



BOWNESS
COMMUNITY ASSOCIATION

JOHN HEXTALL
BRIDGE
BOW RIVER

**Bridging Communities
with Greenwood Village
and Montgomery**
P. 16

**Meet Bloom Culture:
Run Bowness Sponsors**
P. 10

BOWEST'NER

Newsletter of the Bowness Community Association

MAY/JUNE 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



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Lawyer1@telus.net | www.BMLaw.net

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)



BOWNESS

COMMUNITY ASSOCIATION

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

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.

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DIRECTOR AT LARGE

Harvey Matchullis

ON
THE
COVER

Hextall Bridge

Photo by BCA Volunteer Circa 2015

BOWEST'NER

MAY /JUNE 2024

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

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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.

DELIVERY ISSUES?
Contact editor@mybowness.com

ADVERTISE
Contact editor@mybowness.com

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

LETTER FROM THE EDITOR

Hello Bownesians!

After enduring some snowy April days, I sincerely hope that by the time you are reading this, spring has finally sprung! (And if you're reading this from Montgomery, flip to page 16 to find out why the Bowest'ner has landed on your doorstep.)

The coming weeks will be a whirlwind of events and activities happening in the community with Spring Cleanup, the Parade of Garage Sales, Run Bowness, and the Tiny Forest Planting for Neighbour day all happening this May and June.

Each of these community events are made possible by volunteers like you. So if you've been waiting for a sign to sign up, this is it! Visit www.mybowness.com/volunteer to see all of the open volunteer opportunities for each event. There are few better ways to get involved in your community, connect with your neighbours, and be a part of a proud tradition of Bownesians working together to make the community better. (Keep on reading for profiles of our 2023 Nessie Volunteer Award winners!)

Every June, the City of Calgary celebrates Neighbour Day in commemoration of the community rallying together in the aftermath of the 2013 floods. These yearly celebrations remind us that, even during trying times, the spirit of our neighbourhood shines brightest when we put in the work of building each other up. We are so excited to celebrate this year's Neighbour Day by rolling up our sleeves together to plant a Tiny Miyawaki Forest that will be enjoyed for many years to come. (What's a Tiny Forest? How can I help plant one? Find out on page 7!)

Keep on reading the Bowest'ner for some great local content, along with information on all of the other ways you can get involved in the community through the BCA this spring. We look forward to seeing you here!

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

SPRING CLEAN UP
MAY 4 | 9AM - 4PM

Come drop off your junk for disposal and/or recycling. We are partnering with Bowest Appliances, Technotrash, Cerebral Palsy Alberta, and the Bowness Legion to recycle your metals, large and small appliances, electronics (both broken and working), clothing, and household items. City of Calgary trucks will take your other junk to the landfill, all at no cost.

Volunteers needed! Sign up at mybowness.com/volunteer, email volunteer@mybowness.com or call 403-288-8300

Need some help getting items to the clean up? Contact events@mybowness.com for volunteer assistance from Village Honda. Visit mybowness.com to see a list of items you can and cannot bring.

PARADE OF GARAGE SALES
MAY 2 - 4 | 9AM - 4PM

Head to mybowness.com/sale to view the Parade of Garage Sales map and plan your shopping trip for hidden treasures in Bowness, Greenwood Village, and Montgomery. You can also register your own garage sale to put it on the map and bring in customers.

BOWNESS COMMUNITY GARDEN PLANT SALE
MAY 26 | 10AM - 12PM

The Bowness Community Garden is hosting a plant sale on Sunday, May 26th from 10am until 12pm noon. Neighbours Nursery out of Inglewood will provide a variety of seedling plants, and will be set up outdoors near the BCA community garden.

RUN BOWNESS – SPONSORED BY BLOOM CULTURE
JUNE 2 | 9AM

Race registration is open up to and including race day! Sign up at mybowness.com/run to participate in the 5k, 10k, or Kids Mile. Whether you're a seasoned vet or a first time competitor, everyone is welcome to run or walk this accessible route along the river in beautiful Bowness and Baker Park — strollers and dogs are welcome!

Everyone is invited to come cheer on your neighbours and and enjoy live music, a beer garden, and the Waffles & Chix food truck following the race!

Many volunteers are needed for this event, and all Run Bowness volunteers will get a free event t-shirt and meal from Waffles & Chix! Sign up at mybowness.com/volunteer, or email volunteer@mybowness.com or call 403-288-8300



SUBMISSIONS FOR THE JULY/AUG ISSUE ARE DUE:

MAY 24, 2024



THE LANDING
The Landing on the 2nd floor of the BCA is a happening place! We can't wait to see you upstairs at 7904 43 Ave NW (elevator accessible).

DAYTIME COFFEE AND TEA
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!

EVENING FOOD AND DRINK
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, menu, and latest updates.

RIPPLES COMMUNITY BUILDING GRANTS
Make a splash! Residents of Bowness, Greenwood Village, and Montgomery can receive up to \$1000 to put toward a community building idea.

Learn more and apply for a Ripples Community Building Grant at mybowness.com/ripples.

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

In The Landing:

ELEVENSES COFFEE CLUB
THURSDAYS | 11AM - 12PM
Join in on some coffee, tea, snacks and good 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.

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.

FAMILY GAME NIGHT
MAY 3 & JUNE 7 | 6-9PM
Help yourself to our shelf of games, or bring your own to share with a neighbour! Hosted on the 1st Friday of every month unless otherwise noted.

OPEN MIC
MAY 17 & JUNE 14 | 6-9PM
Come listen, perform, and enjoy food and drinks in The Landing!

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 May and June:

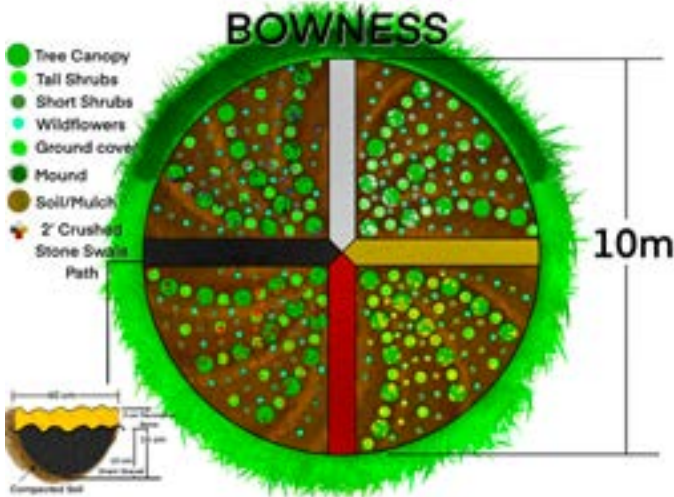
May - The Bell Jar by Sylvia Plath
June - Young Queens by Leah Redmond Chang

SHINNY AND PUBLIC SKATE
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.

