

issue 117

July/Aug 2025

THE BOWEST'NER





BOWNESS MONTGOMERY LAW OFFICE

Continuing the excellent tradition of providing sound Legal Services to the **Bowness & Montgomery Communities** for over 20 years.

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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
dwreinke@gmail.com

MEETINGS

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

July/August 2025

Summer in the City

This issue of *The Bowest'ner* is packed with exciting stories and summer highlights. Inside, you'll find a preview of all the warm-weather fun coming up in Bowness—from the fast-paced excitement of the Tour de Bowness to the quiet and cozy vibes of Movie in the Park and plenty of other local events.

We're also shining a spotlight on local creators bringing art-filled experiences to the BCA, and on neighbours whose quiet dedication is making life brighter for fellow Bownesians.

Bowness isn't just a place—it's a spirited community that rallies around summer like nowhere else, and this issue celebrates every sun-soaked moment.

Dive in, enjoy, and send your feedback, ideas, or future submissions to editor@mybowness.com—we'd love to hear from you!

The Bowest'ner is a collaborative effort by many Bownesians who make it what it is. With the help of ads and sponsorships, we are able to continue to bring this community newsletter right to your door.

Thank you all!

On the cover:



Tour de Bowness 2024
Photographed by Kathy Labbee
Bownesian and Photographer



10
The Ladies of the Lutheran Church
Bownesians who are making a big difference.



16
What's Hot This Summer
Check out the food, beer, music, and games recommendations from the Main Street Bowness Experts.



20
FrankenFilms
Franken-what?? We honestly can't even explain it in 20 words or less. Best just go read the story.



24
The Bowness Roots of Mobile Escape & Escape Mail
Find out how two local Bownesians created a truly novel idea for all ages.

What's Inside

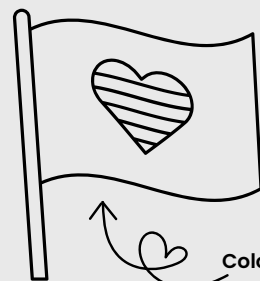
BCA Events & Happenings	5
The Landing Events & Happenings	7
Bowness Community Events & Happenings	9
The Ladies of the Lutheran Church	10
That's a Wrap!	12
Run Bowness 2025 Success	13
Bowness Nessie Award 2025 Interviews	14
What's Hot This Summer	16
Bowness Art From the Heart	17
FrankenFilms	20
Bowtanical Garden	22
Summer Hiking Spots in Bowness	23
The Bowness Roots of Mobile Escape & Escape Mail	24
The Leash is Never Long Enough	26
Flood Season News & Updates	28
BCA Directory & Community Contacts	30

BCA – The Heart of Bowness

The Bowness Community Association is proud to support our 2SLGBTQ+ neighbours and is committed to fostering a safe, inclusive, and welcoming space for all.

We believe that community is strongest when everyone feels seen, respected, and celebrated for who they are.

Whether you're joining us for a program, event, or simply stopping by, you are welcome here—just as you are.



MUSIC & MOVIE IN THE PARK

presents:

COOL RUNNINGS

BCA Greenspace
Aug 23rd, 2025

Live Music & Market: 3:00 PM – 9:00 PM
FREE Hot Dogs for the first 500 people: 6:15 PM
Movie @ 9:00 PM



BCA Events & Happenings

Events happening at the BCA and Arena | 7904 43rd Ave NW

Movie in the Park

Saturday, August 23 | 6:00 PM – 10:30 PM

Location: Greenspace beside the BCA (NOT Bowness Park)
No registration required

Join us for an outdoor screening of *Cool Runnings*—filmed right here and inspired by the 1988 Winter Olympics! We'll have live music and a local vendor market with food trucks from 3:00 PM – 9:00 PM and the movie will start at 9:00 PM.



Tiny Forest Naming Ceremony

Saturdays, August 23 | 11:00 AM – 12:00 PM

Location: BCA Tiny Forest
No registration required

Join us for a special naming ceremony as Elder Dr. Clarence V. Wolfleg bestows the Blackfoot name Pokitso'wa'ssko upon the BCA Tiny Forest.



Weekly Farm Stands

Saturdays | 3:00 PM – 6:00 PM

Location: BCA Parking Lot
No registration required

Come support local and get farm-fresh produce right here in Bowness! Alberta veggies, dairy, and baked goods available all summer-long and 'til October!



Hockey & Skating

Check dates & times at mybowness.com/events

Location: BCA Arena

Registration required for Shinny

Bring your gear and join us for \$10 drop-in shinny or come for free Stick & Puck or Public Skate!

** Only running from July 15 – August 1



Pickleball

Thursdays | 11:30 AM – 1:30 PM

Location: BCA Gym

Registration required

All skill levels welcome for open-play pickleball! View the schedule and register at mybowness.com/events.



Real Talk Workshop

Thursday, July 24 | 6:00 PM – 7:30 PM

Location: BCA Community Room

Registration required (opens July 2)

Learn to recognize domestic abuse, understand its impact, and respond with care and confidence. Register at mybowness.com/events



Community Craft Sessions

Wednesdays, July 16 – Aug 27 | 2:00 PM – 3:30 PM

Location: BCA Community Room

No registration required

Bring your crafts and connect with fellow makers. Light snacks provided. Questions? Contact Clara Yuen at clara.yuen@calgary.ca or 403-370-7352.



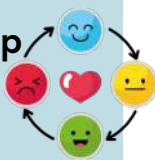
Healthy Relationships Workshop

Monday, August 25 | 6:00 PM – 7:30 PM

Location: BCA Community Room

Registration required (opens July 22)

Explore how emotions, thoughts, and behaviours shape our relationships. Learn tools to navigate emotions with wisdom. Register at mybowness.com/events.



Resident Skill Share: Crochet

Wednesdays, Sept 10 – Oct 8 | 2:00 PM – 4:00 PM

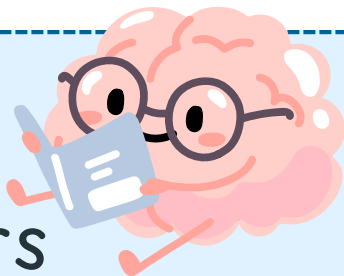
Location: BCA Community Room

Registration required (opens August 6)

A 5-session crochet class for those with **intermediate** experience. To register, contact Clara Yuen at clara.yuen@calgary.ca or 403-370-7352



BOWNESS BrainTeasers

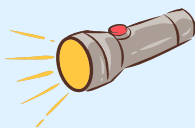


★ Results will be printed
in the Sept/Oct Issue!

Puzzle 1: The Bridge to Bowness

Story: Four friends—Alfie, Bergitte, Claire, and Damien—are trying to get across the John Hextall Bridge at night. They only have one flashlight, and the bridge is too dangerous to cross without it. Only two people can cross at once, and they must walk at the slower person's pace.

- Alfie can cross in 1 minute
- Bergitte in 2 minutes
- Claire in 5 minutes
- Damien in 10 minutes



Challenge: What is the shortest amount of time it takes for all four friends to get across the bridge?

✓ Bonus challenge: Can you write out the order of crossings?

Puzzle 2: The Coin Conundrum

Story: At the Bowness Night Market, a magician hands you three coins and says:

"One of these coins is fake. It's either heavier or lighter than the real ones, but I won't tell you which. You may use this balance scale only twice to figure out which coin is fake and whether it's heavier or lighter!"

Coins: A, B, and C

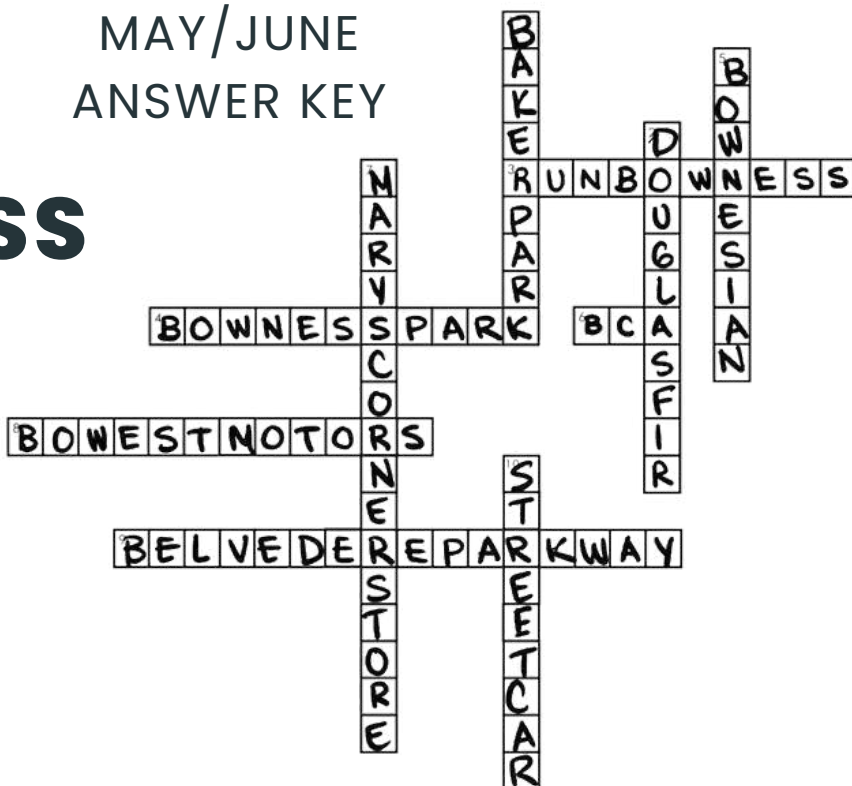
You may place any coins on either side of the scale a maximum of two times.



