

JANUARY 2025

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

your SETON



THE OFFICIAL SETON COMMUNITY NEWSLETTER



Cheers to the New Year
and a fabulous
Invisalign®
smile.



McKENZIE ORTHODONTICS
Certified Specialist in Orthodontics

FREE CONSULTATION



Scan To
Book Today!

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

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

**Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.**

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



HAPPY

New Year!

2025

Wellness Centre Program Guide

Better health for free

In-person and Virtual Classes

Information • Cooking Basics • Support Groups & More

Easy & Healthy Mediterranean Cooking

Improve your nutrition with recipes and tips for heart health, brain health or general well-being.

Registration:

<https://redcap.link/EasyHealthyMediterraneanCooking>



For other classes & more info:

ahs.ca/shcwellness (click on Program Guide)

403-956-3939 or wellness.shc@ahs.ca



MORTGAGE RENEWALS

Don't just sign on the dotted line with your bank

Contact me to explore all your mortgage options!

Refinances
Purchases & Pre-approvals
Private & Alternative Lending

MORTGAGE
MIRANDA KASE
MORTGAGE PROFESSIONAL

indi MORTGAGE
"The Independent Mortgage Company"

p: 403.478.3779 | e: miranda@mortgagemir.com
www.mortgagemir.com

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

CONTENTS

- 7 SAFE AND SOUND: SLEDDING SAFETY
- 10 RECIPE: TORTELLINI AND SPINACH SOUP
- 12 JANUARY CROSSWORD
- 13 BUSINESS CLASSIFIEDS



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.





Seton Homeowners Association

BOARD OF DIRECTORS

Deb Glover	President - Brookfield Director
Karen Shopland	Secretary - Brookfield Director
Kristine Aghajanova	Treasurer - Brookfield Director
Steven Phan	Returning Director
Temi Bolaji	Returning Director
Christopher Williams	Returning Director
Andrew Picklyk	Returning Director
Esther Adeoye	Returning Director
Adeniyi Ogunwusi	Returning Director
Dana Kulchyski	New Director

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



SETON HOA

Contact Info

Email: info@setonhoa.ca

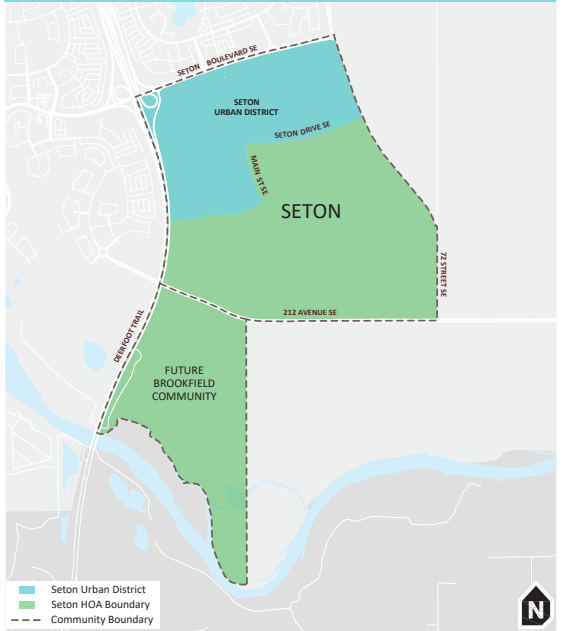
Website: www.seton-connect.com

Facebook: www.facebook.com/setonyyc

Instagram: www.instagram.com/seton_yc/



SETON HOA BOUNDARY MAP



Alberta Blue

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

Alberta blue with me and you

Our river wider, current true

Thru towns and cities high and low

5 million hearts together flow

Sledding Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.



