

Nov/Dec 2025

WEST'NER





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Suite #307, 7930 Bowness Road NW
Calgary, AB Canada T3B 0H3
Tel: 403.571.7755 Fax: 403.571.7759
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)

8



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



**JOEY &
LISA
SULLIVAN
ARE BACK!!**



After selling their previous business of 14 years and working through their three years of purgatory (non-compete lol) in rural Southern Alberta, Joey and Lisa are now able to service Calgary and their home community of Bowness with their new company Cowboy Trail Tree Service!!



- Tree Pruning
- Tree Removal
- Hazardous Tree & Limb Removal
- Tree Risk Assessments, Appraisals, Preservation Plans, and More!
- ISA Certified Arborists
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**Ask us about our dead spruce tree special!!
Lets make Bowness Beautiful Again!**

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• • • • • BOWNESS COMMUNITY ASSOCIATION • •



CRAFT FAIR

Shop Local. Support Art.

10-
4PM

Nov 15-16, 2025

Mar 28-29, 2026

Accepting Vendor Applications Now!

BCA Main Hall | 7904 43 ave NW 
mybowness.com 



bowness



Fireside & Frost

Issue 119
Nov/Dec 2025

As the nights grow longer and the mornings turn crisp, Bowness glows with the warmth of home, hearth, and holiday cheer. In this issue of *The Bowest'ner*, we invite you to slow down, sip something warm, and curl up with loved ones as you enjoy these stories.

Inside, you'll find holiday recipes from around the world; poems that capture the crunch of fallen leaves and the hush of fresh snow; and stories of art, music, and joy that light up our community. Don't miss the holiday markets around Bowness or the festive holiday dinner at the BCA.

Last issue, we had a ghost hunt—56 ghosts were hiding in the pages and Lucy H. was the lucky winner! This issue, it's a stamp hunt! Paul Ackerman (RE/MAX Realty Professionals) has lost all his holiday stamps in this issue and needs your help to find them all! Count all the stamps and email your total to iheartbowness@mybowness.com for a chance to win a \$50 gift card to a Bowness business supplied by Paul!

The Bowest'ner is made possible by the many Bownessians who contribute their time, stories, and creativity, and by our supportive sponsors. We love hearing from you—send feedback, ideas, or just a holiday hello to editor@mybowness.com. Stay warm, stay cozy, and happy reading!

— Zoë Decker
Editor, *The Bowest'ner*

On the Cover:



Frosty November Morning
Photo by Zoë Decker



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From Persia to Plate

Check out this story on the history of cookies by the Bowness Seniors' Centre! It'll put you in the mood for cookies!



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The Sour Patch Men

Dive into *The Second Best Band* in Bowness—the new album from Bowness' second-hottest band.



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A Year Under a New Name

The Bowness Ratepayers' own Caroline MacKenzie takes us through the history of The Scout Hall.



28

The Season of Surveillance

Santa Claus or Big Brother? This tongue-in-cheek piece will get you in or out of the mood for "The Season".

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bowness

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 everyone.

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.

If you ever have an experience at the BCA that doesn't feel inclusive, please reach out at iheartbowness@mybowness.com.



YOU ARE INVITED TO THE

BCA HOLIDAY DINNER

TICKET & T3B POSTAL CODE REQUIRED

TICKETS AVAILABLE STARTING NOV 12 AT THE
BCA OFFICE OR BY PHONE AT (403) 288-8300



SATURDAY, DEC 6

DOORS OPEN AT 5PM, DINNER STARTS AT 6PM

BCA MAIN HALL | 7904 43RD AVE NW

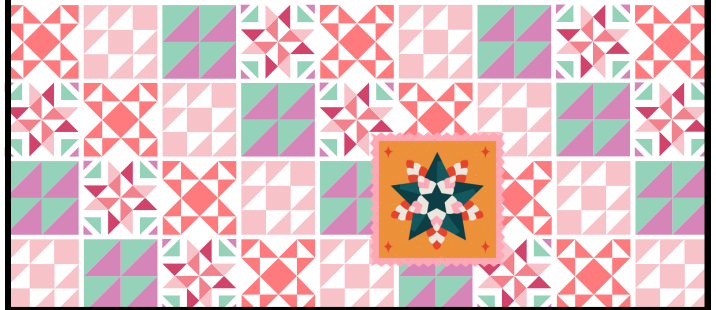


**FREE to
Attend!**

Holiday Craft Fair

**NOV 15-16, 2025
10 AM - 4 PM**

**BOWNESS COMMUNITY ASSOCIATION
7904 43rd ave NW**



BOWNESS Christmas Market

**Saturday
December 13**

**Bowness
Community
Association**

10 - 4pm

**80 VENDORS | MUSIC | GIVEAWAYS |
INTERACTIVE GAMES | FACE PAINTING**



CRIBBAGE SUNDAYS

**AT BREWSMITH
BREWING
1PM**



BREWSMITH BREWING CO, CALGARY

BCA Events & Happenings

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

Holiday Craft Fair!

Nov 15 & 16 | 10:00 AM – 4:00 PM (both days)

Location: BCA Main Hall

Free to attend

It's that time of year again! It's the Holiday Craft Fair! Come support local artists as they show off their homemade crafts and goods. With 100 vendors, you're sure to find a treasure or two! Free to attend and fun for the whole family!



Bowness Holiday Dinner

Saturday, Dec 6 | 6:00 PM (doors at 5:00 PM)

Location: BCA Main Hall

Ticket and T3B- postal code required

Every December, Bownesians gather to share a meal provided by the BCA and countless volunteers. Tickets are available starting Nov 12 and are free but you can donate by emailing events@mybowness.com.



Annual General Meeting

Wednesday, Nov 5 | 7:00 PM – 9:00 PM

Location: BCA Main Hall

Registration required

Hear about our work over the past year and elect our leadership team. The meeting is open to all, but only members with a BCA membership active BEFORE October 6 can vote.



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 Stick & Puck or free Public Skate!



Pickleball

Mondays | 5:30 PM – 7:30 PM

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.



Scrappy Cooking

Monday, Nov 24 | 6:00 PM – 8:00 PM

Location: BCA Kitchen

Registration required (opens Nov 10)

Did you know that one-third of the world's food is wasted? Join the Elements Society in the kitchen to explore how food waste impacts our planet and learn some new recipes!



Medicine Wheel Teachings

Saturday, Nov 29 | 10:00 AM – 12:00 PM

Location: BCA Community Room

Registration required (opens Nov 7)

Join Elder Cheryle Chagnon-Greyeyes for an introduction to the Sacred Medicine Wheel and Indigenous Ways of Knowing and Being. A light lunch will be served.



BCA Holiday Office Closed!

Friday, Dec 19 at 12:00 PM until Monday, Jan 5 at 9:00 AM

The BCA Office will be closed starting at noon on December 19th until January 5th at 9 AM for the holidays. You can still reach out to specific staff members or iheartbowness@mybowness.com for general questions. Happy Holidays Bowness!



Bowest'ner Contest!

All November long | Winner randomly selected on Dec 1

Location: *The Bowest'ner*

Entries sent to iheartbowness@mybowness.com

Find all Paul Ackerman's lost stamps in this issue of *The Bowest'ner*! Send in your best guess for a chance to win a \$50 gift card to a Bowness business of your choice!



WE WANT YOU



WE HAVE OVER
\$5000 TO GIVE
AWAY BEFORE THE
END OF 2025!

TO CREATE RIPPLES IN YOUR COMMUNITY!

RESIDENTS OF BOWNESS, MONTGOMERY, AND
GREENWOOD VILLAGE CAN APPLY FOR A RIPPLES GRANT
AND RECEIVE UP TO \$1000 FOR A SKILL SHARING,
PLACEMAKING, OR GATHERING PROJECT

YOU COULD CREATE:

- A NEIGHBOURHOOD SCAVENGER HUNT
- A COOKIE DECORATING NIGHT
- A DOG PARK SOCIAL
- A POETRY READING
- A JELLYBEAN DANCE
- A COMMUNITY ART PROJECT

IF SPACE IS A BARRIER, WE CAN HELP YOU FIND A VENUE!

