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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	25	37	32	\$430,200	\$428,887
July	25	54	24	\$407,400	\$402,450
June	25	45	25	\$548,800	\$555,000
May	25	53	36	\$441,950	\$433,950
April	25	47	32	\$498,900	\$491,950
March	25	36	23	\$469,900	\$461,500
February	25	22	34	\$442,350	\$435,000
January	25	44	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

To view more detailed information that comprise the above  
MLS averages please visit [seto.mycalgary.com](http://seto.mycalgary.com)



## Seton Homeowners Association

### BOARD OF DIRECTORS

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[board@setonhoa.ca](mailto:board@setonhoa.ca)

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#### News, Events, & More



#### Crime Statistics



#### Real Estate Statistics



## SETON HOA

### Contact Info

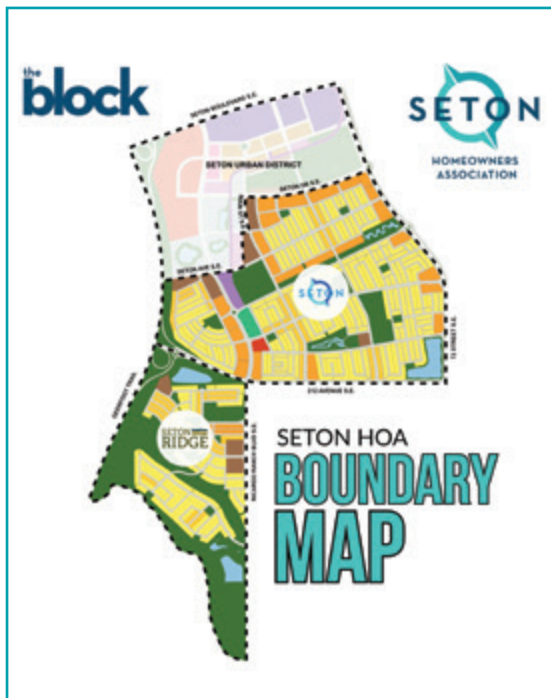
**Email:** [info@setonhoa.ca](mailto:info@setonhoa.ca)

**Website:** [www.seton-connect.com](http://www.seton-connect.com)

**Facebook:** [www.facebook.com/setonyyc](https://www.facebook.com/setonyyc)

**Instagram:** [www.instagram.com/seton\\_yc/](https://www.instagram.com/seton_yc/)

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 Seton HOA facility known as the Block.







# HALLOWEEN SPOOKTACULAR

SUNDAY, OCTOBER 26

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the  
**block**

# 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
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### Homes Division

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- Construction
- Customer care

### Commercial Division

- Planning
- Construction
- Leasing

## 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](mailto:seton.community@gmail.com)

Community by  
Brookfield Residential

## How You Can Support an Emotionally Avoidant Partner

by Nancy Bergeron, R. Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

### 1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

### 2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

### 3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that. It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.



### 4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

### 5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

### 6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.



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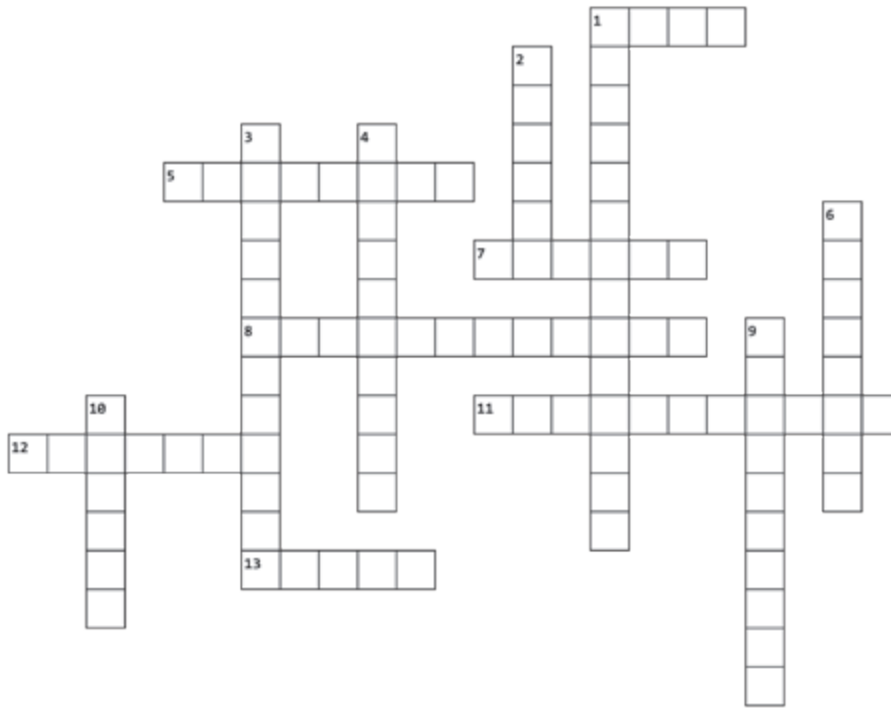
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# October Crossword



Visit [bit.ly/mycalgary](https://bit.ly/mycalgary)  
answers or  
scan the QR  
code for the  
answers

## Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World \_\_\_\_\_' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the \_\_\_\_\_ Peace Prize, making her the first African woman ever to receive the award.

## Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black \_\_\_\_\_.
3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, \_\_\_\_\_.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The \_\_\_\_\_* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, \_\_\_\_\_ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thrilla in \_\_\_\_\_" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.



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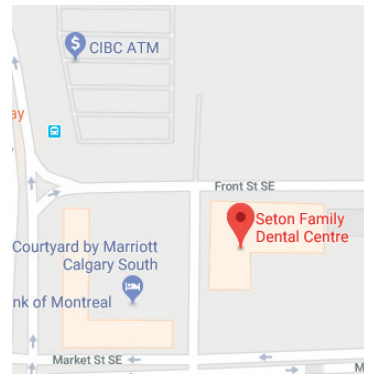
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### Halloween Safety

by Alberta Health Services

As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS 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.



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### Age-Friendly Calgary Essential Numbers for Seniors in Calgary

#### 9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

#### 403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

#### 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

#### 8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

#### 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services.  
[www.calgary.ca](http://www.calgary.ca).

#### 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

#### 2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services.  
[www.ab.211.ca](http://www.ab.211.ca).

#### 403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

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#### **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

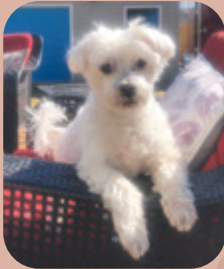
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#### **SETON Community Association**

- 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*

# Cats, Canines, & Critters of Calgary



Charlie, Copperfield



Cody, Glenbrook



Dobby, Huntersen Place



Guzel, Huntersen Place



Nelly, Dalhousie



Poppy, Tuxedo Park



Sugar, Signal Hill



Todd, Lake Chaparral

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## WORD OF THE MONTH

**Phantasmagoria: Noun**  
(phan-tas-ma-go-ria)

A rapidly shifting scene or sequence of pictures, like those in a dream.

What happens next was a phantasmagoria of mystery.



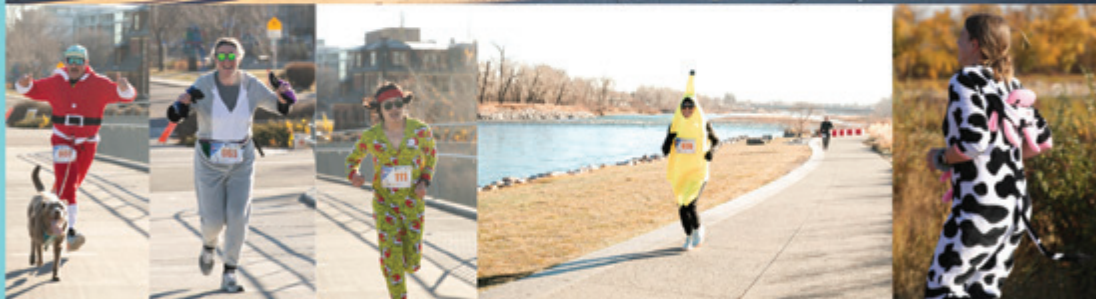
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# SARAH FERGUSON FOR WARD 12



## Calgary's Future Announces Official Endorsement for Ward 12: Sarah Ferguson

### Sarah Ferguson is an Experienced Community Advocate

Calgary City Council candidate Sarah Ferguson has worked as a Constituent Assistant in Ward 12 since 2021. She's former President of the McKenzie Towne Community Association, where she advocated for the Green Line LRT. She's served as a board member with Parachutes for Pets, a local animal rescue society, among several other boards. Sarah is a mother of two who has also run a day home, giving her a firsthand perspective into the needs of local families.

During her decade of advocacy and volunteer work, Sarah has mastered the art of fostering genuine connections between her community and City Council. She has built meaningful relationships with residents, businesses, and community organizations, all of which will serve her well as a councillor. Her priorities, such as transit connectivity and affordable housing, show her understanding of the needs of her ward's youthful, evolving demographic.

### Here's why Sarah Ferguson is the right choice

Sarah's years of on-the-ground work as a Constituent Assistant mean she already knows how to navigate municipal services and government with expertise.

She's a candidate who has proven herself to be a highly effective and hands-on advocate for the needs of local Calgarians.

Sarah is someone who walks the talk. With no incumbent running, she is the clear best choice to serve as Ward 12's next city councillor.

### Here's why we're endorsing Sarah Ferguson

- **Trusted advocate:** Longtime Constituent Assistant for Ward 12
- **Service-oriented leader:** Years of experience helping her community
- **Effective:** Knows how to find practical solutions to residents' problems

*"I'm running because I'm loyal to my communities and committed to continuing the work we've started together."*

**— Sarah Ferguson, Calgary City Council Candidate  
for Ward 12**



If you want to hear more about where Sarah Ferguson stands on the critical issues facing Calgarians, check out her answers to our Candidate Questionnaire

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