



BOWNESS
COMMUNITY ASSOCIATION

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B WEST'NER

Newsletter of the Bowness Community Association

MAY / JUNE 2025

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
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

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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

Lupins photo
provided by Zoë
Decker

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THE LANDING

Will Bird

BOARD OF DIRECTORS

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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)

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BOWEST'NER
MAY / JUNE 2025

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

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CIRCULATION
The Bowest'ner is distributed to over 6,000 households and businesses in Bowness. Additional copies can be found at the Bowness Community Association.

DELIVERY ISSUES?
Contact editor@mybowness.com

ADVERTISE
Contact editor@mybowness.com

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

LETTERS FROM THE EDITORS

Hello Bownesians!

I started working at the BCA in 2022, less than two years after my wife and I moved to Bowness during the pandemic. Now after over two years at the BCA, the time has come for me to say goodbye to The Bowest'ner as I move on to my next professional adventure.

When I took on this role, I knew from experience that people read The Bowest'ner and that Bownesians cared deeply about this community. But I couldn't have imagined the immense pride and sense of belonging I would experience during my time here.

Whether it was the volunteers working together to create the best community newsletter in the city, the residents serving hundreds of their neighbours at the Holiday Dinner, or the neighbours supporting each other during the boil-water advisory, I've experienced firsthand the hospitality and generosity that defines Bowness.

As I pass the torch on the Bowest'ner, I want to say thank you for the privilege of being a part of this incredible and resilient community.

If the past few years are any indication, I know that Bowness will continue to rise to every challenge and will continue to be a place where everyone is welcomed to find belonging and make a home.

Thank you for everything, and I'll see you around the hood!

Logan Renaud

Hello Bownesians!

I'm so excited (and honoured!) to introduce myself as the new editor of The Bowest'ner. Like many of you, I've come to love Bowness for its strong sense of community, beautiful green spaces, and the way neighbours always show up for each other.

I've lived in Bowness since 2019, and since then I've seen how this place truly lives up to its reputation—warm, welcoming, and full of people who care. I'm thrilled to step into this role and help tell the stories that make Bowness such a vibrant place to call home.

I want The Bowest'ner to continue to reflect the diversity, creativity, and generosity that's so unique to our neighbourhood. Whether it's celebrating local events, spotlighting small businesses, or sharing the voices of residents young and old, I hope this little but mighty newsletter continues to be something you look forward to reading every time it lands in your mailbox.

I'm so grateful to Logan for his incredible work as editor over the past two years, and I'll do my best to carry that energy forward (with a few of my own quirks thrown in, of course).

If you have ideas, feedback, or stories you think deserve to be told, I'd love to hear from you! You can always reach me through the BCA or catch me walking my two very stylish greyhounds through the neighbourhood.

Here's to a new chapter and to keeping The Bowest'ner full of heart, humour, and all things Bowness.

See you around,
Zoë Decker

BCA HAPPENINGS & ACTIVITIES

ALL LISTED EVENTS AND ACTIVITIES TAKE PLACE AT THE
BOWNESS COMMUNITY ASSOCIATION
(7904 43 AVE NW)
VISIT [MYBOWNESS.COM](https://mybowness.com) FOR MORE DETAILS

CALGARY FOOD WEEK: BITS AND BITES

LEARN TO MAKE BIRANYI
SATURDAY, MAY 3 | 2:00 PM - 4:00 PM (SOLD OUT!)

MEXICAN COOKING WORKSHOP
THURSDAY, MAY 22 | 6:00 PM - 8:00 PM

Registration opens May 8.

PERIOD DAY
WEDNESDAY, MAY 28 | 4:00 PM - 6:00 PM
COMMUNITY ROOM

Did you know that the Bowness Community Association is one of the City of Calgary's Free Period sites? That means that we provide free period products in all of our bathrooms. If you use period products or know someone who does, please take one!

We're celebrating the relaunch of free period products in every bathroom on May 28, with an info session where you can learn more about why this program is important to us. Come eat snacks, ask questions, and learn with us!

Details are still coming together, so check mybowness.com/events for updates!

RUN BOWNESS 2025
SUNDAY, JUNE 1 | 9:00 AM - 1:00 PM

Run Bowness is back on June 1! This community race offers 5K, 10K, and Kid's Mile options along a beautiful and accessible route through Bowness Park and Baker Park. The race starts and finishes at the Bowness Community Centre and welcomes participants of all ages and abilities. Para athletes are encouraged to join; bicycles are not permitted on the route.

Founded over a decade ago by local residents and organized by the Bowness Community Association since 2019, Run Bowness continues to grow thanks to dedicated

volunteers, generous sponsors, and strong neighbourhood support.

Whether you're a seasoned runner or trying your first race, come out and enjoy a fun, active morning with your community.

Register, volunteer, or get more info at mybowness.com/run

Registration closes May 28

PRIDE MONTH IN BOWNESS
ALL JUNE

Celebrate Pride Month with us this June! The Bowness Community Association will be hosting family-friendly programming throughout the month to honour and support our 2SLGBTQIA+ community.

We'll have a variety of events and activities for all ages so stay tuned for announcements and details! Visit mybowness.com/events or follow us on social media to keep up with what's happening.

Let's get together to celebrate love, inclusion, and community!

BIG BOWNESS NEIGHBOUR DAY PICNIC
SATURDAY, JUNE 21 | 10:00 AM - 2:00 PM

Celebrate Neighbour Day at our community picnic with live music by Vintage Express, yard games, local organizations, and a free hot dog lunch at noon (for the first 500 people, vegetarian options available).

The event will also feature a special naming ceremony for the BCA Tiny Forest. Elder Dr. Clarence V. Wolfleg will share teachings about Blackfoot naming traditions before bestowing the forest's Blackfoot name, Pokitsó'wa'ssko.

Everyone is welcome—come connect with neighbours and enjoy the day!



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 JULY/AUG ISSUE ARE DUE:
MAY 30, 2025

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. There are also toys and games for kids to enjoy!

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.

May 28 My Grandmother Sends her Regards and Apologises, by Fredrik Backman

June 25 The Vaster Wilds, by Lauren Groff

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.

SCAM AND FRAUD AWARENESS SESSION

TUESDAY JUNE 24 | 2:00 PM - 3:30 PM

Join us for a drop-in presentation on scams and fraud with Constable Shuo Qiu, Community Resource Officer with the Calgary Police Service, and a team member from CPS.

