

WEST'NER

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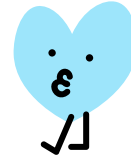
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Bowness Lions

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





Canola and Blue Skys
Betty Jacobs



While you're here...



What do you love most about winter in Bowness?



Who's a neighbour you appreciate?



What are you looking forward to this spring?




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EAT BOLD. SHINE  BRIGHT.



SCAN TO ORDER

ACROSS THE BOARD



News straight from the Bowness Community Association Board of Directors!

Your Voice, Our Future

Since 2007, the Bowness Community Association has had the privilege of running a triennial *Quality of Life* survey—better known to many as *Voices of Bowness*. Our most recent survey, completed in 2023, saw more than 700 residents share their experiences, hopes, and concerns. While many Bownesians reported a strong sense of well-being, the results also highlighted challenges—especially around safety and housing.

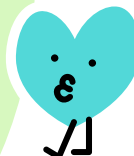
We, along with our partners and service providers across Bowness, rely on this survey to help shape programs, services, and advocacy that truly reflect what our community needs. And now, it's almost time to hear from you again. The next *Voices of Bowness* survey will roll out this spring and summer, with a full report ready to share at our AGM in November 2026.

Keep an eye out for BCA staff, board members, and volunteers at local events and around the community—we'll be out gathering your thoughts, your stories, and your ideas. Your voice matters, and we can't wait to listen.

Watch our socials for updates and ways to get involved!

2026
QUALITY OF LIFE

Want to Join the Board?



bowness



New Board Members!

Welcome Fionna & Shaun!



Shaun Heffel was elected into the Board of Directors at the AGM in Nov 2025. He's been a Bownesian for more than a decade and is now the Co-Director of Planning & Development Committee.

Fionna Rovane was also elected at the last AGM. She has been a Bownesian for over 10 years and has had family here for over 30 years. She spent many days of her childhood at Bowness Park and visiting the businesses on Mainstreet.

New Year's Wish

Issue 120
Jan/Feb 2026

Welcome to the 120th issue of *The Bowest'ner*! This milestone is truly special—a historic newsletter, handmade and delivered to every Bownesian.

This issue is full of stories about our neighbours, because it's the people of Bowness who make our community so amazing. So, settle in, take a look through these pages, and feel the decades of care and creativity that have gone into every issue—especially as you listen to the winter wind howl outside and feel the days get longer and longer.

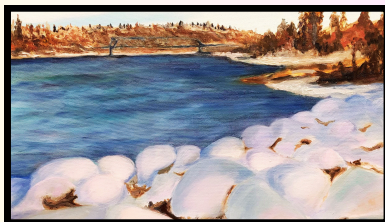
Last issue, we had a stamp hunt—112 stamps filled the pages and Sophie M. was the lucky winner! This issue, it's all about the love! Paul Ackerman (RE/MAX Realty Professionals) has doodled some heart buddies throughout the pages and we need your help to count them! Scan each page and email your total 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 Bownesians 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.

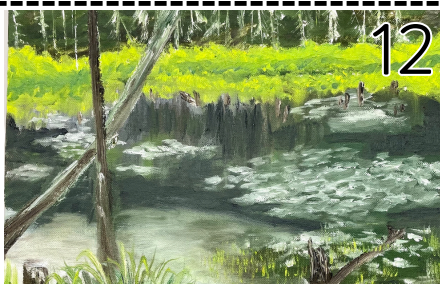
Stay warm, stay cozy, and happy reading!

— Zoë Decker
Editor, *The Bowest'ner*

On the Cover:



Bow River Pearls
Painting by Betty Jacobs
Bownesian



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From Hobby to Studio
Read all about how one Bowness resident discovered a passion for painting at 50.



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Flame & Bite
Dive into the detailed story about one of Bowness' newest businesses and the tasty food they are serving up.



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Blood Moon
Ever wondered what happens during a total lunar eclipse? Is the moon swallowed up or something else?



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The Bowtanical Garden
Keep your green thumb active all winter—discover clever indoor gardening projects, crafty plant ideas, and more!



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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.

ice BREAKER

**bow
ness**

- ✓ Skating
- ✓ Robots
- ✓ Puppet Pop Up Workshop!

Feb 16 | 9:00 am - 3:00 pm

Bowness Community Association



Have You Noticed the Back Cover?

You may have noticed something new on *The Bowest'ner's* back cover lately. Since our 2025 November/December issue, the format has changed—and that's because for each issue, any business can now bid for the coveted back cover spot!

We made this change to give businesses of all sizes a fair chance at one of the most visible placements in the newsletter. It also allows us to highlight the many incredible advertisers who care deeply about Bowness and who help keep our stories, updates, and community news flowing to residents. And as an added bonus, it keeps the back page different and fresh each issue, which is not only fun for readers but keeps eyes looking at each business gracing the back cover.

Bowness is a pretty special place for many reasons—and one of them is that we have a 32-page, full-colour newsletter delivered to every single household, six times a year. That's more than 40,000 copies a year reaching residents who rely on *The Bowest'ner* to stay informed and connected. And that number grows each month with more people moving to Bowness.

To all the businesses who continue to advertise with us: thank you. Your support not only promotes your services—it strengthens the entire community.

If your business would like to bid for the back cover of an upcoming issue, please email editor@mybowness.com.

BCA Events & Happenings

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

Family Day Ice Breaker!

Monday, Feb 16 | 9:00 AM - 3:00 PM

Location: BCA Arena, Community Room & Main Hall

No registration required | FREE to attend

Shake off the winter blues and bring the family for a fun-filled day: meet the Robotics Team and check out their latest creations, then join a hands-on puppet workshop hosted by the WP Puppet Theatre Society.



Gnome Making Workshop

Friday, Feb 13 | 2:00 PM - 4:00 PM

Location: BCA Community Room

Registration required (opens Jan 23)

Bring a touch of whimsy to your home this spring! Join Aileen Lublinkhof for a fun, hands-on workshop and make your own indoor spring gnomes. Free to attend and register at mybowness.com/events.



Free Public Skate

Thursdays | 12:00 PM - 1:30 PM

Location: BCA Arena

Registration not required

Enjoy some classic winter fun at our Free Public Skate! Strollers are welcome on the ice as long as wheels are clean, and skate aids are available to help skaters of all ages feel confident. Bring the whole family!



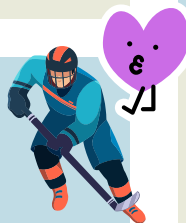
Shinny and Stick & Puck

Mondays & Wednesdays | 12:00 PM - 1:30 PM

Fridays | 12:00 - 1:00 PM

Location: BCA Arena

Bring your gear and break up your lunch time with \$10 drop-in shinny on Mondays and Wednesdays or a more casual game of stick & puck on Fridays.



Pickleball

Mondays | 5:00 PM - 9:00 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/pickleball.



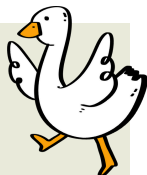
Parent Child Mother Goose

Thursdays | 10:30 AM - 11:30 AM

Location: Community Room

Registration required (opens Jan 7)

A gentle sing-along for parents and children ages 0-3. Supports early literacy, listening, and social development. FREE to attend. Read more on page 2.



Drop-In Figure Skating

Mondays | 10:00 AM - 11:00 AM

Location: BCA Arena

Registration not required | \$10 fee

Glide, spin, and practice your moves at our weekly Drop-In Figure Skating sessions! A welcoming space to refine your skills or simply enjoy time on the ice.



BCA Office Opens!

Monday, Jan 5 | 9:00 AM

The BCA Office is back from holidays starting January 5! We're looking forward to all the events and new workshops this year. Plus seeing all the Bowness residents come into the office! Happy New Year everyone!



Bowest'ner Contest!

