

FEBRUARY 2021

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# *our* LEGACY



THE OFFICIAL LEGACY COMMUNITY NEWSLETTER





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## Councillor, Ward 14 Peter Demong

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)

[eaward14@calgary.ca](mailto:eaward14@calgary.ca) or

403-268-1653



Hello, Ward 14.

We are nearing the end of winter, and although we may still be in the grips of the cold weather, we are headed for a spring filled with more hope than the last. I have prepared some information you may find useful for this month (not that I don't always try to be useful). You will find the full version of this column at [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter).

### 2021 Property Assessments

I mentioned this last month, but as I do every year, I will mention it a second time at least. Reviewing your property assessment is a habit that you should get into. You have the right to ensure that it is accurate, fair, and equitable. Visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for a detailed summary of what you need to do.

### Help protect your water lines from freezing this winter

Every winter some Calgarians experience freezing service lines, water pipes, and water outages. You can find some tips on how to prevent this at [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter).

### Mental Health: Emotional Preparedness

I have touched on the topic of emergency preparedness on a few occasions in this column because I feel it is important. On that note, one of the many things 2020 taught us is that mental health is very important too. You can visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for some helpful tips, courtesy of Alberta Health Services, on how to mentally cope with an emergency.

Feel free to contact me any time, and don't forget to visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for the full version of this column. The best way to contact me is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14).

*Councillor Peter Demong*

## MESSAGE FROM THE BOARD

The main purpose of the CLCA continues to be “building our community together”. Therefore, our job is to facilitate, support, and encourage recreational, cultural, social, athletic, and educational activities in the community. This will help us to continue building the community spirit in Legacy, and achieve and preserve a vibrant community for living, working, learning, and playing.

### **Our Mission**

We want to foster a sense of community pride and spirit by engaging and representing our diverse neighborhood, through partnerships, programs, and services, as well as events that brings us all together.

### **Our Vision**

We are building the legacy of a safe, caring, and vibrant community where people are connected.

### **Our Values**

Pride | Integrity | Diversity | Accountability | Sustainability

### **Meet Your Board - Derek Sheahan - Vice President**



We moved into our home here in Legacy almost six years ago. My family knew already that we loved the beauty of this neighbourhood. Like any new community, everyone was new and so I sought out to get to know people on our street. I said hello whenever I could, and we borrowed tools from each other as we built fences and grassed our yards. I joined Facebook groups and slowly learned names, and the following year we had a very informal BBQ on our street for Neighbour Day. The next year another community member (and also now a board member) suggested we do Neighbour Day together in the big field. It rained like crazy that day, but we still gave out 400 burgers and hotdogs. We knew people wanted to connect. The next thing we knew we were meeting with other community members that wanted to do more stuff together. It grew to what you now see as our Community Association.

I could never have dreamed of all the friendships we have made and the amazing people we have connected with. As a Pastor of a church plant, a board member of a school, a coach, and a dad to three active youth, I am no stranger to getting involved. I love community and I love growing healthy environments where people can thrive and feel welcome and cared for.

I want to thank all of you for making Legacy what it is today, and for being so involved and receptive and caring for one another. We love our neighbourhood, and it is because of the people that live here that I enjoy it so much. It takes a great team...no... a great 'village'...to accomplish what we have done so far, and to strive for even bigger and better things to come. We look forward to the future, to serving and partnering with you more and more.

## **Crash, Boom, Bang!**

**A single rhinoceros is called just that, a rhinoceros. But did you know that a group of rhinoceroses is called a 'crash'? This seems very fitting if you picture what would happen if you brought a rhinoceros into a china shop!**



# A Life of Success

by Chantel Goldney

In Calgary, a young, multi-talented woman starts to make a name for herself, taking her future to new heights.

With a successful career in photography, and having acted in a major role in an Alberta made movie, Quinn Teechma has shown just how far hard work can really take you.

Quinn is many things, but average isn't one of them.

"I would describe Quinn as an energetic and vital young woman who leads an exciting and varied life," says Cynthia Meredith Taylor, Teechma's mother. "She is always willing to take chances and try new things. She likes a challenge and always has several irons in the fire in order to make sure that one of her projects works out for her."

Ambitious, hard-working, determined, and kind are a few of the many words used to describe who Quinn is. Not only has she been successful in her life, she has also made sure to be there for others.

