



BOWNESS
COMMUNITY ASSOCIATION

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Alive – Mikey's Juke
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Seniors' Centre
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BOWEST'NER

Newsletter of the Bowness Community Association

MARCH / APRIL 2025

Bowness Lions

Celebrating 75 Years in the Community



Service Projects Include

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BCA, Carya, Bowness Seniors, the Bowness Food
Bank, Scouts & Guides, schools, families and the
annual Bowness Stampede Breakfast and Parade.



JOIN AS A MEMBER OR VOLUNTEER

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

MEETINGS

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



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Calgary, AB Canada T3B 0H3

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Lawyer1@telus.net | www.BMLaw.net

Call to speak with *Anthony Merah *Amina Muhammad *Nazeef Muhummad *Nash Sumagaysay (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.

ON
THE
COVER

Welcome to Main
Street Bowness

STAFF DIRECTORY

OFFICE MANAGER

Becky Saunders
bsaunders@mybowness.com

RENTALS & BOOKINGS

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ACCOUNTING

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FACILITIES

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Nadine, Ocie, and Rob
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THE LANDING

Will Bird

BOARD OF DIRECTORS

EXECUTIVE DIRECTOR

Molly MacRae
mmacrae@mybowness.com

PRESIDENT

Mieke Coppes
president@mybowness.com

VICE PRESIDENT AND DIRECTOR, COMMUNITY GARDEN

Jimmy Doyle

TREASURER

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Adam Fyfe

DIRECTOR AT LARGE

Jennifer Loewen

INTERESTED IN JOINING THE BOARD?

Visit mybowness.com/team or email boardofdirectors@mybowness.com to learn about the nomination process.

COMMUNITY CONTACTS

RISE CALGARY (COMMUNITY
SUPPORTS LOCATED AT THE BCA -
CALL FOR DROP-IN HOURS)

403-204-8280
www.risecalgary.ca

CITY OF CALGARY COMMUNITY
SOCIAL WORKER (COMMUNITY
DEVELOPMENT)

Clara Yuen
clara.yuen@calgary.ca

CITY OF CALGARY
NEIGHBOURHOOD PARTNERSHIP
COORDINATOR

Amanda Turvey
amanda.turvey@calgary.ca

CALGARY POLICE SERVICE
COMMUNITY RESOURCE OFFICER

Constable Shuo Qiu
pol5637@calgariypolice.ca

WARD 1 COUNCILLOR

Sonya Sharp
403-268-2430
ward1@calgary.ca

MLA CALGARY BOW (PROVINCIAL)

Demetrios Nicolaides
403-216-5400
calgary.bow@assembly.ca

MP CALGARY SIGNAL HILL (FEDERAL)

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ron.liepert@parl.gc.ca

BOWEST'NER
MARCH / APRIL 2025

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

The views expressed herein by contributors and advertisers are not necessarily those of the BCA or its Board of Directors.

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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,

It's been a while since we've been in your mailbox after missing the Jan/Feb edition due to the Canada Post strikes. We are excited to be back with another Bowest'ner made entirely possible by the support of businesses and dedicated volunteers in our community.

Volunteer Appreciation week is at the end of April, and it is with great sadness that we acknowledge the passing of two longtime BCA volunteers, Anne Campbell (83) and Peter Reitz (58), in December and January respectively.

Until her passing, Anne was a regular proofreader and contributor to the Bowest'ner, including this very issue. She was also a decade-long member of the BCA's board of directors, and volunteered at countless other BCA events and programs, along with many other local organizations such as the Historical Society and Seniors' Centre. Anne was even part of the original group of Bownesians who worked together to raise funds for and build our rink in the early 1960's.

Peter was a dedicated BCA volunteer in the years following the 2013 floods. In addition to contributing to the Bowest'ner, he was involved in countless community events and initiatives before eventually serving on the Board of Directors as the Vice President (and even stepping in as an on-call rink attendant).

Anne and Peter will be greatly missed by all who knew them. Their impact and legacies will continue to be felt by Bownesians for many years to come.

This edition of the Bowest'ner is dedicated to Anne and Peter — thank you on behalf of the community of Bowness for your lives lived in service to your community.

Logan Renaud



Anne Campbell
April 1, 1941 – December 28, 2024



Peter "Pete" Andrew Reitz
November 10, 1966 – January 31, 2025

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

COMMUNITY CLEAN-UP
DATE TBD

The BCA hopes to host a Community Clean-Up Event through the City of Calgary in 2025. At the time of printing, we are waiting for the City to select a date for them to come to the BCA with their waste disposal trucks.

Once we receive a date from the City, we will share the details of the event (including items we are able to accept) on our social media pages, website, and in our email newsletter.

Please make sure you are signed up for our email newsletter to be sure you get the information once we are able to share (scroll to the bottom of the home page at www.mybowness.com)

HEALTHY RELATIONSHIPS WORKSHOP
MONDAYS: MAR. 3, APR. 7 | 6:00 PM - 7:30 PM |
COMMUNITY ROOM

Join us for a series of free Healthy Relationships workshops focusing on boundaries and values, healthy emotions, and good communication.

