

AUGUST 2023

DELIVERED MONTHLY TO 3,025 HOUSEHOLDS

your SETON



THE OFFICIAL SETON COMMUNITY NEWSLETTER



Because you
want the best
for them



McKENZIE ORTHODONTICS
Certified Specialist in Orthodontics

FREE CONSULTATION



403.262.3696 | #110, 142 McKenzie Towne Link SE | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



**No one
has to
face
cancer
alone.**



Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members. Our programs are available online, in-person, or over the phone.

At Wellspring Alberta, you'll find a place to connect with others, be yourself, and find the support you need to face cancer.

wellspringalberta.ca | 1.866.682.3135 | Charitable Reg. #809013675RR0001

UNTIL SEPTEMBER 30

\$100,000
OR A 2023 CORVETTE



GREY EAGLE
RESORT & CASINO
OF THE BEAUTIFUL TSUUT'INA NATION

GRAND PRIZE DRAW:
OCTOBER 6, 2023 AT 8PM

HOW TO ENTER:
FILL OUT OUR SURVEY AT GUEST SERVICES FOR A CHANCE
TO WIN \$100,000 CASH OR THE 2023 CORVETTE.

MONTHLY QUALIFIER DRAWINGS:
THURSDAY, AUGUST 31, 2023 - 7PM
SATURDAY, SEPTEMBER 30, 2023 - 7PM

SCAN FOR SPECIAL OFFER
OR BRING TO
CASINO GUEST SERVICES.



WWW.GREYEAGLERESORTANDCASINO.CA - PHONE NUMBER: (403) 385-3777

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

*Locally Owned &
Operated*

Free Estimates to 403.870.0737



Meet Your Seton Homeowners Association Board of Directors

BOARD OF DIRECTORS

Deb Glover	Brookfield Director
Karen Shopland	Brookfield Director
Kristine Aghajanova	Brookfield Director
Steven Phan	Resident Director
Temi Bolaji	Resident Director
Christopher Williams	Resident Director
Adeniyi Ogunwusi	Resident Director
Andrew Picklyk	Resident Director
Abiodun Oduniji	Resident Director

What is the Seton Homeowners Association (SHOA)?

The SHOA is a not-for-profit company, which is incorporated and professionally operated, managed, and maintained. The SHOA will be responsible for the operations and maintenance of community assets, such as: entry features, amenities, and the Seton HOA facility (an exclusive lifestyle centre for Seton residents) for the lasting enjoyment of its membership. In addition to supporting healthy living and enhanced quality of life, your HOA will create opportunities to meet your neighbours and develop connections.

When will the HOA Facility and Onsite Amenities Commence?

The development permit and development site servicing plan have been approved by the City of Calgary. The Brookfield team is working diligently through the building permit process with our consultants, contractors, and the City approving authority. Supply chain, labour, and material costs are being monitored to ensure the project is most successful. The anticipated construction commencement is summer 2023.

GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



SCAN THE QR CODE
FOR THE ANSWERS!

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



Four-Legged Friends Seeking Homes

from the City of Calgary



The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your furever companion at Animal Services at a reduced rate!

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
- Microchip implant for identification
- A twelve-month City of Calgary license
- First set of vaccinations (excluding rabies)
- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.

Interested in adopting a pet? Check out the adoptable animals on calgary.ca/pets.

