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Seton Homeowners Association

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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

Annual General Meeting

The Seton Homeowners Association Annual General Meeting (AGM) will be held in early November. Details will be sent to all property owners at the beginning of October.

Please reach out to the General Manager at gm@setonhoa.ca if you are interested in joining the Board of Directors.

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SETON HOA

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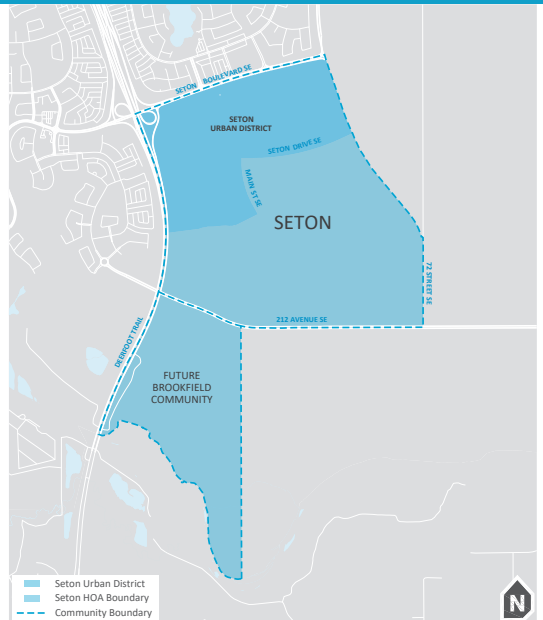
Website: www.seton-connect.com

Facebook: www.facebook.com/setonyyc

Instagram: www.instagram.com/seton_yc/



SETON HOA BOUNDARY MAP



SCAN HERE TO VIEW ADDITIONAL SETON CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Key Highlights

Construction of the Seton Homeowners Association Facility Commences

Construction is set to begin on the facility and park. Spanning approximately 14,000 square feet and nestled on a strategically placed six-acre site, the facility promises to be a hub for resident interaction, recreation, and relaxation. From versatile multiuse rooms to outdoor amenities like a splash park, skating area, and playground, the facility and park aim to cater to diverse interests and ages within the community.

About the SHOA

The Seton Homeowners Association (SHOA) is professionally operated to oversee the operations, care, and maintenance of community assets. These include entry features, amenities, and the highly anticipated Seton HOA facility.

Board of Directors

At the helm of the SHOA stands a dedicated Board of Directors, currently comprising seven members from the community and three representatives of Brookfield Residential, the developer of the Seton neighbourhood. This collaborative board structure ensures that residents have a strong voice, community interests are upheld, and policies are implemented for the collective benefit.

Community Facility and Recreational Programming

The SHOA is planning a range of lifestyle and recreational programs, events, and drop-in activities to be offered when the HOA opens. Residents will have the opportunity to participate in these activities and even rent spaces and packages for their private events at member exclusive rates.

Looking Ahead

As Seton and Seton Ridge communities continue to flourish, SHOA remains committed to its mission of enhancing quality of life, fostering connections, and supporting the evolving needs of its residents. With the support of Brookfield Residential, SHOA is poised to navigate initial operational challenges and thrive as a cornerstone of community cohesion and enrichment.

For further information and updates, visit the SHOA website at www.seton-connect.com or contact info@setonhoa.ca.



Park layout

Brookfield Residential



Seton Building (1)



Seton Building (2)



South Health Campus Wellness Centre

Better Health for Free

Find information, resources, and classes to help make decisions about your health.

Visit the 2024 Fall Program Guide for more information and registration details at www.ahs.ca/shcwellness.

Questions? Call 403-956-3939.

Upcoming Free Programs

Tasty, Low Salt Cooking

October 1 from 12:00 to 1:00 pm (Online)

Program Provider: AHS Nutrition Services and the Wellness Kitchen

Registration: <https://redcap.link/TastyLowSaltCooking>

Enjoy flavourful dip and sauce ideas that focus on less salt (sodium) and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. This practical virtual cooking demonstration led by registered dietitians includes recipes and helpful tips. This class is part two of a two-part series; register for part one focusing on tasty, meal ideas (take one or both classes).