EMAIL ABBY AT COMMUNITYHUB@MYBOWNESS.COM TO
ASK QUESTIONS OR APPLY.

2025 APPLICATIONS DUE DECEMBER 4TH





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.



Carolling in The Landing

Monday, Dec 8 | 5:00 PM
Registration not required

Bring your family and friends to The Landing for an evening of holiday carolling! We'll have warm drinks, light snacks, and lots of festive spirit as we sing together and celebrate the season. All singing levels welcome!



Book Club

Last Wednesday of the month | 7:00 PM - 8:30 PM
Registration not required

Join the Bowness Book Club for another round of books, laughs, and good discussion. November's book is *Death on the Nile* by Agatha Christie. December is a break month for the holidays so we'll see you all in January!



Holiday Craft Night

Monday, Nov 24 | 5:00 PM - 6:30 PM
Registration not required

Get into the festive spirit and help us create beautiful centrepieces perfect for your holiday dinner table. All materials will be provided, and no prior crafting experience is needed—just bring your creativity and holiday cheer!



Monday Community Nights

Mondays | Times vary
Registration not required

The Landing is hosting Community Nights every Monday! From trivia, boardgames, socials, and more, we are planning to make Mondays the new Fridays! Visit mybowness.com/events to stay up to date.



Stitchers

Tuesdays | 6:30 PM - 8:30 PM
Registration not required

Bring your latest craft and join this cozy group every Tuesday! Don't have a craft? No worries! Start a new craft or get some ideas from fellow crafters. Last meetup is **December 16** before breaking for the holidays.



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.



BOWNESS BrainTeasers

★ Results will be printed
in the Jan/Feb Issue!

Riddle 1

"I drift silently but leave no footprints, I fall in flurries yet vanish in a blink, I can hide the world in white or glisten like glass in the sun. What am I?"

Riddle 2

"I hang without hands, I shine without fire, I can pierce the roof or dangle from wire. What am I?"

Riddle 3

"I creep along the ground at night, I bite without teeth, I shimmer but I am not light. I vanish when the day is bright. What am I?"

Sept/Oct BrainTeaser Answer:

97856231

Riddle 4

"I stand tall but have no bones, I wear a hat but have no head, I smile without a mouth and melt when the sun comes out. What am I?"



Greenwood Village Mobile Home Park

Christmas Craft & Vendor Sale

Saturday, December 6th 2025

10 am to 3 pm

3223 – 83 ST NW

Follow the signs to the Dome.

Come and join us for our Christmas Sale. Lots of great Christmas items and other merchandise. The kitchen will also be open.

Hope to see you there!



St. Edmunds Foodbank

Annual Christmas Lunch Fundraiser

Saturday, Dec 6 | 11AM – 2PM

Enjoy sandwiches, tea/coffee,
and dessert!

Admission: Adults \$7, Kids \$3

Bowness Ratepayers' Hall
8551 Bowness Road NW

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.



Scouts Charity Christmas Tree Sale

Starting Friday, Nov 28

Location: Ratepayers' Hall Lot | 8551 Bowness Road NW

See bownesshall.com for up-to-date details

The annual #169 Scouts Charity Christmas Tree Sale is back! Pick out the perfect tree while supporting local youth programs and community initiatives this holiday season!



Ratepayers' Christmas Market

Friday, Nov 28 | 6:00–9:00 PM

Saturday, Nov 29 | 10:00 AM–3:00 PM

Location: Ratepayers' Hall | 8551 Bowness Road NW

Shop local this holiday season at the Bowness Ratepayers Christmas Market! With 25 vendors offering handmade gifts, treats, and crafts, you're sure to find something special.



Annual Christmas Lunch

Saturday, Dec 6 | 11:00 AM–2:00 PM

Location: Ratepayers' Hall | 8551 Bowness Road NW

No registration required

Join St. Edmund's Food Bank for their Annual Fundraising Christmas Tea & Sale! Enjoy a delicious sandwich lunch with tea, coffee, and desserts while supporting a great cause. Admission is \$7 for adults and \$3 for kids.



Crib at The Legion

Tuesdays | 10:00 AM – 1:00 PM (doors at 9:30 AM)

Location: Bowness Legion | 138 Bowness Center NW

No registration required | \$3 play fee

Join the crib crew at The Bowness Legion every Tuesday to play crib! Must know how to play but all skill-levels welcome. Come for the warm atmosphere and make some new friends!



Winter Thrift & Clothing Sales

Saturday, Nov 1 | 10:00 AM – 3:00 PM

Thursday, Nov 6 & 20 | 1:00 PM – 6:00 PM

Location: Foothills United Church | 3803 69 Street NW

Find great deals on clothing and more at the Foothills United Church Thrift & Clothing Sales. The annual Christmas Sale kicks off November 1! For more information, call the church office at 403-288-5632.



Montgomery Festive Market

Saturday, Nov 22 | 10:00 AM – 5:00 PM

Location: Montgomery Community Association

No registration required

Shop local from talented artists at the annual Festive Market in Montgomery! Bring the whole family and enjoy the cozy atmosphere. More info at mcapeople.com



Greenwood Craft Sale

Saturday, Dec 6 | 10:00 AM – 3:00 PM

Location: Greenwood Village Dome | 3223 83 St NW

No registration required

Shop handmade goods and unique creations at our local craft sale—support talented artists and makers from the community. Follow signs to the Greenwood Village Dome!



Cod au Gratin

By: Cousin Judy

Ingredients:

- 3 pounds fresh cod fillets
- 3 tbsp butter
- 3 tbsp flour
- 2 cups whole milk
- 2 tbsp Dijon mustard
- 1 tsp finely grated lemon zest
- Salt and pepper to season
- ½ cup shredded parmesan
- 1 tsp summer savoury, dill or tarragon make good substitutions
- 1 ½ cups shredded mild cheddar cheese
- 1 cup cracker crumbs
- 1 tablespoon olive oil

Instructions:

- Scald the milk in the microwave for about 4-5 minutes until just under the boiling point.
- Meanwhile, in a medium saucepan add the butter and flour and cook together for 2 minutes. Slowly pour in the scalded milk, whisking constantly.
- Cook until the sauce begins to thicken. Add the lemon zest, Dijon mustard, and season with salt and pepper to taste. Add the Parmesan cheese just before pouring onto the fish.

- Arrange the fish in the bottom of a greased 9x9 inch baking dish or in individual gratin dishes. Pour the sauce over the fish. Top with the cheddar cheese.
- Mix the cracker crumbs with the olive oil and sprinkle over the cheese. (You can add a little extra savory to the crumbs if you like, about ½ tsp). Bake for 45 minutes to an hour at 350 degrees F until bubbling and the top has evenly browned. Individual gratin dishes should take about 25 -30 minutes, just check the center to see that the fish has fully cooked.



November Night

By: Adelaide Crapsey (early 1900s)

Listen...

With faint dry sound,
Like steps of passing ghosts,
The leaves, frost-crisp'd, break from the trees
And fall.

LORI
Nitah REALTOR®



If you want a Realtor who listens, cares, & guides you through it all — I'm your girl

Whether you're finding your first home or letting go of one filled with memories, you don't have to figure it out alone.

I am Lori Nitah, born and raised in Bowness.

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The Bowtanical Garden

Farewell Until Next Season: Reflections on a Gardening Year

By: Beverley Sheridan



As the gardening year winds to a close, we gardeners reflect—half with pride, half with disbelief—that we made it through another season. We survived the slugs, the squirrels, the excess rain in June, and the ever-present existential question: Why do I do this to myself?

Just as I was settling into that end-of-season mindset, an email from my favourite peony nursery arrived, informing me that my purchases will be shipped in two weeks and reminding me that October is a great time to plant new peonies.

For those who know me well, the arrival of new peonies sets my heart beating faster. However, my initial reaction to this message was, “Yikes! Where did the summer go? I am sure it was only May last week”.

Back in the spring, everything looked so promising. We forget that spring is the season when gardeners suffer from collective amnesia about how things went last year. That diary I kept? Likely in a drawer in the basement. The seed catalogs I poured over in February promised “compact growth” and “prolific harvests,” which turned out to mean “you will be sneaking zucchini into your neighbours’ mailboxes at midnight come August”. Ditto for all the tomatoes!