Register on our events calendar: www.mybowness.com/events

For questions or info, call or email Clara Yuen at 403-370-7352 / clara.yuen@calgary.ca

INTERGENERATIONAL JAM
ALTERNATING THURSDAYS: MAR. 13 & 27, APR. 10 & 24
5:30 - 6:30 PM | THE COMMUNITY ROOM

Introducing Intergenerational J.A.M.M. (Just Awesome Music and Movement!) Join us for facilitated improvisational dance, movement, and music-making for all ages! Spark creativity and have fun together.

This program is free for friend and family groups of any age—children must be accompanied by a caretaker. All

abilities welcome! (Wheelchair accessible and chairs available.)

No registration is required—first come, first served until space is full.

This event was made possible by the Ripples Community Building Grant. Visit mybowness.com/ripples to learn how you could turn your idea into a program at the BCA!

LANGUAGE AND CULTURE CLUB
MONDAYS: MAR. 10, APR. 14 | 1:00 PM - 2:00 PM
THE LANDING

Drop in to this free conversation group and make new friends in the community. Come to learn and share from one another's unique cultures and languages. Snacks are provided!

For questions or info, call or email Clara Yuen at 403-370-7352 / clara.yuen@calgary.ca

RESIDENT SKILL SHARE SERIES: CROCHET CLASS
WEDNESDAYS: APR. 2, 9, 16, 23 & 30 | 2:00 PM - 4:00 PM | COMMUNITY ROOM

Free beginners' crochet class for adults, hosted by a community member.

Registration starts March 5. To register, contact Clara Yuen at clara.yuen@calgary.ca or 403-370-7352

RESIDENT SKILL SHARE SERIES – EMBROIDERY CLASS
FRIDAYS: APR. 4, 11 & 25 MAY 2, 9, 16 & 23 | 11:00 AM - 12:00 PM | THE LANDING

Free beginners' class for adults. Limited spots available. Children ages 10+ can attend with an adult.

Registration starts March 5. To register, contact Clara Yuen at clara.yuen@calgary.ca or 403-370-7352



E-NEWSLETTER

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

SUBMISSIONS FOR THE MAY/JUNE ISSUE ARE DUE:

MARCH 28, 2025

BCA ARTS WORKSHOPS

DREAMCATCHER WORKSHOP WITH JEANNA KEY
MONDAY, MARCH 18 | 6:00 PM | COMMUNITY ROOM

Join Bowness community member Jeanna Key to create your own traditional dreamcatcher. Dreamcatchers have long been used to protect against bad dreams. Learn about their cultural significance while crafting your own.

MEDICINE POUCH WORKSHOP
WITH JEANNA KEY
MONDAY, MARCH 25 | 6:00 PM | COMMUNITY ROOM

Make a medicine pouch with community member Jeanna Key. Traditionally filled with medicine, these pouches carry personal significance for inner healing. Each participant will also receive a buffalo bone and an amethyst stone to add to their pouch.

Registration for both workshops opens on March 3 at www.mybowness.com/arts

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

PUBLIC ICE
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 Figure Skating and Stick & Puck at various times throughout the week. Check online at mybowness.com/events for the current schedule.

FACILITY RENTALS
Did you know, the BCA facilities are available for rent with discounts for BCA members? Visit mybowness.com to learn more about renting the rink, The Landing, the hall and courts, and our commercially licensed kitchen.

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

PLANNING & DEVELOPMENT
Ever wondered how you can make your voice heard to the City when it comes to planning, development, and rezoning applications? Visit mybowness.com/planning-development 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.

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

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

CARYA PROGRAMS AT THE BCA

DROP–IN PLAY
MONDAYS | 9:30 AM - 11:00 AM | BCA MAIN HALL

Families are welcome to drop in with their little ones for open play, games, toys, and activities in the BCA gym. Hosted by Carya Calgary. For more info contact bft@caryacalgary.ca

SENIORS’ MONTHLY MEAL
THIRD WEDNESDAY OF THE MONTH | 12:30 PM - 2:30 PM | BCA MAIN HALL

The Carya Seniors’ Monthly Meal takes place every third Wednesday of the month at the BCA. Registration is required as space is limited. Please contact Kate Hunter: kateh@caryacalgary.ca or 403-681-6193

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 | 9:00 AM - 5:00 PM

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
MONDAY - FRIDAY | 5:00 PM - 10:00 PM

Then join us from 5-10pm 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. Upcoming books are listed below.

Mar 26 - *Did You Ever Have a Family* by Bill Clegg

April 30 - TBD

ELEVENSES COFFEE CLUB
THURSDAYS | 11:00 AM - 12:00 PM

Join in on some coffee, tea, snacks and good ol’ conversation every Thursday 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.