Easy and Healthy Mediterranean Cooking

When: October 17 from 12:00 to 1:30 pm (In-person)

Program Provider: AHS Nutrition Services and the Wellness Kitchen

Registration:

<https://redcap.link/EasyHealthyMediterraneanCooking>

Discover great flavours and 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. This practical cooking class includes recipes and helpful tips. Led by registered dietitians, join us in-person for this cooking demonstration.

Tasty, Low Salt Cooking (Meal Ideas)

When: October 31 from 12:00 to 1:00 pm (In-person)

Program Provider: AHS Nutrition Services and the Wellness Kitchen

Registration: <https://redcap.link/TastyLowSaltCooking>

Enjoy flavourful meal ideas that focus on less salt (sodium) and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. This practical in-person cooking demonstration led by registered dietitians includes recipes and helpful tips. This class is part one of a two-part series; register for part two focusing on tasty dips and sauces (take one or both classes).

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

[f](#) @setonyyc | [@](#) @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

Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

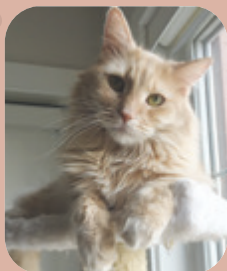
Cats, Canines, & Critters of Calgary



Buck, *Montgomery*



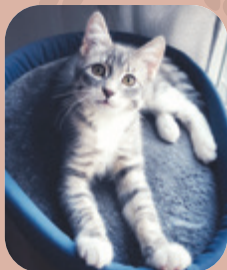
Dry Bones,
McKenzie Lake



Harper Lee, *Beddington*



Hemi, *Shawnessy*



Jasper, *Mahogany*



Josie, *Springbank Hill*



Leo, *Panorama Hills*



Percy, *Evanston*

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RESIDENT PERSPECTIVES

Persons Day

by Danielle Robbertze

October is a special month for women in Canada with the celebration of Women's History Month and International Day of the Girl Child. There is also Persons Day which has a



close connection to Albertans. You might find yourself wondering, what exactly is Persons Day, and how does it relate to women? The name may sound unusual, but the history behind it is deeply impactful. Before 1929, women were not considered "persons" in Canada's legal system. It wasn't until five determined women from Alberta decided to fight against this that the definition changed.

In 1927, the Famous Five - Emily Murphy, Nellie McClung, Louise McKinney, Irene Parlby, and Henrietta Muir Edwards - asked the supreme court of Canada what the word "persons" entailed. They were surprised to hear that the definition of "persons" in the British North America Act did not include women. The British North American Act (now known as the Constitution Act, 1867) was a significant piece of law at the time as it laid out the obligations and power structure of the federal government and Canadian provinces. Therefore, it was especially significant that this Act did not include women in the definition of "persons."

The Famous Five did not take this omission lightly and went to Canada's highest court of appeal to fight against this injustice. Then on October 18, 1929, the Famous Five won their fight and they along with their fellow women were finally considered "persons." Which also meant women could serve on all levels of government.

Though there was (and some could argue still is) a long way to go in making the definition of "persons" more inclusive - not only in law but also in society (including people of colour, Indigenous people, etc.) - it was at least a step in the right direction. So, for this Persons Day let it be a kind reminder to us all that we are all "persons," and that no individual should be excluded from that ever, no matter their ethnicity, religion, race, nationality, sexual orientation, or gender.

