



BOWNESS
COMMUNITY ASSOCIATION



**Remembering
Councillor Dale Hodges
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**2024 BCA Events
at a Glance
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BOWEST'NER

Newsletter of the Bowness Community Association

MARCH/APRIL 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
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
Monday - Friday
5:00 - 10:00 PM
Saturdays and Sundays Closed
Contact: thelanding@mybowness.com

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Call to speak with *Anthony Merah *Amina Muhammad *Nazeef Muhummad *Saghir Mehar (Student-at-Law)
*Colleen Hustad (Legal Assistant) *Amy Gardner (Legal Assistant)
Kerry McClelland (Retired)

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.

BOWEST'NER
MARCH /APRIL 2024

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

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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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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!

This edition marks one whole year at the helm of the Bowest'ner, and what a year it's been! In helping put together this beloved community magazine, I've had the pleasure of making countless new friendships and connections with so many of the amazing people who make Bowness so great. And as a resident, I have learned so much about our community and its history. It is my hope that the Bowest'ner continues to be a place where Bownesians of all backgrounds can go to become more connected with one another and their community.

Countless initiatives like the Bowest'ner would not be possible without the dedication of volunteers who pitch in their time, energy, and skill to positively impact their communities. Did you know? In 2023, 250 volunteers contributed over 800 volunteer hours at the BCA alone! And we know there are countless other community organizations making an impact in Bowness, and volunteers making all of it possible.

March is Volunteer Appreciation Month, so if you've taken time to volunteer here at the BCA or anywhere else in the city, we want to say a huge thank you! And if volunteering is something you would like to make a part of your life this year, we'd love to hear from you and find a way for you to get involved.

There's lots to look forward to this spring, so keep on reading the Bowest'ner for more on what's happening in Bowness these coming months.

Hope to meet you soon!

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](https://mybowness.com) FOR MORE DETAILS AND UP TO DATE INFORMATION

RUN BOWNESS – SPONSORED BY BLOOM CULTURE

REGISTRATION OPENS MARCH 18 | RACE DAY JUNE 2

This community focused 5K, 10K, and Kid's Mile is a Bowness highlight. Lace up your sneakers and mark your calendars for this year's June 2 race.

Registration opens online at mybowness.com on March 18. Early birds get the lowest price!

Our sponsor, Bloom Culture, makes this event possible. Learn more and sign up for an upcoming class at bloomculture.ca

SPRING CLEAN UP
DATE TBA

This year's date for Spring Clean Up will be announced via our e-newsletter, website, and social media in the middle of March.

Bring your appliances, electronics, clothing, household goods, and anything that doesn't quite fit in your black bin to the Bowness Spring Clean Up.

Volunteers needed, contact volunteer@mybowness.com if interested.

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 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 sessions, though you are most welcome to.

Registration is required at mybowness.com/events or by contacting us: 403-288-8300 | communityhub@mybowness.com

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.

BITS & 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!

SEED STARTING WORKSHOP WITH CALGARY SEEDY SATURDAY

SATURDAY, MARCH 23 | 3-4 PM

Come learn the basics of starting veggies from seed, including what plants to select, how to read a seed package, and tips & tricks for keeping your seedlings healthy until it's time to transplant them into gardens and pots. Participants will also get to plant up a small tray of seeds to take home!

Registration required at mybowness.com/events All ages, childminding available upon request.

CRISPY GREEN ONION CREPE COOKING WORKSHOOP

SATURDAY, APRIL 27 | 2-4 PM

Learn to make traditional Chinese green onion crepes, a savoury treat and comfort food familiar to many Asian homes! No cooking experience required.

Registration Required at mybowness.com/events

Adults only (18+)

SUBMISSIONS FOR THE MAY/JUNE ISSUE ARE DUE:

MARCH 29, 2024

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:

- March: Solito by Javier Zamora
- April: The Bee Sting by Paul Murray
- May: The Bell Jar by Sylvia Plath
- June: Young Queens by Leah Redman Chang

COMMUNITY GARDEN

The Community Garden at the BCA is gearing up for its second growing season in action! Plot applications will open on March 1 online at mybowness.com/garden. Keep an eye as for updates on another Garden Build Day event as we work to complete some additional projects!

The volunteer garden committee is looking for some new helping hands in 2024 to serve in a number of volunteer positions. Visit mybowness.com/community-garden or contact garden@mybowness.com to learn more.

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 meetings are March 11 and April 15.

Don't have a fully formed idea yet, or want help applying? We'd love to hear from you! Email communityhub@mybowness.com or call 403-288-8300

ELVENSES COFFEE CLUB
THURSDAYS | 11AM-NOON

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 Monday to 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 Pickleball Connect: www.pickleballconnect.ca

UN-WINED STITCHERS
THURSDAYS | 7-9PM

Calling all stitchers! Join this casual 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 get 10% off all other beverages in The Landing.

SHINNY AND PUBLIC SKATE
VARIOUS TIMES

The BCA offers free public skate every Thursday from 12:00PM - 1:30PM.

