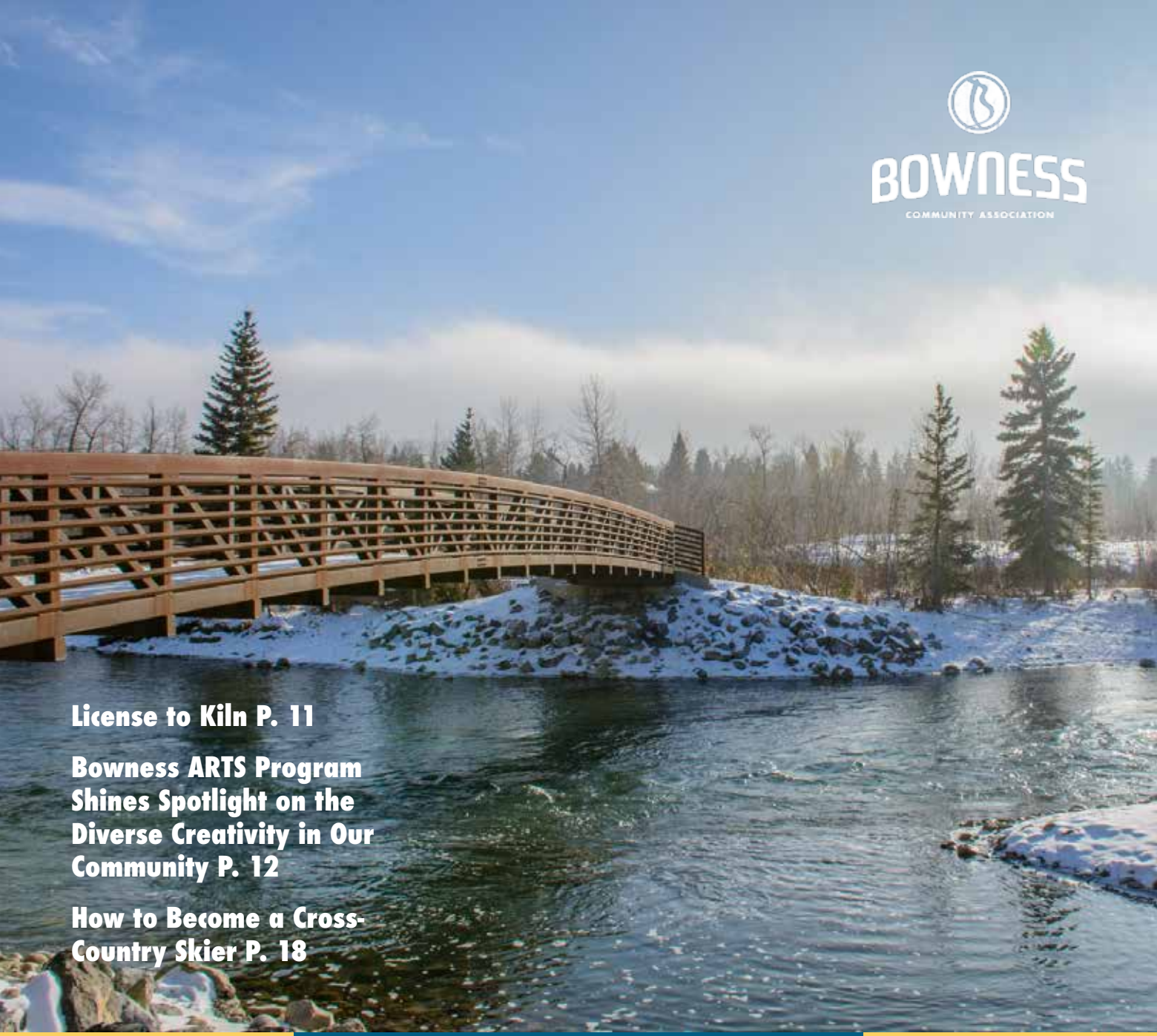

BOWNESS
COMMUNITY ASSOCIATION

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BOWEST'NER

Newsletter of the Bowness Community Association

March / April 2022

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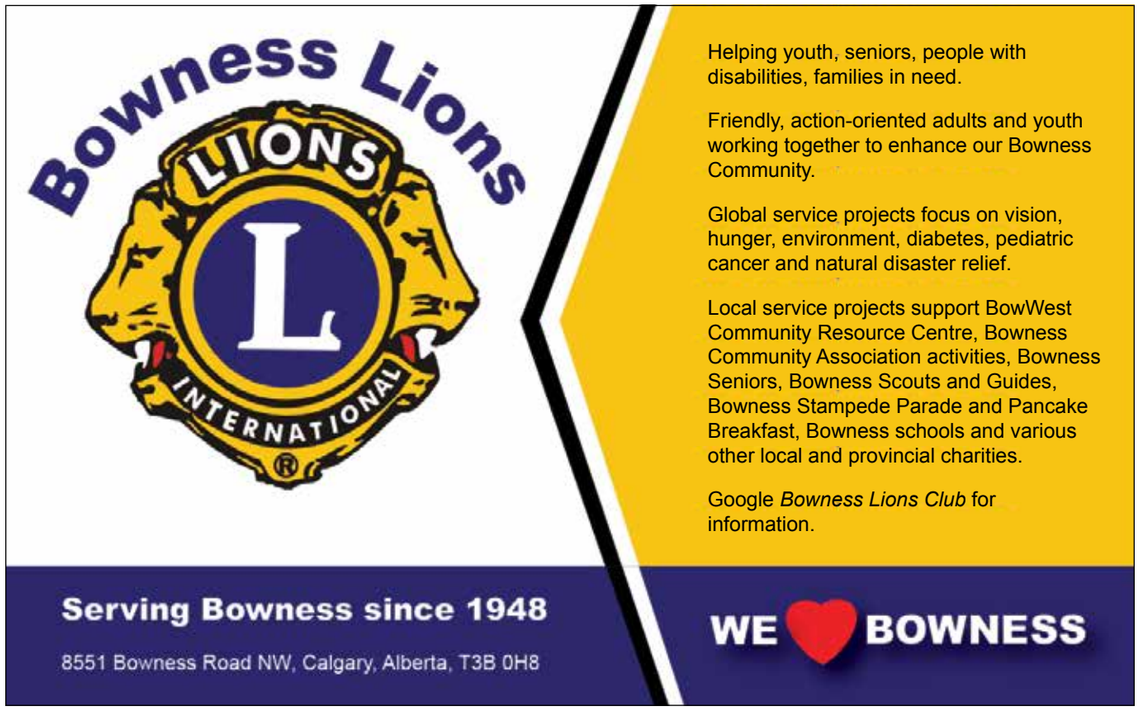