Learn how to recognize and protect yourself from common scams, ask questions, and connect with others in the community.

This session will take place upstairs at The Landing and is open to everyone — no registration required.

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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SOAPWORKS**

**RUN 2025
BOWNESS**

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CHOOSE YOUR CHARACTER: Volunteer Edition

Join the Run Bowness 2025 crew on June 1st and level up your community spirit! Whether you're a seasoned volunteer or a first-timer, there's a role for every kind of hero. Pick your character below—and get ready to play your part in one of Bowness's most exciting events!

The Route Guardian (a.k.a. Course Marshal)

Role Perks: Frontline action, cheers from runners, and the satisfaction of keeping the course safe and smooth.

Mission: Keep the race route clear and guide runners with enthusiasm! Whether you're stationed on a quiet park path or a busy intersection, you're the eyes and energy of the event. Bonus points for epic high-fives and loud cheers.

The Trailblazer (a.k.a. Lead Cyclist)

Role Perks: Scenic ride, early access to the course, and serious VIP status among runners.

Mission: Ride ahead of the pack (or sweep behind the last runner) to make sure the route is obstacle-free and well-marked. Perfect for cycling enthusiasts who want to lead—or support—the charge!

The Hydration Hero (a.k.a. Water Station)

Role Perks: Mid-race runner love, refreshing vibes, and solid teamwork.

Mission: Set up and run water stations along the 5K and 10K routes. Hand out water, cheer on runners, and keep the flow going. Great for folks who don't mind lifting, moving gear, and being a race-day MVP.

The Brew Bouncer (a.k.a. Beer Garden Security)

Role Perks: Chill vibes, great people-watching, and the power of the wristband.

Mission: Help keep the beer garden secure and fun. Check IDs, monitor entry/exit points, and ensure everyone enjoys responsibly. Ideal for volunteers who like a laid-back role with a bit of responsibility.

Kids run for free thanks
to the support and
generosity of Calgary
CARSTAR!

BOWNESS
COMMUNITY ASSOCIATION

VOLUNTEER @ MYBOWNESS.COM/RUN



You're invited to our annual
Stampede Breakfast

Sunday, July 6, 2025
Bowness Campus
9400 48 Ave NW
7:30 - 11 a.m.



**Great food, prizes,
& entertainment!**





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- IBS



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St. Edmunds Foodbank Outreach Association

G A R A G E



Saturday, June 21, 2025
9:00 am — 3:00 pm
8336 —34 Ave. N.W.
Rain OR Shine



"PSSST!
Your ad could
be here! Reach
more than
6000 residents
and support the
BCA."





**SPRING
MARKET**

10:30AM-3:00PM

- FREE ENTRY
- OVER 35 VENDORS
- DOOR PRIZES
- FOOD TRUCKS
- BOUNCY CASTLE

Bowness Ratepayers Scout & Guide Hall
8551 Bowness Road NW

Come Join us for a Sneak-a-peek!
Friday May 30, 2025
6:00PM-9:00PM





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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NEIGHBOURHOOD FOOD WEEK IS BACK!



Mark your calendars! The Bowness Community Association—supported by the Community Hubs Initiative—is excited to host our 3rd Annual Neighbourhood Food Week, happening September 20—26, 2025.

This year's theme is Sustainability and we want to hear from you! What do sustainable food practices mean in your kitchen, garden, or grocery cart?

Stay tuned for the next issue of the Bowest'ner for the full event schedule, registration info, and ways to get involved. In the meantime, here are two events you won't want to miss:

Kick-Off Celebration — September 20 at the Bowness Community Association
Panel Discussion — September 26 at the Montgomery Community Association

Here's what folks said about Food Week last year:

"I liked participating in the Mexican Eats & Treats Workshop. I love cooking and I felt relaxed and happy."

"My kids gained kitchen skills, confidence, met friends & had fun :)"

We hope you'll join us again this year for sweet treats and good eats—see you there!

COMMUNITY NEWS

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

Hello, Ward 1!
As spring settles in, I want to take a moment to update you on communications from the Ward 1 Office. Starting June 1, there will be restrictions on what we can share, including City-funded newsletters, open houses, and mass emails, which will only be permitted in emergency situations. With that in mind, this will be the last community newsletter from our office until the election in October.

As we move into the summer months, I hope you have the chance to enjoy all that this season has to offer, whether it’s spending time outdoors, supporting local businesses, or simply enjoying the company of family and friends. Wishing you all a wonderful and relaxing summer!

Waste and Recycling Collection

As the weather warms up, it’s a great time to check your waste and recycling collection schedule. From April 1 to May 29, Calgary residents can drop off their yard waste for free at City landfills. The yard waste will be composted instead of thrown away, making it easier to keep your garden tidy and reduce landfill waste. Composting food scraps and yard trimmings is a simple way to help the environment and enrich your garden. For guidance on what can go in the Green Cart, visit the Green Cart Food and Yard Waste program.

For more information, visit: Garbage, recycling and composting pickup schedule.

Parks and Pathways Maintenance

The City’s Parks Department is busy with regular maintenance of our beautiful parks, pathways, and green spaces. If you see any areas that require attention, such as damaged benches or littering, don’t hesitate to report it through the 311 service. Ensuring these areas remain safe and clean is a community effort. For more information on park and pathway management, visit Parks maintenance and operations or Pathway maintenance and management.

Best regards,
Sonya Sharp

Foothills United Church

FOOTHILLS UNITED CHURCH (3803 69 Street N.W) will be holding **Thrift and Clothing sales MORE FREQUENTLY**. The upcoming ones are: Saturdays May 3, and June 14, (10am – 3pm) and Thursdays May 15, June 5 and June 19, (1pm - 6pm). Donations are accepted. Please call the church office at 403-288-5632 for what is acceptable and when to bring.

Bowness Ratepayers Scout & Guide Hall

Rummage Sale

SATURDAY MAY 3 | 9:00–3:00 PM
(8551 Bowness Rd NW, Calgary, AB T3B 0H8) The Bowness Ratepayers are teaming up with the Belvedere Parkway Elementary School Council to host a Rummage Sale on May 3, 2025 from 9AM-3PM. Please come on by and shop for some treasures in support of these two non-profits! 100% of money raised will stay in the community of Bowness!

