

**Quality of Life Survey
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BOWEST'NER

Newsletter of the Bowness Community Association

NOVEMBER / DECEMBER 2023

Bowness Lions

Celebrating 75 Years in the Community



Service Projects Include

Fundraising Casinos • Raffles • Christmas Tree Sales
and our friendly 'Grill Team' who share
pancakes, hamburgers, and a helping hand

Contributions of money and time support the
Bowness Community Association, RISE, Bowness
Seniors, Scouts/Guides, schools, families and our
annual Bowness Stampede Breakfast and Parade.



JOIN AS A MEMBER OR VOLUNTEER

Text/phone President Daryl Reinke 780-608-9884 or
dwreinke@gmail.com

MEETINGS

7:00pm on 2nd & 4th Mondays from September to June
Scout & Lions Hall 8551 Bowness Road NW



ADDRESS
7904 - 43 Avenue NW
Calgary, AB T3B 4P9

CONTACT
403-288-8300
iheartbowness@mybowness.com

WEBSITE
www.mybowness.com

SOCIAL MEDIA
@MyBowness

OFFICE HOURS

Monday to Thursday
9:00 AM to 4:00 PM

Friday
9:00 AM to 12:00 PM

THE LANDING

Daytime Drop-In
Monday - Friday
9:00 AM - 5:00 PM

Food and Beverage Service
Tuesday - Friday
5:00 - 10:00 PM
Saturdays and Sundays Closed
and Available for Private Bookings.
Contact: roomrentals@mybowness.com

We acknowledge the neighbourhood of Bowness is located on the traditional territories of the Blackfoot Confederacy and is also home of Métis Nation of Alberta, Region III. As residents of the Treaty 7 region, we seek to live, work and play in ways that honour and respect the spirit of the treaties and the lives of our Indigenous neighbours.

STAFF DIRECTORY

OFFICE MANAGER & RENTALS
Becky Saunders
bsaunders@mybowness.com

EVENTS & VOLUNTEERS
Laddie Miller Trithara
ltrithara@mybowness.com

COMMUNITY DEVELOPMENT
Tess Van Den Bosch
tvandenbosch@mybowness.com

COMMUNICATIONS
Logan Renaud
lrenaud@mybowness.com

PLANNING & ADMINISTRATION
Idalia Galindo
planning@mybowness.com

ACCOUNTING
Deb Hall
accounting@mybowness.com

FACILITIES
Cody Hollick
chollick@mybowness.com

THE LANDING, FOOD & BEVERAGE
Amanda Oberg
landing@mybowness.com

BOARD OF DIRECTORS*

EXECUTIVE DIRECTOR
Molly MacRae
mmacrae@mybowness.com

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Calgary, AB Canada T3B 0H3
Tel: 403.571.7755 Fax: 403.571.7759
Lawyer1@telus.net | www.BMLaw.net

Call to speak with *Anthony Merah *Amina Muhammad *Nazeef Muhammad
*Colleen Hustad (Legal Assistant) *Kerry McClelland (Retired)

BOWEST'NER
NOVEMBER / DECEMBER 2023

The Bowest'ner is a bi-monthly newsletter published by the Bowness Community Association (BCA).

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EDITOR
Logan Renaud

DESIGNER
Jessica Clark

CONTRIBUTORS
Logan Renaud, Laddie Trithara, Alex Judd, Anne Campbell, Beverly Sheridan, Kathy Labbee, MJ Karelse, Sophie Stocking, Teri Brown

PROOFREADERS
Laddie Trithara, Molly MacRae, Tess Van Den Bosch, Linda MacRae, Janis Giroux, Marg Scott, Pat Cooper, Victoria Wishart

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The Bowest'ner is distributed to over 6,000 households and businesses in Bowness. Additional copies can be found at the Bowness Community Association.

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Contact editor@mybowness.com

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Contact editor@mybowness.com

CONTRIBUTE
Have an idea for a content submission? Get in touch with editor@mybowness.com for volunteer opportunities on the BCA Communications Committee.

SUBMISSIONS FOR THE JAN/FEB ISSUE ARE DUE:
DECEMBER 1, 2023

LETTER FROM THE EDITOR

Dear Bowness neighbours,

The leaves have fallen and the days are growing ever-shorter. Before we know it, the snow will be here to stay and we'll be out skating on the lagoon and warming up with hot chocolate.

At the BCA, we're gearing up for some of our favourite events of the year. The Holiday Craft Fair is right around the corner, giving you the chance to support local artists and business owners while finding unique gifts and kicking off the holiday season with live music, local creativity, and community connection.

Of course, the holidays wouldn't be complete around these parts without the BCA's annual Holiday Dinner. This much-anticipated event is an incredible time for the entire community to gather over a delicious turkey feast, share in festive cheer, and deepen relationships with one another.

If you're looking for connection this holiday season, remember that you're always welcome at the BCA. The Landing is open for you to drop by almost any day of the week, and there are plenty of other opportunities to get connected through regular programs and events.

Wherever you're at this year, we encourage you to seek ways to participate or volunteer, give or receive, and make the most of the many opportunities across our incredible community to connect with neighbours and share in generosity during the holiday season.

On behalf of the staff, board, and volunteers of the Bowness Community Association, we wish you a joyful and peaceful holiday season filled with family, friends, and warmth.

- Logan Renaud



E – NEWSLETTER

Sign up at mybowness.com (or scan the QR code below) to receive our monthly email newsletter and stay up to date on all the happenings at the BCA



BCA HAPPENINGS & ACTIVITIES

ALL LISTED EVENTS AND ACTIVITIES TAKE PLACE AT
THE BOWNESS COMMUNITY ASSOCIATION
(7904 43 AVE NW)

VISIT MYBOWNESS.COM FOR MORE DETAILS AND UP TO DATE INFORMATION

BCA ANNUAL GENERAL MEETING
WEDNESDAY, NOVEMBER 1 | 7PM

Meet and elect the leadership team of the Bowness Community Association, hear and engage with the results of the 2023 Quality of Life survey, and learn about the recent work of the BCA as well as our ongoing projects.