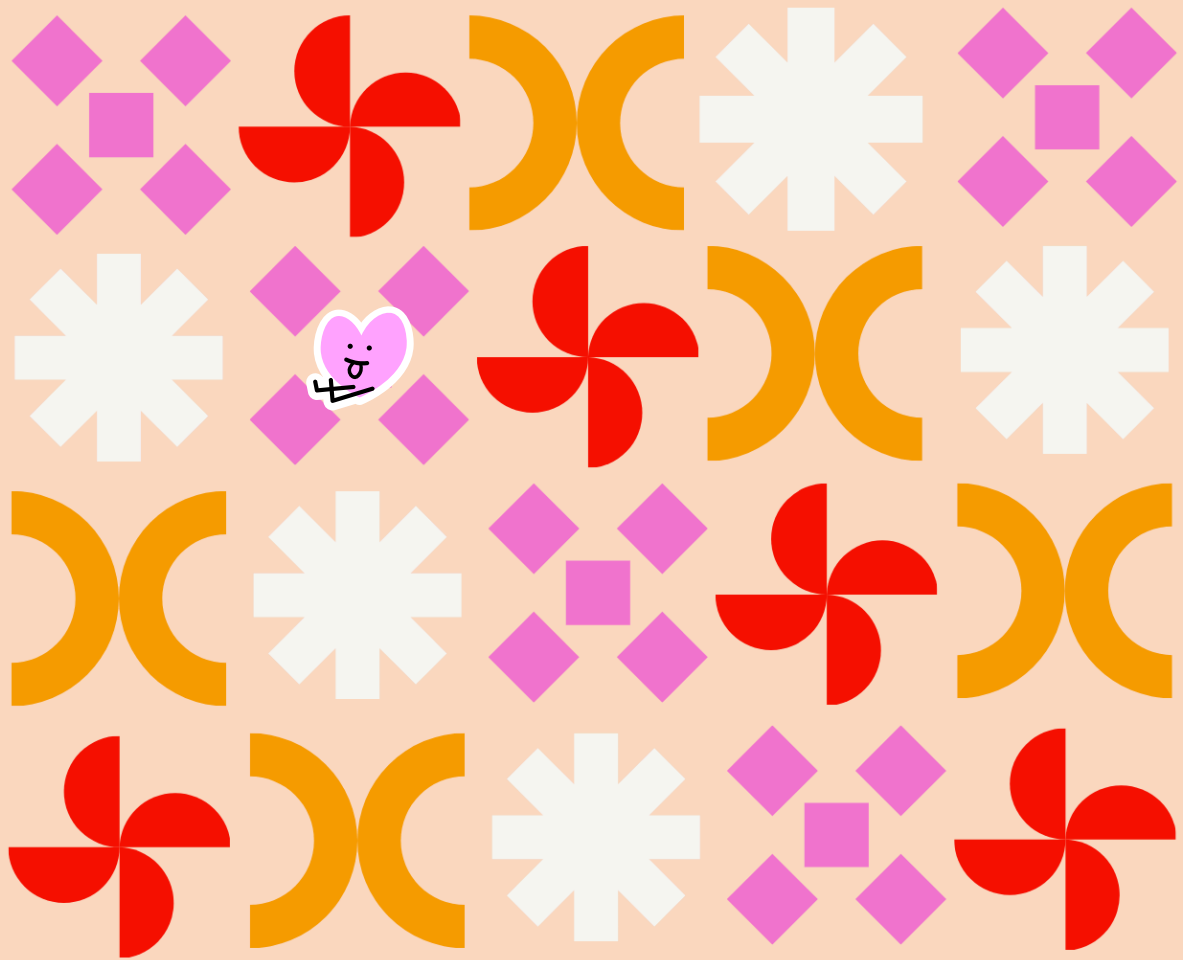
All January long | Winner randomly selected on Feb 2

Location: *The Bowest'ner*

Entries sent to iheartbowness@mybowness.com

Find all the pride hearts 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!





MARCH 28 & 29, 2026
10:00 - 4:00 PM

Spring Craft Fair

📍 BCA | 7904 43RD AVE NW

🌐 mybowness.com/springfair



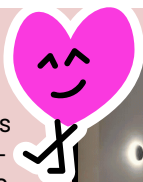
The Landing Events & Happenings

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



The Landing at the BCA

Warm, casual, and built for connection, The Landing is open weekdays from 9:00 AM–5:00 PM for pay-what-you-can coffee and tea, and every evening from 5:00 PM–10:00 PM for food and drinks. Elevator accessible and always buzzing with neighbours, events, and conversation. Check out the events below and see you soon at The Landing!



Weekends at The Landing!

WEEKEND

Saturdays & Sundays | 4:00 PM – 10:00 PM

Registration not required

Did you know that The Landing is now open on the weekends?? Well, now you do! Stop by every weekend to watch the game, cheer on your kids on the ice below, or enjoy food and drinks with friends.



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. January's book is *In Winter I Get Up at Night* by Jane Urquhart. February's book is *The World According to Garp* by John Irving.



Game Night!

Dates when sports happen!

Registration not required

Why watch your favourite sports team play on your regular tv at home when you can watch it with your neighbours at The Landing?? We got 2 big screens, drinks, food, and the vibes! Open every evening!



Land & Spirit

Thursday, Feb 26 | 10:00 AM – 11:30 AM

Registration required

Learn about six Sacred Blackfoot sites in Alberta and Montana at this presentation by Elder Cheryle! A light lunch will follow. Register at mybowness.com/events. More events with Elder Cheryle to come this year!



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. All levels and ages are welcome!



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 Mar/Apr Issue!

Who Set Off the Fireworks?

Four kids were hanging out in Bowness, and one of them set off fireworks when they definitely weren't supposed to. When asked about it, here's what they said:

- A: "Not me! I didn't set off any fireworks."
- B: "Alright, I'll tell the truth. It was me—I set them off."
- C: "Don't blame A! They didn't do anything."
- D: "B didn't set off the fireworks, I swear."

You know for a fact that **the kid who set off the fireworks is lying**. However, any number of the other kids may be lying as well.

👉 **Question:**
Who actually set off the fireworks?

Nov/Dec BrainTeaser Answers:

Riddle 1: Snow
Riddle 2: Icicles
Riddle 3: Frost
Riddle 4: Snowman

Elder Cheryle Chagnon-Greyeyes

Land, Spirit, and Community

By: Zoë Decker

Elder Cheryle Chagnon-Greyeyes continues to share her knowledge and teachings with the Bowness Community Association through Community Hub programming, including her upcoming workshop, **Land & Spirit**, taking place **Thursday, Feb. 26 from 10:00–11:30 AM**. (More details can be found on the Landing Events & Happenings page on page 9.)

Cheryle is a proud Nehiyaw Esquao (Cree Woman), a member of Muskeg Lake Cree Nation (Treaty 6), and Métis, and has lived in Calgary on Treaty 7 territory since 1993. Her ceremonially gifted Cree name translates to Healing Woman Who Walks Far. Recognized as a Traditional Knowledge Keeper, Cree Elder, and Pipe Carrier, Cheryle shares Indigenous protocol, Territorial Acknowledgements, Medicine Wheel teachings, cultural teachings and stories, prayers, and ceremony (upon request).

With more than two decades of experience as an Indigenous activist, educator, and storyteller, Cheryle's work centres

justice, environmental responsibility, and connection—to each other and to the land. A recipient of the 2023 IAAW Esquao Award for Justice and Human Rights, she brings both lived experience and deep care into every space she enters.

Throughout this edition of *The Bowest'ner*, you'll also find Cheryle's own words woven through the pages, as she reflects on joy, land, spirituality, and what it means to walk a good path in community. We invite you to spend time with her teachings here—and to join her in person for Land & Spirit later this winter.

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.



Thrift & Clothing Sales

Thursdays starting Jan 8 | 1:00 – 5:30 PM

Location: Foothills United Church | 3803 69 Street NW

No registration or fee required

Find great deals on clothing and more at the Foothills United Church Thrift & Clothing Sales. For more information, call the church office at 403-288-5632.



Skating in Bowness Park!

All day everyday! Check ice conditions!

Location: Bowness Park Lagoon

Skate rentals available

Take part in this long-standing Bowness tradition by grabbing your skates and taking a turn or two or ten on the Bowness lagoon! Grab a hot coco and watch or partake in the skating yourself!



Warhammer: Learn to Paint!

Saturdays | 6:00 PM

Location: Bowness Arts |

No registration required | FREE to attend

Learn to paint these iconic miniatures from Warhammer 4000 at Bowness Arts. One model is provided, plus receive expert guidance from experienced painters!



Seniors' 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!



Living Well with Stress

Wednesday, Feb 4 | 2:15 PM – 4:15 PM

Location: Bowness Library | 6532 Bowness Road NW

No registration required | 18+

Feeling overwhelmed with pressures in your life? With Primary Care Alberta Healthy Living Program, explore sources and signs of stress and healthy ways to cope in this FREE workshop.



