

NOVEMBER 2023

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	Listed	Sold	Listed	Sold
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August 23	34	28	\$329,900	\$326,450
July 23	34	26	\$529,950	\$532,500
June 23	44	37	\$537,000	\$555,555
May 23	33	29	\$464,900	\$475,000
April 23	28	28	\$409,900	\$403,500
March 23	24	21	\$480,000	\$519,777
February 23	29	24	\$537,650	\$520,000
January 23	9	14	\$522,450	\$505,500
December 22	12	11	\$495,000	\$502,000
November 22	18	21	\$360,500	\$360,500
October 22	24	25	\$510,000	\$500,000

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

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Presents:
Dr. Troy Davies
CEO Catholic
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The Filthy Feet of Sacred Service

What Happens When Prayer Gets Off Its Knees



Thurs Nov 23, 2023

6:00 pm - 8:00 pm



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Calgary Legacy Community Association (CLCA)

For an updated list, visit www.calgarylegacy.ca.

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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.



Legacy Legend Feature: Anthony Osondu

Proudly sponsored by Trimlight Calgary



How long have you lived in Legacy?

Five years and four months.

Why did you choose Legacy over other communities?

Legacy accommodations are affordable and accessible to almost all our commuters. It is a multi-ethnic and growing community.

Why do you volunteer?

I volunteer because I want to connect with the community, be active, and give something back to the community. I also want to make new friends and gain new skills.

What would you say to others considering volunteering in the community?

I would encourage them to volunteer to assist in the development of the community, share my vision about the community with them, and give positive feedback about volunteerism.

To nominate a deserving member of the community for next month, please email info@calgarylegacy.ca with their name, contact information, and reasons why they should be considered a Legacy Legend! The winner receives a \$25 gift card to a local business courtesy of Trimlight Calgary.



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.



CANADIAN BROADCASTING

CBC/Radio-Canada, very well known for both television and radio broadcasting, was founded and established as a Crown Corporation in Ottawa on November 2, 1936. That makes it 87 years old this month!



SCAN HERE TO VIEW ADDITIONAL LEGACY CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics





Legacy Residents Association

The Legacy Residents Association is busy arranging the set up and maintenance of over 1,000,000 Christmas lights and decorations for the holiday season. The lights are scheduled to go on the Monday after Remembrance Day.

We are looking forward to making Legacy as beautiful as it can be for the holidays. Please follow us on Facebook for any updates on the Christmas lights and future location of the skating rinks. <https://www.facebook.com/legacyresidentsassociation/>.

GAMES & PUZZLES

Guess That Food!

1. This sweet treat was invented by dentist William Morrison and confectioner John C. Wharton in 1897 in Nashville, Tennessee.
2. Greek immigrant Sam Panopoulos created this controversial type of pizza in Chatham, Ontario.
3. The first food planted in space.
4. This chocolatey cereal dessert is thought to have been invented by Alfred James Russell in Red Deer, Alberta.
5. US president, Thomas Jefferson, and his chef, James Hemings, brought this classic dish to America from Paris.
6. A Québec staple, this dish was invented in 1957 and is Québécois slang for a “mess.”



Understanding the Buyer's Mindset: What Today's Buyers Value Most in a Property

by Max Malychev, Legacy Real Estate Advisor

In today's dynamic real estate market, understanding what potential buyers are looking for can give sellers a significant edge. So, what are the priorities of today's homebuyers?

1. Eco-Friendly Features: With growing awareness about environmental sustainability, many buyers now prioritize homes with energy-efficient appliances, solar panels, and effective insulation. Green homes not only reduce carbon footprints but can also save homeowners money in the long run.

2. Open Floor Plans: The modern buyer often gravitates towards open spaces. Open floor plans create a sense of spaciousness, promote better lighting, and facilitate more social interactions within the home.

3. Home Office Spaces: The recent shift towards remote work has made a dedicated workspace or home office a highly desired feature. A quiet, comfortable space for work or study can be a significant selling point.