We also host \$10 full-equipment shinny at various times throughout the week. Check online at mybowness.com/ events for latest times.

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. Visit caryacalgary.ca for information about more Carya events and programming around our community.

CARYA SENIORS MONTHLY MEAL

MARCH 20 & APRIL 17 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
Families are welcome to drop in with their little ones for open play, games, toys, and activities in the BCA Gym. For more info contact bfi@caryacalgary.ca

See You in The Landing!



DAYTIME DROP-IN

MON - FRI: 9 AM - 5 PM
WEEKENDS: CLOSED

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

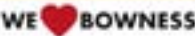
EVENING SERVICE

MON - FRI: 5 PM - 10PM
WEEKENDS: 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





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



6931 32 AVE NW
(403) 571-8799
FOUNTINTIRE.COM/STORES/CALGARY-BOWNESS

BOWNESS SOAPWORKS

THE STUDIO IS OPEN!

Pottery and Soap Making Workshops



Learn how to make pottery with Bowness' very own potter Melba Seto! After 8 years of detours, her private studio is now open for groups and individual workshops.



www.BownessSoapworks.com



Photo by Kathy Labbee

CREATIVE ROUNDUP

Have a photo, poem, or reflection you'd like to share with the community? Send it to editor@mybowness.com and it may be featured in a future Bowest'ner!

Photo by Angelina Love



"Gentle cold
in the dusks of winter days,
snowflakes floating in the air
with quiet intention.

Subtle pattern of frost
on the crowns and branches
of fir trees - a thousandfold infinity
in starry valleys.

I was looking forward
to these magical days
without expecting them.

Where night is tranquility
without a sound.

Where the whisper
of the heart is louder than
the wind and creeping shadows.

Where there is no doubt about
the truth inherent in creation."

- Angelina Love "Weightless"



Photo by Angelina Love



DALE HODGES

MAY 19TH, 1941 – DECEMBER 31ST, 2023

“He absolutely loved his work and loved his city.”

– JoAnne Atkins

“He was always willing to fight for the little guy.”

– Dave Bronconnier

It is with great fondness, and respect that we mark the passing of Dale Hodges, long term Bowness resident, and Calgary’s longest serving councillor. Dale and Yvonne, his wife of 53 years, bought a house on Bow Crescent in 1972 and lived there till 2016. His first job was librarian for the Calgary Public Library, and as a city councillor he famously used an old library van as his primary mode of transportation. Dale served the city as a dedicated and tireless councillor, known for championing the underdog, his courage (going head to head with Hell’s Angel leader when he refused to allow their clubhouse in Bowness), his fiscal restraint (he always had the lowest expense claims on Council), photographic memory, and amazing archivist abilities.

“Dale read everything, and Dale kept everything,” said former mayor Al Duerr. “We thought of it as a mess of paper, but he thought of it as a treasure.” His office was jam packed with documents, which even overflowed to fill his van. Gary Bobrovitz, television journalist, remembers when a gravel truck once collided into Hodges van; “his life was saved by all those agendas cushioning the impact of the collision,” but as his colleagues recall, it was those accumulated documents which were Hodges’ ace-in-the-hole for getting things done for the city.

A little known act of generosity was Hodges’ decision to purchase a yellow school bus and hire a driver to transport the kids of Greenwood Village for a year in the late 80’s, when a safe route to their school was unavailable.

Dale acted as alderman for Ward One for 30 years, from 1983-2013, serving with five mayors. Highlights during his tenure include the extension of the LRT to the northwest, the 1988 Winter Olympics, The Urban Parks Plan, The Enmax Legacy Parks Program, the Botanical Gardens of Silver Springs, and the Crowchild Twin Arenas. He sat on numerous boards and assisted in countless planning studies. Parks meant a great deal to Dale, and he was instrumental in the preservation of Bowmont Park, Nose Hill Park, Baker Park, the Douglas Fir Trail, and Varsity Ravine Park. The eastern end of Bowmont Natural Environment Park was named Dale Hodges Park in 2019, as a tribute to his dedication and service.

- By Sophie Stocking with quotations from CTV, CBC, and the Calgary Herald.

“He never forgot that public services, libraries, parks, and the things that improve people’s lives every day are really what matter, and that is what he always championed.”

– Naheed Nenshi

COMMUNITY NEWS

UPDATE FROM WARD 1 COUNCILLOR SONYA SHARP

Hello Ward 1! Here’s the latest news affecting your city and your community:

Drought conditions
Last summer was dry, and it has been another dry winter for the most part. In order to protect our ecosystems and drinking water supply, The City may once again need to put water restrictions in place this spring. Taking steps year-round to reduce water consumption can help reduce the impact of drought and reduce the need for restrictions. Learn more at calgary.ca/droughtresilience.

Blanket rezoning
On April 22, Councill will hold a public hearing on changing the zoning of single-family properties across the city to the “R-CG” district. This would allow the construction of townhouses or duplexes on most residential properties in Calgary without an individual hearing before Council. I’ll be hosting an information session specifically for Ward 1 residents on March 11 to answer your questions and gather your feedback. You can register for this event and find more information at calgary.ca/ward1

For more information on the proposed rezoning, including whether your property is affected, visit calgary.ca/rezoningforhousing.