STITCHERS
TUESDAYS | 6:00 - 8:30 PM

Calling all stitchers and crafters! Drop in to this casual community meetup for crocheters, knitters, weavers, embroiderers, felters, needle-punchers, spinners, menders and more. This round of Stitchers will continue until June 24.

Pay-what-you-want coffee and tea will be available, and Stitchers get 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.

**LOOKING TO BUY OR
SELL YOUR HOME?
CALL ME TODAY AND
LET'S CHAT!**

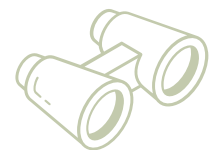
CHECK OUT MY ★★★★★ REVIEWS!

**I'VE SPENT TWO DECADES
LIVING IN BOWNESS AND
IT'S THE BEST!**

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"BCA — The Heart of Bowness"



Mission

"We provide resources and opportunities that empower everyone in Bowness to build a thriving community."



Sustainability

"We will contribute to a sustainable community by diligently maintaining fiscal, operational, and environmental stewardships."

Collaboration

"We will foster partnerships that align with the vision of the BCA."

Volunteerism

"We will strengthen our culture of residents supporting residents to build a thriving community."

Inclusivity

"We will ensure everyone involved in BCA programs and activities is valued and respected."

After a collaborative process involving our entire board and staff, the BCA is excited to share our new guiding Vision, Mission, and Values!



AEC

CONSTRUCTION

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Chris Sargent Ph. 403-880-5546
www.aecconstructionltd.ca

TP

The Place STEAKHOUSE

Paul Sipos
Owner

theplacrestaurant@yahoo.ca
theplacrestaurant.ca

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Mobile 403-383-1825

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Calgary, Alberta T3B 0E5

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BOWNESS SOAPWORKS

THE STUDIO IS OPEN!

Pottery and Soap Making Workshops

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

www.BownessSoapworks.com

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COMMUNITY NEWS

FLOOD ADVOCACY – ONE CONVERSATION AT A TIME

Submitted by the Bowness Responsible Flood Mitigation Society

The current advocacy efforts of Bowness Responsible Flood Mitigation (BRFM) are focused on advancing BRFM's mandate to achieve a maximum release flow rate of 800 m³ /s on the Bow River, downstream from any infrastructure.

Following the announcement from the Ministry of Environment and Protected Areas that the Relocated Ghost Dam was the chosen option within the BRRO (Bow River Reservoir Options), BRFM met with Minister of Transportation, Devin Dreeshan, as Transportation is overseeing Phase 3 of the Relocated Ghost project.

In January, BRFM met with Demetrios Nicolaidis, MLA to Calgary-Bow, to stress the importance of his advocacy for a maximum flow rate of 800 m³ /s in all discussions of flood mitigation for the Bow River. BRFM also requested the BRRO Phase 2 Report be made available for review for an assessment on what protection the Relocated Ghost Dam will deliver to Bowness and Southern Alberta.

BRFM also met with Ward 1 Councillor Sonya Sharp's staff to give input on her upcoming meeting with Minister Rebecca Schulz, Minister of Environment and Protected Areas, discussing water security for Calgary and Southern Alberta.

Following the Premier's request to present options for flood mitigation and water storage, BRFM met with Premier Daniel Smith and Minister Schultz to present BRFM's concept of the Benchlands Hydro Storage Dam. This option could offer significant flood and drought mitigation and water security in addition to significant power storage.

Included in this meeting was Jodie Parmar, Western Manager for the Canadian Infrastructure Bank (CIB). BRFM also presented the Benchlands option to Calgary MLA Myles McDougall, who is responsible for CIB projects in Alberta. As a result of these meetings, the Minister of Environment has included the Benchlands option in the Government of Alberta Water Storage Opportunities Study.

Parallel to advocating for the Benchlands option, BRFM is working to advocate for additional mitigation opportunities that may incrementally bring us closer to the goal of reducing the maximum flow rate to 800 m³ /s.

There is much more work to be done - continued collaboration and discussions are required to ensure that Bowness residents are treated equitably.

BOW RIVER RESERVOIR PROJECT UPDATE

Submitted by The City of Calgary

Calgary depends on water management infrastructure to ensure water is available when communities need it and to reduce impacts from floods and droughts. This includes the system of reservoirs on rivers upstream of Calgary, which are operated for multiple objectives, including flood protection, water supply, drought protection, irrigation, electricity and recreation. As our climate changes, these operations get more complex. The City is one of many parties involved in decisions around the management of water in the Bow and Elbow River watersheds, along with the Government of Alberta, TransAlta, the Irrigation districts, First Nations and others.

In September, the Government of Alberta announced a new relocated Ghost Dam is the most feasible location for a new reservoir upstream of Calgary. The project will involve replacing the existing Ghost dam at a new location further downstream, creating a larger reservoir able to store more water. This option was chosen after considering over 15 possible flood mitigation and 12 possible water supply options.