Challenge: What is your strategy, and what are the possible outcomes that will tell you exactly which coin is fake and if it's heavier or lighter?

C
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MAY/JUNE
ANSWER KEY



The Landing Events & Happenings

These events take place at The Landing, located on the second floor of the BCA (7904 43rd Ave NW)



The Landing at the BCA

The Landing is a cozy, welcoming space open Mon to Fri 9:00 AM – 10:00 PM. Elevator accessible and designed for connection, it's a casual spot where neighbours gather for coffee, events, games, and conversation. Whether you're stopping by during the day or winding down in the evening, there's always something happening upstairs at The Landing.



FrankenFilms: 1st Pancake Show

Friday, August 9 | 6:00 PM – 8:00 PM (Doors at 5:30 PM)
Registration required | FREE to attend | 14+

Join us for a hilariously horrifying movie night hosted by FrankenFilms—where B-movies are chopped up and pieced together and presented with live music and improv voice dub. This month's feature is *Lady Frankenstein*, a cult classic you'll love to laugh and cringe through. And free pancakes??



Scan to reserve a ticket

Daytime Coffee and Tea

Monday – Friday | 9:00 AM – 5:00 PM
Registration not required

Stop by The Landing on weekdays for this relaxed, drop-in public space. Enjoy wifi, tables, a toy box for the kids, and pay-what-you-want coffee and tea (or bring your own snacks and refreshments).



Evening Food and Drinks

Monday – Friday | 5:00 PM – 10:00 PM
Registration not required

Unwind upstairs with pub bites and a fully licensed beverage menu. A great spot to relax, connect, or start your evening out in Bowness. Check mybowness.com/the-landing for current hours and updates.



Family Game Night

First and Last Friday of the Month | 6:00 PM – 9:00 PM
Registration not required

Bring the whole family! Choose from our collection of board games or bring your own to share. A relaxed, social evening for neighbours of all ages. Hosted the first and last Friday of each month unless otherwise noted.



Stitchers

Tuesdays | 5:00 PM – 6:30 PM
Registration not required

Our cozy crafting group is taking a break for the summer and will return in September. Bring your knitting, crochet, or needlework and join us in **September!**



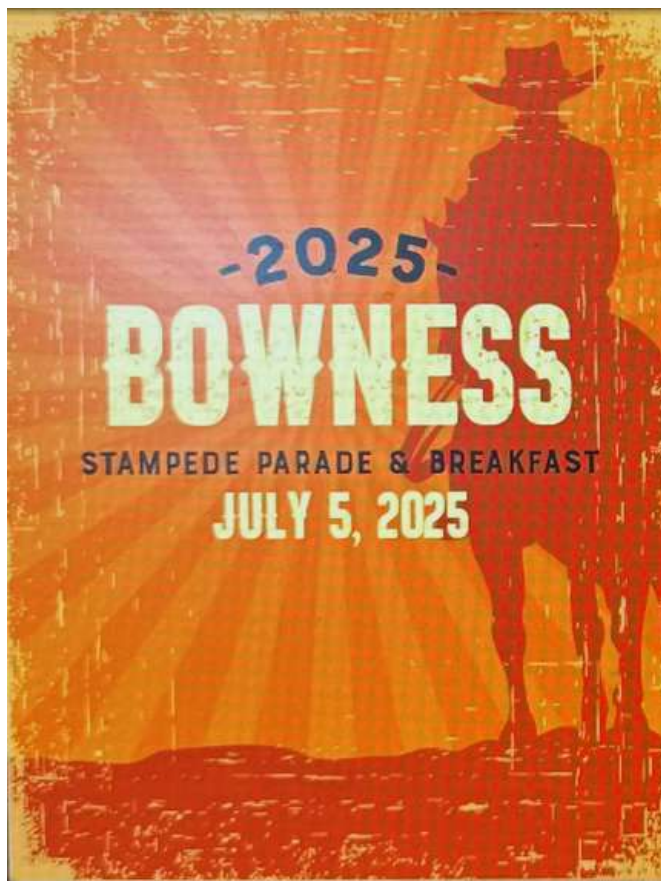
Did you know? FrankenFilms was awarded a Ripples Community Building Grant!

Do you have an idea to bring neighbours together in Bowness, Montgomery, or Greenwood Village? The Ripples Grant offers up to \$1000 for small, resident-led projects that help build a stronger, more connected community.

Whether you're planning something creative, inclusive, or just getting started—we want to hear from you! Projects can focus on social connection, leadership, or making shared spaces more welcoming.

Learn more or apply at mybowness.com/ripples





A poster for the Tour de Bowness Race + Festival. It features a collage of images: a pink food truck, a person on a bicycle, a crowd of people, and a woman in a floral dress. The text includes: "AUGUST 4, 2025", "TOUR DE BOWNESS RACE + FESTIVAL", "Races | Music | Food Trucks | Artisan Market", "MAINSTREET BOWNESS", "apply here" (with a QR code), "vendors apply now!", and a list of vendor types: "Handmade | Homemade | Direct Sales", "Food Trucks", and "Street Performers | Musicians". The contact email is "KellieCarterEvents@gmail.com".

Looking for Girl Guide Leaders!

Join us in supporting girls as they grow, learn, and have fun

Leader Opportunities:

Location for all units: Silver Springs Community Centre (Downstairs Hall)

- 285th Spark Unit (ages 5–6)
 - Tuesdays | 6:00–7:00 pm
- 285th Ember Unit (ages 7–8)
 - Wednesdays | 5:45–7:15 pm
- 188th Calgary Pathfinders (ages 12–14)
 - Tuesdays | 7:15–9:00 pm

Leaders must be **female** and **18+**
No previous experience needed—training is provided!

Interested?

✉ anycalgaryscenicbowvalley@gmail.com

2025 Registration is now open!

Register online at the Girl Guides of Canada website

girlguides.ca

Girl Guides

Puppy Pancake Day

You're Invited!

Sunday, July 6 10am - 2pm
5111 Bowness Rd NW

All proceeds will be matched by Bon A Pet Treat! and donated to

ARF
ANIMAL RESCUE FOUNDATION

- Free Doggie Pancakes & Toppings Bar
- Storewide Customer Appreciation Day Sale
- 50-75% Off Sidewalk Sale
- Caricatures & Photobooth
- Adoptathon by Local Rescue
- Raffles & Giveaways
- Pet Friendly Vendors
- & More!

Follow us @petbakery | petbakery.ca | hello@petbakery.ca

Bowness Community Events & Happenings

These events happen within the community of Bowness and NOT at the BCA

The Community of Bowness

Bowness is a vibrant, tight-knit community in Calgary with deep roots and a strong sense of local pride. Nestled along the Bow River, it blends natural beauty with a rich history, an independent spirit, and a welcoming, small-town feel—brought to life through a wide range of local events that bring neighbours together all year round.



Tour de Bowness

Monday, August 4, 2025 | 10:00 AM – 5:00 PM

Location: Mainstreet Bowness

No registration required

Now in its 22nd year, this high-energy festival features pro bike races, live music, street performers, 100+ vendors, and tasty food trucks. A full day of fun for all ages! (**vendors apply at tourdebowness.com**)



Summer Thrift & Clothing Sales

Thursdays: July 3 & 17, Aug 7 & 21 | 1:00 PM – 6:00 PM

Saturdays: July 12, Aug 16 | 10:00 AM – 3:00 PM

Location: Foothills United Church – 3803 69 Street NW

Find affordable summer clothing and thrift treasures at this friendly community sale. Donations are welcome—call 403-288-5632 for more info.



Bowness Stampede Parade

Saturday, July 5, 2025 | 7:00 AM – 12:00 PM

Location: Mainstreet Bowness

Registration Required to be in the Parade

A Calgary tradition! Enjoy a free pancake breakfast (7–11 AM), live music, and the parade starting at 9:00 AM (Hextall Bridge to 77 St NW).



Wood's Homes Stampede Breakfast

Sunday, July 6, 2025 | 7:30 AM – 11:00 AM

Location: 9400 48 Ave NW

No registration required

Start your morning with a free, hearty Stampede breakfast hosted by Wood's Homes. Everyone welcome!



Puppy Pancake Day

Sunday, July 6 | 10:00 AM – 2:00 PM

Location: Bon A-Pet-Treat – 5111 Bowness Rd NW

No registration required

Bon A-Pet-Treat is hosting a doggy delight! Enjoy free dog pancakes, caricatures, vendors, raffles, sales, and more. All proceeds matched and donated to ARF.



Card Bingo Tournament

Wednesday, July 16, 2025 | 2:00 PM – 4:00 PM

Location: 8551 Bowness Road NW

Drop-in: \$5

Join us for an afternoon of bingo fun! Entry includes coffee or tea. Concession available and prizes awarded!



Show and Shine Car Show

Sunday, August 24, 2025 | Time TBA

Location: Bowness Auto Parts – 6419 Bowness Road NW

No registration required

Celebrate 21 years of cool rides and community pride! Classic cars, great conversations, and good vibes in front of Bowness Auto Parts. Check bownessauto.com for updates.