Property assessment
A reminder that The City’s Customer Review Period for property tax assessment ends on March 11. This is also the deadline for filing an appeal with the Assessment Review Board. Questions or concerns? Contact Assessment directly at 403-268-2888 or visit calgary.ca/assessment.

River Valleys Project
The Government of Alberta recently released new draft flood hazard maps for the Bow and Elbow Rivers. These maps are used by The City to inform how land is used in areas that could be affected by flooding. The City will be updating its policies related to flooding and land use later this year. While these policies affect all Calgarians, they are especially important for residents of low-lying areas like Bowness in Ward 1. Learn more at calgary.ca/rivervalleys.

FOOTHILLS UNITED CHURCH

Our next Clothing and Thrift Sales are on Thursday March 21st and Thursday April 18th, 1-6pm. We offer books, toys, and lots of housewares and more, 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.

AWAKEN CHURCH – BOWNESS WEEPING TREE

Hello Bownesians,

Back in 2021, a small church in Bowness called Awaken chose a tree in Bowmont park for a COVID safe exercise to honour and reflect on grief in the 40 days leading up to Easter. In our tradition and many other Christian traditions, the 40 days before Easter is a time to reflect on the sufferings of Christ and in light of that Divine Suffering, the pain and sorrow of our own and those we love.

This has become an annual tradition, and you are invited to come to the tree and reflect on your experiences of sorrow from this past year. Take a strip of cloth from the bin and gently tie it to one of the branches to honour the pain and loss you and your loved ones have known. Members of Awaken are committed to take the ties down completely on the day before Easter Sunday.

To find the tree, cross the teal pedestrian bridge into Bowmont park and follow the path as it goes left (west). Look for the tree on your left between the pathway and the river.

You are also welcome to follow @bownessweepingtree on Instagram for reflections on grief and sorrow from various perspectives within Bowness and beyond. If you’d like to share your own grief story, please message us or tag us there and we will make space for your sorrow.

Thank you for allowing us this space to grieve, and we thank the Creator for this neighbourhood and this little tree

BOWNESS RESPONSIBLE FLOOD MITIGATION SOCIETY

The Bowness Responsible Flood Mitigation (BRFM) Society is pleased to announce that one of its board members David Chalack has been elected to the board of CRCAG (Calgary Rivers Community Action Group). Since 2013 CRCAG has focused their efforts on Elbow River flood mitigation. They have developed strong relationships with provincial and Calgary municipal officials. CRCAG is turning their attention and expertise to additional reservoir capacity on the Bow River.

This is an important milestone for BRFM who continue to advocate for Bowness residents and businesses who suffered significantly with the flood of 2013. Our objective at BRFM is to promote responsible upstream and other effective flood mitigation strategies on the Bow River as the best solution to preserving and protecting the natural river environment and our community. Our efforts are also aligned with increased upstream reservoir capacity to deal with current drought conditions.

Additional reservoir capacity on the Bow River upstream of Calgary is a very large and long term project which will help mitigate flood and drought conditions. Success will require the continuing support of affected residents. Visit: bownessrfm.ca and protectcalgary.com

The Bowness Community Association (BCA) supports equitable flood protection for all Calgary neighbourhoods in the river valley. We maintain a neutral position on specific flood mitigation options and encourage all Bownesians to do their research in this area. As we do with all matters of planning and development, we encourage residents to seek out reputable information on project proposals and make their voices heard to the City of Calgary. Information and on the City of Calgary’s River Valleys Projects can be found at engage.calgary.ca/rivervalleys

OUR LADY OF THE ASSUMPTION SCHOOL

Hello from the Our Lady of the Assumption school students and staff,

February and March were busy months again! Some activities included Valentines made for Veterans, celebrating Black History Month, basketball league games and tournaments, Lenten Spring cleaning and clothing donations, a family dinner and dance, a Fit a Thon kick off and numerous speaker sessions.

We entered the season of Lent, which for Catholics,

is a very important time of year. Shrove Tuesday, Ash Wednesday and preparation/prayer for this special time were observed by all and we continued to prepare for Easter. Again, this year, we will do a service project during lent and we are asking our families to do a “Spring clean” to gather gently used clothing items that will be donated to the Cerebral Palsy foundation. We are encouraging our families to work together in helping and loving their neighbours, and at the same time, spending some quality time working and talking about the great gift of service.

If interested, we encourage all families to reach out to us regarding registration and information for the 2024-25 school year.

Wishing you many blessings,
Marnie Horton
Principal Our Lady of the Assumption

BOWCROFT ELEMENTARY SCHOOL

Bowcroft keeps growing. Sitting now at 365 students, the school was given more money to hire another 1.3 teachers. This meant increasing FTE for one part-time teacher and hiring a new 1.0 FTE teacher. This has allowed us to split the grade 4 class as well as take eight grade 5 and eight grade 6 students to make a new 5/6 class. What a gift of learning for the students!