BOWNESS HOLIDAY CRAFT FAIR
NOVEMBER 18 - 19 | 10 AM - 3 PM

The annual Bowness Holiday Craft Fair features local artists, makers, and creative entrepreneurs, many who live right here in Bowness. Support your neighbours and find the perfect gifts for your friends and family. Admission is free and will feature live music from 10AM-12PM both days.

BCA ARTS WRAP – UP SHOWCASE
FRIDAY, NOVEMBER 24 | 7- 9 PM

Join us at The Landing upstairs at the BCA to celebrate the four amazing artists and collectives who participated in the second year of the Artistic Residents Talent Share (ARTS) program. Sarah van Sloten, James Ziegler, Jamie Bowen, and Danira and Edward from Incipio Modo will be in attendance, with raffles to win some of their artwork. We'll have free snacks and refreshments, and alcoholic beverages available for purchase. Free childminding is also available! Just drop-in!

The BCA ARTS Program is made possible with support from Calgary Arts Development and the Community Hubs Initiative: A collaboration between The City of Calgary and United Way of Calgary and Area, with Rotary as a founding partner.

BOWNESS HOLIDAY DINNER
DECEMBER 9 | 6 PM

Each year, Bownesians come together to spend time with their neighbours over a delicious turkey dinner. A large team of volunteers works to prepare this feast for everyone to enjoy. This year's event will include live music, a Santa photobooth, arts & crafts, and lots of community connection. This event is free to attend but registration is required. Starting November 13, you can register at mybowness.com, at the BCA office, or by calling 403-288-8300.

Volunteers are needed! Sign up at mybowness.com/volunteer

Want to help ensure everyone is fed? Donate at mybowness.com/donate

ELEVENSES COFFEE CLUB
THURSDAYS | 11AM - 12PM

Join in on coffee, tea, snacks and good ol' conversation every Thursday at 11 am upstairs in The Landing at the BCA (elevator is available). There's free wifi, a toy box, puzzles and games. Come for a chat and community connection. Everyone of all ages is welcome.

THE LANDING
MONDAY - FRIDAY

Stop by The Landing at the BCA weekdays (M-F) from 9-5 PM to enjoy this drop-in public space. Help yourself to wifi, tables, pay-what-you-want coffee and tea (or bring your own food and refreshments), plus a toy box for the kids! Then join us from 5 -10 PM Tuesday - Friday for pub bites and our fully licensed beverage menu. Check mybowness.com/the-landing for current hours and latest updates.

PICKLEBALL AT THE BCA
Pickleball court bookings are currently available by waitlist only at www.mybowness.com/sports-and-recreation.

Immediate play opportunities at the BCA are available through the following third-party organizations:

Calgary Pickleball - www.calgarypickleballclub.ca

Pickleball connect - www.pickleballconnect.ca

SENIOR'S TOONIE SKATE
VARIOUS TIMES

Open to all who consider themselves Seniors! Drop in from 9:30-11am every Tuesday for Toonie Skate (\$2) at the BCA.

SHINNY
VARIOUS TIMES

The BCA offers \$10 full-equipment shinny at various times throughout the week for Ladies, 40+, and Open signups. Check online at mybowness.com for latest times.

UN – WINED STITCHERS
THURSDAYS | 7-9PM

Calling all stitchers! Join this stitching meetup for crocheters, knitters, embroiderers, felters, needle-punchers, and more. This group meets every Thursday evening in The Landing upstairs at the BCA.

FACILITY RENTALS

Did you know, the BCA facilities are available for rent with discounts for BCA members?

Visit mybowness.com to learn more about renting the rink, The Landing, the hall and courts, and our commercially licensed kitchen.

VOLUNTEER

Visit mybowness.com for current one-off and ongoing volunteer opportunities at the BCA.

PLANNING & DEVELOPMENT

Ever wondered how you can make your voice heard to the City when it comes to planning, development, and rezoning applications? Visit mybowness.com/planning-development to see all pending applications in Bowness and learn how to give your feedback to the City. You can also see details on the monthly public meetings of the BCA Planning and Development Committee, as well as information about joining as a regular member of the committee.

IT’S OUR BIRTHDAY!



THIS DECEMBER 13 MARKS 60 YEARS SINCE THE BOWNESS COMMUNITY ASSOCIATION WAS INCORPORATED. DROP BY THE BCA ON OUR BIRTHDAY FOR FREE MEMBERSHIP AND BIRTHDAY TREATS!

THE LANDING AT THE BOWNESS COMMUNITY ASSOCIATION



DAYTIME DROP-IN
MON - FRI: 9 AM - 5 PM
SAT - SUN: CLOSED

- Free and open community space
- Pay-what-you-want coffee and tea
- Bring your own food and drinks
- Gather, connect, read, study, play

EVENING SERVICE
TUES-FRI: 5 PM - 10 PM
SAT/SUN/MON: CLOSED*
(*AVAILABLE FOR PRIVATE BOOKINGS)

- Licensed community lounge and hangout spot
- Bites and beverages available for purchase

7904 43 Ave NW | 2nd Floor of the BCA | Elevator Accessible



REMEMBRANCE DAY CEREMONY

SATURDAY, NOVEMBER 11 | 11 AM

Everyone is invited to attend the Remembrance Day Ceremony hosted by the Royal Canadian Legion #238 in the BCA main hall. Doors open at 10:15 AM. Specific questions regarding the event may be directed to the Legion (403-247-1234).



Greenwood Village Mobile Home Park

Christmas Craft & Vendor Sale
Dates December 2nd & 3rd 2023
10 am to 3 pm each day

3223 – 83 ST NW
Follow the signs to the Dome.

Come and join us for our Christmas Sale. Lots of great Christmas items and other merchandise. The kitchen will also be open.

Hope to see you there!

NEIGHBOURHOOD FOOD WEEK RECAP



Food has a remarkable ability to bring people together, and we experienced this first hand during Neighbourhood Food Week this past September. With 17 engaging activities, 700 participants, 26 community partners and the dedication of over 60 volunteers, this week-long celebration of food and community left a lasting impression.

The festivities kicked off with a Potluck Picnic, where neighbours gathered to share delicious meals, painted rocks for the community garden, and enjoyed a friendly pickup soccer game in the green space. It was a heartwarming start to a week filled with culinary adventures and community experiences.