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ON THE COVER

Little Explorers, Big Park
by Jose Vazquez Diaz

LETTER FROM THE EDITOR

Hello Neighbours,

This issue of the Bowest'ner is all about Community!

Within these pages, you will find information about the newly launched Bowness ARTS Program, a calendar of upcoming events in this fine community, and an update from the BCA Community Development Committee (including ways for YOU to get involved!).

You will also find an article about cross-country skiing from the BCA's Director of Communications - welcome to the team, Gideon! That's in addition to the first part of a historical mini-series about the Bowness Fire Brigade, and a lovely article about the origin of Valentine's Day (and what the flowers you received last month *really* mean!).

I am cautiously optimistic about what the coming spring and summer will mean for people around the world. Because as I was putting this issue together, I couldn't help but think about all the Bownesians I haven't met yet - including those who contribute to this newsletter regularly!

And with that, I will sign off and let you read on. I hope this issue helps you feel a little bit closer to those around you, and I'm sure we'll get to discuss my inability to settle on a standard font size in person real soon!

- Che

P.S. For those wondering, I finally got the doggy DNA results back for my little princess, Nymeria. Remember how I boldly claimed she's a Chihuahua-Corgi cross? Well, I was wrong - *very* wrong.

47% Chihuahua, 24% Maltese, 12% American Eskimo Dog, 11% Pomeranian, and 6% Wire Fox Terrier. Mind? Blown.

BOWEST'NER
MARCH / APRIL 2022

The *Bowest'ner* is published bi-monthly by the Bowness Community Association.

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Delivery issues?
Contact editor@mybowness.com

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403-288-8300

CALL FOR SUBMISSIONS!

CONTENT FOR THE MAY / JUNE 2022 ISSUE IS DUE BY:

MARCH 25, 2022

SEND YOUR SUBMISSIONS TO EDITOR@MYBOWNESS.COM

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WINTER DATES
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School ages: 6-9 at 11am

sign up at: kdccoaching.com

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PROVIDING OUR COMMUNITY VISION

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Twenty20 Eyewear is a boutique optical with a big heart located in the heart of Bowness. We strive to provide lifelong eyecare and extensive eyewear options to those of all ages. Twenty20 Eyewear is committed to providing caring service and excellent value for our community.

Available for Saturday Appointments

Our Doctors are available Monday through Saturday and Thursday evening through 6:00, to make it easier for you to get an appointment in your off time!

New Patients Welcome!

Our Doctors have been providing Northwest Calgary with quality eyecare for over 15 years! Book an appointment at 403 247-2020 or stop in to book with Dr. Boadi, Dr. Nowlan, Dr. Kaloti and Dr. Ong. We would love to see you!

6427 Bowness Rd Nw twenty20eyewear.com 403 247-2020

MAY 14

BCA TRUNK SALE 9AM-2PM
Shop secondhand items and handicrafts

PARADE OF GARAGE SALES
Times and locations vary. Check out unique finds at many garage sales in Bowness.

SPRING CLEAN-UP
MAY 15
Bownesians will have the opportunity to get rid of their unwanted items for free.

RUN BOWNESS
JUNE 5
@ 9 A.M.
A 5k, 10k, and 1 mile kids run through the community of Bowness, Bowness Park, and Baker Park.

NEIGHBOUR DAY
JUNE 18
Ask about Neighbour Day grants to host your own block parties!

STAMPEDE PARADE & BREAKFAST
JULY 9
Community groups parade down Bowness Road. Free pancake breakfast provided by the Bowness Lions.

TOUR de BOWNESS
AUGUST 1
Street Festival on Main Street organized by the Bowness BIA.

BOWNESS
COMMUNITY ASSOCIATION

EVENTS 2022

Here is what is planned at and around the BCA for 2022! Now you can map out your year and not miss out on a thing!

Please note some of these events are tentative, subject to COVID restrictions, and will be confirmed closer to.

Most of these are FREE to attend.

GET INVOLVED

If you would like to get involved to volunteer to help run any of these events please contact our Events and Volunteer Coordinator Laddie: lmiller@mybowness.com or call 403-288-8300

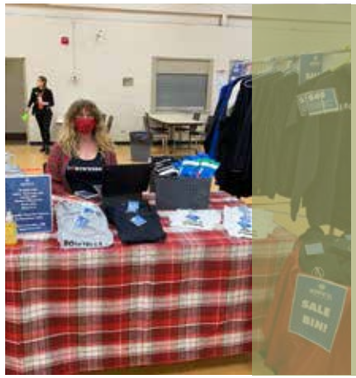
SPONSORSHIP

A number of our events are free or low-cost to participate. This is thanks in part to our generous sponsors. If you would like details on how to sponsor one of these events please contact Laddie: lmiller@mybowness.com

MOVIE IN THE PARK
AUGUST 13
Come enjoy a free movie screened at the BCA greenspace complete with concession and popcorn.

ANNUAL GENERAL MEETING
OCTOBER TBD
BCA's Annual General Meeting. The BCA staff and board will update the community on its activities, accomplishments, and goals. We will also give out volunteer awards.

ONLINE AUCTION
NOVEMBER
Bid on great gifts and services for yourself or others. Many items donated from local businesses or makers.



