



BOWNESS
COMMUNITY ASSOCIATION

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BOWEST'NER

Newsletter of the Bowness Community Association

SEPTEMBER / OCTOBER 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
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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)

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.

ON
THE
COVER

Scenes from a Neighbourhood Food Week event held last fall at the Irish Cultural Society in Bowness.

BOWEST'NER
SEPTEMBER / OCTOBER 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

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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

Bownesians,

Just like that, the leaves on the trees are turning and summer is winding down. But instead of a welcome return to fall routine, the ongoing water main repairs are bringing another wave of disruption and uncertainty to Bowness. I am writing this in the wake of the initial announcement and before detailed construction plans have been announced. But by the time you read this, excavation, detours, and water restrictions will all be in full swing.

The Bowness Community Association is doing our very best along with the rest of you to keep up to date on the latest City of Calgary information, help answer or redirect questions, and support you in advocating for your concerns. And like everyone in the neighbourhood and City, we certainly are looking forward to a return to normal!

On a brighter note, we're busy gearing up for our second annual Neighbourhood Food Week starting in just a couple of weeks. This week is a celebration of all things food and community and features ample opportunities to get out and involved through free workshops, events, and volunteer opportunities. We hope you enjoy what's been cooked up by our amazing team of staff, volunteers, and business partners. We can't wait to see you out at an event.

As always, thank you for picking up the Bowest'ner. Keep on reading for more neighborhood happenings as well as stories and contributions from an array of community members.

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



Calgary



Upcoming Construction: Bearspaw South Feeder Main Repair

The City of Calgary will be conducting urgent repairs to sections of the Bearspaw South Feeder Main which is scheduled to begin on August 26. These repairs are critical to ensuring that Calgary's water supply is maintained through the winter.

To facilitate these urgent repairs, we will need to shut down the Bearspaw South Feeder Main and temporarily stop the flow of water through it from August 26 to the end of September. During this time, we will be returning to Stage 4 Outdoor Water Restrictions and asking Calgarians and businesses to limit their non-essential indoor water use to reduce the strain on our water supply.

The majority of these repairs will take place along a section of 33 Avenue N.W. and some additional repair work along 16 Ave N.W.

Prior to the start of construction on August 26, we will be conducting survey work, making cuts into the road and will be preparing the various sites for the upcoming repair work. Crews will also be setting up an area to store equipment at a greenspace located at 83 Street N.W. and 33 Avenue N.W.

Collection of Information from Impacted Residents

The City of Calgary is establishing a direct line of communications with Calgarians most impacted by construction, obtaining contact details and gathering an understanding of any special requirements the households may have.

We would like to gather information about planned events, deliveries, and other considerations to support construction plan development and mitigation strategies. **Please fill out a form by scanning the QR code below or by visiting:** <https://forms.office.com/r/6nbeTzymTi>

Project Information

We will provide regular updates on construction planning, road closures, detours. Sign up for regular updates: [Calgary.ca/watermainbreak](https://calgary.ca/watermainbreak) or by scanning the QR code. We will also have a project map on the website as well.

Contact form for directly impacted residents



Scan to receive regular email updates



We appreciate your patience and understanding as we complete this necessary work.

SUBMISSIONS FOR THE NOV/DEC ISSUE ARE DUE:

SEPTEMBER 27, 2024

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

NEIGHBOURHOOD FOOD WEEK FREE FOOD EVENTS SEPTEMBER 14 - 21

Join us for a week-long celebration of food and community with free events and workshops in Bowness, Greenwood Village, and Montgomery! Flip to the next page for full calendar of events, workshops, and happenings.

PARENT AND TOT LEARN TO SKATE THURSDAYS 10:30 AM - 11:30 AM | SEPT 19 - NOV 7

The BCA and the City of Calgary are excited to offer a Parent and Tot Learn to Skate program starting this fall at the BCA. This is a free program for kids aged 3-5 accompanied by parents. The fall session will include 8 weeks of weekly lessons from 10:30-11:30am, from September 19 to November 7. Online registration is required at mybowness.com/events (limited space available).

OPIATE AWARENESS AND NALOXONE TRAINING THURSDAY, OCTOBER 17 | 6:30PM - 8:00PM

Join facilitator David Fraser for a free workshop to learn about the the reality of living with substance use issues and homelessness, the history of opiates and the illicit drug market, and what to do when encountering someone who might be actively using. We will also be discussing the emergence of drugs like fentanyl, and the importance of harm reduction and various harm reduction supplies, the risks, proper use, and disposal of these supplies. Participants will also receive a Naloxone kit.

Registration opens October 1 at mybowness.com/events

HALLOWEEN JELLYBEAN DANCE FRIDAY, OCTOBER 25 | 6:00 PM - 8:00 PM

The Halloween Jellybean Dance at the BCA is back! Wear a costume and bring your best dance moves to this event for kids 12 and under. Tickets cost \$5 for BCA members and \$7 for non-members. Tickets are available starting October 1 online at mybowness.com or at the BCA office.

BCA ANNUAL GENERAL MEETING WEDNESDAY, NOVEMBER 6 | 7:00 PM

Meet and elect the leadership team of the Bowness Community Association and learn about the recent work of the BCA as well as our ongoing projects.

HOLIDAY CRAFT FAIR NOVEMBER 16 & 17

Applications are open for the 2024 Bowness Holiday Craft Fair on November 16-17. Priority is given to Bowness residents who will also receive a discount on vendor fees. Visit mybowness.com/craft to access the application and apply. Spots fill up fast! We are accepting applications on a rolling basis.

RIPPLES COMMUNITY BUILDING GRANT 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

BCA ARTS Visit mybowness.com/arts/ and follow us on Social Media for the latest updates about free ART programming at the BCA and for information on applying as an artist.

SHINNY, PUBLIC SKATE AND STICK & PUCK VARIOUS TIMES

The BCA offers free public skate every Thursday from 12:00PM - 1:30PM. We also host \$10 full-equipment shinny as well as Stick and Puck 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 hall and courts, and our commercially licensed kitchen.

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

HOLIDAY DINNER COMMITTEE If you're looking for a way to meet neighbours and get involved in a great event, the Holiday Dinner Committee is for you! We need help planning all aspects of this beloved Bowness event from sourcing donations to decorating and distributing tickets. Get involved by emailing volunteer@mybowness.com

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 DRINKS 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.

