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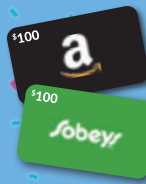


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CLCA SMALL BUSINESS DIRECTORY

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.

Halloween Safety

by Alberta Health Services

As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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The Art of Finding Work: Job Seekers: Be Clear on Your “Secret Sauce”

by Nick Kossovan

Most job seekers present themselves to employers as a jack of all trades, master of none, when they should be presenting a unique set of skills.

You think you're talented.

Everyone you're up against thinks they're talented.

What makes you special?

When you apply for a job, possessing the necessary skills and qualifications is not enough. You need to find ways to differentiate yourself; otherwise, you will blend in with the other job seekers you're competing against.

The key to differentiating yourself and rising above all the noise so you're seen and heard rather than ignored lies in your “secret sauce”—the unique skills, experiences, and attributes that make you one-of-a-kind. Thus, you become what most job seekers aren't: memorable.

Asking Yourself the Following Questions Will Help You Define Your Secret Sauce:

In My Current or Previous Positions, What Were My Favourite Tasks?

For the most part, we enjoy activities we're good at (e.g., working with numbers, designing costumes, conducting research, organizing events, writing blogs). Our inherent strengths and aptitudes create a natural talent for the activity, thereby making it enjoyable since you're not fighting who you are.

List everything, work-related and non-work-related, you enjoy doing.

What Feedback Have I Received from Colleagues or Supervisors Regarding My Work?

Reflect on your career journey. Think of all the positive and negative feedback you received, whether in formal performance reviews or an offhand manner, regarding your work or something you did.

- “I enjoy sitting in on your presentations.”
- “You have a knack for listening.”
- “The way you motivate your team is impressive.”

What Problems Have I Successfully Solved in Previous Positions?

Every position exists to solve a problem. For instance, accountants are hired to monitor a company's incoming revenue and outgoing expenses and oversee its compliance with local tax laws.

What problems have you solved for your employers? Increased website traffic? Decreased spending? Increased customer satisfaction? Decreased safety violations? Increased sales? (employers' favourite).

What Unique Experiences or Backgrounds Do I Have That Contribute to My Skill Set?

A candidate who grew up in Québec City will have a competitive edge being fluently bilingual over someone who simply attended French immersion in Calgary, Alberta. The same could be said for a candidate whose mother was a social worker, making them more attuned to the needs of others, or their father who was a pharmaceutical representative, thus exposing them to human dynamics that influence.

Everyone has a unique story of how their place of birth and experiences, especially first experiences, developed their strengths and passions. Explaining to an employer that your enjoyment of and passion for providing customer service comes from having spent your weekends and summers working the front desk at your family's 85-room hotel in Estevan, Saskatchewan, has much more impact than simply saying, “I like helping people.”

What Skills Have I Gained Through Hobbies or Volunteer Work?

I once hired a call centre agent who volunteered at a local suicide prevention hotline for several years. And a candidate who coached a little league baseball team turned out to be one of the best first-time managers I ever hired.

Don't ignore the skills and experience you've acquired outside your employment or education. Skills, experience, and knowledge aren't just acquired at work or school. The skills and experience you gain from volunteering, starting/running a business, being a parent, playing in a sports league, or serving on your condo board can be valuable to employers.

If the above questions don't solicit as many skills as you'd like, seek the opinions of family members, friends,



and colleagues. Ask them what they think your key strengths are. Their insights may surprise you.

Once you've identified your hard and soft skills—your soft skills (e.g., communication, critical thinking, time management) are the most important to employers—you need to communicate your unique skills as selling points. Merely listing your “skills” and “qualifications” doesn't distinguish you from other applicants. You must describe who you are and what you offer in a straightforward, memorable narrative conveying your unique value proposition.

Not memorable: “I speak French.”

Memorable: “I was born in Québec City. French is my mother tongue.”

Additionally, frame your skills and qualifications in terms of how they can benefit an employer.

No value add: “I have strong analytical skills.”

Value add: “During my seven years as a financial analyst at Wayne Enterprises, I developed above-average analytical skills that enabled the company to take advantage of several initial public offerings that turned out to be quite lucrative. One recommended buy resulted in a \$7.5 million gain within less than a year.”

Based on my experience, most candidates fail to emphasize their uniqueness; hence, they don't stick in my head. Given the number of candidates I've interviewed throughout my career, one would think I'd have heard many inspiring, funny, entertaining, and sad career and life stories. Unfortunately, that's not the case. Job seekers need to work on being mentally sticky. In a competitive job market filled with qualified candidates, articulating your secret sauce will ultimately set you apart.



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SCAN ME

How You Can Support an Emotionally Avoidant Partner

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

Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that. It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.



4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

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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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May	25	56	41	\$599,000	\$591,750
April	25	42	17	\$614,800	\$600,000
March	25	44	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
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SPIRIT HALLOWEEN



Halloween is a favourite holiday for many. One particularly exciting tradition that some enjoy is visiting the popular costume, mask, and makeup store called Spirit Halloween. Popping up all over Canada and the United States, Spirit Halloween is actually the largest Halloween retailer in the United States. What a Spooky Scary Superstore!



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Should You Buy a Starter Home or Invest in Your Forever Home?

by Virginia Cooper

For many Canadian homebuyers, the tension between buying a modest starter home and stretching for a forever home isn't just about square footage or location. It's about timing, risk tolerance, personal growth, and how you want your living space to evolve alongside your life. The decision runs deeper than budgets or bedrooms—it's a test of how well you know your own trajectory.

