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THE OFFICIAL BRENTWOOD COMMUNITY NEWSLETTER



*Cover Photo by Sudhakar Sharma*



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Dear Brentwoodians,

It is hard to believe that 2023 is almost at an end. It is only early November but my wife and I are already starting to plan our Christmas gift lists, taking advantage of sales, and placing orders that might take some time to fill. It is an excellent time to think about setting aside some Christmas funds to help those less fortunate in some way, either through charitable giving or supporting the Little Food Library that is such a support to our neighbours in need.

It is also a good time to remember that local businesses deserve our support, as they are a big part of what makes our community so great. As an aside, I am sure many readers have noticed that Avenue Magazine has done away with its “best neighbourhoods” issue, replacing it with a less competitive format – no doubt the editors were tired of Brentwood winning every year!

### Mall Rats

Elsewhere in this issue, our columnists Lee Hunt and Melanie Swailes discuss the changes happening at Northland Mall. I will admit to being ambivalent about the change to the exterior mall style. I thought it was a great idea when I lived in Tucson, Arizona, but during Calgary's winters I prefer to do my window shopping under a roof! Regardless, I am hopeful that the redevelopment brings new life and vibrancy to the community.

### Happy Holidays!

December is always a festive time (for me especially because me and my son's birthdays fall in the month), and I hope that all Brentwoodians are able to find their own light, joy, and comfort during the short days and long nights of our Calgary winter. And all the best for a happy, healthy, and prosperous 2024!

### Photo Contest

The *Bugle* is looking for Brentwood's best amateur photographers to provide cover images each month. If you have a great snap of our neighbourhood saved on your phone or posted on your social media feed, send it in for a chance to be featured on the cover of an upcoming issue! Photos must be 300 DPI or higher (i.e. from a newer model phone or good digital camera), 2400 x 1600 pixels minimum size, and portrait orientation. If submitting pictures of minors, please make sure that you have direct, express permission to submit the picture from a parent or guardian. Send your photos, or any questions, to [bcabugle@telus.net](mailto:bcabugle@telus.net).

Yours sincerely,

*Jonathan Jucker, editor*

Brentwood Bugle





# TRAILERS



If you've ever thought about the term “trailer” when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.



# Brentwood COMMUNITY ASSOCIATION

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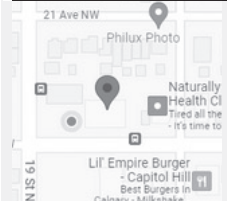
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# Brentwood

## Community Association Membership Application

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Family \$35     55 Plus (Couple) \$25

Individual \$12.50

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[office@brentwoodcommunity.com](mailto:office@brentwoodcommunity.com)**

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## JOKE OF THE MONTH

What did the gingerbread man put on his bed?

A cookie sheet!



## Redevelopment at Northland Mall

*Submitted by Melanie Swailes on behalf of the Development and Transportation Committee*

Construction and renovations at Northland Mall are ongoing but are nearing the final stages. The mall will be rebranded as simply “Northland”. Elsewhere in this issue of the Bugle, Lee Hunt has written about the murals on the existing parkade – a very welcome addition to liven up the concrete walls. If you haven’t already done so, take a walk from the parkade ramp (off 52 Ave. across from the bank) all the way to the south end of the mall to see the murals and experience some of the other changes taking shape.

The biggest of these is obvious: the change from an interior, enclosed shopping mall to an open-air mall with some stand-alone stores. I’ve talked with some Brentwood residents who have asked why the existing mall was torn down, instead of just an interior renovation. While that decision was made by the mall owners, there were likely numerous factors at play. North-west Calgary has three major malls in proximity: Northland, Market Mall, and North Hill Mall, and chain stores or franchises are unlikely to locate a store in each. The redesign differentiates Northland to help it stay viable in today’s shopping climate and offer new possibilities.

