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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.

Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70th anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



SCAN THE QR
CODE FOR THE
ANSWERS!

Dear Legacy Community Members,

As we move into February, I hope this message finds you well and that you are staying warm during these winter months. I am excited to share some wonderful news and opportunities with you.

Our much-anticipated Easter Egg Hunt is approaching! This event will take place on the Saturday of Easter weekend and promises to be a delightful day filled with fun and excitement. We are currently looking for volunteers to help us make this event a success. If you have some time to spare and would like to contribute to our community, please consider volunteering. Please reach out to us at info@calgarylegacy.ca for more information.

We are also eager to expand our team and bring in new talent to help us continue to grow and thrive. We are currently recruiting for the following positions:

- **Grant Writer:** We are seeking a grant writer to help us secure funding for our various community projects and initiatives.
- **Advisor for Sponsorships and Business Partnerships:** This role involves building and maintaining relationships with local businesses and sponsors to support our events and programs.
- **Event Leads:** We need enthusiastic individuals to take the lead on organizing and executing our community events. If you have a passion for event planning and community engagement, we would love to have you on board.

If you or someone you know is interested in any of these positions, please reach out to us at info@calgarylegacy.ca. Your involvement and support are crucial to the success of our community, and we look forward to working with you to make 2025 our best year yet.

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

Kind regards,

Sarah Peck

President, Legacy Community Association



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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





Winter Salad with Green Dressing

by Jennifer Puri

Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!



WINTER

OPEN HOUSE

- Biology
- Education
- English
- History
- General Studies
- Liberal Studies
- Open Studies
- Psychology
- Social Justice & Catholic Studies
- Entrepreneurship & Social Responsibility





**SATURDAY,
FEBRUARY 22, 2025
10 am – 2 pm**

visitus@stmu.ca

Top Ten Valentine's Day Traditions

by *Christie Crawford*

Valentine's Day, celebrated worldwide on February 14, is full of charming traditions. Here are the top ten ways people celebrate this day of love and affection.

1. Exchanging Cards

One of the oldest and most popular traditions is giving Valentine's cards. These cards, often decorated with hearts and romantic messages, are a timeless way to express feelings.

2. Giving Roses

Roses, especially red ones, symbolize love and passion. Couples exchange bouquets or single roses to convey their feelings.

3. Sharing Chocolates

Chocolate is a classic gift on Valentine's Day. Heart-shaped boxes filled with assorted chocolates make this day even sweeter.

4. Candlelit Dinners

Many couples celebrate by going out for a romantic dinner or preparing a special meal at home. Soft candlelight creates the perfect ambiance.

5. Gifting Jewelry

For those looking to make a grand gesture, jewelry, especially items like heart-shaped pendants or rings, is a popular choice.

6. Writing Love Letters

Writing heartfelt notes or letters is an old-fashioned but cherished tradition. Sharing emotions through words makes this gesture unforgettable.

7. Proposals

Valentine's Day is one of the most popular days for marriage proposals. The romantic atmosphere makes it an ideal time to pop the question.

8. Celebrating with Friends

In some countries, Valentine's Day isn't just for romantic partners. Friends exchange cards and gifts to celebrate their bond, often called "Friendship Day."

9. Baking Sweet Treats

From cupcakes to cookies, many people enjoy baking heart-shaped or pink-themed desserts to share with loved ones.

10. Giving Personalized Gifts

Customized items, such as photo albums, engraved keepsakes, or hand-crafted presents, add a personal touch to the celebration.

Valentine's Day traditions may vary around the world, but the focus remains the same: celebrating love and showing appreciation for the special people in our lives. No matter how you celebrate, I wish you a wonderful day celebrating those special people in your life.



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.





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August	24	35	29	\$649,900	\$647,000
July	24	30	26	\$574,450	\$577,500
June	24	39	34	\$579,948	\$575,000
May	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

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

Photo Gallery

by Khoa Nguyen



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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!

How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
 - 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
 - 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
 - 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
 - 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
 - 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
 - 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
 - 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?
- If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.
- The following are some signs that couples therapy could be unproductive or even counter-productive:
- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
 - 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
 - 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
 - 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
 - 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
 - 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
 - 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
 - 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
 - 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.
- Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

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Pets of Legacy



Meet Rolo

Name: Rolo

Breed: Dachshund

Age: Four years old

Hello, my name is Rolo, and my fourth birthday is coming up on February 21! I am a bundle of fun with a love for my humans and Chihuahua brother. My favourite things to do are to burrow into blankets for a warm rest, steal socks that were left lying around, and chew on my Salmon flavoured nylabone on my mom's lap. You can see me holding it in my picture! I have a deep bark and am a little slow to warm up to new people but, once comfortable, I will give you all the snuggles that my long body will allow.

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



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Councillor, Ward 14
Peter Demong

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Hello, Ward 14!

We are one month into 2025. Maybe you made some resolutions this year. Maybe you did not. Either way, I find it's important to be persistent. Are you succeeding? Keep it up! Are you falling short? Keep trying!

Perseverance is also the key to making sure my constituents are aware of their property assessment notices. I try to mention it two or three times. In the online version of this newsletter, I will remind you about them, storm ponds, storm drains, and whatever other topics pop up.

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



YOUR CITY OF CALGARY

Together Let's Send Winter Down the Drain

by The City of Calgary

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

How You Can Help

We maintain more than 60,000 storm drains across Calgary, but a sudden melt can make it difficult to attend to all of them within a short period of time. This is why we ask Calgarians for their help.

- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit calgary.ca/stormdrains and use our map to find the location.

We're Here to Help If Your Storm Drain Is Frozen

If water is pooling on your street and you suspect the storm drain is frozen, contact 3-1-1. We have specialized boiler equipment that pushes out steam to get the storm drain thawed and running again.

- Submit a "Storm Drain/Catch Basin Concern" through the 3-1-1 web or mobile app.
- Take a photo and attach it to your request. This goes a long way in helping us respond on a priority basis.

Our crews respond to requests attending first to areas impacting public safety and where excess water may cause property damage.



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