The Ladies of the Lutheran Church

A Community Spotlight

By: Zoë Decker

For decades, the Ladies of the Shepherd of the Hills Lutheran Church in Bowness (known fondly as the Dorcas Ladies) have been a quiet but mighty force in our community. Whether it's feeding families, baking pies, or just spreading joy through a shared laugh in the kitchen, these women are the heartbeat of countless small acts of kindness that make Bowness feel like home.

There are about 20 Dorcas Ladies today, and roughly half are members of Shepherd of the Hills Lutheran Church. Their work stretches far beyond church walls—into kitchens, food banks, and the hearts of our neighbours.

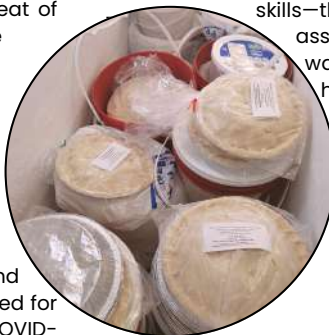
Together with other local churches, they've been helping to feed families in Bowness—who could use a little extra love and support—for close to twenty years. Originally, people gathered for a hot meal and fellowship, but everything changed with COVID-19. The last sit-down dinner was in March 2020.

But these women don't give up easily. With quick thinking and approval from Alberta Health Services, several churches began preparing bagged meals instead—offering a hearty selection of sandwiches, fruit, cookies, and juice boxes. These bagged meals now go to around 80 people each month.

Participating churches include Awaken Church, RockPointe Churches (Bowridge & Bearspaw), Foothills and St. Thomas United Churches, Advent Lutheran Church, Our Lady of the Assumption Church, and Shepherd of the Hills Lutheran Church.

Importantly, this initiative is not about conversion—it's about care. The volunteers, many of them seniors, give their time month after month simply to support their neighbours. They've asked us to share that due to limited resources and volunteers, they've reached their capacity for the number of families they can help. This article is meant to celebrate their work—not to add to their already full plates.

When I dropped by on May 28, they were in the thick of dinner prep—chopping cheese and vegetables for pasta salad and moving around the kitchen like a well-oiled machine. I pitched in (earning some praise for my lightning-fast cheese-chopping skills—thank you very much!). That day, they were assembling 80 dinners, and the atmosphere was part camaraderie, part efficiency, and all heart.



A special huge shout-out goes to Save-On-Foods in Na'a Plaza, who, since July 2021, has been donating fresh buns once a month—specifically when Shepherd of the Hills hosts the meal prep. Their generosity plays a meaningful role in this bigger story of community care.

And the kindness doesn't stop with dinners. The Dorcas Ladies are also expert pie-makers. They make and sell hundreds of frozen pies each year to raise money for the church and for local charities—no butter, no baking, just beautifully rolled and filled pies ready for your oven. Their specialty? Old-school, flaky strawberry rhubarb pies made from scratch with rhubarb harvested (with permission of course!) 40 years, and the proceeds go directly to supporting local causes. In 2024 alone, donations were made to Children's Cottage Society, Carya Calgary, Calgary Food Bank, and many more.



These women don't ask for recognition. But let's give them some anyway. Their generosity, humour, and steady presence make Bowness stronger, warmer, and more connected.

So next time you pass by the Lutheran Church, tip your hat to the Dorcas Ladies. Our community is better because of them.

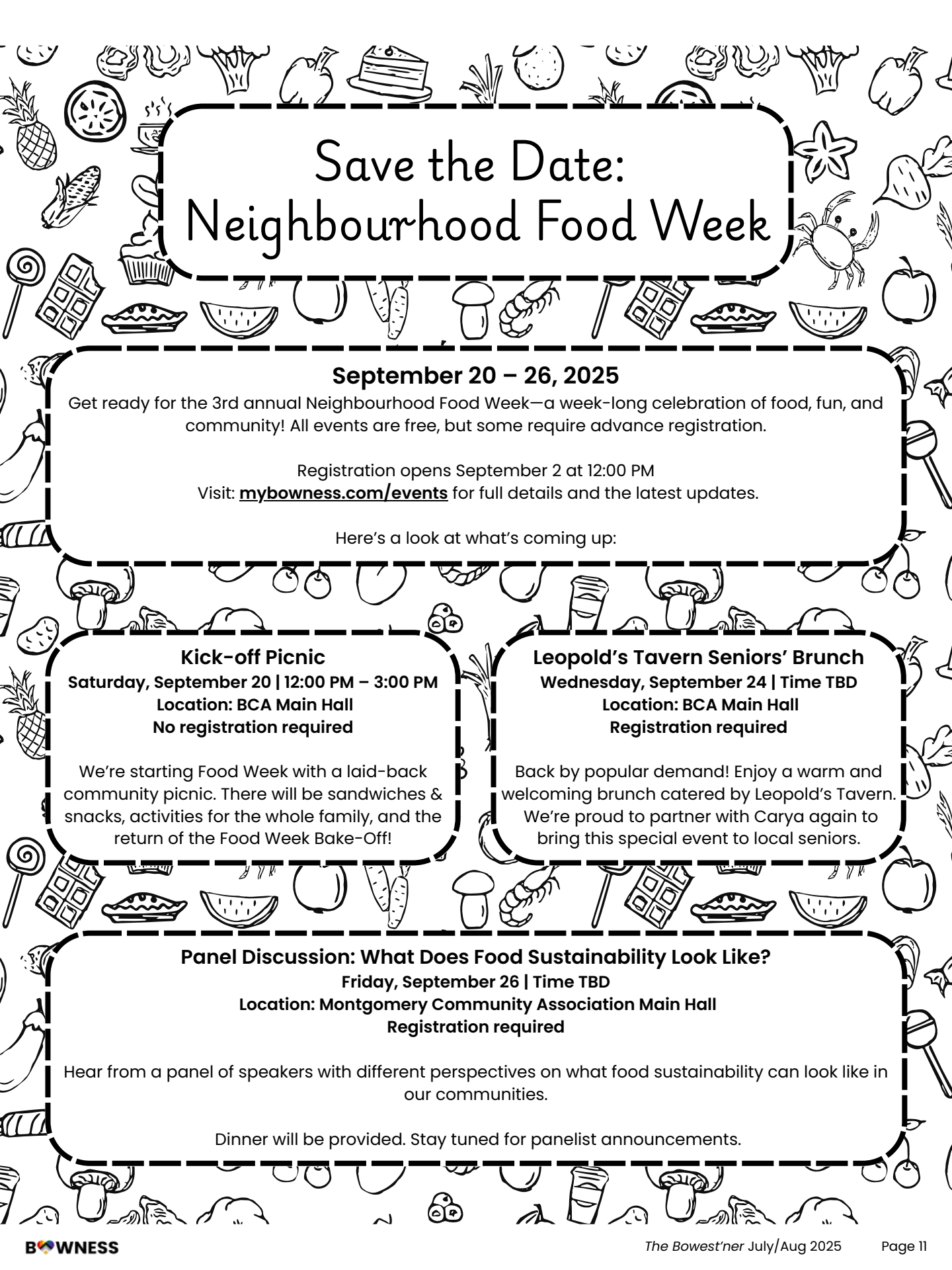
Winter in July??

It's never too early to think about twinkly lights, handmade gifts, and the warm buzz of community spirit. The beloved Bowness Holiday Craft Fair returns **November 15 & 16, 2025** at the Bowness Community Association, and it's set to be another festive weekend filled with local treasures and holiday cheer.

From **10 AM to 4 PM each day**, over 50 vendors will offer unique, handcrafted goods, tasty treats, and everything you need to kick off the season in style—with free admission to boot.

Vendor applications are now open! Visit mybowness.com/events for more information and to apply. If you have questions, email us at craftfair@mybowness.com.

If you're a local maker, don't wait—spots fill quickly, and handmade is the name of the game.



Save the Date: Neighbourhood Food Week

September 20 – 26, 2025

Get ready for the 3rd annual Neighbourhood Food Week—a week-long celebration of food, fun, and community! All events are free, but some require advance registration.

Registration opens September 2 at 12:00 PM

Visit: mybowness.com/events for full details and the latest updates.

Here's a look at what's coming up:

Kick-off Picnic

Saturday, September 20 | 12:00 PM – 3:00 PM

Location: BCA Main Hall

No registration required

We're starting Food Week with a laid-back community picnic. There will be sandwiches & snacks, activities for the whole family, and the return of the Food Week Bake-Off!

Leopold's Tavern Seniors' Brunch

Wednesday, September 24 | Time TBD

Location: BCA Main Hall

Registration required

Back by popular demand! Enjoy a warm and welcoming brunch catered by Leopold's Tavern. We're proud to partner with Carya again to bring this special event to local seniors.

Panel Discussion: What Does Food Sustainability Look Like?

Friday, September 26 | Time TBD

Location: Montgomery Community Association Main Hall

Registration required

Hear from a panel of speakers with different perspectives on what food sustainability can look like in our communities.

Dinner will be provided. Stay tuned for panelist announcements.

THAT'S A WRAP!

2024/25 School Year

Our Lady of the Assumption School

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

What a year we have had!!! Our little school is always buzzing with excitement with school-wide events like our Colour Run, spirit days, community Christmas card delivery, athletics, and of course academics. With our faith guiding everything we do, our students and staff have done service projects that help others, like our Spring clothing drive that gives to those in need, student Christmas card making and delivery to our neighbours in the community, Terry Fox run and supporting St. Vincent D'Paul society to name a few.