By July this year, the honeymoon was over as the exceptional rainfall in Calgary turned my flower beds into something resembling an untamed jungle. At one point I was sure I saw parrots and monkeys!

The lush, dense foliage and prolific bloom was lovely until the pests arrived; plants are not the only things that love moisture. Slugs dined extravagantly on my hostas, thrips chewed away my rose buds, and squirrels—those furry seek-and-destroy missiles—dug out my iris, chewed the stems off all my gladiolas, and took a bite out of half my ripening tomatoes.

Again, why do I do this to myself?



So, we have now arrived at the humbling time of year—fall cleanup. Three hours in and the compost bin and the green recycling bin are full, and still there seems to be acres of tired brown foliage to deal with.

By this point I am bargaining with myself about whether I really need to rake those leaves. (Answer: no, the wind will redecorate the yard for free thirty minutes after I am finished.)

But as I clean and pack away my tools for another year, I can’t help but feel a mixture of relief and longing. Relief for my stressed lower back and longing for those first crocuses that will poke through the last of the snow and lure me back to the soil again come spring.

For all the sweat and inexplicable triumphs and failures, I would not trade a single minute of it.

Gardening, at its heart, I have discovered, is equal parts comedy and hope. Every season brings a fresh round of challenges, and yet I return every spring like an optimist on a mission, with only the faintest memory of what has transpired in past years.

Maybe it’s the thrill of nurturing life. Maybe it’s the joy of cutting a bouquet of roses—the roses were spectacular this year. Maybe it’s the sharing of the garden with friends and family while enjoying a glass of wine on the deck and watching the birds at the feeders and the bees on their eternal quest for food. Maybe it’s just the sheer stubbornness of wanting to outwit Mother Nature, even though she always gets the last laugh—often in the form of a hailstorm.

The end of the gardening season isn’t really an end at all, it’s a pause. A chance to rest, reset, and plan some new garden adventures that may have unforeseen outcomes. But that’s the fun of it. If gardening were predictable, we would not have nearly as many good stories to tell—or things to complain about.

And those new peonies? The holes are dug and the surrounding vegetation has been cleared. Now to decide what to do with the bags of tulip bulbs I bought last week.

My November Guest

By: Robert Frost (1913)

My Sorrow, when she's here with me,
Thinks these dark days of autumn rain
Are beautiful as days can be;
She loves the bare, the withered tree;
She walks the sodden pasture lane.

Her pleasure will not let me stay.
She talks and I am fain to list:
She's glad the birds are gone away,
She's glad her simple worsted gray
Is silver now with clinging mist.

The desolate, deserted trees,
The faded earth, the heavy sky,
The beauties she so truly sees,
She thinks I have no eye for these,
And vexes me for reason why.

Not yesterday I learned to know
The love of bare November days
Before the coming of the snow,
But it were vain to tell her so,
And they are better for her praise.



Jigg's Dinner

By: Kathy Labbee

Newfoundland's classic comfort meal—like corned beef and cabbage, but with a twist!

Prep Time: 30 mins

Cook Time: 2 hrs 45 mins

Additional Time: 8 hrs (soak beef)

Total Time: 11 hrs 15 mins

Servings: 6

Ingredients:

For the Dinner:

- 1 (3 pound) boneless corned beef brisket
- 1 ½ cups yellow split peas
- 1 large head cabbage, quartered
- 1 medium turnip, peeled and cubed
- 6 carrots, peeled and cut in chunks
- 6 large potatoes, peeled and quartered
- 2 tablespoons butter
- ½ teaspoon black pepper

Tip: Make sure the split peas are securely tied in a cloth bag, dish towel, or cheesecloth. If they escape, you'll have pea soup instead of dinner!

For the Dumplings:

- 1 ½ cups all-purpose flour
- 2 teaspoons white sugar
- 2 teaspoons baking powder
- ¾ cup water (or as needed)



A Meal with Friends

The Annual Bowness Holiday Dinner Returns

By: Zoë Decker



The Bowness Community Association's beloved Holiday Dinner is back — a time for Bownesians to gather, share a warm meal, and celebrate the season together. This full turkey dinner, prepared and served by dedicated volunteers, is completely free to attend and is one of the most cherished traditions in our community.

This year, the BCA is focusing on keeping the dinner close to home. Attendance will be limited to residents with a T3B postal code, which includes Bowness, Montgomery, and Greenwood. In past years, the open invitation meant some local residents couldn't find a seat—and this dinner is above all, for our neighbours.

Tickets are free and will be available starting Tuesday, November 12 at 9 a.m. by phone (403-288-8300) or in person during office hours (see page 30 for hours). Please remember —if your plans change, call to release your ticket so another neighbour can attend.

In the spirit of sustainability, the BCA encourages everyone to bring their own dishes, cutlery, and cups. Guests who do will be entered to win a special door prize!

This year's Holiday Dinner is a chance to meet someone new, share a table with a neighbour, and celebrate the season with the warmth and generosity that make Bowness shine.

Directions:

1. Cover the corned beef with cold water and soak in the refrigerator for 8 hours or overnight.
2. Drain the beef and place in a large Dutch oven. Cover with fresh water. Place the split peas in a triple layer of cheesecloth, tie securely, and add the bag to the pot. Bring to a boil, then reduce heat to a simmer. Cook for 2 hours.
3. Add cabbage, turnip, and carrots to the pot. Simmer for 25 minutes. Add potatoes and continue simmering until all vegetables are fork-tender, about 20–25 minutes.
4. While vegetables cook, make the dumplings by combining flour, sugar, and baking powder in a bowl. Gradually add water to make a pasty dough. Divide into 6 balls, taking care not to overwork the dough.
5. During the last 5–10 minutes of simmering, place dumplings on top of vegetables. Cover with lid and steam for 7 minutes.
6. Remove all ingredients from the pot and arrange on a warm serving platter. Remove cooked peas from the cheesecloth bag and mash with butter and pepper. Serve mashed peas alongside the beef, vegetables, and dumplings.



BUY HANDMADE FROM BOWNESS



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

BOWNESS SOAPWORKS



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See us online: www.arboristbynature.com

📞 **403-615-6263**

Bowness Ratepayers
2025

Christmas Market

Friday Nov 28
6pm-9pm
Saturday Nov 29
10am-3pm



Bowness Ratepayers Scout & Guide Hall
8551 Bowness Road NW

THE #169 Scouts Annual

CHRISTMAS TREE SALES

Anticipated Start Date: November 28, 2025
(Dependent on shipping from Nova Scotia)

- Nova Scotia Balsam Firs
- BC Firs
- Fresh Wreaths
- Fresh Boughs

**New in 2025 gift wrapping services by donation!*

Tree Lot Hours

Open Daily 10am-8pm



Bowness Ratepayers Scout & Guide Hall
8551 Bowness Road NW

From Persia to Plate

A Detailed History of the Cookie!

By: Bowness Seniors' Centre

Cookies: We all know them, we all love them. But where did they come from, and how have they changed?

The earliest account of a "cookie" can be traced back to Persia (present-day Iran) in the 7th century. Back then, cookies were actually small amounts of cake batter bakers would use to test their ovens. With the rise of sugar and the growth of trade routes, these simple but ever-tasty treats gained popularity throughout Europe, with each region adapting recipes from others to create their own versions of the cookie.

The cookie didn't stop there. By the end of the Renaissance, English biscuits, Italian biscotti, Dutch stroopwafels, and French macarons began to take shape—each a bit different from the next, but all delicious. The cookie's trip to America came with early settlers and quickly rose to popularity. With the invention of baking soda making recipes easier to execute, traditions surrounding baking and exchanging these treats became a staple in almost every household, especially during the holidays.

What makes cookies so special isn't just their amazing ability to brighten your day—it's how they connect us. They connect us to our family and friends, but also to people all across the world. Whether it's a grandmother passing her famous recipe down to the next generation for them to bring to a local bake swap, or a child in Canada enjoying the same brand of gingerbread as one in Australia, cookies have a way of bridging distances.

