

JANUARY 2024

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THE OFFICIAL BRENTWOOD COMMUNITY NEWSLETTER



*Cover Photo by Lois Hinz*



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Dr. Neville Headley



Dr. Harleen Premi



Dr. Puneet Khaira



## CONTACT US

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# Brentwood COMMUNITY ASSOCIATION

www.brentwoodcommunity.com | Community Centre, 1520B Northmount Drive NW  
 Mailing Address: 5107 33 Street NW T2L 1V3 • Email: office@brentwoodcommunity.com • 403-284-3477  
 Linda Van Holst – Office Manager • Steve Dietrich – Arena Manager

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## SCAN HERE TO VIEW ADDITIONAL BRENTWOOD CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## Say Cheese? Or Maybe Not...

Back in the 1840s, instead of saying “cheese,” folks opted for “prunes” during photo sessions. Flashing a big grin was considered juvenile at the time. A savvy London photographer advised people to say “prunes” to maintain a more composed expression. This practice, predating the modern “fish face” selfie, harks back a good 180 years.





# Off the Bookshelf

by Rosemary Brown

Richard Van Camp is a born storyteller as is evidenced in his collection of short stories, *Moccasin Square Gardens*. Van Camp is a member of the Dogrib First Nation from Fort Simpson in the NWT. His passion and love for the North and the people who live there permeates his stories.

The stories in this collection were written over the years and cover a wide range of themes often laced with humour. Whether set in the future or the present, his stories are framed by the environment, the impact of colonization, band office politics and the corruption of some leaders, community and family relationships, and friendships. Some of the stories are disturbing and others are heartwarming. My favourite stories were "Super Indians", "Man Babies", and "Ehtsee/Grandpa". Other members of the Settlers Book Club had different favourites, but everyone appreciated the collection as a whole.

Another very enjoyable read from the Settlers Book Club is Dawn Dumont's novel *Rose's Run*, which won the 2015 Saskatchewan Book award for fiction.

Dumont is Cree and a member of the Okanese First Nation in Saskatchewan.

*Rose's Run* is an engaging interplay of relationships between spouses and partners, parents and children and friends, a commentary on life in a small, impoverished reserve, band office doings, and the supernatural.

Rose is the single mother of two daughters, one a troublesome teen. She is overweight, smokes, and loses her job on the pig farm, and then somehow is inveigled into declaring that she is going to run in a marathon. While she trains for this, she navigates unemployment, her prickly relationship with her teen daughter, friendships, a new relationship, sightings of her mother's ghost, and the appearance of a reawakened demon.

The female demon brings most of the women in the community under her control in order to punish the men for their transgressions against women. *Rose's Run* refers not only to the marathon but also to the run she made in an attempt to escape the clutch of the demon. I'll leave it up in the air as to how that turned out, much

like how Dumont ends the novel with the beginning of the marathon but not its conclusion.

As well as being a writer, Dawn Dumont is an accomplished comic, and as a result the novel is full of many humorous incidents and very clever and witty interchanges among the characters.

I was surprised by the supernatural elements of the story until I heard a radio interview with Trevor Solway, a filmmaker from Siksika. He had just released a film called *Tales from the Rez* based on the ghost stories he had been told by his grandparents while growing up. A quick search of the internet informed me that ghost stories were told by different Indigenous nations to "protect sacred spaces and burial grounds, to keep children safe while they were on the land, and to connect with the ancestors".

NB: Since 2022, Dawn Dumont (pen name for Dawn Marie Walker) has been facing a variety of charges related to her faked disappearance and death made in an effort to protect herself and her seven-year-old son from a former partner whom she and others called abusive.



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# Brentwood

## Community Association Membership Application

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Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Family \$35     55 Plus (Couple) \$25

Individual \$12.50

**Please return membership application with your  
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Community Association**

**Mail or Drop Off to**

**Brentwood Community Association  
5107 - 33 Street NW, Calgary  
Alberta T2L 1V3  
office@brentwoodcommunity.com**

**403-284-3477**



### 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:** Luanne Metz (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.



