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**Legacy:** #505, 180 Legacy Main St SE

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# Calgary Legacy Community Association (CLCA)

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Katherine Mantupar	katherine.mantupar@calgarylegacy.ca	Lead - 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,

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 exciting updates with you.

### **Easter Egg Hunt – Volunteers Needed!**

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. To make it a success, we're looking for enthusiastic volunteers to lend a hand. If you're interested in helping out, please contact us at [hello@calgarylegacy.ca](mailto:hello@calgarylegacy.ca) - we'd love to have you on board!

We are also eager to expand our team and bring in new talent to help us continue to grow and thrive.

### **Join Our Team – Now Recruiting!**

We're looking to grow our team and bring in fresh energy to support our ongoing initiatives. We are currently recruiting for the following position:

#### **Secretary**

The Board Secretary plays a vital role in keeping our organization running smoothly.

Responsibilities include preparing meeting agendas, taking and distributing minutes, and maintaining official

records. It's a great opportunity to contribute to the community while developing valuable organizational and leadership skills.

If you or someone you know would be a great fit, please reach out to us at [hello@calgarylegacy.ca](mailto:hello@calgarylegacy.ca). Your involvement makes a real difference, and we're excited to work together to make 2026 our best year yet!

### **Contribute to the Community Newsletter!**

Do you have an interesting idea, story, or topic you'd like to share with your neighbours? We're always looking for short articles (500 to 600 words) to feature in our community newsletter. Submissions should be of general interest, respectful in tone, and not promotional in nature (i.e., no business advertisements). Priority will be given to contributors who haven't submitted before - we'd love to hear fresh voices and new perspectives!

If you're interested, please send your article to [hello@calgarylegacy.ca](mailto:hello@calgarylegacy.ca). Please note that Great News Media will make the final decision on publication.

We look forward to reading your stories!

Kind regards,

*Sarah Peck*

President, Legacy Community Association



## The Voice of Cartoon Legends

What do Bubbles from *The Powerpuff Girls*, Timmy Turner from *The Fairly OddParents*, and Dil Pickles from *Rugrats* have in common? They were all brought to life by the same Canadian voice actress: Tara Strong. Celebrating her birthday on February 12, Tara has built an extraordinary career from *Teen Titans* to *Ben 10* and beyond.



## SPONSORSHIP DISCOUNT PROGRAMS

### Evolv Solar Member Discount Program

Calgary Legacy Community Association (CLCA) is proud to partner with Evolv Solar to help members save on clean, renewable energy.

Through this partnership, CLCA members receive \$100 per kilowatt off residential solar installations, up to a maximum of \$2,000 in savings.

### Nutri-Go Member Discount Program: Fresh, Chef-Made Meals for CLCA Members

CLCA is excited to welcome Nutri-Go as a new community partner, offering members an easy way to eat healthy while supporting a local Calgary business.

CLCA members receive 25% off and free shipping on their first order using promo code LEGACY at checkout.



## BRAIN GAMES

## SUDOKU

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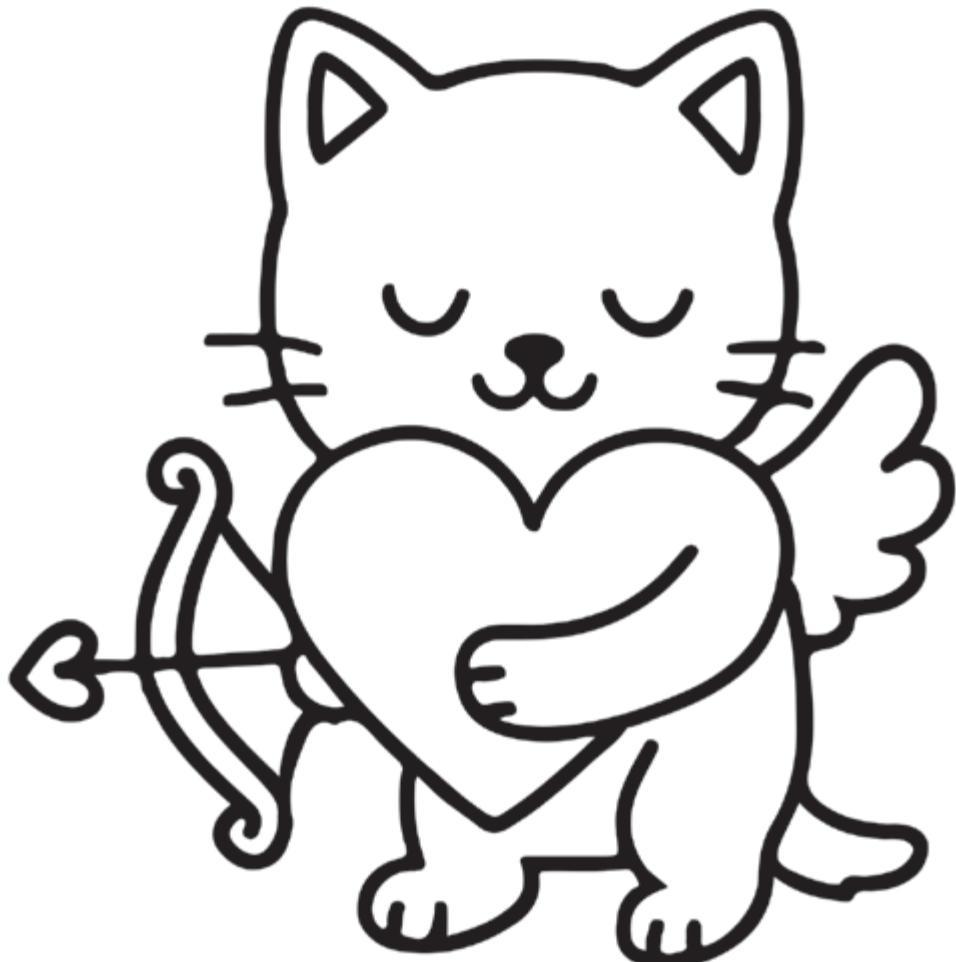
### Markets of Legacy