Up next was the Dyeing with Food Scraps workshop, hosted by Jamie Bowen of **The General Bean** (and BCA ARTS fame!) Participants learned how to create vibrant, eco-friendly dyes from leftover food scraps, promoting sustainability and creativity in one fun session.

Following this was the Cooking Mexican for One workshop led by the talented Idalia Galindo. Attendees explored the flavours of Mexico while discovering the joys of cooking for oneself, a valuable skill in today's fast-paced world.

Kids got in on the action with a Bike-powered Smoothie Making workshop hosted by **The Alex Community Food Centre**. The event not only taught children about healthy eating but also showcased the power of teamwork, physical activity, and sustainability.

For those interested in the art of fermentation, **The Light Cellar** offered a Fermentation workshop. Participants learned the basics of preserving and enhancing flavours using fermentation techniques.

Nutrition on a Budget was the focus of another workshop hosted by **Momentum Calgary**. Attendees learned how to make nutritious choices without breaking the bank, empowering them to lead healthier lives.

A highlight of the week was the Seniors' Breakfast by Leopold's. The team from **Leopold's Tavern** took over the BCA kitchen at the crack of dawn to prepare a breakfast buffet of epic proportions to build connection and show appreciation to seniors in our community. That evening, **Melba Seto** of **Bowness Soapworks** fame led a workshop in creating scratch-made cantonese wontons.

Food Insecurity was the topic at hand during the Let's Taco 'Bout Food Insecurity panel discussion featuring **Julie Van Rosendaal** and representatives from the **Calgary Food Bank**, **Fresh Routes**, and **Community Kitchen**. Attendees not only gained valuable insights but also savoured a taco bar courtesy of Bowness's own **Salt & Pepper Restaurant**.

Elevenes Coffee Club has become a weekly ritual at the BCA, and it was a pleasure to welcome more guests for the special Food Week edition where we enjoyed a cozy setting to chat over coffee and snacks. Elevenes remains a perfect opportunity for neighbours to meet one another, catch up, and share stories.

THANK YOU PARTNERS AND SUPPORTERS



GRATE FOOD, SOURCED LOCALLY



CFM West

Wed-Sat: 9-7

Sunday: 9-5



CFM South

Thurs - Sun: 9-5



NEIGHBOURHOOD FOOD WEEK CONTEST WINNERS

Great Neighbourhood Food Week Bake-Off Contest

- 1st: Cecilia Cracknell (chewy lemon & coconut cookies)
- 2nd: Bridget Rouane (baked apple surprise pudding)
- 3rd (tie): Mona Hooper (vanilla cupcake with vanilla buttercream frosting) & Ruquya Morsy (donuts)



Food Art Contest

- Tied for first place:
- Olivia Llewellyn Loucks (Sculpture – Leaning Tower of Pizza)
- Stella Knight (Digital Procreate drawing of cupcake)

Hey Neighbour,

Have you heard of the Ripples Community Building Grant?

In a nutshell, we want to give you money to be part of building a vibrant and resilient neighbourhood. If you live in Bowness, Greenwood Village or Montgomery, and you have an idea that creates or enhances social connections or welcoming and inclusive community space, this is your opportunity to receive up to \$1000 to flex those leadership skills. Your neighbours have already used Ripples to fund everything from scavenger hunts and art classes to little free pantries or libraries and parent meetup groups — and this is just a small drop in the pool of Ripples ideas!

Even if you don't have a project quite figured out, I'm here to help talk it out or lend a hand with your application. You can read everything you need to know and apply online at mybowness.com/ripples - or stop by the BCA office for a paper copy (or just to chat!)

Remember - no idea is too small, and it's through ripples that we can create waves — so go ahead, make a splash!

Your Friend,

Tess Van Den Bosch

BCA Community Development Coordinator

You can reach me at tvandenbosch@mybowness.com or 403-288-8300

Visit mybowness.com/ripples to learn more about Ripples and apply.



COMMUNITY NEWS

NOVEMBER UPDATE FROM WARD 1 COUNCILLOR SONYA SHARP

Hello Ward 1! As we head into our snowy season, I'd like to remind everyone to take extra caution on our streets and pathways. Help keep yourself and others safe by slowing down and staying alert to vehicles and pedestrians.

This month we recognize Remembrance Day. I invite all Ward 1 residents to consider attending a Remembrance Day service in honour of those who have defended our country, whether here in Ward 1 or elsewhere across the city.

Budget adjustments

Later this month, Council will debate adjustments to The City's budget for the upcoming year. As part of this year's adjustments, Council is considering additional investments in a number of programs, like Transit safety and the housing strategy.

The budget that Council approved last year will already require The City to collect more in taxes in 2024. It will simply not be possible to fund all of these investments while keeping taxes reasonable.

It's important I hear from Ward 1 residents about what we need to prioritize. Visit calgary.ca/ward1 to learn more about the proposed investments and to submit your feedback.

Residential parking permits

As part of budget adjustments, Council will also be reconsidering the fee structure for residential parking permits this month. The implementation of fees was delayed earlier this year to allow time for Calgarians to request a review of the parking restrictions in their areas.

Visit calgary.ca/ward1 to get the latest information on these changes or to share your comments.

Snow and Ice

When snow stops falling, The City begins its 7 day snow plan. The City prioritizes major routes and pedestrian areas with a high volume of traffic, followed by major community and Transit routes. The City will also level ruts in residential areas as needed, but does not clear snow from residential streets.

Visit calgary.ca/snow to learn more about snow and ice clearing and to see current road conditions. Visit calgary.ca/311 or call 311 to report a concern.

OLA HAS HAD LOTS TO CELEBRATE

We had a great back to school start-up which included a welcome back BBQ sponsored by our school council, our first ever COLOUR RUN raising funds for our new playground, a Jr. High activity day, Jr. High Volleyball teams hitting the court, and our Cross-Country district run.

In October, we participated in a lovely Thanksgiving celebration and took part in activities that highlighted our district Faith theme of Thanks be to GOD for His Indescribable Gifts.

November will include a district Faith Day, a Remembrance Day liturgy, and the Veterans' food drive.

In December, we will participate in an Advent Liturgy, a Christmas concert to celebrate our students artistic and musical talents, and Christmas card delivery to our school community, neighbourhood and Senior's residence. It is truly a gift to spread Christmas joy to those around us.