Bowness Seniors’ Centre – Bingo Time

FRIDAY MAY 16 | 11:00 AM - 3:00 PM
WOW! This is already our 4th BINGO in our Centre, we are playing Fridays once a month. Join us for Bingo on **Friday, May 16!** Doors open and lunch (\$5.00) starts at **11:00 AM**, and Bingo runs from **12:00 PM to 3:00 PM** with a variety of games and a progressive pot that is getting bigger every month. 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 at 6422 35 Ave NW, with parking available at the rear. For more information, call **403–286–4488** or www.bownessseniorscentre.com. **The June Bingo is on Friday, June 20!.**

Bowness BOWnus Days: Mainstreet Bowness

Night Market

FRIDAY JUNE 20 | 4:00—8:00 PM
Location: Parking lot between Bowness Auto & Western Laser

More info: mainstreetbowness.com

Mainstreet Bowness is launching a brand-new community event this summer—**Bowness BOWnus Days**—and you won’t want to miss it!

This exciting, **evening market–style event** will bring Mainstreet to life with a vibrant mix of local vendors, artisan eats, vintage finds, live music, and more. It’s a celebration of all things local, with something for everyone to enjoy.

Here’s what you can look forward to:

- A variety of **locally made and handcrafted goods**
- **Delicious food** from local makers
- **Live music** and a festive atmosphere
- **Adult beverages** available for purchase
- A **family– and pet–friendly** vibe for all ages

Admission is **free**, and everyone is welcome—so mark your calendar, bring your friends and family, and come experience the energy of **Bowness BOWnus Days** right on Mainstreet.

For full details and updates, visit mainstreetbowness.com.

COMMUNITY NEWS

GOOD NEWS: 3 STEPS TAKEN TOWARDS FLOOD PROTECTION

Submitted by the Bowness Responsible Flood Mitigation Society

STEP 1: The Bow River Options Initiative (BRRO) has decided to move The Relocated Ghost Dam option forward to Phase 3: Engineering and Regulatory approval process, beginning in 2025. The expansion and relocation of the Ghost Reservoir may help protect downstream communities on the Bow River and provide water security for the Bow River basin. www.alberta.ca/system/files/epa-bow-river-reservoir-newsletter-september-2024.pdf

Of the three (3) options that were evaluated, the above option selected will have the least incremental reservoir storage capacity and will (most likely) have the least impact on reducing overland and ground water flood risk for Bowness. But – any amount of storage is a step in the right direction.

STEP 2: The following Policy Resolution was passed with approximately 95% support at the United Conservative Party AGM on November 2:

Fund and construct additional new reservoir(s) for water storage and work with industry to reinvest in existing privately developed water infrastructure to ensure a dependable supply of water for the growing population, agriculture, industry and communities and a reduction of flood risk for Albertans.

This will now be evaluated by government departments and although they are not obliged to follow the Policy Resolution, the Province is now aware of the importance of this issue.

STEP 3 Ministry of Environment and Protected Areas’ Department staff are reviewing water storage opportunities across Alberta in the Alberta Water Storage Opportunities Study which includes the Bow River basin. This work is to be completed in the mid 2025.

As you can see, there are many initiatives moving forward to reduce flooding risk along the Bow River. In addition to flood protection, these steps help mitigate drought which is beneficial for the provincial agricultural industry and broadens the benefit of the investment in water infrastructure.

BFRM fully supports each of these initiatives and continues to work with the various groups involved to secure equitable flood protection for communities.

To track current river flows and dam capacities go to ‘rivers.alberta.ca’.

The Bowness Community Association (BCA) supports equitable flood protection for all Calgary neighbourhoods in the river valley. We maintain a neutral position on specific flood mitigation options and encourage all Bownesians to do their research in this area. As we do with all matters of planning and development, we encourage residents to seek out reputable information on project proposals and make their voices heard to the City of Calgary.



The Place
STEAKHOUSE

Paul Sipos
Owner

theplacrestaurant@yahoo.ca
theplacrestaurant.ca

403-288-7608
Mobile 403-383-1825

6308 Bowness Road NW
Calgary, Alberta T3B 0E5



Music & Drama Day Camp

July 14-18
Ages 6-11
\$150/week or \$40/day
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Workshops in piano, guitar, voice, script writing, and acting with a musical put on for the parents at the end of the week
No prior music experience required

To register your child or for more information, e-mail info@windowsillstudios.ca



The Bowness Recipe Collection

Delicious recipes submitted by food-
loving Bownesians

Margaret's Magic Bars

Deb's Oat Muffins

RECIPE FOR **MAGIC BARS**
2 CUPS GRAHAM WAFER CRUMBS
3/4 CUP BUTTER MELTED
1 CAN EAGLE BRAND
1 1/3 CUP SEMI SWEET CHOCO-CHIPS
1 1/3 C FLAKED COCONUT
1 1/3 CUP CHOPPED PECANS
COMBINE GRAHAM CRUMBS WITH BUTTER
MIX & PRESS INTO 9X13 PAN
SPRINKLE CHOCO-CHIPS, COCONUT & PECANS

OVER BASE
POUR EAGLE BRAND OVER THIS
BAKE IN 350° OVEN FOR
30 MINUTES (IF GLASS PAN)
325°

Margaret's Magic Bars

My Gran was one of the best ladies I've ever known. She was the best cook, a heck of a bridge player, and sharp as a tack. She was born on a farm near Humboldt, SK, and spent her entire adult life in Saskatoon. These Magic Bars were always stocked in massive quantities in her deep freeze, ready to be pulled out for company—and no matter who showed up, they'd leave with full bellies and a request for the recipe.

I miss her lots, and I hope you enjoy one of her all-time best recipes.

Submitted by: Zoë Decker

Original hand-written
recipe! So authentic!

Recipe for **Oat Muffins**
1 cup oats
1 cup buttermilk
1 cup flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 egg, beater
4 tbsp melted butter
Rind of one orange
1 cup brown sugar
Let oats stand in milk for 10 min
Combine flour, baking powder, soda, salt, & brown sugar. Add egg & butter, mix well. Add oat & milk mixture.
Bake @ 400°F for 20 min in greased muffin tins.
Makes 12 muffins

Deb's Oat Muffins!

