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Shine a Light on Epilepsy



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**MARCH 26**  
**Purple Day**



  
**epilepsy association**  
**OF CALGARY**

**epilepsycalgary.com**





## Meet Your New Seton Homeowners Association Board of Directors

Thank you to everyone that joined us at the Seton HOA Annual General Meeting in November. Please visit [www.seton-connect.com/annual-general-meeting](http://www.seton-connect.com/annual-general-meeting) for draft meeting minutes and question and answer information.

### BOARD OF DIRECTORS

Deb Glover	Brookfield Director
Karen Shopland	Brookfield Director
Kristine Aghajanova	Brookfield Director
Steven Phan	Returning Resident Director
Temi Bolaji	Returning Resident Director
Christopher Williams	Returning Resident Director
Adeniyi Ogunwusi	Returning Resident Director
Andrew Picklyk	Returning Resident Director
Abiodun Oduniyi	Returning Resident Director
Esther Adeoye	New Resident Director

### When will the HOA Facility and Onsite Amenities Commence?

The development permit and development site servicing plan have been approved by the City of Calgary. The Brookfield team is working diligently through the building permit process with our consultants, contractors, and the City approving authority. Construction delays have resulted from the HOA facility being deemed a High Importance Structure, inflationary pressures, and overbudget tender bids.

Construction start and timing: Underground servicing to commence in 2023/2024, building and site construction to commence in spring 2024, construction completion is anticipated in early 2025.



## 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/)



### SETON HOA BOUNDARY MAP



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# World Optometry Day: The Vital Role Optometrists Play in Defending Us from the ‘Silent Thief of Sight’

by Dr. Clark Tardiff, Optometrist



March 23 is World Optometry Day, serving as a yearly reminder for Canadians to prioritize their eye health and celebrate the important role optometrists play in protecting our vision. This year, let us focus on how the ‘silent thief of sight’, glaucoma, is impacting Canadians across the country and how optometrists support in the early detection and monitoring of the condition.

There are many different types of glaucoma, but all cause damage to the optic nerve. The optic nerve plays a critical role in sending images to our brain and without proper treatment and management of the disease, those impacted can experience irreversible vision loss.

Recent Specsavers surveys, conducted by Leger, show the majority of Canadians (71%) expect at least one early warning symptom of glaucoma. This is concerning as in its early stages the condition progresses without noticeable symptoms – hence the name “silent thief of vision.” Most don’t notice the symptoms until irreversible damage to vision has already occurred, and if early signs do occur, you may notice subtle changes in vision, such as blurriness, difficulty focusing, and light sensitivity.

Regular visits to an optometrist and early detection through 3D eye scans are crucial for treatment and

ongoing monitoring of glaucoma. A 3D eye scan – optical coherence tomography (OCT) – helps optometrists see what is going on beneath the surface of the eye, spot any abnormalities, and identify eye diseases in their earliest stages. The Canadian Association of Optometrists recommends that adults have their eyes tested every one to two years, or as advised by your eyecare professional.

Although the exact cause of glaucoma is unknown, certain risk factors may increase the likelihood of developing the condition, such as family history, increasing age, certain ethnicities, and ocular hypertension.

If you are diagnosed with glaucoma, your optometrist will work closely with you on monitoring and treatment, ensuring you receive personalized care in order to slow the progression and preserve your eyesight where possible.

As we recognize World Optometry Day, let us commit to prioritizing our eye health by visiting our optometrist for a comprehensive eye exam.

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## Real-Life Fairy Tale



Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.