"Quinn has a very good first impression when you meet her, she makes you feel very welcome," said Dennis Hatalay, long time friend. "Quinn also worked with a girl that was in a very bad car accident and almost didn't survive. Quinn set up a Go-Fund-Me account to help her with rent and groceries while she was recovering and unable to work." Being a hard-working individual who is not only successful on her own, but also takes the time to be there for others goes to show just how big of a heart someone like Quinn has.

"Quinn's inner beauty stands out because it shines. Quinn cares about everyone around her, and is very compassionate," gushes Jennifer Buck, friend to Quinn for four years. "I admire her strength to follow her dreams. Quinn is always willing to lend a hand or ear to friends and family with pretty much anything. She has a big heart, I'd describe her as a beautiful, lovely, and a caring soul."

Being described as a great friend, Quinn also was able to take her photography business to new heights, while starring as a lead role, and even went as far as being crowned Miss Canada Tourism in the Miss Canada Globe pageant.

"I've launched a successful business that's been profitable though a pandemic, which proudly is boosting thousands of women's confidence," expresses Teechma. "More personally my biggest accomplishment would be my Miss Canada Title. I am now a role model for women and young girls on a global scale. I also landed my first role in a film based on spreading awareness on mental health."

"Quinn is a very determined person and is not afraid to go after what she wants", explains Taylor. "She is very self-confident and positive. Quinn also reaches out to her friends when they are experiencing difficulties."

Not many people can say they've been able to reach as many goals as Quinn has in their first 25 years of life. Making her already very successful at a very young age, and with a job that she also loves doing and a dream to change. "I have the best job in the world, I help women love themselves," enthuses Teechma. "I remind women how beautiful they are, and show them my perspective of them that they wouldn't otherwise see. I want to inspire and build others up. Someone else's success doesn't lessen your own. I dream to build a society filled with compassion."

"Quinn's biggest accomplishment so far is the creation of a highly successful business within a six-month period, in the middle of a pandemic", adds Taylor. Change can be difficult for anyone. Quinn overcame the worldwide pandemic by adapting, changing, and staying strong. Her photography business unwavering.

If one thought her busy schedule and life ended there, it does not. In fact, Quinn also volunteers her time.

"I've actually reached out to Dress for success Calgary," explains Teechma. "They are making incredible waves in our community dressing women, not only so they look the part, but also preparing them mentally for placement in the workplace. I'm super excited to be starting with them and affecting women more widely."

"She likes a challenge, and always has several irons in the fire in order to make sure that one of her projects works out for her", admires Taylor. Quinn is flexible and never lets disappointment get her down for long.

"I admire her strength to follow her dreams, and her passion for photography," adds Buck. "And for believing in herself, and having faith that her boudoir photography company would take off. It's a tough industry, but she is even tougher, and can do anything she puts her endlessly capable mind too."

With the love of helping others and being a positive role model to women across Alberta, and now Canada, it is very easy to look up to someone like her.

"My hard work and determination are finally showing," says Teechma. "I'm seeing the results from the time I've put in, and it's extremely rewarding seeing the people's lives I'm affecting in a positive way. I want the women I work with to fall in love with themselves again."

## SPOTLIGHT ON LEGACY'S ENTREPRENEURS

Starting your own business is hard. It takes dedication, patience, and perseverance. In the end, it's almost always worth it to create your dream job and work for yourself. In our community, there are many home-based businesses, and the stories behind them are truly inspiring. It's all about living, loving, learning, and leaving a legacy!

This month, we're focusing on Sara Cloutier, mom and owner of Little Finley Co. Here's what she has to say about her home-based business.

"Little Finley Co. is inspired by my son, Finley! During my maternity leave, I quickly realized that I needed an outlet to express my creativity and allow myself to have some time for self-care. I began crafting and sewing for Finley, and Little Finley Co. was born!

I firmly believe that we are better mamas when we give ourselves time to love ourselves first. This is why I strive to create not only pieces for our little ones, but mama accessories as well, to ensure that moms can also feel their best. Love, perseverance, and encouragement!"



Every February, people around the world celebrate Mardi Gras. French for 'Fat Tuesday', this festival has deep roots in Christianity. It takes place the day before Ash Wednesday, which marks the beginning of Lent, and its name is an homage to the indulgence that Mardi Gras is so infamously known for.