Contact Info

Email: info@setonhoa.ca

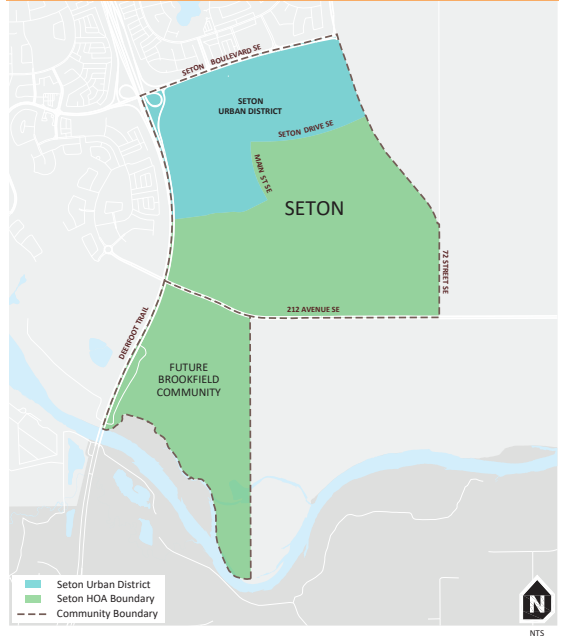
Website: www.seton-connect.com

Facebook: <https://www.facebook.com/setonyyc>

Instagram: https://www.instagram.com/seton_yc/



SETON HOA BOUNDARY MAP



**mybabysitterlist**

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

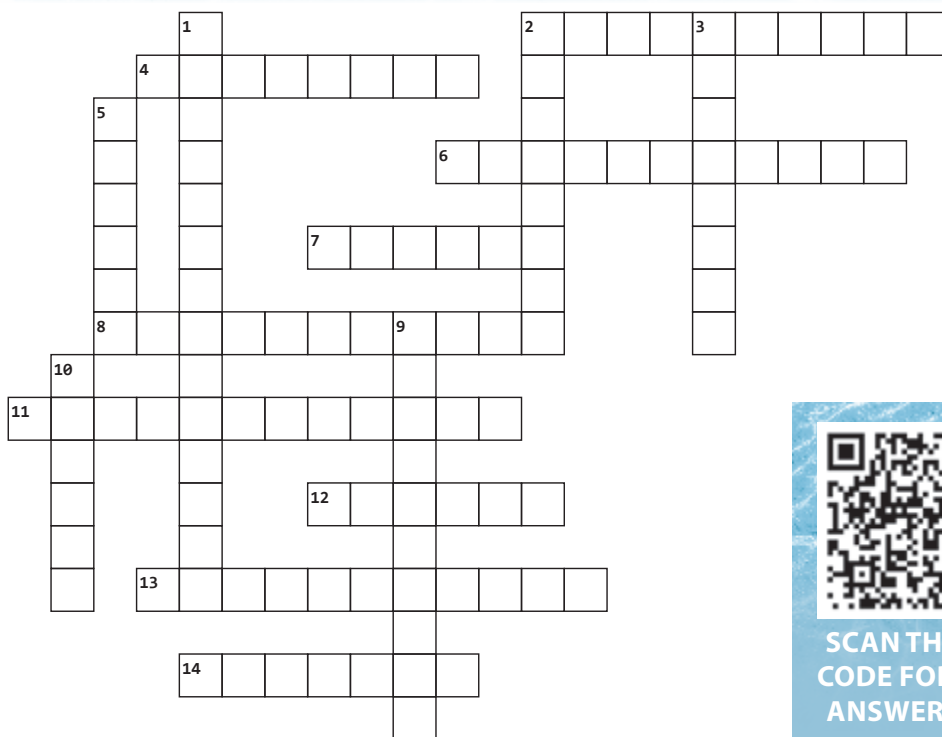


101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

CONNECTING TO CREATE A VIBRANT COMMUNITY



With such a large team committed to working together and making Seton the best place to call home, it can be confusing to navigate who to connect with and how. See below on how to best connect with your community.

CITY OF CALGARY

- Maintenance of public spaces, (pathways, parks, ponds, streets, etc.)
- Tree care & replacement in public green spaces
- Snow removal on City streets
- Building, planning, and business
- Parks and recreation
- Taxes and property assessment
- Social programs and services
- Bylaws and public safety
- Calgary Fire Department
- Calgary Police Services
- Waste services
- Transportation
- Animal services

311 | calgary.ca

SETON HOA

- Operations of the future HOA facility & park
- Community programming & events
- Future maintenance of HOA owned land/amenities in community
- Future seasonal lights
- Community engagement
- Future enhanced landscape maintenance & snow removal in key public (City of Calgary) green spaces & pathways
- Automatic Membership - encumbrance registered on Seton Homeowner's title
- Not for profit organization

info@setonhoa.ca | seton-connect.com

@setonyc | @seton_yc

BROOKFIELD RESIDENTIAL

Communities Division

- Planning
- Underground services
- Road & sidewalk construction
- Park & green space construction & maintenance until turned over to City of Calgary (see map)
- Tree Planting
- Architectural controls
- HOA support

Homes Division

- Sales
- Construction
- Customer care

Commercial Division

- Planning
- Construction
- Leasing

info.calgary@brookfieldrp.com | (403) 231-8900

FUTURE SETON CA

- Celebrating community
- Community advocacy for
 - Schools
 - Safety
 - Urban planning
 - Community issues
 - Civic issues
- Recreational sports leagues
- Community programming (minor sports) & events
- Future development of allocated CA land
- Optional membership
- Not for profit organization

If you are interested in being involved with setting up the Seton Community Association, email info@setonhoa.ca

Community by **Brookfield**
Residential



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

SETON MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

TRANSFORM YOUR BACKYARD INTO AN OASIS WITH OUR PROFESSIONAL SERVICES: Our skilled team builds decks, pergolas, privacy panels, and more. We offer expert craftsmanship and are provincially licensed, bonded, and insured. Enhance your lifestyle and add value to your home with our backyard solutions. Call 403-612-8220 or visit bigcitydevelopments.com.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Seton? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.

SCAN HERE TO VIEW ADDITIONAL SETON CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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.

Cats, Canines, & Critters of Calgary



Baloo and Walter, *Springbank Hill*



JC Cat, *Evanston*



Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

To have your pet featured, email news@mycalgary.com

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE

Calgary
Mat & Linen Services



MATS

Commercial mat rentals and purchases



HOSPITALITY SERVICES

Linens for tables, chairs, and napkins. Laundry and pressing services



WORKWEAR

Workwear and cleaning of uniforms and coveralls



CLEANING

One-stop service for cleaning supplies and paper products

calgarymatandlinen.com



**Hate Your
Renewal
Rate?
Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



LEN T WONG + ASSOCIATES



SETON COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

Call us to help you navigate through
the changing real estate world

Call or Text 403-606-8888

Email len@lentwong.com

*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	29	26	\$432,450	\$430,000
May	23	24	30	\$387,250	\$384,750
April	23	26	24	\$406,150	\$402,300
March	23	23	25	\$399,900	\$396,500
February	23	29	18	\$385,000	\$381,450
January	23	7	11	\$439,900	\$429,900
December	22	6	8	\$467,950	\$460,950
November	22	17	13	\$415,000	\$415,000
October	22	10	15	\$435,000	\$433,000
September	22	17	9	\$349,900	\$339,900
August	22	13	12	\$339,950	\$332,500
July	22	15	13	\$309,900	\$302,500

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

SOUTH FAMILY DENTAL

**FREE TEETH WHITENING OR
ELECTRIC TOOTHBRUSH**

**With complete exam, x-rays, & cleaning*



**CALGARY
OWNED AND
OPERATED**

FEMALE AND MALE DENTISTS AVAILABLE

403.262.3235

www.southfamilydental.com

110-142 McKenzie Towne Link SE, Calgary T2Z 1H1 (Next to Servus Credit Union)

All services provided by our General Dentists and Orthodontist

Dr. N. Headley, Dr. R. Palmer, Dr. N. Speidel, Dr. K. Toucher, & Dr. A. Vilaysane – General Dentists | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist