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		Listed	Sold	Listed	Sold
July	26	40	15	\$494,000	\$482,000
June	26	36	27	\$585,000	\$570,000
May	26	34	23	\$539,500	\$532,000
April	26	27	24	\$552,400	\$562,500
March	26	22	15	\$499,900	\$484,000
February	26	13	20	\$532,512	\$525,000
January	26	25	15	\$539,900	\$518,500
December	25	16	13	\$577,888	\$576,750
November	25	23	12	\$572,450	\$551,250
October	25	16	17	\$429,500	\$415,000
September	25	35	23	\$574,800	\$565,000
August	25	29	28	\$562,500	\$551,250

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

Calgary Legacy Community Association (CLCA)

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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.

MESSAGE FROM THE BOARD

Dear Legacy Community Members,

Happy September, Legacy!

Legacy Needs its Next Community Association President

As we settle into fall, I've been reflecting on how meaningful it has been to serve as your President since 2024. This community's kindness, energy, and spirit have made the role a true honour.

As I begin my final year as CLCA President—which continues through June 2027—I want to share an important update: we are officially beginning the search for the next President of the Calgary Legacy Community Association (2-year term commitment).

What We're Looking For

We're looking for someone who naturally connects with people, builds strong relationships, and brings real world volunteer experience. Someone who listens well, stays curious, and doesn't react impulsively. Someone who shows up with heart, commitment, and a genuine passion for Legacy.

This role does require some time—not a ton, but enough space in your week to be present, engaged, and able to follow through. Resourcefulness is also important: the ability to figure things out, ask good questions, and navigate challenges with a calm, practical mindset.

We're also looking for someone who carries themselves positively in public spaces—both in person and online. As President, you represent the CLCA to residents, partners, and the broader community, so professionalism, respect, and a positive presence on

social media matter.

What's in it for You?

Serving as CLCA President is not just community service—it's real leadership experience that translates directly into professional growth. The role offers:

- Hands on leadership practice that strengthens your resume.
- Experience managing teams, projects, and partnerships.
- Opportunities to work with the City of Calgary and local organizations.
- Public facing communication and relationship building experience.
- A chance to shape the future of your neighbourhood.

For anyone looking to grow their leadership skills for work or future opportunities, this role provides meaningful, practical experience you simply can't get anywhere else.

Interested in the Role?

If you've ever thought about contributing to Legacy in a new way—or know someone who would be a great fit—we'd love to connect. Exploring the role is a great first step.

Please reach out to hello@calgarylegacy.ca for more information.

Kind regards,

Sarah Peck

President, Calgary Legacy Community Association



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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.



Legacy Street Market



September 26, 12:00 to 4:00 pm.

Legacy Ridge Terrace SE

A vibrant, family-friendly street market celebrating the newest additions to our community. Expect food trucks, local vendors, and a lively afternoon out—planned for up to 1,000 visitors, it's shaping up to be a true neighbourhood highlight to close out the summer.

Sign Up to be a Vendor!

Message WestCreek Developments on Facebook or Instagram to sign up. No vendor fees.

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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!



2026 Legacy Residents Association Fees

Being a member of the community of Legacy and the Legacy Residents Association Ltd (LRA) means having a sense of pride in where you live. Currently over 4,500 residents call Legacy home.

On May 1, you would have received an email (or a letter if your email is not on file) with your annual Legacy Residents Association Statement of fees.

Fees are due by June 1 each year.

How Do I Pay for My Fees?

1. E-transfer. Please sent your e-transfer to payments@legacyresidents.ca Make sure to write your Legacy address in the message. Without the address, we can not allocate the funds.
2. Online using our website at legacyresidents.ca/home-owners-association-fees/. If you scroll to the bottom of the page, choose Single family HOA if you owe \$60. Choose Multi family HOA if you owe \$36 or choose Multi-Year Fees HOA if you owe a different amount. The multi-year fee option will allow you to input your own outstanding amount.
3. Mail a cheque made to "Legacy Residents Association Ltd" to the following address 100, 30 Glendeer Circle SE, Calgary, AB, T2H 2Z7.

Should you have any further questions regarding fees or the Legacy Residents Association, please visit www.legacyresidents.ca, or contact us via accounts@legacyresidents.ca or 403-263-8111. For general information about the LRA and community events, please contact info@legacyresidents.ca or sign up for the newsletter online to keep up to date on community events and to receive email reminders to pay your fees.

Wishing you a wonderful spring and summer in Legacy,
Legacy Residents Association



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.



FRIENDS *of* Fish Creek

Making Your Calgary Garden More Drought Tolerant

In partnership with the City of Calgary, we're expanding our Grow with Us program to include native plant plug giveaways starting this September. Thank you to the City and to our partner, the Alberta Native Plant Rescue Foundation (ANPRF), who this wouldn't be possible without. Read on to find out more about native plants, the ANPRF, and how you can sign up to get free native plant plugs.

Why Native Plants?

Native plants are not only beautiful and great for native pollinators and all our other native wildlife—they're also highly drought tolerant. Since Alberta often has long stretches without much precipitation, and these plants evolved alongside its dry climate, they have ways of making it through long dry periods that other, non-native species don't have. A great example is long roots that can tap into water reserves deep below the ground's surface.