HOLIDAY CRAFT FAIR
NOVEMBER 12 & 13
Holiday-themed craft fair featuring over 100 unique and local vendors.

HOLIDAY DINNER
DECEMBER 3
A sit-down turkey dinner provided to over 500 Bownesians and cooked and served by over 100 volunteers. Children can create their own craft and visit with Santa.

BOWNESS PARK WINTER NIGHT MARKET
DECEMBER 9-11
New event! More details to be released soon!

MEMBERSHIP

Support Bowness! Purchase or renew your membership today! Memberships are $5 for seniors, $10 individuals, $20 family, $30 associate or business.

BENEFITS

- 25% discount on room rentals at the BCA
- Monthly specials at local businesses
- Special rates for BCA events
- Discounts on on-going BCA programs
- Have a voice and vote on community issues
- Be the first to know about news and events through our monthly member e-newsletter
- You help build a better Bowness!

BOWNESS HAPPENINGS

BOWNESS ARTS PROGRAM

The Bowness Artist in Residence Talent Share (ARTS) Program is a pilot initiative for Bowness, Montgomery and Greenwood Village residents to connect with local creatives and each other while learning new ways to express themselves.

The Bowness ARTS Program is made possible with support from United Way and The City of Calgary. See pages 12 and 13 for more details about the program!

The BCA's first Artist in Residence is Kyra Newton, a contemporary dance artist and embodiment coach. Kyra is passionate about movement, self-expression and community connections.

Kyra will be hosting a number of dance workshops, showcases and other performances during her artist residency until April - and we want YOU to join in the fun!

Workshops and showcases are free to attend. Reserve your spot in advance as space is limited: www.mybowness.com

DANCE WORKSHOPS

MARCH 26 | 3:00 PM TO 4:30 PM
APRIL 2 | 3:00 PM TO 4:30 PM
APRIL 9 | 3:00 PM TO 4:30 PM
APRIL 16 | 3:00 PM TO 4:30 PM

DANCE SHOWCASE

APRIL 24 | 4:00 PM TO 5:00 PM
| 7:00 PM TO 8:00 PM

MOVIE IN THE PARK PERFORMANCE

AUGUST 13 | TBD

TRUNK SALE

MAY 14 | 9:00 AM TO 2:00 PM

Shop secondhand items and handicrafts at the BCA Trunk Sale! Vendors must be residents of Bowness, Montgomery or Greenwood Village.

Apply online at mybowness.com/events or by emailing events@mybowness.com

---

PARADE OF GARAGE SALES

MAY 14 | TIMES AND LOCATIONS VARY

Check out unique finds at many garage sales in Bowness!

Email events@mybowness.com to list your garage sale on our event directory.

NEIGHBOURHOOD SPRING CLEAN-UP

MAY 15 | 9:00 AM TO 2:00 PM

Need to get rid of some unwanted items for free? Look no further! The annual spring clean-up is what you've been waiting for!

See mybowness.com/events for additional details, including a list of acceptable items.

PROGRAMS

For the most current updates, please visit: mybowness.com/programs

ADULT SHINNY

Monday, Wednesday, Friday | 12PM to 1:30PM

Co'ed and open to all levels of players! Register as a goalie and play for free: shinny@mybowness.com

50+ SHINNY

Tuesday and Thursday 12PM to 1:30PM

Co'ed and open to all levels of players over 50! Register as a goalie and play for free: shinny@mybowness.com

PICKLEBALL

Please note: Drop-in Pickleball is on hold at this time.

To book private court time: programs@mybowness.com

COMMUNITY NEWS

HAPPY NEW YEAR FROM OUR LADY OF THE ASSUMPTION SCHOOL

OLA Panthers have started off the year with Basketball season in full swing. Good luck to all our athletes! Our first Progress Reports took place in January, a bottle drive was held by our School Council, and we continue to celebrate HOPE within our community.

In February, we celebrated and learned about Black History while showcasing influential Canadians. Along with this, we participated in Literacy Month with the entire school doing activities, special event days and dressing up like words and book characters.

March is full of excitement as our elementary students join a Quest Theatre residency, and our whole school participates in a week of Dance with SoundKreation… NON-STOP action at OLA!

We welcome all families to inquire about registration for the 2022/23 school year. To find out more, call 403-500-2045 or visit our website.

Here is hoping for mild weather, healthy families and spending time together. All the best to our Panther Families and to our neighbours in Bowness.

Principal Marnie Horton
ourladyofassumption.cssd.ab.ca

WANTED: LEADERS FOR GIRL GUIDES

Scenic Bow Valley Girl Guides (Bowness, Montgomery, Scenic Acres and Silver Springs) are seeking women 18 years or older to be Leaders for Sparks, Brownies and Guides.

Leaders must enjoy working with children, doing crafts and playing games, and spending time outdoors. Previous experience is not necessary; training will be provided. For more information, please contact Cheryl Barns, District Commissioner: any-calgaryscenicbowvalley@girlguides.ca

Girl Guide Classic Cookies will be available starting March 19! Buy a box for $5 or a whole case (12 boxes) for $60! This fundraiser helps keep the cost of camps, activities and badges / awards affordable for Girl Guides.

MARCH UPDATE FROM COUNCILLOR SONYA SHARP

Hello residents of Ward 1!

While I write this update several weeks before you read it, I hope the weather is beginning to warm and we all have the chance to enjoy some of the amazing outdoor spaces in Ward 1. One of the parks in Ward 1, Baker Park, is home to the most popular disc golf course in Canada, and the fifth busiest one in the world! If you haven't already, I encourage you to check it out.

Council is scheduled to receive an update from Administration on March 8 on whether there are partners interested in working with The City to build an Event Centre in Victoria Park. I believe this project is important for the economic and cultural health of our city. I'm optimistic that we'll find a path forward.