### SCAN HERE TO VIEW ADDITIONAL SETON CONTENT

#### News, Events, & More



#### Crime Statistics



#### Real Estate Statistics



## A City by the Ocean

by Garth Paul Ukrainetz

There's a city by the ocean  
Rocky Mountain waves do roll  
On a beach they call the Foothills  
Rugged coast of western soul

In the surf of surging snowcaps  
There's a glow of warm Chinook  
Where the sunsets are so famous  
Whales and dolphins swim to look

Tiny seashells on the Deerfoot  
Crabs and lobsters in the Bow  
A flock of seagulls in Glamorgan  
Comb the beach when tide is low

There's a tower for a lighthouse  
Guiding ships through rocky sea  
There's a city by the ocean  
In the breeze of Calgary



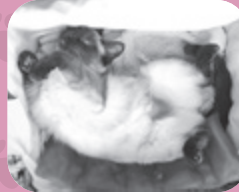
## Cats, Canines, & Critters of Calgary



Chile Mango Bean, Sundance



Chloe, Somerset



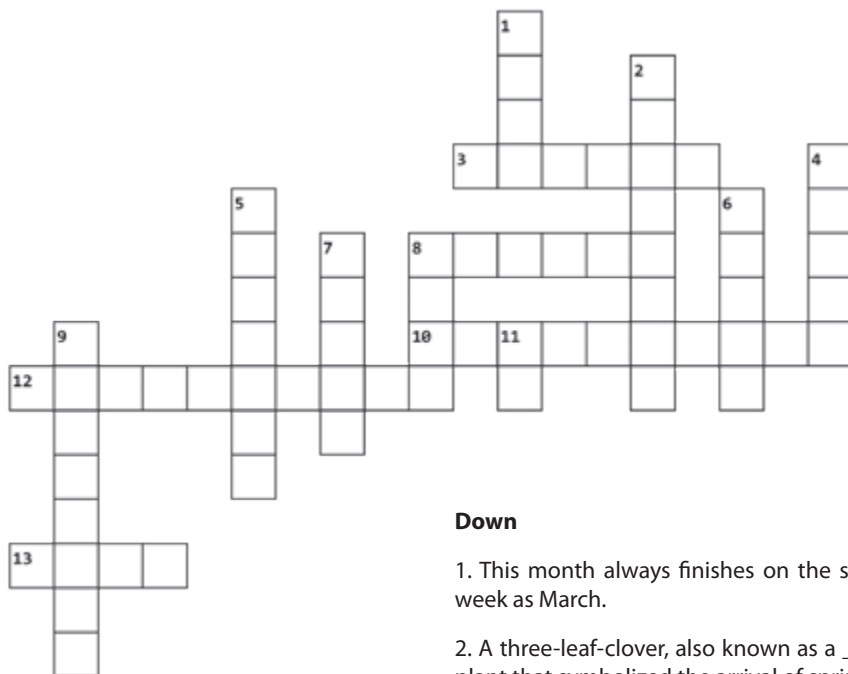
Kiki, Dalhousie



Stormi, Deer Ridge

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# March Crossword



## Across

3. The \_\_\_\_\_ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin \_\_\_\_\_, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The \_\_\_\_\_ of March is well-known as the day Julius Caesar was assassinated.

## Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a \_\_\_\_\_, is a plant that symbolized the arrival of spring for the Celts.
4. International \_\_\_\_\_'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* \_\_\_\_\_ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient \_\_\_\_\_ calendar.
8. Alexander Graham \_\_\_\_\_ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.




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

BRAIN GAMES

SUDOKU

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

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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 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

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### Communities Division

- Planning
- Underground services
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- Park & green space construction & maintenance until turned over to City of Calgary (see map)
- Tree Planting
- Architectural controls
- HOA support

### Homes Division

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- Customer care

### Commercial Division

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- 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 being involved with setting up the Seton Community Association, email info@setonhoa.ca

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October	23	21	27	\$449,900	\$449,900
September	23	29	18	\$448,450	\$444,500
August	23	19	18	\$411,000	\$410,375
July	23	21	16	\$397,400	\$394,700
June	23	26	26	\$432,450	\$430,000
May	23	24	30	\$387,250	\$384,750
April	23	26	24	\$406,150	\$402,300
March	23	23	25	\$399,900	\$396,500
February	23	29	18	\$385,000	\$381,450

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