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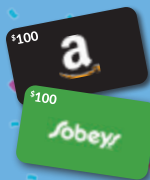
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# Calgary Legacy Community Association (CLCA)

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Issabella Saavendra	isabella.saaavedravelasco@calgarylegacy.ca	Advisor of Communications
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

Hello Legacy Neighbours!

I hope everyone enjoyed a fun and memorable summer! As we shift into cozy autumn, I want to extend warm wishes to all—especially those preparing for the back-to-school season. Here's to exciting new beginnings!

We're thrilled to report on the successful launch of our very first Baby Rhyme Time program at the Southview Church! This six-week program was a joyful gathering filled with music, movement, and play, designed especially for toddlers and their grown-ups. We're evaluating the pilot and exploring ways to grow and refine the experience—so stay tuned!

In September, the CLCA will be hosting interest meetings for a Legacy Toastmasters Club, where community members can build their public speaking skills in a friendly, supportive setting. If you've ever wanted to find your voice—or simply meet others in the neighbourhood—this is a great opportunity. Meetings will be held at All Saints High School, so mark your calendars!

A huge shoutout to everyone who joined in our Legacy Volleyball games this summer. Whether you were playing or just came out to cheer, you helped create a spirited, fun-filled atmosphere that showcased the best of our community. We'll keep the games going as long as the weather holds and then rally again in spring!

And finally, if you have an idea for a community program—no matter how big or small—please reach out! The CLCA is here to support you with organizing and funding efforts. We love helping neighbours turn great ideas into thriving activities. Some possibilities include things like yoga classes, regular community

cleanups, language exchange groups (for practicing English or learning other languages), or anything else you think would benefit Legacy. Just reach out—we're here! Please email [info@calgarylegacy.ca](mailto:info@calgarylegacy.ca)!

### Join Our Team—CLCA is Recruiting!

We're currently looking for community-minded volunteers to help us make Legacy even more vibrant. Open roles include:

**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.

**Treasurer:** Interested in supporting our association behind the scenes? We're seeking someone to take on the treasurer position—an essential role that helps keep our operations running smoothly.

**Volunteerism Advisors:** These volunteers will work alongside our Director of Volunteerism to ensure smooth onboarding for new helpers and support event operations. If you enjoy connecting with people and fostering community spirit, this is a great way to get involved!

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



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### Back to School Safety

by Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some basic 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 a bus is slowing down to stop – motorists should do 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.

### 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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		Listed	Sold	Listed	Sold
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May	25	60	41	\$599,000	\$591,750
April	25	42	17	\$614,800	\$600,000
March	25	46	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

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

# Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

### 1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

### 2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

### 3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

### 4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

### 5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

### 6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

**Book Suggestion:** *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.



# Devin Elkin

— WARD 14 —

*Rooted in Community*



Hello Ward 14!

Here we are, a month away from going to the polls. Crazy. With that, in this month's newsletter, I wanted to highlight my top 10 priorities.