Yoga in Bowness

Check dates and times at yogamcc.com

Location: YogaMCC | 6323 Bowness Road NW

Registration required

Need a stretch? Meditate? How about join a class at YogaMCC in Bowness! First yoga class is FREE! Slow down and breath with other Bowness yogis.



Cribbage at Brewsmith!

Sundays | 1:00 PM

Location: Brewsmith Brewing | 6311 Bowness Road NW

No registration required | FREE to play

Join Calgary Cribbage at Brewsmith for some crib-filled fun! Every Sunday, partake in a round or two of crib while you sip on Brewsmith's newest craft collection.



From Hobby to Studio

25 years in Bowness and a Lifetime of Creativity Captured on Canvas

By: Zoë Decker

Betty Jacobs has been a proud resident of Bowness for 25 years, having moved from Silver Springs—and she's never planning to leave! Surprisingly, her artistic journey didn't begin until she was 50. Originally taking an art class just to socialize with friends, Betty discovered a passion she never knew she had.

Now, 15 years later, she has her own studio and an inspiring painting buddy group. What started as a hobby has blossomed into a meaningful creative pursuit that brings her immense joy. Her work captures the beauty of the community she loves, including stunning scenes of local rivers and landscapes.

In fact, the beautiful winter scene gracing the cover of this issue of *The Bowest'ner* is one of Betty's own creations. Looks familiar? You've probably seen this view before!

Her paintings are a reminder that it's never too late to explore new passions—and that inspiration can be found right in your own backyard.



Goosing Around

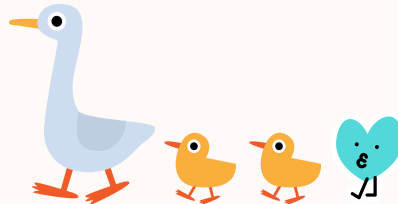
Building Bonds One Rhyme at a Time

By: Zoë Decker

This fall, the BCA tested out something new—and quietly magical. For six weeks, nine parents and their little ones gathered every Friday morning for the Parent-Child Mother Goose Program®, led by trained “Gooser” Erin Bacon. Together, they sang, chanted, bounced, and rhymed their way through simple, joyful activities designed to strengthen one of the most important relationships there is: the bond between parent and child.

The Parent-Child Mother Goose Program® is built on a beautifully simple idea: when parents and young children share songs, rhymes, and stories, something powerful happens. Parents gain confidence in supporting their child's early development, and children benefit from warm, positive, language-rich moments with their caregivers. There are no toys, no screens, and no pressure—just voices, movement, and connection.

Across the weeks, our pilot group eased into familiar routines, learned new rhymes that made their babies light up, and enjoyed the slow, relaxed pace that Mother Goose is known for



The program keeps things gentle and repetitive, giving families time to internalize songs they can use at home during diaper changes, bedtime, car rides, and everyday moments.

Mother Goose is also intentionally inclusive. Families of all cultures, languages, and backgrounds are welcomed, and the emphasis on oral storytelling means parents can participate in whatever way feels natural. Most importantly, it creates a small, supportive community—something many new parents crave.

Thanks to the success of this pilot, we'll be offering the Parent-Child Mother Goose Program® again starting Jan XX. The program is free and open to parents and caregivers with children ages 0–3. All you need is yourself, your little one, and a willingness to sing (no professionals here!).

If you're looking for a warm, welcoming way to connect with your child and your community, Mother Goose at the BCA is a wonderful place to begin. See mybowness.com/mothergoose for more info or email Erin at ebacon@mybowness.com.

21 Things

Reflecting on Learning, Truth & Reconciliation

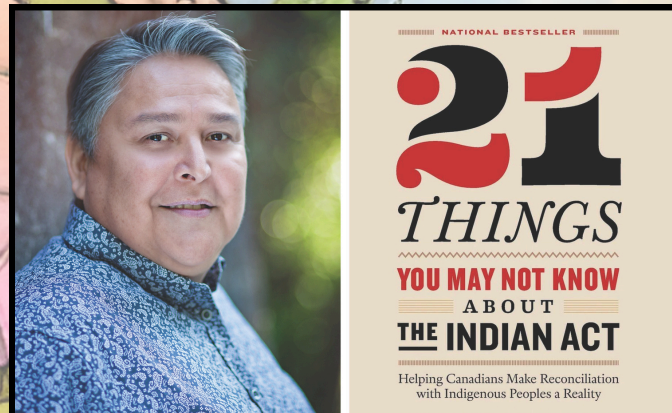
By: Abby Vadebonceour

For seven Thursdays this past November and December, a group of community members gathered to read Bob Joseph's insightful book, 21 Things You Might Not Know About the Indian Act. The discussions were thoughtful, challenging, and at times eye-opening, highlighting the importance of understanding history and recognizing our roles as Treaty people—whether Indigenous, settler, newcomer, or visitor.

Participants explored how each of us can contribute to Truth and Reconciliation. Inspired by Bob Joseph, here are a few ways to get involved:

- Read books by Indigenous authors
- Speak up against stereotypes when you hear them
- Attend Truth and Reconciliation programming (save the date: June 4, 2026, at 10 a.m. at the BCA)
- Support Indigenous musicians and artists
- Visit native-land.ca to learn the history of the land you live on
- Explore the TRC's 94 Calls to Action and track Canada's progress at indigenouwatchdog.org

Learning is just the beginning—reflection turns knowledge into action. To explore Indigenous programming at the BCA, email communityhub@mybowness.com.



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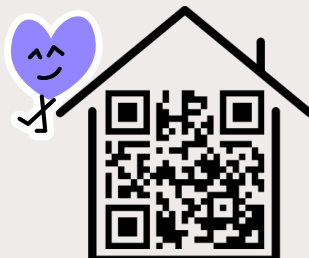
I am Lori Nitah, born and raised in Bowness.

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Tiny Sheds, BIG Talent



Support Local Trades Students & Bring Home a Hand-Built Backyard Gem

By: Zoë Decker

The Trades Centre for Excellence at Bowness High School has been busy—really busy. And the results? Absolutely adorable, wildly useful, student-built playhome-style sheds that are ready to find their forever homes right here in Bowness.

These sheds aren't just sheds. They're the product of hammers, teamwork, sawdust, problem-solving, creativity, and the kind of hands-on learning that makes you think, "Wow... these students are good."



Small Sheds, Big Possibilities

Each shed is a compact 4 x 8 ft structure packed with potential. Need a garden hideout? A mini art studio? A top-secret kid clubhouse? A place to store the lawn tools you keep pretending you'll put away? These sheds can do it all.

The units available at the end of January come:

- Fully shingled
- Fully sided
- AND! Fully finished inside (yes—drywall, flooring, and baseboards!)

They're charming, sturdy, and ready to be loved.

Why Buy One? Because You're Supporting Real Skills

Every shed sold helps fund more projects, more supplies, and more hands-on learning for students in the Trades Centre for Excellence. It's a win for the school, a win for the program, and a win for anyone who wants a cool little structure in their yard.

Each shed is priced at **\$1,000**, and buyers handle transportation. (Don't worry—they can help coordinate delivery to keep it easy.)



Want One? We Can Hook You Up.

If your backyard is screaming, "Yes! I need that shed!" just email: heartbowness@mybowness.com

We'll pass your info along to the program so you can take a look, ask questions, and maybe adopt a shed of your very own.

Elder Cheryle's Corner



What does "land" mean to you on a personal level, and how has your relationship with land changed over time?

"Land" refers to our intimate, personal, physical and spiritual connection to the land, to those who lived on this land for millennia. Mother Earth is a living, breathing Being, and she gives us everything we need to survive and thrive right here, right now, in this moment. We are the "Land" and the "Land" is us—they are inseparable. Healing our relationship with Mother Earth helps not only our beautiful planet to survive, but also allows us and future generations to be respectful, appreciative, humble, and of true service to each other and our planet.

I ♥ MAINSTREET BOWNESS

A HEALTHY START TO THE NEW YEAR!