BOOK CLUB LAST WEDNESDAY OF THE MONTH | 7:00 - 9:00 PM Anyone and everyone is welcome to join the Book Club — just come to the Landing at 7pm on the last Wednesday of the month. Send your questions and book suggestions to bownessbookclub@gmail.com This Fall's books are listed below.

September 25 - Sweetland by Michael Crummey

October 30 - Night Travellers by Armando Lucas Correa

November 27 - #1 Ladies Detective Agency by Alexander McCall Smith

DROP-IN PLAY HOSTED BY CARYA CALGARY MONDAYS (NON-HOLIDAY) | 9:30 AM - 11:00 AM Drop-in play returns to the BCA hall from Sept 16 - Dec 9. There will be lots of active play capped off with a mother goose song circle. Learn more at caryacalgary.ca

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. Questions? Contact planning@mybowness.com

ELEVENSES COFFEE CLUB THURSDAYS | 11AM - 12PM

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

UN-WINED STITCHERS THURSDAYS | 7-9PM

Calling all stitchers! Drop in to this casual stitching meetup for crocheters, knitters, embroiderers, felters, needle-punchers, and more!

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

FAMILY GAME NIGHT FIRST AND LAST FRIDAY | 6:00 PM - 9:00 PM

Help yourself to our shelf of games, or bring your own to share with a neighbour! Hosted on the first and last Friday of every month unless otherwise noted.

OPEN MIC SECOND FRIDAY | 6:00 PM - 9:00 PM

Come listen, perform, and enjoy food and drinks in The Landing! Hosted on the 2nd Friday of every month unless otherwise noted at mybowness.com/events

PICKLEBALL AT THE BCA Immediate play opportunities at the BCA are available through Pickleball Connect: www.pickleballconnect.ca

VIRTUAL SUGGESTION BOX Have you got an idea for programming at the BCA? Submit it to our virtual suggestion box!



Neighbourhood Food Week

Buffet of Activities



Join us for a week-long celebration of food in Bowness, Greenwood Village, and Montgomery

Registration opens on September 4 for events in **green** at www.mybowness.com/events or by calling 403-288-8300 (No RSVP required for events in **orange**)

All events are free for the community



Volunteers Wanted!

Visit mybowness.com/volunteer or email volunteer@mybowness.com

WE ♥ BOWNESS

Saturday Sept. 14



Food-raiser Concert and Community Potluck

The BCA Greenspace | 7904 43 Ave NW
12pm - 5pm | All Ages | Drop-in

Come enjoy three local bands along with free sandwiches, drinks, yard games and activities! You're welcome to bring a blanket, chair, and a snack to share. We will also be collecting non-perishable food donations for Community Kitchen Calgary.

Sunday Sept. 15



Bike Powered Smoothie Making Workshop with The Alex

The BCA Main Hall | 7904 43 Ave NW
11am - 12:30pm | Ages 8-12 | RSVP Required

Turn healthy produce into delicious smoothies using a bicycle-powered blender.

Nourishing Broths and Stocks with The Light Cellar

The Light Cellar | 6531 Bowness Road NW
1pm - 3:00pm | Ages 18+ | RSVP Required

Learn how to prepare and preserve your own nourishing broths and stocks using medicinal foods and herbs for further flavour and health benefits.

Tuesday Sept. 17



Scrappy Cooking with Elements Society

The BCA Kitchen | 7904 43 Ave NW
6:30pm - 8pm | Ages 18+ | RSVP Required

Come join the EcoCooks team in the kitchen to learn how you can reduce, reuse, and recycle food waste in your own cooking. We'll be preparing some "scrappy" recipes that are sure to please your bellies and the planet.

Wednesday Sept. 18



Seniors' Brunch with Leopolds

The BCA Main Hall | 7904 43 Ave NW
9am - 10:30am | Seniors | RSVP Required

Join your neighbours for a delicious brunch meal catered by Leopold's Tavern!



Ordinary to Extraordinary with Community Kitchen Programs

The BCA Kitchen | 7904 43 Ave NW
6:30pm - 8pm | Ages 18+ | RSVP Required

Come learn some kitchen tips and tricks to help bring out the best in your proteins and veggies.

Thursday Sept. 19



Nutrition on a Budget with Momentum Calgary

The BCA Community Room | 7904 43 Ave NW
6:30pm - 8pm | Ages 18+ | RSVP Required

In this interactive workshop, share and learn strategies for lowering food costs while making healthy food choices for you and your family.



Mexican Eats and Treats With Idalia Galindo

The BCA Kitchen 1 | 7904 43 Ave NW
6:30pm - 8pm | Ages 18+ | RSVP Required

Experience the flavours of Mexico in this hands-on workshop where we'll create traditional gorditas stuffed with flavourful refried beans and chorizo, topped off with a refreshing Carlot de Limón dessert.

Friday Sept. 20



Taco Talk: Panel Discussion about Food Insecurity

Montgomery Community Association | 5003 16 Ave NW
7 - 8:30pm (Doors open at 6pm) | Ages 12+ | RSVP Required

Enjoy a free taco supper from Salt & Pepper and listen to a panel of experts discuss strategies to address food insecurity in a conversation moderated by Julie Van Rosendaal

Saturday Sept. 21



Food Fair & Community Bake Off

The BCA Main Hall | 7904 43 Ave NW
11am - 2pm | All Ages | Drop-in

Bring the whole family to participate in games and activities and learn about food resources in Bowness, Montgomery, and Greenwood Village — free vegetarian chilli will be served at noon! Find out how you can enter the Bake Off via the event listing at mybowness.com/events

All Week



Little Free Cookbook Library

The BCA | 7904 43 Ave NW

Visit the BCA during Food Week for a cookbook forward little-free-library! Pick up or drop off cook books to share your favourite recipes and get ideas from the community! Printed personal recipes are welcome!

community hubs
initiative
WHERE COMMUNITY HAPPENS



Learn more and RSVP at www.mybowness.com/events or by calling 403-288-8300

Registration opens on September 4



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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COMMUNITY NEWS

Ward 1 Update – Councillor Sonya Sharp

As we settle into the back-to-school routine and as Council resumes session, I hope that we all had a great summer with our friends and family and that the warm weather continues well into the fall, allowing us to enjoy the outdoors a little longer!

