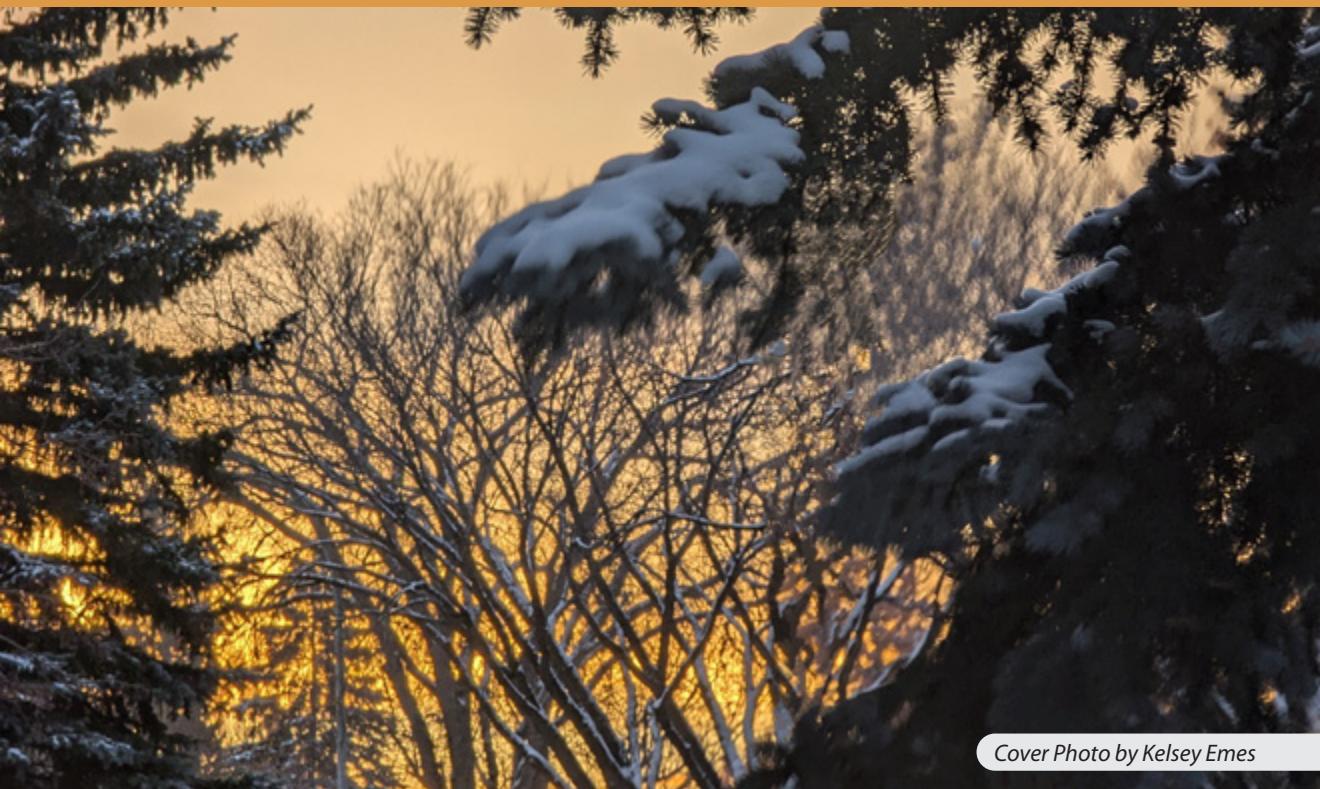


JANUARY 2026

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

your **BRENTWOOD** bugle

THE OFFICIAL BRENTWOOD COMMUNITY NEWSLETTER



Cover Photo by Kelsey Emes



Colin Ongyerth
B Comm. (Finance)

403.690.9677
colin.ongyerth@shaw.ca

Top 100 Agent in Western Canada January - November 2024
Offering FREE Home Evaluations
Sold 30 Homes Year-to-Date in 2025

Coast to Coast Gondola ~ Pizza ~

Always

2 for 1

403-282-5559



Pick-up &
delivery

Scan & order

5% OFF FOR FIRST
ONLINE ORDER

1330 Northmount Dr. NW
(Corner of Northmount & Brisebois Dr)
www.coasttocoastgondolapizza.com

Physiotherapy, Chiropractic, Acupuncture & Massage



Trained to help with concussions,
vertigo and pelvic floor care

CALL TO BOOK

403-300-0963

OFFICIAL

PLUMBING & HEATING

Furnace Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



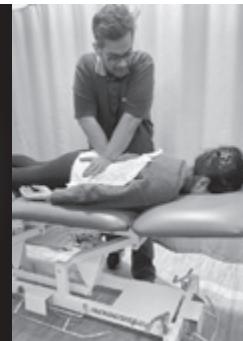
403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



- We Accept MVA & WCB Claims
- Direct Billing Available
- Seniors Discount
- Walk-ins Are Welcome



📍 312A – 3630 Brentwood Road NW, Calgary
(Near Freshco)

OPEN 7 DAYS A WEEK!

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762

grow@greatnewsmedia.ca



SCAN ME

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



YOUR SPORT. YOUR CITY. ARE YOU IN?

Feb. 6 - 15, 2026

All Over Calgary

Over 70+ Sports

All For Free!



ALL
SPORT
ONE
CITY

Sport Calgary



ANITA MORTGAGE
AVENUE | Financial
Real Estate Solutions



ANITA
RUSSELL

Give Your Parents
Comfort with a
Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them
freedom and peace of
mind.



403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

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

NAME	POSITION	EMAIL
VOLUNTEER BOARD OF DIRECTORS		
McCURRY, Bonita	President	Bonita.McCurry@brentwoodcommunity.com
OSADETZ, Kirk	Vice-President	Kirk.Osadetz@brentwoodcommunity.com
CHOUDHARY, Shiney	Secretary	Shiney.Choudhary@brentwoodcommunity.com
BOYCHUK, Lisa	Treasurer	Lisa.Boychuk@brentwoodcommunity.com
DOSLOV-DOCTOR, Deonte	Events Coordinator and Social Media	Deonte.DoslovDoctor@brentwoodcommunity.com
JAUREGUI LORDA, Matias	Soccer Coordinator	Matias.Jaureguildera@brentwoodcommunity.com
JOHNSON, Peter	Development and Transportation	Peter.Johnson@brentwoodcommunity.com
MACDONALD, Ena	Figure Skating/Learn to Skate	Ena.MacDonald@brentwoodcommunity.com
SIM, Cynthia	Community Garden	Cynthia.Sim@brentwoodcommunity.com
SIVAGNANAM, Mohan	Volunteer Coordinator	Mohan.Sivagnanam@brentwoodcommunity.com
SWAILES, Melanie	Development and Transportation	Melanie.Swailes@brentwoodcommunity.com
VACANT	Casino Coordinator	
VACANT	Membership Director	
SPECIAL REPRESENTATIVES		
JUCKER, Jonathan	Brentwood Bugle	BCABugle@telus.net
MAKAR, Roman	55+ Bridge Group	Roman.Makar@brentwoodcommunity.com
STAFF		
DIETRICH, Steve	Arena Manager	Steve.Dietrich@brentwoodcommunity.com
VAN HOLST, Linda	Office Manager	Office@brentwoodcommunity.com



**SCAN HERE TO VIEW ADDITIONAL
BRENTWOOD CONTENT**

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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.

Dear Brentwoodians,

Happy New Year!

The Brentwood Community Association together with *The Bugle* and its contributors wish all our readers a healthy, happy, and prosperous 2026. I am looking forward to another year of enjoying all the great people and places in our community!

Real Consultation

We are very happy to have Melanie Swailes back reporting on Development and Transportation issues. This month she summarizes the viewpoints she heard from our community opposing the City's blanket rezoning law, which is now up for repeal or alteration by the new mayor and council. This is important, because the concerns she has heard focus on the size and scale of new developments, the lack of green space and trees, and the impact on neighbouring homes and streetscapes.

Unfortunately, these concerns are often mischaracterised as being about people when they are really about buildings and spaces. I have heard supporters of rezoning describe opponents as not wanting lower-income families, renters, or new Canadians moving into their neighbourhoods, which in addition to being untrue and unfair, betrays an arrogant attitude towards the public.

Community engagement exists on a spectrum that ranges from informing affected people about what is happening, through various levels of consultation, to empowering stakeholders to make decisions on issues that affect them (see graph). As a rule, the more far-reaching a change, the more engagement and empowerment is needed; while simply informing

a community about, for instance, the spring street-cleaning schedule is appropriate, decisions that affect the enjoyment and value of people's homes on a broad scale need more engagement.

For people who are accustomed to making decisions, such as politicians and business leaders, it can be very difficult to let go of that power and engage in true community empowerment. It requires a willingness to be sent back to the drawing board to come up with a whole new plan, or even to abandon your proposal if the community's answer is "no".

It was clear that the last city council was not interested in truly listening to the voices of Calgary's communities, and in many cases the election results affected people's disappointment with that. Let's hope that the new council does a better job of listening.

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) and 2400 x 1600 pixels minimum size. 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.

Yours sincerely,

Jonathan Jucker

Editor, Brentwood Bugle

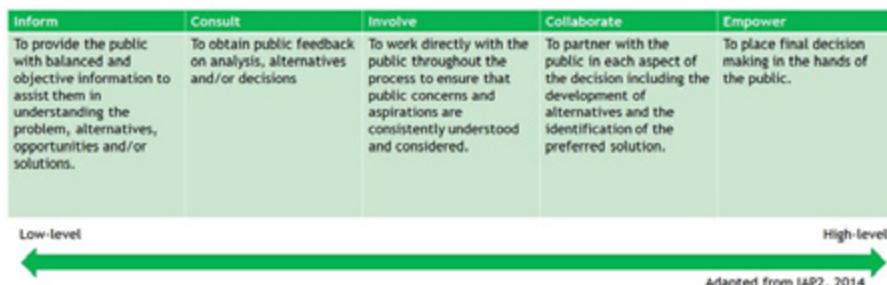


Image source - International Association for Public Participation, 2014

Brentwood

Community Association Membership Application

Surname: _____

First Name: _____

Spouse: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Family \$35 55 Plus (Couple) \$25

Individual \$12.50

Please return membership application with your
cheque made payable to the Brentwood
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.

Calgary Police Service on Nextdoor!

Calgary Police Service now has a dedicated space to engage with community residents. <https://ca.nextdoor.com/agency-detail/ab/calgary/calgary-police-service/>.

For more information or to join Nextdoor, download the app or visit nextdoor.ca today!

CPS Community Safety Guide

<https://brentwoodcommunity.com/2024/11/21/cps-community-safety-guide/>.

Your Representatives in Brentwood

City Councillor: DJ Kelly (Ward 4):
ward04@calgary.ca.

MLA: Luanne Metz (Calgary-Varsity):
Calgary.variety@assembly.ab.ca; 403-216-5436.

MP: Corey Hogan (Calgary Confederation)

CPS Community Police Officer: Constable Reinders:
pol4241@calgarypolice.ca; 403-428-6342.



Public Skating

Mondays: 10:00 to 11:30 am

January 5 to March 23, 2026

Wednesdays: 1:30 to 3:00 pm

January 7 to March 25, 2026

No Public Skating Date:

February 16, 2026

*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 age 18 must wear a helmet.



BRENTWOOD COMMUNITY

SOCCER

**REGISTRATION
IS OPEN**

FEB 2 - MARCH 31, 2026



Register now

www.brentwoodcommunity.com
or call 403-284-3477 Ext 2

Blume

A P A R T M E N T S F O R R E N T

Blume is a stunning residential rental project in the heart of northwest Calgary, attractively positioned within a short walking distance of the Dalhousie LRT Station and Shopping Centre. Views from many residences include downtown Calgary and beautiful Rocky Mountain backdrops.