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.



# 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 Gretchen

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:** Gretchen

**Breed:** Domestic Long Hair

**Age:** 12 years old

Hello, I'm Gretchen, originally from Toronto, Ontario. I am the ultimate foodie, with my favourite meal being Ocean Whitefish and Tuna Entrée Fancy Feast.

In my household, I am large and in charge. I love lounging during the day, especially in a sunny spot. When I'm not lounging, I'm following my humans around, demanding pets. I am the best snuggle buddy and love to keep my family company.

Although I get a little anxious when they leave, I know that when they come home from work, I always get treats. I've recently discovered that pushing things off my mom's dresser gets her up earlier for breakfast!

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



## Cupid and the Mighty Bow

by Garth Paul Ukrainetz

Cupid has a plan they say  
To change the world on Valentine's Day  
The opposite of nuclear war  
Where love bombs fall forevermore

Projectiles full of love's sweet glow  
These arrows need a Mighty Bow  
Creating new reality  
Great river flows thru Calgary

The arrows launch like missiles fly  
Around the world they'll fill the sky  
London, Moscow, Houston, Seoul  
From Mighty Bow they'll reach their goal

On city streets we'll look above  
The mountains shall bring peace and love  
Descending to all jaded land  
From Mighty Bow and angel's hand

Yes, all is fair in love and war  
A cherub stands on rivershore  
Lil' Cupid has a plan they say  
To change the world on Valentine's Day

# Legacy Real Estate: What the Numbers Are Really Saying as We Head Into 2026

by Christie Crawford, Local Realtor

If you've been watching the news or MLS lately, you might feel like the real estate story is a little... confusing. Some markets are cooling with prices flattening while others remain strong, and everyone's wondering what comes next.

Here's the good news, the numbers in our area for most property types remain strong.

While Calgary as a whole moved into a more balanced market through 2025, our corner of the city finished the year a little differently. According to Calgary Real Estate Board (CREB) data, South and Southeast Calgary finished the year with benchmark prices still slightly up year-over-year (in the non-condo sector), even as other areas softened.

What's driving that stability?

Legacy offers what many buyers are searching for right now — newer homes, thoughtful community design, access to schools and green spaces, and price points that still make sense for families looking to put down roots or move up. Even as more listings came onto the market city-wide in 2025, demand here remained steady, especially for well-maintained detached and semi-detached homes.

Now, a balanced market does mean change — and that's not a bad thing.

For sellers, 2026 is shaping up to be a year where strategy matters more than urgency. Homes that are priced correctly and presented well are still selling strongly,

but buyers are taking their time and comparing options. The days of "list it and they'll line up" are mostly behind us — and honestly, that's healthier for everyone.

For buyers, this shift brings opportunity. More choice. More room to negotiate. Less pressure to make decisions at lightning speed. It's a market that rewards clarity — knowing what you want, what matters most, and when to move.

What I'm watching closely as we move through 2026:

Detached and semi-detached homes continue to be the most resilient segment.

Townhomes and condos are showing longer days on the market and increased inventory. Listings in this sector benefit from standout condition and value.

Inventory is higher, but not evenly — some homes still move quickly, others take patience.

The takeaway? Legacy remains a strong, livable, and desirable community, even as the overall market rebalances.



What kind of tree  
fits in your hand?  
A palm tree

# Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

# Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

## 1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

## 2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

## 3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

## 4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

## 5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

## 6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

## 7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

## 8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

## 9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

## 10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”



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October	25	17	17	\$429,500	\$415,000
September	25	35	23	\$574,800	\$565,000
August	25	30	28	\$562,500	\$551,250
July	25	38	32	\$587,500	\$574,500
June	25	32	32	\$577,400	\$574,950
May	25	55	41	\$599,000	\$591,750
April	25	41	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

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