

issue 121

THE

Mar/Apr 2026

BOWEST'NER



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Love Bowness?

Be part of the Bowest'ner!

For more than 30 years, the Bowest'ner has been a one-of-a-kind, community-led neighbourhood newsletter—and we want you in it.

Write. Draw. Design. Share your voice!
Help keep this uniquely Bowness tradition going strong.

Email editor@mybowness.com to get involved!

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RUN 2026 BOWNESS

register at mybowness.com/run
before **march 15** to get early bird special



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BOWNESS
SOAPWORKS
5K



ACKERMAN

10K



Celebrate after the race at the **BREWsmith** Beer Gardens!

WARD 1 WORDS

By: Councillor Kim Tyers

Thank you for your continued support and feedback that informs my work as your Ward 1 Councillor. Following the feeder main break on December 30th, 2025, I have been working to ensure that Ward 1 residents are updated promptly and that Council has the necessary information to assess the situation and take actionable steps to prevent it from happening again.

When the pipe broke, I called for the Independent Review Panel's Report on the 2024 Bearspaw South Feedermain break to be released immediately and was able to have the report released more than a month earlier than expected. The release of the Report provided crucial information and has been an important step in ensuring accountability and transparency at the City of Calgary.

The city is moving forward with the Bearspaw South Feeder Main Improvement Project. This project will yield an additional steel pipe, parallel to the existing feeder main, that will gradually take over service. Construction will be expedited with the expectation of the replacement pipe being complete by December 2026.

As of February 10th 2026, stage B of the project, spanning from 73 Street NW to 87 Street NW, is expected to begin in May 2026 using an open-cut method.

The replacement feeder main will be installed on 34 Avenue NW. The city will be setting up a Community Resource Centre for impacted residents. If you have questions about the construction, please contact my office, call 311, or email BSFMProject@calgary.ca.

My office will continue to provide updates on my social media and website. I am also working with my colleagues and considering community feedback to find ways to support impacted businesses and residents.

Please contact my office at 403 268 2430, ward1@calgary.ca to share feedback or invite me to your community event. Your input is integral to my work.



2026 QUALITY OF LIFE

led by the Bowness Community Association



This summer, the Bowness Community Association will be conducting our 2026 Quality of Life Survey!

This survey happens once every three years, and it's an opportunity for us to check in with the community and find out whether they feel happy, well, and connected to their community. It's a snapshot of where we are now, and a roadmap for where we want to go in the future.

Our team will be out in the community this summer connecting with residents. We can't wait to hear from you!

If you own a business or belong to a club or group in Bowness, we'd love to connect with you! Email communityhub@mybowness.com to be included in our list of community partners.

You can check out our 2023 Quality of Life survey and our action updates explaining how we've used the survey to guide our operations and programming on our website at mybowness.com/qualityoflife.



bowness

Bloom Together

Issue 121
Mar/Apr 2026

Welcome to the 121st issue of The Bowest'ner! As winter loosens its grip and the light returns, this issue celebrates green things, growing gardens, and fresh beginnings. Inside, you'll find plant wisdom, gardening inspiration, and stories about the joy of getting our hands back in the soil. We're also shining a light on talented local artists featured in the BCA Spring Craft Fair —this community never stops creating, and it's a gift to share their work with you.

Last issue's heart hunt (thanks to **Paul Ackerman of RE/MAX Realty Professionals!**) was won by Sydnie H., who chose a \$50 gift card to Bowness Arts. Congrats, Sydnie! This time, Paul has hidden Easter eggs throughout the Bowest'ner! Search the pages, count all the eggs you can find, and email your total to iheartbowness@mybowness.com for a chance to win a \$50 gift card to a Bowness business, courtesy of Paul.

The Bowest'ner continues to grow thanks to the many Bownesians who share their stories, talents, and time—and to the sponsors who help bring it to life. We love hearing from you. Send feedback, ideas, or springtime greetings to editor@mybowness.com.

Here's to muddy boots, creative sparks, and a season of fresh starts.

— Zoë Decker
Editor, *The Bowest'ner*



On the Cover:



Crossing the Pedestrian Bridge Under Stoney Trail.