The Phase 2 feasibility study's final reports are expected to be released in 2025. In the meantime, however, the province is moving ahead with planning for the next phase of the work: engineering design (including more detailed flood and drought modelling) and regulatory approvals. Because this project is so large, and requires federal and provincial regulatory hearings, Phase 3 is expected to take up to eight years. The City continues to actively support this project, which is critically important for flood protection, drought resilience and our city's water-secure future.

CALGARY RIVER VALLEYS PROJECT UPDATE

Submitted by The City of Calgary

With two public engagements complete, The City continues to work on updating regulations for development in Calgary's river valleys. [www.calgary.ca/rivervalleys].

During the engagement in 2024, we examined floodplain policy and land use decisions, with a focus on location-specific regulations. Our flood map will be finalized by The Province in 2025, reflecting completion of the Springbank Off-stream Reservoir (SR1) on the Elbow River (anticipated this spring) and The City's community flood barriers. Following the release of the final flood maps, we will ...

...continued on the next page

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COMMUNITY NEWS

continued from page 11...
...have one additional opportunity for you to provide input on the proposed bylaw regulations, which will be critical for determining appropriate development in areas with different levels of flood risk or environmental significance.

Together, We – Calgarians, The City of Calgary, and The Government of Alberta – are making great strides forward for a more resilient Calgary, and united together, can continue this success.

TIP: in advance of high flow season (May 15 – July 15), sign up for our flood resilience e-newsletter at www.calgary.ca/floodinfo

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 Bownessians 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.

Ward 1 Update – Councillor Sonya Sharp www.calgary.ca/ward1

Hello, Bowness!
As we step into March, spring is just around the corner, bringing new opportunities for our community. This month, we’re gearing up for important updates, including spring break schedules and reminders for safety around school zones. During Women’s History Month, there’s also a chance to reflect on the incredible women who help shape our city, so let’s take a moment to recognize their contributions. As always, stay connected and stay informed about what’s happening in Calgary and at City Hall.

Spring Breaks and School Zone Safety
Spring breaks are always an exciting time for families, but this year, you might notice that the dates differ for the Catholic and public-school boards. The Calgary Board of Education’s Spring Break will run from March 24-28, while the Calgary Catholic School District’s break is from April 21-25. Be sure to check the dates if you have school-age children or grandchildren. As we approach these breaks, it’s important to remember that while schools may be closed, school zone speed limits still apply. Please continue to drive safely around school areas, even if school is out. Let’s all prioritize the safety of children, families, and staff by slowing down and staying alert when driving through these zones.

International Women’s Day
March 8 marks International Women’s Day, a time to recognize the incredible contributions of women in our community and around the world. This year, let’s take a moment to reflect on the women who’ve paved the way for progress and equality, and to show appreciation for the women in our lives who inspire us every day. Whether you’re involved in your local school, business, or volunteer organization, the work of women shapes our city in countless ways.

Assessment Customer Review Period
Make sure you review your home’s property assessment, which was mailed in January. This is your opportunity to check

the accuracy of your property assessment and learn how it was determined. The City can discuss and update your property information during the Customer Review Period. If these changes affect the assessment value, they will make the adjustments and send an updated notice. The deadline to do this is March 21. Visit calgary.ca/assessments for more information or call 403-268-2888.
You may file a complaint with the Assessment Review Board, which is separate from The City of Calgary. File on or before the “Final Date to File a Complaint” on the front of your assessment notice. The complaint form, complaint agent authorization form, and more information is available at calgaryarb.ca or 403-268-5858.

Foothills United Church
Foothills United Church (3803 69 Street N.W.) will be holding Thrift and Clothing sales on Thursday March 20, from 1pm to 6pm, and April 10, from 1pm to 6pm. Please note due to Easter week events we have moved the April sale to the second Thurs in April. For more information, please call the church office at 403-288-5632

Seniors’ Crib Club at the Bowness Legion
Join us every Tuesday at 10am for Crib Club at the Bowness Legion (doors open at 9:30). One-on-one play (no partners). \$3 to play, 24c skunk, 50/50 draws. Very friendly atmosphere - all are welcome. 138 Bowness Center NW. See you there!

Bowness Seniors’ Centre Bingo
Join us for Bingo on Friday, March 21 from 12-3pm (doors open at 11am). Variety of games and a progressive pot — concession items will be available.
Regular Bingo cards (Book of Six) are priced at \$3.00 for a 6-up card and \$4.00 for a 9-up card.
We are playing on Fridays, once a month, at 6422 35 Ave NW, with parking available at the rear.
For more information, call 403-286-4488 or www.bownessseniorscentre.com.

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ROCKY MOUNTAIN BRAZILIAN JIU JITSU



TAO OF PEACE MARTIAL ARTS AND LIFE SKILLS



CALGARY BLIZZARDS SOCCER CLUB



THOMAS BELL CPA



BOWNESS LAUNDROMAT



GRASBY ART STUDIO



PLAN OF ACTION ACCOUNTING



COME ON DOWN TO YOUR HISTORIC MAINSTREET
For every dollar spent at our local businesses, 40 cents stays in the community helping support local, Canadian businesses. Whether you walk, drive, or bike, head down to Mainstreet Bowness and explore our amazing shops. We offer everything from homemade cinnamon buns to vehicle repair services.