In the United States, Mardi Gras is most famously celebrated in Louisiana; however, many Canadians, as well as those from countries around the world,

celebrate this event. For most of us, thinking of Mardi Gras conjures up images of catching beads, chowing down on king cake, and parades galore. This year, even though parades and festivals are clearly out of the question, we hope that you and your families will take some time to enjoy Mardi Gras celebrations in your own special way. Below, we've listed a few ideas to help you celebrate this special time of year.

- Make a pancake feast. In several countries, including England and Australia, Mardi Gras celebrations can include eating pancakes.
- Decorate your home in purple, gold and green. These are the official colours of Mardi Gras.
- Bake a King's Cake. This cake is decorated in Mardi Gras colours and is baked with a small baby Jesus inside – whoever gets the baby Jesus has good luck all year!
- Have a masquerade night at home. At Mardi Gras festivals in Louisiana, masquerade masks are the norm. The bigger and wilder the better!
- Don't forget the beads! Beads are a staple of any Mardi Gras celebration! Stock up and hand them out as prizes for family game night or just wear them while listening to your favorite Mardi Gras tunes.



## Board of Directors

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## Volunteers Needed

If you have experience, or a big interest in fundraising and/or grant applications, please contact us at [info@calgarylegacy.ca](mailto:info@calgarylegacy.ca).

## Keeping Moisture and Humidity at Bay as the Snow Melts

Humidity can be a house's worst enemy. It can lead to the growth of mold and fungus, which can exacerbate symptoms in those who are living with allergies and asthma, as well as cause severe damage to your house's structure and require expensive repairs. This winter, weather in Legacy has been all over the place. With a large snowfall, followed by weeks of above-zero temperatures, its expected that moisture is going to happen, but by following some of these tips, you'll be able to catch some of the most common issues before they cause too much damage.

### Investigate for Leaks and Seepage

Check your roof, basement walls, and floors for signs of moisture trickling into your home. In the basement, a stain on cement walls or floors can be a sign that water is coming through the foundation of your house. To determine if stains are caused by water seepage, tape a piece of clear plastic tightly to the stained area and check again after 24 hours – if the side that's against the wall or floor is wet, you'll know your house has condensation issues.

### Be Mindful of Moisture Produced Inside the Home

When you're cooking, cover pots and pans whenever possible to prevent steam from escaping, and be sure to turn on your hood fan to remove moisture from your kitchen as fast as possible. Bathroom fans are important, too, and should be turned on whenever hot water is running for an extended period of time, particularly during showers and baths.

### Watch Your Windows for Frost

When it's really cold, frosty windows happen. To reduce instances of frost inside your windowpanes, be sure to keep your window coverings raised slightly to allow some air to flow through, and if necessary, increase the temperature in your home by a few degrees. Also, make sure to keep an eye on the inside of your windows and remove frost buildup whenever you see it.



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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](http://www.communitymediation.ca), 403-269-2707.

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**COMING SEPT '21:** Brand new beautiful Child Care Centre in Walden! Reggio-inspired, nature-based learning centre for infants to school aged. See the progress at 195 Walcrest Way, SE. Add your name to our email list for more information: [waldenchildcare@gmail.com](mailto:waldenchildcare@gmail.com).

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## 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.

# Valentine's Message

In the spirit of Valentine's Day, several of our community members wanted to share sentiments with the friends and neighbours that are special to them and help Legacy feel like home.

Dear Ashley,

I will never forget the day my husband told me about the nice girl from across the street coming by to introduce herself. Sadly, it took me a little time to make my way back over to you, but once I did my life changed.

Who knew almost 3 years later we would be such good friends! I am honestly so thankful for our friendship. You listen, hug me when I cry, laugh with me (and at me, haha), and you are such an incredible mother.

I want you to know that you are so loved and appreciated.

Have a fabulous Valentine's my dear friend.

Love, *Lisa*

Chris,

Thank you for the years and years of friendship, love, and most importantly, patience. You are the best husband I could ask for, and you're an incredible father to our beautiful babies.

Love, *Kim*

Dear Legacy,

I am eternally grateful for the sense of community you've instilled in me. Since moving to this neighbourhood just three short years ago, I've managed to build friendships that I know will last the rest of my life. Without a doubt, Legacy is home to the best people this city has to offer.

