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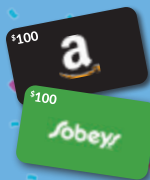
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	74	41	\$599,000	\$591,750
April	25	47	17	\$614,800	\$600,000
March	25	50	37	\$619,900	\$618,000
February	25	39	35	\$649,000	\$640,000
January	25	38	15	\$535,000	\$535,000
December	24	10	20	\$567,500	\$567,625
November	24	23	22	\$572,400	\$573,500
October	24	34	32	\$552,450	\$552,500
September	24	42	25	\$550,000	\$547,000
August	24	34	29	\$649,900	\$647,000
July	24	30	26	\$574,450	\$577,500
June	24	39	34	\$579,948	\$575,000

To view more detailed information that comprise the above  
MLS averages please visit [legacymycalgary.com](http://legacymycalgary.com)

# Calgary Legacy Community Association (CLCA)

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Katherine Mantupar	katherine.mantupar@calgarylegacy.ca	Advisor of Communications

## CLCA SMALL BUSINESS DIRECTORY

Our CLCA Small/Home Business Directory

is now available at  
[www.calgarylegacy.ca](http://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.



## PRESIDENT'S MESSAGE

Dear Legacy Community Members,

Thank you again to everyone who participated in the CLCA's annual Neighbour Day event and International Yoga Day! A huge thank you to all our sponsors (see thank you page for details) for making this event possible for another year! At the time of writing this letter, we are still in preparations for the big day, but I know that with our team, the community, and our amazing sponsors, it will be a success!

Looking ahead, our Community Association is excited to let you know about some ongoing and upcoming CLCA-sponsored programs including drop-in volleyball in the park, Toastmasters, and Baby Rhymes (parent and tot class). Please check out our social media for all the most up to date information!

The end of summer is always a special time for the CLCA because that is the time when our newly elected board gets together to create our Association's strategic priorities for the next CLCA year! If this sounds interesting to you, I would love to invite you to join us as either a Director (elected position) or Advisor (non-elected position).

**We are also currently recruiting for the following positions:**

- **Director of Development:** Are you excited about getting new recreation amenities in the community? Maybe a new sport court or even a community building that would serve as a hub for community programming? We are too! We are looking for an organized and passionate individual committed to helping to make some new amenities in Legacy a reality. Steps will include leading a team to plan and execute engagement with the community, grant applications, and casinos for fundraising.
- **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.
- **Advisor for Sponsorships and Business Partnerships:** This role involves building and maintaining relationships with local businesses and sponsors to support our events and programs.

If you or someone you know is interested in any of these positions, please reach out to us at [info@calgarylegacy.ca](mailto:info@calgarylegacy.ca) or [calgarylegacy.ca/volunteer/](http://calgarylegacy.ca/volunteer/).

Thank you for your continued support.

Kind regards,

*Sarah Peck*

President, Legacy Community Association



## 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 cost of garden beds is \$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 2025 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](http://www.legacyresidents.ca/garden).

You can also send an email to the Legacy Residents Association at [info@legacyresidents.ca](mailto:info@legacyresidents.ca).

We hope to see you in the garden.



## 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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# Legacy Neighbour Day

## Thank You to Our Neighbour Day Sponsors!



We're so grateful for our sponsors' support in making Legacy Neighbour Day a fun and memorable event. Your generosity helped bring our community together!

We host events throughout the year and are always looking for support. Want to help us grow our community together? Reach out to us at [info@calgarylegacy.ca](mailto:info@calgarylegacy.ca) — we'd love to hear from you!

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- Skip the line at CLCA events
- Exclusive local discounts
- Support your community

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# DEVIN ELKIN

## FOR WARD 14



Hello Ward 14, my name is Devin Elkin and I have had the pleasure of serving Ward 14 as community assistant for the past 10 years as part of Councillor Peter Demong's Ward 14 team. As you know, this spring he announced his intentions to retire from civic politics and I just wanted to thank him for all that he has done.

With that, I am thrilled to let you all know that I will be seeking your endorsement and running for Councillor in Ward 14 in this upcoming civic election. As a born and raised Calgarian, I have always understood the importance of serving your community. As my family has grown, so too has the importance of creating a city that they can call home, or for that matter, want to call home.