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# Scouts About - 4th Elks Triwood



## January Updates

It has been a busy fall for the 4th Elks Beavers, Cubs, and Scouts. We had an overnight at Camp Cadicasu in October for Beavers and Cubs, followed by a sleepover at the Royal Tyrell Museum in November. The Scouts played 'Great Escape' in a rainy farmers field into the early morning hours in late October. In December, Cubs raced their Cub Cars.

We have plans for winter survival camps, canoe adventures, and horseback riding for the winter, spring, and summer. If your youth is interested in joining, please email [4thelkstriwood@gmail.com](mailto:4thelkstriwood@gmail.com).

## Youth Sections

Scouting has five sections based on age. Scouting is open to both boys and girls.

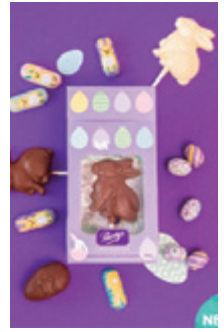
Section	Ages	Motto
Beavers	5 to 7	Sharing, Sharing, Sharing
Cubs	8 to 10	Do Your Best
Scouts	11 to 14	Be Prepared
Venturers	15 to 17	Challenge
Rovers	16 to 18	Go Beyond

## Become a Leader

Anyone 16 years of age or older can be a leader. If you are interested in building youth and community presence, all you need is a sense of adventure. Don't worry about "having the skills", you can build those along the way!

## Fundraisers

Thanks to everyone who bought our special 4th Elks Label Coffee roasted by Highwood Coffee and our Scouts Canada popcorn during the fall fundraiser. We will have more coffee and maybe chocolate on hand for Easter. We are also doing a bottle drive in the Triwood communities on January 13, 2024.



*Cubs building Cub Cars*



*Cubs building shelters at Cadicasu*

## For More Information

Contact us at [4thElksTriwood@gmail.com](mailto:4thElksTriwood@gmail.com) or find us on Facebook @4thElks.

# THE DEAD PERIOD

WE KNOW THAT THE CALENDAR HAS CHANGED OVER TIME, BUT DID YOU KNOW THAT BECAUSE THE ROMAN MILITARY WASN'T ACTIVE IN THE COLDEST MONTHS, THEIR CALENDAR ONLY HAD 10 MONTHS WITH FORMAL NAMES. JANUARY AND FEBRUARY WERE REFERRED TO AS THE "DEAD PERIOD".



## New Rules for Short Term Rentals

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

Do you operate a Short-Term Rental? If so, there are new rules that come into effect on January 1, 2024. For complete details, see the City of Calgary website at [www.calgary.ca/STR](http://www.calgary.ca/STR). Effective January 1, if you rent out any home or portion of the home, you must have a valid Business Licence for the STR, regardless of how frequently or infrequently you rent out the unit.

How can you find out if a short-term rental has a valid license? There are about 5,700 STRs in Calgary. If they have a license, they will be on this map: <https://data.calgary.ca/Business-and-Economic-Activity/Map-of-Short-Term-Rentals/xmzy-ebse>. If a unit is not on the map, it might be a licensed "Bed and Breakfast", which falls under a separate category. If it is an unregistered STR operating without a license, then complaints can be submitted to 3-1-1 (online, phone, text).

### What is Defined as a Short-Term Rental?

Most people are familiar with Airbnb or VRBO. The City's definition is "the business of providing temporary accommodation for compensation, in a dwelling unit or portion of a dwelling unit for periods of up to 30 consecutive days." Note that an STR may be either a full dwelling (such as renting out a whole condo or house) or a portion of a dwelling (such as a basement or a room in your condo). Either way, new rules will apply.

### Why are the New Rules Needed?

According to the City, these amendments aim to strike a balance between enabling the economic benefits for short-term rentals and minimizing the negative impacts on the community. The rules are intended to:

- Enhance safety of the STR unit
- Reduce negative impacts on the community
- Ensure greater accountability

### What if I Have a Secondary Suite? Can I Use That as a STR?

Yes, but the host must have a short-term rental licence. The secondary suite must be fully compliant with all the bylaws and building codes for a secondary suite, including being on the registry.

### What are the New Rules?

As of January 2024, you must have a valid business licence for the STR.

The requirements include:

- Licence inspector review
- Annual fire inspections done by Calgary Fire Department to ensure compliance with all life safety requirements
- Proof of insurance indicating the location is operating as a business
- Proof of ownership of the dwelling unit or written owner consent
- If in a condo, written proof from the condo board that short-term rentals are permitted

You must also include:

- A floor plan of the dwelling unit or portion of the dwelling unit offered, including:
  - Dimensions of the rooms
  - All rooms for rent, including all rooms offered as bedrooms or available for the purpose of sleeping (living rooms with a fold out couch for example)
  - Location of all smoke alarms and fire extinguishers
  - Location of fire exits

In addition, the following regulations apply:

- Maximum number of guests (no more than two adults per room)
- Overlapping bookings (the host cannot rent out separate rooms to separate guests under separate reservations)
- Advertising (the host must include the business licence number in any advertising for the STR)
- Emergency contact information must be available
- A guest record must be kept for each transaction

### What if a Host Does Not Comply with the Bylaws? Are There Fines for Non-Compliance?

The City's approach is to achieve voluntary compliance for bylaws whenever possible. Failing to abide by the regulations can result in a \$1,000 fine for each offense upon conviction.

If you rent out your home or part of your home, it's up to you to get a license and learn the rules. The City website also has a 'Good Host Guide' and a 'Good Guest



Guide' to provide knowledge on best practices. If you are a neighbour being impacted by an STR nearby, complaints should be submitted to 3-1-1 (online, phone, text).

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 [office@brentwoodcommunity.com](mailto:office@brentwoodcommunity.com) or at 403-284-3477.



## News from the Friends of Nose Hill

by Anne Burke

Along the many 1959 vehicle trails, a great deal of severe damage occurred on slope crests and the top of hummocky areas (i.e., a small knoll or mound above ground). Although regeneration was slow, the amount of scarring evident in 1982 photographs was less than in 1969. Many of the deeply cut and rutted trails were along the 24th Street alignment. There were significant vehicle impacts on the bluffs north and south of Porcupine Valley. The hillside due west of the Berkley Gate parking lot was heavily scarred, as were the ravine slopes and trail up the north face of the bluff that rises from the south side of the Valley. In 1990, Canadian Western Natural Gas was granted a utility metre easement in the park on the slopes marking the Park's northern boundary. Adjacent construction projects involved temporary removal of post-and-cable fencing to deposit waste in the MacEwan Glen Ravine.

Between 1982 and 1990, walkers and cyclists expanded the already extensive trail network. In 1993, trail conditions and user data were collected during the period of 20 July to 20 September from the glacial moraine (the plateau and side slopes), ravines (such as Many Owls and Porcupine Valley), and disturbed land. Use of Nose Hill was greater in the afternoon and evenings. A total of 631 people used pathways versus 200 on trails. More walkers used pathways while those with dogs used ravines. On weekends more users spent time in the ravines. Almost three times as many users were recorded using the Hill plateau and side slopes, rather than ravines, during the week. Survey work was done by pairs of volunteers from Friends of Nose Hill, Nose Hill Communities Board, and the Calgary Field Naturalists Society.



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

## Brentwood Arena Public Skating

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

January 8 to March 25, 2024

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

January 10 to March 27, 2024

**No Public Skating Dates:** 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.



# Crime Prevention Tips and Safety Numbers

Winter has started, but criminals don't take a day off. Crime can happen anywhere, in any season. By taking a few simple steps on our own or through community involvement, we can reduce crime in our communities. Below are some tips that you can take to help prevent criminal activities.