Happy Valentine's Day to all of my neighbors!



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<b>9-1-1</b> Emergency (24-Hour)	<b>403-SENIORS (403-736-4677)</b> The Way In
For EMERGENCY medical, fire and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice and help accessing programs and benefits for older adults.
<b>8-1-1</b> Health Link (24-Hour)	<b>403-266-HELP (403-266-4357)</b> Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
<b>3-1-1</b> City of Calgary (24-Hour)	<b>403-943-1500</b> Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a>	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1</b> Community Resources (24-Hour)	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a>	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

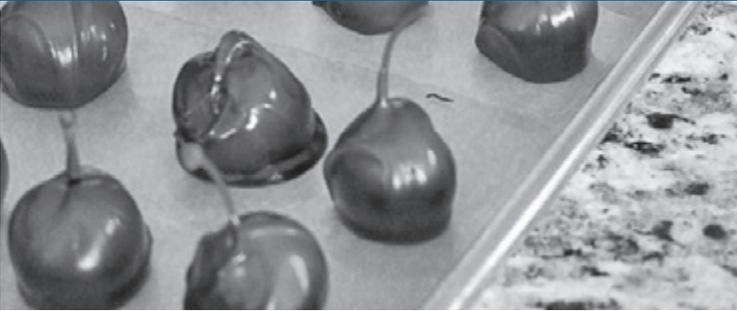
### Vinegar Valentine, Please Don't Be Mine

When we think of Valentine's Day, we think of candy and love. In the Victorian era, however, people who were not interested in love, or a specific lover, would send "Vinegar Valentines". Instead of expressing devotion, these cards would include insults, or messages telling the person receiving it to leave them alone.

I don't know about you, but I would rather stick with candy hearts!



## RECIPE OF THE MONTH



### Chocolate Covered Cherries

by Kimberly Dixon

Nothing says Happy Valentine's Day like a box of chocolates, and nothing beats the taste of homemade treats. This recipe combines the best of both worlds, and it's super easy to make. Give this recipe a try and treat your special Valentine, or just treat yourself!

\*Note: This makes a pretty large batch – you might want to cut the recipe in half (or into thirds, even) if you don't plan on sharing. Or don't – I'm not judging!

#### Ingredients

- 60 Maraschino cherries
- 3 Tbsp butter
- 3 Tbsp corn syrup
- 2 Cups sifted icing sugar
- 2 Tbsp shortening
- 2 270g bags milk chocolate chips

#### Instructions

1. Drain maraschino cherries and set aside to dry on clean paper towels.
2. In a large bowl, combine butter and corn syrup. Stir with a wooden or rubber spatula until smooth.

3. Add in icing sugar gradually and knead to form a stiff dough.
4. Cover and chill dough in the fridge for about one hour.
5. Wrap each cherry in about 1 tsp of dough and place on a tray or plate.
6. Once all cherries are wrapped, return to the fridge until firm (about one hour).

#### Chocolate Coating:

7. Line a large plate or tray with wax paper.
8. Mix shortening and chocolate chips over medium heat in a double boiler. If you don't have a double boiler, a saucepan works, but be sure to stir consistently so it doesn't burn.
9. Once the mixture is smooth, remove it from the heat.
10. Dip each cherry in the chocolate mixture until it's completely coated and place on the tray/plate with wax paper. Try to work fast so that your chocolate doesn't harden – if it starts to, return it to low heat for a few minutes and stir.
11. Once all cherries are coated, place tray in the fridge until chocolate has hardened completely.

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Calgary



## Thriving communities support a successful Calgary

The success of Calgary as a whole relies on thriving communities:

Communities as places where people can live now, regardless of income or stage of life. Communities that appeal to growing youth and provide the right amenities for a mature and aging population. Communities that attract new people and investments to our city.

Our great communities are growing more inclusive, with more housing options. They are growing more environmentally responsible, as more people live closer to amenities and services.

Calgarians needs are changing - that should be reflected in the community we live in now and the one we want to live in years from now.



See how we're working to achieve this:

- Share your community stories:  
[Engage.calgary.ca/guidebook](http://Engage.calgary.ca/guidebook)
- Learn about the future of our communities:  
[Calgary.ca/guidebook](http://Calgary.ca/guidebook)
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# LEGACY FAMILY DENTAL

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