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BOWEST'NER

Newsletter of the Bowness Community Association

JANUARY / FEBRUARY 2024

Bowness Lions

Celebrating 75 Years in the Community



Service Projects Include

Fundraising Casinos • Raffles • Christmas Tree Sales
and our friendly 'Grill Team' who share
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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
dreinke@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

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OFFICE HOURS
Monday to Thursday
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Food and Beverage Service
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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 Districts 5 and 6. 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 & DEVELOPMENT
Logan McEachern
planning@mybowness.com

ACCOUNTING
Deb Hall
accounting@mybowness.com

FACILITIES
Cody Hollick
chollick@mybowness.com

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

BOARD OF DIRECTORS*

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mmacrae@mybowness.com

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Call to speak with *Anthony Merah *Amina Muhammad *Nazeef Muhummad *Saghir Mehar (Student-at-Law)
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Kerry McClelland (Retired)

ON
THE
COVER

Photo by Kathy Labbee

BOWEST'NER
JANUARY / FEBRUARY 2024

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
Alex Judd, Angelina Selvalingham, Beverley Sheridan, Cody Hollick, Gideon Mentie, Kathy Labbee, Laddie Trithara, Logan Renaud, MJ Karelse, Theresa Mercier

PROOFREADERS
Molly MacRae, Anne Campbell, Tess Van Den Bosch, Marg Scott

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

LETTER FROM THE EDITOR

Hello Bownesians!

It's hard to believe another year is right around the corner. While there's still plenty of winter to look forward to, the days are finally getting longer. Before we know it, spring and summer will be around the corner once again.

This is a time of year when many of us take stock and set new goals. If you're like me, you're no stranger to making ambitious plans for self improvement and then feeling frustrated when change doesn't come overnight.

In the leadup to the holidays, I had the joy of attending a kids' Christmas play. Like any performance involving preschoolers, it wasn't without its fair share of hiccups, miscues, and forgotten lines. Of course, for the friends and families in attendance, these 'mistakes' were part of the charm and didn't interfere in the slightest with the joy and pride they felt for their kids.

After the show, a friend pointed out how critical we often are of our own mistakes, and how different things might be if we learned how to offer ourselves some of the same grace we feel while watching a 3-year-old struggle to find the words to a Christmas carol.

Whatever goals and ambitions you have coming into this year, I hope you take my friend's advice and pair them with a healthy dose of grace and compassion to pick yourself back up when things don't go to plan.

Here at the BCA, we have lots brewing for you this January and February. One of the things we heard through the recent Quality of Life Survey was your interest in having more learning opportunities related to wellbeing. Through the Community Hubs initiative, we're excited to begin offering "Wellbeing Wednesdays". These free learning sessions will cover a range of topics like personal finances, mental health and addiction, and community safety. Head to page 5 & 6 to learn more, and I hope you keep on reading from there for more great local happenings, stories, and photography.

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

YOUTH EMPLOYMENT SUPPORT DROP-INS
JANUARY 16, 23 & 30 | 2-5PM | THE LANDING @ THE BCA

Are you looking for a job? Are you thinking about summer employment? Are you between 15-24 years old? If yes, please come drop in and visit a Youth Employment Counsellor for resume and job search support over a cup of coffee or tea.

BCA EVENTS COMMITTEE MEETING
JANUARY 18 | 6PM

Interested in helping us plan our events? Get involved with the Events Committee by contacting Laddie at volunteer@mybowness.com. Meeting location can vary, so please contact Laddie for details on the next gathering.

FREE FAMILY DAY SKATE AT THE BCA
FEBRUARY 19 | 9AM - 3PM

As part of the city-wide Chinook Blast initiative, the BCA is pleased to offer a full day of free skating, along with treats and hot chocolate. Helmets are required for those under 18 (and recommended for everyone!)

BITS AND BITES: A MONTHLY NEIGHBOURHOOD FOOD WEEK SERIES

We are thrilled to continue our celebration and exploration of all things food through Bits & Bites: A Monthly Neighbourhood Food Week Series. Leading up to our week-long event in September, join us for a community activity every 4th Saturday of the month. We'll be serving up FREE food-focused workshops, sessions and events (the Bits!) with some snacks along the way (the Bites!) Below is what's being dished up first. Snacks & refreshments included!

GUAC & ROLL – HOMEMADE TORTILLAS AND TACOS WORKSHOP

SATURDAY, JANUARY 27 | 2-4PM | BCA KITCHEN
ADULTS ONLY (18+) | ADVANCE REGISTRATION
REQUIRED AT MYBOWNESS.COM/EVENTS
CHILDMINDING AVAILABLE

Calling all food enthusiasts in the community! Join us for an exciting Homemade Tortillas and Tacos workshop led by Idalia Galindo, a member of our community who brings authentic expertise in Mexican cuisine.

Experience the joy of making flour tortillas from scratch, crafting mouthwatering pastor tacos, and perfecting fresh guacamole while connecting with neighbours and sharing culinary delights.

Come join our vibrant culinary gathering and savour the flavours of Mexico right in your neighbourhood!

TRIVIA WITH THE CALGARY FOOD BANK
SATURDAY, FEBRUARY 24 | 2-4PM | BCA COMMUNITY ROOM | DROP-IN

Join us to play trivia and win prizes with the Calgary Food Bank in attendance and available to answer your questions! We welcome donations of funds and food, but there is no registration required and no cost to attend. Come join us for this afternoon of fun!

For more info visit mybowness.com/events or contact us at:

403-288-8300 | communityhub@mybowness.com

WELLBEING WEDNESDAYS

Through our Voices of Bowness: 2023 Quality of Life Report, we heard that residents are interested to learn more in areas that concern their wellbeing such as finances, mental health, addiction, and community safety. In this exciting new series offered on Wednesdays throughout the year, we will be bringing you a variety of offerings to connect and share with others while unpacking these sometimes tough topics.

FINANCIAL WELLBEING WITH MOMENTUM CALGARY

Join in a free 3-part workshop series with Momentum focusing on financial wellbeing. All take place in the BCA Community Room with free snacks, refreshments and childminding available. You do not need to attend all three, though you are most welcome to. Registration is required at mybowness.com/events or by calling the office (403-288-8300)

PART 1: BUDGETING – CONTROL YOUR MONEY
WEDNESDAY, JANUARY 24 | 6-8PM

Understand the differences between needs and wants and how it affects your spending habits, as well as learn how to track your expenses and put together a budget.

SUBMISSIONS FOR THE MAR/APR ISSUE ARE DUE:

JANUARY 26, 2024

PART 2: CREDIT – TAKE CHARGE OF IT
WEDNESDAY, MARCH 13 | 6-8PM

Learn about the different types of credit products and how to use them wisely, as well as ways to pay down your debt and where you can turn to for help.