The closer we look, the more we see how something as small as a cookie can cross cultural lines and bring us together. A fortune cookie at the end of a meal, a Mexican wedding cookie at a celebration, or a box of Danish butter cookies shared at Christmas—each reflects a unique tradition, heritage, and identity. Each one is simple yet meaningful, shared by all different types of people, all enjoying a simple treat: a cookie.

At their core, cookies are simple, tasty, and loved by all. Even though we may have different recipes, we share the same joy in baking, sharing, and eating them. In that way, cookies are more than just desserts—they're tiny symbols of deep connection that have adapted to span across history, cultures, and generations.



Winter-Time

By: Robert Louis Stevenson (1885)

Late lies the wintry sun a-bed,
A frosty, fiery sleepy-head;
Blinks but an hour or two; and then,
A blood-red orange, sets again.

Before the stars have left the skies,
At morning in the dark I rise;
And shivering in my nakedness,
By the cold candle, bathe and dress.

Close by the jolly fire I sit
To warm my frozen bones a bit;
Or with a reindeer-sled, explore
The colder countries round the door.

When to go out, my nurse doth wrap
Me in my comforter and cap;
The cold wind burns my face, and blows
Its frosty pepper up my nose.

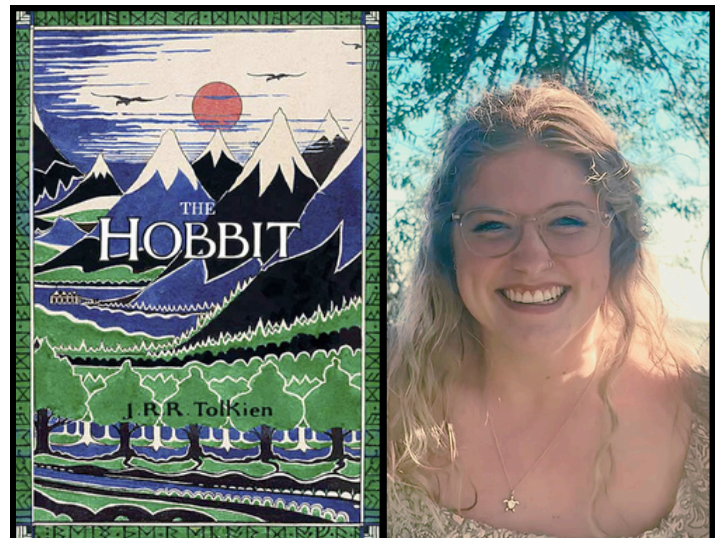
Black are my steps on silver sod;
Thick blows my frosty breath abroad;
And tree and house, and hill and lake,
Are frosted like a wedding-cake.



Danielle's Pick!

Bowness Library Book Recommendation 1

When the days grow short and the air turns crisp, our friend Danielle at the Bowness Library loves returning to ***The Hobbit*** by J.R.R. Tolkien. A cozy journey filled with courage, friendship, and second breakfasts, it's a reminder that even the smallest adventures can warm the heart through the coldest season.



Bowness Seniors' Centre is hosting our annual

HOLIDAY COOKIE COMPETITION

DECEMBER 6TH, 11:00-3:00

There are 2 categories for both ADULT and YOUTH amateur bakers.

For information on how to register and details about the competition go to our website: www.bownessseniorscentre.com.



Registration is open until December 1st

Details will be shared via email on to those who express thier interest by December 1st



Check out our Facebook for future updates on events and programs! Scan the QR code

6422 35 Ave. NW
(403) 286-4488

<https://bownessseniorscentre.com>
@Friendsofbownessseniorscentre

Green Bin Update

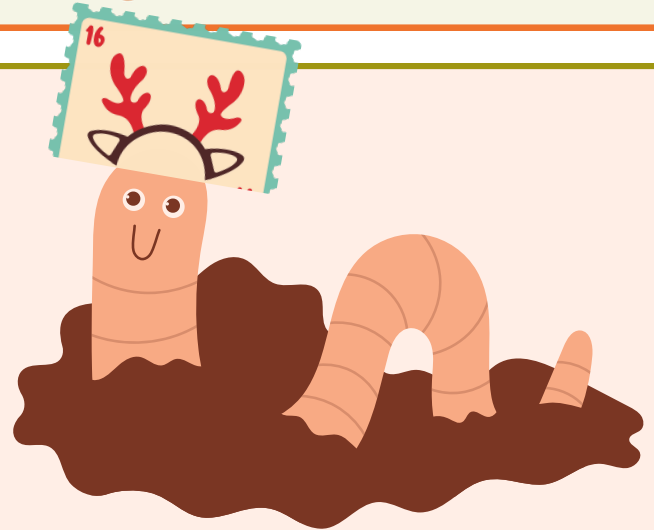
Keep Calm and Compost On!

By: The City of Calgary

Heads up, Calgary! Starting in November, your green cart will be making its rounds every other week. Why the change? Well, winter brings shorter days, colder temps, and less yard waste to haul, so we're adjusting the schedule to match.

Don't worry—weekly green cart pickups return in April 2026, just in time for spring clean-up season and all that new growth in your yard.

We know Calgary weather can be as unpredictable as your favourite sitcom plot twist. That's why we rely on long-term trends—tracking when yard waste drops off and when snow usually shows up. Planning ahead means we can keep the program reliable, cost-effective, and ready with the right trucks, drivers, and resources.



Here's how to stay on top of your green cart game this winter:

- Check your schedule online: Visit calgary.ca/cartschedule and sign up for handy reminders.
- Download the app: Make life easier with the Calgary Garbage Day app to track pickups right from your phone.
- Extra yard waste? No problem! Bring it to a City Eco Centre for composting. Don't miss the Free Fall Yard Waste Program, running Friday, September 19 – Saturday, November 1, 2025.

Thanks for helping keep Calgary clean, green, and composting like a pro, all year round!





Hello, I'm **Dale Renton** – owner of **Global Home Energy Ltd.** a family-run furnace cleaning business here in Calgary.

I am **fully licensed, registered, insured** and have been in the business for over **20 years**. We've cleaned, repaired and installed **furnaces** in **well over 10,000 homes** in Calgary.

DUCT CLEANING



FURNACES



WATER HEATERS



Do you have questions, concerns or problems with your **furnace, hot water tanks, humidifiers, air filters or air conditioners**? Are you concerned with the smell of dust in your home and need a **service professional you can trust**? We're in your neighbourhood, and **only a phone call away at 403.312.3801**. You can even read letters from home owners just like you on our website at www.GHE1233.com.

Best of all, right now we are offering our comprehensive **Furnace Cleaning Special** with a **99-Point Safety Inspection** for only **\$99!**
(Plus GST. Ducts not included)

Did you know it is recommended that you have your furnace cleaned and tested annually? Let us help ensure that your furnace parts, circuits and controls are at optimum performance and you are not wasting your money, as well this will prolong the life of your furnace, motors, gas valves and other parts. During this procedure, we'll inspect things like belts, bearings, thermocouples, pulley alignment, operating temperatures, natural gas levels, humidifiers, gas fireplaces, hot water tanks, air filters and more... it will take us about an hour and a half to clean and tune-up your furnace. Are you aware that most other furnace companies will only wipe down your furnace without performing any of these necessary tests? We will also leave you with a full **99-Point Safety Inspection** as well as a clean and healthy furnace.

Why call on Global Home Energy Ltd?

- I have been a leader in the heating industry for over 20 years.
- Fully licensed, registered and insured.
- Full 99 Point Safety Inspection of your furnace.
- FREE visual inspection of your Hot Water Tanks, Air Filters, Humidifiers, Duct System and Fireplaces.
- Full service of all makes and models of furnaces.
- Fast, dependable service when you need it.



(403) 312-3801

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THE SOUR PATCH MEN



THE SECOND BEST BAND IN BOWNESS BY: ZOË DECKER

If you've spent any amount of time in Bowness, you know music is stitched into the very fabric of this community. And right now, nobody embodies that sound quite like The Sour Patch Men. Their brand-new album *The Second Best Band in Bowness* is out now, and let me tell you—whether you're a diehard folk fan, a bluegrass purist, or just someone who loves to hear a jug and squeaky rockin' chair on a front porch, this record is pure Bowness soul.