Photo by Zoë Decker

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in the NOW!

Discover the spring nail shades that are set to brighten fingertips everywhere this season.

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Protecting Your Trees

With construction in full swing, find out how we can protect Bowness' mature trees and natural beauty.

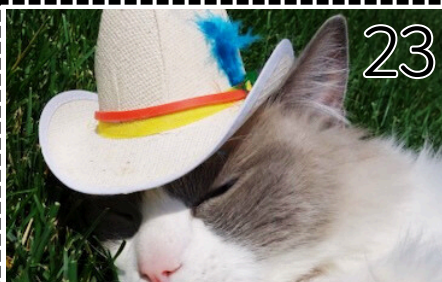
20



Hidden in Plain Sight

Take a mindful pause and wander through nature with this vivid retelling of a foraging walk with Light Cellar.

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FunStuf

Get to know the creative Bowness duo crafting adorable animals—inspired by the beloved cat who started it all.

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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.

bowness LIONS CLUB

*Call the Lions!
We're here to
help!*

contact:

daryl reinke

☎ 780.608.9884

✉ dwreinke@gmail.com

marilynne hall

✉ mrwhall@shaw.ca



*Do you have an idea
to enhance our
community?*

CALLING ALL LOCAL ARTISTS!

Do you want to help us paint a mural in the Bowness Community Garden? If you are an artist, respond to our survey below or email communityhub@mybowness.com!

**SCAN
ME!**



Supplies will be provided and an honorarium will be given for your time.

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BCA Events & Happenings

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

Spring Craft Fair

March 28 – 29 | 10:00 AM – 4:00 PM

Location: BCA Main Hall

No registration required | FREE to attend

Spring has sprung with the BCA Craft Fair! A long-time favourite that has been brought back! Come shop local and meander through the booths of over 100 local artists. Nothing says spring like artistic celebration!



Learn Crewel Embroidery

Wednesdays, March 4 – April 8 | 2:00 PM – 4:00 PM

Location: BCA Community Room

Registration required | FREE to attend

Learn a variety of outline, fill, and decorative stitches and use your new skills to complete up to four small projects. To register, contact Clara Yuen clara.yuen@calgary.ca or 403 370 7352.



Learn to Knit and Purl

Wednesdays, April 15 – May 20 | 2:00 PM – 4:00 PM

Location: BCA Community Room

Registration required | FREE to attend

Whether you're brand new or picking it up again, this welcoming class will guide you through creating simple, practical, and fun projects! To register, contact Clara Yuen clara.yuen@calgary.ca or 403 370 7352.



The City Resource Centre

Mondays & Wednesdays | 9:00 AM – 5:00 PM

Tuesdays & Thursdays | 10:00 AM – 7:00 PM

Location: Through the main BCA doors, first door on the left

Chat directly with City staff about the BSFM project and get support during construction. Staff will be available to listen, answer questions, and share updates about the project. Opening March 2! Read more on page 17.

Calgary



Pickleball

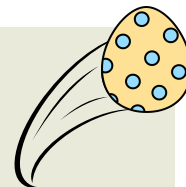
Mondays | 5:00 PM – 9:00 PM

Thursdays | 11:30 AM – 1:30 PM

Location: BCA Main Hall

Registration required

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



Parent Child Mother Goose

Thursdays, April 2 – June 4 | 10:30 AM – 11:30 AM

Location: BCA Greenspace / Community Room

Registration required | FREE to attend

A gentle sing-along for parents and children ages 5 & under. Supports early literacy, listening, and social development. Registration opens March 15th at mybowness.com/goose.



Stress, Trauma and the Brain

Monday, April 13 | 6:00 PM – 7:30 PM

Location: BCA Community Room

Registration required | FREE to attend

Learn how stress and trauma affect the brain, and how to ground our stress response. Registration now open! Go to mybowness.com/events.



Staying Cool in Conflict

Monday, March 16 | 6:00 PM – 7:30 PM

Location: BCA Community Room

Registration required | FREE to attend

Explore new approaches to conflict, and how to keep our relationships safe and healthy. Registration now open! Go to mybowness.com/events.