PART 3: ASSETS– BUILD YOUR FUTURE
WEDNESDAY, APRIL 10 | 6-8PM

Discover all the valuable qualities and things you have in life, as well as learn how to use all your different types of assets to overcome the challenges you face.

For more info and to register, visit mybowness.com/events or contact us at:

403-288-8300 | communityhub@mybowness.com

BCA ARTS (ARTISTIC RESIDENT TALENT SHARE)

BCA featured artist, Sacha Michaud, joins us this February! Check out her exciting offerings below, and learn more about Sacha on page 16. All events take place at the BCA. For more info and to register, visit mybowness.com/arts or contact us at:

403-288-8300 | communityhub@mybowness.com

BUILD OUR COMMUNITY WORKSHOP
THURSDAYS | 11AM - 12PM

Drop by and help build a miniature movie set of our community to be used as the backdrop for the animated film being created in part 2!

It is not meant to be an exact replica, but rather a creative rendering of this community that we all share and love. We will paint, carve and construct it together, so be prepared to get your hands dirty and create! If you'd simply like to observe you are also welcome to stop by!

Drop-in | All ages welcome | Snacks & refreshments provided.

STOP MOTION PUPPETRY WORKSHOP SERIES
SATURDAYS: FEBRUARY 10, 17 & 24
2-4PM | BCA COMMUNITY ROOM

Join Sacha in an exciting workshop series in which you will design a memorable character, then transform your idea into a stop-motion puppet. The final day will be dedicated to bringing the puppet to life through animation. No experience needed, but you must be available to attend all three sessions.

Advance registration required at mybowness.com/arts
Ages 13+. Snacks and refreshments provided
Free childminding available

BOOK CLUB

The Bowness Book Club meets monthly on the last Wednesday of each month in the Landing at 7PM. We read one book a month and everyone is welcome! Here are our books for the first half of 2024:

January: Moby Dick by Herman Melville

February: Norwegian Wood by Haruki Murakami

March: Solito by Javier Zamora

April: The Bee Sting by Paul Murray

May: The Bell Jar by Sylvia Plath

June: Young Queen by Parris Goebel

RIPPLES COMMUNITY BUILDING GRANT

Make a splash! Receive up to \$1000 to put toward your community building idea by applying for a Ripples Community Building Grant at mybowness.com/ripples.

The next Ripples Committee meeting is February 12, so get your application in before then!

ELEVENSES COFFEE CLUB
THURSDAYS | 11AM - 12PM

Join in on some 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 9-5pm 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 every Tuesday - Friday for pub bites and a fully licenced 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

SHINNY AND PUBLIC SKATE
VARIOUS TIMES

The BCA offers free public skate as well as \$10 full-equipment shinny at various times throughout the week. Check online at mybowness.com for latest times.

UN–WINED STITCHERS
THURSDAYS | 7-9PM

Calling all stitchers! Join this new stitching meetup for crocheters, knitters, embroiderers, felters, needle-punchers, and more. This group meets every Thursday from 7-9pm upstairs at the BCA. Turn right at the top of the stairs (toward our office) and find us in one of the meeting rooms.

Pay-what-you-want coffee and tea will be available, and Stitchers will be welcome to 10% off all other beverages in The Landing.

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.

CARYA PROGRAMS AT THE BCA

Carya is a not-for-profit agency dedicated to creating strong families and communities in Calgary. We are delighted to have some of Carya's free programming return to the BCA in 2024, thanks in part to support from the Community Hubs Initiative: a collaboration between The City of Calgary and United Way of Calgary and Area. Visit caryacalgary.ca for information about more Carya events and programming around our community.

CARYA SENIORS MONTHLY MEAL
JANUARY 17 & FEBRUARY 21
12:30- 2:30PM | BCA SOUTH HALL

Every third Wednesday of the month. Registration required - please contact Kate Hunter kateh@caryacalgary.ca or 403-681-6193

CARYA DROP–IN PLAY
MONDAYS | 9:30 - 11AM | BCA NORTH HALL

For more info contact bft@caryacalgary.ca

See You in The Landing!



DAYTIME DROP-IN

MON - FRI: 9 AM - 5 PM
SAT - SUN: CLOSED

FREE AND OPEN COMMUNITY SPACE
PAY-WHAT-YOU-WANT COFFEE AND TEA
OUTSIDE FOOD AND DRINK WELCOME
ALL AGES WELCOME

EVENING SERVICE

TUES-FRI: 5 PM - 10PM
SAT/SUN/MON: CLOSED

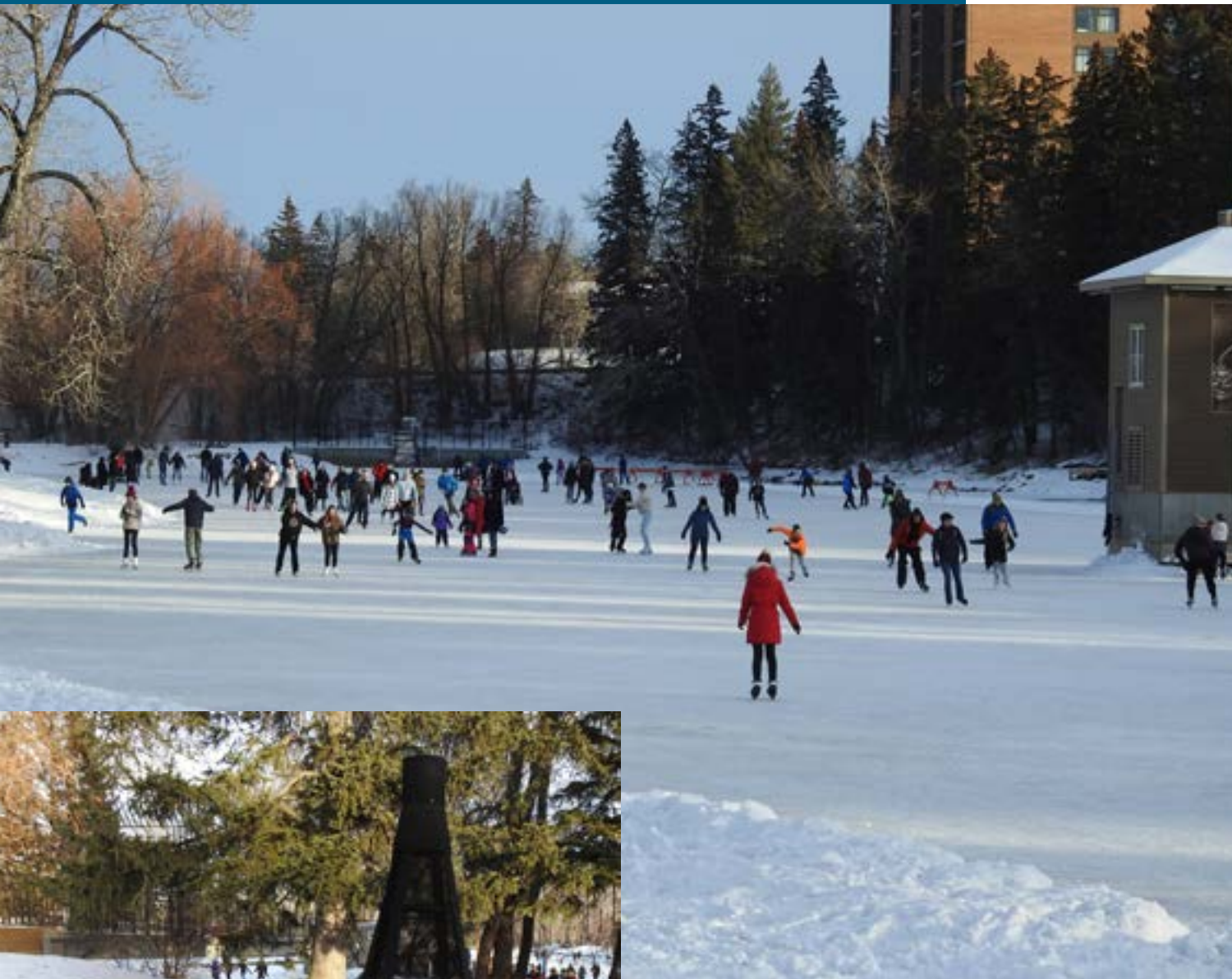
ENJOY SMALL BITES AND A FULLY LICENSED BEVERAGE MENU
MINORS WELCOME WITH ADULT SUPERVISION
PURCHASES DIRECTLY SUPPORT THE BCA