Our "Panther Pride" reaches beyond academics and social events but also focuses on Catholic values by us being involved in school liturgies, celebrating sacraments and the positive attributes of our faith.

OLA school serves Kindergarten to gr. 9 Catholic families in the communities of Bowness, Montgomery, St. Andrews, Valley Ridge, and Crestmont and is blessed to have a supportive and engaged parent community.

Wishing you all a relaxing, fun-filled summer.

With blessings,

Ms. Horton
Principal



Discovering Choices Bowness School

This has been a year to celebrate for Discovering Choices Bowness. As an Outreach school, we pride ourselves in building connections and partnerships as we work alongside local organizations to improve the environment where we work and play. This year, our student body, spearheaded by a dedicated Youth Council, had participated in numerous endeavours with a focus on citizenship and community-building in mind.

This Halloween, students gave up their trick-or-treating in order to solicit donations for the Veterans Food Bank of Calgary, securing over \$550 worth of non-perishable goods, and yes, maybe some personal candy too! We've been busy gardening, drumming and playing disc golf in the parks, delivering Christmas greetings to local seniors, and before the snow was even off the ground, we descended on the Silver Springs Island Off-Leash Dog park to remove four garbage bags of trash to beautify our communal spaces.

Through weekly sessions with the BCA our students are learning the joys and pitfalls of pickleball, and at the Trellis Society our Nexus program is fulfilling their Physical Education hours. We are also excited to facilitate an upcoming drumming workshop with the BCA. Along with an historic number of graduates walking the stage this year and set to continue their paths in exciting careers or at the University of Calgary, Mount Royal, and SAIT among others, we are truly excited by all the opportunities for our students. A big thank you to everyone who has collaborated with and supported us this year!

We always look forward to local businesses, not for profits, and others, to reach out to see how we can work together. Have a great summer and we look forward to September!

—DC Bowness Team

Belvedere Park Way School

Belvedere Parkway School is a thriving K-6 Elementary School located a hop, skip and a jump from Bowness Park. We have had an amazing year, with students enjoying a variety of activities and events throughout the school year. Here are just a few we would like to share with our beautiful Bowness Community!

In the fall, students enjoyed building our sense of community and developing our ROARS (Respect, Ownership, Attitude, Responsibility and Safety) values. Students learned from the land at Bowness Park and through our Learning Gardens, which yielded an amazing harvest thanks to the hard work of our parents who maintained the area during the summer months and community members who respected the area as a place of learning for our students. Thank you!

It was an honour to have our Grade 4 and 5 choir students sing at the Field of Crosses on Memorial Drive as part of the Remembrance Sunset Ceremony and as part of our own Remembrance Assembly as we moved into the cooler months. Students enjoyed a One World Drumming residency culminating in our Winter Concert.

In April, we were very proud of our Grade 6 students performing and acknowledging the land for the Off the Wall event at the Jack Singer Concert Hall downtown. Students used our set of Indigenous drums from our drumming residency the previous year and their hard work shone through! Chick hatching recently thrilled our younger students and the ducks are appearing soon! So much more was part of our school year - this is but a snippet! So much learning, so much fun and we are already looking forward to next year! ☺

Have a happy summer!

Jane Gibson
Principal



A RECORD-BREAKING CELEBRATION OF COMMUNITY & MOVEMENT

High Spirits, Fast Feet

June 1st delivered cool temps and a few clouds—the perfect running weather—as hundreds of runners and their adoring fans gathered at the BCA. Run Bowness 2025 drew participants of every age, from a determined 2-year-old to an inspiring 80-year-old, with 644 runners registered—an impressive 56% jump since 2024!

The day produced head-spinning times:

CARSTAR Calgary Bowness Kids Mile: 6 min 45 sec
Bowness Soapworks 5K: 17 min 35 sec
10K: 35 min 41 sec

Community Growth

The Bowness Soapworks 5K grew 22%, while the CARSTAR Calgary Bowness Kids Mile rocketed ahead with a 198% increase. Huge thanks to our title sponsors—Bowness Soapworks and CARSTAR Calgary Bowness—whose generosity makes this celebration possible.

Run Bowness 2026

Mark your calendars for June 7th, 2026!

The 10K race is seeking a sponsor. If your Bowness-based business would like to join this proud tradition, please contact Erin at ebacon@mybowness.com.

Run Bowness continues to unite our community—here's to many more miles together!

Photos provided by Kathy Labbee & John VanTyghem

CARSTAR
Collision & Glass Service
where accidents unhappen.®

Thank You!

**BOWNESS
SOAPWORKS**

BOWNESS

Bowness Nessie Award 2025 Interviews

A Volunteer Spotlight

By: Sophie Stocking



Georgette Blair

Sophie: I'm talking to Georgette Blair, who just won the Spirit of Bowness Nessie Award! What does volunteering and Bowness mean to you Georgette?

Georgette: I moved to Bowness during a hard period in my life; I'd lost a job, COVID happened, I broke both hips, lost a dog and two cats, and also my brother. So yeah, a lot of loss. My kids helped me move to Bowness, they were really wonderful, and then a wonderful young woman who was my neighbour took me to the BCA. I was in a wheelchair still recovering from my broken hips, and I was having a hard time staying positive. So, I started volunteering, and it was a lifesaver for my mental health.

Sophie: What a journey! From the sounds of it you've always been an advocate for people.

Georgette: Yes, I raised five boys and also went to university at 40 and got my social work degree. I worked at a number of agencies after that, and my focus was always advocating for the clients. I raised my kids in Brentwood, but compared to Bowness it doesn't touch what a community is all about.

Sophie: What kind of volunteering do you like to do?

Georgette: Anything having to do with people! But the little forest, the gardening, Run Bowness, a lot of things around the community centre, and I also belong to the Community Kitchen. That's a phenomenal group of people; we just laugh and cook. I was really involved with Food Week as well. I think the discussions about food insecurity are so important.

Sophie: Is there anything you'd like to see developed in Bowness?

Georgette: I'd love to see more of teenagers and seniors coming together. There's a lot of seniors with so much talent and experience, who are retired and looking for things to do, they could mentor teens at Bowness High, and the teens could introduce the seniors to things that they like to do as well. As well I'd love to connect the community garden by Bowness Auto with the food insecurity people. There's so many things you could pursue!

Stan Litwack

Sophie: I'm talking to Stan Litwack, who just won the Neighbourhood Nessie Award! Tell me how you started volunteering in Bowness, and what it means to you.

Stan: I moved to the retirement building across from the BCA in Bowness in 2012, from SW Calgary. Someone from the BCA came over and talked to the seniors about the activities that were going on, so I thought this looks interesting, and they need help, so why not? I got a bit into it, and then the flood happened in 2013, and then I went over almost every day. They either needed supplies that businesses donated, or a lending hand, or a shoulder to cry on, or a hug because they were in deep trouble. So, we were there for them. That's how I got started, and I just went on from there.

Sophie: I hear your favourite thing is cribbage.

Stan: I love playing cribbage! I actually joined the Legion in the 90's, and I'd play cribbage with their Tuesday morning club whenever I could. But when I retired, I started playing crib there every Tuesday, I'd never miss, I loved it. Once COVID hit it changed a lot, our numbers went down to just two or three people, but we put the word out and did everything we could, and now we're back up to around 26 people. I want people to come experience the fun and sense of connection.

Sophie: What's your favourite kind of volunteering?

Stan: Every kind of volunteering! Why? Because it's people! People to me are everything. Let me tell you something; I walk at Market Mall almost every day, and I know many, many people there. It's important to take an interest in people, and be sincere about it, you know, how are you? How is your day? People really open up. They smile and wave at me, come up and give me a fist bump, or a little chat. I love walking at Market Mall. I put on my polka music and walk.

Sophie: Polka is a big thing for you too, right?

Stan: I love Polka! People think it's old fashioned, but there are so many different styles now. I listen to a radio show, the Fun Time Polka Party with Bill Flynn. I have to get up at five AM because its broadcast seven AM New York time. I send him emails, and he's even had me on the show. I've made a bunch of friends through that show. People have come up to Calgary and I've shown them around. I love singing Polka music too. I sing in the mall. Some stores want me to sing once in a while. I sing in the car. I sing at home. It's fun. It's exciting.



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WHAT'S HOT THIS SUMMER

As Bownessians, we all have our hobbies. And this summer is no different! Every issue, Brewsmith Brewing, Mikey's Juke Joint, and Bowness Arts are going to give some top recommendations to keep you entertained and refreshed no matter the season.

Hobby Highlights

By: Nicholas Scurfield, Owner of Bowness Arts

You may not have heard about us here at Bowness Arts, so what's our deal? Well, it's a little mix of everything fun! From vinyl records to board games, books, trading cards, hobby models and more – plus food, drinks (yes, even beer), and candy—while you hang out in our art gallery and game space!

This season, the hot new game is the Final Fantasy set for Magic: The Gathering! Video games and card games collide with this amazing collaboration, bringing your favourite Final Fantasy characters to the best trading card game in the world. Want to give Magic a try? Pick up a premade Commander deck, then join our free Sunday afternoon games—or ask our staff for a free “Welcome Deck”!