We want to thank all our families and school community who continue to support OLA and make it a great place to be!

All the best,
Mrs. Horton
Principal
Our Lady of the Assumption School

THE BOWNESS SENIORS' CENTRE WELCOMES YOU!

Our Fall programs are in full swing – we have Zumba, dance, Tai Chi, fitness, and art classes such as card making and clay sculpting for example. We also have bridge, euchre, cribbage, crafts, lawn bowling, indoor floor curling, and book club — just to mention a few of our clubs and activities!

Planning has been underway for our November and December dinner dances, luncheons, and seasonal events — we're hoping you'll join us!

Our next event is the Octoberfest Dinner/Dance on Oct 27. Doors open at 5 pm for bratwurst, beer, and live entertainment. Tickets are \$25.00 for non-members and \$20.00 for members. They can be purchased at the Bowness Seniors' Centre (6422 35 Ave NW) or by calling us at 403-286-4488.

Everyone is welcome to visit, especially if you're 50+ looking for other active seniors. If it's been a while since you've visited the Centre or this is your first visit, we're located at 6422 35 Ave NW (just two blocks south of the Tao of Peace studio and right next to the Irish Cultural Center.)

Call our office at 403-286-4488 to talk about activities you're interested in or to get tickets for our social events before they sell out!

FOOTHILLS UNITED CHURCH

Our next Clothing and Thrift Sale is on Thursday November 16th from 1-6pm. We offer books, toys, and lots of housewares as well as gently-used clothing at reasonable prices, at Foothills United Church (3803 – 69 Street N.W.). There will NOT be a December sale.

For more information, please call the church office at 403-288-5632.

EXTREME WEATHER A NEW REALITY

Submitted by the The Bowness Responsible Flood Mitigation Society (BRFM)
Many can breathe a sigh of relief! We have passed another summer (making it ten years) without a flood event.

Extreme weather events including both rain and drought have become a new reality.

BRFM supports and advocates for a new reservoir that can maintain a maximum flow rate of 800 cubic meters per second (m3/s) and has sufficient capacity to help support Southern Alberta's basic water requirements during periods of drought.

The flow rate in proposed reservoir designs allows rates above 800 m3/s. This will cause groundwater flooding in many Bowness homes which is a serious issue and caused both personal and financial loss in 2013. This loss may no longer be covered by insurance nor by Government Emergency funding.

BRFM has met with many Government officials including the Department of Agriculture and the Department of Environment and Protected Areas to advocate for a solution that gives Calgary communities along the Bow River equitable protection to the communities on the Elbow River.

If a new reservoir has enough capacity, it can prevent widespread groundwater flooding. That same capacity may support the water supply required in drought.

A successful reservoir would pay for itself by providing both flood and drought protection.



NEIGHBOURHOOD FOOD WEEK RECAP

...continued from page 8

The week also featured a sneak peek of Calgary's Cooking with **Community Kitchens Programs of Calgary**. Guests were invited to watch the group in action as they worked together to tackle recipes and prepare affordable meals to take home.

For those looking to make the most of their food budget, the Food Flyer Hustle workshop, also with Community Kitchens, gave tips to participants on the art of finding and maximizing food deals.

"Preserving Made Easy" was another popular workshop that took place at the **Montgomery Community Association** with Janet Melrose.

Attendees learned the art of preserving food, a skill that not only reduces food and garden waste but also offers the opportunity of enjoying seasonal flavours year-round. While this workshop took place in Montgomery, more residents gathered for the Doc & Dine event at the Greenwood Village Dome. We filled our plates with an Italian feast and enjoyed fruitful discussions following the DESERTED documentary highlighting food deserts and insecurity in Canada.

The week concluded with the Food Fair grand finale which welcomed **Fresh Routes**, the **City of Calgary's Food Programs**, and a wide array of local food vendors and resources to the BCA. Hundreds of residents came together to explore food-related initiatives, connect with one another, celebrate the winners of the Food Art and Bake-off contests, and enjoy a feast of bannock wrapped hotdogs and stew lovingly prepared by **Simon House**.

Neighbourhood Food Week was more than just a series of events; it was a testament to the power of food to unite a community. It provided a platform for neighbours to connect, share, and learn, all while celebrating and exploring food. As we look forward to future events and initiatives, we are grateful for all of the connections and experiences of Neighbourhood Food Week. Most importantly, we are grateful to each and every one of you who attended an event, volunteered, or got involved as a partner at any level. Neighbourhood Food Week was the product of an entire community coming together, and we look forward to 2024!

Neighbourhood Food Week is made possible in part with support from the Community Hubs Initiative: A partnership between The City of Calgary and United Way of Calgary and Area, with Rotary as a founding partner, and the Arusha Centre Climate Action Grant.

Special thanks to the local organizations who partnered with Food Week at the Harvester level (mentioned in bold).



The Place
STEAKHOUSE

Paul Sipos
Owner

403-288-7608
Mobile 403-383-1825

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Calgary, AB T3B 0E6
403-286-2224

Mon - Fri 9 am - 9 pm
Sat - Sun 10 am - 5 pm
Holidays 10 am - 5 pm

I ♥ MAINSTREET BOWNESS

THE STEM



STELLA NAILS & SPA



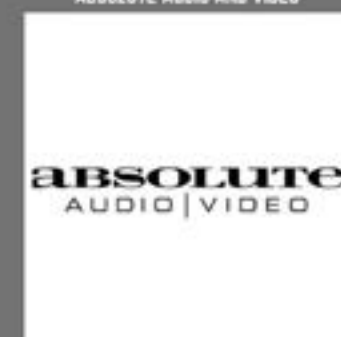
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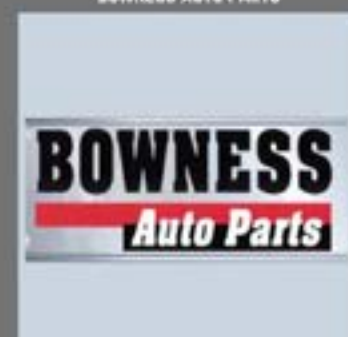
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GlobalHomeEnergy.ca

403-312-3801



COME ON DOWN TO MAINSTREET BOWNESS!