Our German Open House was hosted on January 25, 2024 and very well attended. On January 18, we already had 32 registrations for kindergarten alone. Never before did we have that many parents register this early. Thank you! It makes our planning for the fall so much easier. We have opened up four more classrooms this school year! Incredible growth in our school population.

Some of the clubs offered now include, Bike repair club, Coding for girls, Choir div 2, Hairstyling, Leadership, and Garden club.

Our grade 2/3 students (111 of them!) will be going to the Royal Tyrell museum in May — such an incredible opportunity for them. In November and December, all our students learned ballroom dance. Kindergarten and grade 1 learned the Merengue, grade 2/3 the Tango, the grade 4 the waltz and the 5/6 the Jive (aka Rock’n Roll) — things are happening at Bowcroft School!

If you are interested in enrolling your child in either the German or the English community program, do not hesitate to email me at methomsen@cbe.ab.ca

Yours in Education,
Meike Thomsen



The Place
STEAKHOUSE

Paul Sipos
Owner

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Mobile 403-383-1825

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403-286-2224

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

I ♥ MAINSTREET BOWNESS

GET ACTIVE, GET CREATIVE, GET ORGANIZED!



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WINS THRIFT STORE



THE STEM GROUP
COMPUTER SUPPORT AND WEB DESIGN



ROCKY MOUNTAIN
BRAZILIAN JIU JITSU



TAO OF PEACE
MARTIAL ARTS AND LIFE SKILLS



THOMAS BELL CPA



BOWNESS LAUNDROMAT



GRASBY ART STUDIO



PLAN OF ACTION ACCOUNTING

CADENCE COFFEE



COME ON DOWN TO YOUR HISTORIC MAINSTREET

Did you know that Mainstreet Bowness has 400 FREE parking spots? Come find a spot between 62nd St. and 65th St. down side streets and along Mainstreet Bowness Road.

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

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PLUMBING

AND MORE...



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403-312-3801





BOWNESS

COMMUNITY ASSOCIATION

2024 EVENTS

Run Bowness

June 2

Race in this community-focused 10K, 5K, and Kid's Mile through Bowness and Baker Park.



Neighbour Day

June 15

Roll up your sleeves as we build a Tiny Miyawaki Forest in the Green Space at the BCA.



Spring Cleanup

TBD

Come dispose of your junk, recycling, electronics, appliances, and donate your household items and used clothing.



Neighbourhood Food Week

September 14 - 21

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Thank you to each and every person who gave of their time, energy, and talent to help create positive impact in our community.

Invitations have been sent to last year's BCA volunteers for a Volunteer Appreciation event in March. Haven't received your invite? Email volunteer@mybowness.com

Belonging to a community is a gift, and being able to contribute to that community is a gift to myself.

We volunteer each year for this event. We enjoy meeting new people from our community and other communities, we enjoy giving our time to help.

Want to get involved in 2024? We'd love to hear from you!

www.mybowness.com/volunteer



FROM CLOSURE TO COMMUNITY YOGA IN BOWNESS IS NOW YOGA MCC

Each time I've relocated in my numerous moves across the continent since 2015, one of my first questions has always been "Where will I practice yoga?". When I settled in Bowness in the fall of 2022, it was Yoga in Bowness that first gave me a sense of community and connection. It soon became my favorite yoga studio ever, not just because of the wonderful classes, but also because of the instructors' open-heartedness and the studio's hominess. Even quick conversations with other students or instructors left me feeling less "friendless" in this new city.

In the fall of 2023, news came that the studio was closing and it made me so sad. I wished I could buy it myself because it meant so much to me, and I knew many others who felt the same. It was a community within a community that offered belonging and a sense of peace to all who attended classes.

But this story isn't about me, it's about the yoga community coming together. In the face of closure, Yoga In Bowness had new life breathed into it by YogaMCC's owners Daemond Mano and Veronica Kelbie. The positive energy of Yoga in Bowness was too strong for its doors to be closed by a rent increase, and The Universe / God knew that the gifts of this community within a community were so very needed.

I recently met with the new owners and some of the leadership team and learned about their motivation to purchase Yoga in Bowness, as well as what they are planning to offer the community going forward. When Daemond and Veronica heard that Yoga in Bowness was closing its doors for good, they didn't want to see that happen. They knew the importance of the yoga community in Marda Loop through YogaMCC, and they knew how special the Bowness community is and the impact it would have if it closed.

They had gotten to know the previous owner, Ashley Reed, over the last couple of years and decided to reach out to her when they heard the news. That openness and caring led to a quick change of ownership so that our yoga community could celebrate rather than say goodbye.

Daemond and Veronica already had a connection to Bowness as they regularly came here to take their dog to the park, go skating in the winter, and visit the Light Cellar. They call Shouldice Park "freedom park" because their dog Betty gets to go free there (she even perked up as they mentioned it!)

The transition has been relatively streamlined due to the like-mindedness of instructors from both studios in regard to yoga styles, values, and teaching methods. Services weren't interrupted, and the walls have been brightened with a fresh coat of paint and new elements of nature inside the studio.