Decreased ridership, the Opioid Crisis and cold weather have raised some safety concerns on Calgary Transit. Both Calgary Transit and my office take this issue seriously, and we are continuing to address it. Some station buildings are now closed 24 hours a day, and additional officers have been deployed across the system. If you have a safety concern, you can discreetly text with a Transit dispatcher at 74100.

Speaking of Transit, the MyFare mobile app now supports seniors and low income transit passes. It's easy to use, and one less thing to remember!

The Ward 1 website is now up and running. You can find detailed updates on what's happening in Ward 1 by visiting sonyasharp.ca. As always, if you have any concerns, please don't hesitate to contact my office.

Sincerely yours,
Councillor Sonya Sharp

UPDATE: Community Development Committee

By Bill Christieson

"Community... is about the experience of belonging. We are in community each time we find a place where we belong."

- Peter Block, Community: The Structure of Belonging

Strong communities are built on relationships.

A neighbourhood is a place to know and be known. The Community Development Committee connects Bowness residents to resources and to one another, assisting Bowness residents to each become an integral part of the life of the neighbourhood. Becoming integrated means both giving and receiving the gifts and skills that make us strong. Strong communities are developed when residents identify deeply with their place and invest themselves for the sake of their neighbourhood and neighbours.

First, there are resources available through the BCA and its partners. The BCA provides space, resources, programs and facilities to groups developing the social fabric of the neighbourhood. The Committee supports the Bowness Community Hub Coordinator in connecting Bowness residents to community building resources and initiatives in the neighbourhood.

Second, the Community Development Committee works to recognize and mobilize the gifts of our neighbours. There is a rich abundance and diversity of skills and passions among our neighbours. A primary goal of the committee is to help Bowness residents share these gifts with one another. Many of these gifts have become established and cherished initiatives within the neighbourhood. The committee wants to foster the continued growth of grassroots Bownesian projects.

Third, the Community Development Committee helps Bowness residents connect with one another. The committee helps to establish and promote relational networks in the neighbourhood. When residents are linked to one another the neighbourhood has the potential to flourish. The committee seeks to identify established networks and develop greater connection.

Let's work together to create a stronger, more connected Bowness.

If you want to participate in building community in Bowness, here are a couple ways to get started:

- Make a connection with your immediate neighbours. A simple way to build on your current connections or make new ones is to drop an encouraging note in your neighbours' mailboxes. Let them know your hope of being part of an integrated neighbourhood that fosters relationships. Invite further engagement and friendship.
- Participate with the BCA Community Development Committee. The committee meets regularly throughout the year. Email the Bowness Community Association to express your interest: iheartbowness@mybowness.com

LICENSE TO KILN

BY MELBA SETO

There's a name you'll hear in Bowness, and those who know it, know it well. It's one of those small niche little names that brings together people from all different corners of Bowness and into a community of people that share the same love of things handmade. This name is Melanie Murdoch Pottery.

The wonderful thing about my relationship with Melanie is I have known her for years! Well, known of her but never actually met her in person - until recently. I would hear her name whispered in my pottery community, I would see her posts on Instagram, and our circles tightened as I started meeting people that knew her personally. Then one day our paths crossed, as I believe inevitably happens between people who share the same values and passions.

Melanie is a tall, gentle and warm human being who has lived in Bowness for 8.5 years. Her passion for pottery started as a hobby, but grew into something bigger when Melanie's coworkers and community began showing interest in her pieces. Now, Melanie has been creating beautiful and functional pottery for Bownesians and Calgarians for many years.

Melanie spends most of her time making pottery (of course), and also camping, hiking and generally being outdoors with her family. Like many of us her favourite part of Bowness is how the community supports each other and cares for one another.

You'll find Melanie frequenting Bowness hotspots like Floraworx, Cadence, The Magic Pantry Market Place and, like myself, the BCA markets!

Melanie Murdoch Pottery
murdochmelaniepottery@gmail.com
@MurdochMelaniePottery

We Bowness Business

Bowness ARTS Program Shines Spotlight on the Diverse Creativity in Our Community

And creates opportunities for residents to connect and express themselves while learning new skills!

Writers. Painters. Photographers. Woodworkers. Dancers. Fibre artists. Gardeners. Sculptors. The list of creative talent in Bowness can go on forever. There's something in the air, in the water, in this community that beckons to artists. The Bowness Community Association wanted to find a way to create opportunities to connect creative types with residents in and around the community. And so, the Bowness Artist in Residence Talent Share Program was forged - Bowness ARTS, in short!

The Bowness ARTS Program launched in early 2022 following a call for proposals in the previous fall. The intention is for artists to introduce themselves to the community through their art; this can look very different depending on the artist - some might host workshops, or perform at a BCA event, or create a community art project, and some might do all of those things. Thanks to generous grants from United Way and The City of Calgary, artists will be compensated for their labour and all Bowness ARTS activities will be free.

As this is a pilot program, we hope to make the Bowness ARTS Program a permanent initiative, so stay tuned for updates as they become available, and for your opportunity to apply as an Artist in Residence in the future.

Calgary

United Way
Calgary and Area

Q&A
with Kyra Newton, Artist in Residence

Tell us a bit about yourself and your art.
My name is Kyra Newton, and I am a contemporary dance artist. I have a degree in contemporary dance and sociology. I have branched out into the realms of dance for people with disabilities and also conscious dance, which is basically connecting the mind and the body, and connecting our emotions and our spirit. I make a lot of programs for people – children, adults, seniors – that really encourage them to connect to their bodies. I also create mindful choreography that is either encapsulating my experiences in the world and in nature, or is embodying emotions. I make a lot of work. I love it.

How long have you lived in Bowness and what drew you here?
I've lived in Bowness for about two years. We chose to move out here because it's so close to natural areas. We love being by the river. It's nice to be in a community that is well connected. There's strong bonds in Bowness and we were drawn to that. And we love Bowness Park.

Why did you choose to apply for the arts residency?
I'm really interested in creating more opportunities for community members to access art. I love that this opportunity integrates community workshops. I also have this burning desire to create choreography based on my experiences with the elements. I've done a workshop on it before, and I was really feeling pulled to serve people through performance and workshop.