This oat muffin recipe feels like an old friend—simple, comforting, and timeless. We all have those go-to classics tucked away in our kitchens (or our memories!), the ones we've made so many times we know them by heart. This might just become one of yours.

Submitted by: Deb Hall



I know what I'm
baking next!

Wow! This is
the real deal!

Got a recipe you want to share?

Whether it's a treasured family classic or a new favourite, we'd love to hear from you! Share your recipe with our editor, Zoë, at zdecker@mybowness.com.

POTTERY, PURPOSE, AND A PASSION FOR COMMUNITY:



THE STORY BEHIND BOWNESS SOAPWORKS

I first learned about Melba Seta from seeing her soaps, workshops, and pottery at Greenbriar Market in Montgomery. I'm relatively new (2.5 years) to Bowness, and her name kept popping up in conversations. She seems to be a bit of a legend here, so I was happy to accept this assignment to interview her for the Bowest'ner. I left our coffee date feeling amazed and inspired, with a raised awareness of where and how I spend my money and time.

Melba radiates positivity, acceptance, and a love for people and her community. She makes soap using plants from her garden, creates beautiful pottery, employs at-risk youth, partners with other small businesses, and prioritizes shopping local because it matters.

This year, her artisan-quality soap company, Bowness Soapworks, is sponsoring Run Bowness.

From Soap to Studio

Melba began selling soap to friends and neighbours in 2019, and by 2020, Bowness Soapworks became a trademarked business. Her long-term goal was to open a pottery studio—something she achieved four years later.

She now teaches both pottery and soap-making workshops, as well as outdoor classes like foraging and basket-making in the summer. Her message is clear: "If we work together, we will help our community thrive through the support of each other's small businesses." Before Soapworks, Melba and her spouse ran an Airbnb, where she gifted guests with handmade soap and homemade jam. She realized the quality of her soap stood out—people were hooked. The Bownesian (sadly no longer in business) was the first to carry her products, which felt like a milestone.

While on maternity leave, she challenged herself: if she could build a viable soap business, she'd leave her healthcare job. Soon after, Bowness Soapworks and her soap club became her full-time focus, with clients both locally and internationally.

She hires youth at risk, people with disabilities, or those in marginalized communities to work in her studio, and was recently awarded the Alberta People's Choice Award at the 2024 Calgary Small Business Awards (or in other words—the award for being awesome!).



"I LOVE WRITING FOR THE BOWEST'NER BECAUSE I HAVE AN INSATIABLE CURIOSITY ABOUT PEOPLE—THAT'S WHY I ENJOY INTERVIEWING THEM AND WRITING THEIR STORIES. PLUS, I LOVE CONTRIBUTING TO SUCH A GREAT COMMUNITY."

ARTICLE BY TERI BROWN

Local Connections, Lasting Impact

Greenbriar Market and Refillery is one of several local businesses Melba partners with. They carry her soap and pottery and host her workshops. A single visit there can spark a deeper connection with many other local makers. Melba lives her ethos: small businesses supporting one another.

Soap with a Twist

At Brewsmith, Bowness's new craft brewery, you can find her signature beer soap. Made with their beer and enhanced with essential oils, it has a warm, subtly hoppy scent—earthy, clean, and refreshingly unique. Don't worry, you won't smell like a bottle depot. Soap made in Bowness, with beer brewed in Bowness—now that's local love.

Built to Give Back

Melba has been crafting since childhood—sewing, knitting, and crocheting by age six, self-taught using only pictures. Creative work has always been her balance to other life demands.

She believes the key to success is setting realistic goals while still dreaming big. One of her challenges has been learning how to give back in ways that still honour the value of her products. Rather than giving soap away, she reinvests the profits. The Run Bowness sponsorship is just one example.

Every bar of soap supports outdoor groups like the Alberta Whitewater Association and the Association of Bow Valley Area Rock Climbers, along with Youth at Risk, Woods Homes, and other small businesses. It's a full circle of giving.

She also does custom ceramics for fundraisers—Kids Cancer Care recently raised money by selling mugs she created.

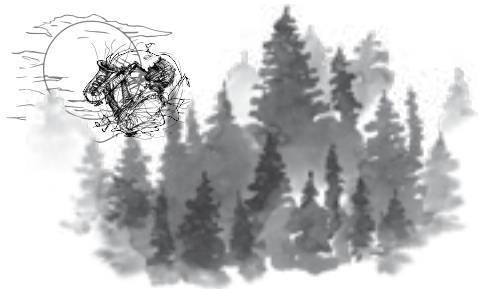
Today, Bowness Soapworks is an award-winning company. But the soap is just the vessel. It embodies what Bowness is all about: giving back, caring for one another, and neighbours helping neighbours.

When you support Melba and her soap or pottery, you support many meaningful causes and businesses. She's making the world a better place—one little bar of soap at a time.

You can find her at bownesssoapworks.com, where BCA members receive a buy two, get one free special.

THE BOWNESSIE FILES: PHASE ONE

Cue saxophone. Fog drifts low across the Bow. A lighter flicks. A shadow watches from beneath the surface.



It started the way all great discoveries do—accidentally, questionably (yet probably legally) sober, with a hint of divine intervention and the gnawing suspicion that something... was watching from the murky depths.

Fwssshhhhhhh.

The Bow River murmured its secrets to me through rustling reeds, the current humming like a low jazz tune from a jukebox nobody remembers feeding. I was there that day. The day.

Walking the banks. Exchanging questions with the sky. Muttering into the void like a man who'd seen too much and not enough all at once. And that's when the world changed—permanently.

Crack!

A bone. Half-buried in silt. Glistening in the light of the full moon like a cryptid Rosetta Stone.

To the average sap, it was a chicken wing. The remains of some poor sod's riverbank snack. Discarded. Innocuous. But I've been around the block. Seen things in the shadows. Heard things in the water.

This wasn't poultry.
This was a sign.



It had the unmistakable glaze of honey BBQ—yes—but it was eerily similar to the bones I kept in my pants pocket from Bowness Pub. Emergency rations. You never know when a jerk sauce crisis will strike. But this bone was different. It called to me.

Through a rigorous morphometric analysis—photo documentation, intense staring, and the irrefutable scientific method known as banana-for-scale—I, or

rather, we (you'll excuse the narrative inconsistency. Is this a singular journey of discovery or a group effort? Science is messy), reached a staggering conclusion:

- The bone bore a resemblance to the wing phalanx of Aves Kentuckyfryensis.
- Its curvature suggested vestigial digits. Proof—hard, terrifying, sauce-glazed proof—that the creature who shed it had hands. Prehensile ones.