The Sour Patch Men describe themselves as gleeful and irreverent indie folk with an anarchic edge. That feels about right. Their songs swing from childlike delight to gut-punch despair, from profanity-laced barnstormers to tender ballads. At their core, you'll hear bluegrass arrangements—but smashed together with punkish energy, kitchen-sink imagination, and a “you-can't-tell-us-what-to-do” attitude that is basically the Bowness way of life.

This album is special. The title track, “The Best Band in Bowness”, is both a love letter to the neighbourhood and a tribute to local legends The Bownesians, who came out of decades-long hiatus to record a song on the track. That's not all: the record features guest performances by Bowness' own rockabilly king Howlin' Pete Cormier, baroque-pop powerhouse Laura Hickli, and Calgary's Natalie Inga, all tied together under the fearless production of art-rockers Taylor Cochrane.

For this record, The Sour Patch Men are:

- Kat Kerr: fiddle
- Alex Klipper: banjo, vocals, squeaky chair
- Matthew Lowe: upright bass, vocals, slapping wood together
- Avery Mitchell: acoustic + electric guitar (track 9)
- Mitchell Strasser: electric guitar
- Derek Walz: drums, vocals, vest frottoir
- Bryce Willigar: mandolin, vocals

And if that lineup doesn't already feel like you're sitting around a Bowness bonfire, well, wait till you hear the music.

I was lucky enough to get an early listen (perks of editing *The Bowest'ner*), and fans—you're in for it. My personal favourites are “Walking Alone” and “Ragdoll”. They're completely different in vibe but equally stunning vocally. And I can't not shout out “The Whacker”, which literally kicks off with a cat meowing. I mean—come on. That's joy.

The Sour Patch Men will celebrate with a vinyl release party at Mikey's Juke Joint on November 15th, right here in Bowness. The Bownesians themselves will be there performing. After that, the Men hit the road on tour to Vancouver, taking a piece of Bowness with them.

I'll admit it—I didn't know about The Sour Patch Men until recently (maybe my Bowness card should be revoked), but I'm a true convert now. And if you're new to the neighbourhood: welcome. This is the sound of Bowness. Fiercely loyal, a little rebellious, down-to-earth, and inclusive to the core. No arguments.

So stream the album, snag a vinyl, and come out to Mikey's on November 15th. Let's raise a jug and our clackin' spoons to *The Second Best Band in Bowness*.





Under Andromeda

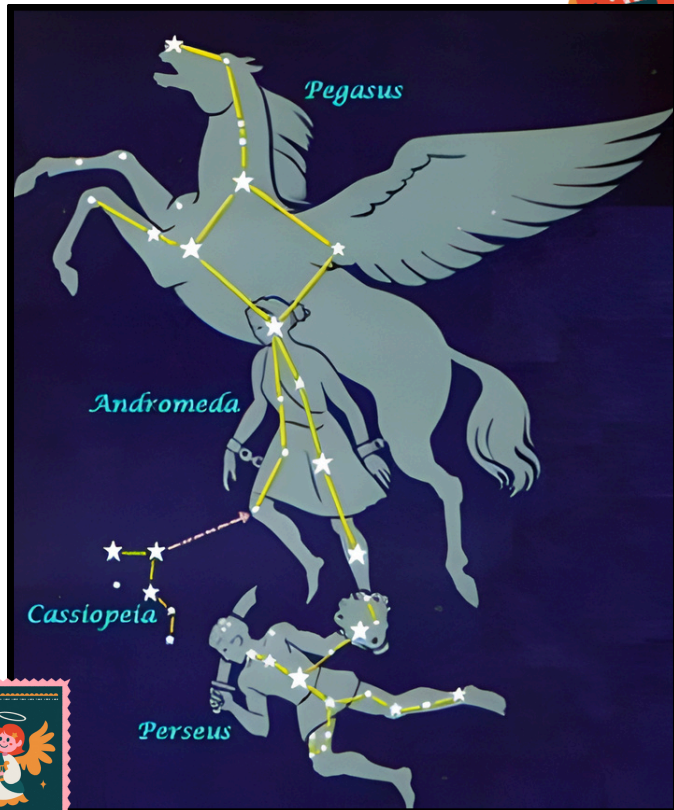
A Story Written in the Stars

By: Zoë Decker

There's something about a clear late autumn night in Bowness—the way the stars shimmer like frost on the rooftops, the air crisp enough to make your breath look like smoke. I sat by the backyard fire, wrapped in a blanket, hands curled around a mug of hot apple cider. The flames crackled, and as I leaned back, I caught sight of a scatter of stars stretching high above the horizon. Andromeda.

Maybe it was the heat or the cider, but as I stared, my mind drifted. I could almost see her—the princess of ancient myth—chained to a rock by the sea, offered to a sea monster because of her mother's pride. The waves crashed, the monster roared, and just as all seemed lost, Perseus swept down from the sky on his winged horse, fresh from slaying Medusa. One look from Medusa's severed head, and the beast turned to stone. Andromeda was free.

I blinked, the story fading like smoke. The night was quiet again, only the whisper of the river in the distance and the hiss of the fire. Above me, Andromeda still shimmered—no longer a captive, but a queen among the stars.



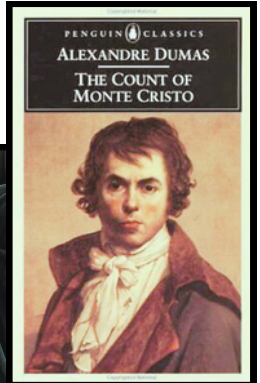
When daylight fades and stars appear,
Look to the north, the sky is clear.
Andromeda, Perseus, Pegasus, and more—
Old tales in starlight, waiting to explore.



Dennis' Pick!

Bowness Library Book Recommendation 2

As winter settles in, Dennis reaches for a timeless classic: ***The Count of Monte Cristo*** by Alexandre Dumas. Sweeping, dramatic, and full of adventure, it's the perfect story to get lost in on a snowy evening — proof that revenge and redemption both make excellent winter companions.



Stopping by Woods on a Snowy Evening

By: Robert Frost (1923)

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Inside the Mind of an Artist

The Bold Art of Bernadette Richardson

By: Sophie Stocking



Sophie: I'm talking to Bernadette Richardson, fellow Bownesian and artist. Tell me about your amazing colourful paintings that have been on display at Brewsmith this summer and fall.

Bernadette: I work mainly with acrylics and sometimes with oils. I like to challenge myself by exploring new techniques and experimenting with different methods and ways of creating art. I'm a self-taught artist—I first began exploring my creativity through doodling and making art during a stay in the hospital.

Sophie: Your work is so brilliantly colourful!

Bernadette: I love colour, especially really bold colour! That's why I have such colourful hair—because if I had just black hair, people wouldn't know who I was; it wouldn't express my soul. I want people to step out of their comfort zone with colour and what they wear.

Sophie: Is there any subject you particularly like to paint?

Bernadette: I'm passionate about mental health as a subject, because it's so hard to understand what people are experiencing inside their heads. I want to take you on a journey inside my mind and also break down barriers in society. I want to speak to people through colour and create really gut-punching pieces.

Sophie: How long have you been a Bownesian?

Bernadette: I moved here from Silver Springs about eight years ago. When I first arrived, I was looking for a church to get connected with. RockPointe Church up the hill was my home for a while, but once I found a place here in Bowness, it quickly became home—and I've never left.



Sophie: Is there anything you think we can do as a community to make Bowness even better for people?