**FITNESS | MONTHLY COMMUNITY EVENTS
TENANT LOUNGE | BLUME SMART HOME**



SEE WHY RESIDENTS LOVE LIVING HERE. BOOK YOUR TOUR. LIVEATBLUME.CA



Pradeep Silas Was a Person of Wisdom and Compassion

by Lee Hunt



The October 20, 2025, passing of Pradeep Silas has been a major blow to his co-workers and customers at the Brentwood Co-op.

Pradeep began working at the Co-op in 1978 (that is not a typo) when he was a student at Sir Winston Churchill High School where he captained the soccer team. He continued working

at Co-op while attending Mount Royal and the U of C where he attained his BA in Psychology. Following his formal schooling, Pradeep worked part-time at Co-op and part-time for the City of Calgary Utilities, Accenture, and the Mennonite Mutual Insurance Co. But his heart eventually took him back full time to the Brentwood Co-op.

At Co-op, Pradeep's official title was Customer Service Cashier in Charge of File Maintenance. He carried out those duties well but excelled at his "unofficial" roles as greeter in chief, listener, and punster. Those friendly greetings were mentioned by co-workers Adrift and Tyler, while Shawn and Kim spoke of "really good morning talks" and Pradeep's being "a great teacher always giving advice and wisdom". Colleagues Steve, Brad, and Dave referred to Pradeep's marvellous sense of humour and his great smile. As Steve put it, "I don't think that I ever saw Pradeep angry or in a bad mood". Sue, who worked with Pradeep for 34 years misses their personal talks and his good morning 'Sue Baby hug'.

Store manager, Anthony, praised Pradeep's compassion and "ability to make people feel valued and appreciated". Pradeep was "a cornerstone of our customer service". In fact, Anthony recalls one day when a customer said to him, "Oh, Pradeep isn't working today – okay I'll shop on a different day then".

Pradeep's caring and good humour also extended to Co-op customers. This was demonstrated by the praise, sorrow, and gratitude expressed by customers who signed the Tribute Book made available at the store. And for Pradeep it wasn't a matter of simply greeting customers. I was told of two instances when customers had forgotten their wallets at home, so Pradeep paid for their groceries "without hesitation... with no expectation of being paid back". (Though he was!) Shoppers Paul and Juliette told me that, "We started missing Pradeep the minute we heard the news... he was kind and considerate to his core and you saw it on his face and in his eyes".

I myself recall having many conversations with Pradeep - always unselfish, he would ask for details about whatever project I was currently working on. I wish now that I had asked Pradeep more about his own life. I would have learned how dedicated he was to his family, his friends, and his church. These aspects of his life were lovingly reflected in the eulogies given at Pradeep's Memorial Service which was attended by more than 400 people.

Pradeep's absence will be deeply felt by so many. As co-worker Kim expressed it, "We will miss his friendship, his wisdom and advice. He was the 'glue' which held us all together."

My grateful thanks to Pradeep's sister Sujatha and brother Ajit for their kind assistance in preparing this article.

On behalf of *Bugle* readers and Co-op shoppers, our thoughts go out to Pradeep's nuclear family, friends, and Co-op family. May we follow in his lead as cited at his Memorial Service in these words from Henry Wadsworth Longfellow, "Let us then be up and doing, with a heart for any fate".



Mary Makuk Was a Real Trooper

by Lee Hunt



Long-time Brentwood resident, Mary Makuk, passed away on November 12 at age 101.

Mary was always a humble, hardworking person with a no-nonsense approach.

She and her husband Steve (who predeceased Mary in 2022) moved to Brentwood

in 1971. Here they raised their three children – John, Maureen, and Patrick. Both Mary and Steve were great travellers. When the children were young, holidays were primarily in Canada and the U.S., but once the children had left home, Mary and Steve pursued international travels which included Europe, China, Israel, South America, Hawaii, and Australia.