In vinyl records, our favourite new artist is Chappell Roan. This Grammy-winning artist released her album *The Rise and Fall of a Midwest Princess* in 2023, reaching its height of popularity this year as her fame continues to grow. Chappell Roan persists as one of our best-selling artists, surely due to her range as a songwriter and performer. Her album can strike an emotional ballad about her personal life on the track “Casual,” while also pumping out dance hits that make your head twist on “HOT TO GO!”

We'll be back with a new recommendation for future Bowest'ner issues for all you hobby lovers!



Bowness Beats

By: Mike Clark, Owner of Mikey's Juke Joint

Hello all! My name is Mike Clark—lots of people know me as Mike—the owner of Mikey's Juke Joint. We're really excited to now be part of the Bowness community.

I've been asked to do a little column about some of my favourite music, and as the owner of a live music venue, I figure that's a pretty good idea!

One of my all-time favourite bluesmen and blues bands is Tommy Castro & The Painkillers out of California. They've released many award-winning recordings, won numerous Blues Music Awards, and toured the world.

I've been fortunate enough to be a “Painkiller” on the Legendary Rhythm and Blues Cruise—three cruises so far. I highly recommend checking them out if you love good, rockin', blues-flavoured music. Their newest album, *Closer to the Bone*, is a killer traditional blues record currently topping the blues charts.

See you down at Mikey's soon!

Sip & Savour: Summer Pairings

By: Colin Baldner, Head Brewer at Brewsmith

Hey Bowness! Colin Baldner, Head Brewer at Brewsmith Brewing here. Starting this summer, I'll be serving up beer and food pairing ideas in this and future issues of *The Bowest'ner*.

No matter your summer plans—backyard BBQs, lazy river days, park picnics, or just chilling on the porch—we've got a brew to match the mood and a dish to go with it. We're kicking things off with our three core (always available) beers and the seasonal bites we think they pair best with.



Easy Living Lager (5% ABV)
German-style Helles Lager



Fun Fact!
“Helles” means “light” in German

Tastes like: Light, crisp, with a perfect balance between local organic barley malt and traditional German hops.

Pairs best with:

- Classic BBQ hotdogs (it's literally our hotdog beer)
- Cayenne-spiced potato salad
- Beer-can chicken (our 473ml cans are perfect for it!)



1951 Pale Ale (5.5% ABV)

Hazy Pale Ale featuring NZ hops (like Nelson Sauvin and Motueka)

Tastes like: Juicy, tropical fruit with a smooth, silky malt body.

Pairs best with:

- Jerk chicken
- Tacos with heat (yes, extra hot sauce encouraged)
- Spicy Italian sausage



Signature Pub Ale (4% ABV)
English-style Dark Mild

Tastes like: Nutty, caramel, and malty-sweet—don't let the darker colour fool you, it's super sessionable (easy to drink).

Pairs best with:

- Grilled steak or any smoky BBQ meats
- Marinades (it's a flavour-boosting secret weapon)

All three core beers are available in 473ml 4-packs—perfect for pairing at home, at the park, or anywhere summer takes you. Cheers to good beer, good food, and a Bowness summer done right.



Bring in this article and get 10% off any food item at Mikey's Juke Joint!





Bowness Art From the Heart

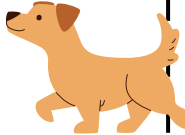


We love receiving creative art submissions from Bownesians! If you'd like to have your artwork featured in an upcoming issue, send it our way at iheartbowness@mybowness.com.

Borkin' Thoughts

A Poem by me, Dog.

i saw squirrel??
was BIG or maybe leaf.
i chase anyway. Heroic.



woke up in puddle.
was my own drool. proud.
best nap of life.



hooman say "no".
but i eat sock.
sock say nothing. weak prey.



tail? suspicious.
follows always.
i bork. tail win.



dig hole.
bury nothing.
spiritually fulfilling.



you smell like outside.
can i go there too??
please respond.



i love u.
unless u cat.
then i love u later.



Chalk the Walk Art

Written and Photographed by: BCA Staff

On June 5th, to kick off Pride Month, the BCA sidewalks got a burst of colour thanks to Chalk the Walk! Bowness neighbours and BCA staff came together to create joyful, creative, and downright awesome chalk art. From sunny skies to community messages, the drawings brought smiles to everyone passing by. Thanks to all the artists—big and small—who helped brighten our block!



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A heartfelt thank you to the amazing local businesses and organizations who support *The Bowest'ner* through advertising and sponsorships. Your contributions allow the Bowness Community Association to create and deliver this newsletter to nearly 6,500 households—and growing—right here in Bowness.

If you saw a business featured in an ad or article, let them know you noticed—it makes a difference! Interested in supporting *The Bowest'ner*? Whether you'd like to place an ad or sponsor a story, email editor@mybowness.com or visit mybowness.com/the-bowestner to learn more.

Together, we're building a more connected community. Thank you for believing in Bowness!

Deadline for Sept/Oct issue



Paul Sipos
Owner

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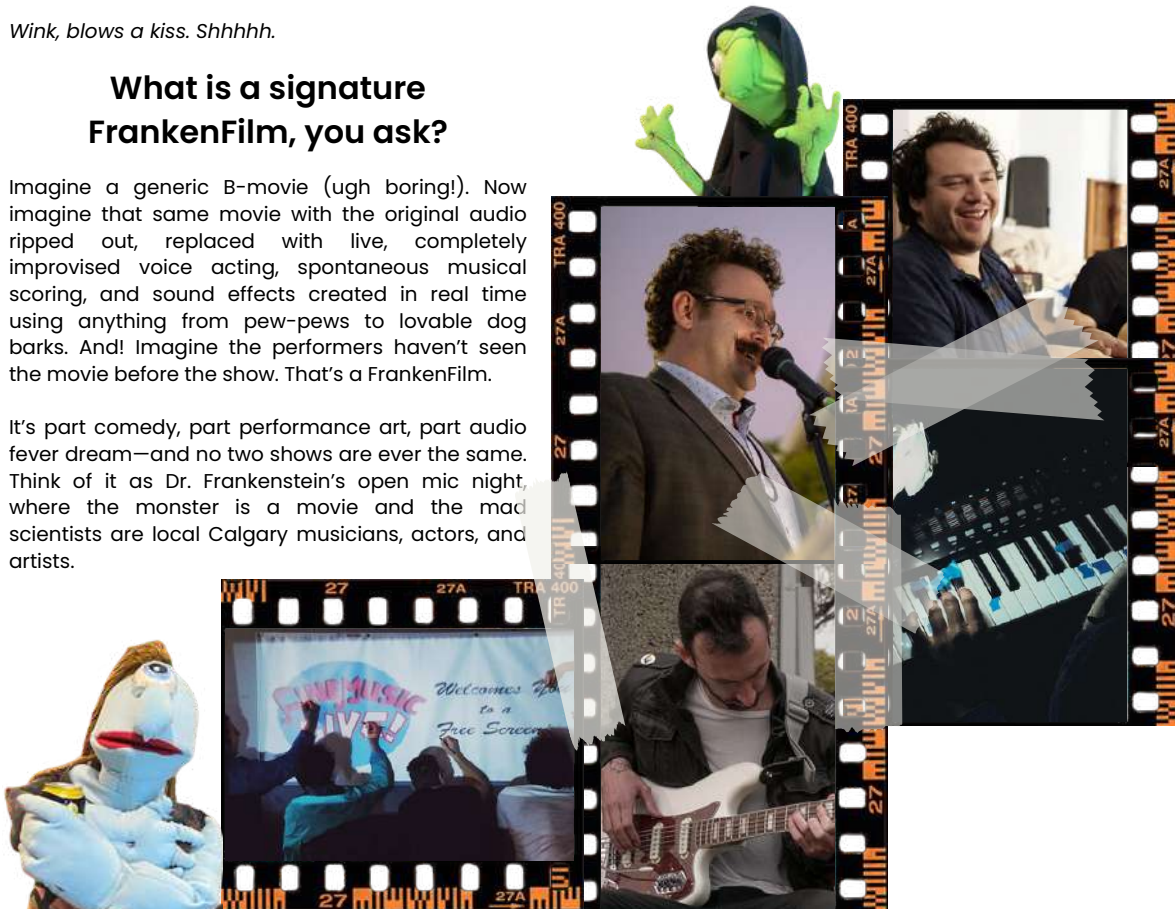


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I wrote this
-Zoë Decker



Why Bowness? Why Now?

"Because it was time," said one member of the group, kind of. Honestly, we asked him this question and then he just talked for 10 minutes about his taxes—yawn! Anyways, FrankenFilms wanted to bring their unique brand of collaborative chaos outside the downtown core and into the hearts and minds of real communities. With free admission, a relaxed performance atmosphere, and a venue that's fully accessible (yes, there's an elevator, and yes, there will be a greeter at the door who will only 6/10 judge you, and yes, that is the best they can do so don't ask!), this show is for literally everyone—as long as you can handle a bit of weird and you're an adult or a cool parent with a 14+ offspring because of swears and boobies in the movie. Most likely?? Who knows! Depends how the voice actors feel that night.

Okay but what's with the pancakes?

Yes, the poster says "1st Pancake Show." No, it's not a typo. This is FrankenFilms' first sizzling return after a five-year hiatus—their test pancake, if you will. You know the one: a little lumpy, slightly weird-shaped, but still delicious.