Bowest'ner Contest!

All March long | Winner randomly selected on April 1

Location: *The Bowest'ner*

Entries sent to iheartbowness@mybowness.com

Find all the hidden Easter eggs 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! Sponsored by Paul Ackerman, RE/MAX Realty Professionals.





Read about three talented artists who
will be showcasing their work at the
Spring Craft Fair!

1. Berny's Backyard - page 12
2. FunStuf - page 23
3. The Flower House - page 27

Go take a peek! 👁️👁️

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

Spring Craft Fair



📍 BCA | 7904 43RD AVE NW

🌐 mybowness.com/springfair

**bow
ness**

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!



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.



Money Made Simple Workshop 1

Tuesday, April 14 | 6:00 PM – 8:00 PM

Registration required | mybowness.com/events

Led by Tietje White who's a certified financial coach, this FREE session helps you get clear on your current finances and set realistic goals. Learn practical ways to align your money with the life you want, all in a supportive, nonjudgmental environment.



Money Made Simple Workshop 2

Tuesday, May 12 | 6:00 PM – 8:00 PM

Registration required | mybowness.com/events

Led by Tietje White who's a certified financial coach, this FREE workshop explores credit, debt, saving, and investing. Discover tools and strategies to manage debt and grow your money confidently.



Coffee, Culture & Conversation

Monday, March 9 & April 13 | 2:00 PM – 3:00 PM

Registration required

Join us for a welcoming monthly gathering to meet neighbours, explore different traditions, and share experiences. Coffee and snacks provided! For info, contact Clara Yuen at clara.yuen@calgary.ca or 403 370 7352.



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!



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. **March's book** is *At a Loss for Words* by Carol Off. **April's book** is *Demon Copperhead* by Barbara Kingsolver. **May's book** is *The Buffalo Hunter Hunter* by Stephen Graham Jones.

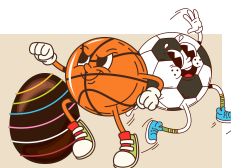


Game Night!

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 have 3 big screens, drinks, food, and the vibes! Open every evening! And during the day for the Paralympic Winter Games!



BOWNESS BrainTeasers



★ Results will be printed
in the May/Jun Issue!

Spot all 8 differences in
the images!



Any eggs in the "Spot
the difference game"
do not count toward
The Bowest'ner Contest

Jan/Feb BrainTeaser
Answer:

"A" set off the fireworks



GNOMES!



The BCA was invaded by gnomes on February 13, thanks to the cheerful participants of the Spring Gnome Workshop led by Aileen Lublinkhof. By the end of the class, tables were dotted with tiny hats, fuzzy beards, bright fibres, and—of course—plenty of adorable new gnome friends ready to head home.

Aileen, who grew up just outside of Calgary and has spent most of her adult life in Bowness, has been creating in one form or another since childhood. Crafts were always part of her life, but it was retirement five years ago that gave her the time to dive in more deeply. Fibre arts and beading remain closest to her heart. Crochet, needlework, felting, small weaving—anything involving thread and texture feels natural in her hands. And beads? "They are so beautiful," she says. "I've beaded many ornaments in my lifetime."



Her creative journey has also been shaped by community. After taking classes through the Mount Pleasant Crafternoon program, Aileen began volunteering and eventually stepped into teaching. Sharing her love of making became just as meaningful as creating itself. For her, the act of crafting offers something deeper than a finished project. As she explains, "It's a class to just have fun and create."

That spirit was evident at the BCA workshop. The gnome project welcomed all ages and skill levels, creating a relaxed, intergenerational space where participants could sit side by side, laugh, and bring their whimsical characters to life. Why gnomes? Because they're charming, unthreatening, and a reminder not to take ourselves too seriously. And if February at the BCA proved anything, it's that there's always room for one more gnome in Bowness.



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.