Daemond and Veronica enjoy the feeling of being immersed in the hub of "downtown" Bowness. Since coming here, they have noticed a strong sense of community amongst staff and yoga class attendees who often enjoy hanging out before or after classes over tea. They also love seeing the cross-connection between members of Marda Loop and Bowness locations whose passes are now valid in either community.

"Yoga for Everybody" is their motto at YogaMCC - Bowness / Marda Loop and they are truly living it. There are classes and workshops for all levels in a supportive, welcoming community vibe. In addition, the front of the studio now doubles as a storefront boutique offering wares from a variety of small local vendors. What could have been a sad ending turned out to be a win-win on many levels thanks to Daemond and Veronica and their appreciation for Bowness!

- By Teri Brown



Pictured from left to right:
Anne Cox - Mindful Manager
Tara Derkson - Prana Team Lead
Natalie Gauthier - Communications & Marketing Manager
Veronica Kelbie - Owner & Boutique Curator
Daemond Mano - Owner & Integrationist
And the dog is - Betty-lou Rosenthal the 2nd

BOWNESS HISTORICAL SOCIETY

Ice-making in Bowness – Part 1
Contributed by Anne Campbell and the Bowness Historical Society



Two workers operating a power saw, Alberta Ice Company Keith Alberta 1937

The Alberta Ice Company was formed by Robert Cadogan Thomas in 1913 to supply the ice demand of the growing meat-packing industry. Mr. Thomas was also engaged in a number of other enterprises in the Calgary area including ranching, hotels and construction.

In 1913, a federal water license was granted which authorized the impoundment of “175,024 tons of ice which is equivalent to 140 acre-feet of water during the winter season of each year.” These plans listed a lake with head gate, entrance channel and outlet, 16 feet canal to conveyor, ice house, elevator, stables, shops, offices, boarding house, railway tracks, and more. Operations likely began in the fall of 1914 in time for the 1915 ice harvesting season.

The business was built on about 150 acres up the Bow River from and opposite Bowness Park — just off of a spur of the CPR line at the Keith siding (about two miles west of the original 85th street bridge, and about one-half mile upstream of the Baker Sanatorium).

The ice plant incorporated a man-made lake on the Bow River, a chlorinating unit, a superstructure of six ice houses, and a rail loadout on the terrace above the lake. On the island portion of the property, several additional buildings were constructed including a horse barn, blacksmith shop and workers’ houses.

The lake used to source the ice was created by damming and excavating a side channel of the Bow River between an island and the river bank, creating a water storage area. This location provided a source of clear water and proximity to the CPR line. The ice storage and rail loading facilities were constructed above the north bank of the Bow River. This included a conveyor for transporting the ice blocks from the lake to the ice houses. Each ice house was forty-five feet high, thirty feet wide, and one-hundred-ten feet long with a storage capacity of thirty thousand tons of ice. A 20 inch layer of sawdust was used as insulation between the inner and outer walls of each of the ice houses.

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WE  BOWNESS

Faces of BOWNESS



**PETER, CHRISTINA,
JACUB, AND BARTEK**

"I came to Bowness in 2009 when I moved from Edmonton," says Peter. "And I've lived here forever!" says Bartek with a giggle, sending the whole Pilarski family into laughter.

"I met Peter in 2010," adds Christina. "I was a south-side girl my whole life and didn't know much about the neighbourhood except for the stereotypes. Obviously, I hung out here with Peter quite a bit and fell in love - with the community and with the man."

When I ask the boys what their favourite thing about Bowness is, Bartek is quick to respond, "It's big!" And his brother adds, "I like that I have lots of friends here."

"What about all the dogs?" asks Christina. Jacob shakes his head in agreement and says, "DOGGIES!" and then he continues, "we also go to school in Bowness."

"I think that's one of the best things about Bowness," adds Christina. "Everything is around us. One time I signed the kids up for some activity and I didn't really look at the address. But it was only three minutes away from Bowness! Everything is right here."

"My goal in life is not to have to drive more than 10 minutes," Peter adds in total agreement. "And I'm actually super excited about a lot of the new restaurants and developments. I see a lot of young families moving in. When we first got here we only had five families on Halloween. But this year we must have had 100 families on this street! So you can really see the community building and that's really cool. And I think there are certain things that'll never change, like the river valley and Bowness Park."

"Coming from south Calgary, I think what's changed the most is that stigma about Bowness," says Christina. "I think that 10 years ago you would say Bowness to someone and they would automatically think about one thing. Now it's completely different. And all of our neighbours look out for us. If I ever need something, I know I can text my next-door neighbour right away. We rebuilt the backyard fence we share, but we kept a gap so that we can have eyes on each other's backdoor."

Speaking of the backyard, the Pilarski boys are excited to chat about their backyard hockey rink. Jacob tells me, "We had it once before when I was five years old, and now we have it again this year." I ask them if they have a Zamboni and Jacob responds, "No. We put water on it and we let it freeze."

As the boys put on their skates, Christina tells me, "The rink has even become a gathering spot for friends. We did our Christmas Eve back there and a bunch of our neighbours came. I think it's become a new Bowness tradition."