...continued on page 12



NEIGHBOUR DAY | TINY MIYAWAKI FOREST PLANTING
JUNE 15

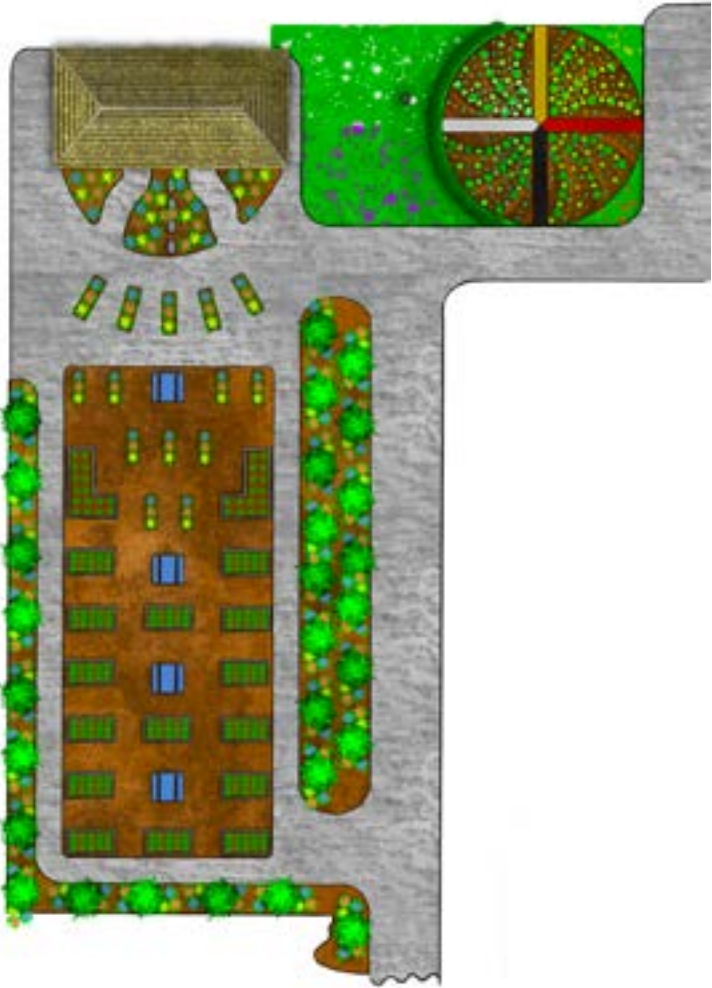
After a year of planning, consultation, and research, the Bowness Tiny Miyawaki Forest will come to life this summer on June 15, and we need your help to make it happen!

Dozens of volunteers are needed to dig their hands and shovels in the earth to plant over 400 seedlings that will make up the Tiny Forest in the BCA greenspace. This is an all ages event and no experience is needed, just time and willingness to get your hands dirty!

Call 403-288-8300 or email volunteer@mybowness.com to sign up to volunteer and celebrate this project with us.

What is a Miyawaki Forest?
Developed by Japanese botanist Akira Miyawaki, the Miyawaki Method involves reintroducing native trees and plants by planting a dense section of native, diverse trees and plants with the help of community members. The Medicine Wheel Tiny Forest was designed specifically for the Bowness location by Indigenous artist and designer, Heather Morigeau, a member of the Metis Nation with ancestral ties to the Ktunaxa Nation. The forest will take the shape of a Medicine Wheel, with plants that display red, yellow, black, and white coloring. This symbol incorporates indigenous knowledge with the hope that the forest will serve as a place of learning, gathering, and sharing wisdom with future generations. This project is led by the Calgary Climate Hub, with funding from the Alberta Ecotrust Foundation and support from the Bowness Community Association. Bowness resident Rob Miller advocated for Bowness as a tiny forest site, along with 4 others being planted in Calgary.

In the spirit of community and volunteerism, we will be planting the forest on Neighbour Day, marking 11 years since historic flooding impacted our community. In 2013, Bownesians demonstrated their dedication to taking care of each other when rebuilding after the flood. In 2024, we are excited to see the neighbourhood come together to build this Tiny Miyawaki Forest of native plants right here at the Bowness Community Association greenspace.





CONGRATULATING THE 2024 NESSIE AWARD WINNERS

Interviews by Sophie Stocking

Each year, the BCA awards three different awards to volunteers who make a difference in our community. Volunteers are nominated by their friends, neighbours, fellow volunteers, and colleagues. The three winners exemplify what it means to volunteer your time, skills and expertise to better the community.

The Nessie Award

Given to an individual that has volunteered specifically for the Bowness Community Association and has shown passion throughout the year.

The Neighbourhood Nessie

Given to an individual that has made contributions throughout the community of Bowness at various organizations, events or on their own for their neighbours and neighbourhood.

The Team Nessie

Given to a group, organization, or business that has volunteered their time and efforts in creating a better Bowness as a group.

The Nessie Award – Awarded to Linda MacRae for her Contribution to Neighbourhood Food Week
(Pictured: Centre)

Linda is an active volunteer with the Bowness Community Association and helped tremendously with Neighbourhood Food Week throughout 2023. Linda gave thoughtful insight and worked to develop the many events during Food Week, as well as spread the word throughout the community about this new initiative. During Food Week, she connected with many residents and shared information about food resources in the community. She spent many hours inputting feedback from residents who took part in Food Week, and analyzed that feedback with the BCA staff and the community social worker involved in Neighbourhood Food Week. Linda is also involved in a number of other BCA activities, including the HR committee and Events Committee.

- From Linda’s Nessie Nomination
Linda: “I love the BCA, I love the community aspect, and the people who work here because of that community mindedness thing. So, last year was the first year we did Food Week. It was a real adventure and learning project. I met a ton of people from Greenwood Village, Montgomery, and Bowness so that was great. I also sit on the Events Committee and also the Food Week Committee, and I help with the seniors’ dinners.

Sophie: What would you say to people to encourage them to volunteer?

Linda: I would say that I’ve had so much learning through volunteering, through meeting different people in different ways of life, and learning different skills too. I did some administration with Food Week, and I had to learn how to do spreadsheets! I’m getting used to being retired, and that can be kind of isolating. It’s great interacting with people in the community and seeing where I can build bridges and help bring people together who are also isolated. It’s as simple as starting a conversation sometimes. So that’s been the real value for me.