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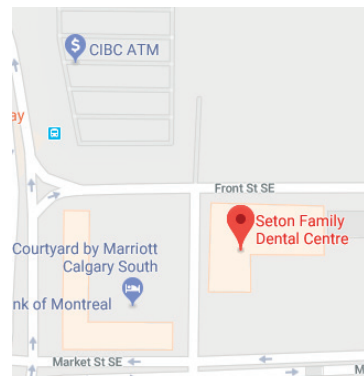
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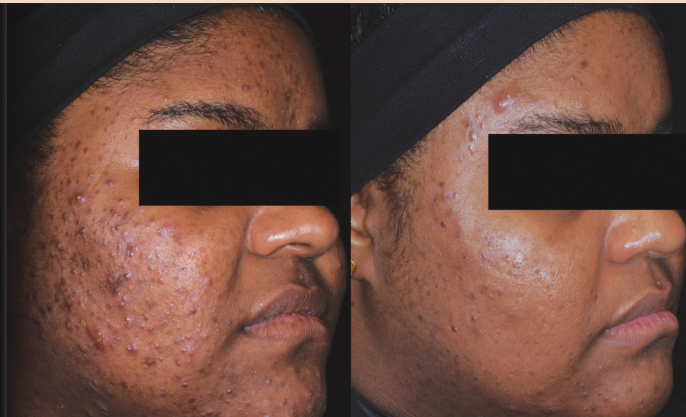
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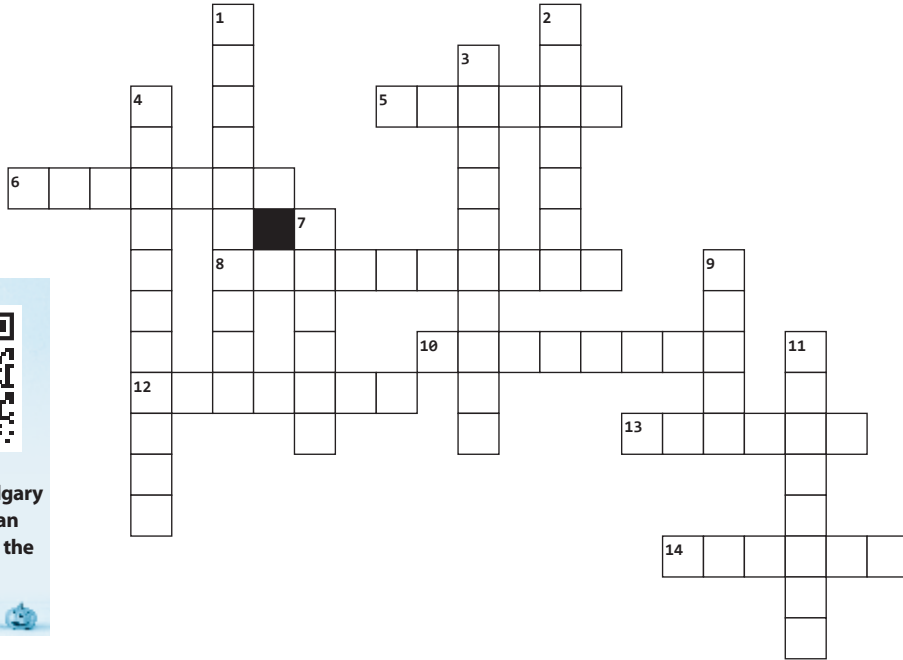
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October Crossword



Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

11 SHOW HOMES
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Join the Climate Conversation at the 6th Annual Calgary Climate Symposium

by the City of Calgary

The City is hosting its 6th annual Calgary Climate Symposium to continue the conversation about climate change, share how it affects Calgarians, and how we can work together to ensure no one is left behind.



Connect with community leaders, climate experts, and more for a series of unique, free learning opportunities between October 21 and October 25, 2024.

We invite you to join Mayor Gondek and Climate and Environment Director, Carolyn Bowen, on October 21 at 10:00 am as they kick off the week with an opening speech at the Calgary Public Library.

This year's Climate Symposium theme is 'Innovating for a Resilient and Equitable Future: Calgary's Path to Climate Solutions.'

The Calgary Climate Symposium sessions will explore:

- Understanding climate change and the effects of climate hazards on Calgarians and the natural environment.
- How Calgary can position itself for a low carbon future and leverage economic opportunities.
- How our communities can take collective action to reduce the impacts of climate change and build a more resilient city.

Everyone has a part to play in preserving and protecting Calgary's natural environment. Join the conversation to learn how your community can take collective actions to increase our climate resiliency and create a more equitable future for all Calgarians.

We look forward to seeing you in-person at the opening ceremony and online. Recordings of the sessions will be available on calgary.ca/climatesymposium in November.