And just to stay on theme, they'll actually be serving pancakes before the show. So come early, grab a drink at The Landing, and enjoy a hot stack before things get really weird. Syrup optional, chaos guaranteed. Be there or be square!



mybowness.com/events/FrankenFilms



Scan to reserve your ticket!



Final Words of Warning & Encouragement

Come one, come all—but come prepared. There will be laughter. There may be confusion. There will definitely be moments where you whisper to your neighbour, "Wait, did that guy just pull out a puppet and drape it sensually across the bar?" Yes. Yes, he did.

It's absurd. It's brilliant. It's a little bit terrifying.

It's FrankenFilms.

Show: FrankenFilms Presents: Lady Frankenstein
When: August 9, 6:00 PM – 8:00 PM | Doors at 5:30 PM
Where: The Landing @ Bowness Community Association
Admission: FREE | Registration required!
Age: 14+ (Minors need to be accompanied by an adult)
Accessibility: Elevator access, greeters, and flexible seating for fidgety types



This project has been made possible with support from the Ripples Community Building Grant, a program of the Bowness Community Association made possible with support from the Community Hubs Initiative: a collaboration between The City of Calgary and United Way of Calgary and Area, with Rotary as a founding partner.

Bowtanical Garden

That Daily Cup of Java

Written by: Beverley Sheridan

"But the coffee shop was giving them away." Last year I had just scored a huge bag of used coffee grounds from my favourite coffee shop and was gloating to a friend about my new found source of organic matter for my garden. His response was less than enthusiastic and claimed they were likely ineffective or worse, harmful to my plants. Not one to turn down anything free that might reduce my gardening budget, I decided to do a bit of research about using coffee grounds in the garden.

Coffee is one of the most popular drinks worldwide, with about 2.25 billion cups being consumed every day. A recent report from Las Vegas online retail coffee seller Cafely LLC indicated that in Canada alone, we consume about 1.57 cups per day per capita. That is a huge amount of coffee grounds being produced daily. It is organic waste and should be good to use in the garden—a far better choice than pouring the grounds down the drain. I went looking for some answers and found some researched data along with lots of anecdotal advice about how to use all this free organic material in my garden.

Most sources agree that coffee grounds are an excellent compost pile ingredient or, in moderation, can be applied directly or mixed into the soil. They contain about 2 percent nitrogen and trace amounts of phosphorus, potassium, and micronutrients such as calcium, magnesium, copper, iron, and zinc. I have been mixing mine into the soil when I've been transplanting or adding new plants to a bed. Given the size of the particles and their consistency, they should be beneficial for drainage and soil aeration, and they also give a nutrient boost to the plants. A repeated warning I did encounter was to not use coffee grounds as a mulch on the surface of the soil, and knowing how I love my mulch, this got my attention. Like clay soil, they contain very small particles that stick together, and when used in a thick layer, create a barrier that prevents water and air from penetrating the soil. Repeatedly, the advice was to add the coffee grounds to the compost pile—for those who compost regularly, coffee grounds are considered green material—or mix them directly into the soil instead of just spreading them around the plants.

There is some data that indicates the caffeine remaining in the coffee grounds (this appears to vary widely depending on how the coffee was prepared) can have an inhibitory effect on some plant growth and seed germination. As with many things in life, moderation is key. Opinions vary widely on whether used coffee grounds can change the pH of the soil. Coffee tends to be slightly acidic, so in theory, it should benefit acid-loving plants such as hydrangeas. However, given the wide variability of brewing methods and the gradual breakdown of the particles over time, it's unlikely that coffee grounds will have a significant effect on soil pH.

One of the most controversial areas I encountered related to whether coffee grounds actually work as a natural pesticide. There isn't much definitive research, but there are plenty of anecdotal stories. Many people claim that coffee grounds can be used as a slug repellent since slugs dislike both the caffeine and the gritty texture. Some claimed this had no effect, while others praised coffee grounds for repelling not only slugs but also ants, cats, and foxes. Since I didn't see squirrels on the list, I'll just mix mine directly into the soil.

One very important issue that many writers did underscore in reference to using grounds as a pest deterrent is the potential danger to dogs. Caffeine can be toxic to dogs. If you own a furry companion who loves to eat or lick anything that appears to be interesting, it would be wise to mix your coffee grounds into the compost pile or dig them into the soil—avoid laying them on the surface.

As I am a one-cup-of-coffee-a-day person, the volume of coffee grounds I produce in a week is quite small. I'll be returning to my favourite coffee shop to see if they are again putting out bags of grounds for the taking. If not, I'll be asking.



Summer Hiking Spots in Bowness

By: Theresa Mercier

Another hot summer in Calgary means plenty of time to start exploring outside. Summer commitments can mean that getting out to the mountains does not happen as often as we'd like. Luckily, there is no shortage of natural areas in Bowness and whether you're new to the neighbourhood or been here for years there are plenty of new places to bring the whole family or go for a peaceful wander by yourself.

Beach by River Valley School

For a quiet hangout spot the River Valley School Beach is easily accessible yet nicely secluded. This peaceful little beach spot is right across from the more popular Shouldice Park and being north/west of the park, you'll enjoy the added benefit of a little more sunshine especially during the long summer days.

To get to the beach is a bit of a steep climb down but if you can make it there, you'll be rewarded with a rocky hangout that's great for lounging in the sun or throwing a stick for the pup in the shallow water. It's always good to be cautious if going down to the beach in the summer as sometimes the summertime melt can raise the water level and make the current stronger. If the steep trek down is a little too much for some, the ledge above the riverbank is also a nice sitting spot with beautiful views of the park and Hextall Bridge.

Go there for an evening stroll and you might see the lights shining from the Bridge.



Silver Springs Waterfall

The Silver Springs Boardwalk in Bowmont Park is a slightly more popular spot, but with a wooden boardwalk, it'll add a little bit more adventure to a usual paved park exploration.

The path starts just off the main Bow River pathway past the viewpoint. It features some stairs and a well-maintained boardwalk that is accessible for people of varying mobile needs and leads right down to the river. With overhanging trees and the sounds of the waterfall it really does feel like you've been transported into the wilderness. Along the way are interpretive signs with information about the local ecology. On the way back you can head up a set of stairs to complete the loop or follow one of the many dirt paths where you could find yourself wandering for hours.

If you aren't able to make the steep walk down, the views from the lookout on the top of the path are spectacular and still feel like a real nature escape.



The trails around Bowness feel endless—there's something for everyone, no matter your interests or abilities. Take a break from the everyday hustle and explore a nearby path. You might just get wonderfully lost and discover something new.



The Bowness Roots of Mobile Escape & Escape Mail

Faces of Bowness

By: Zoë Decker

Back in 2016, longtime Bowness resident Paul Harvey was working a stable job at a windshield repair company. The pay was good, the work reliable—but something was missing. “I was bored,” Paul says. “I wanted to be doing something I actually cared about.”

Around that time, his brother-in-law Eric Reynolds came to him with an idea: a mobile escape room business for corporate events. But Paul wasn’t sold. “Honestly, it just sounded like more hustle—trade shows, pitching to clients, being on the road,” he says. “It didn’t feel any different from what I was already doing.”

It wasn’t until a teacher friend stepped in that things shifted. She suggested the mobile escape rooms could be brought into classrooms to support hands-on learning. That idea hit a nerve. “That’s when it clicked,” Paul says. “It suddenly felt personal.”

Paul had been a fidgety kid who never quite fit into the traditional classroom mold. “I thought I just wasn’t good at school,” he says. “But really, school wasn’t designed for kids like me.” So the idea of helping students learn through puzzles and play—while aligning with the Alberta curriculum—felt not just exciting, but necessary.

He teamed up with Eric, and together they launched Mobile Escape, a first-of-its-kind classroom escape room experience delivered in a trailer. The goal? To help kids think critically, communicate, and collaborate—especially the ones who, like Paul, needed a different way to learn.



Pivoting Through the Pandemic

When COVID-19 hit, Mobile Escape lost 90% of its revenue almost overnight. “We had tens of thousands of dollars in school bookings lined up,” Paul remembers. “And then—delete, delete, delete. Gone.”

With only three months of cash left and no way to bring the escape trailer into closed schools, the team acted fast. The result was Escape Mail—a mailed-at-home puzzle adventure that people could play from their living rooms.

“Eric and I were like, okay, what do we have? We’ve helped kids design simple puzzles before. Let’s make some of our own, put them in an envelope, and mail them.”

The first Escape Mail series became a 12-part mystery, where players received monthly letters from a fictional long-lost cousin named JJ. Each letter brought new puzzles and clues, unravelling a family treasure hunt with cliffhangers that left subscribers wanting more.

“It took off way faster than we expected,” Paul says. “Suddenly, people were getting a new date night mystery in their mailbox every month.”

Escape Mail was later translated into Dutch and German, reaching audiences far beyond Bowness. Though the German version eventually folded, the Dutch series continues strong today.

School Bell to Business Plan

After testing out the concept with a few classes, it quickly became clear there was something special here.

“We realized teachers were really looking for help teaching problem-solving and creative thinking,” says Paul. “They’d say, ‘I can’t even get this kid to understand multiplication if they don’t know how to think critically first.’ That was the light bulb moment.”