For every dollar spent at a local business, 40 cents stays in your community! Walk, drive, or bike down to Mainstreet Bowness and check out our incredible local businesses. We offer everything from pumpkin spiced lattes to Pokemon Cards!

Follow us on Instagram @mainstreet.bowness.bia and check out our website www.mainstreetbowness.com for upcoming events

VOICES OF BOWNNESS

2023 QUALITY OF LIFE REPORT

We heard from ^{OVER} **700** Bownesians from **DIVERSE** backgrounds and walks of life. Below is a snapshot of what they had to say.



89%

of residents express various ways Bowness can grow as a community

QUALITY OF LIFE



82%

of Bownesians know their neighbours

BELONGING & COMMUNITY ENGAGEMENT



72%

agree it is important to learn about shared history from an Indigenous perspective

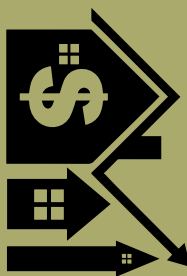
DIVERSITY, EQUITY & INCLUSION



1/3

of residents experience loneliness

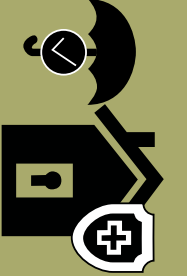
HEALTH & WELLNESS



1/4

of residents rate rental and home ownership options in Bowness as below average or poor

HOUSING



1/3

of residents have felt unsafe at some point because of their identity

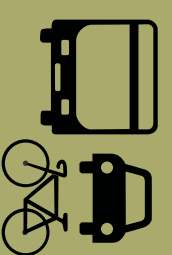
SAFETY



50%

of residents express satisfaction with access to shopping services in Bowness

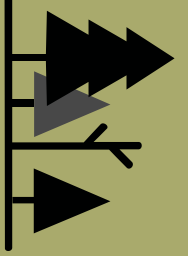
LOCAL ECONOMY



1 IN 5

residents using public transportation encounter difficulties

GETTING AROUND & TRANSPORTATION



71%

of Bownesians are concerned about climate change

NATURAL ENVIRONMENT



76%

of Bownesians believe art helps create a sense of belonging in their community

ARTS & CULTURE



1 IN 5

individuals are not aware of the variety or availability of these learning opportunities

COMMUNITY-BASED LEARNING

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Written and Designed by Susan Davis

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Amanda – The Landing Server and Bartender

Amanda started as The Landing's full time Server and Bartender during Neighbourhood Food Week, which was a perfect introduction into the community! Hearing the stories of so many community members helped illuminate the significance her new role.

She's originally from Cochrane and has lived in Bowness for over two years. The busyness of being a mom of 3 while continuing to work in Cochrane limited her ability to connect with the community. Now, she's blown away by how much organizations like the BCA offer and is grateful to be a part of the team.

Her creative wheels have been in motion as she's listened to feedback from the community on their visions for The Landing. The Landing re-opened for evening service earlier than expected largely because of Amanda's drive, excitement, and passion for the community.

As for the new menu, the burgers have been a hit and are the biggest seller. More pub bites are now available along with local beer on tap, wine and highballs.

Amanda grew up in hockey rinks and was a self-proclaimed "rink rat" while her mom ran the concession in the arena. Now, Amanda has her own view of the rink as she serves hockey parents, pickleball players, and all those cheering them on.

It was her daughter who initially saw the job posting and knew it was perfect for her mom. With her daughter's encouragement and her readiness for a career change, she followed her instinct, took the leap, and applied. Now she looks back and sees how perfectly it all worked out.

"It's been one of the best changes I've ever made in my life and I'm really excited".

She sees how many folks are longing for connection, and she sees The Landing as a gathering place. Her vision is for The Landing to continue growing as a community hub of connection, and she's looking forward to all the wonderful Bownessians she has yet to meet.

-Teri Brown

NEW FACES AT THE BCA

In the last few months, we've been proud to welcome three new full-time staff members to the Bowness Community Association. Come say hi the next time you swing by!



BLAYNE – Facilities Operator

Blayne can be found at the crack of dawn opening up the BCA and preparing the ice for the day’s skaters. Beneath his signature smile and hardworking demeanor is a lifetime of arena experience and stories of legendary local moments.

“My wife and I were living in Dover when COVID hit. We had to give up our house because nothing was happening in the workforce, and that’s why we’re here. But we really like it. I mean, no other neighbourhood we lived in has a Tour (de Bowness)!

I had driven with (BCA Team Member) Sandy at the Corral when I was with the Flames, and I still had it in my blood. After the Corral shut down, I just worked for Event Services. Then Sandy says, “Did you know we’re looking for a driver at the arena?”

I drove for the Flames for 36 years. I drove for the ‘88 Olympics, and I drove the home games for the ‘89 Stanley Cup series. I felt like I contributed to it.

I tell people I don’t have blood in my veins, I have brine! I’ve been doing this since I was 14, so it’s just a way of life. And I really enjoy working with everybody here.

Everybody that I know lives in different communities. Whenever we have a get-together, I wear my “I Love Bowness” shirt. People have asked me why I like it, and I just tell them it’s because it’s a community. And I want to give back because I enjoy the community.”

- Logan Renaud

CODY – Facilities Manager

As the new BCA Facilities Manager, Cody brings over 10 years of mechanical experience along with experience in fleet and facility asset management.

He’s originally from Calgary but moved to BC as a kid. Three years ago he landed back in Calgary before settling in Bowness in 2022.

His background evolved from small engine mechanics to larger construction equipment until a motorcycle accident redirected him to roles away from the tools and more focused on management. He had been looking for meaningful work when he came to the BCA.

He’s really enjoying working with such a like-minded team in an atmosphere where goals and expectations are meaningful. It’s a welcome change from his previous high-stress jobs where work-life balance was difficult.

His primary focus as Facilities Manager is managing the facilities team which includes custodial and ice maintenance professionals. The Olympia ice resurfacers drivers at the BCA are fantastic and have 100 years of experience among them! Cody recognizes the arena maintenance as his top priority as it is one of the most used assets at the BCA.

When asked what has most impressed him so far, he said he loves the feeling of the BCA as well as talking to so many interesting people who are also his neighbours.