## Quick Tips

1. Light up your home and alley. Poorly lit areas attract negative behaviour. One caveat though: please direct lights down, so that your neighbours don't have the lights shining into their (bedroom) windows.
2. Get to know your neighbours (ensuring that they have your contact information) and let them know when you are away. When neighbours know your schedule, any suspicious activity will be quickly recognized.
3. When away from home, manage your home lighting through timers, have mail and packages picked up, and arrange to have your sidewalk and driveway shovelled. A home is more of a target when it looks unoccupied.
4. Cut back bushes to reduce unwanted shrubbery that can be used to cover up criminal activity.
5. Lock doors and windows and keep valuables such as bikes inside (and locked). Criminals look for the path of least resistance and easy targets.
6. Clean up your yard and neighbourhood. Remove trash, and report graffiti and garbage cleanup requirements to the city. Remember to tidy up your alley too! A well cared-for community deters criminal activity.
7. Know whom to call to help stop, reduce, and deter crime. See below for contact numbers.

## Who to Call

### Call 9-1-1

For medical emergencies, if you see a fire, smell smoke or gas, see a crime in progress, or for emergencies related to health, safety, or property you need to get help immediately. Crimes in progress include impaired driving, assault, domestic violence, painting graffiti, or

any crime that is happening now. For these situations or if you are concerned for someone's safety or well-being call 9-1-1.

### Call Police Non-Emergency Line (403-266-1234)

For police concerns of a non-urgent nature such as a minor accidents, general noise complaints, or to report incidents that have previously occurred including stolen or damaged property, call the police non-emergency line.

### Call 403-537-7000 (option 3)

Illegally parked cars (including cars that are parked outside of allotted signage time).

Call hours: Monday: 6:00 am to 11:00 pm. Tuesday to Friday: 6:00 am to 2:30 am. Saturday: 9:00 am to 2:30 am. Sunday: 8:00 am to 11:00 pm. For calls after hours, please contact Calgary Police Services non-emergency line at 403-266-1234.

### Call Alpha House HELP Team - Formally DOAP Team (403-998-7388)

If you witness a non-threatening individual apparently under the influence of drugs or alcohol and in need of support, contact Alpha House. Email: [info@alphahousecalgary.com](mailto:info@alphahousecalgary.com).

### Alpha House Needle Response Team (403-796-5334)

If you discover needles or drug paraphernalia in need of cleanup, contact Alpha House. Email: [needle@alphahousecalgary.com](mailto:needle@alphahousecalgary.com).

### Alpha House Encampment Team (403-805-7388)

If you discover an encampment (tents or sleeping area) in the community, contact Alpha House. Email: [encampment@alphahousecalgary.com](mailto:encampment@alphahousecalgary.com).

### City Services (3-1-1)

To ask for city information or to request a non-emergency service such as the removal of graffiti, bylaw related issues, potholes, or issues with snow removal etc., contact 3-1-1. Access 3-1-1 Mobile App: <https://www.calgary.ca/311.html>.

### Community Information and Referral System (2-1-1)

For information about community or social resources available in Calgary, contact 2-1-1. Text "INFO" to 2-1-1.

### HealthLink (8-1-1)

For health advice and health information services, contact 8-1-1.



### A Standing Ovation in the House of Commons

by Lee Hunt

All MPs from every party stood on November 23, 2023, to give Brentwood’s Member of Parliament Len Webber a standing ovation.

The occasion was news that approximately 2.4 million residents of Ontario and Nunavut have ticked a box on their tax forms to indicate that they wish to be organ and/or tissue donors. This is the result of Webber’s private member’s Bill C-210, which passed with all-party support in 2022.

Webber’s hope now is that other provinces will follow suit to allow their taxpayers to sign up on their tax forms to be organ donors.

### Condolences

by Lee Hunt

A recent Calgary obituary read, “He loved gymnastics... as a young man he was able to walk on his hands at the Stampede Parade.” That was quite a claim to fame for long-time Brentwood resident Jim Nielsen who passed away on October 27, 2023.