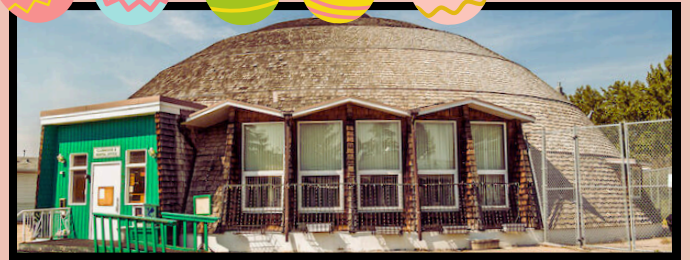
Spring Craft & Vendor Sale

Saturday, March 21 | 10:00 AM – 3:00 PM

Location: Greenwood Village Dome | 3223 83 st NW

No registration or fee required

Local vendors, raffles, and more! Come join us for a day of fun at the Greenwood Village Spring Craft & Vendor Sale! Follow signs to the Dome.



Baby Rhyme-Time

Saturdays, Mar 14 – Apr 18 | 2:30 PM – 3:30 PM

Location: Bowness Library | 6532 Bowness Road NW

No registration required | Drop-in

Set aside some bonding time with your little one at the Bowness Library! Free to all and for little ones under 12 months. See more baby programs at calgarylibrary.ca/programs



Information Session

Thursday, Mar 5 | 5:00 PM – 8:00 PM

Location: Bowness Ratepayers Hall | 8551 Bowness Rd NW

Registration required at calgary.ca

Have questions about the Bearspaw South Feeder Main Improvements Project? The City is holding a number of sessions virtually and in-person for you to learn more and ask questions. See calgary.ca to register and learn more.



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!



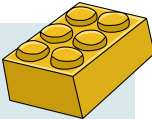
LEGO Club

Mondays, Mar 9 – Apr 27 | 6:00 PM – 7:00 PM

Location: Bowness Library | 6532 Bowness Road NW

No registration required | 6 – 12 years old

Everyone loves LEGO! And now your child, who has so much LEGO you could scream, can spend Mondays exploring LEGO with other kids. Free to all and no registration required! See more kid programs at calgarylibrary.ca/programs.



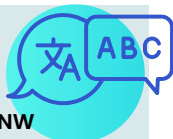
English Practice

Thursdays, Mar 5 – Apr 30 | 6:00 PM – 7:30 PM

Location: Bowness Library | 6532 Bowness Road NW

No registration required | 18+

Want to practice your english? Come by the Bowness Library and practice english with others in this safe environment. See more adult programs at calgarylibrary.ca/programs.



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.



Berny's Backyard

Plant-Based Food for Life Outdoors

By: Maria Mur Cano & Christopher Drew

Hi! We're Maria Mur Cano and Christopher Drew, the founders of Berny's Backyard, and we're excited to be part of the Spring Craft Fair at the Bowness Community Association on March 28 and 29.

Berny's Backyard was born from two things we love deeply: cooking and being outside. Maria is a chef, and together we spend as much time as possible hiking, camping, and exploring around Calgary with our dog Berny—the heart and inspiration behind our brand. On our trips, we were always searching for plant-based meals that were practical to pack but still comforting, nourishing, and full of flavor. When we couldn't find what we were looking for, we started making our own.

What began as small batches for weekend adventures slowly grew into Berny's Backyard—a business focused on creating plant-based dehydrated meals and snacks that feel homemade, intentional, and ready for adventure.

All of our products are made with simple, recognizable ingredients in a licensed commercial kitchen. They're lightweight, shelf-stable, and easy to prepare — just add hot water to our savory meals—making them perfect for camping, hiking, travel, or even busy weekdays when you still want real food.

At the Craft Fair, we'll be offering a selection of our savory dehydrated meals, along with dehydrated cakes and breakfast items.

We believe good food should travel with you—whether that's into the backcountry or simply into your backpack for the day. We can't wait to meet you!



 bernysbackyard.ca
 [@bernysbackyard](https://www.instagram.com/bernysbackyard)



See them and more at the Spring Craft Fair! March 28-29!



Pine Needle Soda Recipe



Ingredients:

- A couple handfuls of freshly-cut pine needles
- 2/3 cup sugar
- Water
- 1 x 32 oz (1 quart) glass jar with screw-on lid

Fermentation (Natural Carbonation):

The carbonation happens thanks to wild yeasts and microbes naturally present on the surface of the pine needles and in the environment. These consume some of the sugar and release CO₂, creating natural bubbles.