How can communities better support the arts?
Communities can better support the arts by attending events and workshops, by being curious about art and what is being made. And also engaging in conversations with artists, asking: "What are you making?" and "How do you hope to influence people?" Remove the idea of barriers like "that's an artist and I'm not an artist" and allow those lines to blend, blur. Get involved in workshops and attend events and allow that to pull creativity out of people.

From this opportunity, what would you like to see for yourself, for others in the community, and for the arts in Bowness?
For arts in Bowness, I've always dreamed of living in a community where there are a lot of different art programs being offered – dance and visual art and pottery and writing – that bring people with different lived experiences and of different ages together as participants *and* as audience members. I feel like it contributes to creating a really rich community, but also gives people a stronger sense of belonging. When you're attending things in the community it really supports the sentiment of 'I belong in this community and this is my community.'
For the people I serve as participants and audience members, I really desire for them to have an experience where they can connect to nature and themselves. [For example,] how does the element of earth actually exist within you? And how can you embody it? And when you see it, what does that bring up for you? I'd like to have it influence their mind and the way they look at nature.
And then for my craft, I tend to work where I just do things and see what is unearthed. So, to have a really specific entry point is going to support me to be focused and also to challenge my habitual ways of creating work. It's something new for me to be working on, so I imagine there will be wonderful discoveries and challenges and question marks, and that's always really nourishing for the process.

COMING SOON

Becky McNabb

Becky McNabb was born and raised on Saskatchewan prairies where the colourful skies and vast landscape provided unending inspiration. Becky holds a Bachelor of Fine Arts in Painting from the University of Calgary.

A self-proclaimed non-representational painter, Becky works in acrylic and mixed media, and she is often influenced by unique patterns or distinctive colours found in nature. As an abstract artist, a focus on texture is key to her personal style.

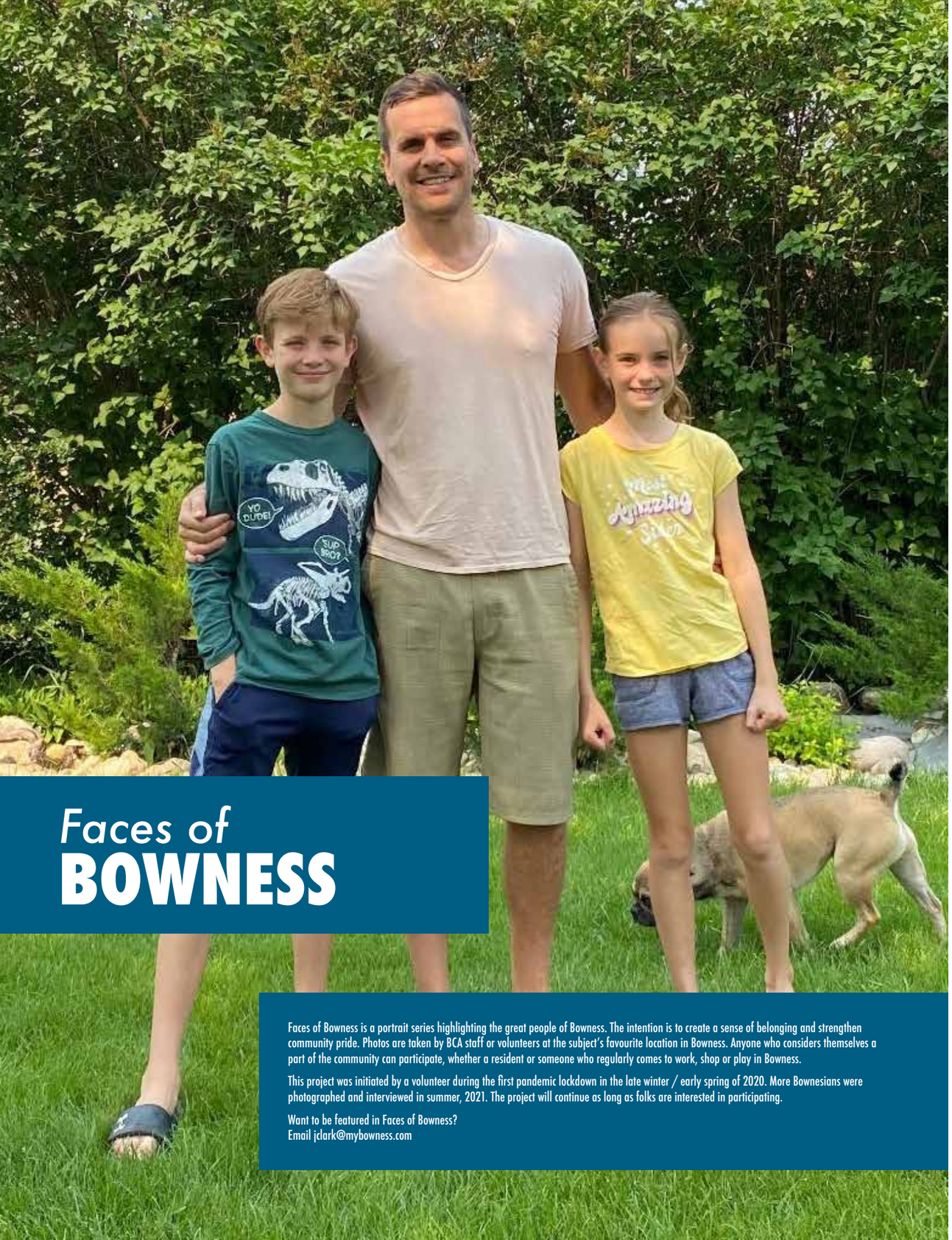
Residency from May – August 2022

Margaret Jessop

Margaret Jessop is an Art Quilter known for her portraits, landscapes and use of colour. She is a graduate of the Alberta College of Art and Design in Fibre.

