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SPRING EVENT: MAY 10TH

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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.

PRESIDENT'S MESSAGE

Dear Legacy Community Members,

I am thrilled to announce that our annual Neighbour Day event is coming up on Saturday, June 21! This event is an excellent opportunity to get to know your neighbours, connect with your Legacy Community Association, and meet the local business community. From family-friendly activities to delicious food, there will be something for everyone to enjoy.

To make this event a success, we need your support!

We are currently seeking business sponsorships—an excellent chance for local businesses to shine and show their commitment to our community. Additionally, we are looking for volunteers, both for event planning and day-of operations. If you've been waiting for the perfect opportunity to get involved, this is it!

To inquire about business sponsorship opportunities or to sign up as a volunteer, please visit our website at calgarylegacy.ca or email us at info@calgarylegacy.ca.

Other Recruitment Positions

We are also currently recruiting for the following positions:

- **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.

Thank you for your continued support.

Kind regards,

Sarah Peck

President, Legacy Community Association



Community Member of the Month

This Month's Winner: Don Eddie

"I nominate Don Eddie for his dedication to keeping Legacy clean. While many notice the litter around our community, Don took it upon himself to pick up garbage several times and encourages others to do the same.

This not only helps the environment but also helps keep Legacy looking beautiful!"

Nominated by Leslie

Nominations can be sent to christie.crawford@calgarylegacy.ca. The winner receives a \$50 gift card donated by Christie Crawford, Resident Realtor.



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Pets of Legacy



Meet Arlo

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!

Name: Arlo

Breed: Aussiedoodle

Age: 1 year old

"My name is Arlo and I'm a one-year-old Aussiedoodle. My favourite things to do include going to the dog park and cuddling with my parents! I also love to play with my toys and run around. During the winter I love to play in the snow, and during the summer I go with my parents to the mountains and parks. I'm super friendly and love to make new friends 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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COMMUNITY
ASSOCIATION

CLCA Has a Fresh New Look!

We're excited to unveil our new branding, reflecting our vibrant, growing community!

More than a new look, it's a commitment to bringing residents together through events, programs, and local partnerships.

Your Community Home

calgarylegacy.ca

Hey Legacy Businesses We're Looking for You!

The Calgary Legacy Community Association wants to connect with local businesses like yours!

- Promote your business by sponsoring CLCA events
- Offer exclusive discounts & attract loyal customers
- Support community initiatives & boost visibility

Interested? Email us at info@calgarylegacy.ca to learn more!

Thank You to Our Amazing Sponsors & Volunteers!

EASTER EGG STRAVAGANZA



The Easter Egg-Stravaganza was a huge success thanks to our amazing sponsors and volunteers! Your support brought joy, magic, and fun to our community—thank you!



A&W



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Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

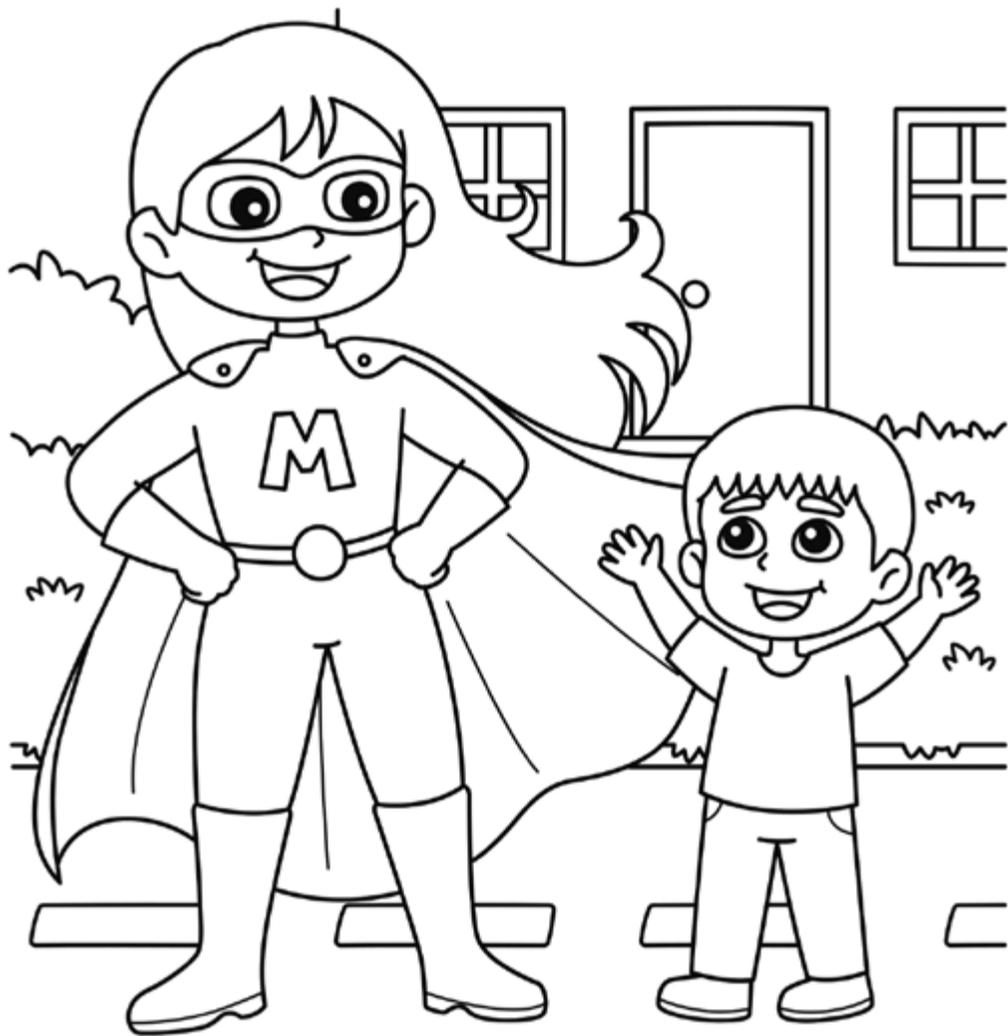
6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

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!

Window and Balcony Safety

by Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



Calgary Humane Society

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February	25	46	35	\$649,000	\$640,000
January	25	42	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
May	24	50	40	\$634,950	\$635,950
April	24	37	29	\$539,900	\$534,700

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

Create a Beautiful and Resilient YardSmart Yard This Spring!

by *The City of Calgary*

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit calgary.ca/YardSmart.



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.



CLCA | CALGARY LEGACY COMMUNITY ASSOCIATION
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<p>News, Events, & More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
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