By 2018, the team had expanded the program to Edmonton, bringing mobile escape trailers to schools across Alberta. Inside, students rotated through a mix of immersive escape games and puzzle-making stations—where they weren’t just solving puzzles, but creating their own for classmates to solve.

“That part was wild,” Paul laughs. “It was chaotic and student-led and so rewarding. We had one station where kids built their own puzzles, and by Friday, parents came to the school to try to solve their kids’ escape rooms.”

Decode the
hidden message



The Dragons' Den Dilemma

By 2022, the team relaunched Mobile Escape locally in Calgary and tried to juggle both businesses. But the challenge of running two companies, both requiring hands-on leadership, started to show.

Soon after, they took both ventures to Dragons' Den, pitching to the famous panel of Canadian investors. The feedback was clear: "You're trying to do too much."

"They told us we were doing both things okay, but not doing either excellently," Paul admits. "And they were right."

That nudge pushed them to make a big decision. In late 2023, they sold Mobile Escape to Escape City, a company with escape room locations in Edmonton, Calgary, and Saskatoon.

"The sale wasn't about the money," says Paul. "We cared way more about seeing the program live on in the way we envisioned it. And Escape City has been an awesome fit. They've got trailers running again, even rotating one out to Saskatoon, and we still support them from the sidelines."



"Eric lives in Bowness too, and we've even got a second property here that we use as an office. It's a great balance. We get to keep designing puzzles and stories, but now we can do it on our own schedule."

The shift also allowed them to think bigger. Unlike the local service model of Mobile Escape, Escape Mail is a global e-commerce business. They've since created Shinobi: The Ninja Scroll, a one-off game packaged in a beautifully illustrated tube, and are now developing their newest series based on the true story of Antarctic explorer Ernest Shackleton.

The Puzzle Lives On

At its core, both Mobile Escape and Escape Mail have always been about creative thinking—and supporting learners who don't always fit the traditional mold.

"There are so many kids who don't thrive in a typical classroom," Paul reflects. "I was one of them. And two of my three kids are too. I have huge respect for teachers, but it's clear that a lot of students benefit from doing school differently."

That mission continues, even as the format evolves. Whether it's a trailer parked at a school, or a scroll arriving in your mailbox, the goal is the same: to spark imagination, encourage critical thinking, and invite people into stories that make them see the world a little differently.

As Paul puts it, "It's more than just puzzles. It's about giving people a chance to learn in a way that works for them—and to have a ton of fun while they're doing it."

Why Escape Mail Won

Choosing to keep Escape Mail came down to a mix of lifestyle, sustainability, and creative growth.

"Neither of us ever imagined being full-time educators," says Paul. "Running high-energy school programs every day was exhausting. We wanted to be around more for our young families and not out the door before sunrise."

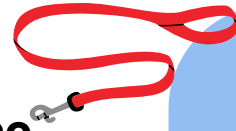
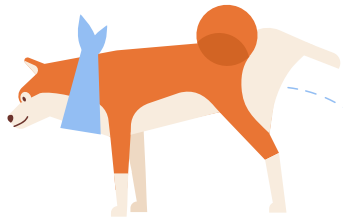
Escape Mail gave them more flexibility—with a home base right in Bowness.



Exclusive for Bowest'ner Readers:
Paul and Eric are offering 15% off storewide at theescapemail.ca.

Just use the code BOWESTNER at checkout.

THE LEASH IS NEVER LONG ENOUGH



This story was sponsored by: Pawmer Vet

Tales from the Fence Line

Written by: Brad (a.k.a. The Bownessie Detective)

The Bowness Dog Park, nestled along Calgary's Bow River, is known to most as a peaceful riverside haven for four-legged compatriots. But spend a day there, really listen, and you'll start to notice the rhythms, the rituals. The stark and subtle divides. The dogs aren't just playing. They're surviving. They're molding. They're building quiet, drool-soaked empires. And if you listen long enough, you'll hear something deeper still. A low, growling hum of longing. Not just for tennis balls, but for meaning. Belonging. Maybe even redemption.

I'm still awaiting my letter from the Queen about Bownessie (see last month's article), and as part of my early release program, I must submit an article to every issue of *The Bowest'ner* (sigh). Thus, I found myself seeking the true wisdom keepers, who knew the abyss of the human soul better than any other—man's best friend.

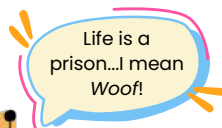
From sunrise till late afternoon, I walked the trails, scribbling in a notebook, sipping Canadian rye with instant coffee added (damn those tariffs, I miss bourbon), and conducting one-on-one interviews with anyone who would sniff my shoe and talk. The dogs spoke freely. Their humans, sometimes less so, and often with less purpose. And like any dive bar at 2 a.m., the hours rolled by with a hesitant eye towards closing time. The heart focused not on the past, but on something better that never quite arrived.

At 6:42 a.m., the fog still hangs over the river like a sheet nobody folded, and the early crowd is already filing in. Like the social crowd at a Timmie's on Sunday morning, these are the elderly, wiser dogs. Older, slower, but no less serious.

Gerald, a 14-year-old German Shepherd and retired police narcotics dog with a voice like gravel and eyes that have seen too much, perches near the southeast fence. "This place used to mean something," he mutters. "Now it's all influencer pups and off-leash anarchy. I did time in Red Deer, son. Real busts. Real adrenaline. Now? I get my arse passive-aggressively sniffed by a Cockapoo named Waffles. Who the hell names their dog Waffles?"

Gerald's owner, Rick, offers context between sips of black coffee. "He still tries to get into my sock drawer like there's contraband in there. I can't go on a date because he'll toss her purse. Old habits." Rick tosses a ball playfully towards the river, while Gerald stoically looks on.

"I'm above this," he says to no one. "I made a difference."



Nearby, Molly, a 9-year-old Golden Retriever with the energy of a PTA president and the heart of a therapist, conducts her rounds with the organizational rigour of someone who could chair three fundraising committees before noon. She watches Gerald with gentle concern, occasionally padding over with a friendly nudge or an invitation to join the group sniff around the elm tree. "He's been through a lot," she confides. "I try to get him involved—costume parties, water dish socials, treat swaps. But he just growls and says he's 'fine.' He isn't fine. Still, I'll keep trying."

Her owner, June, adjusts her floral scarf and adds, "Molly's been in three dog weddings. She coordinated one of them. For a dog that is colour blind, she's stunning at melding pastels."

"I use scent-based mood boards," Molly corrects June. "They're very intuitive."

By 9:13 a.m., the sun is up, and so are the Millennials—dogs and humans alike. Leashes come off like spring-loaded release valves, and chaos blooms across the gravel.

Luna, a 2-year-old Husky mix with too much ambition and not enough braking mechanism, barrels toward the river and back before I can even ask a question. When she stops to speak, it's mid-pant and half-unhinged. "OHMYGODYES. THIS PARK? I LOVE IT. I LICKED FIVE DIFFERENT ROCKS. I DON'T KNOW WHY. I'D DO IT AGAIN."

Her human, Cam, jogs past, laughing. "She once tried to dig to China. We had to explain soil composition to her. I don't think she understood."

Beans, the now-legendary 3-year-old French Bulldog, arrives like DiCaprio arriving at Cannes. Small but dense, he saunters up to the picnic table, head cocked at the perfect influencer angle, somehow catching the right light by instinct. "This park? Great angles. Great brand alignment. Last week I did a campaign for gluten-free pig ears. My followers love irony."

His owner, Madison, nods knowingly while adjusting a ring light clipped to her tote bag. "He gets more DMs than I do. I manage his page. We're negotiating a collab with a kombucha brand."

But there's a strange flicker behind Beans' eyes. It looks like—but couldn't possibly be—a glint of dissatisfaction. Maybe it's the Puppuccino addiction. Maybe it's the weight of relevance slipping through his tiny, manicured paws. Fewer dogs notice him as time goes on, and younger dogs move into the limelight.



By 11:45 a.m., the power dynamics begin to shift. Gone is the illusion of harmony.

Enter Cyrus, the 11-year-old Border Collie who has not taken a break from security detail since 2019. "There's a spike in pigeon activity. East end. Coordinated. I've also seen Churro making contact with squirrels. You think that's random? Open your eyes."

His owner, Ken, a wiry man with hiking boots, binoculars, and what may have once passed as pants, leans in to whisper, "We encourage it. Keeps him sharp. And let's be honest, ever since the COVID shots started putting microchips in everyone, dog park crime has gone up 300%. They don't want you to know that, but it's true. I've got a spreadsheet."

Scout, a 1-year-old Heeler, jogs tight laps. He has a mouth that will say 'I'm not obsessed', and eyes that scream 'Alberta Health's mental health coverage is woefully underfunded.' "It's chill," he lies. "Like, I'm not even trying that hard. I just happen to notice when anyone's ball goes unclaimed. I return it. Immediately. Out of courtesy. Not obsession. I'm nice. I'm not trying that hard. Every ball has an owner."

Scout's owner, Tessa, sighs. "He reorganized our entire shoe rack by brand, colour, size, and country of origin. Then he judged us."

Behind the speed, behind the utility—there's a panic. A need to matter. "The vibes," he says, when asked why he attends the park every day. "Where else can I find these vibes. I get to make a difference."

At 1:20 p.m., I wander toward the chain-link divide between big dog and small dog areas. There sits Churro, a 5-year-old Chihuahua with an aura of quiet hatred and fur like burnt caramel.