YOGA MCC



Moore Denture
Clinic



OPTIMUM WELLNESS CENTRE



LIGHT CELLAR



BUILDING BRIDGES COUNSELLING SERVICES



BOW CANNABIS



WESTERN LASER EYE CLINIC



BoWEST DENTAL



BOWCARE FAMILY HEALTH HUB



LITTLE SHOP OF PLEASURES

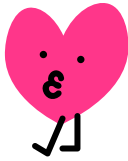


COME ON DOWN TO YOUR HISTORIC MAINSTREET

Kick off 2026 with energy, fun, and community! Visit Mainstreet Bowness for everything you need to start the year on the right foot—local shops, fresh eats, and friendly faces. Make this your year, and let Mainstreet Bowness help you get there!

Stay up to date on events at [mainstreetbowness.com](https://www.mainstreetbowness.com)

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



Twist, Tie, Trim

The Fun, Slightly Sticky, and Totally Satisfying World of Wreath-Making

By: Zoë Decker

You could practically smell winter creeping in. The cold, the pine, the hint of holidays—and with it came a sudden, alarming realization: I didn't have a wreath for my door.

Sure, wreaths can be for any season, any holiday, any belief system. But I wanted a winter wreath in a big way. I usually make one by hand every year, so I hopped online to see if Bloom Culture had any workshops coming up. I'd heard amazing things about their holiday wreaths and evergreen bundles. Lucky me—they had a winter workshop! I signed up instantly.

Walking into Bloom Culture felt like stepping into a forest. Spruce, pine—freshly cut evergreens perfumed the whole room. I grabbed a seat while the instructor handed out different greens: pine, silver spruce, boxwood, and a few others.

The secret to wreath making, I learned, is all in the bundles—mix the greens, don't make them too long, and for the love of symmetry, don't build them too chunky or the wreath becomes a leafy monster. I went gloveless, because I like feeling the textures, which means yes, I earned a few scratches and sap stains like badges of honour.



Then came the accent pieces. This was the fun part. I chose thistles, baby's breath, and dried eucalyptus pods. My palette leaned very "wintery woodland" rather than bold reds or golds. I'm a subtle-greens-and-muted-tones kind of person—and thistles are my favourite flower, so obviously they made the cut.

Once the bundles were ready, we wire-wrapped them onto the frame. I may have over-tightened a few sections (my motto: "if the wire isn't fighting back, it's not tight enough"), but it all held together beautifully. A little trimming here, a little fluffing there, and suddenly I had a wreath I was genuinely proud of. I left the workshop tired, sap-sticky, and so content.

We hung it on the door the next day, and it looked perfect. Warm, welcoming, and wonderfully wintery. The holidays have long come and gone, but the wreath? Still proudly hanging. And honestly, it's staying up until spring.

Bloom Culture, if you're listening: please offer a spring or summer wreath workshop! My door deserves more wreaths.

Did you know?? Wreaths have been around for thousands of years! Ancient Persians, Egyptians, and Greeks wore them as headdresses to symbolize power, honour, or victory. The winter wreaths we hang today were inspired by Yule, an ancient Germanic and Scandinavian festival celebrating the winter solstice. Evergreens symbolized the promise of spring, and Romans even gave holly wreaths as gifts to honor Saturn, the god of agriculture.

Elder Cheryle's Corner

When you're not teaching, facilitating, or in ceremony, what brings you joy?

Connecting with the people I love brings me joy, especially my grandchildren. Joy is also relaxing with a nice cup of tea in my front yard, having a chat with the magpies.



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

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Landing Paint Night

A Community Art-filled Installation

By: Abby Vadebonceour

For three vibrant weeks in October, The Landing at the Bowness Community Association became a hub of colour, creativity, and collaboration. Around 20 local residents came together to contribute to a unique painting installation, transforming blank canvases into a collective work of art.

Leading the project was Nicole Jackson (Instagram: @pipandleonard), who designed the concept, selected a harmonious color palette, and guided participants through the creative process. No previous painting experience was required—just curiosity, enthusiasm, and a willingness to experiment. Over multiple sessions, residents layered paint, shared ideas, and watched their individual contributions come together as a unified artistic display.



The result is a stunning installation that showcases both the talent and the spirit of the Bowness community. A heartfelt thank you goes out to Nicole and everyone who participated—your creativity has truly brightened The Landing!

If you're interested in future community programming opportunities, or if you have a program idea of your own, please reach out to communityhub@mybowness.com. The Landing is open as a drop-in space on weekdays from 9 a.m. to 4 p.m., and on weekends and weeknights from 5–10 p.m., serving as a pub with food and drinks. Come see the installation and be inspired!



Money Made Simple

Getting Clear on Your Financial Foundation

By: Tietje White

With the rising cost of living and high household debt, understanding money is more important than ever. The good news? Learning a few financial basics can lead to better decisions, and even small changes in your money habits can compound over time—paving the way to more confidence, flexibility, and freedom.

If you worry you've missed your window, or that you don't have enough money to bother managing, it's never too early or too late to begin. In fact, managing your money is often how wealth is built.

This is the first of a six-part series on personal finance fundamentals. Together, we'll explore how to understand your numbers, manage day-to-day finances, use credit wisely, save and invest, plan for big goals like retirement, and put it all together in a way that reflects your values.

A Quick Note About Me

I'm a recently retired midwife who now enjoys financial coaching. My own journey to financial independence was bumpy—I faced setbacks, felt overwhelmed, and procrastinated for years. But getting my finances in order became my pathway to freedom. It meant the option to work less, reduce stress, and focus on what mattered most.

My hope is that these articles make getting started feel a little more possible—and a lot less intimidating.

Start Here: Know Your Numbers

If you don't know where you're starting from, it's hard to know where you're going. Two simple calculations can give you clarity.

Net worth = what you own – what you owe

Add up assets like bank accounts, investments, or home equity, then subtract debts such as credit cards, student loans, or a mortgage. Your net worth might be positive or negative—either way, it's just information, not a judgment.

Cash flow = monthly income – monthly expenses

List what comes in each month, then subtract fixed and variable expenses. Your cash flow becomes the foundation for future steps like budgeting and saving.



Notice Your Money Mindset

Our beliefs about money—shaped by family, culture, and experience—affect our money habits. Are you a spender, saver, avoider, worrier, or planner?

Awareness is powerful. When you understand your patterns, you can decide what's working for you and what you might want to update.

Set a Simple Goal

Goals turn vague ideas like *"I should save more"* into action. Start small. Even one clear goal—such as building an emergency fund or paying down a credit card—is enough for now.

Consider using the SMART framework (specific, measurable, achievable, relevant, time-bound) to map out your plan.

Your Takeaway

Create a one-page snapshot that includes:

- Your net worth
- Monthly cash flow
- Debts
- Savings
- One or two goals

This is your financial "before picture."

Every financial transformation begins with awareness. This is just the beginning, and the next articles will help you build from here.

Questions or feedback?

Feel free to reach out: tietjewhite@gmail.com



flame & bite

Bringing Mediterranean Warmth and Family-Style Comfort in Bowness

By: Zoë Decker

You may have noticed a new business pop up beside The Bowness Pub recently—a cozy little spot called Flame & Bite. I was invited in for a tasting, and let me tell you, the experience started before I even saw the food.

The moment I stepped through the door, owner Emad Hemeida greeted me with the kind of warm smile that cuts straight through a -20°C day. When I told him I was there to interview him and try the menu, he didn't hesitate—he whisked me straight into the kitchen to chat while his business partner, the incredibly talented five-star Chef Fares, prepared a special tasting plate.

Before anything else, Emad poured me a cup of sweetened tea—his way of welcoming guests, a tradition from home. And that idea of home became the thread of our entire conversation. The tea was delicious, and after spending a few minutes in the cold, I gratefully accepted a second (and third!) cup.

As we spoke, Emad shared his journey. Born in a small town outside Alexandria, Egypt, he graduated from Alexandria University and has worked as a professional chef for more than 15 years—including earning his Canadian Red Seal. He moved to Canada seven years ago and to Bowness three years ago with his family of six. Despite the fierce winters, he says they've never regretted settling here.

When he's not busy running the restaurant, Emad loves heading to the mountains—either hiking or simply admiring the views. One of his favourite moments of the day happens right in the city: the drive up Sarcee Trail at sunrise as he takes his wife to work. He says watching the sun break across the horizon is their special morning ritual. (He also firmly agrees with all Albertans that we have the best sunrises in the world.)

Flame & Bite opened in November 2025 and has already built a loyal following. Their Mediterranean-fusion menu pulls from Greek, Egyptian, Turkish, and Middle Eastern influences, with classics like shawarma, donair, and—some Canadian favourites—cheeseburgers, Philly steak, and donair poutine.

