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SKIING SISTERS

At the Sochi Winter Olympics on February 8, 2014, Canadian sisters Justine and Chloé Dufour-Lapointe claimed gold and silver medals in the women's moguls freestyle skiing event. They stood together on the podium, marking the first time Canadian sisters had shared an Olympic podium at a Winter Games. What a special sister bond!



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Seton Homeowners Association

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SETON HOA

Contact Info

Email: info@setonhoa.ca

Website: www.seton-connect.com

Facebook: www.facebook.com/setonyyc

Instagram: 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.



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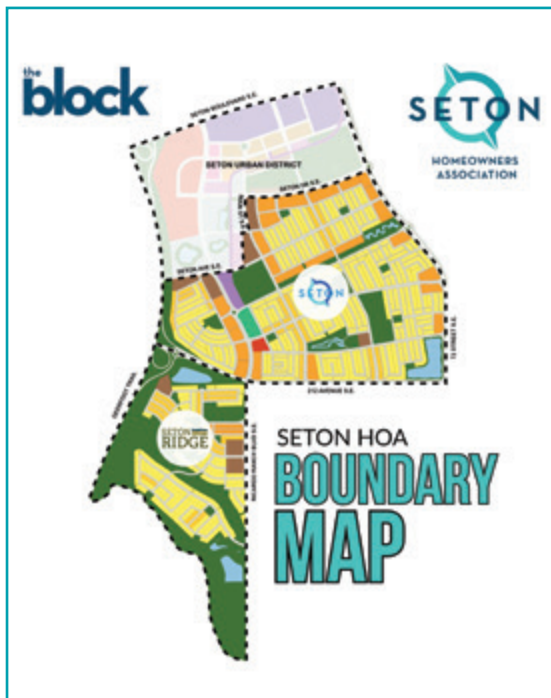
News, Events, & More



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**April is Come Try
Ringette month, and
there will be many
sessions in Calgary.**

**Scan the QR code to register
or visit: cometryringette.ca**



TRUE SPORT | SPORT PUR

Session Two Winter Programs Are Underway – Discover What's New at The Block!

There's still plenty of winter left to enjoy something new! Session two of Seton HOA's winter programs is here, offering exciting opportunities to stay active, get creative, and connect with your community at The Block. With a wide variety of programs for all ages and interests, there's something for everyone this season.

Whether you're looking to boost your wellness, encourage your child's learning, or spend quality time together as a family, our session two programs provide fun, engaging, and safe experiences for all participants.

Don't miss your chance to make the most of winter — join us for session two and keep the momentum going!



Word of the Month

Malapropism: noun (mal-uh-prop-iz-uhm)

The unintentional use of a word that sounds somewhat like the one intended but is very wrong in the context.

Jane was so nervous about her speech she did not realize she had made a malapropism until an audience member made a joke about her word use.



YOUR CITY OF CALGARY

Make The Youth Hiring Fair Work for You

by The City of Calgary



Mark your calendars! The Youth Hiring Fair is on March 26, at the Big Four Building in Stampede Park from 1:30 to 6:00 pm. Now's the time to get prepared. Set yourself up for success and be ready to meet 80 employers who are hiring.