"They tell me it's for my safety. That my 'structural integrity' can't handle the chaos of the big dog zone. You know what I hear? Segregation. Speciesist policy. I've seen Yorkies over there. I've seen Corgis. But me? I bark too loud, so I'm 'a liability.'"

His owner, Lena, looks tired. "He's written several manifestos on the back of treat bags. One of them rhymed. It was... surprisingly moving. We had a good cry."

Churro's gaze is fixed somewhere past the horizon. "One day, the gates will open," he whispers. "And when they do I won't be fetching their tennis balls. I'll be fetching their balls."

Churro longs for a big stick—not to play with, but because the carrot failed. Sometimes the revolution needs a symbol that can be swung.

By 3:40 p.m., the park begins to soften again. The light grows golden and the urgency melts into something else.

Daisy, a 6-year-old Whippet, races across the field as if being chased by memories. "Stopping feels unnatural. The wind is my therapist. I run to forget and forget to stop. My paws are my journals. Each step, a confession. My tail waves and paints a reality on top of a reality that only we can see. This isn't a dream, but I'm not awake."



Her human, a woman named Marla, watches with a knowing smile. "She only talks like this to mask the fact she got sugar drunk and binged Love is Blind with me this weekend."

By 5:00 p.m., the dogs are reluctantly collected. The humans whistle, bribe, and plead. Some dogs comply. Others disappear behind shrubs and emerge minutes later with sticks too large for polite society.

Molly circles one last time, nudging a nervous mutt toward the exit.

Gerald is already in the backseat of Rick's Subaru, glaring through the window like a war-weary ghost, being chased within the car rather than chasing cars.

Beans reclines in the trunk of an electric SUV, lit by golden hour and the glow of his owner's ring light, like a prison spotlight catching him mid-escape.

Churro sits alone at the fence line, posture perfect, eyes on the horizon, watching the gates to the big dog park the way some may gaze upon the gates of Heaven.

The dogs of Bowness aren't just chasing balls. They're chasing clarity. They're running from regrets and toward redemption. They are aching for something they can't name but feel in their marrow every time a leash clicks open.

They are seeking connection. With each other, with the humans who adore them, with the soft tug of meaning in a world that insists on being a good boy.

In the span of an afternoon, they build alliances, sabotage friendships, chase ghosts, and mark territory. They bark at squirrels like Whyte Avenue prophets screaming into the void. They dig holes not to bury bones, but to prove they still can. They love too much and too fast, and when they collapse in the backseat of a dusty Toyota or curl into the passenger seat of a car they still believe they own, they don't dream of treats. They dream of purpose.

And for the sliver of just a few small hours, here they find it. Here, at the dog park, their purposes can be fulfilled.

So, if you go to the Bowness Dog Park, bring treats. Bacon ones. But also bring respect. Understand that we come here with our loneliness, with our jagged edges and empty cups, and we pour those into our dogs hoping they'll fix the leak in our souls. We call them companions, but sometimes we mean placeholders. Placebos. Substitutes for what the world has failed to provide. We think our affection is enough, that our neediness is purpose enough for them.

But what if it isn't? What if they, too, are quietly wondering why they've been leashed to our projections?

And if you hear rustling in the underbrush, well man, it's just Churro. That dog is friggin crazy.

But maybe he's not wrong.



FLOOD SEASON NEWS & UPDATES

Welcome to Flood Season

Submitted by The BRFM

Bowness Responsible Flood Mitigation Society (BRFM) held the 6th Annual General Meeting on May 28, 2025. With over 50 people in attendance and many special guests, it was a successful and informative evening.

Guests included:

- Rebecca Schulz, Minister of Environment & Protected Areas, (via video message)
- Sonya Sharp, Ward 1 Councillor
- Sandra Davis, River Engineering Leader with the City of Calgary
- Sarah Marshall, Senior Water Resources Planner with the City of Calgary
- Charlie Lund with Calgary Rivers Community Action Group (CRCAG)

Highlights from the evening:

- Sonya Sharp understands and supports BRFM's position on a maximum flow of 800 m³/s
- Sandra Davis discussed river systems and watersheds, noting the City aims for the lowest possible flow rate, as groundwater flooding starts at 600 m³/s and overland flooding at 800 m³/s
- Sarah Marshall discussed the newly released Provincial Flood Map (image below) and how it affects our community.
- The City is planning to integrate new flood mapping into the Land-Use Bylaw, studying groundwater mapping, and engaging the public through the Calgary River Valleys Project.
- Charlie Lund with CRCAG spoke of their Position Statement released in April of this year. They support a maximum flow rate of 800 m³/s and advocate for 1/200 year flood event protection on the Bow River Basin. CRCAG continues to push the Government of Alberta to determine additional or alternative projects to protect all of Calgary for a 1 in 200 year flood event as they believe the Relocated Ghost Dam option alone will not provide full flood protection.

If you have questions for CRCAG or want to know more about their Position Statement, you can reach them at info@crcactiongroup.com

The Bowness Community Association supports equitable flood protection for all river valley communities. While we remain neutral on specific mitigation options, we encourage Bowness residents to research proposals and share their views with the City of Calgary.

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Updated Flood Map

Submitted by The City of Calgary

The Government of Alberta released Calgary's updated Flood Hazard Map, available at floods.alberta.ca. The map is a key tool for understanding flood risk in our city, guiding development decisions and our ongoing efforts to build a flood-resilient Calgary. The map reflects an updated understanding of a 1:100 flood, based on decades more data.

The map shows the regulatory 1:100 flood zones (i.e. floodway and flood fringe areas) and highlights areas that could be affected by even larger floods.

It includes two new zones:

- High Hazard Flood Fringe, which has similar risk to the floodway, meaning the flood water during a 1:100 flood is over 1 meter deep, and/or flowing faster than 1 metre per second.
- Protected Flood Fringe, which reflects areas protected by flood mitigation infrastructure, such as a flood barrier. Only permanent, dedicated flood control measures are reflected in the map. Temporary measures are not included, such as the 5-year agreement with TransAlta (which allows the Province to set the Ghost reservoir level during flood season).

Calgary's updated map also reflects the protection provided by the newly completed Springbank Off-Stream Reservoir, which reduces the flood hazard area along the Elbow River and, to a lesser extent, along the Bow River downstream of the Elbow.

What's next?

The City is reviewing the updated mapping, alongside new groundwater mapping currently under development, which will show areas of high groundwater risk during a 1:100 flood. New draft regulations for each flood hazard zone will better align development with changing risk levels and investments in flood protection, improve clarity when building, increase resilience to overland and groundwater flood risk, enhance safety and help buildings recover from more severe floods as our climate changes.

The new flood hazard and groundwater maps, along with proposed regulations, will be shared during the next phase of public engagement for the Calgary River Valleys Project, expected in late 2025. Learn more and get involved at calgary.ca/rivervalleys.

What does this mean for Bowness development?

Although the Province is proceeding with work to design a larger Ghost Reservoir, which will provide additional protection for Bowness, Bowness is one of the only Calgary neighbourhoods remaining at high risk. Development in zones of High Hazard Flood Fringe needs to be carefully considered to ensure the buildings and uses are safe, people can evacuate, and damages are minimized.

Until the new maps and regulations are approved by Council (estimated early 2026), development applications will continue to be reviewed under the current Land Use Bylaw. We'll continue to share with applicants the latest information, including the new map, using the new information to provide recommendations for further resilience, or permit relaxations as appropriate – as we've done since 2013.

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COME ON DOWN TO YOUR HISTORIC MAINSTREET

We are thrilled to have you join us on Monday, August 4, 2025, for the Tour de Bowness Race + Festival, for some August long weekend festivities! This year marks a special milestone—the 22nd Anniversary of this incredible event. The cycling race runs from 9 AM to 5 PM, while festival activities and vendors operate from 10 AM to 5 PM.

Details on mainstreetbowness.com

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



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Website

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Socials

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Office Hours

Monday – Thursday | 9:00 AM – 4:00 PM
Friday | 9:00 AM – 12:00 PM

The Landing

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Evening Food & Drinks:

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*Closed Saturday and Sunday
thelanding@mybowness.com

We acknowledge the neighbourhood of Bowness is located on the ancestral and traditional territory of those who signed Treaty 7 in 1877: the peoples of the Blackfoot Confederacy and to the historic Northwest Métis (May-tee) and the Métis Nation of AB, Region 3.

As treaty people, we collectively care for, share, and celebrate Bowness, nestled along the Bow River as it flows toward its meeting with the Elbow River, at the place known as Moh'kinstsis (Moh-gihn-s-tis), Wicispa (Win-cheese-pah), or Guts'ists'i (Goo-tist-see)—and which we now also call Calgary.

With gratitude, we accept the responsibility of being a community gathering place. We are committed to walking the path of Truth and Reconciliation, connecting and growing together, honouring our shared histories, and shaping a future rooted in mutual respect.

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Vice President and Director of the Community Garden

Jimmy Doyle

Treasurer

Beverley Sheridan

Secretary and Co-Director of Planning & Development

Gideon Mentie

Co-Director of Planning & Development

Jeff Riedl

Director of Communications

Jessica Clark

Director of Facilities

David McCulloch

Director of HR & Nominating

Harvey Matchullis

Directors at Large

Fionna Rovane
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