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@lenthong.com

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

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 24	38	22	\$533,400	\$533,400
October 24	44	25	\$399,900	\$395,000
September 24	27	20	\$484,950	\$471,750
August 24	33	19	\$445,000	\$440,000
July 24	32	11	\$426,000	\$422,972
June 24	20	23	\$437,700	\$432,500
May 24	20	24	\$434,894	\$433,944
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

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

SETON FAMILY DENTAL CENTRE



Proudly providing dental services in English, Ukranian, French, Spanish, Kutchi, Tagalog, Farsi, Somali, Korean and Vietnamese.



Direct Billing



Open Late



Open Saturdays



Free Parking

www.setonfamilydentalcentre.com

Located in the Seton Professional Building

Welcome to Seton Family Dental Centre



GENERAL DENTISTS

Dr. Jake MacArthur,
Dr. Andrea Piccoli,
& Dr. Zahir Damji

The logo for Seton Family Dental Centre. It features the word "SETON" in large black letters, with a white tooth icon inside a purple circle as the letter "O". To the right of "SETON" is the word "FAMILY" in large black letters. Below "SETON FAMILY" is the word "DENTAL CENTRE" in purple letters. A purple triangle is on the left side of the logo.

SETON FAMILY
DENTAL CENTRE

DENTURIST

Souheil Khalil



www.setonfamilydentalcentre.com
Located in the Seton Professional Building

Partners in Your Oral Health

We will work as partners to achieve the best oral health for you and your family. Educating patients is our passion. Come in for a visit and tour the centre.

General Dentistry
Children's Dentistry
Sedation Dentistry
Cosmetic Dentistry
Dentures
Dental Implants

Extractions
Invisalign
TMJ Treatment
Teeth Whitening
Sports Guards/Night Guards
Single Visit Crowns

All services provided by general dentists


SETON FAMILY DENTAL CENTRE

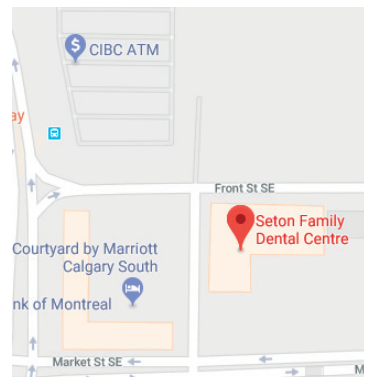
Contact

To book an appointment, please scan the QR code or contact us using the information below:

 587-393-4300

 info@setonfamilydentalcentre.com

 #105 - 3815 Front Street SE



www.setonfamilydentalcentre.com

Located in the Seton Professional Building

Seton Remedy'sRx[®]



Seton Professional Centre
Unit 117, 3815 Front St SE
Calgary, AB

587-393-3895

BOOK YOUR VACCINE ONLINE

Monday to Friday
Saturday

9am - 8pm
10am - 5pm



Vaccines start on October 15th.
Walk-ins welcome starting October 21st.

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)

Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



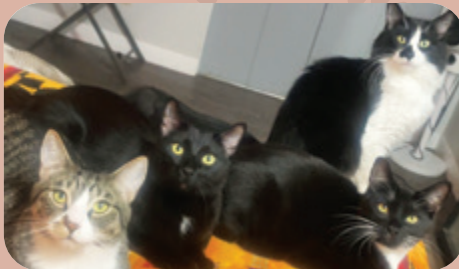
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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

YOUR CITY OF CALGARY

Helpful TIPP

by the City of Calgary

We're excited to remind you that it's easier than ever to join the Tax Instalment Payment Plan (TIPP). Our online process streamlines registration, allowing you to enrol from the comfort of your home, 24/7. All you need is your roll number and banking details, and we'll confirm your enrolment in real-time.

TIPP lets you split your annual property tax payments into 12 equal, manageable monthly instalments, instead of paying in one lump sum. It's an easy way to stay on top of your property taxes without the burden of a large bill.

Enrolling now means you'll enjoy smaller, regular payments throughout the year. While joining in January offers the full budgeting benefits of spreading payments over 12 months, you can enrol at any time during the year. We'll adjust your payments to ensure your tax bill is fully paid by year's end. Plus, there are no fees, making it even more affordable to join.