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

FROM PAGES TO PIXELS - THE BOWNESS LIBRARY TURNS 60



BCA Volunteer Alex Judd sat down virtually with Librarian Mike Roy to discuss the magic of libraries as a public space, bridging the digital divide, and the Bowness Library's 60th year as a staple of the community.

Alex: Tell me about the Bowness Library - who is it for and what services does it offer?

Mike: The library provides the basic services that come with a free Calgary Public Library membership: accessing the internet and computers, checking out materials, signing up for programs. We also have a digital library that's quite expansive and grew during the pandemic. We offer many digital services like Solero, a homework and study service for Grades 1-12, and Pronunciator, which helps with language learning in 315 different languages. We also have registered programs like Early Literacy and supports for newcomers. The Bowness Library is a smaller location, but still has a good collection with lots of variety. It's been around since 1964, and the community surrounding it has a lot of passion and pride. We will be celebrating our 60th birthday this year!

Alex: What have you learned or what has surprised you about working at the library?

Mike: I've always been a fan of libraries because they're public spaces that don't require a cent to be in. It's pretty great to have so many different people from different backgrounds coming in to access resources and technology and have a communal space to be. So I would just say it's amazing that the library still exists and is thriving in 2024.

Alex: Is there a contribution or event that you're most proud of?

Mike: Bowness is a very community-oriented neighbourhood. We've had a chance to participate in a few different activations like the Tour de Bowness and the Halloween event on Main Street. We saw so many great costumes this year, and got to hand out candy and participate in the pumpkin contest. I think we had something like 200 people come through the library that day, which is quite a bit for a small library! Last summer, we got a chance to collaborate with the Bowness Community Association to run some pop ups there. We brought our Book Truck over, set it up with games and activities, and had one of our staff do a storytime once a week. We had patrons come through saying it was nice to see the library outside of the library building. Being able to participate in those community events has definitely been one of the most special parts of working here.

Alex: The Book Truck sounds like a great resource!

Mike: It's like a mini version of a library. It's got books for all ages and is meant to provide access to books where you might not be able to get them. We get a lot of folks with accessibility issues or sometimes who are just too busy to come to the main location. The Book Truck gives them access to those materials that they wouldn't otherwise have.

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THE BOWTANICAL GARDEN

BY BEVERLEY SHERIDAN

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Alex: You mentioned accessibility can be a barrier, what other challenges do you see in the community?

Mike: All communities in Calgary are facing a digital divide where it's becoming more and more difficult to make it through life without being connected online. It's hard to even pay a parking ticket or a phone bill without being online. So we have a lot of individuals who don't have the internet, or computers, or smartphones, that rely on us to stay connected. Or they may just have questions while trying to navigate everyday tasks that have moved to the online sphere. There's a big need for education and support, and we try to provide this as much as possible.

Alex: Do any stories stand out from specific people who have benefitted from the library's services?

Mike: One day a mother came in who wanted to write a speech for her son's wedding in English, which was not her first language. She came into the library asking for help. This is not a service we typically offer, but I had some time that morning and recognized her as a regular patron. So I sat down with her and helped her with some basic editing. Afterwards, she expressed how thankful she was. It just stands out as a unique moment, that people trust us with something personal or out of the ordinary, and know we are a resource they can go to.

Alex: What energizes you and gives you hope?

Mike: The library itself! We've got 21 locations in the city already, and will be adding three new locations in the next few years as well. This year, we're really hoping to ramp up our outreach. It's a way to have the community reflected back in the library, by having the library pop up in places you wouldn't normally see it. We've also run a project for the past two years where we loan out Chromebook devices. You just check out the same way you would a library book and take it home with you. It's one way to help mitigate the digital divide.

Alex: How can Bownesians get involved?

Mike: We're always happy to have volunteers. The volunteer services department is based out of the Central Library, and you can indicate which community locations you'd like to work in. We typically need help with special activations, for example Neighbour Day or Love Your Library Day. Also just coming in is a great way to support your library. If you have a library card already, but haven't come in a while, please come visit us. We're happy to renew your membership and get it working again. Even if you're just a temporary resident in Calgary, you can still get access to a limited library card that allows you to access many of our services.

Alex: Is there anything else you'd like to share?

Mike: Parents can bring their kids down to Storytime every Friday at 4:00 pm and Saturday at 11:15 am. And stay tuned for details about the Bowness Library's 60th birthday, later this year!

A TINY MIYAWAKI FOREST RESTORING NATIVE GROWTH AT THE BCA

In early 2022, I had a conversation with Bowness resident Rob Miller about his efforts to have Calgary Parks select Dale Hodges Park as one of the locations for their Miyawaki forest pilot program. In the end the site was unfortunately rejected due to soil contamination. Since then, Rob has expanded his dream of helping communities create their own forests, and has recently been working with the Calgary Climate Hub after they successfully obtained an Alberta Ecotrust grant. This grant kickstarted the Forests for Calgary initiative which endeavors to create five new "tiny forests" in Calgary using the Miyawaki method. One of those tiny forests is being built this spring right here in the greenspace at the Bowness Community Association, with support in part from the Community Hubs Initiative.