Bearspaw South Feeder Main Urgent Repairs and Water Restrictions

On August 26, 2024, Calgary returned to Stage 4 Outdoor Water Restrictions as crews prepared to repair the Bearspaw South Feeder Main along 33rd Avenue NW. Repairs should be complete by the end of September. For more information, visit www.calgary.ca/16avewatermain

Please feel to contact the Ward 1 Office at Ward1Office@calgary.ca for any questions or concerns.

Calgary Transit Service Updates

Starting September 2, 2024, Calgary Transit will introduce changes to improve transit services in Ward 1, specifically in the communities of Tuscany, Silver Springs, and Rockland Park. The changes include the renaming and realignment of Route 134 to Rockland Park, the introduction of a new Route 26 connecting Tuscany

Station to Westbrook Station, and the conversion of routes 74 and 174 to community shuttle buses during peak hours. Additionally, an on-demand transit service will be launched to connect the U of C Spy Hill campus and the broader transit network. These changes aim to improve connectivity and better serve residents of Ward 1. To find out more, visit calgarytransit.com.

Mid-cycle adjustments

Mid-cycle adjustments are on the horizon as Council is back in session and preparing to adjust 2025 Service Plans and Budgets in response to the needs of Calgarians, providing more certainty to taxpayers in light of current economic factors such as population growth, inflation, and cost-of-living pressures on residents and businesses. For more information, visit calgary.ca/adjustments.

Traffic Safety

Over the summer, Ward 1 saw several improvements, ensuring pedestrian and traffic safety remains a top priority. Some of the infrastructure upgrades in Ward 1 included lighting upgrades at crosswalks, a speed hump pilot, calming curbs at multiple locations, pole replacement, pedestrian overhead flashers, and traffic signals. More details are available at calgary.ca/mobilityprograms.

BOWCROFT SCHOOL

Dear Families of Bowness,

Bowcroft School has seen some unprecedented growth. For us, this is a good thing, as we have been able to transition to straight grades for the 24-25 school year. In the English program, we will now have two grade 1s, 2s, 3s, one grade 4, 5 and two grade 6 classes.

In the German program, we will have one grade 1, two grade 2s, one grade 3, one grade 4/5 and one grade 5/6 class.

If you have moved into Bowness during the summer and are checking out schools, do come by. Our class sizes are small at this point, especially our grade 6 classes.

Bowcroft has a music specialist and each class has two music blocks a week. Ms. Hou also runs a choir for division 2 students. The choir performs during the winter celebrations, the volunteer tea and the grade 6 farewell. Ms. Hou is trained in Orff instruments and Bowcroft school has many Orff instruments as well as a set of German handbells. Last year, we planted trees around the playground so that future generations will be able to play in the shade. Besides choir, the following lunch clubs are available for students: yoga, cosmetology for grade 4-6, bike repair, gardening club, gym games, Lego, robotics, math and now maybe even French, as one of our new teachers is fluent in French!

This next school year will provide students with the incredible opportunity of Calgary Open Minds workshops. EACH class will be going (each to different venues). All under the big umbrella question of "What is community and how do I fit in?"

If you would like to check out the school, please call the office at 403-777-6020 x 0 to set up an appointment with myself. You can also email me at methomsen@cbe.ab.ca

Yours in education,

Meike Thomsen, principal

THE LANDING AT THE BOWNESS COMMUNITY ASSOCIATION





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

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

EVENING SERVICE
MON - FRI: 5 PM - 10 PM
SAT - SUN: CLOSED

- Licensed lounge and hangout spot with a great view of the ice.
- Hot bites and beverages available for purchase in support of the BCA

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

FLOOD RESILIENCE TIPS

Submitted by the City of Calgary

Types of flooding

Flooding can happen in many ways. The most common types of flooding include:

- Overland flooding when the river overflows its banks
- High groundwater (basement seepage) may occur during river floods or heavy rain
- Sewer backups may occur due to pipe blockages, or too much water entering the pipes during river floods or heavy rain
- Heavy rain can cause overland / stormwater flooding, or basement seepage
- Broken pipes (inside or outside the home) or appliances (inside the home)

In Calgary, river floods are most likely to happen between May and July. This is when both snowmelt in the mountains and the chance of heavy precipitation in the mountains and foothills are at their peak. However, river floods can happen any time of year, and in winter, floods can sometimes happen when river ice forms and piles up, which can block the flow.

Stormwater flooding can occur when it rains heavily in Calgary. Our stormwater system is designed to drain rainwater back to the river, both through pipes and over the streets. Water may back-up in streets or into basements due to overwhelmed drainage systems, improper grading or rising groundwater.

Making your property more flood–resilient

Fall can be a great time for home improvements. The City has information on actions you can take to better protect your property from flooding – many of them cost-free or inexpensive.

Be Prepared for Flooding: www.calgary.ca/water/flooding/readiness

The Institute for Catastrophic Loss Reduction also has good information on protecting your home from basement flooding: www.iclr.org/flooding

Some actions you can take include:

- Keeping eavestroughs, downspouts and storm drain grates clear of leaves and debris, so water can drain away from your building and foundation
- Storing anything expensive, valuable or irreplaceable upstairs
- Checking and cleaning your sump pump and backflow valve once per year
- Sealing cracks in your foundation/basement walls and floor
- Installing water alarms in your basement
- Installing window wells and window well covers on your basement windows to prevent heavy rain from flowing in

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.

...more Community News on page 29

SWEET HOME BAKERY:
INTERVIEW WITH SAM SOHEIL

Established in 1975, the Sweet Home Bakery has long been a fixture of the Bowness business community. BCA Volunteer Sophie Stocking spoke with owner and baker Sam (Soheil) Moayerin about the business.

“We purchased Sweet Home in March of 2015, to take over the business. It was established in 1975 by the Izairi family, who had emigrated from Kosovo.”

You bought it in 2015, but you’re not a baker by trade originally, is that right?

“I’m a geotechnical engineer — the bakery is a side venture for me. Originally I was just the owner, but in 2015 the job market got quite difficult. So I took some intensive pastry courses, and got involved with the kitchen too.”

And I guess you liked it! Is baking more fun than engineering?

“They are both good!”

What do you like about Bowness, as a business owner, and as a community member?