**Note about Fermentation:

Because this drink ferments, even briefly, it may contain a very small amount of alcohol (around 0.3%–0.5% ABV).

Instructions:

1. **Harvest the Pine Needles:** Find a pine tree nearby. Pine needles are long and grow in bundles from a single point. Cut the needles at the base where they attach to the branch.
2. **Clean and Prep:** Take the needles home and give them a rinse. Trim off any sticky brown ends where they were attached to the tree.
3. **Assemble the Soda:** Place the cleaned pine needles into a 32 oz glass jar. Add 2/3 cup of sugar, then fill the jar completely to the top with tap water.
4. **Dissolve the Sugar:** Close the lid tightly and shake the jar until the sugar is mostly dissolved.
5. **Wait:** Let the jar sit at room temperature for 2 days.
6. **Open and Taste:** It should be lightly fizzy and reminiscent of Sprite!

in the NOW!

Fresh Spring Nail Trends

By: Annie, NOW Nails & Spa

Have you ever wondered what colours you should be wearing as we move through the last bit of winter into early then mid spring? Should you stick with your favourite dark Winter colour or start the Spring with a hot pink colour? Read through our tops picks and make this decision a bit easier for you!

Early March

When the ground is still somewhat frozen but there are more warm than cold days, pastel blue, sage green, or brown tones such as camel, caramel, cinnamon, sienna, rust, chocolate, and chestnut are the perfect choice. These colours represent the remaining Winter calm and early sign of Spring.



Mid March

Shamrock green or Spring green are popular to celebrate St. Patrick's Day. A little design such as a clover or rainbow is one of the top choices. However, if you are not that adventurous, subtle earthy greens such as sage, olive, and soft botanical shades are safer choices. These muted colours often give a calmer feel so you don't have to worry about taking them off right after St. Patrick's Day.

NOW Nails & Spa

A family-run Calgary salon dedicated to beautiful nails, relaxing moments, and genuine care. At NOW Nails, we focus on clean, detailed work, long-lasting results, and a welcoming experience that makes every client feel valued. Beautiful nails, thoughtful service, and a place that feels like home.



Late March and Early April

It's time to celebrate Easter! All the soft pastel colours, such as dreamy lilacs, mint greens, sky blues, peachy pinks, and butter yellows are perfect choices. There is a wide range of nail art selections for Easter, from tiny flowers, little chicks, or some black dots, etc. The idea is to decorate your nails like how you decorate your Easter eggs—make them fun and unforgettable.

Late April

Soft pastel colours such as buttery yellow, pistachio green, and versatile blush pinks are trending. You can either mix and match colours, go for French tips, or even add flowers and vines to really embrace Spring.



All Seasons / Modern Look

For all seasons and a time-less look, opt for creamy, milky white tones, French tips, ombre, or chrome finishes. They will never go wrong.



Nail art is all about fun and self-expression, so whether you prefer your favourite red, a soft pink, bold blues, earthy greens, or any colour and design you can imagine, don't hesitate to choose what you love. As nail techs, we'll never judge or steer you away from your go-to colour—your style is always the right choice.

A Bite of History



Pizza's Journey from Ancient Stones to the Bow River

By: Chef Emad H, Owner of Flame & Bite

Food has shaped human history long before it became something we photographed or debated. It drove early discovery, encouraged settlement, and influenced nearly every major step in human development.

In this exploration, we look at how a simple flatbread evolved into a global staple—and how it found a home here in Canada.

From Ancient Ovens to Italian Streets

Many of humanity's earliest innovations were driven by hunger. In ancient Egypt, flatbreads were baked in early ovens and on heated stones. Archaeological evidence shows these breads were often brushed with oils and served alongside herbs, onions, and garlic. While not pizza in the modern sense, they reveal an early understanding that bread could be transformed into a complete, satisfying meal.