The Neighbourhood Nessie – Awarded to Crystal Johnson Representing Simon House
(Pictured: Left)

I believe the gentlemen at Simon House deserve a neighborhood Nessie, as they have done so much to help with every event in the community. They support our projects with kindness and humour, and are always willing to lend a hand. Our community garden would not be in the shape it is without the incredible work that they have contributed. The garden committee thanks Simon House for its efforts and enthusiasm.

- From Simon House’s Nessie Nomination

Sophie: Can you tell me why your guys are such incredible volunteers?

Crystal: I’m not going to lie; I push them to do it! I’m a

recovering addict myself, and volunteering helped me so much. It gets you out of your own head, and it stops the chaos. Giving back is an incredible feeling, and the more the guys do it, the more community, and sense of contribution, and belonging that they feel. Last year they took part in building the BCA Community Garden. It was hard work, it was hot! So, there was some grumbling, but afterwards the guys were so pumped! They said it was really fun, and they want to come back in the spring, and help with the planting. It was an awesome experience for them. I love everything the BCA does.

The Neighbourhood Nessie – Awarded to Marilynne Walkey Hall
(Pictured: Right)

Marilyn has visibly volunteered in the community going above and beyond to help individuals and community agencies such as Community Kitchen, the Lions, Bowness Seniors Centre, the BCA, Carya, as well as local churches. There are likely more that I am not aware of. Also, Marilyn does helpful compassionate works behind the scenes anonymously.

- From Marilynne’s Nessie Nomination

Marilynne: I came from a family of twelve children. All of us went to school in Bowness, and it was our mum Maree who taught us how to be good volunteers. Even with twelve children she volunteered anywhere she could, the church, the schools. She brought us up really well. We were members of St. Edmonds Church, and before she passed, she was the oldest female member. Because of how she raised me, I’ve always volunteered, whether it was at my kid’s schools, or involving my grandkids. Recently I’ve been cooking for the Bowness Seniors Centre. I’m on the Holiday Committee, and I try to get people to come to the Senior’s Centre for exercise, and to volunteer themselves. I also participated in a wonderful crochet project with the crafting class recently.

Sophie: How do you encourage other people to volunteer?
Marilynne: You just have to show them how much fun you’re having, and what you can accomplish with that little bit of smiles, you know? People are always telling me it’s my smile. It’s an enjoyment thing, not a task.





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



Need a tree trimmed, pruned, or removed from a less than ideal location? Whether it's over a valuable garage, fence or shed, we've dealt with it all before and are ready for the challenge!

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403-615-6263

BLOOM CULTURE BLOSSOMS: NURTURING NATURE AND COMMUNITY IN BOWNESS





BLOOM

CULTURE

By Teri Brown

For the third year in a row Bloom Culture is sponsoring Run Bowness which is taking place June 2 at the Bowness Community Association (info on page 5) I met with Tracy Wrubleski, Community Cultivator and Kendra Schlamp, Studio Manager to learn more about them, their business, and connection to Bowness.

Bloom Culture is a full service floral design studio dedicated to crafting nature inspired beauty for every space and season. They offer indoor and outdoor softscaping, high end garden installations, floral design, houseplants, and even moss walls. They are a one stop flora hub where each product and service is a unique reflection of the clients for whom they were created. Previously known as Bedworx and Floraworx, Bloom Culture has been inspiring beauty both outdoors and indoors through gardens, plants, and florals for over 14 years.

Many members of the Floraworx team call Bowness home themselves. “Bowness is such an amazing, eclectic area.” Giving back to the community is important to them which is part of their motivation to sponsor Run Bowness.

“We just love plants and gardens and the outdoors so much that we want to share that love and knowledge with our community, and we try to attend a lot of community events. Sponsoring Run Bowness is a big part of that.” Their sponsorship has helped with supplies and subsidising the registration fees to make participation accessible to more people.

Bloom Culture also organises a quaint Fall Fest and Fundraising Drive outside their studio each September. Fall Fest supports other small businesses and local artists by having a very low vendor fee with partial proceeds donated to a local charity of choice. This year’s market will take place September 8th with upwards of 20 unique vendors and artisans. (Keep an eye on their Instagram @wearebloomculture for details in the fall!)

Bloom Culture’s motto is “you deserve to live beautifully” and their mission is to help people bring beauty into their lives and spaces through plants and flowers. Numerous DIY classes are offered in their shop; everything from wreath building to floral arranging and all sorts of fun things throughout the year, especially around Christmas. At Easter they even had a fun Bunny Bloom Bar workshop for kids. Recognizing that many people are a little overwhelmed when it comes to florals, Kendra takes special care to make folks comfortable. During a class or just in the shop, it’s amazing to see Kendra’s patience and coaching relax and inspire participants and customers.

Inside the studio, Bloom Culture puts leftover florals from the previous weekend up for sale on Tuesdays for just \$10. They have a lot of life left in them, but space is needed for the upcoming week’s fresh florals. It’s another way they try to make beauty accessible for more of the community and encourage others to come in and treat themselves.

Kendra loves getting to know the regular clients who come week after week. They chat about their mutual appreciation of beauty and nature, or even just what’s new with their families — the emphasis is on the strength of community connection. While many of their clients live in Bowness, they also have regulars who travel across the city to shop and visit. The support of their neighborhood and city-wide community means the world to these amazing small business owners.

Meet the Team:
 Kendra Schlamp (pictured left) - Studio Manager and Floral Designer. She’s the “face of the studio” and a guide for everyone who enters.
 Kari Baker (pictured right) - Lead Designer, Owner and Founder bringing 14 years of fine gardening and design expertise plus a deep rooted appreciation for her clients and flora team.
 Tracy Wrubleski - Community Cultivator and “behind the scenes” storyteller and planner who nurtures stakeholder relations and studio development.
 Kris Clerihue - Design & Projects Manager working in tandem with Kari to oversee garden projects. Kris has extensive experience in horticulture and a true love of nature.

The Bloom Culture shop and studio is located at 3131 68 St NW #1 (behind the Bowness Rona) and is open from 10am - 5:30pm Tuesday through Saturday. They’d love for you to drop by and check out this hub of creativity and natural beauty.



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.

We regularly update this webpage with information on upcoming 3rd party info sessions and engagement processes with The City and with developers.

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

MAY 15 & JUNE 19 12:30-2:30PM | BCA SOUTH HALL
Every third Wednesday of the month. Registration required - please contact Kate Hunter kateh@caryacalgary.ca or call 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 bft@caryacalgary.ca

WELLBEING WEDNESDAYS & BITS AND BITES

Information on these free workshops will be shared online at mybowness.com/events as it becomes available.

