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IN CALGARY



Scan to find out how Rudra Dahal (MHSM '22) (pictured) pivoted to health care management and how to apply.
go.uleth.ca/HSM-Rudra

LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



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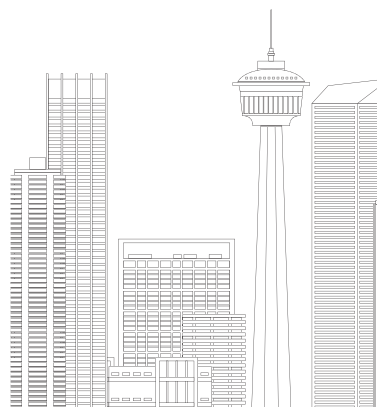


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Meet Your Seton Homeowners Association Board of Directors

BOARD OF DIRECTORS

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Kristine Aghajanova	Brookfield Director
Steven Phan	Returning Resident Director
Temi Bolaji	Returning Resident Director
Christopher Terreberry	Returning Resident Director
Christopher Williams	Returning Resident Director
Adeniyi Ogunwusi	Returning Resident Director
Andrew Picklyk	New Resident Director
Abiodun Oduniyi	New 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.

Contact Info

Email: info@setonhoa.ca

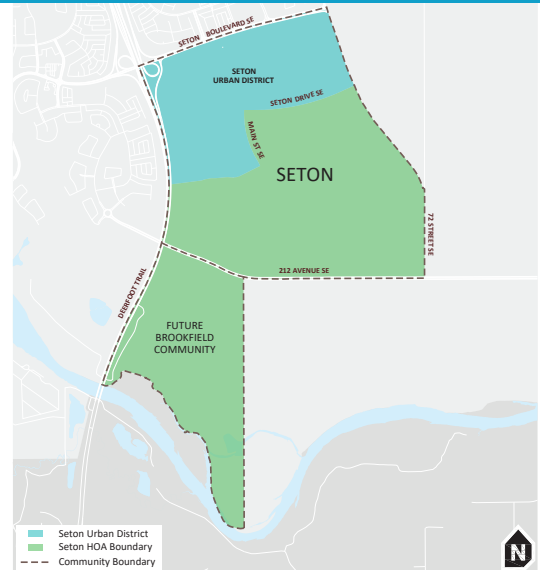
Website: www.seton-connect.com

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

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



SETON HOA BOUNDARY MAP



Map 23_2021 - 1200m - W/2021-08 Seton Park Masterplan - New Brookfield 20210719 17:00 Technical Project/015 1.1 June-2021-08 Seton HOA map.doc

Seton Urban District



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An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling ____."
26. Complete this sentence: "I wish I had someone with whom I could share ____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.



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Councillor, Ward 12
Evan Spencer

✉ Ward12@calgary.ca
📱 @SpencerFor12

Greetings Ward 12,

By now, you should have received your 2023 Property Assessment. You can review and compare your assessment with other properties in your area until March 13. Visit Calgary.ca/assessment to access tools or contact The City if you have questions. 2022 was a tumultuous year for property values, and almost all home and business owners will see an increase in the assessed value of their property. With our revenue-neutral taxation system, increases in property value won't necessarily translate to an equal increase in property tax. Each year, the property tax mill rate (the percentage applied to the value of the property) is adjusted to ensure that the revenue is collected from the totality of all properties in the city, notwithstanding any changes to the budget.

Overall, as a city, more than 560,000 Assessment Notices were compiled and sent out, based on their value on July 1 of last year. The process to assess properties in the City of Calgary is provincially mandated and is designed to ensure equity and transparency. Visit Calgary.ca/our-finances for more information.

This year, the average price for residential property increased by 12%. Properties that increased more than that amount will have a higher-than-average tax increase, while properties that had a smaller increase in value will see a lower-than-average tax increase. For example, the average single-family home, assessed at \$555,000, will see an expected jump of about \$10 per month. A condo owner, with an average value of \$255,000 would see a much smaller change to this year's tax bill.

As always please don't hesitate to reach out to the Ward 12 Office and myself with questions and feedback. You can email Ward12@calgary.ca or call 403-268-1698.

Sincerely,

Cllr. Evan Spencer

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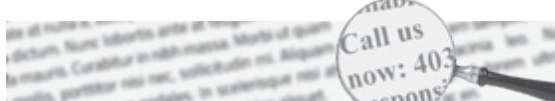
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NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

**9 PM
ROUTINE**



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☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

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July	22	15	13	\$309,900	\$302,500
June	22	14	10	\$337,450	\$330,750
May	22	22	13	\$349,900	\$349,900
April	22	16	15	\$375,000	\$369,000
March	22	21	27	\$364,999	\$360,000
February	22	17	15	\$368,445	\$360,000
January	22	11	13	\$329,900	\$315,000

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