7904 43 Ave NW | 2nd Floor | Elevator Accessible



LOCAL PHOTOGRAPHY ROUNDUP



Photos by Kathy Labbee

Want to see your local photography published online or in The Bowest'ner? Send a submission to editor@mybowness.com



Photos by MJ Karelse





Photo by Samantha Avery



Photo by Kathy Labbee

HOLIDAY DINNER THANKS

The Bowness Holiday Dinner was another tremendous success. If you attended, donated, or were one of the 100+ volunteers who contributed your time and talents, the whole community thanks you for being a part of this amazing evening.

It took 34 turkeys and hundreds of homemade cookies to feed all 500 guests! Thank you Steve Richardson for serving as the Head Chef, Simon House for contributing so many volunteer hands, Pathfinders Troop 144 for serving and donating cookies, and Kearstin Pfeifer for performing Christmas music. Thanks also goes to the students of Bowmont Preschool, Little Oaks Preschool, Trellis Preschool, Our Lady of Assumption Elementary, and Belvedere Parkway Elementary for decorating the hall with their art.

Did you know that a small team of volunteers has been working for months as part of the Holiday Dinner Committee to fundraise, organize, and prepare for the event? Thank you Steve Richardson, Brenda Ault, Karen Phillipps, Saskia Clemens, Ralph Scaglione, Jacqueline Butt, Sandy McCallum, Marilynne Hall, Bridget Rouane, and Rosemarie Hadloc!

Lastly, our thanks wouldn't be complete without acknowledging the BCA's own Laddie Trithara who led and coordinated this event. Thank you Laddie!

We cannot thank each of you enough and we are already looking forward to next year!

- Holiday Dinner Donors:**

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 - Bowness Montgomery Law Office
 - Carstar Bowness
 - Mark Fewster Licensed Interior Design Studio
 - Mckinley Masters
 - Bowmont Animal Hospital
 - Advent Lutheran
 - Horizon Land Surveys Inc.
 - Trinity Hills Eyecare
 - Ken Moore Denture Clinic
 - Bench Mark Equipment & Supplies
 - Cobbs-Trinity Hills
 - Bowness Arts
 - Books Between Friends
 - Optimum Wellness
 - CRMR Laundry
 - Ken Richter RE/MAX Real Estate (Central)
 - McDonalds

Stay in the know!

BCA EVENTS CALENDAR

www.mybowness.com/calendar

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Gracias Espíritu Santo - Thank You Holy Spirit

COMMUNITY NEWS

UPDATE FROM WARD 1 COUNCILLOR SONYA SHARP

Happy New Year, Ward 1!

I hope everyone had a restful holiday season. My best wishes to you and your families for 2024!

Budget

As of the time I write this, deliberations on The City’s budget have only recently concluded. Council approved a 7.8% increase to property taxes which I did not support. At a time when many Calgarians are struggling with affordability, we need to be focusing on the top priorities: safety and affordability. It’s just not the right time for most of the new spending. You can read more about my thoughts on this budget, and the feedback I received from Ward 1 constituents, at calgary.ca/ward1.

Residential Parking Permits

Through the budget, Council approved lower fees for residential parking permits than originally proposed. As a reminder, the new fees only apply to areas where permits are already required. There are no plans to impose permits or fees on new areas automatically. Visit calgary.ca/rpp to learn more.

Property assessment

Property tax assessment notices are mailed out this month. The customer review period runs from now until March. Questions or concerns? Contact The City’s Assessment department at 403-268-2888 or visit calgary.ca/assessment.

Calgary Awards

Nominations for the Calgary Awards to recognize outstanding individuals, groups and businesses in our community are now open. Visit calgary.ca/awards to learn more and nominate someone for their contributions to our city.

Sidewalk Clearing

A reminder that sidewalks must be cleared by property owners or occupants within 24 hours after a snowfall. Be a Snow Angel! Consider helping out a neighbour by clearing their walk.

Outdoor activities

January is a great time to get outside to enjoy all of the best that winter has to offer, like skating, hockey, crokicurl, cross-country skiing and tobogganing right here in Ward 1. Visit calgary.ca/parks to find activities near you!

BRFM THANKS DR. TAD DABROWSKI, P.ENG.

The Bowness Responsible Flood Mitigation Society (BRFM) would like to acknowledge and thank Dr. Dabrowski for his expertise and pro bono support to our community in oversight of the groundwater exploration program conducted in support of the City of Calgary Bowness Flood Barrier project.

Dr. Dabrowski is planning to retire after working 63 years in the field of hydrogeology. He is a recognized expert in hydrogeology. His experience includes a variety of groundwater related major projects across Canada and internationally.

BRFM asked Dr. Dabrowski to assess the effect of the proposed Bowness barrier along the Bow River in preventing groundwater flooding of parts of Bowness. He advised BFRM that there was not enough hydrogeological data to complete this assessment. Further he advised BFRM and the Bowness Barrier Working Group about the nature and type of field exploration required. It included geophysical surveys, monitoring well installation and testing including extensive hydro-chemical assessment. These hydrogeological studies were conducted from 2019 -2021. Results indicate the presence of conductive channels within Bowness that would cause flooding from groundwater during a flood event, potentially impacting 400 homes. See www.bownessbarrier.ca. BRFM continues to advocate for increased upstream mitigation.