COMMUNITY NEWS

BOWCROFT ELEMENTARY SCHOOL

Hello New and Old Families of Bowness,

Bowness keeps growing and so is Bowcroft School! For next year, we are anticipating 410 students! This means that we will be able to finally go back to straight grades. We will be having two of each grade, except for grade 5 with only one class.

The German program is growing too and will be hitting the 150 student milestone. Here, too, we are able to move into (mostly) straight grades. Bowcroft offers a music program, run by a trained music teacher. We have been offering the following clubs: bike repair club, choir, cosmetology club, nature/gardening club, coding/robotics.

We are a dynamic school with a dynamic school council. This school year, we planted 10 trees around the playground - a lasting legacy for decades to come. In ten years, those trees will provide much needed shade during our ever increasingly hot summer days.

If you are new to Bowness, please check the school boundaries carefully, as Belvedere and Bowcroft boundaries are a little zig-zaggy. Neither Belvedere nor Bowcroft are able to accommodate out-of-bounds students (unless you are in the German program at Bowcroft).

If you have any questions, please contact the school at 403-777-6020

Yours in Education,
Meike Thomsen, principal

UPDATE FROM WARD 1 COUNCILLOR SONYA SHARP

Hello Ward 1! Here are the latest updates from City Hall and on what’s happening in your community.

Drought update

The drought conditions Calgary has been experiencing may mean that water restrictions could be put in place this month. We ask all Calgarians to observe any water restrictions put into place in order to protect our ecosystems and drinking water supply. Visit calgary.ca/drought to learn more.

Blanket rezoning

In April, Council held its Public Hearing on blanket rezoning to Calgary. A big thank you to everyone who participated. Regardless of the outcome, your voices made a difference. You can visit calgary.ca/ward1 to learn about the final result and for more information on what happens next. (This newsletter was finalized for print prior to the April 22 hearing.)

Single–Use Items Repeal

The Public Hearing to consider the repeal of the Single Use Items Bylaw will take place on May 7. You are welcome to address Council or submit written feedback. Visit calgary.ca/publichearing to learn more. You can also visit calgary.ca/ward1 for further updates on this issue.

Street Sweeping

Weather permitting, The City begins cleaning winter debris from our streets beginning in April and continuing through May. Sweeping happens Monday through Friday between 8 am and 4 pm. You are required to move vehicles off the street when a sweep is scheduled, or you could be ticketed and towed. Visit calgary.ca/sweep to learn when cleaning is scheduled for your neighbourhood.

Neighbour Day

Neighbour Day is coming up on Saturday, June 15! Consider hosting or visiting a Neighbour Day party for some family fun and a chance to connect with your neighbours. The City has a number of resources for a successful event at calgary.ca/neighbourday.

Waste collection reminder

Weekly pickups of Green Carts resumed for the season on April 23 and will remain in place until the fall. Visit calgary.ca/collection to set up pickup reminders and for important cart placement tips.

Government of Alberta – Bow River Reservoir Options Engagement

The Government of Alberta is gathering feedback on possible options to help reduce the effects of flooding and drought along the Bow River by increasing storage capacity. Your input will help us identify and assess the potential socio-economic, environmental, and other impacts of each option.

Additional water storage will significantly reduce the impact of severe weather events on Albertans who live, work and recreate in the Calgary area and on the provincial economy. Flooding that occurred in southern Alberta in 2013 alone caused more than \$5 billion in damage in Calgary and surrounding communities.

Feedback gathered at this time will help determine which reservoir option, if any, should proceed to the next phase of the process. If an option proceeds, any feedback received will also inform future phases of the engagement.

Visit www.alberta.ca/bow-river-reservoir-options-engagement to learn more and leave your feedback before May 6.
Comment end

BOWNESS RESPONSIBLE FLOOD MITIGATION SOCIETY (BRFM) – NEW FLOOD MAPPING IMPACTS BOWNESS

In their update to the Calgary River Valleys Project, the City of Calgary published the Province’s new flood hazard maps. These maps can be found at www.engage.calgary.ca/rivervalleys

Previous flood maps included the flood fringe, which is the area inundated by the 1:100-year flood, and the floodway, which comprises the area adjacent to the river with high water velocity during a flood. Residential development on the flood fringe is permitted with some restrictions, but not permitted in the floodway. Significant parts of Bowness are in the flood fringe but there is no development within the floodway.

The Province’s new flood mapping introduced two new areas within the flood fringe. The maps now present an area termed the high hazard flood fringe, where during a 1:100-year flood water depth will exceed 1 meter, and a protected flood fringe, where infrastructure that is dedicated to flood mitigation will prevent overland flooding in the 1:100-year event. Within Bowness there will be over 200 properties that will now be considered high hazard. The impacts of being classified as high hazard has not been confirmed, but it could impact development and access to insurance or a mortgage. After currently approved flood mitigation work is completed, Bowness will be the only community in Calgary to have homes in the high hazard area. To our knowledge, the

1:20-year Bowness Barrier previously proposed by the City would not change these flood maps.

We believe the flood mapping overstates our flood risk as it does not consider the impact upstream reservoir management has had on flood volumes and rates. If the Ghost Dam modified operating agreement was considered as significant, reliable and dedicated for flood mitigation, the high hazard flood zone in Bowness would be derated to flood fringe. Flood mitigation measures were implemented at the Ghost Dam from 1955 to the 1990s but discontinued until 2014. When the 2005 and 2013 floods occurred, it was reinstated. With modified operations in place, we have never had a flood on the Bow River. BRFM is advocating to modify the flood maps to consider the impact of the existing managed reservoirs, and for effective and equitable flood protection. Your questions and comments can be sent to info@bownessrfm.ca

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 on the City of Calgary’s River Valleys Projects can be found at engage.calgary.ca/rivervalleys



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COME ON DOWN TO YOUR HISTORIC MAINSTREET
Did you know? On August 15, 1964 Bowness officially became part of the City of Calgary. The trolley came right down Mainstreet Bowness on a route similar to what we know as the #1 Bus today!

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

At the BCA we're all about the neighbourhood, and sometimes it's easy to forget that neighbourliness extends to our neighbouring communities! In late 2023, with support from the Community Hubs initiative, resident leaders and staff from the Greenwood Village Social Committee (GVSC), Montgomery Community Association (MCA), and Bowness Community Association (BCA) met over a series of evenings to collaborate on a project called 'Bridging Communities'. The goal of this project was to strengthen the ties between our neighbouring communities and the folks working within them. We hope that residents can be more informed of the opportunities

to participate in events, programs, activities, and resources in all three communities.

