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- ♦ Sports Mouth Guards

Children's Dentistry Gentle care made just for kids

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

Cosmetic Dentistry Smile Makeovers, Made Simple

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- ♦ Porcelain Veneers
- ♦ Dental Bonding
- ♦ Smile Makeovers
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- ♦ Inlays / Onlays (Tooth-Conserving Alternatives to Crowns)

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	25	61	23	\$469,900	\$461,500
February	25	33	34	\$442,350	\$435,000
January	25	53	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
April	24	21	19	\$430,000	\$430,000

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

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**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Seton Homeowners Association

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SETON HOA

Contact Info

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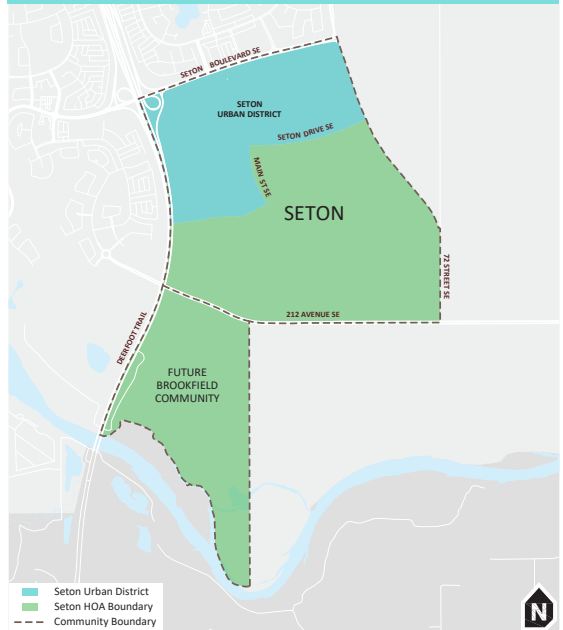
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SETON HOA BOUNDARY MAP



**BUTTER KEEP
A SECRET!**



**Have you heard the
rumor about butter?
Never mind, I shouldn't
be spreading it.**

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. 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)

Celebrating Calgary 150 - Sandstone City

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Why is today's downtown core located west of Fort Calgary? In the 1880s, Inglewood was growing in anticipation of the railway, but then Canadian Pacific Railway built its station where the Calgary Tower stands today. Much of the fledgling town picked up and moved.

Civic leaders then built bridges and ran the Stampede's forerunner, the 1886 International Seed Grain and Hay Exposition. The first General Hospital opened in a house, performing surgeries on the kitchen table.

Calgary's first buildings were constructed with wood, but 18 were destroyed in the Great Fire of 1886. Afterwards, town council mandated building with sandstone from the surrounding foothills.

Hence the nickname Sandstone City. See for yourself along Stephen Avenue National Historic Site. Imperial Bank helped make it Calgary's commercial core. The Alberta Hotel followed, and HBC built a department store in 1891.

Smallpox killed several people in 1892, sparking a riot when fearful residents attacked Chinese laundries, the purported source of the outbreak. Many thousands of Chinese had worked on the CPR and settled in Calgary.

An influx of Russian Germans fleeing persecution arrived in 1892 in Bridgeland-Riverside. Ukrainians and Italians followed. Nuns like Mary Greene established Sacred Heart Convent in 1885. Édouard Rouleau became head physician of Holy Cross Hospital.

The CPR took advantage of the Rocky Mountains' picturesque landscapes. Near Siding 29, Banff townsite emerged in 1883. The presence of hot springs led the government to create a national park in 1887. Opened one year later, Banff Springs Hotel is a modern-day castle, with another one built on Hornumnay ("little fishes' lake", aka Lake Louise).

The park's founding saw the exclusion of Indigenous people. They also faced Residential Schools that

isolated students from their culture and families under sometimes terrible conditions.

At today's Fish Creek Provincial Park, William Roper Hull built a two-storey Tudor Revival-style ranch house. Also, there was Shaw's family homestead and woollen mill. A store on Stephen Avenue sold their goods to many customers headed for the Yukon's Klondike Gold Rush.

Sandstone City was a beacon on the prairies, connected to the world via railway and offering opportunities to many.

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Cats, Canines, & Critters of Calgary



Honey, Woodcreek



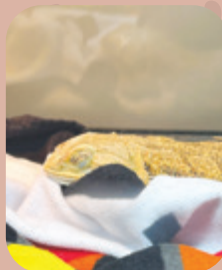
Kona, Woodlands



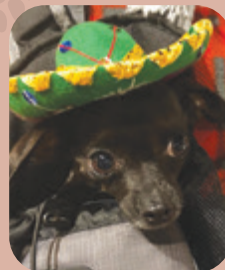
Marjory, Walden



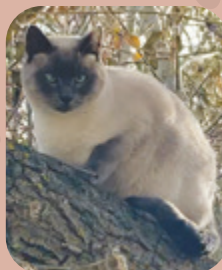
Mavis, Calgary



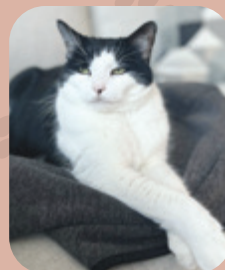
Puff the Magic Dragon,
McKenzie Towne



Riley, Woodbine



Serendipity, Calgary



Tita, New Brighton

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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

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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
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- 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

Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

Window and Balcony Safety

by Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's' reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.

- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



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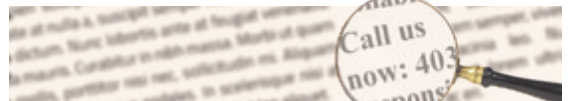
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