In addition to travel, the Makuks loved to dance – especially the waltz. In fact, they first met at a dance.

In later years, despite the challenges of vision loss and reduced hearing, Mary carried on. When I last visited her, Mary told me of having so much enjoyed a recent restaurant outing with a number of her grandchildren.

In Mary's funeral write up, the family commented that, "Most recently mom became proficient at using a Home Pod to determine the time, weather, and news. In her final days in the hospital it amused everyone to hear our 101-year-old mother call out loudly, 'Siri, get me a nurse' or 'Siri, get me water'."

Indeed, Mary was a real trooper - a woman of humility and determination. She will be greatly missed.



News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.



BRENTWOOD DEVELOPMENT AND TRANSPORTATION COMMITTEE

Blanket Rezoning - Repeal or Reform?

by Melanie Swailes on behalf of the Development and Transportation Committee

Blanket rezoning was a “hot” topic leading up to the civic election in October 2025. Opinions were strongly divided among candidates, with some in favour of a repeal, while others opted for “reform”.

Area residents with whom I spoke generally agreed on some common themes: yes, we need more housing, and more specifically, “affordable” housing. Many spoke about the difficulties their adult children were having in finding a suitable place to live, especially with the high costs of renting or purchasing a home. At the same time, many people mentioned examples of blanket-rezoned buildings which they didn’t like at all – too high, too massive, no trees left, inadequate parking, and too much crammed onto a single lot. In my opinion, this is a failure to properly consider the “C” part of R-CG – the “Contextual” aspect.

Contextual dwellings are homes built within older residential communities (typically built before 2008), with rules that keep a similar look and feel as the street.¹ Any proposed development is supposed to conform to the “context” of surrounding properties, not be jarringly different. Context means that houses in Brentwood look different than say, Ranchlands or Crescent Heights, because they were built during different time periods, with different materials and trends. As well, R-CG is a “Discretionary” use, “meaning that the community will be circulated for comments and notice will be posted on the site, soliciting feedback in the development permit process.”² Why then are there so many examples of buildings that do not seem to fit in sensitively, and why does it seem that opposition is ignored or dismissed as mere NIMBYism?

The biggest change blanket rezoning brought about was that it allowed for a Land Use Change (rezoning) without a Public Hearing before Council. Any property owner has always had the right to apply for a rezoning, but it would have meant a full Public Hearing in which anyone could speak in favour or in opposition, followed by a vote by the elected members of Council. Some

people felt that this was a waste of Council’s time (especially since most applications were approved) but arguably, eliminating the right of impacted neighbours to speak took away important oversight. Owners who purchased homes in an area amid other R-C1 (single-family) homes are often shocked to find that the new zoning of R-CG allows an application for an eight-unit dwelling next door, and even more surprised to find out that Council is not involved.

A “blanket” approach can never consider subtle nuances or uniqueness of communities. Over 300,000 properties were blanket rezoned, leaving neighbours nervously wondering just what might get built next door. First, let’s be clear on the number of units. A Development Permit (DP) application for a rowhouse with four secondary suites has a total of eight separate dwelling units: eight front doors for the eight unrelated parties occupying those homes. Lot coverage also has a huge impact. While R-C1 had a maximum coverage of 45%, R-CG allows for 60% for the buildings, with additional amounts taken up by garbage bins, bike storage, and internal sidewalks, leaving very little space for trees or landscaping. Height and massing are also common complaints because R-CG allows for three-storey buildings up to 11 metres tall. In Brentwood, many homes are bungalows so a three-storey building next door can be overwhelming in scale, as well as placing the home in shadows, rather than allowing sunlight onto the property.