And how did we begin building this bridge? With food of course! Over delicious meals made at local restaurants, we chatted about the communities we live and/or work in, how we all came to be involved in community work, and the many community events we were all looking forward to in the coming year. We came to understand that while each community and our organisations are undoubtedly unique, we also face many of the same obstacles and socioeconomic realities. Ultimately, we can all benefit from the unique experiences we have in building community.

Led by our community social worker, we created a strategy to ensure the work continues. This strategy includes increased collaboration through our various communications channels, including the Bowest'ner, increasing awareness of the Ripples Community Building Grant, available to residents of all three communities, and continued exploration of more resident-led programs and workshops such as collaboration on our 2024 Neighbourhood Food week!

You do not need to live in Bowness or have a BCA membership to use our space or attend any of the BCA's free events. In fact, the work of the Community Hubs

Initiative is intended to directly benefit the residents of Greenwood Village and Montgomery! So if you haven't paid us a visit, we welcome you to stop by — we are all looking forward to building more bridges between our communities.

The Community Hubs Initiative is a partnership between the United Way and City of Calgary, with Rotary as a founding partner.

BUILDING BRIDGES TO SERVE OUR COMMUNITIES



Photos credited to Kathy Labbee

Meet our Neighbouring Communities

Greenwood Village

Greenwood Village is located just up the hill off 83 Street between Bowness and the new Farmer's Market. The Greenwood Village Social Committee Calgary supports neighbours helping one another through initiatives like their Christmas Adopt-a-family program. They also organise fun social events like silent auctions and karaoke in their hall, located at 3223 83 St NW and known as "The Dome" to residents. The Dome hosted a Neighbourhood Food Week Event in 2023, and we look forward to collaborating with Greenwood Village in the future!

Montgomery

The Montgomery Community Association is located at 5003 16 Ave NW. Plans are in the works for many workshops and events in 2024, and while some of these are open to MCA members only, many are open to the public. Check out their Facebook page or website (mcapeople.com) to stay in the know about what's going on on the other side of Hextall Bridge!





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ABBY – COMMUNITY DEVELOPMENT COORDINATOR
 Abby was excited to return to Calgary in 2023 after living in Saskatchewan for many years. When she isn't at the BCA, she's probably spending time outside, working on a crochet project, or enjoying a novel. She can't wait to get to know the Bowness community- if you see her, say hi!



ANNA – ADMINISTRATIVE ASSISTANT
 Anna has been a proud Bownesian since 2021, and is delighted to now be on staff at the BCA. When not working at the Community Association she is a local voice teacher, and can also be found performing music at venues ranging from the opera hall to the local pub.



LOGAN – PLANNING AND DEVELOPMENT COORDINATOR
 Logan is a proud born and raised Calgarian, with a bachelor's degree in Urban Studies from the University of Calgary. He has a passion for vibrant, thriving communities, and he envisions Bowness as a leading example for Calgary neighborhoods. In his spare time, he enjoys playing basketball, or watching sports and movies.

MEET OUR NEW BCA STAFF MEMBERS!

If you've been by the BCA lately, you've probably noticed some new faces!
 Over the past few months we've been excited to welcome these wonderful folks to our team.



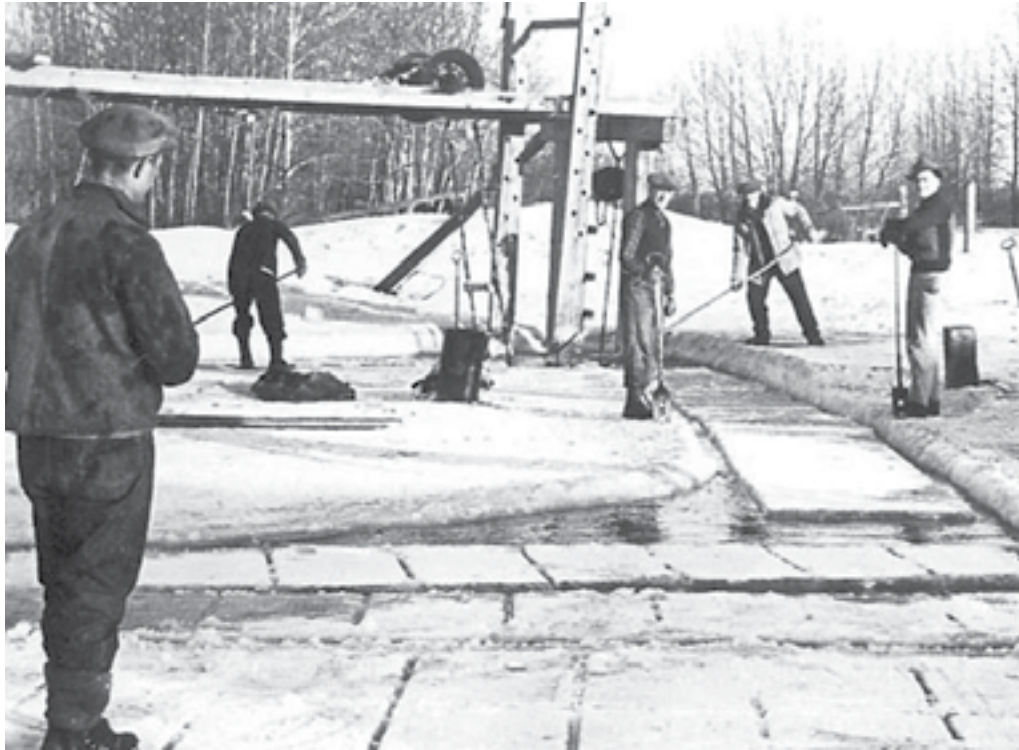
MEAGAN – FACILITY OPERATOR
 Another 2024 addition to the team, Meagan grew up in rural Central Alberta and is really liking the small town atmosphere that Bowness provides. If you can't find her wandering around the BCA, she's probably out enjoying live music, playing games, travelling, or in the mountains.



ROBYN – FACILITY OPERATOR
 Robyn joined the Bowness Community Association in February 2024, bringing 5+ years of arena experience to the team. She was born in Calgary, living briefly North of Edmonton, before returning in 2016. When not resurfacing the ice, Robyn enjoys tinkering, learning new skills, playing games, creating digital artwork, and adoring all kinds of animals.

