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**Family
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**Weekend
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- ◆ Exams & Cleanings (Adults & Kids)
- ◆ Fluoride Treatments
- ◆ Fillings
- ◆ Dental Emergencies
- ◆ Tooth Extractions
- ◆ Wisdom Tooth Extractions
- ◆ Night Guards (Grinding)
- ◆ Sports Mouth Guards

Children's Dentistry Gentle care made just for kids

- ◆ Kids' Dental Checkups & Cleanings
- ◆ Cavity Fillings
- ◆ Sealants
- ◆ Space Maintainers
- ◆ Habit Appliances
- ◆ Sports Mouth Guards
- ◆ Gentle Extractions

Cosmetic Dentistry Smile Makeovers, Made Simple

- ◆ Teeth Whitening
- ◆ Porcelain Veneers
- ◆ Dental Bonding
- ◆ Smile Makeovers
- ◆ Custom Tooth-Colored Restorations
- ◆ Inlays / Onlays (Tooth-Conserving Alternatives to Crowns)

Restorative Dentistry Repair, rebuild, and restore with care

- ◆ Dental Crowns & Bridges
- ◆ Full & Partial Dentures
- ◆ Biomimetic Restorations (Minimally Invasive)
- ◆ Root Canal Treatment
- ◆ Soft Tissue Laser Therapy
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SETON CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Seton Homeowners Association

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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

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

SCAN THE QR CODE
FOR THE SOLUTION



SETON HOA

Contact Info

Email: info@setonhoa.ca

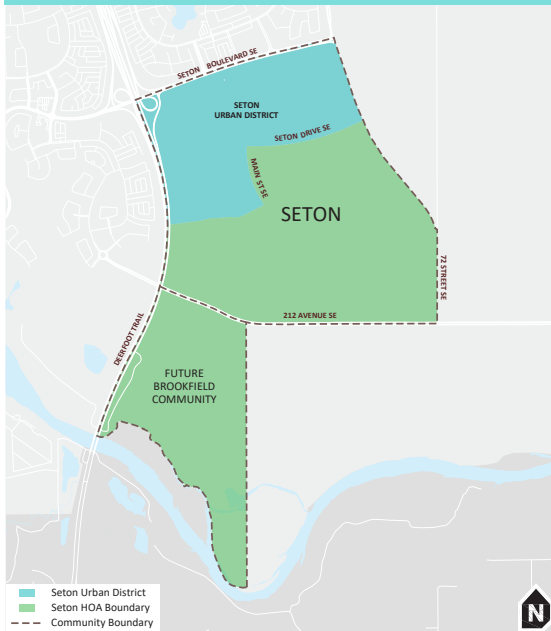
Website: www.seton-connect.com

Facebook: www.facebook.com/setonyyc

Instagram: www.instagram.com/seton_yc/



SETON HOA BOUNDARY MAP



WORD OF THE MONTH

Acumen: noun

(uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.



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.

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

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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

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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

If you are interested in joining the Seton Community Association, email seton.community@gmail.com

Community by
Brookfield Residential

Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

Do you LIVE in or OWN a HOME in SETON?
Then, come and collaborate with us in making Seton
a Great place to Live and Work.

**Scan the QR Code below or
follow the link: <https://forms.gle/ohq4WZyCS2ejy3137>
to Join the Seton Community Association**



SETON Home Owners Association

- 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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1 Future
school site
within the
community



3 Planned
parks with
ample
green space



1 Wetland
and
pond
area



4 Acres and more
of planned
neighbourhood
commercial

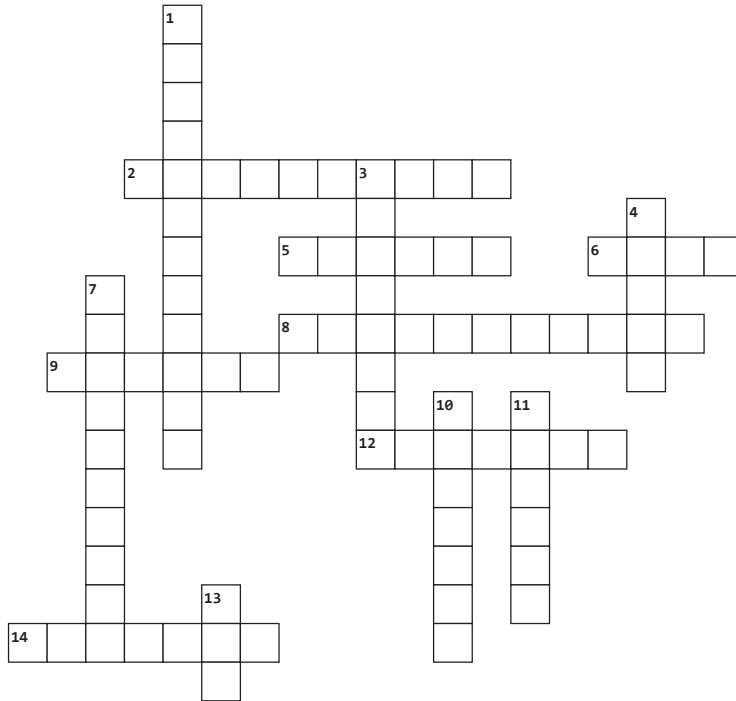
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June Crossword



Visit bit.ly/mycalgary
answers or scan
the QR code for the
answers

Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.



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January	25	50	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
May	24	20	24	\$434,894	\$433,944

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