Join TIPP today—visit calgary.ca/TIPP to get started and enjoy easier budgeting for the year ahead!



ELECT
LAURA DENNISON

FOR CALGARY CATHOLIC SCHOOL DISTRICT TRUSTEE
WARDS 11 & 12

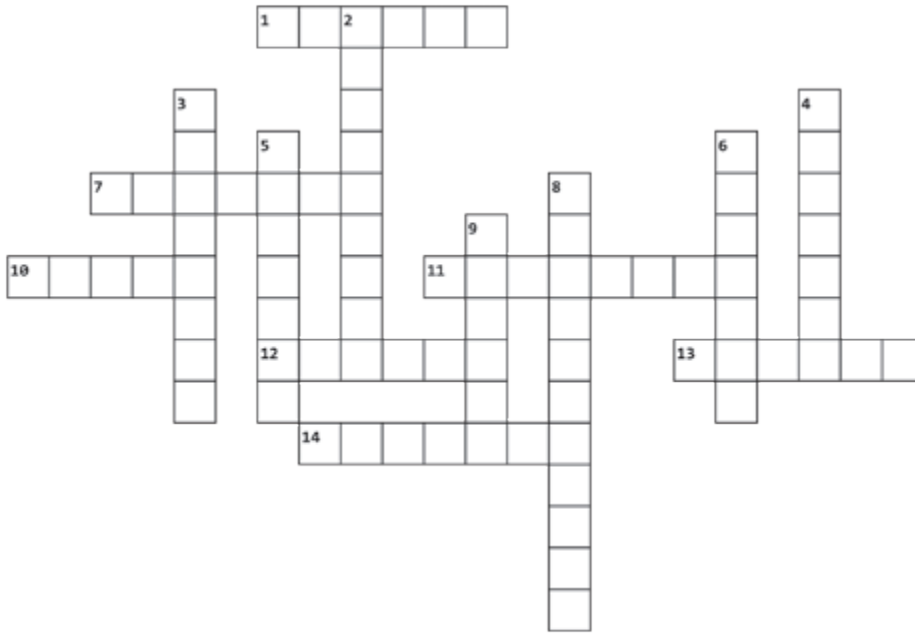
ON JANUARY 31, 2025

WWW.LAURA4TRUSTEE.COM

COMMITTED TO A THRIVING FUTURE FOR OUR STUDENTS
AND SCHOOLS



January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert “Tim” _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____’s debut single, “TiK ToK,” reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney’s popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. “Wedding March”, composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.

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.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

SETON CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Seton. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

PAINTER SERVICING SETON: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

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.

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.

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.

DRYWALL TAPING: 20 years experienced drywall taper. Specializing in interior and exterior home maintenance and repairs. Quality results. Contact Joseph for free estimates at 780-215-1966. "Building trust one client at a time."



Foxy Ink  *Tattoo Studio*
local ink, professional art



© portfolio

Get in touch with Yana
587-323-FOXY
info@foxy.ink
www.foxy.ink

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



AVENUE | Financial
Real Estate Solutions

Unlock Your Dream Home Now!

Low Rates,
Fast Approval,
Big Savings!
Don't Wait – Act Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269



Jackson
& Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**
INCLUDING SMALLER IN-HOME PROJECTS



Services

- Residential Landscaping
- Landscape Construction
- Year-Round Maintenance
- Spring and Fall Cleanup
- Commercial and Condo
Property Management
- Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now
(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca



www.jacksonjackson.ca

SOUTH FAMILY DENTAL

**FREE TEETH WHITENING OR
ELECTRIC TOOTHBRUSH**

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

**CALGARY
OWNED AND
OPERATED**

20 HAPPY
new
YEAR **25**



BOOK YOUR CHECK-UP AND CLEANING TODAY!

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. O. Jeha – General Dentists | Dr. A. Sharma BSc, DMD, DHSc, FRCD(c) – Orthodontist