“I really like that the community supports each other. I remember during COVID, that even though there were a lot of protocols we had to follow, the community trusted us that we were operating safely, and they still came to buy from us. So, it’s a very nice community. We trust each other, and we try to help each other. I’m happy to be here.”

Was COVID very hard financially?

“Without the support of the community, it would have been much harder. It did affect us, but not a huge loss of business, and because of that we could survive.”

You have such a beautiful array of baked goods. Do you make them all in house?

“Four of us, including me, do the baking here. We make maybe 80 percent from scratch, and 20 percent we outsource.”

It’s a beautiful selection of all sorts of traditional Canadian pastries, and also some Middle Eastern baked goods.

“Yes, I’m from Iran. But most of our baked goods are community favorites that we didn’t change because people were used to them.”

Did the old owners pass on their recipes?

Yes! Some of them we tweaked to be a little better, but essentially, they are the same.”

I think the sausage rolls are the best I ever had! Is it true that bakers have to start work really early in the morning?

“The night shift starts at three in the morning because there are lots of the items, and the bread needs time proofing.”



I ♥ MAINSTREET BOWNESS

BACK TO SCHOOL - PREPARE FOR FALL - LOOK YOUR BEST



BOWNESS AUTO PARTS



BOWNESS CONVENIENCE



ONE STOP CONVENIENCE & GROCERY



BOW LIQUOR



BARBERISTA BARBERSHOP



BOWNESS VIETNAMESE



DISTRICT VIETNAMESE



SLVGD ARCHITECTURE



FADES BARBERSHOP



BOWEST DENTAL



COME ON DOWN TO YOUR HISTORIC MAINSTREET

Enjoy some SPOOKY FUN at the 8th Annual
Halloween on Mainstreet Trick-or-Treating Event
Saturday, October 26th from 2-4pm
www.mainstreetbowness.com for more info

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

SUMMER PHOTO RECAP



Who else had a blast at this year's Tour de Bowness? Thank you to Jacqui Esler of the Mainstreet Bowness BIA and the team at Bow Cycle for putting together this signature community event.

Photos by Kathy Labbee.





BOWNESS ARTS

Can you recognize these Bowness Businesses? Nichole Cross is a Bowness-born SALT grad who now works as a freelance photographer. She shared these photos from her recent project featuring local businesses, which she says helped her gain an even greater appreciation for the neighbourhood and community.



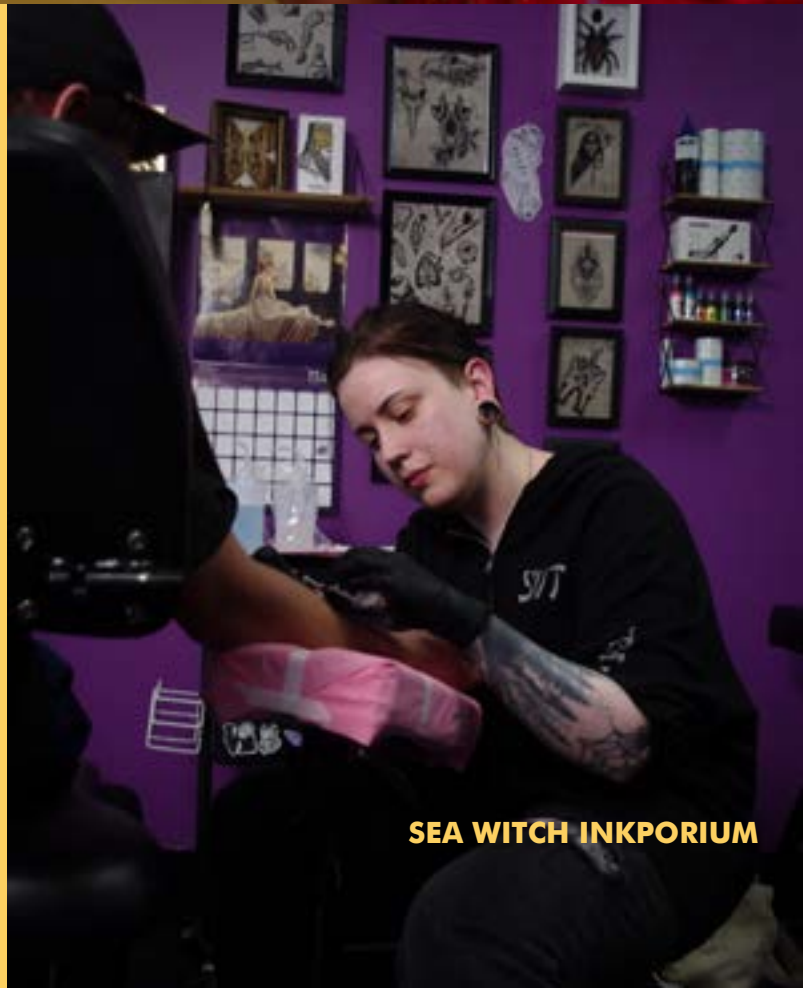
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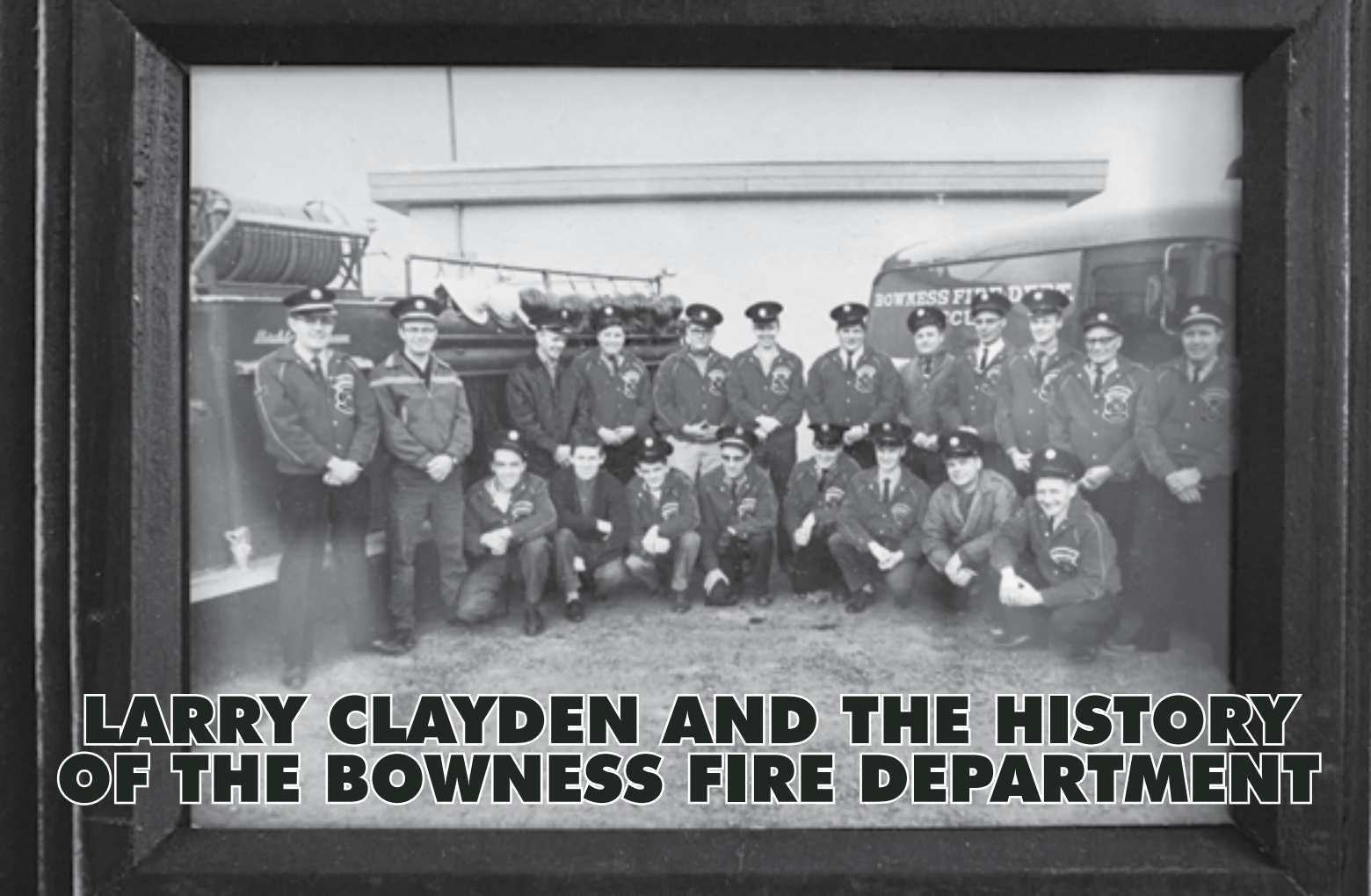
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LARRY CLAYDEN AND THE HISTORY OF THE BOWNESS FIRE DEPARTMENT