The second major change is the addition of two six-storey residential rental apartment buildings totalling about 230 units. These are well-situated, with excellent access via three major roads (Shaganappi, Northland, and Crowchild), transit options, plus many facilities nearby, including schools, Calgary Public Library, recreation facilities, shopping, and parks. Residents living so close to the mall will likely also support and attract nearby businesses.

One of the main differences between enclosed and exterior malls is the overall customer impression. For an enclosed mall such as Market Mall, the layout consists of one large building surrounded by parking spaces, the focus is all internal. As a customer, you move through the parking lot as quickly as possible because you are just trying to get inside. For Northland, the exterior is more important because it becomes part of the mall experience. There is still surface parking, but there are also a pedestrian and bike corridor in the middle of the site, as well as some “pocket parks” and even a small

off-leash area for dogs. There will be new wide, landscaped sidewalks plus benches, lighting, and other features – including the new murals!

There are advantages and disadvantages to both formats. During Covid, some stores found that outdoor entrances were preferable, or that restaurants needed to have more space or outdoor patios. At Northland, stand-alone stores are more visible and might be easier to access because customers can park (or walk) close to their desired store, instead of walking down a long hallway. One upcoming space will be a veterinarian, a welcome addition to the neighbourhood and one that would not be as likely in an enclosed mall.

Interior malls are expensive to operate heating or cooling, lighting, large public hallways, decorating, cleaning, and maintenance. An exterior mall avoids some of these costs, although this will be offset by increased landscaping expenses. Trying to create a place where customers want to shop regularly is a challenge, and malls must compete with the ease of shopping online from your home.

It will be interesting to watch the completion of the mall and to see how it works for residents. If you haven’t already done so, take a walk and look!

Why were two large regional malls (Market Mall and Northland Mall) approved so close together? The answers have been largely buried by the passage of time, but you might find some intriguing background in a Planning book by a local historian, Max Foran. The rather unusual planning approvals of both malls is detailed in the book “Expansive Discourses: Urban Sprawl in Calgary 1945-1978” by Max Foran. Mr. Foran is a local author, as well as a professor, historian, and community contributor. In October 2023, he was awarded the Alberta Order of Excellence for his many contributions to our province. I’d highly recommend “Expansive Discourses” to anyone interested in the history of how Calgary communities came to be, plus it has a good account of how Nose Hill was saved from development.

If you are interested in community planning and redevelopment issues, we welcome new members to join us. We meet at 7:00 pm on the first Monday of every month in the Sportsplex Boardroom. Contact the BCA for more information at [brntwdca@telus.net](mailto:brntwdca@telus.net) or at 403-284-3477.

# 2024

## NEW YEAR SKATING PARTY

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# 8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

**1. Plan ahead.** You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make time to relax.** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

**3. Put expectations in check.** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look for help.** Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set limits.** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

**6. Eat and drink but be healthy.** Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

**7. Let things go.** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't forget the fun!** Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.





### Brentwood Cares - Little Food Library and More!

With your donations and support, we continue to stock the Brentwood Cares Little Food Library twice daily, for use by people of all ages and circumstances, from elders to students.

Unopened, sealed items can be dropped off in the library itself or in the box beside the door at 3624 Boulton Road at any time. Hats off to Brentwood for your continued support!

*Liza and the Brentwood Cares Team*

### Buy Nothing Brentwood

Give freely; share creatively! Post anything you'd like to give away, lend, or share; ask for anything you'd like to receive or borrow.

Check out the Buy Nothing Brentwood/Charleswood/Collingwood Facebook page, or [buynothingproject.org](http://buynothingproject.org).

### Your Representatives in Brentwood

**City Councillor:** Sean Chu (Ward 4): [info@seanchu.ca](mailto:info@seanchu.ca); 403-268-3727.

**MLA:** Jason Copping (Calgary-Varsity): [Calgary.varsity@assembly.ab.ca](mailto:Calgary.varsity@assembly.ab.ca); 403-216-5436.