Margaret has been creating art quilts since 1983 and teaching quilting for over 30 years. She has been doing trunk shows for the past 10 years, and her quilts have been shown internationally. In 2016, Margaret was honoured as Quilter of Distinction at the Calgary Festival of Quilts held at Heritage Park.

Residency from September – December 2022



Faces of BOWNESS

Faces of Bowness is a portrait series highlighting the great people of Bowness. The intention is to create a sense of belonging and strengthen community pride. Photos are taken by BCA staff or volunteers at the subject's favourite location in Bowness. Anyone who considers themselves a part of the community can participate, whether a resident or someone who regularly comes to work, shop or play in Bowness.

This project was initiated by a volunteer during the first pandemic lockdown in the late winter / early spring of 2020. More Bownesians were photographed and interviewed in summer, 2021. The project will continue as long as folks are interested in participating.

Want to be featured in Faces of Bowness?
Email jclark@mybowness.com

DEREK

"At first, we were drawn to the area because we had friends here and they talked it up, the neighbourhood was nice, and the houses were affordable at the time.

We bought our first place just across the bridge into Montgomery, then fell in love with the neighbourhood - fell in love with the neighbours especially, and I work downtown most of the time, so it was an easy back and forth.

We're big mountain people, we like to be in the mountains, on the trails and out in nature, so it was an easy choice to stay. We jump on our bikes and head to the paths and explore with the kids.

All three of my kids have grown up in Bowness. Tara and I have nine-year-old twins who go to Our Lady of the Assumption School and a 15-year-old daughter who started at Bowness High last year.

The schools are amazing. A lot of our friends' kids go to Bowness High, and they say great things about it. I know the staff really well at OLA, and they're amazing people and have always looked out for our kids.

It's one of those things [the culture] that you hear about, but you don't really know how true it is until you become a part of it.

When we first moved here, I came seeking a spot on the Community Association, but it wasn't up and running yet - it had actually been dissolved.

There was a meeting to bring the board back and get it back in the hands of a community group, so I was one of the first folks to jump on that community group; I was on the board for seven years.

I worked alongside good, like-minded community people, and it's thriving now.

When we sold our first house and were considering upgrading in our second house, we actually looked around to see what was available outside Bowness. We looked in other communities, but the thought of leaving just didn't sit well with us.

We couldn't be happier, and the neighbourhood is amazing."

"IT'S [THE CULTURE] ONE OF THOSE THINGS YOU HEAR ABOUT, BUT YOU DON'T KNOW HOW TRUE IT IS UNTIL YOU BECOME A PART OF IT."

Pioneers of Bowness
By Marg Weber

Carole Carpenter-Gjertsen

Parents Queenie and Gordon Carpenter moved to the Soldier's Settlement in 1946 with their five children: Carole, her twin sister Cheryl, and her brothers Bill, Bob and Michael. The siblings enjoyed living on an acreage where they could play in the hills, riding their bikes to explore Bowness, and playing with their many pets. The Carpenter children attended all the Bowness schools, which were always within walking distance.

Carole has reflected that she thinks the history of Bowness is the people who have shared their family histories, photographs and memories of living in this small town. Thus the Bowness Historical Society was formed, of which Carole is the president. The Society produced two books about the history of Bowness and its residents – "Bowness Our Village in the Valley" and "Bowness Past and Present". Residents contributed their histories and memories to these books.

Kjell Gjertsen

Kjell Gjertsen moved from Norway to Bowness in the mid-1950s with his mother Eva, his father Egil, and his sisters Grethe and Einy. The family lived near Bowness Park, which for many generations since has featured prominently in the lives of countless Bownesian youths. The Gjertsen siblings enjoyed swimming, boating, dancing, and especially the vastness of beautiful Bowness Park.

As a young man, Kjell worked at Bowness Park along with his friends. Carole wanted to save the Romeo and Juliet Inn (known today as the Bowness Golf and Country Club) which sat at the top of the hill. The Inn was a classic Tudor Mansion with many rooms and a balcony overlooking the ballroom floor, and indeed a beautiful building worth saving! The Bowness Historical Society wanted to have the Inn registered as a Provincial Historic Site. Unfortunately, the castle burned to the ground.

Carole and Kjell were married, and their daughters have given the family four grandchildren who keep the family very busy. Carole and Kjell enjoy living in Bowness and visiting with their many friends.

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THE BOWTANICAL GARDEN

BY BEVERLEY SHERIDAN

DID YOU FIND YOUR VALENTINE?

It started right after Christmas... Valentine's Day cards and gifts appearing on store shelves everywhere I looked. As I write this, the countdown to February 14 is in full swing. There's something about the days leading up to Valentine's that makes the heart of a gardener sing. It's not just the anticipation that a "special someone" will actually remember this year, but every florist, garden centre and grocery store floral department is spilling over with fresh cut flowers and potted plants. It's a pretty big "don't forget" nudge.