By Logan Renaud

During our Neighbour Day event in June, staff at the BCA had a conversation with members of the Calgary Fire Department about the unique history of Bowness’s fire station. Originally built in 1948 to serve as the town hall and police station prior to annexation, the building remains in active use by CFD and retains unique features such as its storied basement jails. The idea quickly emerged to write a story about the history of the building. The scope of the article quickly expanded as we were led to speak with Larry Clayden, the last surviving member of the original Bowness Volunteer Fire Department. For this story, we spoke with Mr. Clayden as well as Calgary Fire Department Captain Todd Puzey. We also consulted resources from the Bowness Historical Society.

From his kitchen table on a quiet street in the northwest corner of the neighbourhood, Larry Clayden recalls moving to the then-unincorporated community of Bowness in 1944, just after his father’s medical discharge from the Royal Canadian Air Force. nine years old at the time, Clayden remembers the days when all of Bowness west of the rail line was untouched prairie, save for a few small farmsteads and the homes bordering the river along Bow Crescent and Park Ave (now known as 48th). “My fifth grade teacher Miss Williams drove a Ford Model A to school,” Clayden recalls. “And if you were talking, she was deadly [throwing] chalk!”

Larry and his wife Sheila recently celebrated their 67th wedding anniversary, and they remain in the same home they built together as newlyweds in 1957. “We got engaged in October, bought the lot in November, started building on Easter Weekend, and moved in on the 27th of July. Our mortgage was \$55 a month. Of course whenever I say that, Sheila reminds me I was only making \$200 a month!”

In 1961, while Clayden was working in Calgary for the Alberta Wheat Pool, he was invited by his uncle and cousin to join them as volunteers at the Bowness Fire Department. Established in 1948 in conjunction with the town’s incorporation, the volunteer fire brigade was based out of a two-story wooden hall behind the Midway Drug Store, where Leopold’s Pub is today.

Clayden applied and was promptly hired, receiving “the big sum of \$2 an hour for a fire, and \$1 an hour for training”. Membership of the volunteer department was evenly split between those who worked in Calgary like Clayden and those who worked in Bowness. “We had guys from the service station, the hardware store, and the welding shop - so enough to cover during the day. Then the rest of us [who worked in Calgary] covered at night.”

...continued on page 20

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LARRY CLAYDEN AT HIS BOWNESS HOME NEXT TO HIS MINIATURE FIRE TRUCK "LIL SQUIRT"

Emergency calls were routed to the owners of Kenny's Drug Store located on the street adjacent to the fire hall. After receiving a call, someone from the store would run to the hall, sound the alarm, and begin phoning firefighters one-by-one in order of their location relative to the fire. Each volunteer kept their firefighting equipment in their personal vehicles. The member living closest to the fire received the first call and would race immediately to the scene to ready a hydrant. Next, the members living closest to the hall were called in to drive the engine and begin fighting the fire.

While Clayden recalls many successful firefighting efforts, he still vividly remembers the evening when two children perished in a fire before the Bowness Fire Department could arrive on scene. The fire had cut off the front door, and the rear door was blocked by boxes and items preventing escape. While Clayden was sick that evening so did not attend the call himself, this event had a lasting impact on the Department and community.

The Bowness Fire Department was proudly involved in safety education programs with local schools, scout halls, and community groups. Clayden was an especially passionate participant in Christmas toy drives and toy repairs in the days "before you could just buy a new one online." Mr. Clayden remains extremely proud of the numerous accolades and awards the BFD received in those years for their efforts in fire prevention and community engagement.