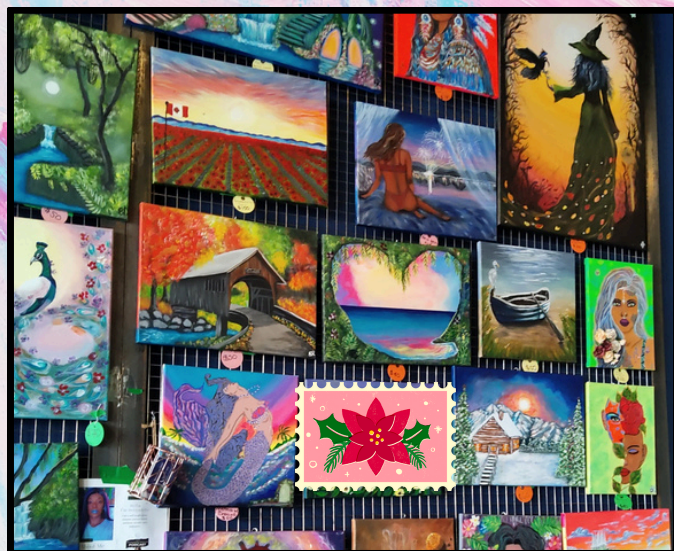
Bernadette: I find that people are scared of approaching others—we can keep to ourselves too much. I've worked in two homeless shelters, so I have a heart for people society often overlooks. I think we should make a point of knowing the homeless people in our community and not be afraid of them. I know most of them in Bowness. If they make eye contact and want to talk—if they smile, I smile—then they say something, and it starts a conversation. Then you learn their whole backstory, because no one is ever homeless without an actual story. If I bump into them, I don't get scared; I just say, "Have a good day". I don't make them feel more uncomfortable than they already are.

Other than that, I love Bowness. It's a great community. I'm very busy with motherhood and my podcast, but I'm looking for other places to display my art in the neighbourhood.

Sophie: Wow, a podcast! What is it called?

Bernadette: The *Unleashing Potentials* podcast. It's centered on storytelling, community, and healing. I bring together voices from around the world—doctors, counselors, coaches, authors, mothers, and more—to share their journeys and wisdom. No matter where someone comes from or what they look like, we all carry a story worth telling, and those are the stories I want to hear.

Sophie: That sounds really wonderful. I'll look for that. Thanks for talking to me, Bernadette.





Taste of Home

Blending Old Memories with New Traditions

By: *Idalia Galindo*

Christmas has always been one of my favourite holidays. In Mexico, most of the celebration happens on Christmas Eve, while Christmas Day is usually spent in pyjamas, eating reheated leftovers and watching movies with family. One of the things I loved most as a child was that my grandparents lived right across the street from each other. That meant I didn't have to choose which side of the family to spend the holiday with, I could just walk back and forth, sometimes dozens of times throughout the night. The best part? I got two of everything, including Christmas dinner.

Each side of the family had its own style: one loved experimenting with new recipes, while the other never let go of our traditional meal. That meal was always the same combination: pork roast, pasta salad, sweet and crunchy apple salad, and freshly baked croissants.

Now that I live in Canada, I've carried those traditions with me. I still make sure to prepare that same meal. I always like to say that food has a way of bringing pieces of our past into our present, and for me, this meal is a bridge between my Mexican roots and my life in Canada today.

I'd love to share the apple salad recipe with you, in the hope that it might bring as much joy to your holiday table as it has to mine.

Abuela's Apple Salad

- 1 cup pecans (chopped into small pieces)
- 1 can sweetened condensed milk
- 1 can media crema or heavy cream (equivalent amount)
- 1 can of evaporated milk
- 1/3 cup of the pineapple juice from the can
- 4 red apples (cut into small cubes)
- 1 can pineapple chunks
- 1/2 cup dried raisins or cranberries



A Journey of Care

From the Czech Republic to Bowness

By: *Zoë Decker*

When Veronika Šlaufová boarded a plane from the Czech Republic in March 2020, she couldn't have known how memorable her arrival in Canada would be. Just hours after she landed, the borders shut down due to the pandemic. "It made the transition more complicated, but also very memorable," she says with a laugh.

Veronika moved to Bowness to be with her partner, and quickly began building her life here. What she loves most about the neighbourhood is its mix of accessibility and nature. "Stoney Trail makes it easy to get around, and when we come back from the mountains, we don't have to drive across the whole city to get home," she says.

Her journey hasn't been without challenges. Balancing full-time studies in massage therapy, running a cleaning business, and completing the final steps toward Canadian citizenship all at once was a test of endurance. "Two years straight of juggling everything—I had to work really hard to keep my sanity," she admits. But the effort was worth it. Last February, she proudly became a Canadian citizen, a milestone she calls one of her proudest moments.

Now, as a Registered Massage Therapist and the owner of VS



Massage Therapy, Veronika is sharing her gifts with the community she calls home. She offers mobile massage therapy, bringing relaxation, recovery, and wellness directly to people's doors. "Through my work, I hope to give back by helping people in the community feel better, reduce stress, and improve their overall wellbeing," she says.

Looking ahead, Veronika dreams of one day buying a home in Bowness and opening a multidisciplinary wellness clinic. For now, she continues to nurture her practice, combining skill, compassion, and resilience—the same qualities that carried her across the world and through the challenges of starting fresh in a new country.

Bowness is more than just where Veronika lives. It's the community that has supported her journey—and the place she's proud to give back to, one massage at a time.

For more information on Veronika and how to book massages visit vsmassage.ca.



I ♥ MAINSTREET BOWNESS

BITES, BUDGETS AND BROWN PAPER PACKAGES!



BOWNESS ARTS



UPS STORE



MONEY MART



THE PLACE STEAKHOUSE



SALT & PEPPER MEXICAN RESTAURANT



LEOPOLD'S TAVERN



CHICKEN OMNIBUS



CADENCE COFFEE



TIM HORTON'S



PIZZA 73



COME ON DOWN TO YOUR HISTORIC MAINSTREET

Mainstreet Bowness is the heart of the holidays — where lights glow, local shops shine, and neighbors gather to share the season's warmth. Stroll the street, shop local, grab a bite, and celebrate the magic of the season right here at home.

Stay up to date on events at mainstreetbowness.com



A Year Under a New Name

Honouring the Past & Strengthening the Future

By: Caroline MacKenzie



Back to Our Roots

It's been just over a year since the Bowness Ratepayers Scout & Guide Hall Association began the journey of returning to its roots. But to truly appreciate what that means, it helps to understand where those roots began.

The year was 1937. Bowness was not yet the Calgary community we know and love today—it was a small but growing village. There was a school, a few local businesses, a post office, the streetcar line, and a handful of families. Some of those residents had children who wanted to join Scouts Canada and Girl Guides of Canada programs. But they needed a local place to meet—so, together, the community built one.

Now they had a hall and a purpose, but they needed an organization to manage it. In 1938, the Bowness Ratepayers Scout & Guide Hall Association was officially incorporated with one goal: to maintain and manage the Bowness Scout & Guide Hall.

Who were the "Ratepayers"? Simply put, they were taxpayers—local residents who wanted this community hall to belong to everyone in Bowness. It was a space built by, owned by, and operated for the people of Bowness.



Nearly 90 Years of Change

Much has evolved over the past nine decades—both in the world and at the Scout & Guide Hall. There's been a new building (though many still remember the old one, with its famously creepy basement and those ceiling support beams that kids used to swing from), several name changes, new management teams, and different community groups calling it home.

Yet, through all that change, three things have remained constant:

1. The hall's location
2. Its ownership by the Ratepayers
3. Its purpose as a gathering space for the community

In fact, that original purpose continues today—six different

Scout and Guide groups still call the Hall home, gathering here every week for their meetings and activities.

A Renewed Mission

Last summer, the current executive of the Association set out to reconnect with the hall's original mission: why this space exists, who it's for, and why it still matters today.

The first step was symbolic—a return to the original name, Bowness Ratepayers Scout & Guide Hall. Next came a major milestone: rewriting and filing the organization's bylaws. This not only protects the hall's assets but also strengthens its role in the community, ensuring residents know how they can get involved.

That involvement takes several forms:

- **Membership:** Community members can now join the non-profit as official members.
- **Events:** From our *Black Tie Gala* and *Bownesian Mingler* to *Jellybean Dances*, *Craft Markets*, and even the *Ward One Candidate Debate*, we've been working hard to bring people together in new ways.
- **Rentals:** Expanding hall rentals helps the space remain self-sufficient while serving as a welcoming venue for private events.
- **Community Connections:** Communication goes both ways—educating residents about the hall's history and purpose, and listening to what the community needs from this shared space.

Looking Ahead to 2026

2025 was a strong year for the Bowness Ratepayers Scout & Guide Hall, and 2026 is shaping up to be even better.

