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SETON CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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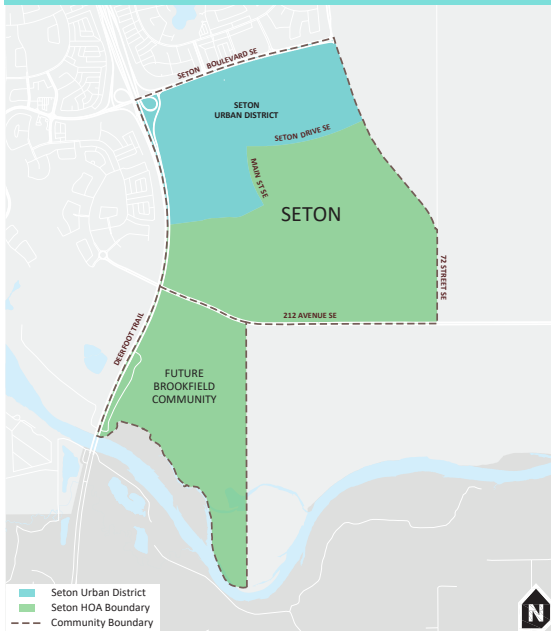
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SETON HOA BOUNDARY MAP



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

Key Highlights

Construction of the Seton Homeowners Association Facility Commences

Construction is well underway 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.



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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 email contactinfo@setonhoa.ca.

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.

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- 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

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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

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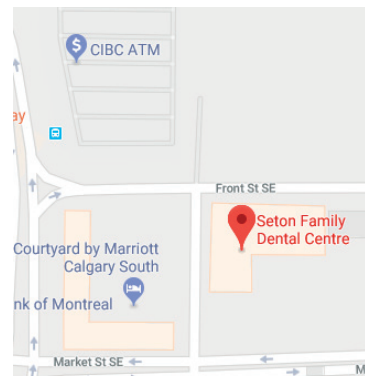
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January	25	48	15	\$424,900	\$414,900
December	24	19	23	\$474,900	\$470,000
November	24	29	22	\$533,400	\$533,400
October	24	40	25	\$399,900	\$395,000
September	24	25	20	\$484,950	\$471,750
August	24	33	19	\$445,000	\$440,000
July	24	32	11	\$426,000	\$422,972
June	24	20	23	\$437,700	\$432,500

To view more detailed information that comprise the above
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BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.
2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression



in the centre of each patty which helps to keep them in shape while cooking.

3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

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- 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 – **for Home Owners ONLY**
- Not for profit organization

Vs

SETON Community Association

- Celebrating community
- Community advocacy for:
 - Schools,
 - Urban planning,
 - Civic issues, Safety and
 - Community issues
- Recreational sports leagues
- Community programming (minor sports) & events
Future development of allocated CA land
- Optional membership - **for both Home Owners and Residents within Seton Urban District, Seton and the Future Brookfield Community**
- Not for profit organization

Seton CA Steering Committee

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Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



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What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

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