**MP:** Len Webber (Calgary Confederation): [Len.Webber.c1@parl.gc.ca](mailto:Len.Webber.c1@parl.gc.ca); 403-220-0888.



## WORD OF THE MONTH

**Stalwart: Adjective (Stawl-wert)**

Loyal, reliable, diligent, and brave.

She is a stalwart supporter of animal rights.

## Brentwood Arena Public Skating

**Mondays from 10:00 to 11:30 am**

September 11 to December 18, 2023 | January 8 to March 25, 2024

**Wednesdays from 1:30 to 3:00 pm**

September 13 to December 20, 2023 | January 10 to March 27, 2024

**No Public Skating Dates:** October 9, December 25 and 27 2023, February 19, 2024

\*No public skating on Statutory Holidays

Cost: \$1 per person (pay at the office)

Public skating only. No sticks, pucks, sleds, or strollers. We do not supply skating assistance equipment. Anyone under 18 years old must wear a helmet.





# Brentwood Learn to Skate Program



## GROUP LESSONS

September 14, 2023-March 16, 2024  
Thursdays at 6:00-7:00pm  
Saturdays at 10:45-11:45am  
(Register 1 or 2 days of skating per week)

- Learn to Skate group sessions: Ages 3+ (Skating fundamentals for Beginner-Advanced)
- Fun-filled and exciting skating with music
- Includes warm-up time, group lesson time, group activities time & cool-down time


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Brentwood Community Association offers Learn to Skate program for ages 3-12 for Beginners and/or Recreational skaters. All programs are coached by our expert team of certified NCCP Skate Canada Professional Coaches.

Online registration started in July and will continue until the programs are full.

Come have **FUN** and enjoy the exciting sport of skating!  
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## Connect with Us



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## Brentwood is a Busy Community

by Lee Hunt

Early autumn was a particularly active time in Brentwood.

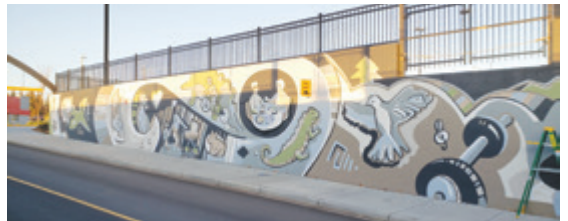
First up was a talk given by Shaundra Bruvall on September 25 at the Nose Hill Library. Shaundra is the Director of Communication, Community Engagement, and Fund Development at Alpha House. Hosted by Brentwood Cares, Shaundra's talk, "Engaging Vulnerable People" spoke of addiction treatment with an emphasis on the need for housing first. Alpha House employee and Brentwood resident Sydney told me, "I learned how I can do better at work, especially hearing comments from people in our community."

Next up was the October 14 celebration of Nose Hill Library's 35<sup>th</sup> anniversary. This event included Storytime and a juggler plus a special birthday cake.

In a major outdoor project, artist Scott Clark designed a new mural for the parkade at Northland Village Mall. The prep and painting took Scott, seven assistants, plus eleven volunteers a total of 330 hours from start to finish. Check out this new mural at the 52 Ave entrance to the Northland parkade.

Thanks to all who were involved in arranging and running these endeavours for Brentwood residents.

As this is the December edition of The Bugle, I want to wish all my readers a joyful holiday season plus a New Year of accomplishment and contentment.



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\* All Triwood residents receive the friendly neighbourhood 10% discount.





## News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.



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**ON THE MARKET**

**110 PANAMOUNT DRIVE NW (PANORAMA HILLS)**

Location! Location! Location! Across from a green park, walking distance to all amenities, including Superstore; Vivo Recreation Centre; Public library; Landmark Cinemas; Restaurants and more. This beautiful townhouse, freshly painted interior, offers 3 bedrooms, 1.5 bathrooms, 1,041 sq.ft, single attached garage.