This means that once native plants are established, whether in their native grasslands or in your garden, they're extremely resilient. Perennial native plants can not only weather our hot and dry summer conditions; they make it through our winters to pop back up in spring to show off beautiful foliage and flowers each year. I'm sure many of the gardeners reading this have

lost a perennial or two (or more, with some of the particularly frosty winters we've had here) to the cold Southern Alberta climate. While native species aren't totally immune to the effects of the cold, their deep roots are often safe from the deep freeze, and you'll see them coming back strong in spring after some of our colder winters.

Looking For Free Native Plant Plugs?

Sign up for our Grow with Us mailing list at www.friendsoffishcreek.org/gwu. We'll email you letting you know when we're running giveaways and provide a registration link for each giveaway.

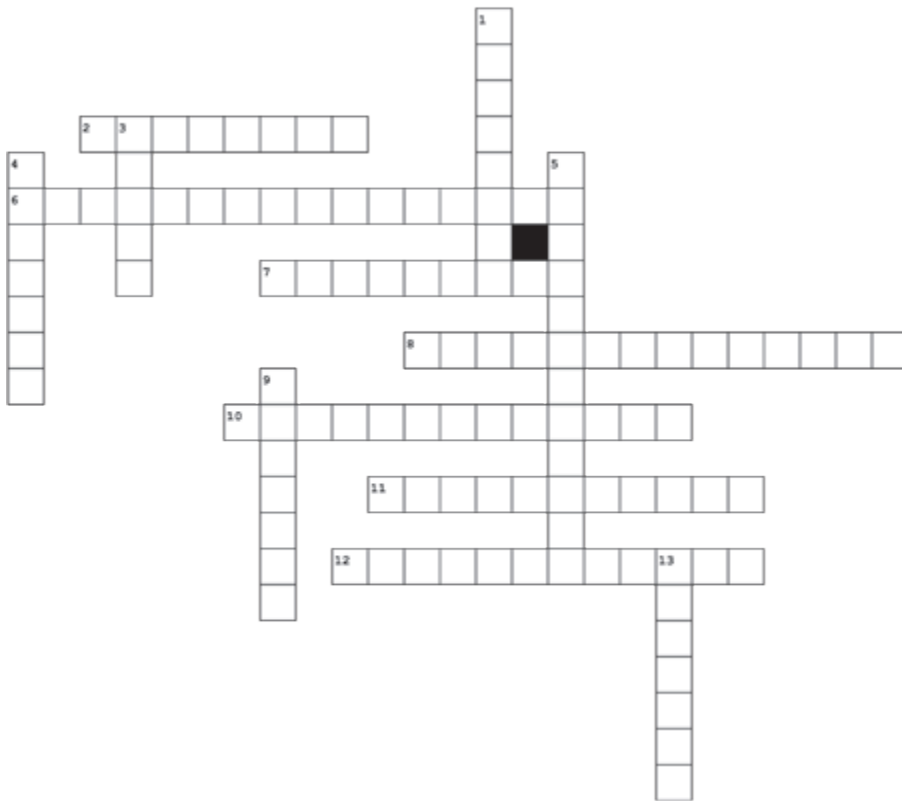
When you register for a giveaway, we'll ask you to complete a short survey about your experience with native plant gardening and why you're interested in getting free native plants. We'll be in touch later in the year with a follow-up survey.

Show up, grab your plugs, and get them into your garden! Once you've claimed your plugs, you'll need to wait until our next round of giveaways in 2027 to participate again. If you're interested in sourcing more plugs or mature plants than what were giving away, you can follow our partner, the Alberta Native Plant Rescue Foundation and sign up for their email list to go out to a plant rescue! Follow @albertanativeplantrescue on Instagram for more information.



Sticky Purple Geranium (Geranium viscosissimum)

September Crossword



Visit bit.ly/mycalgaryanswers
or scan the QR code
for the answers

Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."

When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

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.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥



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The Moon Festival, or Mid-Autumn Festival, takes place on September 25 this year. This is the second most celebrated Chinese holiday bringing good fortune and prosperity. Often celebrated by eating moon cakes, lighting lanterns and gathering for large family meals, the celebration dates back over 3,000 years and has variations that are celebrated all over East and Southeast Asia.



Councillor, Ward 14
Landon Johnston
✉ ward14@calgary.ca
☎ 403-268-2430
f x @LandonForWard14
@ @Ward14LandonJohnston

Hello neighbours,

Summer is in full swing, and there's plenty happening across Ward 14. I'm pleased to share that street sweeping was completed on schedule throughout our communities, helping keep our roads clean and safe. As always, if you spot a pothole or another roadway/sidewalk issue, please report it to 311 so crews can address it as quickly as possible.

I'm also proud to share that my Supercharged Sidewalks Notice of Motion was successfully passed by Council. At its core, this initiative is about safety—making it easier and safer for residents to walk to schools, parks, transit stops, and local destinations. Even better, work is already underway. It's exciting to see momentum behind a practical solution that will improve connectivity and help make Calgary's communities safer for everyone.

In the months ahead, you'll see more engagement opportunities and information related to the Calgary Plan. This is one of the most important discussions shaping Calgary's future, and I want to hear directly from residents before key decisions come to Council. Your feedback helps me better understand the priorities, concerns, and opportunities you see in our communities, and ensures I can be a strong voice for Ward 14 when these decisions are made.

Contact Our Office

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca

Following up on an issue? | CAWard14@calgary.ca

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