Icemaking in Bowness – Part 2

Contributed by Anne Campbell and the Bowness Historical Society



After the man-made lake was frozen to a thickness of about two feet, ice was put up. String lines were laid lengthwise and then crosswise on the surface of the ice. A team of horses then pulled alongside these string lines a saw-like marker with handles (similar to a walking plough) for the teamster to hold. This cut a mark in the ice about two inches deep which acted as a guide for the power saw. This circular saw was powered by a large motor and used a 1-inch angle iron with the "V" travelling in the marked lines ahead of the saw to keep the saw in a straight line in the marks. If the ice was 24 inches thick, the saw was set to cut to a depth of 18 to 20 inches. After the saw had completed all the cuts, a heavy hand-held steel wedge shaped like a crowbar was dropped along the saw cut and the piece of ice dropped into the water of the lake. It floated to the east end of the lake where it was picked up by a conveyor belt and carried to an ice house. Each block was about 22 inches wide by 44 inches long by 24 inches thick and weighed about 300 pounds. Early operations relied on horse drawn equipment for marking and cutting the ice, but by 1937 machines were in use.

The first use of the ice from the Alberta Ice Company was to cool railway passenger cars. This was achieved by a fan blowing air over the big blocks of ice in the ice compartment under the passenger cars and into the passenger car itself. Later, ice blocks were dropped vertically into four galvanized steel containers, one at each corner of a special insulated box car or 'reefer car' in order to keep perishable goods cool. The ice was also used for preserving food in train cars and supplied to Calgary homes for use in ice boxes until refrigerators became common. By the late 1950s, refrigeration processes had rendered large block ice largely redundant and ice operations at Keith siding ceased.

A black and white advertisement for Barberista Barbershop. The top half features the shop's logo, which consists of the word "BARBERISTA" in a bold, sans-serif font, with a stylized barber pole icon replacing the letter "I". Below this, the word "BARBERSHOP" is written in a smaller, all-caps font. A thin horizontal line separates the logo from the contact information below. The contact information includes the phone number "825.454.4247" and the text "WALK-INS WELCOME". Below this is a dark horizontal band containing the text "\$15 HAIR CUT FIRST TIME VISIT" in white. The bottom section of the ad provides the address "6311 Bowness Rd. NW, Calgary" and the website "www.barberistabarbershop.ca". On the right side, there is a QR code and a small Instagram logo, with the text "Follow us on" below it.

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DELORES

What brought you to Greenwood village?

We lived in a large home near the Foothills hospital, and we needed to downsize our home and find a place that didn't have stairs. We had a friend who lived in Greenwood Village who recommended the area. We drove around and found a place that was for sale by the owner, so we made an appointment and went to see it. Within 10 minutes we had signed the papers saying this was going to be our home, and we have never looked back.

What is your favorite part of Greenwood Village?

Greenwood is so special because we have wonderful walking trails, and it seems like every other person here has a dog. So everyone is always out walking their dogs and it has been great to get to know everybody. We have the nicest neighbors and I know most of them by name. I live by myself, but I feel so safe in my community and I know many of my neighbors feel the same way.

What's your best Greenwood Village story?

I have a great story about the power of women. A few years ago, I bought a gazebo to keep the snow off my car, but it had heavy steel poles that I could not lift by myself. I had met a young lady at karaoke night who worked as a contractor and asked her if she could help. She came over along with two other women in their seventies and together the four of us put up my gazebo together. It was special having neighbors so willing to come together and help one another.

What exciting things are you looking forward to in Greenwood Village?

Greenwood Village is one of the safest communities in Calgary, but we are starting a neighborhood watch to make sure the community stays a safe place.

What makes your neighbourhood unique?

There have been good and hard times since moving here but the thing I remember about the hard times is how all my neighbors rallied around me and supported me, it brings the whole neighborhood closer together. My husband is in a nursing home, and we recently celebrated his 86th birthday. Many of the neighbors from Greenwood Village came out to the Grey Eagle Casino for his birthday brunch and he said it was his best birthday ever.

How do you see our communities already working together, and are there ways you want to see them working together in the future?

We have been running community events for the Greenwood community. One of our most successful is the Karaoke nights. I am excited to bring events like that to the other communities and maybe do Karaoke nights at the other community centres so more people can attend!

What brought you to Montgomery?

My husband and I were living and working downtown, and we hit a point where the downtown lifestyle wasn't what we wanted anymore. We kind of stumbled on Montgomery, and honestly didn't know too much about the neighborhood, but it just seemed like the perfect fit.

What is your favorite part of Montgomery?

I love the small-town feeling. If I want to go grab a coffee, I just walk down the street and I know that I'm supporting local businesses. There's really an ingrained sense of community that has been around for years. People make an effort to get to know their neighbors and the community programs have been around for years. I also love the endless places to walk and green spaces. It's the best of both worlds! I get to live in the inner city, but also you feel like you're out in nature.

What is one of your favorite Montgomery stories?