4. Outdoor Spaces: Whether it's a backyard, balcony, or a garden, outdoor spaces have gained importance. They serve as personal retreats, spaces for family gatherings, or even a small vegetable garden.

5. Modern Kitchens and Bathrooms: For many, the kitchen is the heart of the home. Buyers tend to value modern, functional kitchens with updated appliances. Similarly, updated bathrooms, especially en-suite master baths, add considerable appeal.

6. Connectivity and Smart Home Features: In our digital age, good internet connectivity is almost as essential as electricity. Homes equipped with smart features, from thermostats to security systems, are also on the rise in buyer preferences.

In conclusion, while traditional aspects like location and size remain vital, these emerging trends highlight the evolving priorities of homebuyers. Sellers aware of these shifts can position their homes more effectively, catering to what buyers truly value.

CLCA

Calgary Legacy Community Association

LRA

Legacy Residents Association

Did you know the CLCA and the LRA aren't the same thing? Here are a few differences between these two complementary Associations that help make Legacy great:

- » 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

- » 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



Colouring Contest!


Sponsored by Christie Crawford, Legacy Realtor.

Submit your entry to info@calgarylegacy.ca with "Colouring Contest" as the email subject by November 24 to be entered in a random draw for a \$10 gift card! Good luck!



First name: _____ Age: _____

WAR CATS



Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!



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The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



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New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

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Vietnamese Chicken and Pork Balls

by Jennifer Puri



“Yerba Bueno” or the Good

Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a “stomach soother”. Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

Prep Time: 35 minutes

Cook Time: 22 minutes

Servings: Four to six

Ingredients:

- ½ lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- ½ tsp red pepper flakes
- 4 tbsp. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced
- 3 tbsps. of fresh coriander leaves, finely sliced
- ½ cup un-salted peanuts

- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- Coriander leaves for garnish

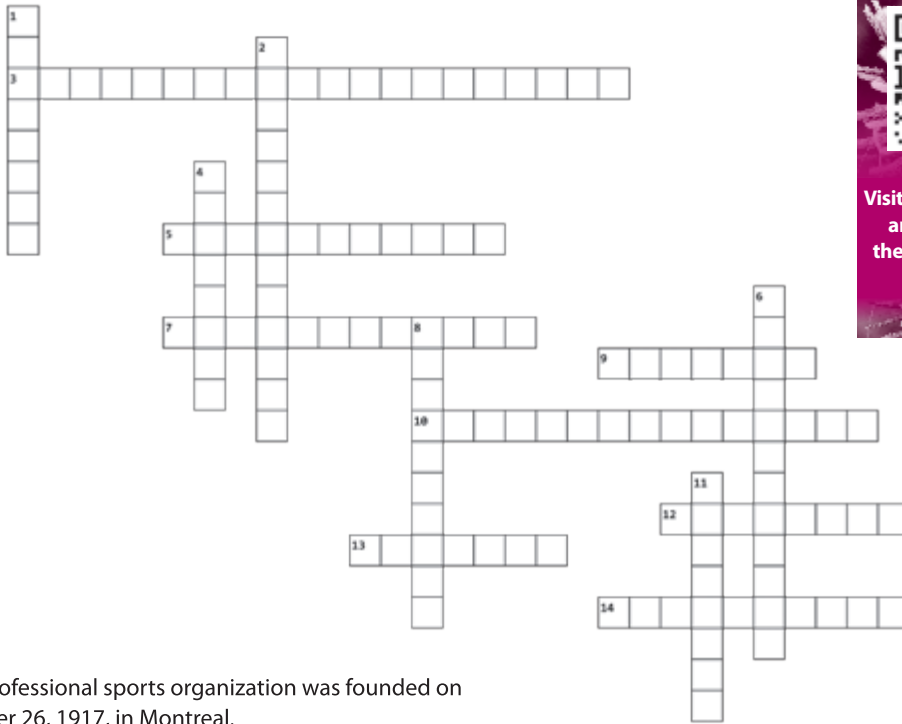
Directions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint.
- Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through.
- To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste.
- Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

Bon Appétit!