Carbon dating? Unnecessary. As a regular Reddit user, my epistemology standards are... uniquely calibrated. The truth, as they say, was already obvious.

This was no snack bone.
This was the finger of Bownessie.

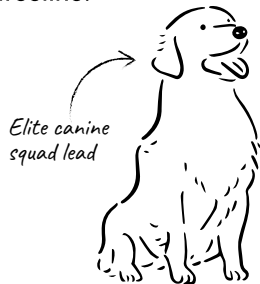
DUN! DUN! DUUUUUUUUUUUUUUUUN!

(Lightning flashes. Someone gasps in the distance.)

I whip around. Eyes scanning the treeline.
No one.

Back to the case.

This was the finger of Bownessie.
And now?
It was ours. Humanity's gift.



(Paper rustles. Pencils clatter. Skritch-skritch. That's the sound of history being rewritten.)

Days passed before I returned. The pursuit of science is a noble cause, sure—but Daredevil was on Netflix and The Pitt was on Thursday (italicize those titles, rookie). The break was unintended, but necessary. All geniuses need rest.

By Saturday, I had secured the next best thing to weaponized defense: a bottle of strawberry-flavoured milk. With lactose intolerance estimated at 40% in humans and a speculative 100% in freshwater cryptids, I was, statistically speaking, invincible.

I returned to the scene with forensic detection canines (read: three unqualified yet enthusiastic family dogs. We're pretty sure they're dogs. Possibly fungus.), hoping to recover more evidence.

The search was clinical. The air? Crackling. But the bone...Was gone!

Cue thunder. KA-BOOM!



continue on next page...if you DARE!

Had it been swept away by time's indifferent hand? Snatched by some covert government agency under the cover of night? Or—and this is far-fetched—had one of our ELITE canine companions ingested it during a moment of unsupervised enthusiasm? One of them is allergic to chicken but...

That night there were signs. Diarrhea. Guilt. The usual. Regardless, the evidence existed. We had the photo. The banana was real.

You can't fake banana-for-scale. Not legally.

Faced with growing threats to our investigation and what I can only assume was a coordinated erasure effort by a certain government agency, I founded a new agency. A society, if you will.

B.U.S.S.I.N. (The Bowness Underwater Sightings & Scientific Investigation Network).

Our mission:

- Prove, beyond a reasonable doubt, that Bownessie is real.
- Demand she receive the global recognition befitting a legendary Bownesian. Perhaps the GREATEST Bownesian to ever live.

Take Queen Elizabeth, for example. Storied. Beloved. Draped in legacy. Everyone knows her name. But why? What did she really have that Bownessie didn't?

Government records? Probably. Global adoration? Okay, fine. Hats? An unsettling number. Fingers? Allegedly all of them, yes.

But here's the thing—we mostly have evidence the Queen existed. Bownessie? We have a photo. A banana-for-scale. And a missing "chicken" bone that may or may not have been consumed by a golden retriever who later displayed both guilt and gastrointestinal distress.

So again, we ask:

Why is one enshrined in history books...And the other dismissed as a lakeside fever dream? The line between monarch and myth? Thinner than you'd think.

And that's where B.U.S.S.I.N. comes in. The objectives were clear. Scientific. Precise. (Also possibly made up during a late-night Wikipedia spiral.):

- Retrieve additional osteological samples (bones—preferably not leftover wing night casualties).

- Document anomalous hydrodynamic activity (ripples that look suspiciously... ripple-y).
- Identify biologically relevant disturbances (rocks that feel "off," silt that's been... moved, the distinct and unnerving sensation of being watched by something slimy).
- Locate any cryptozoological artifacts (clumps of algae that shouldn't be there, mysterious river slime, and footprints in the mud that definitely weren't human... unless Dave was barefoot again).
- Determine the biochemical origin of aquatic mucilage (a.k.a., determine if "rock snot" is actually Bownessie slime. Yes, that's a real term.)

The plan? Bulletproof. The science? Loosely applied. The vibe? Unstoppable. The evidence speaks for itself.

Now, we turn our attention to those who would rather bury the truth beneath stacks of red tape and bureaucratic inertia. Why show Bownessie drown in a sea of Kafkesque disregard? Formal petitions are underway to:

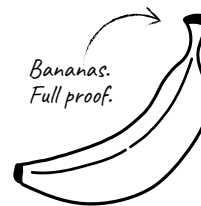
- Alberta Environment and Protected Areas – Demanding a government-sanctioned ecological study before Bownessie is erased from history.
- Alberta Fish & Wildlife – Insisting on Bownessie's immediate classification as a protected species under conservation law.
- Heritage Canada – Pushing for historical recognition before Big Biology rewrites history.
- Alberta Birds of Prey Foundation – Lobbying for Bownessie's rightful title as Alberta's official bird.
- Guinness World Records – Submitting Bownessie as Canada's first scientifically documented river cryptid.

We weren't playing games anymore.

The scientific community has failed us. Science has become a marketing slogan. A weapon. A bumper sticker.

But we?

We had boots in the mud.
Bananas in the field.
Bones in our hearts.



Why is society funding elaborate simulations and predictive models, yet won't even send a single intern with a clipboard to investigate a possibly missing lake monster finger?

continue on next page...AGAIN!

Maybe it's because Bownessie isn't part of the "approved narrative™." Maybe she challenges the fragile balance between government-endorsed pseudoscience and grassroots discovery. Or maybe—just maybe—it's because she's...

Dangerous.
Powerful.
And dripping with ancient secrets.

While officials scramble to "debunk" our peer-reviewed riverbone photography, they're handing out multi-million-dollar grants for theoretical sand studies, government-funded frog whispering, and the continued development of urban wellness crystals.

So we ask—Where's the line? Between caution and control? Between inquiry and indoctrination?

Because as B.U.S.I.N. dives deeper, we're not just chasing the truth of one slippery cryptid—We're poking at the very foundation of modern science:
Who gets to do it?
Who gets to define it?
And what happens when regular people start asking the wrong kind of questions?

This is more than a cryptid hunt.
This is a movement.
This is a resistance.
This is...Bownessie.