1. **Blanket Rezoning** — I will bring forward a Notice of Motion to change the base zoning back to R-C1 or one that repeals the original Notice of Motion that led to the base zoning change to R-CG. The direction I take will depend on the other faces that shape our new council but this is my number one priority.
2. **Public Hearing Items at Council** — I will be bringing forward a Notice of Motion that implements the following. If a particular public hearing item garners more than two full consecutive days of public submissions, this will automatically trigger a review of the item being presented before it is voted on by Council. This will ensure citizens who share an overwhelming passion on a certain topic will know their concerns will get the attention they deserve.
3. **Get back to simplifying service deliveries** — Civic politics isn't complicated, collect the taxes and make sure services are delivered in a manner that reflects and respects the efforts made by those individuals making that money in the first place.
4. **Continue to represent our communities the way we have for the past 10 years** — This isn't one of those "if it's not broke, don't fix it" attitudes. Over the past decade, the connection I have made with the community through events, attending community association monthly meetings, and open houses, has given me insight and clarity into what each community needs. Ward 14 is not a singular community, its very fabric is made up of communities developed in 1967 to some still in development. So continuing to ask the questions, listening with both ears and assisting in getting it done, has served us well and will continue to do so.
5. **Keeping up with aging infrastructure** — As mentioned, some of our communities have aging infrastructure, from stuff above the surface to stuff below the surface. Making sure there are monthly touch points with all departments in administration is critical to ensuring proper delivery. This also goes for our new communities, making sure we inspect the new assets that are going in will allow us to deliver services for decades to come which is crucial to future budgets. We don't need to be replacing infrastructure only a few years after it's installed.
6. **Never forget who I work for** — Your support for our Ward 14 team over the past decade has allowed us to make our communities better. Your engagement and passion is clear and this allows us to translate concerns into action. I will never forget that we are here to serve the residents who call Ward 14 home.
7. **Communication** — As I have shown in my time serving Ward 14, there are many ways to engage with residents. Through various social media posts to open houses and bringing back our original "Ward 14 Council Talks", these will continue to be methods I will use to reach out to constituents. You will continue to receive our monthly newsletter but the new communication piece will be weekly recaps. Recorded videos will be made available for you to find out what happened that week at Council. Obviously, some of these videos will be extensive, and some might be a quick hello, but you will always know you have a voice.
8. **Community Association Development Permit Stream** — I will be working with our planning director to implement a separate stream for community associations. This will enable them to act on time sensitive grants with confidence and be able to deliver community improvements in a timely manner.
9. **Community Safety** — Over my decade here we have made deep connections with both Calgary Police Districts that serve Ward 14, districts 6 & 8. These relationships will continue to allow us to collaborate with our Community Resource Officers, our School Resource officers and Traffic Safety Group in relaying concerns we hear from the community. We will continue to collaborate on high school traffic blitz days, work on highlighting areas in need of enforcement and collaborating on educational forums such as protecting your homes, senior fraud prevention tips, and the 9 P.M. check your vehicle routine.
10. **Spending Smarter** — We simply must be better at where our tax dollars go beyond essential services. We need to eliminate these surprise expenditures, and this will be accomplished by focusing on meaningful conversation through committee reports, budgetary asks and accountability.

Please take the time to visit [www.devinelkin.com](http://www.devinelkin.com) where I have outlined why I believe I am ready to be your next city councillor and what 10 years of public service has taught me.

Thank you,  
*Devin Elkin*  
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# Legacy Real Estate Update

by Christie Crawford, Legacy Community Realtor

Sales Activity Slowed Down from Record Breaking Years			
Metric	July 2024	July 2025	Change
Total Sales (All Types)	38	32	↓ 16%
Average Sale Price (All Types)	\$577,000	\$561,000	↓ 2.8%
Benchmark Price (Citywide)	Peaked in June 2024	4% below 2024 peak (All property types)	↓ Cooling trend
Inventory (Citywide)	5,700 units	6,917 units	↑ 21% - Highest since 2019
Days on Market	Less than 30 days	40 to 50 days	↑ Longer expected listing timeline
Sales-to-New Listings Ratio	70%	55 to 60%	↓ Slowing absorption

### Prices and Negotiation

The median sale price for a detached home in Legacy dipped to \$648,000 at the end of July, a 6% drop compared to last year. Buyers are being cautious and focusing more on affordability. Most detached homes are now selling for around 98% of the asking price, giving buyers some room to negotiate (unlike last year when bidding wars were more common).

### More Homes Available

There's more inventory in Legacy and across Calgary right now—over 6,900 homes were available in July, a level we haven't seen since before the pandemic. Much of this increase is thanks to growth in newer communities like Legacy. Builders continue to add new homes, which gives buyers more choice and adds pressure on resale prices.

### Interest Rates and Economy

Mortgage rates have levelled out, with the Bank of Canada showing caution on decreasing the benchmark rate. While rates are higher than they were a few years ago, the pause in increases gives buyers a bit more certainty. The next Bank of Canada rate announcement is set for September 17. Calgary's job market remains stable with unemployment between 7.5% and 8%, and inflation is easing. Unfortunately, global trade and tariffs are adding a bit of uncertainty.