That same idea resurfaced centuries later in southern Italy and by the late 1700s, the crowded streets of Naples demanded food that was affordable, filling, and fast. Bakers responded with what became Neapolitan (Napoletana) pizza—soft, thin dough topped simply with tomatoes and herbs, baked quickly in wood-fired ovens and eaten on the go.

In 1889, the dish crossed social boundaries when a Neapolitan baker prepared a pizza of tomatoes, mozzarella, and basil—the colours of the Italian flag—in honour of Queen Margherita.

While Naples defined pizza as street food, other regions developed their own interpretations. In Sicily, pizza took a different form. Sicilian pizza was baked in large rectangular trays, with a thicker, airy dough designed to feed families and workers efficiently. Often topped after baking, it reflected agricultural abundance rather than street convenience—a style that would later influence many thicker pizzas beyond Italy.

The Canadian Chapter

As Italians migrated in the early 20th century, pizza travelled with them. In Canada, it first appeared in Italian neighbourhoods in cities such as Toronto and Montreal, before spreading west.

In 1962, Canada added a defining chapter when Sam Panopoulos created Hawaiian pizza in Ontario—a sweet-and-savory combination that still sparks debate.

In Western Canada, pizza continued to evolve through strong Greek-Canadian influence, leading to the thicker, generously topped pies many Calgarians know well today—built for sharing after a long day, a hockey game, or a walk along the Bow River.

The Great Debate

Since Canada gave the world Hawaiian pizza, we want to hear from you:

Does pineapple belong on a Bowness pie?



Drop by Flame & Bite and let us know your preference or email ihartbowness@mybowness.com!

Food history offers insight into how cultures evolve and how everyday meals become shared traditions.



@theflowerhouseyy

Food Week News!

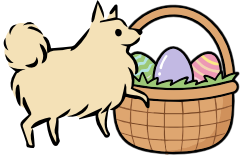
Neighbourhood Food Week is expanding!

We're excited to launch the Community Food Series, running March–October 2026! It brings back all your favourite Neighbourhood Food Week events and adds new collaborations and experiences.

Visit our booth at Seedy Saturday on March 21, 12–3 PM, upstairs in The Landing for resources, activities, and coffee and tea.

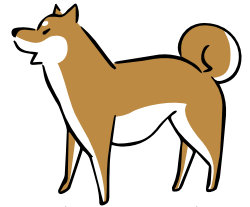
We're also looking for new committee members! If you're passionate about food, sustainability, and community, email communityhub@mybowness.com to RSVP or learn more.

ElderDog Canada



A National Charity You May Not Have Heard Of

By: Karen, Communications Coordinator at ElderDog



ElderDog Canada is a 16-year-old national charity dedicated to supporting older adults and their beloved canine companions. With more than 30 chapters—or “pawds”—across the country, ElderDog works to preserve and strengthen the bond between seniors and their dogs.

The organization was founded by Nova Scotian Dr. Ardra Cole (PhD) after the sudden passing of her older brother. Ardra adopted his senior Labrador Retriever, Mister Brown, and quickly experienced how meaningful and healing that relationship could be. Caring for Mister Brown was just as rewarding for her family as it was life-enriching for him.

As a researcher, Dr. Cole understood the powerful impact pets can have on well-being. Companionship with dogs helps older adults stay active and engaged, while reducing the effects of anxiety, depression, dementia, and loneliness. From that experience and insight, ElderDog was born.

Supporting Both Ends of the Leash

The name “ElderDog” can be a bit misleading. While we absolutely care about older dogs, our mission is equally focused on supporting senior owners.

We are not a rescue organization. We are dog-specific and dedicated to helping older adults care for their own dogs for as long as possible. That focus makes our mission unique among charities and non-profits.

ElderDog is entirely volunteer-run, and all services are provided free of charge to senior clients.

“I’ve had fibromyalgia since I was 25 and now have advanced arthritis, so I’m less active than I’d like. I reached out to ElderDog to help walk Olivia, nine years old and with Cushing’s disease. I’m lucky to have three walkers each week who make her happier—it’s wonderful to know there are so many dog lovers in Calgary wanting to volunteer.”