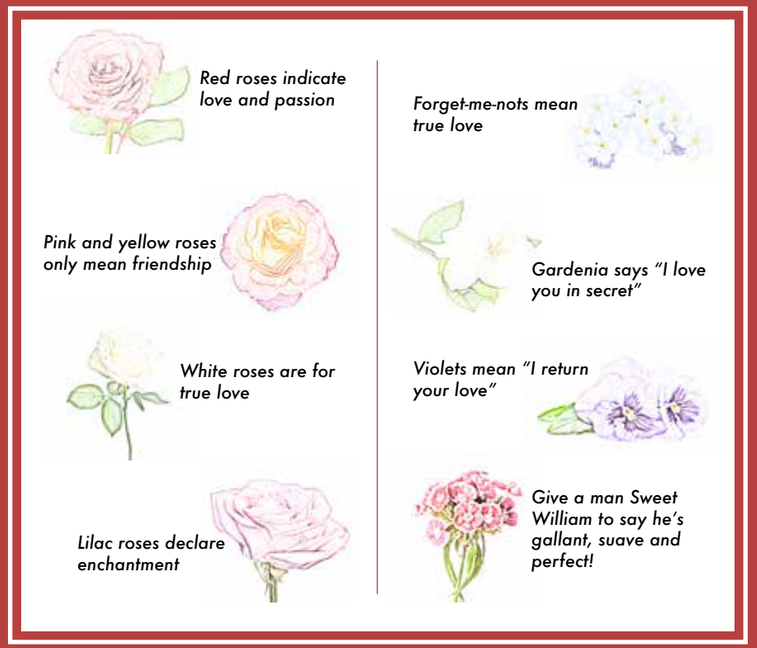
There are a number of conflicting legends which claim to explain the origin of Valentine's Day, but one thing is certain: when it comes to Valentine gift giving, flowers and chocolate lead the pack. The word 'valentine' was once a word that meant sweetheart. Gifts "from the heart", usually in the form of poetry, were exchanged by lovers on February 14. Over time, poems were replaced with gifts of heart-shaped paper trimmed with lace, which have evolved into present day Valentine's Day cards.

Giving flowers to the source of your affection is believed to have originated in the 1700s when Charles II of Sweden introduced the Persian custom of the language of flowers to Europe. The custom became so popular that books were published on the subject of how entire conversations could be carried out between two people through the giving and receiving of certain types of flowers where making a good impression is very important.

According to legend, the red rose was the favourite flower of Venus, the Roman Goddess of Love and Beauty, so it was no great surprise that the rose quickly became the traditional flower of Valentine's Day and for many other significant events and occasions.

If you are considering giving roses to someone on Valentine's Day, or on any other day, a word of warning: different colours symbolize different emotions and send different messages, so one needs to be careful when presenting roses to a loved one, or intended one. And if you want to stand out from the norm next time you consider giving someone a floral gift, the rose is not the only flower with meaning. There are many other flower choices which symbolize love and friendship.

One final note of caution: avoid sending someone silk or artificial flowers. Not only will the recipient wonder at your motives, but nothing matches the beauty and aroma of real fresh flowers. The florists and garden centres of Calgary are also counting on you to ensure that they have another successful business year.



Beware! Black roses indicate the end of a relationship!

How to Become a Cross Country Skier

By Gideon Mentie

At the beginning of the pandemic, being outside kept me from going stir-crazy. But as the winter set in I needed a little bit of extra incentive to brave the freezing temperatures and get outside. I surprisingly found that incentive in cross country skiing.

The 2021 skiing season wasn't technically my first time on a pair of skis. A few years ago, I stole my father's old skis while he was selling our childhood home. He hadn't used them for a while, so I stored them in my university apartment and went skiing in the Rockies with a friend a few times. Little did I know that my dad's white lacquer skis from the 80s, complete with neon pink stripes and bamboo poles to match, would eventually be my emotional support tools through a global pandemic. But that's exactly what happened: I think that cross country skiing rescued me last year.

I called my college buddy and we set out one weekend to the West Bragg Creek day area. The parking lot was packed, which I soon learned is a regular occurrence. Regardless, we enjoyed an amazing day on the trails. This became a regular trip for us, and soon we had other friends joining us too. I also started going out on my own, not just to Bragg Creek but also to some spots in Calgary as well. I began making a trip to the East Village most Saturday mornings, and I would brazenly ask anyone who looked like they knew what they were doing for tips to improve my technique.

Last April, I moved to Bowness just as the skiing season was coming to an end. But now that we are back in the clutches of winter, I've returned to the trails with gusto. There's something enchanting about gliding through newly groomed tracks, and if I'm honest, I actually love the little challenge every hill presents. Moreover, I'm saving money on a lift ticket to Sunshine and I'm getting an extra workout in too.

By the time this article is published spring is hopefully just around the corner; but if we still have some snow on the ground, I hope you get a chance to go skiing - whether it's your first time or five hundredth time.

Looking for something to help keep you active during our long winters? Here's some tips on how to start cross country skiing:

Stay in Your Backyard: And by backyard, I mean Bowness Park! You can rent skis right in the park to use the City-laid tracks along the river path. Practice going around the loop with a friend to get comfortable. We're really lucky to have such an incredible winter destination in our community, great for both new and practiced skiers alike.

Get a Lesson: If you're looking for some training as you get started, you can check out the Canmore Nordic Centre. Not only do they have professionals who can help perfect your technique, they also have a beautiful circuit of tracks with stunning mountain views. Head to their website for more information.

Hit the Mountains: The West Bragg Creek Day Area has endless options to ski; set out for Ribbon Creek in Kananaskis if you like elevation; or take a longer drive to enjoy the gorgeous trails at Lake Louise. Remember to make a donation to the ski clubs that care for our tracks, so we can continue enjoying this lovely winter sport.

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Bowness Fire Brigade
Part 1

Contributed by Bowness Historical Society

On July 9, 1948, the following motion was passed at a Village Council meeting: "That the under-mentioned gentlemen be appointed to executive positions as shown on the Bowness Volunteer Fire Brigade as recommended by the Bowness Board of Trade: C. W. Matthews – Chief; I. McNulty – Captain; P. Handley – Lieutenant; H. Hodges – Lieutenant." This transpired following advice on suitable equipment received from the Provincial Department of Fire Prevention and a calling for tenders in June. And so was born the Bowness Fire Brigade.

Shortly after, Tony Schmaltz signed a 10-year lease for land on River Drive (now Bow Crescent) behind The Midway Store for the nominal sum of $1 per year. During their first year, the volunteer firemen built a two-storey building on the lot. The main floor housed the fire truck and other related equipment. The fire truck had been purchased from The City of Calgary for $200 and required a lot of work; the volunteer firemen assisted in the rehabilitation of the LaFrance fire engine.

The second floor served as a meeting room where the volunteers studied first aid, fire prevention and firefighting strategies and techniques, as well as hosted guest speakers. Small gatherings also took place in the meeting room, including the Firemen's Children's Christmas, during which the firemen would collect and repair toys then distribute them to less fortunate children during the holidays.