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



This past December, hundreds of community members gathered at the BCA for the Bowness Holiday Dinner, one of our favourite local traditions.

Thank you to the following supporters who helped make this event free for the community:

Belvedere Parkway Elementary
 Books Between Friends
 Bowcroft Elementary
 Bowmont Animal Hospital
 Bowmont Community Preschool
 Bowness Montgomery Law Office
 Bowness Pet Valu
 Bowness Ratepayers
 CRMR Laundry
 City of Calgary Ward Event Fund
 COBBS Bread
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 144 Pathfinders
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 Supplement King
 Sweet Home Bakery
 Team Ken Richter
 The Medicine Shoppe (Neil Davchand)
 The Place
 Thomas Bell, CPA
 Trellis
 Trinity Hills Eye Care
 UPS Store MainStreet Bowness
 Woodcrafts by Gerald Perry

Special thanks also goes to:

The Event Planning Committee
 Cookie Bakers
 Hall Decorators
 Steve Richardson (Chef)
 Kearstin Pfeifer (Musician)
 Santa Claus
 And every single volunteer!

Lastly, we owe an extra big thanks to our new events and volunteer coordinator Erin Bacon for leading the charge on this year's event!



A HOLIDAY DINNER TO REMEMBER





MIKE CLARK

KEEPING THE MUSIC ALIVE: MIKEY'S JUKE JOINT FINDS A NEW HOME

Interview by Teri Brown
Article by Logan Renaud

For nearly two decades, Mikey's Juke Joint has been a cornerstone of Calgary's live music scene, bringing together great food, cold drinks, and unforgettable performances. In 2024, an unexpected turn of events forced the venue to find a new home. Now settled on Main Street Bowness, Mikey's is continuing its mission of fostering community, supporting local artists, and keeping the music playing—seven nights a week. BCA Volunteer Teri Brown sat down with Mikey's GM Trevor Smith to speak about their move to Bowness.

Mike started out hosting blues jams at Morgan's in the 90s. And then 17 years ago, he started up Mikey's juke joint and eatery in Sunalta, where the Two House brewery is now located. Another location was opened on 12th Avenue and operated for about a year before the Sunalta location was closed to focus all the effort into the 12th Ave venue.

I [Trevor] came on board in December 2019. Ten weeks later, COVID hit, which was not an easy time. We had singing from behind barriers and measurements between tables, but fast forward to May 2024, and we were back to hosting things like the Music Cities Conference. We were hosting a whole symposium on how Calgary and Edmonton function as music cities with thriving music and arts communities.

In the midst of hosting the event, Mikey got a call from a reporter asking if we were aware of a permit that had been pulled in regard to the building we were leasing. We got a hold of the landlord and discovered that we had 30 to 60 days to vacate the premises. Mike had looked at this location previously as a possibility, but the numbers didn't quite work out. But now we were being forced into a situation where we were finally given our D-day for Mikey's on 12th on Canada Day 2024.

Mikey signed the new lease and we had a round of fundraisers at the old location before the move. This place is quite unique in that we were able to utilize a lot of the stuff from Hexter's [the previous tenant] along with a lot of the old Mikey's on 12 stuff. Our friends at Cold Garden also came on board and have done the pool and darts area and helped pay for part of the bar. They've been really good partners with us, and we have good relationships with Big Rock and Wild Rose as well. We also bring in products from Phillips, Village, Old Beautiful. I like to think we have something for everyone, including gluten free and non alcoholic options.

Mikey's old business partner (and former Mexico City Chef) Alli has also been in here to support us with our taco shop tacos — he's taught Mike's boys, Jimmy and Carl, quite well! Salt & Pepper is right across the street, and we want to compliment them and vice versa. I think we offer slightly different varieties and a different product. They're quite an institution! A good buddy of mine used to teach guitar lessons to their owner, Alex, back when his father owned the Red Iguana on 4th street. My grandparents lived in Bowness and ran a cafe and grocery store here on Main Street Bowness in the 40s and 50s. So there's that sense of community and history.

I've joked with people that being here feels like it's been 35 years in the making with Bowness being such a great up and coming neighborhood. It's awesome having Brewsmith open right across the street, and so many people have been so happy with us bringing live music to the heart of Montgomery and Bowness, while being close to more of the bedroom communities in the Northwest.

People are always amazed that we have live music seven days a week, and there's usually a cover only on Friday and Saturday nights — most other nights just require a free reservation. We're licenced as a restaurant as well, so kids can dine here with their families until 9pm. We even have "Big Band Brunch" once a month on a Sunday morning!

We've enjoyed being in Bowness. It's very walkable, and we've enjoyed the Main Street events like the Show & Shine and Trick or Treat. We're really looking forward to our patio in the spring, hosting Stampede events in the summer with Brewsmith, and finding ways to work with other businesses like Bow Cycle and Absolute Audio.

