

Regan Adam Bent

MAY 29, 2023

Remember Regan:

Regan Adam Bent was born July 14, 1982 in Grande Prairie, Alberta. From there, he had an opportunity to live coast to coast across Canada, and many places in between. Though, Alberta was where he was born, where he always returned, and he was fiercely proud to call Calgary his home.



Regan was a heavy equipment operator, and he worked on many construction projects in and around his city. Though he never had kids, the legacy he built with his own hands will succeed him. In later years, he moved to Langley, British Columbia, where he was surrounded by the love of his parents and adoring family, to go to school at Kwantlen Polytechnic University. There, he studied as a millwright like his grandfather before he got diagnosed with brain cancer.

Growing up, Regan played hockey and baseball. He enjoyed activity and adventure—as long as it didn't include heights—such as scuba diving, motorbiking, and hiking trips with his father and brother. Regan was also a connoisseur of space, and he had a deep fascination with Ancient Rome. He enjoyed playing videogames, chess and D&D with friends, as well as watching Lord of the Rings, Game of Thrones (he was adamant he even liked the ending), and Star Wars (though only Episodes IV-VI and Rogue One). He was also known for his love of dogs, especially his beloved friend, Tessa, who was his phone background.

Regan was always especially kind to his nurses, as he was kind to everyone. He was one to accept his lot in life with a smile and a compassionate word. He was encouraging, supportive, quick to laugh, and fiercely protective of the ones he loved. Regan had a strong mind, a strong will, and though he was a proud Bent, he did not bend easy. He stayed brave and steadfast to the end, exemplifying the family motto “Nec temere, nec timide”: Neither rashly, nor timidly. Regan walked with hope in life, and now peace will be his greatest companion for his bravery.

Regan died peacefully in his sleep, and his last words were “I love you, Mom.”

He was survived by his parents, Richard and Lorraine; his brother, Creighton (Ashley); his sister, Aime; his niece, Arianna; his grandmother Amy Busch; and many beloved aunts, uncles, cousins, and friends.

He was predeceased by his sister, Leslie; his grandparents Alex Busch, and Bill and Avice Bent; and sadly, many cousins.

Messages of Condolence

Regan was an incredible man! We were so lucky to have had him in our lives.

— **Aime Katherine Bent**



<https://www.myalternatives.ca/obituaries/bent-regan-adam>

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