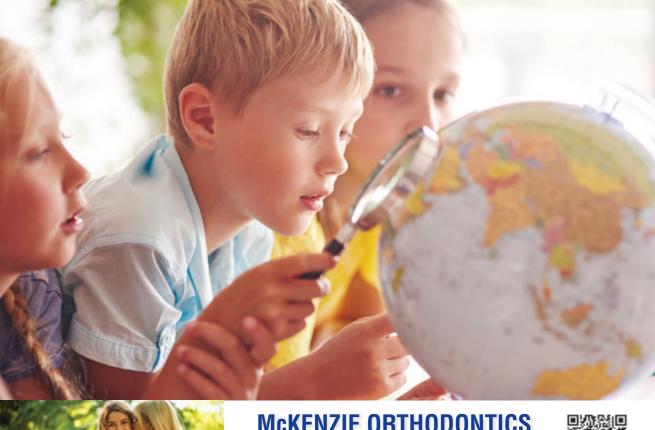


# THE OFFICIAL SETON COMMUNITY NEWSLETTER





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# SEP 13

JOIN US FOR live music, family fun, and prizes! FROM 1-5 PM

# 11 BRAND NEW HOMES

& our brand new park/playground





Spin to win & grand prize giveaway



PRIZES UP TO \$200

Special appearance by

PAW PATROL





Main stage featuring

### THE FRONTIERS

& community group performances



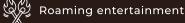
Craft stations



Henna tattoos



Live art



Delicious food & refreshments



**OUR BUILDERS** 











**VISIT** for more info!





HeartwoodCalgary.com





### **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			
board@setonhoa.ca				

**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 HOA**

### **Contact Info**

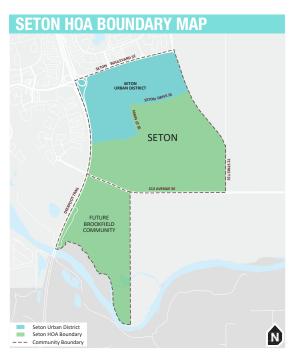
**Email:** info@setonhoa.ca

**Website:** www.seton-connect.com

**Facebook:** www.facebook.com/setonyyc **Instagram:** www.instagram.com/seton\_yyc/

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.





### **SAFE AND SOUND**

### **Back to School Safety**

by Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

#### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### **Around School Buses**

- Flashing amber lights mean a bus is slowing down to stop motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### **Pedestrians**

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.





# 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

Homes Division

Construction

Planning

Leasing

Construction

· Customer care

Commercial Division

Sales

es • 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

@setonyyc | @seton\_yyc

### **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

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 joining the Seton Community Association, email seton.community@gmail.com

Community by Brookfield Residential





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Call us to help you navigate through the changing real estate world

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\*Terms and Conditions Apply.

		Properties		Median Price		
		Listed	Sold	Listed	Sold	
July	25	61	24	\$407,400	\$402,450	
June	25	51	25	\$548,800	\$555,000	
May	25	56	36	\$441,950	\$433,950	
April	25	47	32	\$498,900	\$491,950	
March	25	37	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	
August	24	33	19	\$445,000	\$440,000	
- · · · · · · · · · · · · · · · · · · ·						

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

# All Things HOA

LOOKING FOR MORE INFORMATION ABOUT...

Employment Opportunities

Facility and Park

Annual Encumbrance Fees

Facility Rentals

Programming

**Events** 

General HOA Information



FOR INFORMATION ABOUT ALL THINGS RELATED TO THE HOMEOWNERS ASSOCIATION PLEASE VISIT US AT

SETON-CONNECT.COM



# SETON FAMILY DENTAL CENTRE



Proudly providing dental services in English, French, Spanish, Ukrainian, Tagalog, Hindi, Punjabi, Arabic, Kutchi, and Gujarati.







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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

# SETON FAMILY DENTAL CENTRE

## **DENTURIST**

Souheil Khalil



www.setonfamilydentalcentre.com Located in the Seton Professional Building

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All services provided by general dentists



### Contact

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



**5**87-393-4300



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# Seton Remedy's Rx.



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Saturday, September 27

9:00am-1:00pm
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Email us

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www.jacksonjackson.ca

### 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

### **SETON Community Association**

- Celebrating community
- · Community advocacy for:
  - Schools.

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- 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

# Promoting Mental Health in Children

by Alberta Health Services

Supporting your child's mental health is as important as good nutrition, sleep, and physical activity. Having good mental health allows your child to think clearly, develop socially, and learn new skills.