Asking \$413,900 mls# A2081898

**2716 CRAWFORD ROAD NW (CHARLESWOOD)**

An outstanding bungalow located near the top of Charleswood Heights on a quiet treed street with tons of features, over 1,350 sq.ft. Upgrades in the last few years renovated kitchen with maple cabinet, skylight replaced in 2019 and more. Fully developed basement. Double detached garage. Close to all amenities, all level of schools, Foothills and Children Hospitals and Brentwood LRT station.

Asking \$742,900 mls# A2080002

**2123-24 AVENUE NW (BANFF TRAIL)**

A rare find with this massive lot size: 60 ft. x 145 ft. in Banff Trail with R-C2 Zoning. 2 storey home with over 2,880 sq.ft. above grade, PLUS 1,190 sq.ft. in the basement. Total of 7 bedrooms. 3 full bathrooms. Brand-new luxurious vinyl plank (LVP) flooring in the front and back entrance. An illegal suite with two bedrooms, a 4-piece bathroom, a full kitchen, a family room, and recreational room. Close to all desirable amenities, a short walk to the University of Calgary campus, public transit bus stops, LRT station, shops, and all level of schools

Asking \$899,900 mls# A2086439

**3516 BEAVER ROAD NW (BRENTWOOD)**

This home is a Bi-Level, boasting a massive front driveway that can accommodate up to 6 vehicles, 5 bedrooms, 2 full bathrooms, and ORIGINAL hardwood floors throughout. The home has been upgraded recently with a new furnace (2023), a new roof (2021), a new hot water tank (2020), and newer washer / dryer. This home is walking distance to multiple schools and Northland Village, and a 5 to 10 min drive from the University of Calgary, Brentwood and Dalhousie LRT stations, Market Mall, Brentwood Mall, and Nose Hill Park

Asking \$669,500 mls# A2088557

**24 CLARENDON ROAD NW (COLLINGWOOD)**

Fabulous, curb appeal four levels split located on an escalated huge pie shape lot (8,188 sq.ft.) with view of downtown. Total of 4 bedroom, 3.5 bathroom. Third level (above ground) offers den/office, 2-piece bathroom, gleaming hardwood floor in a large family room. Open concept, bright west-facing living room with bow window and wood-burning fireplace, gourmet kitchen with skylight. Private sunroom and outdoor fireplace for social gathering. Master bedroom comes with luxurious 5-piece ensuite. The lower level has been set up for a self-contained illegal bachelor with separate entrance. Close to all amenities.

Asking \$899,800 mls# A2068878

**3416-23 STREET NW (CHARLESWOOD)**

An outstanding bungalow located in a quiet treed street in the high demand area of Charleswood. Total of 3 bedroom, 2 full bathroom. Upgrades include light fixtures, furnace, hot water tank, shingles, electrical panel and more. Short walk to Canmore Park and the Confederation Park/Golf Course.

Asking \$814,900 mls# A2076551

**33 SILVERGROVE CLOSE NW (SILVERSPRINGS)**

Two-storey townhome features 3 bedrooms, 2.5 bathrooms. LVP flooring throughout both the main floor and upper level. Upstairs showcases the large primary bedroom with full ensuite and a large walk-in closet, two extra bedrooms and a full 4-piece bathroom. The basement offers a cozy family room for reading your favourite book. Just a short walk from the Crowfoot Crossing district, this location is minutes away from the LRT, public transit bus routes, multiple schools, gyms, shopping, and multiple green spaces / parks and playgrounds – not to mention the Silver Springs Golf Club.

Asking \$495,000 mls# A2088851

**ARBOUR LAKE-ARBOUR LAKE ROAD**

Beautiful top floor condo apartment unit with Rocky Mountain views, 2 bedrooms, 2 full bathrooms. Highlight of this lovely unit laminate flooring throughout, open concept floor plan. Kitchen with raised breakfast bar. Vaulted ceiling in family room with gas fireplace, and has direct access to balcony to enjoy the Rocky Mountains view. Master bedroom with walk in closet, 3-piece ensuite. Close to all amenities

Asking \$363,900 mls# A2083809

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