For my tasting, Chef Fares prepared a plate of traditional Egyptian dishes and went out of his way to make everything vegan for me. The plate included cabbage rolls, stuffed peppers, lentil soup, and authentic Egyptian falafel.



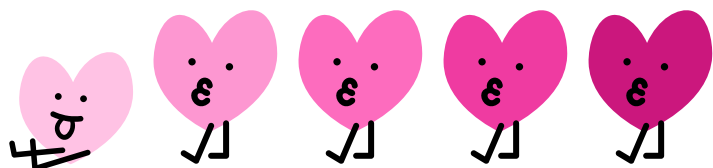
Now, I love cabbage rolls. And I adore falafel. But the falafel I ate that day? Life-changing. I had never had true Egyptian falafel before—made from fava beans, not chickpeas. One bite and I understood instantly: this is the original, the blueprint, the falafel that all other falafels wish they were. Consider me converted. Forever.

Everything on the plate was a 10/10.

What struck me most, though, was the care behind the food. Emad and Fares understand dietary needs that are common here but rare elsewhere, and they pride themselves on feeding people like family. Their ingredients are top-quality and thoughtfully chosen, and you leave feeling warm, satisfied, and somehow still light. I often have stomach trouble after eating out, but not here—Flame & Bite is officially sensitive-tummy approved.

I arrived after a long, draining week, feeling tired and worn down. I left with a happy stomach, a lighter heart, and a little bounce in my step. It genuinely felt like visiting family—family who just happen to be incredible chefs.

If you haven't checked out Flame & Bite, do yourself a favour and go. The food is amazing, the prices are shockingly affordable for the quality, and Bowness finally has the Mediterranean comfort food we didn't realize we were missing. And selfishly? I'm very glad I work only a block away.



The Bowness Seniors' Centre

"Where Good Friends Meet"



MONDAY

Tai Chi Chih 10:00-11:00 am
Coffee and Conversation 11:00-12:30 pm
Drop-In Floor Curling 12:45-3:00 pm
Whist 1:00-3:00 pm
Zumba 7:00-8:00 pm

TUESDAY

Fitness Classes 10:00-11:00 am
Euchre and Cribbage 1:00-3:00 pm
Floor Curling League 6:45-9:00 pm

WEDNESDAY

Shuffle Board 9:30-10:30 am
Seated Yoga 10:00-11:00 am
Line Dancing 11:30-12:30 pm
Sing A Long 1:00-2:00 pm

THURSDAY

Pool/Billiards 9:00-11:00 am
Fitness Classes 10:00-11:00 am
Bridge (Just play) 12:30-3:00 pm
Monthly Book Club 1:00-2:00 pm

FRIDAY

Pool/Billiards 9:00-11:00 am
Monthly Bingo 11:00 am-4:00 pm

**Our Winter programs fill up fast!
Don't miss your chance to register**

For pricing, dates, membership opportunities
and more please visit our website
<https://bownessseniorscentre.com>

**The Bowness Seniors' Centre will also
be offering FRIDAY LUNCHESES! Check
out our website for more information
on this amazing program.**

**Our monthly BINGO is also back!
Find all the information you need
on our website**



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

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Ice Time, Eh?

Mondays, Wednesdays, and Fridays at the BCA

By: Hockey Chad

Alright, boys and beauties—if your legs have been chirpin' for a good stride-and-glide, it's time to tape the twig and hit the BCA Arena. The ice is mint. Fresh Zamboni, could-eat-your-poutine-off-it mint.

Adult Shinny | Mon & Wed, 12–1:30 PM

This is your midday dose of Canadian therapy. Ninety minutes of Adult Shinny for ten bucks. Goalies skate free—because you're heroes.

The vibe's relaxed, but you gotta skate, handle a stick, and wear full gear. Under 18? Helmet on, kid. Expect a classic mix: the speedy guy, the Game 7 hero, and the shooter whose shot is more of a suggestion. Somehow, it all works—and it's always a beauty.

Stick & Puck | Fri, 12–1 PM

End the week right with Stick & Puck. Five bucks, one hour, no gameplay, no contact—just you, the puck, and the ice. Work on your edges, your shot, or that backhand that's been haunting you. Bring your gear, know how to skate, and keep it friendly.



Photo by Brian Backhaus



Convinced?

Come rip around, bud. Let's wheel, deal, and squeal when someone rings one off the bar.

P.S. Both Metros and Raiders fans are welcome to heat up the ice at the BCA.

Snowflakes

The Tiny Ice Artists of the Sky

By: Zoë Decker

Snowflakes are like nature's glitter—unique, delicate, and impossible to ignore. But behind their beauty lies some seriously cool science. Every snowflake starts as a tiny speck in the clouds, often a bit of dust or pollen, which becomes the "seed" for a frozen masterpiece.

When water vapor in the clouds cools below freezing, the molecules lock into place, forming a crystal. And here's the fascinating part: the crystal always starts with a hexagon—six perfect sides. That's because water molecules love to connect at certain angles, creating a natural six-fold symmetry. Think of it like molecular LEGO building!

From this hexagonal core, the snowflake grows its arms and branches, but not in a boring, identical way. Temperature and humidity act like an invisible artist, shaping each flake differently. Warm, damp air might stretch it into a wide, flat plate, while cold, dry air can turn it into spiky, intricate dendrites. Every twist and turn of the snowflake is a record of the sky's conditions as it falls. In other words, snowflakes are like tiny icy diaries, each one telling a story of its journey through the clouds.

Even more fun: no two snowflakes are exactly alike. Tiny variations in air and moisture make each one unique—a rule of nature that's been true for billions of years. And while they might look fragile, snowflakes are a perfect example of molecular precision at work, showcasing the laws of physics and chemistry in action.

Next time you catch a snowflake on your mitten, take a closer look. You're holding a little frozen work of art, created by water molecules, sculpted by the weather, and dropped straight from the sky. Snowflakes prove that science doesn't have to be boring—sometimes it's sparkling, magical, and as playful as winter itself.



Info and images referenced from Ken Libbrecht's *Field Guide to Snowflakes*.

Frosty Borkin' Thoughts

A Poem by me, Dog.

step outside.
world gone white.
who did this?? wizard crime.

sky leaking??
soft cold crumbs.
i bite many. heroic.

sniff air.
smells like cold.
and maybe sandwich.

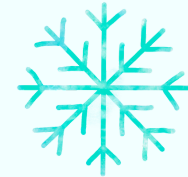
snowball thrown.
i chase.
snowball vanish. rude magic.

zoomies activated.
slip on ice.
pretend was dance. flawless.

roll in snow.
become frost beast.
hooman laugh. betrayal.

you cold.
i warm.
snuggle now?? please.

i love u.
unless u squeaky winter boot.
then i bark first, love later.

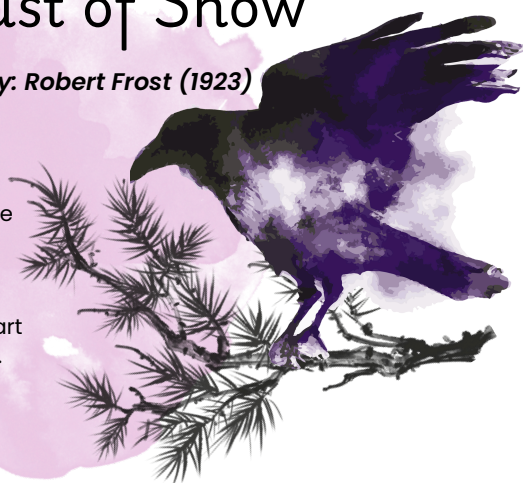


Dust of Snow

By: Robert Frost (1923)

The way a crow
Shook down on me
The dust of snow
From a hemlock tree

Has given my heart
A change of mood
And saved some part
Of a day I had rued.