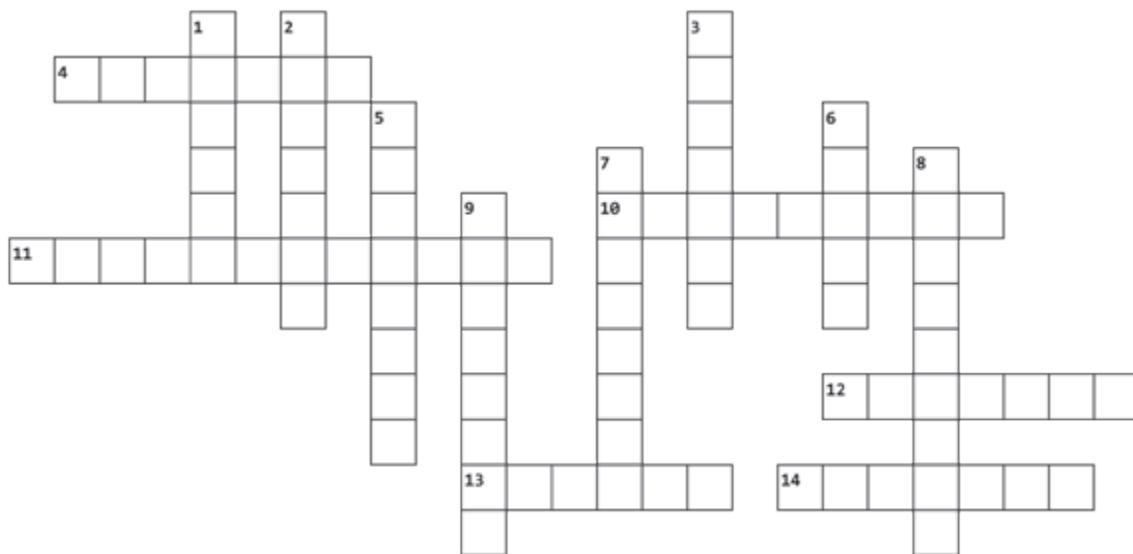
Interested in attending? Youth ages 15 to 24 are encouraged to visit the Youth Employment Centre before the event. Drop-in to meet with an employment counsellor for free Youth Hiring Fair preparation. We can help you with:

- Targeting your résumé to available jobs.
- Creating a pitch to introduce yourself.
- Preparing for on-the-spot interviews and more.

Find us at the at the Alberta Trade Centre (315 – 10 Ave SE). We're open on weekdays from 8:30 am to 5:00 pm. No appointment needed.

Visit calgary.ca/yechiring for ongoing announcements and advice on how to get prepared!

February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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

Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

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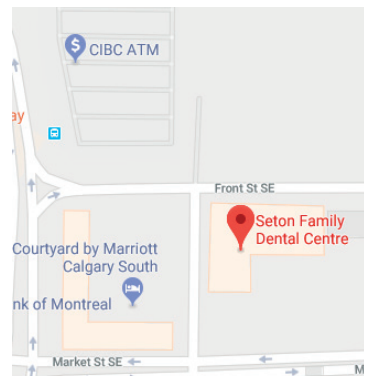
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truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”

Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

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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

SETON HOA

- Operations of The Block (facility and park)
- Community programming & events
- Maintenance of Seton HOA owned land/amenities in community
- Seasonal lights
- Community engagement
- 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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Communities Division

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- Road & sidewalk construction
- Park & green space construction & maintenance until turned over to City of Calgary (see map)
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Commercial Division

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- 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

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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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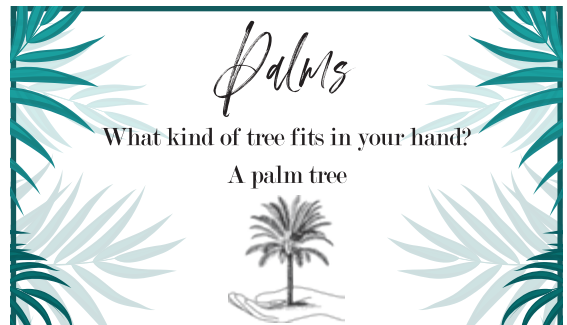
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July	25	46	24	\$407,400	\$402,450
June	25	40	25	\$548,800	\$555,000
May	25	49	36	\$441,950	\$433,950
April	25	46	32	\$498,900	\$491,950
March	25	35	23	\$469,900	\$461,500
February	25	22	34	\$442,350	\$435,000
January	25	44	15	\$424,900	\$414,900

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MLS averages please visit seto.mycalgary.com



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