In 1964, the town of Bowness voted to be annexed by the City of Calgary. As part of the annexation deal, paid employees of the town were to be guaranteed jobs with the City. This meant that the paid-per-call volunteers of the BFD would have to apply with the Calgary Fire Department as new recruits.

"After three and a half years, I had pretty good knowledge of what was going on."

Clayden explains that during that period, "[military] service time counted toward service time with the Calgary Fire Department. But the guys who had come back from the war hadn't paid into the pension plan, and so the pension was going to run short. So they made sure that everybody they hired was under 26 so they could pay into the pension for a long time."

Clayden was 27 years old at the time and therefore ineligible, meaning his days serving Bowness as a firefighter were cut short far earlier than he had planned.

"I would have applied in a minute."

Clayden continued working for the Alberta Wheat Pool, and later as a charter bus driver. "I carried on, but I always kept in contact with the Fire Department."

In 1964, CFD took over the Bowness Fire Department's original facility. Meanwhile, they completed renovations on the original Bowness Town Hall and Police Station, converting it into Station #15 as we know it today. Constructed in 1948, the exterior of this building remains largely unchanged due to the building's historical status with the City. And while the inside of the building has been modernized, many original features remain, most notably the two metal jail cells tucked inside a small room on the basement floor.

Captain Todd Puzey has served the Calgary Fire Department for 25 years, and currently oversees Station #15 in Bowness. Speaking to the present day, Puzey views the uniqueness of the building as a reflection of Bowness's character as a whole.

"It was a town before it was annexed by Calgary, so physically it's very interesting. All the streets are angled and we have two five way intersections which is unheard of. And we have Main Street Bowness which is now Bowness Road. A lot call themselves Bownesians before they call themselves Calgarians."

Bowness's reputation as a tight knit community extends to the hall itself.

"We have a single engine bay which means we're a small crew of four. So compared to other halls that might have up to fourteen firefighters, we are more like a smaller family."

Rumour has it that at Station #15, rookies spend their first night sleeping downstairs in the jail cells. Puzey explains that while it's not mandatory, it's a fun part of the tradition and culture at the hall. "Now you can say you've spent the night in the cell, and that's the only opportunity you'll have to do something like that with the Department."



MR. CLAYDEN'S HELMET AND COAT ON DISPLAY AT CFD STATION #15 IN BOWNESS

...continued from page 21

With a tight-knit community and crew, Puzey explains that, in many ways, working at Station #15 feels like being part of a small town fire department. “We’re Hall 15 for the City of Calgary, but there is an extra added layer down here where it feels like you’re still part of the Bowness Fire Department.”

In 2023, Station #15 responded to 1,595 calls. And while population growth and other factors put more pressure on the crew at 15 and the Department as a whole, Puzey is proud to serve Bowness, and has often witnessed the resilience and heart of the community. “It’s hard to explain, but there’s still a small town feel here. Every single person that we have the fortunate ability to help is calling us because they are in a time of need, and so there’s always a gratefulness.”

Despite the disappointment of 1964, Mr. Clayden’s love for the fire service never dimmed. He is proud to have kept in contact with the crews at 15 over the years, keeping a calendar of the shift rotations by his kitchen table so that he always knows who is down at the hall. Clayden has also remained involved in initiatives such as toy drives and the Firefighters Museum, and he can always be seen in the Bowness parade driving his miniature fire truck known as Lil’ Squirt.

This respect is returned by the firefighters at station 15. In the front entry of the hall, a small display is kept with memorabilia and photos of the original Bowness Fire Department. Anchoring the display is Mr. Clayden’s own turnout coat and helmet — a tribute to Clayden, and all of those who served the community of Bowness through its birth and growth during the 20th century.

Looking back, Clayden holds gratitude for Captain Puzey and the various crews at 15 who have kept him in mind and watched out for him over the years. After a heavy snowfall this past winter, Captain Puzey and the crew of Engine 15 appeared at his door with shovels in hand ready to clear his driveway. When asked about moments like this, Puzey simply says, “That’s what we do.”

And as the last surviving member of the original Bowness Fire Department, Mr. Clayden sums up those years with a smile saying, “We were a proud bunch, and we think we did one hell of a job for the people of Bowness.”



THE HOME OF THE BOWNESS FIRE DEPARTMENT DURING ITS EXISTENCE FROM 1948–1964



CALGARY FIRE DEPARTMENT STATION #15: BUILT IN 1948 AS THE BOWNESS TOWN OFFICE AND POLICE STATION

October 6-12 is Fire Prevention Week.
Visit www.calgary.ca/safety/fire-prevention
to learn about the simple actions you can take to
help keep you and your family safe.



Bow River Bruins Alum Trains for the NHL

By Teri Brown

Most weekday mornings during the hockey off-season, you’ll find NHL defensive prospect Justin Kipkie on the ice at the BCA running drills with his coach. Justin was born in North Vancouver and moved to Calgary when he was 7. Growing up in Tuscany, he learned the game in Bowness playing minor hockey for the Bow River Bruins at the Bowness Community Association rink.

Justin recalls the great atmosphere and the support of the local hockey community making him feel welcome through his move to Calgary as a child. He also remembers Bowness being a welcoming and great community, especially when he and his teammates went door to door on bottle drives raising money for tournaments. He says it’s fun to come back and he still loves to practice here when he’s in town.

Justin was drafted in the fifth round of the 2023 draft for the Arizona Coyotes, now the Utah hockey club. He went to Arizona for their training camp last summer, and this summer training was in Utah. During the WHL hockey season, Justin lives in Victoria where he plays for the Victoria Royals of the Western Hockey League (WHL). As a draftee, Utah has rights to Justin for two years, meaning they will be watching his performance and making a decision on an entry level contract by next summer.

A friend of Justin’s was also just recently drafted and is playing for the Brandon Wheat Kings, and they played against each other last year. He said it’s great to see other people he grew up with also doing well.

Hockey is his full time career, with 68 games to play in a season along with extensive training during the summer. When asked what he thinks it is that got him to this level, he talked about commitment, hard work and his parents’ support. While his Dad often pushed him hard, Justin says he always loved hockey and never minded the early morning practices.

“I just love being on the ice.”

To other young people with professional hockey dreams, Justin says, “just keep working at it. It takes a while and it’s a long journey. Enjoy it too, even the times with mini-sticks in the hotel hallways while traveling to tournaments.”