We want to be part of making Bowness a thriving arts community. We also want give a shout out to Jacqui Esler all she's done during her tenure here with the BIA.



If you've ever supported a local business or enjoyed an event or along Mainstreet Bowness, you've almost certainly benefited from Jacqui Esler's leadership of the Mainstreet Bowness Business Improvement Area. For the last 10 years, Jacqui Esler has served as the director of the BIA and has led everything from the Tour de Bowness street festival to Mainstreet beautification initiatives. Jacqui is moving on from her role with the BIA, and we can't thank her enough for the ways she has gone above and beyond to advocate for Bownesians — we will miss you! Kellie Freeman is the new director of the BIA, and we can't wait to see Mainstreet Bowness flourish in the years to come.



“Jacqui Esler has been the heart and soul of the Bowness Business Improvement Area, always going above and beyond to make our community shine. It is a rare visit to the mainstreet that you do not run into Jacqui hard at work. Her energy and passion for local businesses have helped turn Bowness into the vibrant, buzzing place we all love. Jacqui’s knack for bringing people together and making things happen is truly one of a kind. As she gets ready to move on to other adventures at the end of December, we’re sending her off with all the love and thanks she deserves for making Bowness better every day! Thank you Jacqui!”
– Michelle

“Jacqui has been a fierce advocate not only for the BIA, but for the entire community of Bowness. She has gone above and beyond to make life better for residents of this community, and she will be dearly missed in her role. All the best on your next adventure Jacqui!”
– Logan

“Having a Mainstreet in Bowness is one of the many things that make this community so special, and Jacqui’s enthusiasm for community and desire to see our local business thrive truly brought our little main street to life. Thank you Jacqui – the impact you had on local business in Bowness will last for years to come!”
– Molly



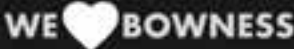
THANK YOU VOLUNTEERS!

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

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



Want to get involved in 2025?
We'd love to hear from you!
www.mybowness.com/volunteer



EMBRACING THE SEASONS

By Molly MacRae

As the days slowly warm and the sun stays in the sky longer, I find myself beginning to anticipate all the activities that come with the changing season. Riding my bike, spending days at the river, heading to the mountains for a hike or a camping trip. I eagerly start making plans for the coming weekends, determined to make the most of our short Calgary summers.

Although as the shift in seasons begins, I also like to take time to reflect on the Winter that has passed and the space it naturally created for me to slow down. When the days are shorter and cooler I spend more time reading, painting and cooking. Activities that are more creative and introspective, but often fall to the wayside during the busy summer months. I emerge from the Winter feeling rested and ready to jump into the busy season ahead.

I plan to make the most out of our beautiful Calgary summer, but a part of me will always be looking forward to the moments of quiet waiting for me next Winter.

Photo by Angelina Love

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Faces of BOWNESS



MARK

By Sophie Stocking

I'm talking to Mark, one of the new Facility Operators at the BCA. Thanks for meeting me! What does being a Facility Operator entail?

I tell my friends I'm kind of a glorified janitor. I keep the building clean; the ice, the gym, the bathrooms, lights on and off, heat down at night... I make sure everything's clean, everyone's happy, and the building is running smooth. It's like a big house.

But with a very large freezer!

Right! A big house with a few funky additives. There's a big ammonia room that connects to cooling pipes under the ice, that just keeps the ice at a certain temperature. We have to monitor that, make sure it's running smoothly.

So how often do you defrost the ice?

Every three to five years we take it all down and reset everything, put in new lines and creases with paint, or you can use tape.

Cool. So, I bet you were a hockey player?

Yeah, I grew up playing hockey, and I've been loving that I played hockey my whole life and now I'm on the flip side. After staring at the Zamboni all those years, now I get to drive it.

It looks fun. I like driving a ride on mower, is it harder than that?

Nah, it's like an XL ride on mower!

Tell me about how you got here. Were you born in Calgary?

I was born in Lawson, B.C. but we moved to Edmonton when I was little, so I pretty much grew up there.

So, you love hockey?

Hockey was my first love, but skiing was number two, which could get kind of hard with both of them being winter sports. I played hockey at a high level until I got into a pretty serious bus accident when I was 18. It was kind of my sly way of exiting hockey; I was ready to go, but it was hard to leave the opportunities behind. But it was my seventh concussion, and I was in a coma for a couple days.

Oh, wow. Was that the Humboldt accident?

No, it was actually a couple of years before that. We were

going from Edmonton to Hinton, and we rolled three and a half times. It was a wild situation, but for me it was kind of a happy, terrible situation if you know what I mean, where I didn't want to play hockey anymore but I kind of had to play hockey?

It was too good to turn down, but it wasn't right for you anymore.

Exactly. So, I moved to Whistler and skied like crazy, and then I blew up my leg; my knee ACL, MCL, tibia, femur cap, heel. Pretty much broke everything, and then I moved to Edmonton, and that's where I met my fiancé, Emily. After she finished her degree at the University of Alberta we moved to Calgary.