All of these concerns were raised repeatedly during the weeks of the blanket rezoning hearing. Many presenters begin by stating, “I’m not against change or more housing, but...” Representatives from about 50 community associations worked together to compile a list of the items which we felt needed to be addressed, and met directly with Mayor Gondek, but almost none of those ideas made their way into the final reports or Motions. There were numerous Motions Arising, which included the need for guidelines, and better community engagement, but those have progressed far slower than the number of new buildings popping up. If reform is to be possible, it would require far greater resources and guarantees than have been shown to date.

Does blanket rezoning work? It depends on what the goal is. If it is to make it easier for a developer to replace

a single house with four or eight units, then yes: drive around Bowness or Mount Pleasant and you'll see the number of houses being torn down and replaced by eight-plexes.

If affordability is the goal, then we've failed miserably. According to the City of Calgary News Release (March 24, 2025)³, "Calgary...(recorded) the highest housing starts in Canada with 20,165 units, setting a new record and making 2024 the first year Calgary surpassed 20,000 units." However, while the City exceeded its original target for total builds, it reached only 25% for non-market (affordable) housing starts with a total of 186 units. Also keep in mind that older houses being torn down were often what is called Naturally Occurring Affordable Housing, or "NOAH" homes. For every new rowhouse which gets built, usually an older house (which often contained a suite, legal or otherwise) was torn down, so some of the "cheaper" rental units were removed. It seems that the majority of housing being built is higher-end housing, which is more profitable to developers or investors, but is not where the greatest need lies.

Instead of a blanket approach, in Brentwood, citizens and Planners worked over several years to create guidelines on how redevelopment should happen, culminating in the Brentwood Station Area Redevelopment Plan (ARP), completed in 2009. This document recognized that "not all areas are appropriate or desirable for change", instead, designating "Areas of Stability" and "Areas of Change". Areas of Change reference "the locations where redevelopment is welcomed and where significant opportunities exist to achieve the vision of a major regional node and livable community" (the Brentwood and Co-op Mall areas, the University Research Park, and the park and ride lots). The ARP promotes "Areas of Stability" defined as "established residential communities surrounding Brentwood LRT" in which "the character of these places will remain the same". This ARP recognized that there is value in certainty and predictability.

Most residents understand the need to grow and change, but they also wish to have a strong voice in how that happens. Public participation is vital for urban change in order to "get it right". A blanket approach paints everything with the same brush, while

eliminating the voices of community members directly to their elected representatives. Trust in the Planning process, and indeed, in municipal governments, can only happen when people feel heard.

If you would like to join our community association, you are always welcome to do so. Contact the office at office@brentwoodcommunity.com or at 403-284-3477.

1. <https://www.calgary.ca/development/permits/dmap-faq.html>
2. <https://www.calgary.ca/content/dam/www/pda/pd/publishingimages/current-projects/R-CG-residential-grade-oriented.pdf>
3. <https://newsroom.calgary.ca/the-city-of-calgary-receives-additional-228-million-in-federal-funding-for-exceeding-housing-targets/>



SWANBY LAW NANCY A. SWANBY

• Barrister • Solicitor • Mediator

Wills & Estates Planning and Estate Administration
Collaborative Family Law
Residential Real Estate

Wills, Enduring Powers of Attorney, Personal
Directives, and Probate

Suite 226, Market Mall Professional Centre
4935 – 40th Avenue NW Calgary, AB T3A 2N1
Direct Line: (403) 520-5455
Facsimile: (403) 984-4842
e-mail: nancy@swanby.com
(house calls and after-hours appts. still available)

Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

Brentwood Community Gardening Group

Our first significant snowfall of the season appeared in late November and buried the community garden beds in a white blanket. Overwintering crops have been planted, and the garden is resting now. The 2025 season was very productive, with the huge July rainfall contributing to a bumper harvest.

Several of the deteriorating bedframes were replaced and the season ended with an enjoyable and successful harvest potluck dinner. Most of our current gardeners have already rented their garden beds for next year but several will not be returning so there will be many of our raised garden beds available for rent to newcomers in 2026. Gardeners do not have to live in Brentwood but are required to purchase a Brentwood Community Association membership.