FOOTHILLS UNITED CHURCH

Our next Clothing and Thrift Sales are on Thursday January 18th and Thursday February 15th, 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).

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

Thanks again!

OUR LADY OF THE ASSUMPTION SCHOOL

Happy New Year from our OLA school community. We hope you and your family had a wonderful holiday and new year.

Of noteworthy community actions, our Gr. 4/3 students continue to help our planet by taking care of the compost bins at school, gathering recycling, and taking care of our concession... just to name a few things!

November wrapped up with our Sr. Girls Volleyball team winning our division City Championship, followed by our student athletes partaking in wrestling meets.

Just before Christmas, our students had the opportunity to make cards that were delivered to our neighbours close to the school and to one of the Seniors complexes in Bowness. We also had a wonderful Christmas concert where families came to view artwork done by students and be entertained by the Kindergarten to Gr. 5s who sang a medley of songs. They also heard the Gr. 6 and Jr. High Band members playing us an array of tunes.

In January, our basketball teams begin play. We also saw lots of leadership activities by our Jr. High students working with our younger students, and had a Dance residency for the whole school.

This year, February is an extra day long (Happy Birthday to our leap year friends!) and brings us to the season of Lent, which for our Catholic community is a very sacred time of year. Ash Wednesday is followed by Teachers Convention and Family Day and will wrap up this busy month.

With blessings,
Mrs. Horton
Principal
Our Lady of the Assumption School

BOWCROFT ELEMENTARY SCHOOL

Dear Bowness Families,

Bowcroft School is growing! We are now sitting at 364 students. 135 in the German bilingual program and 229 in the community program. We are excited to report that our ballroom dance residency started on Monday, November 27, 2023. This residency culminated in the winter celebration on December 20 (German) and December 21 (community English program).

Kindergarten and grade 1 students learned the Merengue, grade 2 & 3 students the Tango, grade 4 students the Waltz, and the grade 5 & 6 students the Swing.

Our grade 1 students are learning to read using the UFLY and Heggerty program and the progress they are making in reading and writing is impressive. Their progress is supported by parents at home, who receive words of the week and a weekly reading passage that need to be practiced at home.

If you or a family you know is interested in learning more about our German bilingual program, please call or email the school. Registration is ongoing and there is no lottery process. Children from all over Calgary can register for the German bilingual program.

Warm Regards,
Meike Thomsen
Bowcroft Elementary



The Place
STEAKHOUSE

Paul Sipos
Owner

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Sat - Sun 10 am - 5 pm
Holidays 10 am - 5 pm

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YOGA MCC



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THE LIGHT CELLAR



BOWMONT MEDICAL CLINIC



BOW CANNABIS



WESTERN LASER EYE ASSOCIATES



CALGARY MUSCLE AND SOFT
TISSUE CLINIC



COME ON DOWN TO YOUR HISTORIC MAINSTREET

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.

Did you know the Mainstreet Bowness has 28 murals between 62nd and 65th streets and Bowness Road? (Don't forget to check out our back allies!)

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

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GlobalHomeEnergy.ca
403-312-3801



Tell us about yourself and your history with the neighborhood.

I moved to Bowness maybe five or six years ago and have been in Calgary since 2013. My grandparents lived here and grew up here, so I've always come in and out of Calgary. I chose to move here because it has a really strong community with a lot of diversity.

How did you come to be an artist and what medium do you specialize in?

I am a stop-motion animator. Which means I mostly sculpt, using a variety of mediums. My style looks somewhat realistic so it is similar to making miniatures. I became an animator pretty recently, though I did create a lot of puppets and art as a child. In 2020, I was working in social work, helping people who were unhoused find housing. During the pandemic, everything was shutting down, and it impacted that population tenfold. A lot of people were dying, and that really impacted me. I needed to step back a bit and that is when I turned to art. It had been such a big part of my youth and I knew that it would help me process what I was experiencing. I also wanted to depict what I was seeing and help those community members express their experiences. So I came up with an idea for a film and applied to a residency with Quickdraw Animation Society.

In about 2017, I did a little bit of work with a local production house called Bleeding Art making prosthetics as well as things like snot, slime and fake blood. They also had a bit of a stop-motion studio and they released a couple of shorts.

One of the staff from there actually mentored me during my film project. She helped me with the urethane and silicone casting, but beyond that I mostly taught myself with tutorials.

My home studio is still set up in my kitchen and it is taking over! I have a down-shooter, camera and computer setup for animating, and then my puppets and sets. There's so much stuff — fabric, foam... all sorts of stuff!

What benefits do you see in artists and communities working together?



The film I made follows a main character who is living in an encampment as she tries to find housing. The story was actually written by folks who have had that lived experience. I was able to get funding from the Calgary Foundation, allowing me to pay honorariums to participants, and together we came up with the storyline. They also helped with the fabrication, and did the voice acting of the two main characters.

So it was a community project, it wasn't just me.

The film was actually just released in November! It premiered at Quickdraw's animation festival, called GIRAF.



With one short film under your belt, are there any moments or stories that stand out from your artistic career so far?

I think the film meant a lot to the folks who participated. I shared the stage with two of the co-writers last Thursday and they were so, so excited to be there. It was a big moment for all of us and we were all really proud of the film. It was really important to them to spread awareness about how hard it is to be unhoused. The film talks about how many barriers there are from being unhoused to being housed — it is not as straightforward as people think it is.

Tell us what you have in store for Bowness as the next ARTS featured artist!

There are two parts:

For the community project, we will be building a miniature stop-motion set of Bowness. It does not need to be exact or perfect, but it will be something we create together!

Then for the workshop series, we'll be designing and building puppets then animating them using the set that we created in the community project.



BCA ARTS 2024

Interview with Sacha Michaud

Interview and story by Logan Renaud



Turn back to pages 5–6 for details on how to get involved with Sacha creating an animated short film through ARTS!

PLANNING AND DEVELOPMENT SPOTLIGHT

Part 1 of 3

By Angelina Selvalingham – Planning and Development Committee Member

Hello, Bowness neighbours!

As our beloved community continues to grow and evolve, the planning and development process plays a crucial role in shaping the future we all envision. Whether you're a long-time resident or a recent addition to our vibrant community, staying informed and engaged in planning and development is key to ensuring your voice is heard.