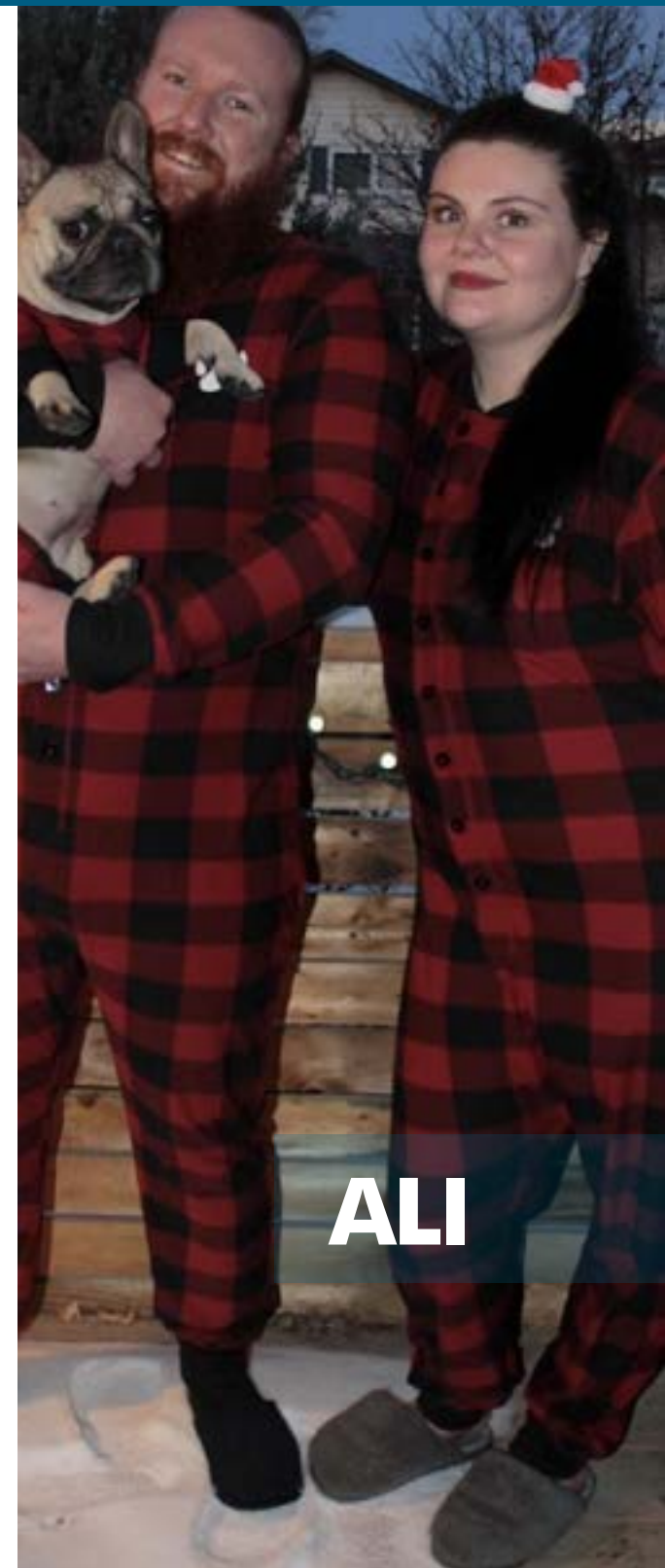
My personal favorite story is the one of Monty the Moose. My husband is Australian and when we first moved to Montgomery, he came home one day, yelling "there's a wolf at 7-eleven!" I told him it's probably a coyote, so I go out and look and sure enough, it was just a coyote. About a year later, he comes home again yelling "there's a Moose at 7-eleven!" Again, I think it's probably just a big dog or deer. But when I drive into the back alley, low and behold a juvenile moose runs right in front of me! The poor thing was probably so scared, but it went into all our yards and ate our plants and hanging baskets, drank someone's bird bath dry, took a nap and then eventually made its way back to the ravine.

What do you think makes Montgomery unique?

I think about how our history goes back long before any settlers came, or any buildings were built. There is incredible history along the river, such as the old settlements in Edworthy Park, it's always been a centralized meeting place which I think is cool. And now we're reaching the point where there are so many people who have been here for 50-60 years and know so much of the recent history, and also new families moving in and bringing new life and energy to the community — it's a very cool time to be here!

How do you see our communities already working together and how do you see this continuing in the future?

What's really cool about the three communities (Bowness, Greenwood Village, and Montgomery) is that they each have their own history and sense of pride, but we can still extend that and engage all three communities. I see a lot of the fun rivalries coming back and bringing the communities together while still allowing them to maintain their individual identity.



In this special edition, we spoke with two community leaders from up the hill in Greenwood Village and across the bridge in Montgomery!

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



NOURISHING CONVERSATIONS: A LOOK AT COMMUNITY KITCHEN CALGARY

BCA Volunteer Alex Judd sat down with Anna Mandziuk of Community Kitchen Calgary to talk about food security and community programming in Bowness and beyond.



Tell me about Community Kitchen: what communities are you serving? And what problems are you trying to solve?

We are the second largest food bank in the City of Calgary and our focus is on education around food insecurity or food security. We address this through giving a hand up as opposed to a hand out, which means we teach people to recognize their own power to make decisions on food related issues. We are there in a supportive role using education and information. We also address issues such as social isolation - how it can be so debilitating - by working to build community. We are here for all Calgarians, regardless of economic background, and we do not require any proof of income.

What is your role in Community Kitchen?

I've been working at Community Kitchen for the last six years and I am the team lead for the program, Calgary's Cooking. This is a program where we teach people how to cook healthy meals on a budget. How it works traditionally is somebody applies to be a part of the program, and we put them in an existing cooking group. They meet with their cooking group twice a month, the first time they make a plan where they decide as a group, what recipes are going to be made. A grocery list is put together, everybody pays for their share of the groceries, and the following week, they get together to make the recipes. We portion the food and they take it home with them. And then we do it all over again the following month.



Top photo: Anna Mandziuk (left) speaking as a panelist at one of last year's Neighbourhood Food Week events
Photo credits: MJ Karelse

How did you come to this role? Do you have a background in cooking?

I have close to 30 years of culinary hospitality experience.. I worked my way up, received my Red Seal in baking, ran pastry departments, and had my own pastry business. I also taught Pastry Arts for five years in both secondary and post secondary environments. Then I decided that I'd rather focus on the more nurturing side of the food dynamic, when I saw that food has such a connection to our mental health. So I changed careers and went into mental health counseling. My training as a chef, teacher, and counsellor lends itself well to what I do here at Community Kitchen. A big part of it is having conversations with people, whether it's somebody from an agency, an individual who wants to come into the program, or providing resources for people who need other things.

How has working with the Community Kitchen changed you or surprised you?

Working with all sorts of different people, I can say that food insecurity is the result of all sorts of different factors. And it is different for every single person. To really understand what food insecurity is, it comes down to having conversations with everybody that I come in contact with, and hearing things from their point of view.

Is there a particular story that has stood out to you?

What sticks out the most is, I had a person who came into the program who was really new to cooking. They had transitioned into living in their own place for the first time, so they were excited and proud to go to the grocery store and stock up on items for their home kitchen. One of the items that they purchased was a can of soup. They took it home, then realized, "I don't have anything to open it up with!" When they came back and told me this story, they were sheepish and laughed about it. But that hit home for me. It's just such a simple and common piece of kitchen equipment that most of us don't have to think about. It was a lesson that you can never take things for granted, or assume somebody knows when they've never had that experience before.

What is the biggest challenge faced by the people accessing your programs?

I think it's a challenge that we're all facing - the cost of groceries. There's multiple reasons why grocery prices are going up, some of it makes sense, but some of it doesn't. The challenge is, how do you get enough food to last you and your family that is healthy and accessible? So you don't have to work three jobs just to be able to put groceries on the table.

We read about it in the news, and it's all around us. But this is not a new issue. It's been around for a long, long, long time. We are living in a country where food is so plentiful, and we have people that are struggling. People

who are wanting to share the angst who \$30 today can only get you half as much as it did a year ago. They are frustrated and stressed out, and we are the people supporting them and letting them share their anxieties.

What gives you hope or energizes you? Is there a project that you're most proud of?