This month I caught up with Rob to discuss how our Tiny Forest came about.

Beverley: Before we get into details, remind our readers about the origins of the Miyawaki method.

Rob: The concept of tiny forests was developed by Japanese botanist Akira Miyawaki. In the 1970s Professor Miyawaki advocated strongly for "natural forests" and the need to restore them. His studies

at the time revealed that the majority of forests in Japan were populated by non-native species, primarily planted for timber to support the forestry industry. He launched a series of test projects in Japan to reintroduce deciduous native trees, as well as accompanying natural vegetation, in an effort to quickly restore the original biodiversity. He found that a well planned and carefully planted native forest consistently regenerated much faster than a monoculture of non-native species, and that a natural forest can be established in about three to four years — with very little maintenance and no requirement for fertilizers. He also found that a natural forest is more drought-tolerant and mitigates flooding by absorbing more water.

Over time, he developed the Miyawaki method which requires five basic steps: study native plant species and select plants appropriate for the site; test the soil and select a restorative mix of compost, mulch, and other natural amendments; excavate grass and topsoil down 30 centimetres and refill with amended soil; hold a community tree planting event; provide community stewardship for three to four years until the new forest is established.

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Beverley: I understand there has been input and engagement from our local Indigenous community with respect to this project. How did this come about?

Rob: In our Ecotrust grant application, we proposed incorporating Indigenous knowledge and consultations into the Miyawaki process. The Calgary Climate Hub had a relationship with Calgary Indigenous artist and permaculture designer Heather Morigeau, and we were fortunate to have her agree to work with us as our forest designer and project manager. Heather based her design around the ancient Indigenous symbol of the Medicine Wheel. We all feel that this approach will not only add some tree canopy in Bowness and some excitement next to the new Community Garden, but will also engage members of our local Indigenous community.

Beverley: Tell us about the engagement with the local Indigenous community that took place last spring.

Rob: In April 2023, a public call was put out to Bowness's Indigenous community and members met with the BCA, the Forests for Calgary team, designer Heather Morigeau and Elder Marilyn Shingoose. After discussion and review of Heather's Medicine Wheel design, it was approved and the project is moving forward. Heather selected the Medicine Wheel for this project as it is an ancient Indigenous symbol used to transfer teachings about nature's cycles, stages of life, self-care and the Sacred Medicines. Those attending the engagement meeting felt that using the Medicine Wheel design for the tiny forest would provide a special place to bring Indigenous children and grandchildren to share teachings, as well as provide a space for non-Indigenous people to learn about some aspects of Indigenous culture. The design will also allow people to enjoy a unique natural area, which will eventually provide shade and a home for birds and pollinators.

Beverley: I have seen Heather's drawings of the Medicine Wheel design and I really like the fact that each quadrant has a different colour theme accomplished using native trees, shrubs, and perennials. The planned area is only 80 square metres, but is going to be very impactful.