This young man is making his hockey dreams come true and making Bowness proud!



NATALIE SUE

Faces of BOWNESS

By Gideon Mentie

Natalia Sue is a local author whose debut novel “I hope This Finds You Well” was published this spring by HarperCollins. BCA board member Gideon Mentie met with her for a conversation about the neighbourhood and her writing journey.

“I’ve been in Bowness for about 10 years. When we were looking for a house, we were looking for an older neighbourhood with established trees and parks. Our first home here was a 1950’s bungalow. And then a few years ago we moved into another home a couple blocks away from that first place.”

“Before Bowness, I mostly lived in areas where I didn’t get to know my neighbors much. So when we moved here I was surprised by how open everyone is. I love taking my daughter to activities in the neighborhood, there’s almost always a nice parent there willing to chat.”

“Sometime when I was under 10, my mom’s friend gave us a broken typewriter that was missing a few keys. I used to sit down and pretend to write books. As I got older I became an avid reader, and then about ten years ago I went to the internet and searched ‘how to write a book’. Then I started writing and I found a community of other authors on Twitter.”

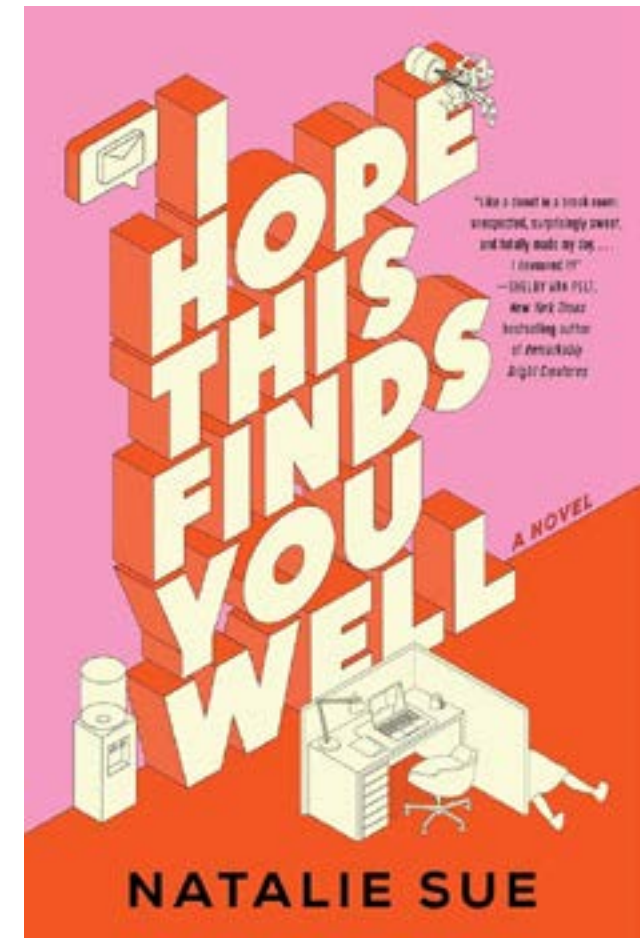
“After hundreds of rejections on previous manuscripts, I submitted this manuscript and that’s when I got multiple offers of representation from different agents. It was exciting to get serious interest this time around. After I found an agent, we revised the manuscript and then we were able to sell it to HarperCollins Canada/US/UK.”

“My publisher calls my book an ‘office comedy’. It’s about a girl who works at an office and feels like a misfit. One day she gets punished by HR, but instead of having her email restricted, she is accidentally given access to everyone’s email inbox. At first she uses it to her advantage, but she ends up finding out a lot more about her colleagues than she anticipated.”

“The story is set in Calgary, and I’m surprised they let me keep it that way! I don’t mention Bowness outright, but it’s implied that she lives here in the neighbourhood — Angel’s Diner is even mentioned by name. So the Bownesians will notice this right away when they read it!”

“I find that we’re just a little more friendly here in Bowness, so I hope we are able to head in a direction that feels more personal and less corporate. Even in some of the newer businesses, it still feels like you can walk in and meet the owners. I hope we keep that charm.”

For any aspiring authors out there, Natalie recommends picking up a screenwriting book. “A lot of writers I know use screenwriting books because it teaches you how to hit the beats of a story. I think the best book to start with is Save the Cat by Blake Snyder.”



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



THE BOWTANICAL GARDEN

THE WATERWISE GARDEN
BY BEVERLEY SHERIDAN



"Does anyone know what happened?" Like most residents of Bowness, I was out on the street with my neighbours on a Wednesday night in June wondering why there was no water coming out of our taps. We are now all aware of how things unfolded, but as a gardener, it really brought into focus how dependent we are on water and the challenges when it's not readily available. In a world where the climate is definitely changing, how do we create a waterwise garden to thrive when there is no rain in the forecast, temperatures are over 30, and every drop counts?

I admit, I am a lazy gardener. Watering flower beds is not high on my list of pleasant outdoor activities, especially when the only permitted way to water those flowers is to haul the water in pails. Over the years I have tried to devise ways to conserve what water falls as rain, as well as ways to prevent its evaporation once it has penetrated the soil. Our recent adventures with burst pipes and severe water restrictions have also provided me with some additional tools to use courtesy of my many gardening friends.

The easiest way to keep plants alive during drought periods is to keep as much water in the soil as possible. On extremely hot days, as much as 70% of soil moisture is lost to evaporation. My solution has been to plant very densely so that little soil is showing, and to cover all the soil with one to two inches of mulch. Mulching works best if applied in the spring after the snow has melted, or we have had some rain. This helps lock in the moisture and also deters the growth of weeds that will compete with the plants for the available water. I like the shredded bark mulch that can be purchased in bulk. It slowly breaks down adding organic matter to the soil, and there are lots of other inexpensive or even free options available. You can collect, store and reuse all those leaves you rake up in the fall. In addition, many local arborists are pleased to give you wood chips free of charge from their pruning or tree removal efforts, as it avoids them having to pay disposal fees. Aside from mulching, the biggest water saver of all is to stop watering the lawn during periods of no rain. A lawn that is well established with a deep root system will withstand periods of drought and turn green again once temperatures cool and the rain returns.

