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10 a.m. – 2 p.m.**
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A Bloom You Can Brew



Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.



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Calgary Legacy Community Association (CLCA)

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Neha Panchal	neha.panchal@calgarylegacy.ca	Vice President
Jose Alvarado	jose.alvarado@calgary.legacy.ca	Treasurer
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Isabella Saavendra	isabella.saavedravelasco@calgarylegacy.ca	Advisor of Communications
Tracy Nguyen	tracy.nguyen@calgarylegacy.ca	Advisor of Communications
Irvinpreet Pahwa	irvinpreet.pahwa@calgarylegacy.ca	Advisor of Events



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.

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.



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.



Pets of Legacy

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 scaly lizard, we want to meet them!

Want to see your pet featured? Please send an email to christie.crawford@calgarylegacy.ca to find out more.



Name: Lila

Breed: Husky

Age: One year-old

Lila is a very happy, energetic, and adventurous girl who absolutely loves being outdoors. Her favourite things include going for long walks, exploring parks, hiking, and especially playing in the snow. She also loves camping and joining our family on outdoor adventures.

When she's not exploring, Lila enjoys playing with her toys and visiting dog parks, where she can run around off-leash and play with other dogs. She is incredibly social and could probably spend all day running and making new friends!

PRESIDENT'S MESSAGE

The CAPYBara Way

One of the things I appreciate most about Legacy is the sense of community that makes this neighbourhood feel like home. That feeling doesn't happen by accident. It comes from people who care about their neighbours, take pride in where they live, and are willing to contribute their time and energy to making our community stronger.

Earlier this year, the CLCA Board Team spent some time reflecting on the values that guide how we work together and make decisions. The result was what we now call the CAPYBara Framework, inspired by both the first letters of our shared values and the capybara, an animal known for its friendly and social nature.

The CAPYBara Framework is built around four simple values:

C - Clear Communication

Being open and honest, especially when things aren't going as planned. When people communicate clearly, challenges are easier to navigate and solutions are easier to find.

A - Appropriate Accountability

Being intentional about the commitments we make and following through on the ones we've accepted.

P - Positivity

Building strong relationships, enjoying our time together, and remembering that volunteering should be rewarding as well as meaningful.

YB - You Belong

Creating a place where everyone feels welcome, valued, and respected. We all bring different personalities, perspectives, strengths, and experiences, and our community is stronger because of it.

While these values were developed through conversations with the Board Team, they extend beyond the Board table. They shape how we approach our work, how we support volunteers, and how we strive to build a strong and connected community. They're simple ideas, but we're finding they make a meaningful difference in how people work together.

If this way of thinking resonates with you, we'd love to hear from you.

The CLCA is currently looking for community members interested in serving as:

- Director of Volunteerism
- Secretary
- Future President

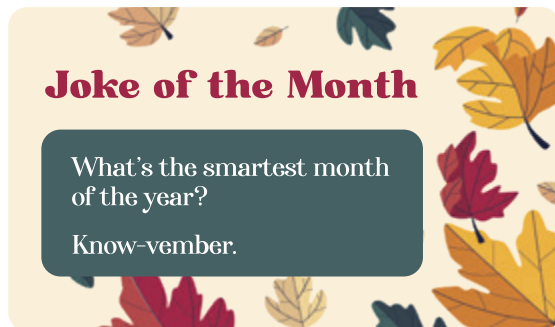
What matters most is a willingness to learn, a commitment to the community, and a desire to work alongside others to make Legacy an even better place to call home.

If you're looking for a meaningful way to give back to your community and help shape its future, please send your cover letter to hello@calgarylegacy.ca.

Kindest regards,

Sarah Peck

President, Legacy Community Association



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!



CLCA | CALGARY LEGACY
COMMUNITY ASSOCIATION

Light Up Legacy Reindeer Parade

Saturday, Dec 05 | 2PM - 7PM | Sign in time 2PM - 3PM



Put on your antlers, gather your herd and join us for Light Up Legacy 2026 on **Saturday, December 5** starting at the small pond and finishing in Township.

This year, Legacy's favourite holiday celebration is becoming a **Reindeer Parade**, with Santa, Christmas music, festive fun and plenty of surprises for the whole family. **Bring a new, unwrapped gift to help brighten the holidays for a child in Calgary.**



Want to join the herd? **Scan the QR code and sign up you or your family** on the Light Up Legacy event page.

Join the volunteer crew and help bring the holiday magic to life.
Sign up on calgarylegacy.ca/light-up-legacy/



What Is Attic Rain and How Can You Prevent It

by Christie Crawford, Legacy Realtor

If you've lived through a few Calgary winters, you already know our weather likes to keep us guessing. One day it's -25°C, a Chinook rolls in, and suddenly it feels almost like spring. Unfortunately, those dramatic temperature swings can cause something called "attic rain", and despite the name, there is no actual rain involved.

So, what exactly is attic rain?