Simple Crochet Winter Toque

By: Zoë Decker

Skill Level: Beginner

Time: 2-3 hours

Finished Measurements: Approximately 10" wide (unstretched)

Gauge: 4" x 4" = 7 sts x 8 rows in single crochet



Materials

- 100 g super bulky yarn (Sample shown uses Lion Brand Wool-Ease Thick & Quick, available at Michaels)
- Size 10.0 mm (US N/P-15) crochet hook
- Scissors
- Tapestry (darning) needle
- Optional: Pom-pom maker

Abbreviations (US Terms)

- **ch(s)** = chain(s)
- **st(s)** = stitch(es)
- **dc** = double crochet
- **fpdc** = front post double crochet
- **bpdc** = back post double crochet
- **dc2tog** = double crochet two stitches together (decrease)

Notes

- Pattern is worked in joined rounds.
- Ch 2 at the beginning of each round does not count as a stitch.
- Stitch counts for each round are listed in parentheses at the end.
- Slip stitch to the first dc at the end of each round unless otherwise stated.



Pattern

Foundation:

Ch 42. Join with a slip stitch to the first chain to form a circle, being careful not to twist. (42 sts)

Round 1:

Ch 2, dc in each st around. Slip stitch to first dc. (42)

Round 2:

Ch 2, *fpdc in next st, bpdc in next st*; repeat from * to * around. Slip stitch to first dc. (42)

Round 3:

Repeat Round 2. (42)

Rounds 4-6:

Ch 2, dc in each st around. Slip stitch to first dc. (42)

Round 7:

Ch 2, dc in next 2 sts, dc2tog, [dc in next 3 sts, dc2tog] repeat 7 times, dc in last 3 sts. Slip stitch to join. (34)

Round 8:

Ch 2, dc in next st, dc2tog, [dc in next 2 sts, dc2tog] repeat 7 times, dc in last 3 sts. Slip stitch to join. (26)

Round 9:

Ch 2, dc in next st, dc2tog, [dc in next st, dc2tog] repeat 7 times, dc in last 2 sts. Slip stitch to join. (18)

Round 10:

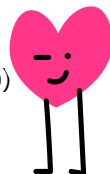
Ch 2, dc2tog 8 times, dc in last 2 sts. Slip stitch to join. (10)

Finishing

Fasten off, leaving a 10" tail. Thread tail onto a tapestry needle and weave through the remaining stitches. Pull tightly to cinch the top closed, then secure and weave in all ends.

**Optional:

Make a pom-pom and attach it securely to the top of the hat.



New Year's Poem

By: Edna St. Vincent Millay (1937)

I am not one to make resolutions—
I will merely resolve to love more
And try to be lighter in heart.

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

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- 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.

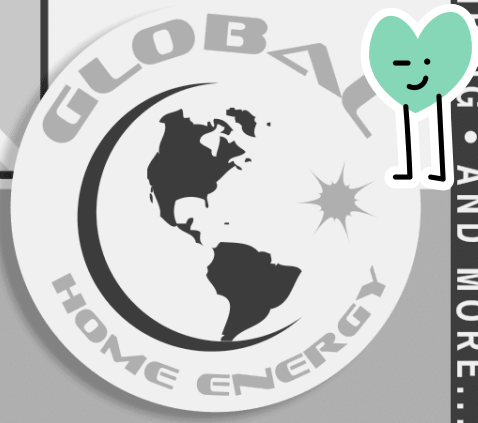


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BLOOD MOON

By: Zoë Decker

Mark your calendars, Bowness! On March 3, the night sky is putting on a spectacular show: a total lunar eclipse that you'll be able to watch from start to finish. Whether you're a space nerd or just love a good moonlit moment, this is one event you don't want to miss.

So, what actually happens during a lunar eclipse? It's simple (but incredible): the Earth slides right between the Sun and the Moon. This means the Earth's shadow falls on the Moon, blocking the Sun's direct light. As the Moon moves into the darkest part of Earth's shadow, called the umbra, it slowly darkens—but it doesn't go completely black. Instead, it can take on a range of colours, from dark brown and deep red to bright orange or yellow.

Why red? It all comes down to Earth's atmosphere. Sunlight passing through the air around our planet gets bent toward the Moon. Along the way, most of the blue light scatters out (that's why our sky is blue), leaving the longer red wavelengths to light up the lunar surface. The exact colour depends on the weather along the Earth's terminator—the line between day and night. If it's cloudy, fewer rays get through, making the Moon look darker; if the skies are clear, the Moon glows fiery orange or red, like a giant celestial sunset.

Imagine standing on the Moon during a total eclipse: you'd see the Earth completely blocking the Sun, surrounded by a bright red ring made up of every sunrise and sunset happening across the globe. It's cosmic theatre at its finest!

This March Blood Moon is extra special because the eclipse happens when the Moon is near perigee (its closest point to Earth) making it appear slightly larger and brighter—a "supermoon eclipse." And here's the kicker: this is the last total lunar eclipse visible from Calgary until the New Year's Eve eclipse in 2028. That's more than two years until we get another full-view chance to see the Moon turn red.

Throughout history, lunar eclipses have inspired awe—and a little fear. Ancient civilizations saw them as omens: the Babylonians thought a demon was devouring the Moon, while some Native American legends describe the Moon being sick or hungry.

To watch, grab a cozy blanket, a warm drink, and maybe a pair of binoculars. The entire eclipse is visible in Calgary, giving everyone a front-row seat to this celestial drama. Totality will last over an hour, giving plenty of time to marvel at our red, glowing Moon and imagine all the cosmic stories it carries.

Begins	Maximum (Peak Moment!)	Ends
Mar 3 1:44 AM	Mar 3 4:33 AM	Mar 3 7:19 AM

Kathy's Netflix List

By: Kathy Labbee

The Beast in Me (2025)

Psychological Thriller



Sweet Magnolias (2020 - Present)

Romance



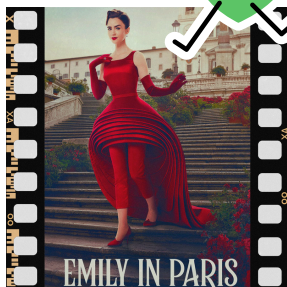
Cardinal (2017 - 2020)

Crime Drama



Virgin River (2019 - Present)

Romance



Absentia (2017 - 2020)

Thriller Drama



Emily in Paris (2020 - Present)

Comedy Drama



Mary Kills People (2017 - 2019)

Drama

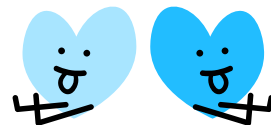




Winter-Proof Your Mortgage

A Smart Start to the New Year

By: Sarah Boudreau



As the winter season settles in, many of us find ourselves shifting from the excitement of the holidays to the reality of bills, budgeting, and planning for the year ahead. This makes it the perfect time to take a closer look at your mortgage and ensure it still aligns with your financial goals. A quick mortgage “winter check-up” can help you stay proactive, reduce financial pressure, and uncover opportunities you may not have realized were available. Here are a few key areas to review:

Check Your Mortgage Maturity Date

One of the most important dates in your financial calendar is your mortgage maturity date. Ideally, you'll want to begin looking at your renewal options about four months before the term ends. Starting early allows you time to compare rates, negotiate better terms, and explore whether switching lenders could save you money. Too many homeowners wait until the last minute and feel rushed into renewing without reviewing all their options—don't let that be you. Mark your calendar!

Review Your Interest Rate

With rate changes happening frequently, it's worth taking a moment to confirm your current mortgage rate. If you're paying 5% or higher, you may benefit from examining early renewal or refinancing options. Even if there is a penalty for breaking your current mortgage, today's lower rates could offset the cost over time. A mortgage professional can run the numbers to see if an early move makes sense for your long-term savings.

Revisit Your Amortization Schedule

If rising expenses have tightened your monthly budget, adjusting your amortization may offer some relief. Many homeowners don't realize they may be able to extend their amortization back to 25 or even 30 years, depending on their mortgage type and lender. This can reduce your monthly payment and create breathing room.

Consider Accessing Your Home Equity

If your mortgage balance is less than 80% of your home's value, you may be eligible to access built-up equity. Maybe that means pulling out cash to pay off higher interest debt, complete renovations in your home, or to invest elsewhere. Maybe you could benefit in setting up a Home Equity Line of Credit for a rainy (or snowy!) day. Leveraging equity responsibly can improve your financial position without the stress of taking on high-interest debt.

If you are unsure where to start, connect with your trusted mortgage advisor or bank representative for guidance. If you don't already have someone you rely on, I'm more than happy to provide a free mortgage check-up and help you explore your options with confidence.