November Crossword



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

Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
7			3		5			2

SCAN THE QR CODE
FOR THE SOLUTION



The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from constipation. They are also a good source of potassium,



which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.

According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!

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Questions? Call 403-956-3939.

Upcoming FREE Programs in November & December 2023

Tasty Low Salt Cooking

Are you struggling with how to implement a lower salt (sodium) diet? Learn practical ways to lower salt in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This 2-part series will feature label reading, lower sodium substitutions and preparing healthy, lower sodium foods that taste great. Register for one or both classes.

When: Meal Ideas: November 21 Noon – 1:00 pm.
Dips & Sauces: December 12 Noon – 1:00 pm.

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

Registration: www.redcap.link/TastyLowSaltCooking.

Easy & Healthy Mediterranean Cooking

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being.

When: November 16 Noon – 1:30 pm.

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

Registration:
www.redcap.link/EasyHealthyMediterraneanCooking.

Word of the Month

Opine: verb (oh-pahyn)

To have an opinion.

Dentists opine brushing your teeth is important for good dental hygiene.



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What is Dyslexia?

by Alberta Health Services

Dyslexia is a specific learning disorder in reading. It means a person has difficulty reading, recognizing, and understanding words.

Having dyslexia doesn't mean that you or your child's ability to learn is the problem. It means that you learn in a different way. Not being able to read easily can make many areas of learning harder.

What causes it?

Experts don't know for sure what causes dyslexia. But it often runs in families. Learning issues can also develop after a brain injury.

What are the symptoms?

Signs of dyslexia may include:

- Difficulty reading or sounding out words.
- Having a hard time with spelling or writing.
- Reading slower than what is expected at your child's age.
- Difficulty remembering number facts.

After a child starts school, signs of dyslexia include:

- Problems reading single words, such as a word on a flash card.
- Trouble sounding out words.
- Understanding is better if someone reads to them, rather than reading the material themselves.
- Having to read something many times to understand it.
- Losing their place when they read or skipping words.
- Problems linking letters with sounds.
- Confusing small words, such as "at" and "to."

Dyslexia is not caused by vision problems or other conditions.

How is it diagnosed?

A doctor or school professional may ask you and your child's teachers what signs of dyslexia you've noticed. An educational evaluation can be done through your school. Another option is to have a psychologist do an assessment to look at how your child thinks and learns. This can happen through your school, at a health clinic, or in the community.



How is dyslexia treated?

Dyslexia will never fully go away, but early treatment during childhood can help. Support from family, teachers, and friends is also important.

The first step is to talk with your school to find the areas that are difficult for your child. An assessment by a psychologist can look at how your child learns, which can help in creating a learning plan for your child's needs.

Help your child

Children who have dyslexia may need emotional support for challenges they face. Here are some ways parents and caregivers can offer encouragement.

- Learn about dyslexia. Learning more can help you better understand and help your child.
- Recognize and teach to your child's areas of strength. For example, if a child understands more when listening, let the child learn new information by listening to an audiobook. If you can, follow up with the same story in written form. Text-to-speech applications on tablets or computers can also support learning.
- Encourage your child to keep trying. There may be things they will struggle with. Help them understand that struggles can lead to success.
- Help your child learn how to cope with school. Your child may need to learn how to manage their schedule, organize work, and complete multiple assignments and long-term projects.
- Consider counselling if your child needs more support. If you think your child has self-esteem problems related to dyslexia, counselling may help.

Stay Connected to Your Community!

by Alberta Health Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong at school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends. Connection reduces feelings of loneliness and isolation. Connecting to resources and supports can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and creates belonging in our larger community. Forming connection in our daily lives is important for good mental, emotional, spiritual, and physical health.

While connecting comes naturally to some, it is more difficult for others. One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are there locally owned businesses? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!

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Google Images 

We've all used Google Images, but do you know the reason it was created? On July 12, 2001, Google invented this search engine because so many people had searched for pictures of Jennifer Lopez' green Versace dress. Can you imagine that kind of impact?!



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Beaver Moon

Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!



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