During the winter, warm, humid air from inside your home naturally rises. If that warm air finds its way into your attic through small gaps around light fixtures, bathroom fans, attic hatches or other openings, the moisture in the air can freeze when it hits the very cold underside of your roof. Over time, frost can build up inside the attic. Then Calgary does what Calgary does best—the temperature suddenly warms up. That frost melts, and the resulting water can drip down onto insulation, ceilings and walls. This is what we call attic rain. Sometimes homeowners first discover it when they notice a mysterious water stain on the ceiling and immediately assume the roof is leaking. The good news is that a roof leak isn't likely the culprit in our area of newer and well-insulated homes.

Why does attic rain happen?

Attic rain is usually a moisture and ventilation issue rather than a roofing issue. Everyday activities such as showering, cooking, doing laundry and even running a humidifier add moisture to the air inside our homes. The goal is to keep as much of that warm, moist air as possible inside the living space—and properly vent moisture that needs to leave the home directly outside.

A few things can help reduce the risk:

- Keep indoor humidity under control during very cold weather. If you're seeing lots of condensation or frost on your windows, that's a good sign your home's humidity may be too high.
- Make sure bathroom fans and kitchen exhaust fans are venting properly to the exterior of the home—not into the attic.
- Check your attic hatch. It should be properly insulated and weather-stripped so warm air isn't constantly escaping around it.
- Seal air leaks. Pot lights, ceiling fixtures, plumbing penetrations and other small openings can allow warm air to sneak into the attic.
- Don't block attic ventilation. Insulation should not cover soffit vents, and the attic needs proper airflow to help remove moisture.
- Turn down the humidifier when Calgary gets really cold. The colder it is outside, the less indoor humidity your home can generally tolerate without condensation forming.



A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.



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Red Deer Lake United Church

Join us at 10:30 am every Sunday – onsite or online (YouTube - @RedDeerLakeUnitedChurch) as we explore faith, hope, and connection together. We're an inclusive and affirming community of faith made up of people of all ages, backgrounds, and perspectives. Located just minutes from most South Calgary communities, and only 20 minutes from the Northwest via Stoney Trail - we're closer than you think!

UPCOMING EVENTS

NOVEMBER

- November 1 – No service at Red Deer Lake, join us at the McDougall site
- November 4, 10:00 am – Coffee with the Minister
- November 5, 7:00 pm – Sound & Soul
- November 14, 9:00 am – Men's Breakfast Fellowship Gathering
- November 14, 10:00 am – Country Market & Café
- November 21, 2:00 pm – OTE Concert
- November 22, 10:30 am – Advent 1 Begins
- November 28, 5:00 pm – Country-Style Turkey Supper

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 reddeerlakeuc.com/concerts

COUNTRY MARKET AND CAFÉ – NOVEMBER 14, 10 AM – 4 PM

In addition to our great crafts/beautiful handwork, homemade goodies and gift baskets, we are adding more 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. Interested in renting a table? Visit us at www.reddeerlakeuc.com/fundraisers to learn more.

RENTALS

Meadow Green Wedding and Events Centre is a stunning 45,000 sq. ft. event space at Red Deer Lake United Church - perfect for weddings, workshops, performances, art shows, and more. Visit us at www.meadowgreenevents.ca or contact the office (403) 256-3181 to book your tour today!

Stay connected, explore all upcoming events and sign up for our weekly newsletter at www.reddeerlakeuc.com

*Red Deer Lake United Church is in a shared Ministry with McDougall and Ogden United Churches.

DECEMBER

- December 3, 7:00 pm – Sound & Soul
- December 9, 10:00 am – Coffee with the Minister
- December 13 – Lights in the Link Workshop, following the service
- December 20 – It's a Wonderful Life Radio Show, replaces the service
- December 22 and 23, 5:00-8:00 pm – Lights in the Link
- December 24 – Christmas Eve Services
 - 1pm – Family Service
 - 7pm – Traditional Service
 - 10pm – Candlelight Service
- December 27 – No service at Red Deer Lake, join us at the McDougall site



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		Listed	Sold	Listed	Sold
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August	26	29	22	\$537,400	\$530,000
July	26	40	15	\$494,000	\$482,000
June	26	42	27	\$585,000	\$570,000
May	26	41	23	\$539,500	\$532,000
April	26	28	24	\$552,400	\$562,500
March	26	23	15	\$499,900	\$484,000
February	26	13	20	\$532,512	\$525,000
January	26	25	15	\$539,900	\$518,500
December	25	26	17	\$429,500	\$415,000
November	25	43	23	\$574,800	\$565,000
October	25	15	9	\$724,900	\$700,000

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Councillor, Ward 14
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We're excited to announce that the new Ward 14 website is now live!

Visit Ward14YYC.ca to stay connected, informed, and involved in your community. The site features a calendar of upcoming events across Ward 14, opportunities to share your input on upcoming Council motions, and interactive polls and surveys to help shape local priorities.

Residents can also report community concerns that may require follow-up after a 311 submission, stay up to date on community achievements and local wins, and access helpful information and resources all in one place.

One of my priorities as your Councillor is making it easier for residents to stay informed and have their voices heard. This website is a new way for us to connect, share updates, gather feedback, and celebrate the great things happening across Ward 14.

Contact Our Office

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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