The BCA Planning & Development Committee has created a centralized online resource for you to access information and provide feedback on developments in your community: mybowness.com/planning-development. You may also be interested in looking into these extra resources:

Calgary Development Map (DMAP):

www.dmap.calgary.ca

Here you'll find all active land use and development applications for Calgary. You can also access the plans that have been submitted to The City with a development application. You can search for developments by address, reference/permit number (found on a notification), community name/ward number, or by zooming into an area on the map.

The City of Calgary's Planning Bylaws:

www.calgary.ca/planning/land-use/online-land-use-bylaw

This site outlines the rules and regulations for development of land in Calgary for each zone as well as the process of making decisions for development permit applications.

Engage with our Ward 1 Councillor, Sonya Sharp:

www.calgary.ca/council/ward-1/contact-ward-1

Councillor Sonya Sharp is your voice with City Council. You can engage directly with her team and provide insight and feedback as residents of Ward 1.

Signing up for Ward 1's Newsletter is a great way to stay informed on topics and issues that are relevant to Bowness and Ward 1. In recent newsletters, Councillor Sharp has provided updates on The City's Housing Strategy and her actions around blanket rezoning.

Calgary Subdivision and Development Appeal Board (SDAB):

www.calgary.ca/content/sdab/en/home/home

The SDAB hears appeals regarding decisions made by The City of Calgary subdivision and development authorities and renders decisions based on the evidence presented.

All SDAB decisions are archived on the SDAB site and can be used as a resource for navigating previous appeals and hearings.

Your BCA Planning & Development Committee is always here to answer questions and provide information. We're a passionate group of volunteers who love Bowness and are excited about our community and residents! We perform an advisory role and provide comments to The City on how a proposed development fits into the community, and help suggest changes based on community feedback. However, it's also important to remember the BCA holds no jurisdiction or authority in any planning matters or in decisions made by The City of Calgary.

Please feel free to contact us by email: planning@mybowness.com, or head over to our site anytime: www.mybowness.com/planning-development

Director of Planning - Angelina Sevalingham
Co-Director of Planning - Jeff Riedl
Planning and Development Assistant - Logan McEachern



Fountain Tire BOWNESS

Serving Bowness and surrounding areas for over 25 years, and now under new management. I'm honoured to work in such a proud and tight-knit community. I look forward to continuing and strengthening our ties with the community, and serving our new and existing customers with honest and integrity. Call or book online, I hope to see you soon!

Scott

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Employment Support

Are you looking for a job?
Are you thinking about summer employment?
Are you between 15 to 24 years of old?

If yes, please come drop in and visit a Youth Employment Counsellor for resume and job search support and a cup of coffee/tea.

Dates: January 16th, 23rd, 30th
Times: 2pm-5pm
Location: 2nd floor of the Bowness Community Association in the Landing
Address: 7904 43 Ave NW

If you have any question please contact Steven at steven.kaptevyn@calgary.ca or (403)703-6934.

community hubs initiative
WHERE COMMUNITY HAPPENS



The BCA's Board of Directors are community members who are elected by the membership each year at our AGM. They volunteer their time, expertise, and leadership to build community and help make Bowness a better place.

At our 2023 AGM last November, we were excited to welcome Gideon Mentie and Adam Fyfe onto our board. We also voted to elect board member Mieke Coppes as our new president!

Keep on reading for a message from Mieke along with interviews with our two new board members! Want to learn more about one of our other board members? Check out their bios online at mybowness.com/team

The 2024 Bowness Community Association Board of Directors

Mieke Coppes
President

Adam Fyfe
Director of Events

Angelina Selvalingham
Director of Planning

Beverley Sheridan
Treasurer

David McCulloch
Director of Facilities

Gideon Mentie
Secretary

Harvey Matchullis
Director at Large

Jeffrey Riedl
Co -Director of Planning

Jennifer Loewen
Director of Community Garden

Jessica Clark
Director of Communications

Jimmy Doyle
VP and Director of HR



Letter from the BCA President

Hello everyone, my name is Mieke Coppes and I am the new president of the Bowness Community Association. I am excited to step into this role after being on the board for the last 3 years. First I'd like to thank Jason - the outgoing president for all his hard work in the last couple years - his commitment and knowledge will be missed.

As many of you know, the BCA's vision statement is: 'Bowness; a diverse, engaged, connected and proud community of choice'. As I step into this new role, I look forward to building on an already strong community association and continuing to create a community that reflects this vision.

When I moved back to Calgary in 2019 with my husband, we looked for a place to set roots and build community. Bowness was quickly added to the top of our list as people continued to point out the amazing location, affordable housing, beautiful parks and sense of small town community. Four years later, I have felt incredibly blessed to find this community and call it home. My goal is to continue ensuring that those same principles are maintained while we look to the future.

I love being involved in my community and look forward to seeing many of you around! There are lots of events in the community that I participate in, including the November Craft Fair, Neighbourhood Food Week, the Stampede Parade, and even occasionally the book club held in The Landing every month!

We are always looking for volunteers for all kinds of events and committees - so if you are interested in meeting new people, building roots or just having fun- please reach out to myself or any member of the Bowness Community Association.

Mieke Coppes
president@mybowness.com

MEET THE 2024 BCA BOARD OF DIRECTORS



Meet Gideon Mentie

Interview by Theresa Mercier

How long have you lived in Bowness, and why did you choose to serve on the BCA board?

I have been living in Bowness since 2021. I fell in love with the community because it was so close to nature with the river and Bowness Park right there. I chose to join the board originally because a friend of mine, Teresa Davidson, convinced me to join back in 2021. I stepped down from the board when I decided to do some travelling this year but now that I'm back in Bowness, I really want to be a part of making this community as great as it possibly can be. I think that we have some of the coolest people in the city living in this neighbourhood. So, I want to be a part of helping all people find each other, build great events and have spaces where everyone can connect and feel like one big happy neighbourhood.

What skills and experiences do you bring to the board, and what are you passionate about outside of the BCA?

I think what makes me a great board member is that I love people, and I have a lot of energy. I have the time to show up for events and to help plan things. I love finding ways to get people together and start interesting conversations about how we can make our neighbourhood better.

I really love storytelling and making videos. I think that one of the big responsibilities of the BCA is telling the story of Bowness. I really love sharing cool and interesting stories with broad audiences, and I think that we have a lot of great stories to tell about Bowness.

What's something that's going on in the community that excites you?

I think that we have some of the most neighbourly people in the city. On Halloween, I was at a camp fire down the street from my house with people I had never met before and all of us got along everyone was so welcoming and inviting. As someone who's young in the neighbourhood, it's lovely to have families, older people and young adults all living life together! So, I'm really excited for the community.



Meet Adam Fyfe

Interview by Gideon Mentie

How long have you lived in Bowness, and why did you choose to serve on the BCA board?