Fade to black. Rain begins to fall. A saxophone wails.

'til next time,

The Bownessie Detective

(or Brad. Either is good)



THE BCA IS HIRING!

Are you interested in keeping things clean, icy, and running smoothly behind the scenes?

The Bowness Community Association is looking for a casual part-time Facility & Arena Attendant to help keep our rink slick, our spaces sparkling, and our community smiling.

You'll need a driver's license and solid driving experience (yes, you get to drive the Zamboni!), and we'll train the right person for the rest. On-call flexibility is key, so preference will be given to Bowness and Bowness-adjacent residents.

Pay is \$21–\$23/hr based on experience, and you'll be part of a fun, supportive team in one of Calgary's best neighbourhoods.

Sound like a fit? Send your resume and cover letter to careers@mybowness.com.

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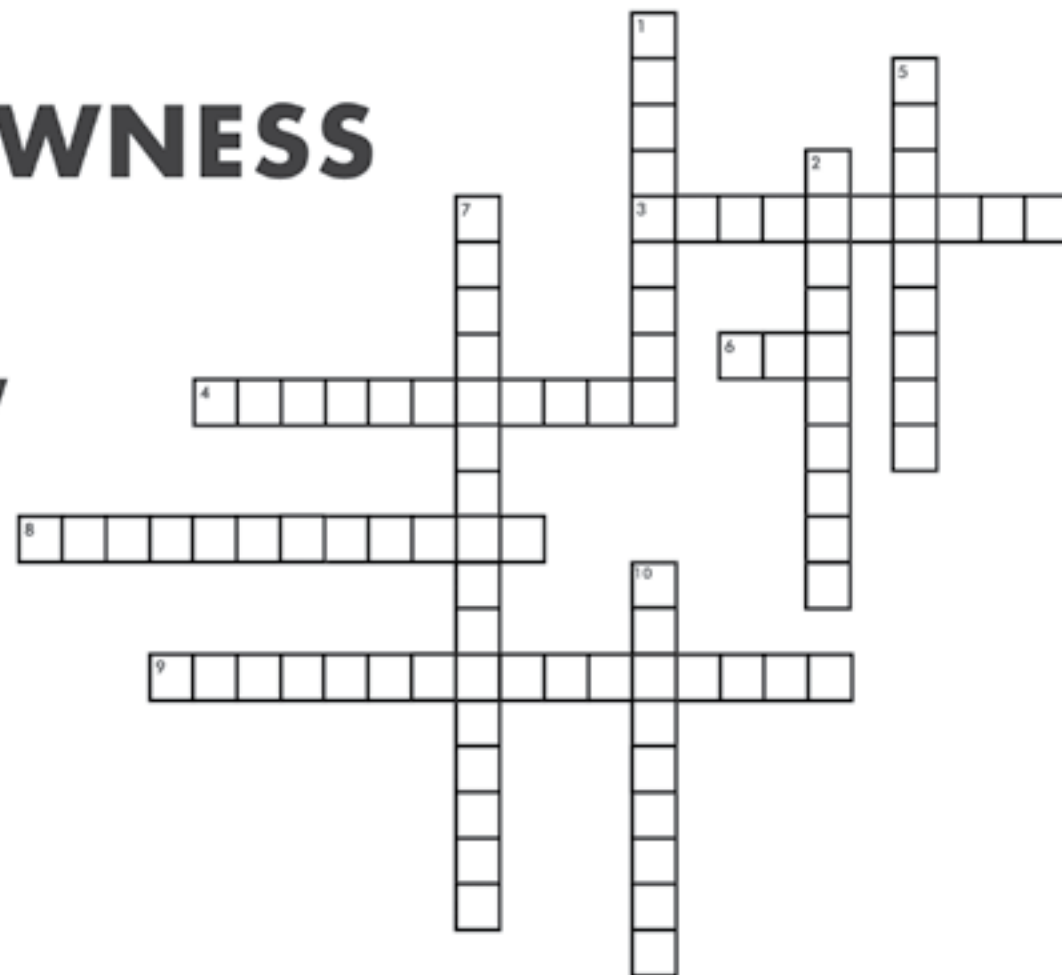
COME ON DOWN TO YOUR HISTORIC MAINSTREET

Join us Friday June 20th for a pop up NIGHT MARKET on Mainstreet Bowness, BIA! Live music, local artisans and good vibes under the stars.

Details on mainstreetbowness.com

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

CROSSWORD BOWNESS



Across

3. Annual running event in June
4. Historical green space with its own train!
6. Local community hub abbr.
8. Local auto repair shop on Bowness Road
9. Bowness elementary school

Down

1. Park known for weddings, river views, and frisbee golf
2. Name of tree that fills Wood's Tree Sanctuary
5. Iconic local grocery store. Never forget
7. Famous corner store since the 1940s
10. Historical transportation feature parked near Leopold's

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Looking for handmade and IN Bowness? Choose us! 🇨🇦

Melba Seto is a local Bowness resident and her soap and pottery is inspired by our community and her adventures with her family.

Find our 🍺 Beer Soaps at Brewsmith Brewing or most of our stuff at Greenbriar Market + Refillery 4535 Bowness Road NW

www.BownessSoapworks.com

Faces of BOWNESS

By the BCA Team

We caught up with Zoë Decker, the new editor of The Bowest'ner, to learn more about her life, what brought her to the Bowness Community Association, and what she's most excited about in her new role.

Zoë Decker

Q: What inspired you to get involved with the Bowness Community Association?

A: I've lived in Bowness since 2019 with my partner Danny, and it's always felt like home. I grew up in Calgary and have so many childhood memories of skating and playing in Bowness Park. When I saw the opportunity to contribute to the community through the BCA, I knew it was a great fit. Honestly, this might be the first job I've had where I don't feel like I need to pretend—my values genuinely line up with the BCA's. I'm passionate about Bowness and keeping its unique culture strong.

Q: Sounds like a perfect match! What does your role at the BCA involve?

A: I'm the Communications Coordinator, which basically means I get to help tell Bowness's story—through social media, newsletters, and now The Bowest'ner! I highlight the amazing people, events, and history that make our neighbourhood so special. I also get a lot of creative freedom in the role. For example, I added the new crossword and recipe sections to this issue. Hopefully people enjoy them—I'd love to keep those going. I'm always on the lookout for ideas that fit that cozy, small-town newspaper vibe The Bowest'ner already has.