### What to Expect This Fall

As we head into the fall, we expect an uptick in activity while the weather stays nice, and the trees turn red and yellow. Moving further into fall, fewer homes will

likely hit the market, and homes may take longer to sell—possibly 50+ days on average. Prices will likely stay steady or dip slightly. Builders may offer incentives on quick-possession homes and new build contracts, adding extra competition for resale listings.

### The Bottom Line

Legacy's housing market has shifted into more balanced territory. A balanced real estate market—where supply and demand are roughly equal—is beneficial for both buyers and sellers because it creates fair conditions. Buyers have more options and negotiating power without facing intense bidding wars, while sellers can still expect reasonable offers and steady interest in their properties. This makes it easier for both sides to plan confidently and make informed decisions. Buyers have more time, more options, and a little more negotiating power—a big change from the red-hot market we experienced between 2022 and 2024.

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# 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!



## Pets of Legacy



### Meet Reece

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 scaley lizard, we want to meet them!

**Name:** Reece

**Age:** Canadian Warmblood Mare

**Breed:** 11 years old

Reece is an 11-year-old Canadian Warmblood mare that stands 16.2 hands tall. She loves sweet potatoes but is not crazy about apples and she finds goats terrifying. She loves to jump and if she can do it as fast as possible, even better. She is piloted around the show ring by my 13-year-old daughter Gabby who loves to go fast and jump. They are a perfect pair. But she knows when I saddle her up it's going to be low and slow, and she takes great care of me.

Reece loves to smile and isn't she pretty? When we go to get her from her pen, we are always met with a nicker 'hello', and she puts her head down for a good scratch and a snuggle.

*Want to see your pet featured? Please send an email to [christie.crawford@calgarylegacy.ca](mailto:christie.crawford@calgarylegacy.ca) to find out more.*



## Chima Akuchie

For Ward 14 Councillor

☎ 403-930-4391

✉ [info@chima4ward14.ca](mailto:info@chima4ward14.ca)

[chima4ward14.ca](http://chima4ward14.ca)

Dear Neighbour,

I'm excited to share this with you: I'm running for City Council in Ward 14.

This decision comes from a deep passion to serve and a belief that leadership means listening, understanding, and acting in the best interests of the people, not chasing power or succession.

I'm a graduate of SAIT in instrumentation engineering. I've served as VP External of the Athabasca University Students' Union and serve as Technology & Digital Safety Ambassador. I've had the privilege of serving as a student advocate at both the provincial level with the Council of Alberta University Students (CAUS) and at the federal level with the Canadian Alliance of Student Associations (CASA). Through these roles, I sat on policy and budgeting committees where I worked to ensure student voices were heard and their needs prioritized.

As Director of Volunteerism at the Calgary Legacy Community Association, I help organize events that build connection and community. I also volunteer with the Calgary Igbo Community Association at the Drop-In Centre, supporting unhoused individuals with essentials and encouragement.

I founded VEROROSE INC., a support agency for people with disabilities, and work at a harm reduction centre, helping people with disabilities and mental health challenges rebuild their lives.

I'm running as an independent candidate with conservative values. I'm for the people, here to serve and willing to work with anyone who puts Ward 14 first. Our city should serve residents, not political interests.

As your neighbour, I share your concerns about blanket rezoning that ignores local realities, property tax hikes, infrastructure strain, and loss of neighbourhood character. If elected, I'll push to repeal those policies and protect what makes our ward a great place to live.

I believe in service, transparency, and trust. As a husband, father of three, and Knight of the Catholic Church, I bring compassion, accountability, and empathy to public service.

Every resident deserves safe streets, basic infrastructure, and leaders who listen. That's what I'll fight for.

This campaign is about all of us; our families, our businesses, and our shared future. I'm ready to work hard for Ward 14 and make our voices count.

Sincerely,  
Chima Akuchie

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