I have lived in Bowness for two years now. We bought our first property here. And I've decided to join the Board of Directors because I really want to make a difference in this community. I like what Bowness has to offer – I think we've got an amazing lifestyle to live. We've got the river really close, we have lots of major amenities close by, and a really good tight-knit community.

What skills and experiences do you bring to the board, and what are you passionate about outside of the BCA?

What I bring to the board is an open mind. I'm a young, hungry person who wants to see this community keep its character even as we transform to a more modern lifestyle. I have a pretty broad view of Calgary through my job as a realtor. I'm able to see a lot of different communities and see how they function and flow. I think that bringing that knowledge into the board will be a massive benefit just based off of my experience in other areas. I've been a realtor for six years now and I look forward to bringing in my knowledge of how to be a successful business person, how to be personable, how to be polite, and just again, communication on what I could do to better the board.

What's something that's going on in the community that excites you?

There's a lot of people moving here. And for myself, that actually is exciting because I am a people person. I genuinely enjoy getting out to community events. And a lot of things that I see in Bowness are not really replicated in other communities in Calgary. Young couples are coming because it's still fairly affordable compared to other communities in Calgary. I really like a lot of the developments that are happening around here like the Farmer's Market, the Superstore, and some of the other stuff that's coming down the pipeline. I think that there's a lot of excitement to be here and there's a lot of outdoor activities.

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 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.



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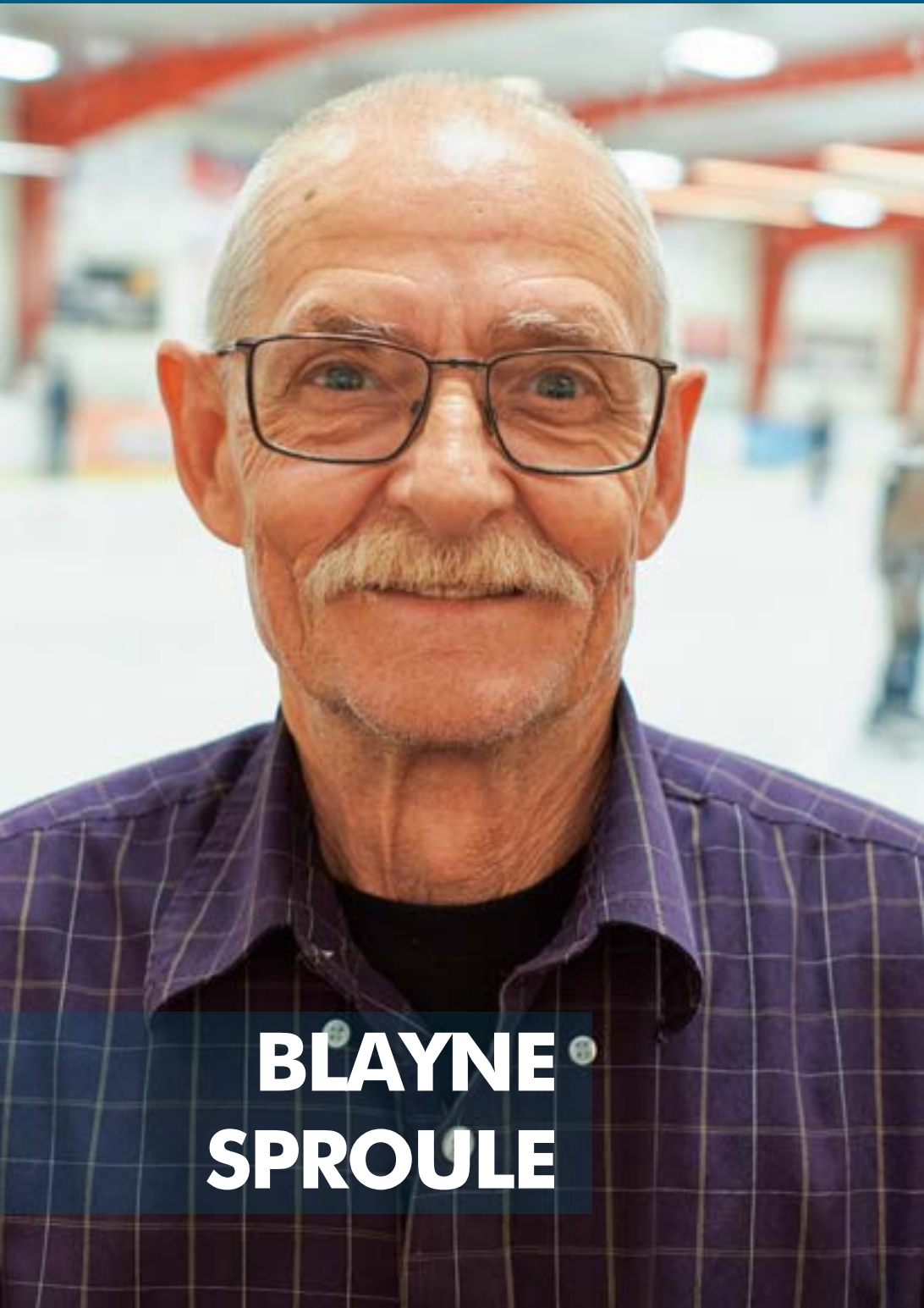
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BLAYNE
SPROULE

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

Cody: Good afternoon, Blayne!

Blayne: Good afternoon.

C: Tell us what you do around the BCA, Blayne.

B: I'm the Olympia driver. I do maintenance on the building, the ice, and whatever has to be done.

C: How long have you worked as an arena operator?

B: Over forty years! I started when I was fourteen.

C: So what your fans want to know about is the time you spent with the Calgary Flames. What was your role with the Flames?

B: I started in the Corral during the second year the Flames were in Calgary. I was working in the grandstand for the Stampede, and the boss for the Corral came over and said, "Do you know how to do ice?" and I said yeah, so he said "Okay, you're being transferred over to the Corral." So, I started up doing the Calgary Wranglers Games and practices, and then one morning I showed up in the morning for my seven o'clock shift and he said "Go home and come back at three, because you're driving your first game!" It was a Flames playoff game against the Vancouver Canucks.

C: What was it like to be so close to the action during the Flames games? Do you have any favourite moments or things that stood out?

B: Driving the Stanley Cup run in '89. I drove game one, game two, and game five until they were down in Montreal, blew the ghost out of the rafters, and brought the cup home! But I enjoyed every game being close to it like that. Hockey's my life!

C: What about behind the scenes? Can you share any details that fans might not be aware of?

B: Behind the scenes as a driver, you're ready for anything. If the glass goes, you might need to do a patch job, maybe a really big one, and next to that it's just about maintaining the machines and helping out if somebody needs you.

C: Well said. Seems like it's about the same as what you do for us at the BCA!