Q: Oh yeah, The Bowest'ner definitely has that small-town feel! What other ideas do you have in mind?

A: Well, I don't want to spill all the beans... but when I read The Bowest'ner, I get hit with two vibes at once. One is the memory of reading the Sunday comics as a kid, with newsprint smudging my fingers. The other is from the show Bridgerton—they have this gossip column that everyone's obsessed with. I LOVE

it. I love gossip, I love the aesthetic of a tiny newsletter with delicate illustrations and juicy tidbits. Those are the vibes I want to channel—nostalgic, playful, and full of heart.

Q: Haha! I love that show! I totally get why you think of Bridgerton! How do you plan to keep the magazine fresh and relevant?

A: The July/August issue will actually be the first one where I'm fully behind the wheel. For this current issue, Logan Renaud had already gathered most of the content with volunteers, and I just added in a couple things like the recipe section and crossword and helped with editing. Moving forward, I plan to do a lot of listening—hearing what neighbours care about, what they're curious to learn, and what stories they want to share. I like to keep a balance of timely updates, fun community tidbits, and more in-depth features that reflect what's going on in Bowness.

Q: Looking forward to that! By the way, what's your background, and how does it influence your approach to communications?

A: My background is actually in geology—I have a Master's in volcanology and geochemistry from Iceland, where I lived for two years. That scientific training helps me break down complex topics and explain them in a clear, engaging way, which has transferred surprisingly well into communications. There's also a fair amount of data involved in communications, so my analytical side comes in handy! Plus, geology is actually a really creative science. I loved drawing rock and fossil samples especially under the microscope and drawing maps. That creativity carries over into designing posters, graphics, and sections of The Bowest'ner. I used to think my career path was kind of a fail and all over the place, but now I'm proud of how much I've learned. I'm definitely a "Jill-of-all-trades" kind of person.

Q: That's so interesting! Do you think your childhood shaped the path you're on today?

A: Oh, definitely. My parents always encouraged us to pursue science and

get our degrees—which is a huge privilege, and I'm really grateful I got to do that. But our childhood was also full of creativity. My sisters and I were always making something. To this day, I'm constantly working on projects. I recently quilted myself a vest to wear to work—to impress my colleagues, haha. I also made a "living wall" at home, but instead of real plants, I crocheted a bunch of plants, mushrooms, moss... and made a ton of pom poms for the forest floor.

Q: Sounds like you're always up to something fun! What else do you do outside of work?

A: So many things! I have 2 greyhounds so we're often walking around the neighbourhood and enjoying Bowness Park with them. Another part of my life is teaching crochet classes at Stash in Inglewood. Teaching is truly my passion. I'm someone who doesn't always have a lot of confidence, but I've found my "why" in life is to encourage and uplift others—helping people feel confident and proud of what they create. I've been teaching since I was 16, so that's 17 years now. I'll probably always find a way to teach, no matter where life takes me.

Q: Do you think you'll lead any workshops at the BCA?

A: Maybe! That would be super fun. I was actually just thinking it'd be great to run a macramé class—maybe teach people how to make their own macramé plant hanger (plant included, of course!). Macramé is basically just friendship bracelet knots, so it's really beginner-friendly and you can get really creative with it by adding colour and beads to it too.

Q: Sounds like you've got lots of ideas! Are there any upcoming events at the BCA you're especially looking forward to?

A: Definitely! Run Bowness is going to be great, and I'm really excited for Food Week and the Holiday Craft Fair. I'm also helping plan some events for Pride Month in June—we're still in the brainstorming stage, so I can't share too much just yet, but it'll be good old-fashioned family fun!

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

**SOMETHING MORE EXOTIC IN MY GARDEN
BY BEVERLEY SHERIDAN**

Firstly, I blame my brother. He's the person who convinced me to try growing Cannas in pots placed around my garden. Cannas, also often referred to as Canna lily, are tall tropical plants known for their vibrant flowers—red, orange, yellow, pink—and large, striking foliage. They are also tougher than they look. His suggestion has turned into a bit of an obsession on my part, as the colour options and leaf styles are numerous, and there always appears to be one more that I just have to try. He lives in a Zone 6 area of Ontario, so he can overwinter these exotic lovelies on his screened porch. In Calgary, that is a non-starter, as Cannas are native to the world's tropical regions but they do extremely well during our hot summer months when installed in large pots and planters, which have the added advantage of being mobile. Cannas are very tall and produce flower spikes over several months, so they look fantastic tucked among other plants and lend a very exotic, tropical tone as the season progresses. They also overwinter well in my lightly heated garage and produce lots of divisions for a new season of pots and donations to fellow gardeners.

The downside of growing Cannas in my garden is that it has opened the door to considering what other exotic tropicals might thrive in planters and offer something different to admire on my deck this summer. Worst of all, the garden nursery catalogues that arrived in February offer lots of options and it is so easy to just put things in your "cart." Unfortunately, that thing called my garden budget needs to be considered, so I have narrowed down the options to a handful of possibilities and am now looking forward to trying out some new contenders for my deck and patio planters. All these plants have vibrant colours, very unique leaf textures, and require minimal care once established, so I am curious to see how they blend together or with other tried and true annuals. I often plant Coleus with my Cannas, as their multi-coloured leaves really complement the Cannas' large leaves.

I have ordered two new options, which will need to be potted up under lights for a bit of a head start. Others that I want to try I know I can purchase locally already potted and ready to go. I have wanted to try Agapanthus for some time, and I have been told they do well in pots, so this is the year. Agapanthus is a spectacular tall plant with blue or white flowers that grows from a bulb. I've read that they grow wild across the countryside in South Africa and are considered weeds! I wish I had weeds that looked this good.

The second option I have on order is the Peacock Orchid. The name is misleading, as it is not an orchid but actually a member of the Iris family. It has sword-like leaves and delicate white flowers with red centres, and can grow to three feet in height in a pot. I also understand that the flowers have a very delicate scent, so a nice addition.