Besides walking on his hands, Jim was talented at playing the piano, ballroom dancing, cross country skiing, travelling, doing carpentry, and biking.

Jim and his wife Christine (who died in 1984) purchased one of the earliest homes in Brentwood. I recall Jim once showing me a photo of their home – a single house surrounded by nothing but prairie and clay.

Jim’s career as a guidance counsellor took him to Crescent Heights, Queen Elizabeth, and Lord Beaverbrook.

Victor Wong, who grew up next door to Jim and Christine, recalls Jim as “very friendly” and “always willing to lend a hand”. Jim and Victor often had a “contest” to see who could get both walks shoveled first – and “Jim generally won”. Victor and his wife Marie recall Jim’s determination in singlehandedly cutting down a large poplar tree in his yard. Marie remembers, too, Jim’s great love of chocolate – and how generously he shared it with others.

We at *The Bugle* extend our condolences to Jim’s daughters Alison, Lisa, Sarah, their families, the extended family, plus his social companion Jean Richards-Carter.

**BRENTWOOD COMMUNITY**

**SOCCER COORDINATOR NEEDED**

2024 SEASON FEB-JUNE

- Needs Good Communication Skills
- Needs Good Organizing Skills

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# Brentwood Learn to Skate Program



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*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

### ABOUT OUR PROGRAMS

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!  
**Register TODAY to start your skating with us!**

 <http://brentwoodcommunity.com/>



### Connect with Us

 Brentwood Sportsplex Arena  
1520B Northmount Drive N.W.  
Calgary, AB, Canada T2L 1V3

 [BrentwoodSkatingClub@gmail.com](mailto:BrentwoodSkatingClub@gmail.com)



# 4-H Alberta Launches First Six-Week Intro Club in Calgary

by Lori Nielsen- Senior Program Coordinator for 4-H Intro Clubs

4-H Alberta has launched a new initiative called 4-H Intro Clubs, which brings six-week programming to youth in the city. The flagship club, explore 4-H, recently concluded its successful run on November 15. Throughout the six-week program, members were exposed to many enriching experiences.



These activities included making healthy snacks and smoothies, exploring AI and 3D printing, and creating natural bath and body products. The club had a visit from a live hawk and members used their critical thinking skills to explore engineering with LEGO. Alongside these hands-on learning opportunities, members developed their leadership, record-keeping, and communication skills, ensuring well-rounded skill development. To culminate the program, members organized a delightful chocolate party for their families, celebrating their achievements and the bonds they had formed.

Youth programs, such as 4-H, help develop positive well-being in young people. The 4-H Intro Club initiative is a great way for young people to develop important life skills and make new friends without a huge time commitment. This innovative program offers a refreshing alternative to year-long commitments, making it highly accessible for families with busy schedules. 4-H Intro Clubs will continue to be offered in various locations throughout the city until July, with an upcoming sports-based club at Genesis Centre after school on Mondays and a Baking Club in the Brentwood area on Wednesday evenings starting the week of January 15. Registration for these clubs closes on January 5, and more information can be obtained by contacting [introclubs@4hab.com](mailto:introclubs@4hab.com).



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# How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

# BUSINESS CLASSIFIEDS

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**ON THE MARKET**

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

Location! Location! Location! Across from a green park, 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. Fully-developed basement. Double detached garage. Close to all amenities. Asking \$719,900 mls# A2080002

**SILVERSPRINGS--SILVERGROVE CLOSE**

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**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. Total of 7 bedrooms, 3 full bathrooms. Asking \$899,900 mls# A2086439

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Bi-Level, boasting a massive front driveway that can accommodate up to 6 vehicles, 5 bedrooms, 2 full bathrooms. Asking \$669,500 mls# A2088557

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4 levels split view of downtown. Total of 4 bedroom, 3.5 bathroom. Close to all amenities. Asking \$899,800 mls# A2068878

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