We fell in love with this side of town, and decided if we buy anywhere it's going to be in Bowness, and then we lucked out on a good deal, and bought in 2020, a little bungalow built in 1963. We've been doing renos since we moved in and it's been such a fun process, making something old beautiful again.

Isn't it a great neighborhood?

I wouldn't live anywhere else. We ski so much at Sunshine, that's our favorite thing. I like to tell people we drive no traffic lights from here to Sunshine. Just the traffic circle and out!

What do you like most about Bowness?

Living near the river is for sure my favorite part. We spend a ton of time down there with our dog, and I'm a big swimmer. I'm always jumping in, and it's almost a downfall how much the dog loves it now, it's impossible to keep him out! Also, there's so many parks and pathways for bike riding, and things like that.

Is there anything that you'd like to see happen in Bowness in terms of services or development?

I love everything about our community. I think the people are awesome. The only gap I can see is we don't have a tennis court, and my fiancé and I love playing tennis.

That's true, you have to go to Silver Springs or Montgomery. Well, you guys sound like classic Bownessians; you love the outdoors, you're a little rogue...

Exactly! When we moved from Edmonton we rented in Montgomery, and we liked it, but we spent all our time in Bowness.

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 PHYSIC GARDEN
BY BEVERLEY SHERIDAN

Last May in this column I shared how to be a travelling gardener. This past October I took my own advice and managed to work in visits to two gardens in the UK that have been on my “must see” list for some time. The history of our modern botanic gardens and parks is closely linked to Physic Gardens that started to appear in large numbers in Europe in the 1400s and 1500s. Two of these historical treasures are still in existence, and even though the weather did not cooperate- rain and more rain – visits to the King’s Physic Garden at Holyrood Palace, Edinburgh and the Chelsea Physic Garden in London did not disappoint.

Our gardens today are usually regarded as personal hobbies or public areas that display attractive displays of flowering trees and plants. However, for several centuries gardens, often associated with monasteries, were part of the evolving practice of medicine. Physic Gardens, as they were known, were places to cultivate and experiment with plants believed to have medicinal value; places where physicians and apothecaries could grow plants, extract and purify active ingredients, and then administer remedies to their patients, often with disappointing or deadly results. Many plants that we cultivate in our gardens, and are easily recognized today, were systematically grown in themed beds, often based on perceived medicinal value: Bearded Iris, used for treating coughs; Lovage, for tooth ache and removing spots from the skin; Sumac, to treat vomiting; Primrose, to make salves for wounds; Scottish Heather, to treat insect bites; Common Ivy, smeared on the face as a salve of boiled twigs and butter to prevent sunburn.

The King’s Physic Garden at Holyrood Palace, Edinburgh has its origins in medieval gardens cared for by the monks of Holyrood Abby. A handful of monarchs, and a great deal of palace construction later, the Palace of Holyrood, still a British royal residence, added a small physic garden to its grounds in 1670. It was the first of its kind in Scotland and was created to teach budding physicians and pharmacists about the medicinal properties of plants through the provision of fresh materials. In 1675 many of the plants were moved to Inverleith and became the foundation of the current 70-acre Royal Botanic Garden of Edinburgh which boasts 13,000 plant species in its collection. A place that has now been added to my “must see” list. A small recreation of the original Holyrood Palace Physic Garden has been established just outside the palace grounds and I spent an hour on a drizzling Tuesday afternoon meandering through the well-tended beds, reading the labels and enjoying a quiet pause in my wanderings for that day.

My second stop on this trip was to explore London’s oldest botanic garden, The Chelsea Physic Garden. Nestled behind a high red brick wall close to the Thames River, this secluded four-acre garden was established in 1673 by the Worshipful Society of Apothecaries of London – the Society still exists I was told – and currently is home to over 4,500 medicinal, edible and useful plants laid out in carefully tended themed beds as well as housed in a number of 100-year-old Foster and Pearson glasshouses. One of the most interesting areas was for medicinal plants. This was one of the largest sections in the original garden and was used to train apothecaries in the identification of key medicinal plants. Though no longer used for training purposes, this part of the garden still displays plants that have been critical in the development of modern drugs; yew tree from which the cancer drug Taxol is made; cinchona, the original source of the antimalarial drug quinine; foxglove from which the cardiac drug digoxin is extracted.

The garden boasts a pond with rockery built in 1773 and believed to be the oldest rock garden in Europe. The rockery contains bricks from an old local Chelsea kiln, pieces of masonry from the Tower of London as well as clam shells from a voyage to Tahiti by Captain Cook. This history lesson theme continued as our guide addressed the uncomfortable subject of where many of the garden’s plants originally came from – colonial exploitation of plant resources from 200 years of the expanding British Empire. Though the garden became an important European centre for plant exchange, botanical knowledge and building Western medicine, much of it came at the expense of indigenous and enslaved populations. I was pleased to see and hear that the garden is trying to address these historical aspects in its displays and presentation. Travel is also about attempting to learn about all sides to a story.