Two exotic options that I know I can purchase locally in small pots are Calla Lilies and Papyrus Grass. Calla Lilies, which are not true lilies, produce upright trumpet-shaped flowers in a variety of vibrant colours. They too have sword-shaped leaves and are going to look great mixed with the Peacock Orchids. An added benefit is that Calla Lilies are very attractive to butterflies. Papyrus Grass is a tall, graceful grass with pendulous leaves and yes, that's the one that is often mentioned as being associated with Egypt. Depending on the variety, and there has been lots of hybridizing of these plants over the past decade for the garden market, it can grow from three to six feet in height. Its stately, striking, soft green colour goes well with just about any other accompanying plant.

Once I started looking, the list of possible tropical plants for use outdoors became very long. Many have varying bloom times and I suspect will ensure that a garden remains interesting throughout our short season. Others that may be worth trying are Hibiscus with huge flowers in a variety of colours, Elephant Ears (Colocasia) with large dramatic heart-shaped leaves in shades of green to black, Bougainvillea which, with support, produces a cascade of colour, Crocosmia with lovely delicate flowers on long stems that grow from a bulb, and Bird of Paradise (Strelitzia), grown for its yellow and orange flowers shaped like a bird's head. Whatever you choose, tropical exotics offer a way to add some dramatic effect to any garden design.



SOMETHING’S BREWING IN BOWNESS

If Bowness has felt a little livelier this winter, Brewsmith Brewing might be part of the reason. When Brewsmith opened its doors this past December, it didn’t take long to draw a crowd. Even through the quieter winter months, the brewery stayed busy and has already become a regular hangout for many. But the word of this local gem has spread even further than Bowness, drawing visitors from Cochrane and Airdrie, happy to have a local option that doesn’t involve heading downtown.

The idea for a local brewery began as a pipe dream back in 2021, when four Bowness locals decided to turn their passion into something real. With constantly rotating taps of house-crafted brews, cozy vibes, and weekly events like crib tournaments and live music, Brewsmith has fast become a go-to spot for a cold pint and casual bites.

Unique Beer and Great Food Pairings

What started as just six beers has quickly grown, and since opening, over 35 unique recipes have flowed from these taps. These recipes use bold and inventive flavors from the mind of brewmaster Colin, affectionately known as “The Wizard.”

“We have a core lineup that stays on tap, but everything else rotates,” explained manager Stef. “Once a batch is gone, that’s it. We replace it with something new.”

Brewsmith uses a system uncommon to North America, with European-style brite tanks that pour straight to the taps, helping them keep things efficient and flexible in a smaller space. To continue to keep it local, many of the beer names are a nod to the community itself, including 1951, The Triangle, and Bownesian Rhapsody.

The food menu is not to be overlooked, and started simple with a focus on easy, beer-friendly items. “We worked with Dustin from SmokeShow Food Truck to get things up and running,” Stef shared. “Hot dogs were the starting point, something fun and easy to pair with beer.” Now they’re looking ahead to summer, planning to add shareable plates and more vegetarian and vegan options.

Keeping it Local and Supporting Good Causes

It’s clear Brewsmith sees itself as more than just a place to grab a quick drink. From partnerships with local businesses like Barbarista next door to collaborations with artists and soap makers, the team has been keeping things community-focused.

One project they’re especially excited about involves showcasing artwork made by students from local high schools. The students will get the opportunity to sell their work, with proceeds going back to their schools’ art programs.

Brewsmith also works with Pause4Change, a Calgary-based dog and cat rescue. Using spent grain from the brewing process, Stef makes healthy dog and horse treats, with 100% of the proceeds going to support the rescue. “We also take donations, and once a month we’ll feature a different dog to help find a home,” Stef adds.

A Bright Future Ahead

With warmer weather around the corner, Brewsmith is getting ready to open their pet-friendly patio and is excited to be able to connect with the community more in the coming months. They’re already gearing up for Stampede season, aiming to offer family-friendly events for those who want to celebrate without going downtown.

You can catch Brewsmith at the Calgary Beer Fest in May, after receiving great praise from their appearance at the Edmonton event earlier this year. Their beer is already making its way to pubs across Calgary, including Rising Tides, Ship & Anchor, and all the way to bars in Cochrane, Lacombe, and Edmonton. “We’ve had so much demand, we’re actually struggling to keep up!” Stef says.

If you haven’t checked out Brewsmith yet, it’s well worth the trip. Even if beer’s not your thing, they’ve got ciders, canned cocktails, and some solid non-alcoholic options too. The atmosphere’s awesome, the people are welcoming, and chances are, once you go, you’ll want to come back.



“I LOVE WALKING TO ALL MY FAVORITE LOCAL COFFEE SHOPS, PARKS AND PUBS. I ALSO LOVE THAT I ALWAYS KNOW I’LL SEE A FAMILIAR FACE THERE.”

ARTICLE BY THERESA MERCIER



“I LOVE BOWNESS BECAUSE IT OFFERS SO MUCH TO OUR COMMUNITY, AND IT HAS BEAUTIFUL PARKS WHERE I LOVE TO WALK. I’M PASSIONATE ABOUT PHOTOGRAPHY AND ENJOY TAKING PICTURES OF THE AREA. MOST OF ALL, I LOVE THE PEOPLE OF BOWNESS.”

PHOTO BY KATHY LABBEE

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A NOTE FROM THE BCA BOARD OF DIRECTORS

SECRETARY | CO-DIRECTOR OF
PLANNING & DEVELOPMENT,
GIDEON MENTIE

Logan,

On behalf of the board, I would like to congratulate you and thank you for everything you have done in your two years at the BCA.

I remember when you started back in December of 2022, when you took over the Communications Coordinator position. Since then, a lot has changed in our neighbourhood, our city, and our world. But because of your leadership and tireless dedication, we Bownesians have had some consistency.

The Bowest'ner came out every two months (except during the Canada Post strike). Our social media and website helped neighbours stay informed. And Bownesians always had someone with up-to-date information they could rely on.

That was most evident last summer during the Bowness Water Crisis. I heard from many friends that the BCA communication channels were the most helpful and timely source of information during a period of huge uncertainty for our community. Your leadership and selfless commitment to our neighbourhood had far-reaching effects—across Bowness and beyond. From the bottom of our hearts, thank you once again for the role you played in keeping our neighbourhood informed and safe during that crisis.

We can't wait to see everything you do in your next chapter.

With gratitude,

Gideon Mentie
On behalf of the BCA Board

Want to get involved in BCA communications? Join the communications committee or volunteer for the Bowest'ner by emailing our Communications Coordinator, Zoë: zdecker@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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