I'm very proud of all of the programs that I have the privilege of working alongside. My co-workers work incredibly hard. We all come from a place of dignity and compassion. It's very rewarding work, because we don't make the decisions for the people who come into our programs, we offer insight and education, so that they recognize their own ability to make decisions.

Calgary's Cooking has started to release a series of educational videos that I am working with a videographer to create. These videos are about teaching very basic cooking techniques and information. It's all content based on the questions I've been asked over the years, that make you think, "oh, maybe we should spend more time explaining why we do things a certain way". These videos should be released on our website in April.

How can someone in Bowness get involved?

We're always open to creating. We have a Calgary's Cooking group in Bowness right now that meets at the Community Association, and there's certainly an opportunity to create a second cooking group. If people are interested, all they have to do is reach out to me and we can start developing that. We also have a section on our website where individuals and groups can sign up to volunteer with Community Kitchen Programs. Another way people can help is through donations, whether financial donations, or contributing dry goods, canned goods or cleaning products. And finally, we're now expanding our program to include more food education workshops, so if anyone is interested in partnering up with us they can reach out to me.

Is there anything else coming up you'd like to share?

Myself and my colleague are part of the planning committee for the Bowness Food Week that will take place in September 2024. So we have lots of things in the works for this event!

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If you would like to get involved in a Calgary's Cooking group, contact Anna at anna.mandziuk@ckpyyc.ca

To learn more about Community Kitchen Program of Calgary, access food resources, volunteer, or donate, visit ckpcalgary.ca

THE BOWTANICAL GARDEN

BY BEVERLEY SHERIDAN

FOR THE MOMS WHO LOVE TO GARDEN



Looking out at the snow piles that cover my back yard, it is hard to believe that in a very few weeks gardening season will be in full force. And there on my calendar is the notice, that as always, indicates that the start of gardening season coincides with Mother's Day. Whether Mom is a novice gardener, or if she has exercised her green thumbs for years, there are lots of thoughtful gardening gifts that will make her day special.

Most of us are still trying to deal with the escalating price of just about everything, but there are lots of ways to show Mom a little love without breaking the budget. Besides, what mom really wants to receive a new vacuum cleaner? The dollar stores and big box hardware stores have lots of useful inexpensive choices. But better yet, why not undertake a DIY project with children and grandchildren?

One of the most useful – and very inexpensive - items I have in my garden tool kit is a versatile, multipattern hose nozzle which deals with every watering need in my garden. If Mom has hanging baskets, purchase one that has a wand attached so that watering the baskets as well as the flower beds becomes very easy. Hanging basket? Great idea. Forget the bouquet of flowers which will be dead in a week. For about the same price, get Mom a pre-planted hanging basket and offer to install the hook. With minimal care and attention, it will still be looking good in September. If Mom is an experienced gardener, and usually creates her own hanging baskets, why not give her a hardy Canadian bred rose bush, peony or flowering shrub. All will provide years of enjoyment in her garden. If you are not sure what to buy, a gift certificate to a local nursery or big box store will work well. Mom will have the enjoyment of wandering the aisles and picking out what she really wants to add to that flower bed next to the garage. You can even offer to push the cart!

Sadly, the gardening season in Calgary is short, so the more time one can spend outside the better. Evenings spent sitting on the patio after sunset looking out over the garden can be magical, and a sprinkling of solar powered lights or strings of fairy lights in the trees can add to the effect. Garden lighting is available in many styles, materials, and price ranges, but even a small pair of solar powered lights can change the entire look of a garden bed. I leave mine out all winter as the lights look great shining just above the snow.

I bet Mom has that pencil jar you made for her in grade two still sitting on her desk. Why not try out your more mature creative talents this year? Make a custom garden sign from old lumber and bright paint colours to hang on the garden gate. Or, purchase a small, inexpensive tin or cardboard box and fill it with a nail brush, organic soap, hand lotion, and gardening gloves — Mom's hands will thank you.

Still have a pile of branches from your fall tree trimming efforts? Fashion a tripod trellis as an attractive garden bed centerpiece. For bonus points, add a potted clematis or hardy climbing rose. The little folks in Moms' and Grandmoms' lives will want to show off their talents as well. Gather up a selection of clay pots in a variety of sizes and shapes and paint them with colourful designs or messages — very easy for little hands, and very personal! Instructions, and types of paint to use, are easy to find on the Internet.

Most mothers just want to spend time with their offspring, so if the budget is really tight, offer to help out with the garden chores – dig this year's vegetable beds, clean and set up the rain barrel, help plant annuals in deck pots and window boxes, distribute this year's layer of new mulch. If you are technologically skilled, source and add some free gardening apps to Mom's cell phone. There are hundreds of reputable apps available that will help any gardener with plant identification, pest and disease management, garden design and planning, even wildlife identification.

Happy Mother's Day to all the gardening moms!

Did you know Bowness has it's very own garden club?

We love all things garden!

From fruit to veg to the prettiest flowers in the land, we Bownesians know how to grow things.

But the thing we love most is getting together and visiting each other's garden.

We even go on a field trip or two.

Want to join us?

No experience required!

Just email Roz at
main.gal@gmail.com and we'll put
you on the list. Simple as that!

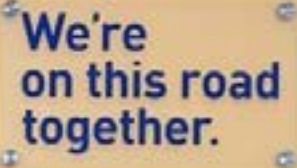




A NOTE FROM THE BCA BOARD OF DIRECTORS

Hello Neighbours!

My name is Adam Fyfe and I am on the Board of Directors of the BCA. My role on the Board is Chair of the Events Committee, which means I get the privilege to help coordinate, execute, and enjoy all of the events we put on at the BCA. These would include things like the Christmas Dinner, Run Bowness, and Movie in the Park, just to name a few. As a Community Association, we strive to encourage our neighbours to get out there and meet one another. Developing strong connections and real friendships within the community is so important in an area like Bowness, which was built on small-town vibes and locally owned businesses. As Calgary continues to grow we want to make sure to keep that close-knit feel of Bowness, and by hosting events throughout the year we can achieve this. Bringing together neighbours through sharing our stories and going through life with those who are close by are memories not quickly forgotten. As the Event Committee gets together once a month (which you are invited to), we discuss key aspects of events such as which are coming up, how enjoyable each was, and how we can encourage volunteers to attend and benefit from each activity. Being a resident here means you are an important part of the historic town of Bowness, which is unlike any other community in Calgary. You are a part of the history, a history that goes back to the early 1900s. I hope to see each and every one of you at some of the events we host this summer. If you'd like to be a part of the committee and meet some new people please reach out to events@mybowness.com





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