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	Listed	Sold	Listed	Sold
December 23	23	21	\$429,900	\$427,500
November 23	29	18	\$397,400	\$394,900
October 23	21	27	\$449,900	\$449,900
September 23	29	18	\$448,450	\$444,500
August 23	19	18	\$411,000	\$410,375
July 23	21	16	\$397,400	\$394,700
June 23	26	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

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

CALGARY MAT & LINEN SERVICES

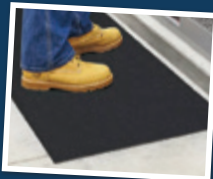
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Meet Your New Seton Homeowners Association Board of Directors

Thank you to everyone that joined us at the Seton HOA Annual General Meeting in November. Please visit www.seton-connect.com/annual-general-meeting for draft meeting minutes and question and answer information.

BOARD OF DIRECTORS

Deb Glover	Brookfield Director
Karen Shopland	Brookfield Director
Kristine Aghajanova	Brookfield Director
Steven Phan	Returning Resident Director
Temi Bolaji	Returning Resident Director
Christopher Williams	Returning Resident Director
Adeniyi Ogunwusi	Returning Resident Director
Andrew Picklyk	Returning Resident Director
Abiodun Oduniyi	Returning Resident Director
Esther Adeoye	New Resident Director

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. Construction delays have resulted from the HOA facility being deemed a High Importance Structure, inflationary pressures, and overbudget tender bids.

Construction start and timing: Underground servicing to commence in 2023/2024, building and site construction to commence in spring 2024, construction completion is anticipated in early 2025.



SETON HOA

Contact Info

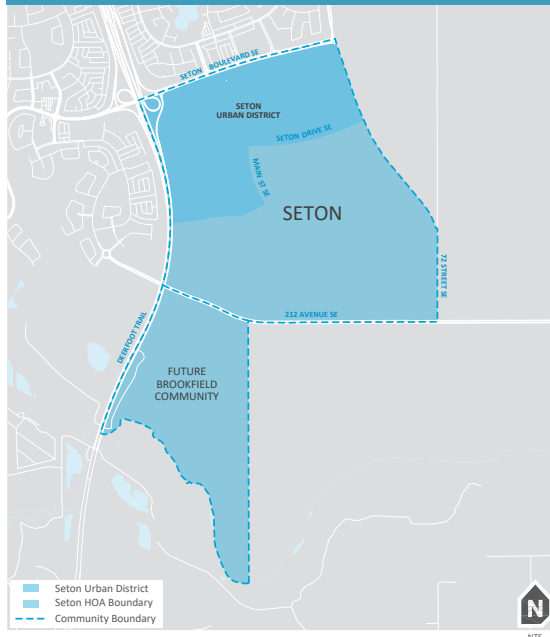
Email: info@setonhoa.ca

Website: www.seton-connect.com

Facebook: www.facebook.com/setonyyc

Instagram: www.instagram.com/seton_yc/

SETON HOA BOUNDARY MAP



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Seven Key Things to Make Your Relationship Work

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



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

Enhance your love maps. Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

Nurture fondness and admiration. Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

Turn toward each other. Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

Let your partner influence you. Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

having one person hold the reins, it's about honouring and respecting both people in the relationship.

Solve your solvable problems. There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

Overcome gridlock. The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

Create shared meaning. "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

Bonus: Intentional date nights. If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

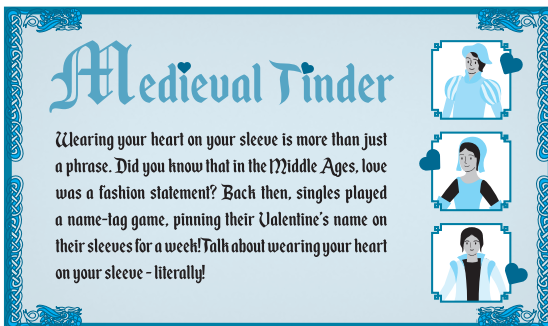


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Medieval Tinder

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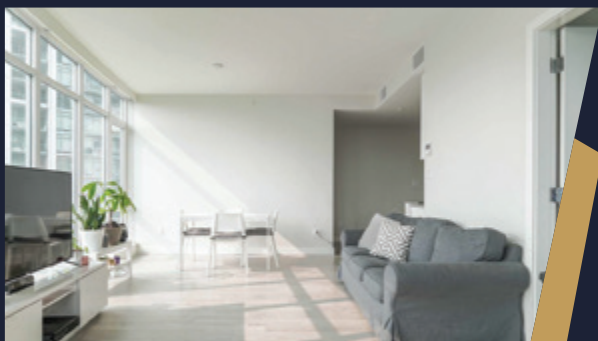
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CONNECTING TO CREATE A VIBRANT COMMUNITY



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

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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

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