These tips can help your child develop confidence, self-esteem, and compassion for others.

### **Apologize When You're Wrong**

When you make a mistake, apologize to your child. Saying you're sorry isn't enough. Sincere and simple apologies build trust and show respect for your child's feelings. Admit you were wrong, explain how it affected your child, and show that you're sorry. For example:

• "I shouldn't have said your idea was stupid. I know that hurt your feelings and embarrassed you. I'm ashamed I spoke to you that way. I'm sorry. I won't do it again."

Avoid explanations that sound like excuses or blame your child. For example:

 "I'm sorry I got mad, but you were really getting on my nerves."

### **Give Your Child Choices and Respect Their Wishes**

When you can, give your child the chance to make their own choices that are meaningful to them and acceptable for you. If your child has a chance to make choices it helps them:

- Feel a Sense of Control
- Develop Self-Esteem
- Learn How to Solve Problems
- Take Responsibility for Their Choices

### Ask Questions That Help Your Child Solve Problems on Their Own

It's tempting to take over and give a solution when you hear that your child has a problem. But this doesn't help your child find solutions on their own. Try asking questions that will help them solve problems. For example:

- "What do you think you can do about this?"
- •"If you choose to do this, what do you think might happen?"

Encourage sharing and helping by giving your child tasks that are appropriate for their age, such as feeding



the family pet, getting the mail, helping with making their lunch, or making their bed. Together, you and your child can volunteer or help a neighbour. This builds self-confidence and compassion. It also teaches your child that what they do can make a difference in the lives of others.

### **Read Books and Stories Together**

Even if your child can already read, they'll still love reading with you. Take turns reading out loud with your child. Reading aloud is a way to share something enjoyable and learn about other people. For example, stories can show us how people deal with common issues like making or losing friends, handling conflicts, or dealing with difficult emotions. Talk to your child about what they like to read. Ask your child's teacher or a librarian to recommend stories on themes that interest you and your child.

#### Be a Role Model

Your child will learn by watching and doing what you do. They learn how to look after themselves, build relationships, solve problems, handle emotions (feelings), and care for others by seeing how you respond.

Your emotions affect what you do and say. They affect your child too. For example, anger is a common human emotion. You may feel angry sometimes when your child whines, talks rudely, or doesn't do what you ask. If you react to anger by yelling, using harsh words, or calling them names, it affects your child. They'll also learn to do the same when they're angry.

What you do and say when you're angry is important to your relationship and to how your child learns to express their anger. When you practice managing your feelings in healthy ways, your child learns these skills too.

### **Creamy Beef Enchiladas**

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning "to season with chilies", refers to stuffed corn tortillas that have been dipped in a chilli sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes
Cook Time: 30 minutes
Bake Time: 30 minutes

**Servings:** 5 to 6 **Ingredients:** 

 $\bullet$  1 ½ lbs lean ground beef

1 tbsp. canola oil

•  $\frac{1}{2}$  cup yellow onion, sliced

1 cup cooked and rinsed black beans

• 2 packets (24 gm each) hot and spicy taco seasoning

6 large flour tortillas

• 1 ½ tsp. powdered cumin

• 1/4 cup all purpose flour

• 1 can diced green chili peppers

• 1 cup milk

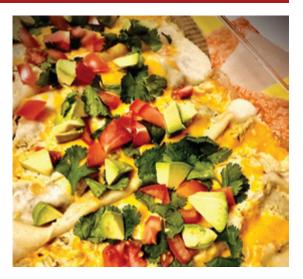
• 2 cups light sour cream

•  $\frac{1}{2}$  cup low fat Greek yoghurt

• 2 cups Mexican shredded cheese

#### **Directions:**

- Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
- 2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



- 3. Preheat oven to 350 degrees Fahrenheit.
- 4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
- 5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
- Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!



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Information · Cooking Basics · Support Groups & More

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Learn tips for how to cook delicious recipes with less salt. Recipes included.

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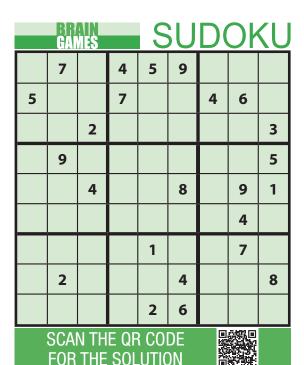
https://redcap.link/TastyLowSaltCooking





For other classes & more info: <u>ahs.ca/shcwellness</u> (click on Program Guide) 403-956-3939 or wellness.shc@ahs.ca









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