B: Except that once you start driving for the Flames, that's pretty much all you do. You're a driver! I've driven both types of machines, Zamboni and Olympia. I prefer an Olympia. Not only are they Canadian made, but they're easier to operate. I actually met Frank J. Zamboni, the inventor's grandson, and I also met the son of the guy who started Olympia.

C: What about some of the interactions you had with the Flames players over the years?

B: I'd get them cigars when their babies were born! Being around them, they're just people. They're just like friends and the alumni are just fantastic. I've played a few pickup games with them too and intermingled with them like that. I used to get invited out every time I didn't work. I felt like a pylon!

C: What was the difference preparing the ice for a high stakes game like a playoff compared to a practice?

B: Well for a practice you get out in the morning, you do your edges, you do your ice, and they go out and skate on it. But during a game you do the edges with an electric, but then you have to flood (drive the Olympia) every hour until game time.

C: How did you like the passion and energy of the fans at the Dome during the games?

B: I loved it! The fans were great. Especially when you'd meet someone who had tickets in the Corral twenty years ago, and now they have tickets in the Dome, and they come and talk to you and say, "You drove for the Flames in the Corral, didn't you?" That

really hit home, that people had been watching you that many years."

C: That says a lot, doesn't it? How has working so closely to a professional team like the Flames impacted your view of hockey in general?

B: I've been involved in hockey all my life. So working for the junior teams the Hitmen and the Wranglers, the best has been seeing how many of my buddies made the NHL from the juniors. My favorite was Ryan Getslaf — a nice guy and a good friend.

C: That's so cool — you've rubbed shoulders with some pretty incredible players!

B: I have! And now and again I still get to rub shoulders with Lanny when he comes and watches his grandson play at the BCA

C: And we get to rub shoulders with you — you're a piece of history!

B: I'm just old!

C: What was game day like? The build up to it?

B: It was exciting. It was a totally different feeling from coming in and doing the practices. The other team would be there, and then when the fans started rolling in you could really feel it.

C: Let's talk about '89 when the Flames won the Stanley Cup. What was it like when the Flames got back home from Montreal?

B: I went out and partied with them! I opened up the door at the bar and the first person I saw was Lanny, and the tears were still flowin'! He was so overtaken by the joy of winning his first cup, 'cuz he never did with the Leafs! It was just great to sit with them. They were friends, and they still are, every single one of them. They're still good people, compared to the hockey players of today... (laughs)

It's something I love doing, you know? After the Flames I went back to the Stampede and I drove there for a while until they tore down the Corral. That really put a hole in my heart cause I loved working in that old building. But then this job came available... it's in my blood and that's all there is to it. I enjoy doing the work and I especially enjoy doing it for the kids.

C: Well we sure are lucky to have somebody of your calibre here.

B: I appreciate that and I'm trying my best — there's still always some stuff I can improve!



COMMUNITY, CONNECTION, AND FUN AT THE BOWNESS SENIORS CENTRE



By Alex Judd

BCA volunteer Alex Judd sat down with President Merrill Coombs and Vice President Carol Burnstein of the Bowness Seniors Centre to learn what this organization, a staple of Bowness since 1966, offers the community. It was first thing on a chilly Monday morning, but the centre was already bustling. A Seated Yoga class was starting up in a gym decorated with massive paper snowflakes, another group playing a morning round of billiards in the games room, and the faces of several smiling office staff greeted her when she arrived.

Alex: Tell me about the Bowness Seniors Center. What service does it offer to the community?

Merrill: We're here to provide a safe, friendly, respectful place for seniors to come and enjoy recreation, exercise, classes, and other people. We have billiards and shuffleboard, a craft room, sing-along activities, drop-in classes and so forth. The goal is to have the best quality of living and fun. Lots of fun. Our minimum age for membership now is 50 and we have members all the way up to 97 years old.

Carol: We also have a library, and a free pantry, so people can take or leave food. And we have lots of resources to direct people to, if we don't have quite what they need. We have connections throughout the community.

What have you learned personally through working here, or what has surprised you?

Carol: I came to Calgary 12 years ago, and I joined the Centre 8 years ago. I didn't know anyone other than my daughter when I moved here, so I got to know so many more people. It broadened my horizons. I've also learned that I can get up and speak in front of people.

Merrill: What I've learned here is the business side of things like fundraising, and talking to and learning from other communities.

Carol: I think the overall feeling is that everyone has something to offer. You can find out where they're from and what they like to do, and it just brings such conversation.

Is there an achievement, celebration or event that you're most proud of?

Carol: One thing I'm delighted to see is the folks in Resicare who come to all our dinner dances. [Resicare is a nonprofit organization providing integrated services to individuals with developmental disabilities]. We always have a table for them, and we have so much fun dancing with them.

Merrill: Another one that's fresh in my mind is the comedy troupe we had here on Friday. It's called Acting Your Age. They do these little skits and it's so silly. It's good to hear everyone having a good old laugh.

What are the biggest challenges faced by your community?

Merrill: I think sometimes seniors, especially women perhaps, feel they've lost their identity or lost their place in life. They've been the wife, the mother and the grandmother, and now their families have all gone off somewhere or are busy. So here, they become more involved in each other's lives, and find activities and friendships that continue outside of the Centre. And we've even had two or three romances start here, and one couple that got married!

Carol: For people who have been isolated for a long time, it's hard to contact them. But we encourage people to talk to their neighbours, and try to bring them here once. I think for every group, Covid hit very hard. We lost a large part of our membership because people were nervous to go out. And we still need to be careful, but it's also important for people to get out and be involved. We're really trying to rebuild and I think we're doing a good job of that.

Merrill: Transport is another big challenge. The 53 bus used to stop right here at the Fire Hall and now the route changed to Bowness Road. It's ok in the summer, but

the sidewalk is an issue in the winter. We have a lovely parking lot in the back here for drivers, but not everybody drives.

Carol: The guys at Simon House shovel this block and help us out a lot, they're wonderful. But it can be a challenge for people to get from the bus stop on Bowness Road to our block.

Alex: What energizes you and gives you hope?

Merrill: I get energized by just being here. Some mornings it's snowed and you don't want to go anywhere, but as soon as I walk in the door, I see all these people I know. And every day here is different.

Carol: It's just very warm and welcoming. We have coffee and tea all the time. People can just come in and have a visit and we'll show you around. And before you know it, they're hooked.

How can Bownesians get involved?

Merrill: We have memberships for \$25 per year. And we also have a super membership for \$50. So the idea is people can buy their super membership here, and then go to any of the other 7 communities involved and get the membership price for other programs they offer.

Carol: We both started as members, and just helping with scraping plates after the dinner dances. Then they need volunteers for one thing or another, and next thing you know, you're involved!

Is there any event coming up that you'd like us to share?