The word physic means both a medicinal agent and the art or practice of healing, but after my tour of the Chelsea garden as I am taking in the quiet and watching birds perched in one of their 200-year-old Ginko trees, I cannot ignore the old country saying, “Sometimes I sits and thinks, and sometimes I just sits”. A garden as a therapeutic space just seems right to me.



BOWNESS HISTORICAL SOCIETY

HISTORY OF THE BOWNESS SENIORS' CENTRE
BY ANNE CAMPBELL



Our Club had a slow and interesting start and took a while to become anything close to what we are today. Prior to 1960 the Bowness Recreation Centre tried to organize a club for elderly people. It was called “The 4 C’s” which stood for conversation, checkers, cards and coffee. This club was attended by only four people who played cards and then went home. Nothing more happened, and the idea was dropped.

In 1961 the Bowness Recreation Director invited the Golden Age Club to come to Bowness and introduce the activities of their club. The meeting was well attended and the attendees were encouraged to organize and form a branch that became known as Branch 6. Two Bowness residents volunteered to get the club started and called residents to attend an organizational meeting on November 1, 1961. Despite a severe blizzard that day the meeting was attended by four residents and three members of the Golden Age Club. A second meeting was arranged for November 16, 1961 at which time an executive was elected. Mayor Reynolds brought greetings from the Town and donated \$10. Fred Ingold donated \$5. During the first year membership rose from eighteen to over one hundred members. Initially the club met in members’ homes or the Community Centre (which is now the Irish Cultural Club).

As part of the Centennial Celebrations, grants were made available from all levels of government, and the Club applied for and received such funding, as well as generous help from the Bowness Lions Club and individual residents’ donations. This enabled the original building to be built. In November, 1966 the club officially withdrew from the Golden Age Club and the Bowness Seniors’ Club was registered under the Societies Act in that year.



Over time, and as the membership grew, the original building was not able to accommodate all the needs of the membership and the community. The building was renovated and updated, then additions were built. The largest addition was a Millenium Project in 2000 when the building size was almost doubled with the addition of McIntosh Hall. At that time the name was changed to Bowness Seniors’ Centre. In 2016 the unused tennis courts behind the building were converted into a parking lot

Currently the Bowness Seniors’ Centre has over 300 active basic members and 45 super members who have access to multiple 55+ activity centres throughout Calgary.

The Centre has many activities for its members, including exercise classes, yoga, tai chi, floor curling, shuffleboard, crafts, dinners, dances, pool, singalong, lunch and learn health topics, planned events, teas, entertainment, trips, and more.

The members of the club are all very friendly. and anyone walking into the Centre is always made to feel welcome. For anyone who has not been to the Bowness Senior’ Centre, a visit to check us out should be considered.

A NOTE FROM THE BCA BOARD OF DIRECTORS



COMMUNICATIONS COMMITTEE CHAIR, JESSICA CLARK

Hello Neighbours!

Have you noticed how much news there is these days? But how much of it is about what's happening right here in Bowness?

As a board member of the Bowness Community Association and someone who has lived here for over 40 years, I know how special this neighbourhood is. Bowness is full of amazing people with different stories and experiences. But what really makes it strong is how we stay connected and help each other.

Being involved in the community is important. Whether it's going to local meetings, helping at events, or chatting with neighbours, staying connected makes Bowness a great place to live. When we know what's going on, we can support each other, solve problems, and keep our community strong.

One of the best ways to stay informed is through local news. The Bowest'ner newsletter, and the BCA e-newsletter, website, and social media channels all help us keep up with what's happening. We share important updates, safety alerts, and ways to get involved.

A well-informed community is a strong one. When we know what's going on, we can make good choices, connect with others, and take part in local activities. Local news also helps bring attention to important issues that might otherwise be missed.

But for our community news to keep going, we all need to take part. You can help by sharing news, going to events, or giving feedback on community programs. The more we get involved; the stronger Bowness will be.

Bowness isn't just a place — it's a community of people who care about each other. By staying involved and supporting local news, we can keep our neighborhood thriving for years to come. Let's work together to keep Bowness strong, connected, and a place we're all proud to call home.

Want to get involved in BCA communications? Join the communications committee or volunteer for the Bowest'ner by emailing our Communications Coordinator, Logan: Irenaud@mybowness.com

Want to stay informed? Regularly visit our website, and make sure to sign up for our e-newsletter: www.mybowness.com

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BOWNESS	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	\$ PER SQUARE FOOT
2021	201	\$503,309	39	\$417
2022	201	\$603,612	32	\$465
2023	160	\$645,794	26	\$520
2024	179	\$788,745	28	\$605
MONTGOMERY	SALES	AVERAGE SELLING PRICE	AVERAGE DAYS ON MARKET	\$ PER SQUARE FOOT
2021	101	\$613,780	40	\$420
2022	105	\$644,430	32	\$488
2023	90	\$734,281	37	\$520
2024	84	\$774,444	30	\$578

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