If you are interested in joining our group and experiencing the enjoyment as well as the challenges of growing produce in Calgary's often unpredictable weather, bed rentals will be available on a first-come-first-served basis, starting on February 1, 2026. For further information, contact me at Cynthia.Sim@brentwoodcommunity.com.



**CONCRETE
CAPOLAVORO**

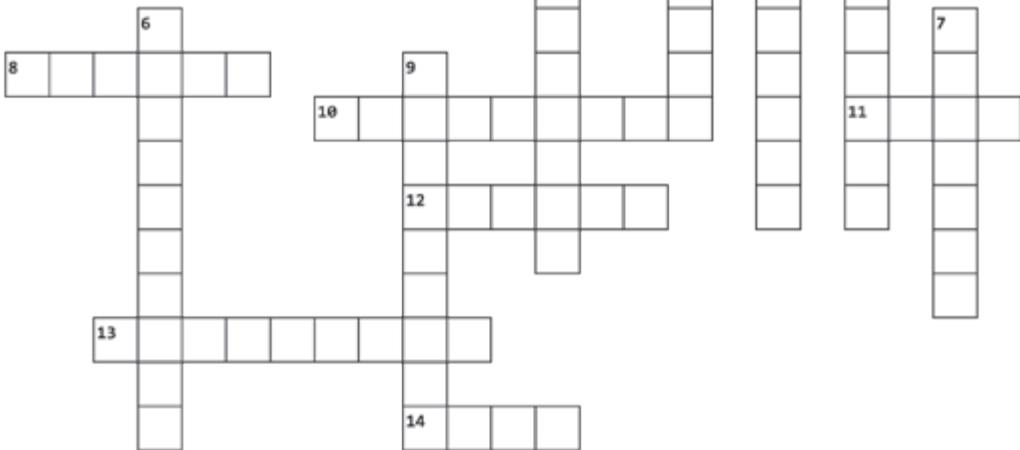
403-816-0965
cityandvillageco@gmail.com

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

January Crossword



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



Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Brentwood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

BRENTWOOD MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

BLACK & WHITE MECHANICAL LTD: Your local plumbing & gasfitting experts based in Charleswood. Specializing in tankless water heaters, hot water tanks, garage heaters, water softeners, renovations, and general repairs & installs. Licensed & insured. Call 403-389-6436, email brennan@bwmech.ca, or visit www.bwmech.ca.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

SIT AND BE FIT: Join Louise Tuesday and Thursday afternoons for fitness classes designed specifically for older adults as well as any adults with chronic conditions. Work on your strength and balance safely at Summit View (formerly St. David's) United Church, 3303 Capitol Hill Crescent NW. Contact Louise for information: fitnesswithlouise@outlook.com, | 403-701-5494.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

E.G.K. CONTRACTING, RENOVATIONS, DEVELOPMENTS, HANDYMAN SERVICES (ONE CALL DOES IT ALL)! Drywall, taping, texturing, painting, tile work, t-bar ceilings, flooring, plumbing, water line breaks, flood and fire restoration, mold remediation, electrical and more. 40+ years of experience. Licensed, insured, carry W.C.B. B.B.B. accredited A+ rating. Check out my website at www.egkcontracting.com or call Erich at 403-606-2493.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.

ZHANG TAX AND ACCOUNTING SERVICE: CRA-registered Senior Tax Expert can help you file personal, non-resident, trust and corporate tax returns. Can file the previous 10 years' returns. Affordable price for good quality. Special offer for contract and investment corporate tax clients. 403-903-6032. janetaxservice@gmail.com. Free quotes. Maximum refund guaranteed. Remote filing. <https://janetaxservice.com/>.