Plants' ability to withstand drought varies enormously, so selecting the right ones for our Calgary climate is important. There are lots of resources available online, at local nurseries, or the public library which will help you select appropriate and beautiful drought tolerant plants. Native species are particularly good and have become more popular and available for sale in recent years. There does come a time however, when you have to water if your plants are showing signs of serious stress. As many of us found out during Calgary watering restrictions, creativity is needed to find other sources. Fortunately, my rain barrel was full when needed, and I would encourage everyone to have at least one of these

connected to a downspout. It was a life saver – or should I say, plant saver. The rain water applied manually with a watering can allowed me to put the water directly at the base of the plants that really needed it. Many gardeners I know were also saving their household greywater and using it in their gardens. Cooking water, shower water, even used fish tank water was being used as long as it did not contain strong detergents or bleach.

As I write this, Calgary is at a Level 2 restriction with respect to outdoor water use. This allows for the use of sprinklers but only for an hour a week. Though fine for lawns, I have found that sprinklers are very inefficient when trying to water garden beds of mixed foliage types. A great deal of the water is lost to evaporation, and it is hard to determine if the plants that need it most are actually getting watered. I prefer a handheld watering wand (great for hanging baskets) or a trigger activated spray nozzle. The water can be directed to the base of the plants, and you can select which plants to water. Watering during the cooler hours of the morning or evening also keeps more of the water in the garden and less to the atmosphere. A recent addition to my water saving tools are two very inexpensive soaker hoses. Soaker hoses have a series of small perforations that slowly emit droplets along their lengths. They are great for delivering a long, slow drink with most of the water going into the soil.

Water is a valuable and increasingly limited resource, but by developing water saving habits, we gardeners can play a significant role in eliminating water waste while still having those productive vegetable patches and wonderful backyard retreats.



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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.



William Bird

Will moved to Bowness in 2021 after living all around Canada. When not working in the Landing, he enjoys writing, playing games, watching films, and cycling.



Erin Bacon

Summer 2025 will mark Erin's 20th year in the neighbourhood and she is a very proud Bownesian. She has worked in the community at the BCA, as a preschool teacher and up at the Farmers Market. A mom of two teenagers, Erin can be found reading, baking, gardening or knitting in her spare time. She loves a pun so if you see her around, share your best.

COMMUNITY NEWS

...continued from pages 11 – 12

BOWNESS RESPONSIBLE FLOOD MITIGATION SOCIETY (BRFM)

Flood Season 2024 has passed! It is comforting that this season the maximum flow rate in the Bow River that did not exceed 250 m3/s. Due to the lower winter snowpack and increased drought concern this year, the Ghost Reservoir was not lowered below 40%. River flows and Reservoir volume can be tracked at "river.alberta.ca" or with the Alberta Rivers App.

The Province of Alberta has a Modified Operating Agreement (MOA) with TransAlta to manage reservoir levels to help mitigate flooding on the Bow River from May 16 to July 7. This spring, management of the MOA was passed from the Department of Environment and Protected Areas to the Department of Agriculture and Irrigation. The MOA is a five-year agreement, expiring April 1, 2026. Bowness Responsible Flood Mitigation (BRFM) is advocating for it to become a permanent agreement. Good news: the City of Calgary has acknowledged that Bowness is at risk of groundwater flooding at flow volumes over 800 m3/s. BRFM is working on presenting options to the Province for keeping the Bow River flow rate to a maximum of 800 m3/s, not 1200 m3/s in the current design options for upstream mitigation.

To keep informed on the upstream reservoir developments with Bow River Reservoir Options (BRRO) go to www.alberta.ca/bow-river-reservoir-options then go to subscribe for email updates and enter your contact information.

As always, BRFM is working to keep Bowness safe from all forms of flooding. Visit us at www.bownessrfm.ca or for inquiries email info@bownessrfm.ca.

RIVERFESTYYC – ART IN THE PARK

The Bow River runs through our community and draws us collectively to its banks. It defines who we are; it is our heartbeat and lifeline. Come celebrate this important waterway with RiverFestYYC's Art in the Park, an interdisciplinary event at John Hextall Park on September 14, 2024 from 1-4pm. This event is free and open to the community. Learn more on Instagram @riverfestyyc

BOWNESS LEGION

The Bowness Legion is open to the public for many activities – Tuesday Cribbage, Wednesday Pool and Poker, Thursday Shuffleboard and Senior Jam, Friday Entertainment and Saturday Jam. Also, a reminder for Branch Members, Registration for League Mixed Darts, Ladies Darts and 9-Ball Pool is in September. 138 Bowness Center NW, 403-247-1234



A NOTE FROM THE BCA BOARD OF DIRECTORS

Hello Neighbours!

My name is Jennifer Loewen and Bowness carries a special place in my heart with many wonderful memories from my childhood here. I moved to Bowness in 2021 and joined the Community Garden Committee the same year. At the 2022 AGM, I officially joined the Board of Directors as the Director of the Community Garden. A passion of mine is finding solutions around food insecurity which led me to helping others find ways to learn and grow their own food.

Leading a garden committee from the ground up has been a wonderful but heavy responsibility. I am grateful to co-Chair the committee with Chris Jennings as well as a dedicated team, who have spent many an evening since late 2021, planning and building the Community Garden. The project began with a very fortunate start thanks to funding from a federal grant, a beautiful, professional garden design created by Jeff, another BCA Board member, and materials donated by local residents. There were high and low moments, and after many learnings, we started to see the light. Before the build began, Elder Marilyn Shingoose of the Cote Nation in Treaty 4 Territory, led the volunteers in a blessing for the new space. Many neighbours came out and donated their time and tools to bring our vision to life.

We cannot thank the community enough for the wonderful dedication to completing this project and the volunteer efforts from Simon House. Their staff and residents have been with us the whole way and continue to help when we are in need. On our most recent build day, almost 40 volunteers from Simon House came to lay all the gravel between the beds. I have had the pleasure to work with many of their residents at other Bowness events such as the Christmas Dinner, Food Week, and the Christmas Craft Fair, and they have always led with kindness and Compassion.

Bowness is a wonderful place to call home and I enjoy knowing my neighbours and trading plants with the wonderful gardeners here. The passion and pride Bownesians carry with them is inspiring. A true community of neighbours helping neighbours.

Anyone interested in joining the garden committee can email volunteer@mybowness.com

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