Leverage Smart Savings Before You Choose

First-time buyers often don't realize how much leverage they can gain from strategic tax shelters. With the introduction of the First Home Savings Account (FHSA), Canadians can now contribute up to \$8,000 annually—up to a lifetime max of \$40,000—while gaining the dual benefits of tax-deductible contributions and tax-free withdrawals. That's a rare pairing. Used properly, tax-deductible accounts help Canadians buy faster by accelerating down payment growth without pushing you into a higher tax bracket. If your choice between starter and forever hinges on readiness, the FHSA can close the gap faster than you'd expect.

Tame the Paperwork with Mobile Tools

Homebuying in 2025 isn't just showings and signatures. It's paperwork across email chains, lender portals, insurance approvals, sometimes all in a single day. If you're working remotely or buying in a different province, keeping track of every document becomes critical. One overlooked friction-solver? Scanning key paperwork from your phone. There are features of a free scanner app that lets you digitize everything instantly—mortgage pre-approvals, pay stubs, even handwritten notes from a home inspector, without needing a clunky printer-scanner setup.

Flexibility Often Beats Square Footage

Real estate markets don't wait for you to get settled. That's part of the problem, and the potential. If you're watching interest rates shift or waiting for new inventory, smaller homes can function as strategic footholds. They let you get in, observe from within, and make sharper decisions down the line. There's power



in mobility. In fact, many financial planners argue that starter homes offer agility that can't be matched by a long-term commitment too early.

What Business Owners Should Watch For

If you're running a business—especially from home—housing decisions take on a different shape. It's not just about what you can afford; it's about how your home supports your work. Zoning laws, workspace comfort, client meetings, even write-offs. Founders and freelancers need to think beyond mortgage rates and ask what their home enables. A valuable breakdown of housing considerations for self-employed buyers highlights how the home you choose affects everything from tax planning to burnout risk. Entrepreneurs can't afford to misread the fine print on this decision.

Short-Term Moves, Long-Term Wealth

One of the most misunderstood advantages of a starter home is how it compounds wealth, not just saves money. Instead of viewing it as "throwaway square footage," consider how appreciation, modest renovations, and timing the next sale could become a lever. Buying low doesn't mean thinking small, it often means moving smart. Experts suggest that moving twice can build equity more efficiently than stretching into a forever home you can barely afford upfront. The second move is an upgrade backed by value.

There's no universal answer—only alignment. Starter homes buy you time, options, and mobility. Forever homes offer roots and rhythm. The right move depends on where you are, what you value, and how steady your vision feels. Be honest about that. Then act accordingly. That's not just buying smart; that's building a life.



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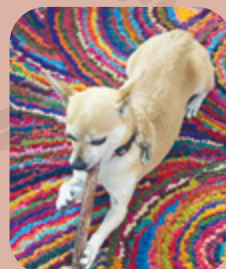
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UPCOMING EVENTS

Make sure to check out all of the upcoming events and services!



CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. Check out our upcoming concerts at <https://reddeerlakeuc.com/concerts>.

COUNTRY MARKET begins November 15, 10 am – 4 pm

We are expanding the market this year!

In addition to our great crafts/ beautiful handwork, homemade goodies and Gift Baskets, we are adding some outside vendors to the market.

The tables will be available to people who have services or items to sell which are unique and non-competing with each other and our own items. The tables will be rented for \$50 each. Interested in renting a table?

Contact rdlucfundraisers@gmail.com to book your spot today.

RENTALS

We are excited to launch Meadow Green, Wedding and Events Centre at Red Deer Lake United Church. Meadow Green is a 45,000 square foot facility that provides a variety of affordable spaces for weddings, workshops, art shows, performances and much more. For more information visit us at www.meadowgreenevents.ca or contact the office (403) 256-3181 to book your tour today!

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Devin Elkin

— WARD 14 —

Rooted in Community

Hello Ward 14 residents, Devin Elkin here.

With this being the last opportunity before we head to the polls on October 20th, I wanted to just take a moment to thank you. For the past 10 years, it has been my joy to serve the residents of Ward 14 as your Ward 14 community assistant. When I reflect on what we have accomplished together it's hard to believe we did this all in that time frame.

To the countless community volunteers that have served on their community association boards, thank you. It was a pleasure working together to make each of your communities the best version of themselves. To those that I have disappointed, know that I tried and sometimes you just can't deliver on the ask. "Your Ward, Your Way" is not as easy as it sounds. In my time serving the ward, I have learned that you will find yourself having to deal with issues that will make some people happy and some will want to tar and feather you in the town square, but know that I wear these failures on my sleeve as reminders to never take this job for granted.

In closing, all I ask is that you have a look at what I have done, and what I will continue to do for those that call Ward 14 home. If you are undecided just make sure you ask one question of all candidates, "How?" How do you plan to accomplish your vision? It's easy to reuse what you hear from residents as policy but truly understanding how to execute vision into reality is so important. Lastly some important dates, advance polls are open October 6th – 11th and election day is the 20th.

Please visit www.electionscalgary.ca to find your voting location and all other related info. If you need a ride to the polling station closest to you, please let my team know at delkin@telus.net and we will make sure you get there and back. Thank you again and here's to getting back to simple civic governance.

Devin Elkin

Rooted in Community

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