**“Professionals
DO get results!”**

**DANNY
WAI**



ON THE MARKET

3303 BOULTON ROAD NW (BRENTWOOD)

A beautifully kept bi-level home situated on a 51' x 110' lot in the sought-after community of Brentwood! With ~1,070 sq.ft. above grade, the main floor hosts three comfortable bedrooms and an updated 4-piece bathroom. The fully developed lower level features a spacious family room with large windows, a fourth bedroom, and a full 3-piece bathroom. Walk to all levels of schools, the community swimming pool, library, Brentwood Village shops and the updated Northland Shopping District, and the Brentwood LRT station.

Asking \$649,900 mls# A2260697

34, 1234 EDENWOLD HEIGHTS NW (EDGEMONT)

Perched at the top of Edgemont, this top floor suite delivers sweeping city and Nose Hill views from the living room and private balcony and comes with its own detached garage! The primary bedroom features a 3-piece ensuite; a second bedroom and full bathroom provide flexible space for guests or a home office. Large windows capture light and the panoramic outlook toward downtown. Practical perks include one surface parking stall directly in front of the building plus a rare included single detached garage – a standout in this market (what other condo comes with its own garage?).

Asking \$312,800 mls# A2269367

122 PANAMOUNT DRIVE NW (PANORAMA HILLS)

Well-located and family-friendly, this two-storey townhouse over 1,220 sq.ft. in Panorama Hills faces the open green space, offering privacy and a peaceful outlook. The main level features an open floor plan connecting the living and dining areas to a practical kitchen with a raised breakfast bar and large pantry – perfect for the everyday hustle and casual entertaining. A covered deck off the kitchen expands your usable space. Upstairs you'll find three bedrooms and convenient second-floor laundry. The primary suite includes a four-piece ensuite accessed through a pocket door and a large walk-in closet. A half bath on the main floor adds convenience for guests. Ideal for first-time buyers and young families.

Asking \$394,900 mls# A2270329

SOLD

VARSITY — VARSITY DRIVE

Welcome to McLaurin Village in the heart of Varsity, this outstanding two-storey townhouse offers over 1,090 sq. ft. of comfortable and quiet living space, two balconies — both facing the green space for peaceful views year-round. Renovated 4-piece bathroom with full tile surround to the ceiling and detailed carpentry finishes. All windows, front entrance door, and patio door were replaced in 2017 for enhanced energy efficiency and modern aesthetics. You're just minutes away from everything: University of Calgary and Brentwood LRT.

Asking \$329,900 mls# A2254011

SOLD

VARSITY — 50 STREET

Quiet 2 bedroom condo on the third floor, big sunny balcony, a well-maintained building in the heart of Varsity. New painting, upgraded kitchen, open floor plan. Located right across Market Mall, this complex is convenient with public transit nearby, close to key transportation corridors (Shaganappi Trail, Crowchild Trail), a short walk to the University District, and proximity to U of C, Alberta Children's Hospital, Foothills Medical Centre.

Asking \$239,900 mls# A2267119

SOLD

WEST HILLHURST — 5 AVENUE

Stylish semi-detached in West Hillhurst, well-maintained and prime location, two-storey home. With over 3,000 sq. ft. of developed living space, this residence offers the perfect blend of functionality and style, featuring 9-ft ceilings, rich hardwood floors, and a striking tile-faced fireplace framed by custom built-in bookshelves. The chef's kitchen is the centerpiece, boasting quartz countertops, and a large island with breakfast bar. A curved staircase, illuminated by a skylight, leads to the upper level. The fully developed basement offers 9-ft ceilings, a large recreation room, an additional bedroom with walk-in closet and an egress window. Just minutes from downtown and steps from schools, parks, and vibrant community amenities.

Asking \$938,000 mls# A2257023

**Free Home Evaluations Anytime
No Cost & No Obligation**

**Call Danny Wai
at 403-247-5171
and Start Packing!**

Not intended to solicit currently listed properties.

Visit my website,
www.dannywai.com,
for all my listings with
photos, anytime!

**Re/Max Real Estate
Mountain View**

**201 - 4600 Crowchild Trail NW
Calgary AB T3A 2L6**

**Email: dannywai678@gmail.com
www.dannywai.com**