He’s looking forward to taking his partner to some of the upcoming fall events at the BCA. “It’s very exciting that I get to work in a place so central to the community that I love already — Bowness is amazing ... it’s like a small town in the city”. He’s very much enjoying how it feels to be both at work and in his community and how they overlap in ways that enhance each other.

- Teri Brown



By Alex Judd

Carya operates across Calgary, with a Bowmont location serving people of all ages (5000 Bowness Rd NW). BCA volunteer Alex Judd sat down with Community Development Facilitator Kate Hunter and Team Lead Jamie Reboul to learn how carya is helping seniors in the community find connection and purpose.

Alex: Tell me about carya - who is it for, and what problems does it solve?

Jamie: We’re a not-for-profit social impact agency that’s been in Calgary since 1910. We have programs and services that support mental health, improve living conditions, strengthen family functioning and create meaningful social connections. These are for people across the lifespan, there’s something for everyone. We joke that our youngest participant is a newborn, and our oldest participant is 100 years old.

Alex: You have multiple locations across Calgary. What is special about your Bowmont Commons location?

Jamie: You’ll find similar programs in all the spaces. In fact, both my teams work across sites. Bowmont Commons is special because although some programs have been in the Bowmont building for years, in January we brought multiple services under one roof, including programs we used to do at different locations in Bowness and Montgomery. We have some of our Elder Friendly groups, family groups offered by Bowmont Families Together, and

a variety of Wellness and Connection groups that are opportunities for people to build relationships with each other and learn things together.

See the Bowmont Calendar for “Elder Friendly Communities” on page 27!

Alex: What have you learned personally through carya, and what has surprised you?

Kate: I continue to be surprised that the assumptions that we make about other people are always wrong when you start to build relationships with them. People are always more diverse and multifaceted and beautiful than I imagined. This work has also opened my eyes to ageism in our culture. I’ve worked with all sorts of people that don’t fit the bill of what society says older adults are supposed to be. But they all have fascinating wisdom and experiences, and deserve to have a meaningful role in society.

Alex: Is there an achievement that you’re most proud of?

Kate: We were able to cultivate a space that fosters kindness, and gives people the opportunity to experience belonging in their neighbourhood and even champion it. We see people who first came in because of a need, whether it was loneliness, or just needing to get out of the house, and they then catch the vision, and start to invite and welcome other folks to come and experience that same thing. As a facilitator, I can only go so far. But seeing this community grow on its own is really, really great.



...continued from page 21

Alex: What are the biggest challenges faced by your community?

Jamie: One in three Calgarians do not feel like they belong. And when you don't feel like you belong, you don't feel like you matter, and you don't have natural supports in your day-to-day life. Also one in four seniors live with a mental health issue like depression or anxiety.

There's a stigma about going to a nonprofit or a mental health group, that people will think there's something wrong with you - but every human benefits from learning about themselves, learning about others and connecting with community.

Kate: Another challenge is spreading awareness of our programs, especially reaching older adults who might be experiencing social isolation. And of course, if you're not in the practice of it, those social skills muscles might not be ready to go. Small talk, and taking the first step, is hard.

Alex: Do any stories stand out from people who have benefitted from carya?

Jamie: Oftentimes, we see people who think "I'm not in a crisis, so I must be doing all right" or "I don't need support or counseling". But they don't really feel like there's any vibrancy in themselves or engagement in their lives. After they've found our services and given it a chance, we see them talk about the difference it's made. Like one client said she would have described her life a year and a half ago as drab and dark, and now she feels like it's sunshine yellow.

Alex: Do you foresee any other challenges heading into the holiday season? What supports are available?

Kate: We have all experienced the effects that darker and colder days can have on our motivation to get out, and the holidays can feel weighty for many of us. At carya, we look for ways to celebrate the season together, making space to share and honour what makes this time of year unique for all of us. This season has been particularly special within the Elder Friendly Community these last few years, and the invitation continues to stand.

The last Wednesday of every month, we host a community-wide monthly meal called The Gathering. It's a great chance for anybody and everybody to get together and get a feel for what Elder Friendly Communities is about. We have a blast, and there's always good food. The December meal is on December 20th.

Alex: What energizes you and gives you hope?

Kate: Sometimes I forget that for people who have lived 80 years compared to my 35 years, this world has undergone huge, transformational shifts. I hear stories of the kind of traumas people have gone through, and what used to be considered normal. It's cool to see people becoming curious and leaning into new ideas surrounding things like gender norms. When we talk about how we feel, and what informs our beliefs and our values, we're able to foster respect for one another and celebrate each other's voices and perspectives. It just blows me away.

...continued on page 27









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I came to Bowness in 1959 from Grande Prairie. My kids were studying at the university, and I felt I should join them. My brother-in-law had been showing me around Bowness — what a beautiful area it is! So since my boys were down here, I moved to Calgary as well.

As far as I’m concerned, I couldn’t have moved anywhere better. Especially being old — you have young people, old people, babies coming... and ten years later they’re big kids! It’s just wonderful. I’m in a nice condo complex and I just love it. It is certainly a lot better than living in the city. When I lived in Toronto, you just go up and down the elevator. Nobody talks, nobody says good morning, and if you do say good morning, you’re lucky if you get a reply. But I love Bowness.

The river here reminds me of where I was born, so it’s very nice for me to be close to the water, to see the water, to smell the water.

I love meeting people and talking to people. We have nice community gardens in Bowness and Montgomery too. A friend gives me some of her harvest and I help her with planting. The library is close by, and it doesn’t matter where you go, people have time to talk to you. It’s not just business.

Bowness is kind of like a village. It’s cozy, it’s nice, and that is what makes it special. But everything is in flux and nothing stands still, just like your life doesn’t stand still. And so, there are changes — where there was one house, now there are four houses. Things change and I think we older persons just have to go with the flow and not say ‘Well I don’t like it, and this is stupid, and it was better in the olden times...’ No, embrace it — embrace it and look for the good things.

I just hope that everyone here will stay nice, kind, and relaxed. I think that makes a good life for the person, for me, and for everybody.

MARGARET KOWALSKA



I’ve been in Bowness thirty-three years, so I’m a newcomer, right? I came to Calgary in 1973 and was working in health care at Foothills Hospital as a nurse. When I came here from Britain, there was no midwifery in Canada, so I became part of the active group pushing for that, and eventually practiced midwifery in Calgary.

