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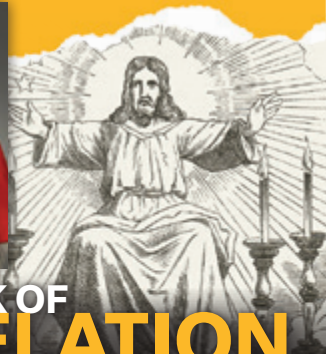
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CLCA SMALL BUSINESS DIRECTORY

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.

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



Meet Bluey

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: Bluey

Breed: Whippet

Age: 12 Weeks Old

Hi there! I'm a whippet puppy, and let me tell you, I love cozy places — soft blankets, warm laps, anything that feels comfy. I'm happiest when I can curl up next to my human, especially after a bit of running around. Speaking of running, I love to zoom around for a little while. My legs may be long, but I'm still figuring them out, so I can be a bit clumsy at times, but it's so much fun!

I have this favourite toy that I love to chase and nibble on, especially when my human tosses it. But after all that excitement, I need some serious nap time. I like quiet places where I can just chill and feel safe. Oh, and I really love when my human gives me treats during training. It makes me feel so smart and proud!

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

Dear Legacy Community Members,

Happy fall! Firstly, I want to extend my gratitude to everyone who has stepped up to join our Community Association Board. Thanks to your enthusiasm and dedication, our volunteer board has been growing steadily over the past few months. This growth enables us to better serve our community!

Communications Advisor(s)

We are currently and urgently seeking one or more Communications Advisor to join our team! This role involves working with our Communications Director to manage our social media presence and ensure our community stays connected and informed. If you have a knack for communication and a love for social media, we would love to have you on board!

Online Halloween Map

We are excited to announce the return of the Legacy community online Halloween map! This map will highlight the houses in our neighbourhood that will be participating in trick-or-treating. It's a fantastic way to ensure our little ghosts and goblins have a safe and enjoyable Halloween experience. If you plan to hand out treats, please let us know so we can include your house on the map. More details on how to participate will be shared soon.

Thank you for your continued support and commitment to making Legacy a fantastic place to call home. I look forward to meeting many of you in the coming months and working together to create a bright future for our community.

Feel free to reach out to me or any other board member with your ideas and questions.

Kind regards,

Sarah Peck

President

Calgary Legacy Community Association



Top Halloween Costumes of 2024

Barbie and Ken

With the release of the new *Barbie* movie, Barbie and Ken costumes are trending hard this year. Whether it's the classic retro looks or new movie-inspired outfits, these characters are a hit for all ages.

Wednesday Addams

Thanks to the *Wednesday* series on Netflix, the gothic charm of Wednesday Addams has made a huge comeback, with her signature black dress and braided pigtails being one of the most popular costumes.

Super Mario and Princess Peach

The Super Mario Bros. movie has reignited love for these iconic video game characters. Expect to see many plumbers in red caps and princesses in pink dresses this Halloween!

Spider-Man (Miles Morales)

After the success of *Spider-Man: Across the Spider-Verse*, kids and adults alike are swinging into Halloween as Miles Morales with his distinctive black and red suit.

The Mandalorian and Grogu (Baby Yoda)

Star Wars continues to dominate pop culture, and *The Mandalorian* remains a fan favorite. Dressing up as Din Djarin (Mando) or carrying around a cute Grogu plush is a top choice for 2024.

Taylor Swift (Eras Tour Outfits)

Swifties are all over this Halloween with costumes inspired by Taylor Swift's various looks from her Eras Tour, from her sparkly bodysuits to her flowy dresses.

Oppenheimer

With the *Oppenheimer* movie making waves in 2024, expect to see people dressing up as J. Robert Oppenheimer, complete with retro suits and fedoras, for a sophisticated yet thematic Halloween look.

Elsa and Anna (Frozen)

Frozen costumes, particularly Elsa's sparkly blue gown, remain a top choice for kids, as the iconic sisters continue to capture imaginations years after their debut.

Ghostface (Scream)

The classic Ghostface costume from the *Scream* franchise never seems to go out of style. Its simplicity, combined with the popularity of the new *Scream* movies, makes it a staple Halloween choice.

AI Robots

With artificial intelligence being a hot topic, futuristic and metallic AI robot costumes are on the rise in 2024. Think sleek, tech-inspired outfits with glowing elements for an extra eerie vibe.

From pop culture icons to timeless classics, Halloween 2024 is shaping up to be a diverse and creative year for costumes!