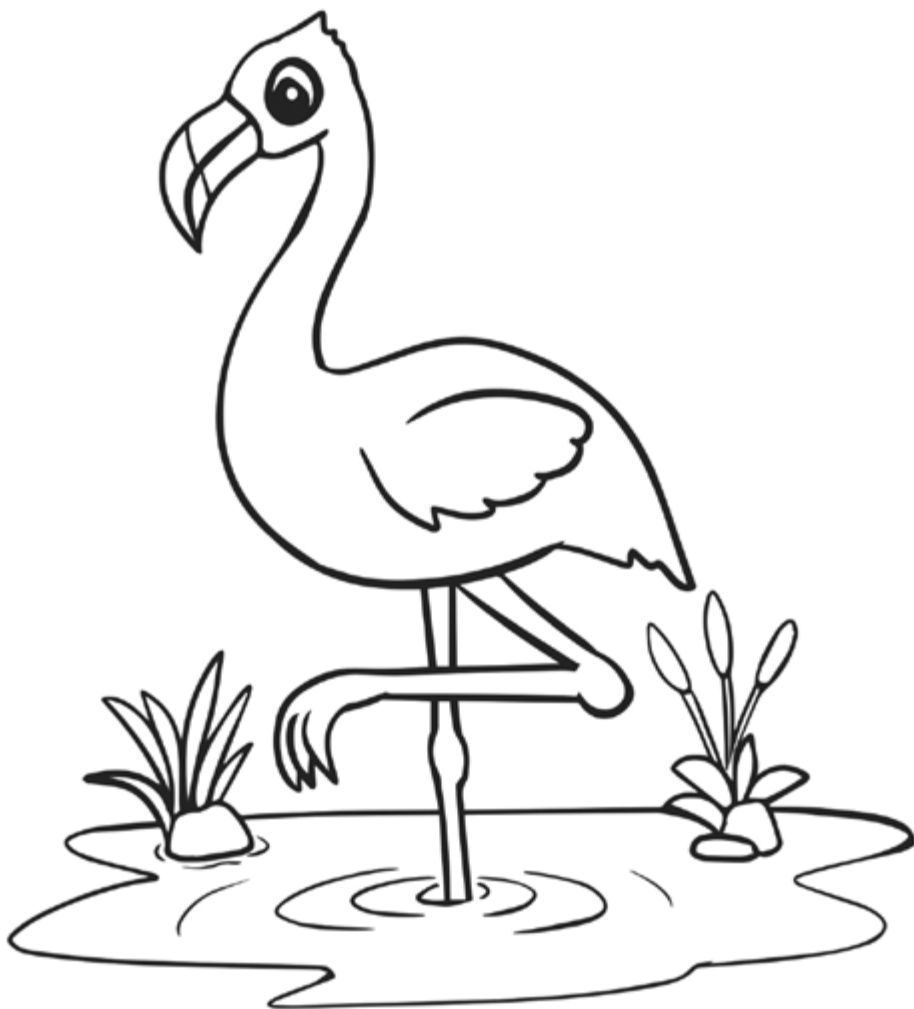
Now over the next month, I will be going through the nomination process to become an official candidate for Ward 14, but I wanted to express my intentions and more so introduce myself to those that I haven't met yet.

For more information about me and what I have learned from the 10 years working with Ward 14 constituents, please check out my website at [www.devinelkin.com](http://www.devinelkin.com). I am excited to share more over the next few months on how being rooted in community has led me to this decision.



# Colouring Contest!

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



**Sponsored by Christie Crawford, Legacy Realtor**

Colour and submit to [christie@calgarylegacy.ca](mailto: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!

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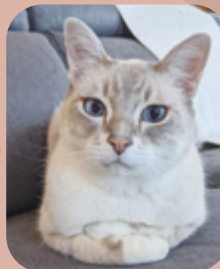
Molly, Elbow Scene



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Willow,  
McKenzie Towne

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# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

### Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on a small river. When it rains, water runs off our streets, driveways, and yards and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and our rivers. Calgary is seeing

higher volumes of stormwater, which is resulting in urban flooding and more river pollution.

The City of Calgary and Calgarians need to work together to manage our stormwater. The City uses storm ponds to naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is critical. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

You can help keep stormwater clean and our rivers healthy by doing these simple actions:

- Point downspouts toward lawns and gardens or use a rain barrel.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit [calgary.ca/stormwater](http://calgary.ca/stormwater) to learn more.

### Downtown Summer Festivals and Events

by The City of Calgary



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit [calgary.ca/exploredowntown](http://calgary.ca/exploredowntown).



## Get the Lowdown on Slow Downs: How We Keep Calgarians Moving

by The City of Calgary



We know construction season can be frustrating; The City of Calgary's Mobility teams work in close collaboration with project managers and city event organizers to avoid multiple delays and plan for traffic flow congestion. The City's Traffic Management Centre monitors roadways 24/7 by using traffic cameras, live traffic data, and digital road signs.

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Learn more at [calgary.ca/PlanYourTrip](http://calgary.ca/PlanYourTrip).

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**Stephanie Kusie**

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✉️ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Yahoo, Calgary Midnapore!

I hope all constituents had a happy and safe Canada Day and that you'll now be heading to the grounds to take in the Greatest Outdoor Show on Earth! Whether it's trying out new and exciting midway food and rides, filling up on pancakes at countless Stampede breakfasts, or enjoying a night at the rodeo, this is a time of year that brings our community together and I hope it will be a memorable Stampede for you.

As this is my first update since the Federal Election, I'd like to thank all those who participated in the democratic process and for the trust you have placed in me to represent you once again in Ottawa. Whether I earned your vote or not, I will always be there to represent you and bring your voice to the floor of the House of Commons.

Across the country, over eight million Canadians voted for change – and for hope. My Conservative colleagues and I will continue to take every opportunity to work with the government to deliver this change and will do our job as His Majesty's Loyal Opposition to hold this government to account.

You can learn more about my work in Ottawa and in the community this summer by following me on my social media @StephanieKusie (Instagram/X) and StephanieKusiePolitician (Facebook).

It remains the honour of my life to serve the good people of Calgary Midnapore in Parliament.

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore



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