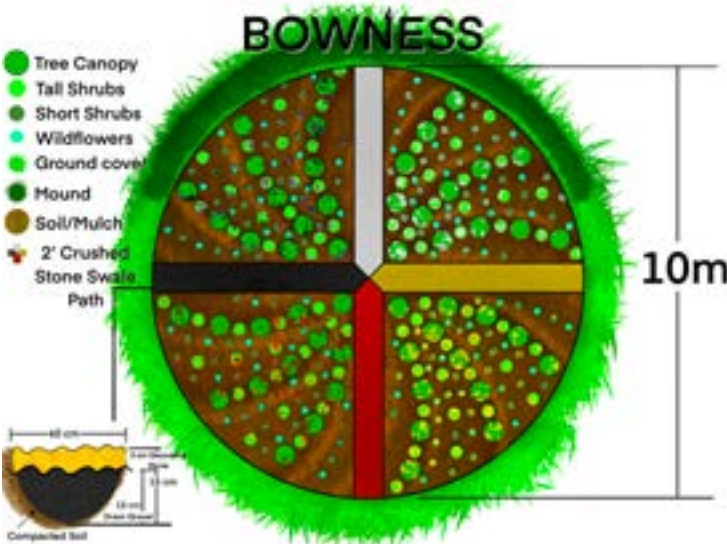
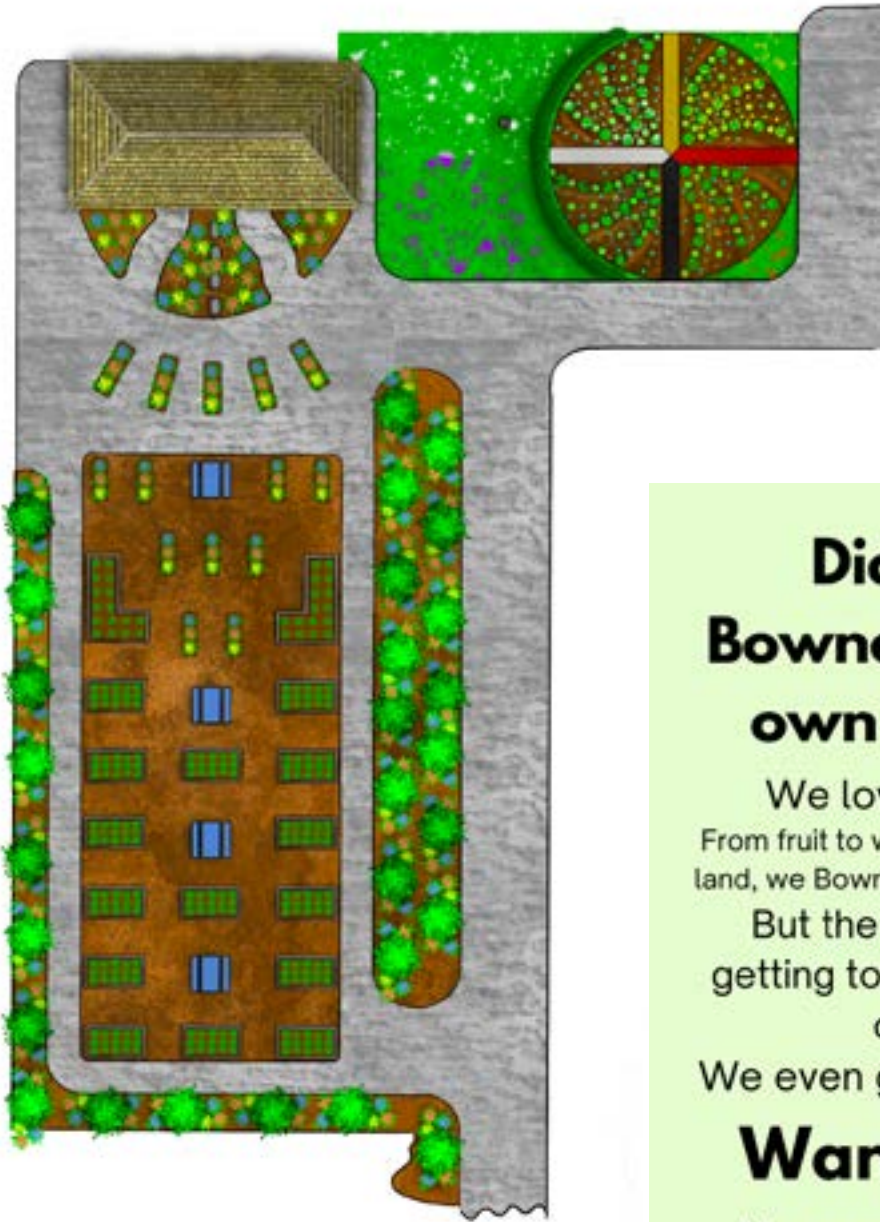
Rob: Yes! Each quadrant will contain plants that represent the colour of its quadrant. For example, our selected species will include elderberry (red), beaked hazelnut (yellow), western chokecherry (black) and river birch (white). We are presently sourcing trees and plant seedlings from two local companies. I should also mention that a Miyawaki Forest is planted very densely, so we will be adding many additional native shrubs and herbaceous plants to each quadrant of the wheel.

Beverley: Spring is not that far away and it sounds as if you will be ready to plant once the weather improves. What is the plan for the actual planting of the tiny forest?

Rob: The planting event will be held on Neighbour Day, June 15, and we will be planting approximately 400 trees, shrubs and herbaceous plants to create the tiny forest. Before planting begins, Elder Marilyn Shingoose will provide an Indigenous blessing and a smudge ceremony. We're hoping there will be a good turn out of all ages from children to seniors, including the local Indigenous community, as well as volunteers from Bowness and surrounding neighbourhoods. In the long term, we hope that care and maintenance of the Tiny Forest will be provided by community volunteers, as there will be some weeding and watering needed for about three to four years as the tiny forest becomes established.

Beverley: As a gardener I am always pleased to hear about these kinds of initiatives, especially if we can offer some hands-on experiences to the community. If people would like to be involved with the spring planting or would like further information about Forests for Calgary, who should they contact?

Rob: Anyone looking for more information can send me an email at rmiller@calgaryclimatehub.ca. Come springtime there will be a notice about the event posted on the Calgary Climate Hub website, www.calgaryclimatehub.ca. In May, the BCA and the Calgary Climate Hub will be promoting the planting event on social media and on their websites. So come on out for Neighbour Day! Forest planting is always a lot of fun for everyone involved!



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BOWNESS	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	\$ PER SQUARE FOOT
2020	113	\$448,750	56	\$364
2021	201	\$503,309	39	\$417
2022	201	\$603,612 *	32	\$465
2023	160	\$645,794	26	\$520
MONTGOMERY	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	\$ PER SQUARE FOOT
2020	84	\$542,474	59	\$397
2021	101	\$613,780	40	\$420
2022	105	\$644,430	32	\$488
2023	90	\$734,281	37	\$520

* Several larger properties sold on Bow Crescent NW which substantially increased the average selling price.

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