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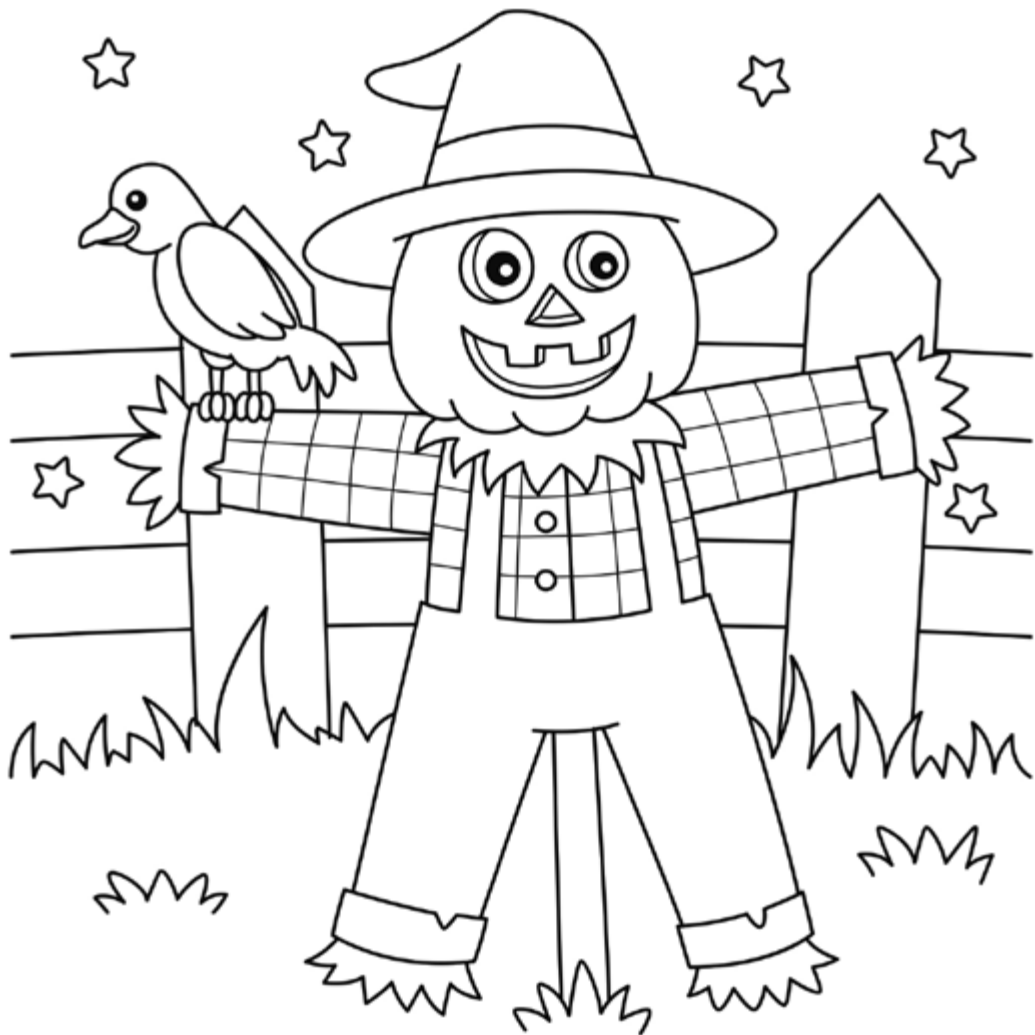


Real Estate Statistics



Colouring Contest!

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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

- » Membership is voluntary
- » Members receive community perks/discounts and event incentives
- » Run by volunteers
- » Support social, educational and recreational needs of the community, including the addition of new amenities and facilities
- » Plan community events throughout the year
- » Liason with developers, city officials, and government officials relating to community matters

LRA

Legacy Residents Association

- » All residents of Legacy are members
- » Residents pay an annual fee through an encumbrance on their property title
- » Manage and maintain certain amenities and unique features of the community, like the Legacy Clock Tower not maintained by the City of Calgary
- » Maintain common amenities, such as entrance signage, certain ornamental parks/ponds, boulevard landscaping, etc
- » Enhance the community environment with Christmas lights, temporary skating rinks and the community garden



Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.



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April	24	37	29	\$539,900	\$534,700
March	24	29	25	\$549,900	\$555,000
February	24	24	30	\$596,950	\$591,000
January	24	30	24	\$604,950	\$605,450
December	23	5	21	\$538,900	\$530,000
November	23	27	25	\$539,900	\$537,500
October	23	31	25	\$525,000	\$525,000
September	23	41	32	\$447,400	\$476,000

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