To learn more and register for sessions, visit calgary.ca/climatesymposium.



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GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR
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ANSWERS!

Back to School: Healthy Eating for Post-Secondary Students

by Alberta Health Services



Starting your first year at post-secondary is an exciting time. From attending orientation to finding the best place on campus to study, you will have many new experiences during the school year.

There are plenty of tips online about the best study methods to help you ace your exams, but did you know what you eat can also affect how well you do in school? Research shows that maintaining a healthy eating pattern may contribute to higher grade point averages in undergraduate students. Including a variety of vegetables and fruits, whole grains, and protein foods like chicken, fish, and beans in your meals and snacks can help provide your body and mind with the nutrients it needs to function at its best.

Starting Off on the Right Foot: Proper Equipment

If you moved away from home to attend school, you might be living on your own and preparing all your meals for yourself for the first time. Keep reading to find

out what kitchen equipment you can use to prepare most dishes and some meal ideas to get you started.

Food skills are an important part of healthy eating. This includes knowing what foods to buy, where to buy them, and how to store and prepare food. The list below is a starting point that you can add to based on your budget and the types of foods you like to eat.

Helpful Kitchen Equipment:

- Medium-sized pot with a lid
- Non-stick frying pan
- Cutting boards – try to have at least two, one for raw meat and another for vegetables and fruit
- Knife for chopping
- Spatula and tongs – silicone versions of these tools can prevent damage to protective coatings on pots and pans
- Can opener
- A set of measuring cups and spoons

- Mixing bowl
- Instant read food thermometer – important for checking that foods are fully cooked to help prevent foodborne illness
- Microwave safe food storage containers to store leftovers or bring food with you to campus to eat on the go

Having the equipment to prepare meals is the first step. Once you have settled into your new place, take the time to explore your neighbourhood to find the closest food store.

Throughout the school year, you may find it takes a lot of time and energy to figure out what to cook every day. Meal planning can help you decide what to eat, help stay within your food budget, and reduce food waste. Here are some quick meal ideas to fuel your brain and body.

- Greek or Icelandic yogurt topped with whole grain cereal, fresh or frozen fruit, and nut or seed butter.
- Burritos made with eggs, cheese, tomatoes, and green onions wrapped in a whole wheat tortilla. Add salsa to the eggs for extra flavour.
- Add a protein food of choice like canned tuna, beans, or cooked chicken to a pre-made salad from the grocery store.

You can also use Canada’s food guide plate as a guide for building meals. Aim to make $\frac{1}{2}$ your plate vegetables and fruit, $\frac{1}{4}$ whole grain foods, and $\frac{1}{4}$ protein foods. Along with healthy eating, hydration also contributes to your health. Try to make water your drink of choice. Keep a reusable water bottle with you to drink from throughout the day to help make it easier to stay hydrated. A healthy lifestyle also includes allowing seven to nine hours for sleep a night and making physical activity part of your routine to support your overall health.

Find more resources on healthy eating including meal planning, recipes, and shopping tips at HealthyEatingStartsHere.ca and search “Choose and Prepare Healthy Food.”

For information on food safety, including safe cooking temperatures, and general tips for handling, storing, and preparing food, check out the Food Safety page on Canada.ca.

Scary, Spooky, Skeletons



Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.

BRAIN GAMES

SUDOKU

1			8					
		2				5	3	
							6	4
		3			5			
			1	6	4			
8	1						7	
5				7			4	2
6		8			2			3
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April	24	21	19	\$430,000	\$430,000
March	24	22	31	\$434,900	\$432,500
February	24	37	32	\$404,944	\$404,013
January	24	21	28	\$412,339	\$418,500
December	23	22	21	\$429,900	\$427,500
November	23	25	18	\$397,400	\$394,900
October	23	21	27	\$449,900	\$449,900
September	23	29	18	\$448,450	\$444,500

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

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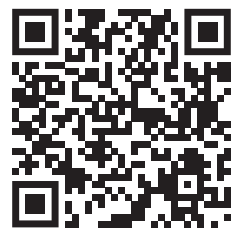
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