Merrill: In February we're going to the Jubilations Dinner Theatre. The cost is \$55 and it includes the show, dinner and tip. We're going to carpool, so if anyone needs a ride, we'll find them one.

Carol: The last Friday of every month we have a dinner dance. Each one has a different theme, and the craft committee makes the decorations for it. The Robbie Burns Dinner Dance is on Friday January 26th. It includes dinner, dancing, bar, entertainment and, yes, possibly even haggis! The ticket cost is \$20 for BSC and Super Members, and \$25 for non-members. Doors open at 5.00pm, and dinner is 6.00pm. Payment can be cash, cheque, or debit/credit. We hope to see you there!

The Bowness Senior's Centre is located at 6422 35 Ave NW (between the Fire Hall and the Irish Cultural Society)

Their phone number is 403-286-4488 and their website is www.bownessseniorscentre.com



A MESSAGE FROM THE BOWNESS GARDEN COMMITTEE

In early 2022, a group of neighbours came together and formed the Bowness Community Garden Committee. After much planning, and waiting for the snow to melt, the community came together to help the Committee build a beautiful space for all of Bowness to enjoy.

We are so grateful for the wonderful and enthusiastic gardeners that joined us for our very first growing season. What should have been a very short window to grow food, turned out to be a very long summer and warm autumn. There was lots of zucchini, tomatoes, and even corn! Carrots really seemed to be a hot commodity for the neighborhood. Sadly, they take the longest to grow!

From bare land to a beautiful new gathering space, the inaugural garden year was filled with sweat, dirt and gratitude. This project could not be completed without the many wonderful volunteers, the donation of materials from an anonymous local hero, and the incredible work ethic of Simon House.

This Committee took many notes, and learned a lot this year. We hope to see new faces help continue the planning and development of this gathering space and will spend the winter doing our best to make the garden even better for 2024!

Grow in peace,
The Bowness Garden Committee



THE BOWTANICAL GARDEN

THE THRIFTY GARDENER

BY BEVERLEY SHERIDAN

The spiraling cost of... please fill in the blank! It is an almost daily news item and one which has many Calgarians looking for ways to adjust their budgets to make their hard-earned dollars stretch further. Gardeners have not been spared in our recent escalating price hikes. Are there ways to garden in a money-conscious way and still enjoy the food, flowers and stress relief that gardening brings? In a word, yes. There are many things you can do to spend less and get more from your garden.

Growing some of your own food will save you money, but all gardens require inputs on the front end whether you garden to enjoy a food crop or just having a flower garden that provides wonderful physical and mental health benefits. As one of my gardening friends once commented, "one needs to think outside the pot" and find ways to share, upcycle, borrow and swap those things you need to start and maintain your garden.

One of the best ways to get more bang for your buck is to not spend those bucks in the first place. The possibilities are limited only by your imagination but here are some of my favourites:

Get Free (or nearly free) Plants

Starting your own plants from seed is easy, even if you lack a greenhouse and only have a few window sills. A packet of seeds and a small bag of soilless starter mix will produce many plants, likely more than you need for your own use. In my late winter enthusiasm, I always start more seedlings than I can use and those extras can then be given or traded with my neighbours or fellow gardeners. Get to know the gardeners in your neighbourhood — you will find they are a generous lot, and they usually have extra plants they do not want consigned to the compost bin.

Calgary has several garden clubs and community gardens and many offer a plant swap, plant share or sale in the spring. Even if you do not have any plants to swap, those plants on offer can usually be had for nothing or only a couple of dollars. You may also find vegetable and flower seeds at these events which people are often giving away.

During the peak of the growing season nurseries or garden centres always have a discount shelf for plants that look rough but are still viable. With careful selection, and a little TLC, some of these can be revived and make excellent additions to the garden at a fraction of the list price. Also, be sure to check these same locations at the end of the season as there are usually lots of trees, shrubs and perennials on clearance sale that, if planted immediately, will do just fine.

If you have an established garden, the easiest way to get free plants is to divide and replant what you already have, and to collect your own seed over the course of the growing season. There are lots of resources online, or through our local library, that can guide you in how to dig and divide perennials and correctly collect, dry, and store seeds for use next season.

Tools and Consumables

Garden tools can be expensive, and some of them usually sit unused at the back of the garage. Don't buy your tools new as using gently used tools will save a bunch of cash and potentially keep them out of the landfill. Charity shops, garage sales, flea markets and online markets are great places to pick up tools for free or at minimal cost. Ask your neighbors if you can borrow tools, they may even give you unused tools that have been gathering dust.

Many tasks in the garden require heavy-duty tools that will make the job easier, but may only be used a limited number of times. Don't buy them — rent them from the local DIY Store for the few hours needed. You may also be able to borrow or share some of these tools with neighbours and other gardeners. Putting out the word for what you are looking for on a social media site may help you locate what you need, and may cost you only a coffee and snacks with the owner.

My garden uses a great deal of compost and mulch to keep it happy. Buying these consumables in bulk really saves, and finding these products for free saves even more. Check with your gardening friends to see what they need and place a group bulk buy purchase. Leaves are gold for gardeners and best of all they are free! They are excellent mulch during the winter months and will add nutrients to your soil as they break down. I use all my own leaves to mulch my flower beds as well as any I can get from my neighbours' yards.

Reuse, Repurpose and Upcycle

I have plastic seed trays and pots in my garage that I have used for over 30 years to start my plants each spring. There are lots of ways to save money by reusing what you already have as well as repurposing items you can easily find for free. Plastic bottles and containers can be cut up for pots and protective cloches. I have a friend who makes her own seedling pots from newspaper and toilet paper cardboard inner rolls. Get creative and upcycle household items for use as planters. Wooden wine crates, or even drawers from an old dresser, make imaginative and striking places to plant salad crops or interesting annuals. Root around in the attic or a cluttered closet, you may be surprised as to what can be used as a planter or for unexpected garden art.

Gardening does not have to be expensive. Once you get started you will soon become a pro at identifying more ways to save.



Happy New Year!

The New Year brings the opportunity for new goals and new beginnings...

- G** – Genuine... authentic, original, true
- O** – Optimistic... positive, confident, idealistic
- A** – Achievable... attainable, manageable, accomplishable
- L** – Liveable... comfortable, sustainable, worthwhile
- S** – Sensible... wise, rational, down to earth!



The season is also a time for reflections of the past year. **Thank You** to all who have made my continued success possible to remain a **Top Selling REALTOR®** in Bowness and Montgomery for 33 consecutive years* and a **Top Agent** at RE/MAX Real Estate (Central), the **#1 RE/MAX Office Worldwide** for 25 years.** Your loyalty, support and referrals are always truly appreciated!

Ken Richter

Best Wishes in 2024 for a healthy and prosperous year ahead!



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Ken@KenRichter.com
www.KenRichter.com
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