Sarah Boudreau
Mortgage Connection
403.969.5036
sarah@sarahboudreau.ca



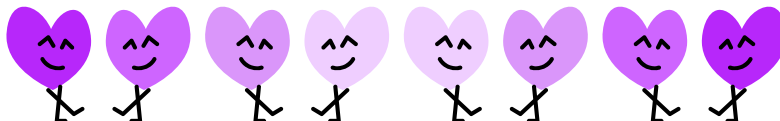
Pass on a Kindness

Say hello to someone new this week.

Check in on a neighbour.

Have tea with a friend.

Welcome someone new to Bowness.



Home renovations and repairs

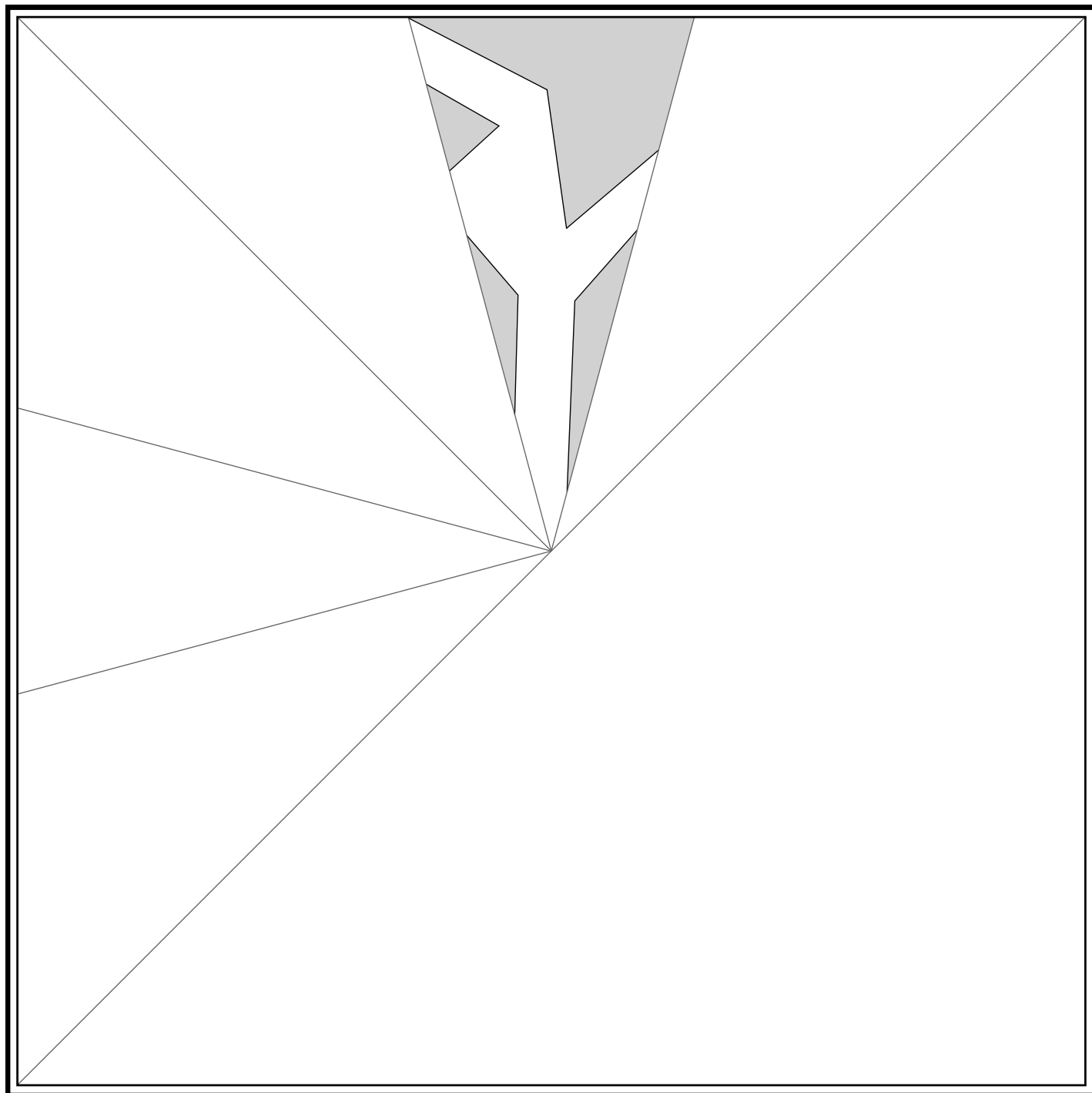
Chris Sargent Ph. 403-880-5546
www.aecconstructionltd.ca

Paper Snowflake



Grab your scissors and your winter spirit—it's time to start folding! Follow the pattern below to turn a simple sheet of paper into a snowflake masterpiece. No two are ever the same, and that's half the fun.

Cut out the square. Fold diagonally in half to come up with a triangle. Fold once more in half to get a smaller triangle. Fold the left section towards the back. Fold the right section towards the back as well. Cut away the grey area. Unfold the paper to reveal the snowflake.



For more patterns and help go to www.firstpalette.com

The Bowtanical Garden

"If Winter Comes, Can Spring Be Far Behind?"

By: Beverley Sheridan

As winter barged into Calgary like an uninvited relative who plans to stay until May, Percy Bysshe Shelley's ponderings really hit home. Winter appears to have begun, so how far behind will spring be this year? Many Canadian gardeners at this time of year resign themselves to staring longingly at seed catalogs and questioning their choice to live north of the 49th parallel. But cold and snow do not mean our green thumbs have to go into hibernation, even when everything outside is spectacularly and unapologetically white. In fact, winter is the perfect time to flex our horticultural muscles indoors—tinkering with bulbs, experimenting with new houseplants, planning for the new season, trying out some crafts, and generally proving to ourselves (and our frozen gardens) that we are still, absolutely, gardeners!

I find the winter pause in the gardening year a good time to do some planning for next year; I did actually make journal entries this year and know where I left the notebook! Ideally this exercise includes fuzzy slippers, hot coffee or a glass of wine. It's the perfect time to spread out the new seed and plant catalogues across the floor and start plotting next year's botanical heist. When I look at what I spent last year on plants, heist is the correct word. Winter offers time to sketch plans to redo that one bed that just does not look as great as it did five years ago, order some new varieties of perennials and annuals—there is always something in those new catalogues that I JUST HAVE TO TRY—or decide which plants to move or trade with your gardening buddies in the spring (ideally the ones that did not get the memo about sunlight).

For many years, beginning in February, I have started plants under lights in my heated garage because nothing says "eternal optimism" like tiny green sprouts while the temperature outside is -25°C. If you do not have access to lights or a heated space, seeds can be easily germinated on or next to a sunny window. The winter months are also a good time to clean and prep your gardening tools so they are ready to go when needed. That means sharpening and oiling shears and other cutting tools.



We might not be able to get outside and plant, but winter is the ideal time for a trip to the garden centre to try out something new from the houseplants section—especially those with names you have never heard before, because who does not like a little "will it thrive or dramatically die" suspense? I usually force a couple of pots of bulbs over the winter months. You need to purchase a pre-chilled/prepared bulb, but they are easy to find, and perform really well when rooted in a container of water, set in a cool, dark area for a few days, and then brought out into the warm house to bloom when green shoots start to show. My favourites are paperwhites (Narcissus) and hyacinths. Both produce lovely flowers and smell wonderful.

If you or your children are up for a challenge, try germinating an avocado pit just to see if this will be the one that finally grows into something taller than a pencil. I have gardening colleagues who take cuttings from their geraniums at freeze-up, root them in potting mix, and often get them to flower before spring. Overwintering fully developed pots of geraniums works well too—just give them a serious haircut when you bring them inside, water well, and give them a sunny window.

While the garden is snoozing, crafty gardeners can head indoors and let their creative sides sprout. Vines and beans need a trellis to climb on, so why not try building a rustic one from sticks and twigs that are easy to find after a winter storm or from your fall pruning efforts? Just add some twine. Evergreen wreaths made from clippings from your garden are an easy craft project for kids and look great gracing the front door. Add some brass bells, fairy lights or ribbon for a bit of drama. Kids also like to paint, so set them to work decorating clay pots which they can then plant up with seeds to tend come spring.

Winter is a rough season for gardeners, but with some shift of focus we can keep "growing" even through the coldest months.

If You Know, You Know



Why Bowness Is (Objectively) the Greatest Place to Live

By: Brad C.