We're eager to continue building relationships with our partners in Bowness and beyond—the Bowness Community Association, Bowness Seniors Centre, Montgomery Community Association, local schools, and more. We want to hear from residents, understand their needs, and make this hall an even stronger part of the community fabric.

One of the most exciting developments ahead is our new role as official organizers of the *Bowness Stampede Parade & Breakfast*, starting in 2026. We're honoured to carry on this beloved tradition after the Bowness Lions Club's many years of dedication. They've left big shoes to fill, but we're ready to take on the challenge and make them proud.

Here's to 2026

We welcome the new year with gratitude for the past and enthusiasm for what's to come. The Bowness Ratepayers Scout & Guide Hall continues to stand as it always has—a place built by the community, for the community.

Bowness' Newest Neighbour-preneur

From Small-Town Roots to Local Business Owner

By: Zoë Decker

You might have seen some of Bowen's posters around the neighbourhood and thought, "Who is this guy??" Well, lucky for you, we've got the inside scoop on Bowen Young: hard worker, business owner, and now proud Bownesian.

When Bowen moved to Bowness in August, he was looking for more than just a place to live—he wanted a true sense of community. "Moving to Bowness felt like the right decision because it offers the kind of community feel I was looking for," he says. "I love how walkable it is, the character in the older homes, and the way people really know their neighbours. Bowness Park has quickly become one of my favourite spots—it's such a unique space to relax and connect with nature right in the city. What I've enjoyed most, though, is how welcoming everyone has been. It already feels like home".

Originally from Lloydminster, a small oil town on the Alberta-Saskatchewan border, Bowen grew up with a hands-on attitude instilled by his dad. "Lloydminster, and my dad, provided me with the opportunity to grow up with a strong work ethic and a mindset that if something needs doing, you roll up your sleeves and figure it out," he says.



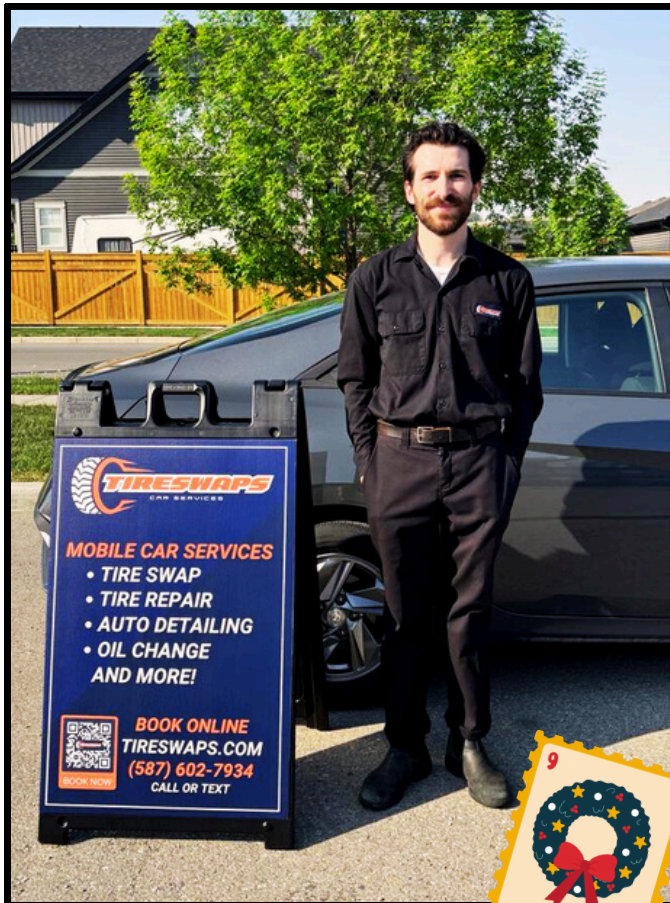
These days, Bowen balances the demands of running two businesses with enjoying life in Bowness. "Most of my time is spent growing my business, but outside of work I like to keep things close to home. I enjoy spending time with my girlfriend and our cat, going for walks around the neighbourhood, and unwinding with video games". A graduate of the John Casablancas Institute in Vancouver, Bowen also has a creative side—he completed their Fashion Business & Creative Arts Program and received the "Overall Achievement Award" for best in his class.

Bowen is currently involved with two local ventures: TireSwaps and Our Home Crew. "What inspired me to be a part of TireSwaps was the chance to seize an opportunity that came my way," he explains. "My boss, or business partner as he likes to say, offered me an ownership stake in a start-up if I worked for free for a year while managing two of his retail stores in Banff and Canmore. Eight months later, I joined TireSwaps full-time. A few months after that, we launched Our Home Crew to expand our list of mobile services and help people in their daily lives".

TireSwaps provides mobile car services—from tire changes and flat repairs to auto detailing and windshield fixes—right at people's homes or workplaces. "In a community like Bowness, where families are busy and driving is a fact of life, that kind of convenience and safety makes a big difference," Bowen notes. Our Home Crew complements it with handyman work, gutter cleaning, yard care, snow clearing, and even pet care. "By taking care of those tasks, we give people the freedom to focus on what matters most, while keeping their homes safe and comfortable".

Looking ahead, Bowen is focused on growth, reliability, and community impact. "I believe strongly in the old saying that 'the customer is always right,' and I make it a priority to ensure every client feels valued and supported," he says. "Over time, I hope that reputation not only helps the businesses thrive but also makes them a trusted part of the Bowness community".

In Bowen Young, Bowness has found not just a local entrepreneur, but a neighbour dedicated to building connections, easing daily life, and investing in the character of the community he now calls home.





A Visit from St. Nicholas

Often called "Twas the Night Before Christmas"

By: Clement Clarke Moore (1823)

'Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;
The children were nestled all snug in their beds;
While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap,
When out on the lawn there arose such a clatter,
I sprang from my bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.
The moon on the breast of the new-fallen snow,
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,
With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and call'd them by name:
"Now! Dasher, now! Dancer, now! Prancer, and Vixen,
"On! Comet, on! Cupid, on! Donder and Blitzen;
"To the top of the porch! to the top of the wall!
"Now dash away! dash away! dash away all!"
As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky;
So up to the house-top the coursers they flew,
With the sleigh full of Toys — and St. Nicholas too:

And then in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St. Nicholas came with a bound:
He was dress'd all in fur, from his head to his foot,
And his clothes were all tarnish'd with ashes and soot;
A bundle of toys was flung on his back,
And he look'd like a peddler just opening his pack:
His eyes — how they twinkled! his dimples how merry,
His cheeks were like roses, his nose like a cherry;
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow;
The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath.
He had a broad face, and a little round belly
That shook when he laugh'd, like a bowl full of jelly:
He was chubby and plump, a right jolly old elf,
And I laugh'd when I saw him in spite of myself;
A wink of his eye and a twist of his head
Soon gave me to know I had nothing to dread.
He spoke not a word, but went straight to his work,
And fill'd all the stockings; then turn'd with a jerk,
And laying his finger aside of his nose
And giving a nod, up the chimney he rose.
He sprang to his sleigh, to his team gave a whistle,
And away they all flew, like the down of a thistle:
But I heard him exclaim, ere he drove out of sight —
Happy Christmas to all, and to all a good night.



To: Granny
42 Phillips Crescent
Saskatoon, SK

Love and Miss You
XOXO



Brin's Pick!

Bowness Library Book Recommendation 3

Brin's go-to winter read is ***The Shining* by Stephen King**—proof that cozy doesn't always mean comfortable. Set in a snowbound hotel, this haunting classic turns isolation into art, making it a perfect (and chilling) page-turner for long winter nights.



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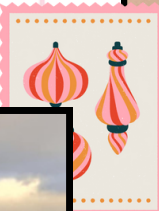
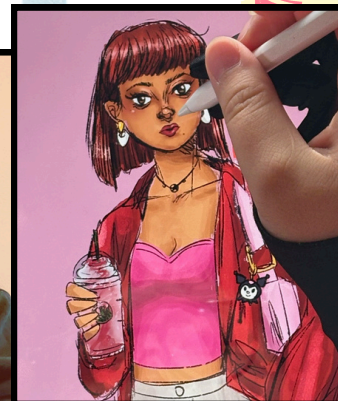
Art at The Heart of Bowness

Meet Three Local Artists at the BCA's Holiday Craft Fair—Nov 15 & 16!

