite things are sunbathing in the backyard, snuggling with his humans, going to the dog park, and going for walks. His favourite type of walk is taking his big sister to and from the bus stop for school, especially getting to say hello to all the other kids and parents. He really misses doing his 'job' during the summer and waits by the door when he sees his sister get her backpack on for camp. He loves all people and dogs and is happy to say hello if we see you walking in the neighbourhood!

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

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- Special Community Program Pricing
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GAMES & PUZZLES

Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



SCAN THE QR
CODE FOR THE
ANSWERS!



Greetings Ward 14!

Council will get back to meetings this month, as we enter the home stretch of 2024. I am sure there will be lots to talk about in the coming months. For now, I have a few topics that might interest you. In the online version of this column, you will find a call for volunteers, home and small business webinars, and information about secondary suites. I will also show you where to find a record of Council votes.

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.

Sincerely,

Councillor Peter Demong

Dear Constituents,

As students, teachers, and parents prepare for the return to school, I want to wish everyone an excellent school year!

Later this month, I will be returning to Ottawa and once again standing up for the interests of Calgary Midnapore in Parliament. Alongside my leader Pierre Poilievre, I am ready to fight for our community and way of life in the House of Commons. I encourage all constituents to follow my work on social media: @StephanieKusie (X and Instagram), @StephanieKusiePolitician (Facebook), and @StephanieKusieMP (YouTube).

Final Call for Nominations!

My office will be accepting nominations for the King Charles III Coronation Medal until September 30, 2024. The medal will be awarded to 30,000 deserving Canadians including twenty from our community of Calgary Midnapore. To be eligible for the honour, a person must have made a significant contribution to the country, a province, territory, region, or community, or made an outstanding achievement abroad that brings credit to Canada, and been alive on May 6, 2023, the date of His Majesty's Coronation.

Our community has countless leaders who often get overlooked for the important and hard work they do to make our city and country better – now's the chance to ensure they are recognized! All nominations will be provided to an independent non-partisan selection committee to determine the appropriate Coronation Medal recipients.

For more information and to nominate an individual please go to www.stephaniekusiemp.ca/coronation.

I wish you a great month ahead!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

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