I grew tired of living in an apartment block and decided to buy a house. I had no idea what neighbourhood I wanted to live in beyond being in the northwest for work, but my realtor showed me this lovely little house that suited me exactly — I loved it. So I bought it and moved in, and then I realized I was in Bowness!

In Bowness it’s easy to bump into people and get involved. At one point I got involved in the Bowness Society of Residents which was a group of people who were trying to fill a gap, because we had no planning and development committee at the time at the BCA. I went along to a meeting and was just fascinated. The Alderman at the time (Dale Hodges) was very supportive and made sure the group got all the latest planning information.

Eventually I quit because my time was going towards continuing education, but I’m still friendly with a lot of people I met in the group, and it gave me an interest in community affairs. What I love about Bowness is how dynamic it is. Different kinds of people pop up all the time, and they’re welcomed. I like that. People have different ideas and bring different things from different places.

And of course, there’s the environment. You couldn’t have a better environment. When I woke up one day and realized I was living next to Bowness Park, I was delighted! When I was younger, I walked there a lot. I love that we have little green spaces all over the place, little memorials, and monuments. It’s a lovely community to come back into if you work away. It’s nice to come home in the evening.

When I first lived here, Bowness was the edge of the city. After the Olympic Park, well that was the road to Banff! And now when I look in the paper at properties for sale, Bowness is part of the “inner city”. Now it’s a desired area for a lot of people, and nearby institutions like the Foothills Medical Centre and the university make it even more so.

As for the future, I think whoever is in charge has had the right idea with all our beautiful green spaces and how they’ve been protected and preserved. After the flood they redeveloped Bowness Park so beautifully. I was afraid they’d turn it into Disney World, but that absolutely hasn’t happened. There are lots of native plants, wonderful activities like curling and the paddling pond, and yet the park still has a wonderful open feel. People really appreciate it and use it.



SHEILA HARVEY

Faces of Bowness is a portrait series highlighting the great people of Bowness. We aim to publish weekly short-form interviews on our social media feeds, as well as longer interviews like this one in every edition of the Bowest’ner.

To nominate yourself or a friend for a feature, or to get involved in conducting interviews, email: communications@mybowness.com

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...continued from page 22

Alex: How can Bownesians get involved?

Jamie: The best way is to go to Carya’s website or give us a call. We have lots of volunteer opportunities or you can choose to donate financially - because our greatest asset is our staff. We have fundraisers and auctions, or you can register to get your bottles picked up through SkipThe Depot, and we get the proceeds.

Kate: We invite people’s innovations. So if you feel like you have a skillset, and you want to share it with your neighbourhood, the sky’s the limit. If it makes the community more elder friendly, we’re happy to put our heads together and figure it out.

Jamie: All our programs are free, often there’s free childcare. And we always have food. Good food. The Bowmont office is homey and comforting, like hanging out in your best friend’s house.

Kate: If people are curious and want to be a part of their community, just come check it out!



Katie Hunter and Jamie Reboul from carya Calgary

Elder Friendly Communities

Bowmont Sept - Dec 2023

carya

Monday	Tuesday	Wednesday	Thursday	Friday
Commons Connect and Deep Dive Weekly Drop In 1:00 - 3:00 Bowmont Commons	Relationships with your Adult Children Please Register Aug 29 - Oct 17 10:00 - 12:00 Bowmont Commons Healthy Living for Older Adults Please Register Oct 24 - Dec 12 10:00 - 12:00 Bowmont Commons	Taste and Try Weekly Drop In 1:00 - 3:00 Awaken Church Community Gathering Please Register Last Wednesday of the month 1:00 - 3:00 Awaken Church Art of Kindness Please Register Sept 6 - Oct 11 4:30 - 6:30 Bowmont Commons	Let's Move Weekly Drop In 10:00 - 11:00 Awaken Church Do Good Weekly Drop In Coming in October 1:00 - 3:00 Bowmont Commons	Tech Support Please Register 9:00 - 11:00 Bowmont Commons Making Room Please Register Oct 6 - Dec 8 9:30 - 11:30 Bowmont Commons Zoom Zumba Weekly Drop In 10:00 - 11:00 Contact Kate for link Walking Group Weekly Drop In 1:00 - 3:00 Contact Kate for location

Awaken Church

6508 Bowwood Drive NW

carya Bowmont Commons

5000 Bowness Rd NW

For Information or to RSVP

Kate Hunter kateh@caryacalgary.ca 403.681.6193

Colin Hood colinh@caryacalgary.ca 403-651-5868

All programs are free - Flip over for program descriptions on reverse

BOWNESS HISTORICAL SOCIETY

PART 3 AFTERMATH By Anne Campbell

On January 4, 1952, while flood conditions continued, operations got underway by both the army and committee members of the Bow River Flood Emergency Fund to salvage approximately \$30,000 worth of automobiles from the Bow Crescent area. Two Sherman tanks and a heavy recovery vehicle from Lord Strathcona’s Horse (RC) were sent to the Bowness area to smash through the ice and drag the cars to higher ground. The operation was suggested by S.C. Nickle, a captain in the Calgary Highlanders reserve, who saw the tanks operate in similar conditions in Holland during the Second World War. Carl Nickle and army officers toured the area and decided the plan was feasible. Commanding officers immediately authorized the use of the heavy army vehicles. City police and provincial authorities gave permission for the tanks to use bridges and roads on the way to Bowness.

The road at the entrance to Bow Crescent dipped sharply and there were deep ditches on both sides. As the first tank smashed a road through the ice, it slipped on the road surface beneath and sank into the east ditch. The second tank was then sent in to drive up on the west side of the first armoured vehicle and smash away the ice ahead of it so it could pull itself out. After some difficulty, this was done.

The second tank was then sent up on the road to scout the road and ice surface conditions while the first vehicle was backed out of the flood and drained of two feet of water that rose inside the hull. Because of the slippery surface of the road and the continuing depth of the floodwaters, plans to use the recovery vehicle to bring out the cars were discontinued. Instead, the tank was used to tow as well as break a path and the recovery vehicle remained on higher ground where it was used to winch out the tanks if they became permanently stuck.