By: Zoë Decker

Brianna (Anico Art)

Hi, I'm Brianna—though you might know me as Anico Art on social media! I'm an artist, coffee lover, and fashion enthusiast who's thrilled to return to the Bowness Holiday Craft Fair for another year. I've always loved connecting with other artists and seeing how they express their stories through their craft. My art journey began in childhood, doodling in the margins of homework, and has since evolved into a passion for digital illustration and design. My work blends digital drawing with typography and colour theory. I also love to crochet and recently inherited my Grandma's old sewing machine in hopes of furthering my creative endeavours through sewing too! This year, I'll be bringing new sticker designs, crocheted keychains, tote bags, pins, and more. I'm grateful to be part of this creative community and hope my work inspires others to explore their own artistic passions.



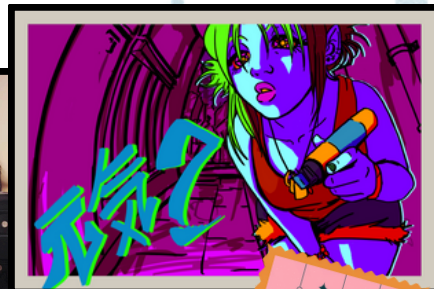
Bea "Bagel" Haidl (Slightly Toasted Studios)

I'm Bea "Bagel" Haidl—an artist and teacher from Calgary, Alberta, with a BFA and BED from the University of Calgary. I find inspiration in the small, often overlooked moments of everyday life—the simple details that hold quiet wonder. My work uses bright colours and playful simplicity to capture those sparks of joy. At the Bowness Holiday Craft Fair, I'll be bringing a cheerful collection of art, including sticky notes, stickers, and lino-printed gift bags.



Sami Cooney

I'm Sami Cooney, a trans, queer illustrator based in Calgary, Alberta. My work draws from subcultures, street art, and the bold aesthetics of comic books, which I explore through CMYK screen printing. Alongside printmaking, I also enjoy creating animations and tattoos while I work to completing my degree. I'm excited to share my art with the Bowness community and connect with others who love creative expression as much as I do.



THE SEASON OF SURVEILLANCE

By: Brad C.

Some say the greatest achievement of the nacho chip was realizing it was never the meal—only a delivery system for happiness. Salsa, queso, cheese; take your pick. The chip itself brings no joy, despite desperate attempts to infuse it with a hint of lime.

Eggnog, I'd argue, had the same revelation. It's a heavy, whimsy-devoid sludge whose only real function is to smuggle alcohol and self-deception past polite company (myself excluded, naturally). The official drink of pretending everything is fine while the house burns quietly around you. And thus, it's consumed heavily during The Season.

And so begins The Season. Sigh. Again. Take a drink, folks.

Christmas isn't so much a holiday as it is a public relations campaign for obedience and forced goodwill. Every December, we assemble the props: trees, stockings, saccharine carols, recycled pep talks about "peace on earth". We say it's about joy, but it's really a test of endurance. The Olympics of Amazon. The marathon of cheer. Smiling becomes civic duty; frowning is an act of vandalism.

At the centre of it all sits Santa Claus—that beaming patriarch of conditional love, the jolliest surveillance state ever conceived. He's the most successful behavioural experiment in Western history, proof that an entire population can be trained to equate being watched with being cared for. Children learn it early: be good, or be punished.

It starts small—"Santa's watching". At first it's folklore. Then it's policy. Every act, pout, or tantrum recorded by a benevolent overseer with no appeals department and no take-backs. The "Naughty and Nice List" is the world's first social credit system, measured in coal and cookies. It teaches compliance long before anyone can spell it.

Santa didn't invent surveillance. He made it adorable. The chubby, red-suited mascot of plausible benevolence—the velvet glove on the invisible hand. "He sees you when you're sleeping, he knows when you're awake". And now, so do your phone, your boss, and the state.

His North Pole is a model society: hidden fortress, tireless labourers, no wages, no exit strategy. The elves never age, never unionize, never stop smiling. The snow keeps falling, and so do the production quotas. If you wanted to train a population to obey with a smile, you'd build a Santa.

And we did. The red suit became logos, the sleigh became logistics, and the elves became us. Clock in. Sing the songs. Hit the quotas. Tell yourself it's for the greater good. Brag about skipping vacation to meet a deadline, confusing exhaustion for purpose. Somewhere, a man in a red suit checks his list and nods approvingly.

Good workers get bonuses they can use to chip away at the debts that keep them loyal. The rest get "performance reviews". Same system, new wrapping paper. We call it culture. We call it hustle. We call it "team spirit". We've learned to self-censor, to smile when we're angry, to equate compliance with morality. And every time we do, we echo the same lie: that the system loves us back.

The Santa myth didn't disappear when we grew up—it automated. The list became an algorithm, the sleigh became same-day delivery, and the elves became weary co-workers in novelty socks. We don't even need to believe anymore; the belief is built into the software. We're monitored, categorized, rewarded, and punished with relentless cheer.

And yet, somehow, we still raise our glasses of eggnog and call it magic. Maybe that's the true miracle: not that Santa visits every home in one night, but that he never had to. We invited him in—offered him cookies, milk, and our complete cooperation.

His empire runs on unpaid enthusiasm and infinite overtime. The elves' songs are corporate slogans now; their joy is a brand asset. We admire their dedication, never noticing the resemblance. The myth was never about them. It was about us.

So here's to the elves. Here's to the myth that keeps the machine humming.

We'll call it tradition.
We'll call it culture.
We'll call it The Season.





A Holiday Home That Sells

How to keep your space festive, cozy, and ready to impress

By: Paul Ackerman

Selling your home during the holidays can feel tricky. You want that cozy, welcoming atmosphere that makes people instantly fall in love with the space—but you also don't want your decor to distract from your home's best features. The good news? With a few thoughtful touches, you can strike the perfect balance between festive and fresh. And even if you're not selling, these tips will help your home shine for guests all season long.

Outside: A Warm Welcome

The first impression starts at the curb, and a few simple choices can make your home feel both elegant and inviting.

- **Keep it classic.** Follow the natural lines of your home with lights that highlight trims, arches, and entryways. A soft, consistent glow always looks timeless.
- **Less is more.** If you're decorating trees or bushes, choose one or two focal points rather than covering every surface in twinkle lights.
- **Dress the door.** A beautiful wreath and a festive welcome mat can make guests (or potential buyers!) feel at home before they even step inside.

Inside: Cozy, Calm, and Charming

When it comes to interior holiday decor—especially if your home is on the market—simplicity and warmth go hand in hand.

- **Think in statements, not clutter.** A single, well-styled garland or centerpiece can have more impact than a dozen little decorations.
- **Keep the tree elegant.** Choose a cohesive colour palette and keep ornaments simple. Skip the overly personal or homemade decorations this year—you want visitors to imagine their family celebrating here.
- **Set the mood.** Subtle scents like pine, cinnamon, or vanilla can make your home feel cozy without being overwhelming.
- **Add light touches.** Wrap soft garland around railings or banisters and keep trimmings neutral—think soft reds, greens, or classic plaids.
- **Save the personal touches for next year.** Put away family holiday photos and cards for now; it helps potential buyers picture their own memories in the space.



Cohesive,
Elegant Tree

Garland
and Lights

Classic, Simple
Lights



The Secret Ingredient: Subtle Joy

You don't need an explosion of tinsel to make your home feel like the holidays. What people notice most is the feeling—the gentle glow of lights through a window, the scent of something warm, and the sense that a space has been loved and cared for.

So whether you're opening your doors to family or to future homeowners, a little thoughtful decorating goes a long way toward making your home feel merry, bright, and full of possibility.





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Closed starting Dec 22 and re-opens
Jan 5

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Monday – Thursday | 9:00 AM – 4:00 PM
(Closed for lunch 12:00 PM – 1:00 PM)
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The amazing volunteers on our Comms Committee and local Bownesians use their creativity to bring *The Bowest'ner* to life. If you'd like to join this hardworking crew, email editor@mybowness.com.

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