I often think of a favourite movie scene when I think about where I live. I'm a geek—Marvel-flavoured, specifically—and in Age of Ultron there's that moment when our shiny metal villain tries to lift a whole city into orbit just to slam it back down. The heroes, obviously, save the day, the city, and their box office numbers.

Times change. Ultron is no longer the enemy so much as Joss Whedon, and Marvel movies are no longer a viable date-night option unless you're genuinely not interested in your date. But that villain plot? It sticks with me. Mostly because I think Ultron simply missed his target. He shouldn't have tried to lift Sokovia. He should've gone for Bowness—gently, mind you, but with purpose.

Because here's my statement and theory, jingling in my pocket like a toonie in a toddler's fist: Bowness is the greatest place in the world to live. If you disagree, I'm afraid your opinion card is revoked and you're benched for the season. And my theory: if we lifted Bowness and set it down anywhere else in the civilized world, it would be admired on par with Paris or Madrid—probably more, if the pastries don't fight back.

Disagree? Then you're the human equivalent of forgetting your password three times and locking yourself out. I don't make the rules.

Take the Rideau Canal. Canada won't let you immigrate unless you've memorized three fun facts about it. Meanwhile, Bownessians gaze upon that national water ditch with the same energy we use when TSN won't stop talking about the Leafs. We know the truth because we've skated Bowness Park—ponds glowing under winter lights as a chinook whispers spring down our necks. The Rideau Canal is a fraud. The real national treasure sits one Angel's Milkshake away. If you disagree, your cognitive horsepower equals that of a July snowman.

New York? Sure, it's got charm. And we're maybe two years away from our own Empire State Building if someone gives us enough 2x4s. But our main drag holds its own: art galleries, bike shops, breweries, and absolutely zero SoHo skinny-jean existential crises. Where else can you buy a sex toy, then cross the street for a beer, a game of Catan, and a Vinyl Café soundtrack? Nowhere. Checkmate, Manhattan.

*"I have studied your cities.
I have weighed them by
culture, resilience, and
stubborn joy. And when
the calculations ended,
one anomaly remained.
Bowness.*

*It should not work. And
yet... it does. Perfectly."*



Which brings us to the Bowness Community Centre—our coliseum of common sense. Any NHL arena should bow its head in shame when passing it. The Saddledome isn't being torn down because it's old; it's being torn down because it lives next door to our majesty and can't handle the comparison. Eighteen thousand fans? Cute. We accomplish the same atmosphere with 50 people, a reasonably priced beer, and ice time shared equally between NHL hopefuls and kids with helmets too big for their heads. All while, down the hall, weddings, craft markets, dog rescues, soccer teams, political debates, and an aggressively overachieving bake sale rage on. Tell me again which is the real fan experience.

Yee-haw that, Flames. If you disagree, please consult a doctor about wandering through life on airplane mode.

And while cities like New York, Prague, and Vienna boast culture, do they have Olympic pedigree? Didn't think so. Calgary takes the credit, bless them, with the confident wrongness of a man assembling IKEA furniture without the manual. But we in Bowness know better. John Candy's three-month Jamaican vacation? Courtesy of us. Disagree? You lose arguments with Siri.

But the real magic here is the people. I'm a newcomer by Bowness standards—anyone who moved here in a year starting with "2" is. I've traveled far: arctic to ocean, desert to city. Never before has a stranger asked about my sock comfort mid-concert or offered to pick up my dog's poop. In Bowness, my neighbours know the history of my house back three generations and maintain a special treat bag tailored to each dog's allergies. Outside Bowness, you're lucky if you know your neighbour's last name.

And where do you find these neighbours? Not in the Netherlands, not in New Mexico—only here, in the greatest place on earth. If you disagree, that's fine. Some people are just born to be human participation ribbons.

So if Ultron ever tries to hoist a city skyward again, I hope he gets it right. I hope he grabs the edges of Bowness, lets the cables hum, and gently places us somewhere the world can finally appreciate what we already know. We don't need Marvel heroes, government pamphlets, or Olympic bragging rights to define us. Bowness is the greatest place on earth.

And if you don't agree... well, the sun's getting real low.

A Full-Circle Moment on Mainstreet

Marco's Story

By: Zoë Decker



When Marco Samaan talks about Bowness, it's clear this isn't just another place of work—it's a place that helped shape his journey.

Marco graduated as a pharmacist in Egypt before moving to Canada to build a new life for his family. While preparing for his Canadian licensing exams, he spent countless long days studying at the Bowness Library. What stayed with him wasn't just the material he mastered, but the feeling of the community around him. The warmth, kindness, and genuine sense of belonging he experienced in Bowness made it feel like home long before it officially was.

After completing his exams, Marco worked as a pharmacist in communities across Calgary, Red Deer, and Medicine Hat. Each role added to his experience, but no matter where he went, Bowness kept pulling him back. So when a long-standing neighbourhood pharmacy in the heart of Bowness closed its doors, Marco took notice. He felt deeply that this community deserved a pharmacy rooted in relationships—one led by someone who truly knew and cared for the people it served.

For Marco, pharmacy care has always been about more than medications. It's about knowing people by name, listening to their stories, and walking alongside them through every stage of life. He believes that when patients feel treated like family, the care they receive becomes something more meaningful—and that belief became the foundation for BowCare Pharmacy.

Now open on Mainstreet, BowCare Pharmacy is Marco's way of giving back to the community that once gave him so much. The pharmacy offers a wide range of services, including free prescription delivery, chronic medication management, travel consultations, prescribing for minor ailments, compounding services, and over-the-counter care. But just as important as the services is what you'll find when you walk through the door: a friendly face, an open conversation, and a pharmacist who takes the time to listen.



Open Weekdays 7:30 AM - 4:00 PM

www.bowcare.ca

Marco sees BowCare Pharmacy as a true community partner, working closely with local physicians and health professionals to support the well-being of Bowness residents. His goal is simple but powerful—to be present, accessible, and genuinely helpful in people's everyday lives.

Outside the pharmacy, Marco enjoys music and playing the guitar, travelling, and learning about new cultures—interests that reflect his curiosity about the world and his love of connecting with people.

For Marco Samaan, opening BowCare Pharmacy isn't just a business milestone. It's a full-circle moment—one that brings him back to the neighbourhood that first made him feel at home, now ready to care for it in return.



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Elder Cheryle's Corner

What are you most excited about when it comes to working with the Bowness community in the year ahead?

I moved into Montgomery last winter, and I love both communities—Bowness and Montgomery. I want to support the path to Truth and Reconciliation with the insights, teachings, songs, and stories that I can share with my neighbours and friends-to-be. Great neighbourhoods and good people!!



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The Landing

Daytime Drop-in:

Monday – Friday | 9:00 AM – 5:00 PM

Evening Food & Drinks:

Monday – Sunday | 5:00 PM – 10:00 PM

Communications Committee

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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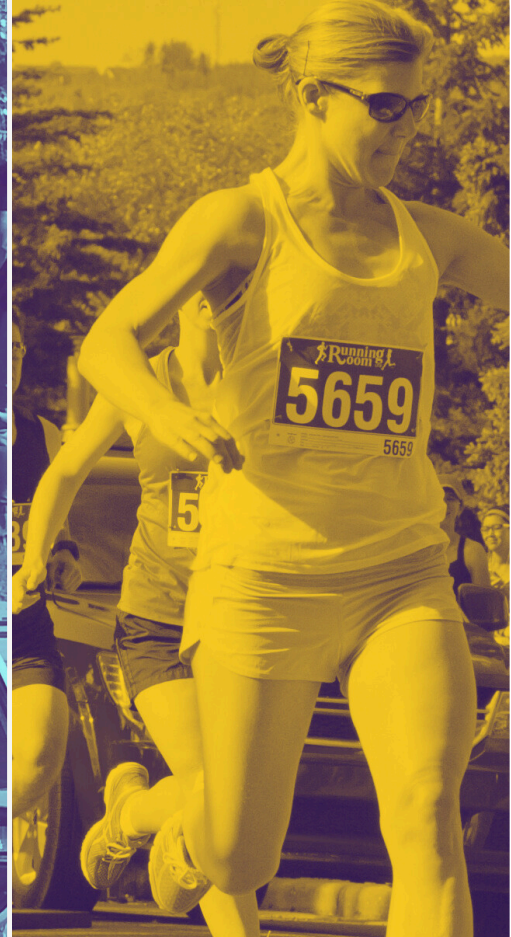


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