From 1949 to 1954, Isabel Kenny, part owner of Bowness Drugs, would answer phone calls from people reporting fires, then race across the street to the fire hall and activate a siren which could be heard all over Bowness. From 1954 to 1956, Beverly Anderson would take the calls and turn on the siren.

In November 1948, Council passed a motion that firemen attending practices / lectures and responding to fires would be paid 50 cents per attendance; this was enacted so volunteer fire response personnel would be covered under the Workmen's Compensation Act.

Most of the firemen were local businessmen who were available during the day to answer fire calls. They would usually take their own cars to a reported fire, while the fireman living closest to the fire hall would drive the fire truck. The firemen had cast iron identification plaques attached to the rear bumper or license plate holder of their cars, so they could be clearly identified as firemen. They also had helmets, rubber boots and long waterproof coats for protection against water, sparks and wind.

The village was responsible for supplying and paying for firefighting equipment. When two smoke masks were required to fight fires, the Fire Chief had to appear before Council to convince them the masks were necessary.

In 1952, Bowness became a town; the Bowness Fire Brigade was renamed as the Bowness Fire Department, and Paul Jones was appointed Fire Chief.

Bowness Volunteer Fire Department circa early 1950's.

Old LaFrance fire engine.

Toy department from the Firemen's Children's Christmas.

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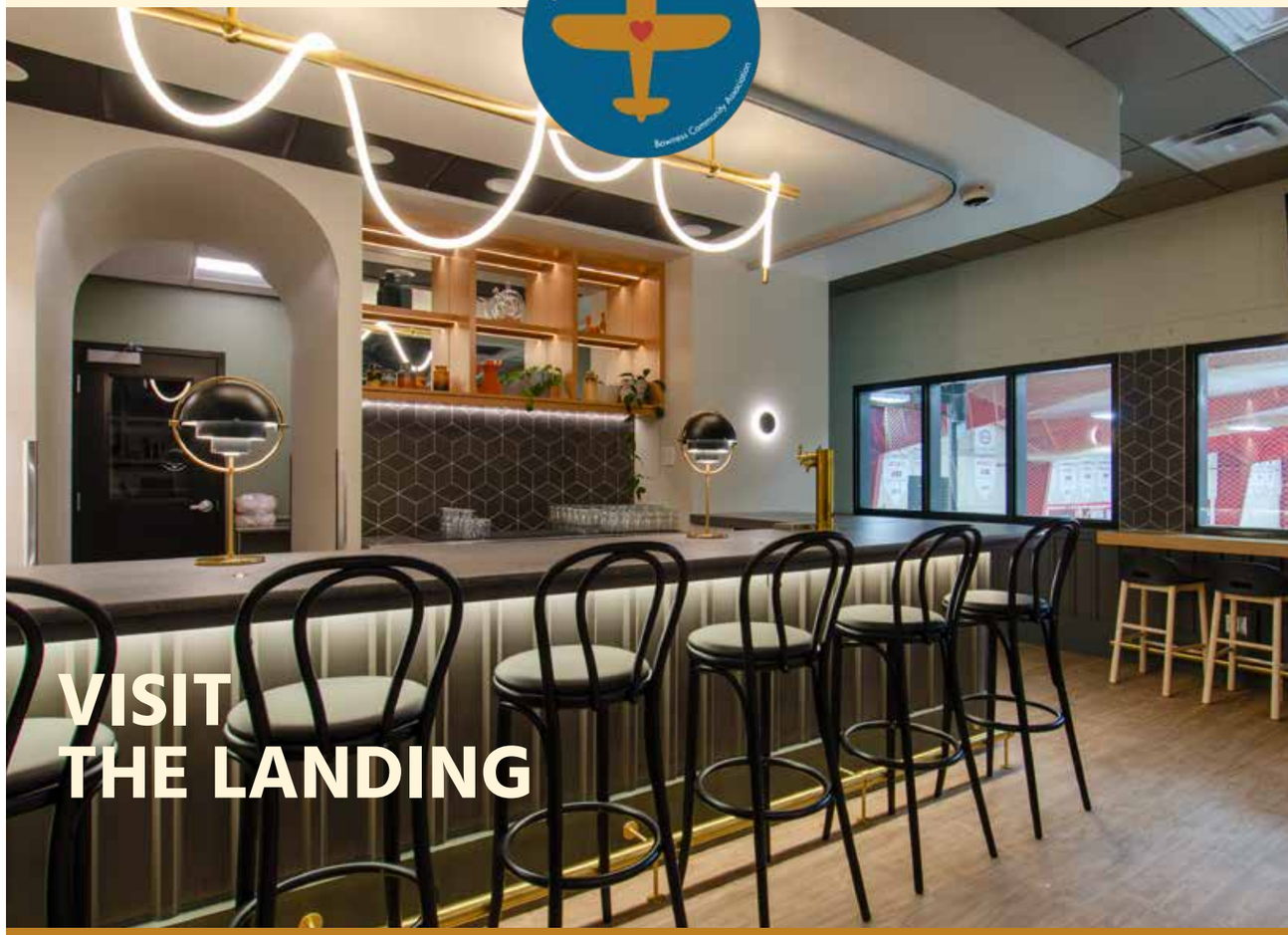

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SALES FOR RESIDENTIAL SINGLE FAMILY PROPERTIES

BOWNESS	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	$ PER SQUARE FOOT
2018	115	$527,444	47	$394
2019	111	$492,368	62	$373
2020	113	$448,750	56	$364
2021	201	$503,309	39	$417
MONTGOMERY	**SALES**	**AVERAGE SELLING PRICE**	**AVERAGE DAYS ON MARKET**	**$ PER SQUARE FOOT**
2018	80	$575,666	40	$421
2019	77	$550,699	63	$408
2020	84	$542,474	59	$397
2021	101	$613,780	40	$420

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