Pictured below: Army tank stuck in Allen’s Backyard



Mr. David Ure, Alberta Minister of Agriculture, advised that the problem of recurrent winter flooding of the Bow River would be discussed on January 16 at a conference of government, city and power company officials in Calgary. He also advised that the government has the power to insist that a dam be built if it is necessary. A decision on the cause and cure of the flooding is expected to be made following the conference.

To alleviate the problem of ice jamming, Bearspaw Dam was constructed in 1953. The dam traps the slush ice in the river downstream of Ghost Dam and has been extremely successful in reducing winter flooding, particularly along the Bowness reach of the river.



Pictured left: Army tank 1951 flood Allen Home | Pictured Right: Construction of Bearspaw Dam

The Bowness Historical Society is a group of residents committed to promoting and preserving the history of Bowness. They contribute regularly to the Bowest’ner and their book Bowness: Past and Present, 1911-2011 is available for sale at the BCA office.

THE BOWTANICAL GARDEN

THE PERFECT GIFT?

BY BEVERLEY SHERIDAN

It always sneaks up on me, the holiday gift-giving time of the year. One minute I am watering my garden and pruning my roses and the next I am shoveling snow. How did that happen and what am I going to purchase this holiday season for those on my list who are really, really hard to buy for? And then there is that name I draw for the Secret Santa exchange!

A few months ago a friend of mine, who is a self-proclaimed house plant killer, moved into a new apartment. Wanting to provide some greenery for the new abode, I brought an arrangement of potted succulents in an attractive container to the housewarming. The gift was greeted with the comment, “Thank goodness, something I don’t have to water!”. As of today, the plants are still alive and doing well. Perhaps this is the answer to my Christmas list issues? The perfect, and unusual, holiday gift?

In recent years succulents have taken the garden centres by storm. These quirky, collectible, water-wise plants are also now a mainstay in supermarket and Big Box DIY floral departments. So why the sudden popularity? They thrive on neglect and can survive in a variety of volatile environments inside or outside your home. Even the worst gardener can claim to have happy, flourishing house plants.

Succulents are broadly defined by an ability to hold moisture in the body of the plant which provides protection against drought as well as evaporation from high winds. Most are desert dwellers in their natural habitat and are characterized by thick, fleshy leaves, stems, or underground tubers where the water is stored or, as in the case of cacti, spines as a defense against thirsty predators and reducing the effects of drying winds. The easiest way to kill succulents is to overwater them.

Over the last few years I have added some potted succulents to my indoor plant collection. Few produce flowers of any note, but the huge variety of interesting leaf shapes, sizes and colours keeps me coming back to add a few more. Many have also done double duty as the larger pots can spend the summer months on my deck and the winter months in my sunroom. I have some that are shaped like rocks, some look like jelly beans, while others trail from the pots but all are extremely easy to care for. They do best in a fast-draining soil and when kept in direct sunlight – south or west facing windows - in a warm part of the house or garden. A small amount of water every 10 to 14 days keeps them going for years.

There are hundreds of varieties of succulents to choose from. Most retail sources offer them already planted as an interesting group in a decorative pot or individually if you want to be creative and make up your own plantings. A small potted group will not break the budget and will be an interesting and unexpected Christmas gift. If you struggle to source gifts for clients or employees, small potted succulents provide a unique and memorable gift. Just be sure to inspect whatever you are buying that it is free from mealybugs, scale insects or basal rot, the very few things that negatively affect succulents.

The variety of plants available keeps increasing but a few of the most popular and easy find are:

Aloe vera plant yes, the one they make the after-sun moisturizer from.

Kalanchoe, often called Panda plant because of its furry leaves.

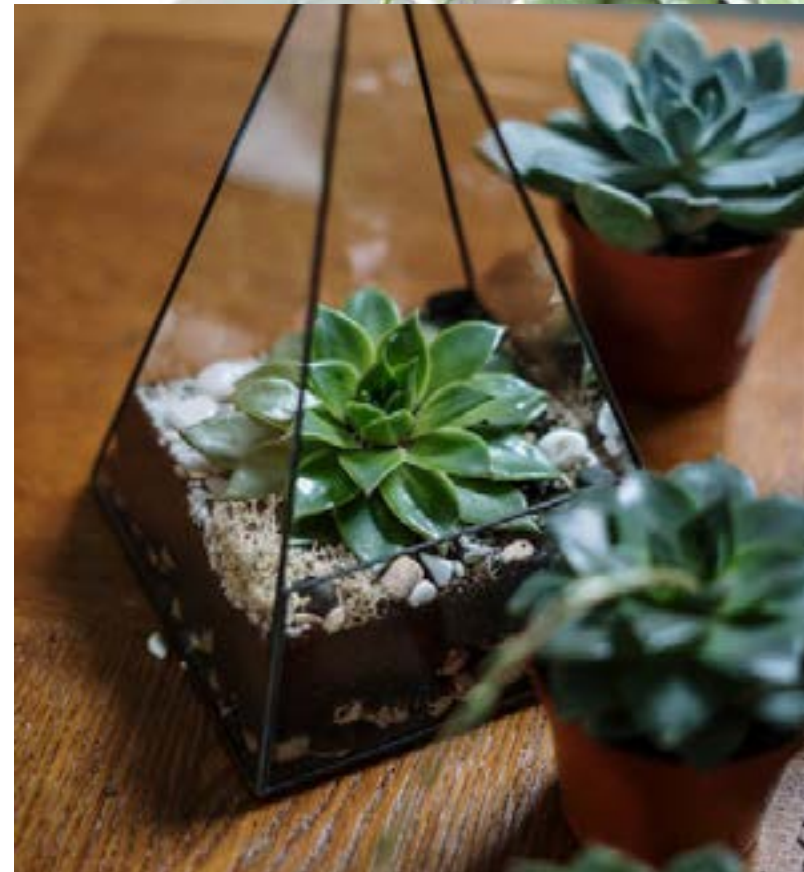
Echeverias, a large group that produce rosettes in a variety of shapes, sizes and colours.

Sedum, another large group of low growing plants, some of which will produce flowers.

Sempervivum, better known as Hens and Chicks.

Senecio, also know as String of Pearls, great for a hanging or shelf placed pot.

However you choose to celebrate the holiday season, may it be happy and healthy.





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