– Sheila, Client

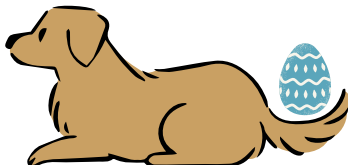
How Volunteers Help

After completing an application through our national office, being vetted locally, and passing a Vulnerable Sector Check, volunteers can:

- Walk dogs
- Provide transportation to vet or grooming appointments
- Offer temporary fostering
- Serve on the local executive team (dog care support, community outreach, fundraising)

The time commitment is flexible. When a dog needs support, we email volunteers with the neighbourhood details. Those who are available step up—simple as that.

-  elderdog.ca
-  calgarycc@elderdog.ca
-  [@elderdoggyyc](https://www.instagram.com/elderdoggyyc)



ElderDog in Calgary

Our Calgary Pawd currently supports more than 30 clients across all quadrants of the city, with nearly 90 volunteers helping make it possible.

We would love help from the Bowness community in spreading the word. If you know a senior who needs temporary dog care—perhaps due to illness or injury—please connect them with us.

We are also always grateful for volunteers who can stay with us through the natural ups and downs of our client base.

“ElderDog is such an important charity. It allows seniors who couldn’t imagine life without their canine companions to continue caring for their dogs at home. That gives them a better quality of life—and as a volunteer, I feel like I’m providing an important service to the community.” – Richard, Volunteer



ElderDog exists to protect something deeply important: the bond between older adults and their dogs. With community support, we can ensure that bond continues for as long as possible.

Protecting Your Trees

How to Safeguard Bowness' Mature Trees Amid the 34th Ave. Water Main Repair and Neighborhood Infill Projects

By: Lisa Sullivan, Co-Owner of Cowboy Trail Tree Service

With the pending water main repair along 34th Avenue in Bowness and the ongoing infill construction in the neighborhoods, many residents are preparing for the usual disruptions that come with infrastructure upgrades: equipment, excavation, and temporary access changes. These repairs are essential for the long-term reliability of our water system and the evolution of our community. At the same time, they can have unintended impacts on one of Bowness' greatest assets: our mature trees.

When the City or a neighbor is managing a project, decisions about construction methods, access routes, and timelines are largely outside a homeowner's control. That doesn't mean homeowners are powerless. Awareness and preparation can make a significant difference in protecting both trees and property interests.

About the Author:

Lisa Sullivan has a Bachelor of Science in Earth Science and is an ISA Certified Arborist (#PR-4893A), Registered Consulting Arborist (#624), Qualified Tree Risk Assessor, and Qualified Tree and Plant Appraiser. She is also co-owner of Cowboy Trail Tree Service, proudly serving Bowness and the greater Calgary area.

Understanding What May Be at Risk

When we look at a tree, we see the canopy. What we don't see is the root system extending well beyond it. In many cases, roots spread two to three times the width of the crown. Along established streets like 34th Avenue, roots from city-owned and privately owned trees often overlap beneath sidewalks and roadways.

Excavation for water main repairs and construction may involve trenching, soil removal, and heavy equipment traffic. Even when work occurs in the roadway, adjacent private trees can be affected through root cutting during trenching, soil compaction from equipment, grade changes or altered drainage, and more.

Unlike a broken branch, root damage is not always immediately visible. A tree may appear stable and healthy for one or two growing seasons before signs of decline begin to show. That delayed response is why proactive planning is so important.



Why a Pre-Construction Tree Appraisal Is Worth Considering

For homeowners with trees near the 34th Avenue repair area or adjacent infill construction, obtaining a professional tree appraisal before construction begins is one of the most effective protective measures available.

A tree appraisal, conducted by a qualified arborist using recognized valuation methods, documents the tree's species, size, and condition, its functional and aesthetic value, and the replacement or contributory value to the property. This creates a clear, defensible record of the tree's condition and value before construction activity.

If damage occurs—immediately or years later—a pre-construction appraisal provides baseline documentation. Without it, it can be difficult to establish prior health or quantify loss. With it, homeowners are better positioned to address potential claims or negotiate remediation. Think of it as an insurance policy rooted in documentation.



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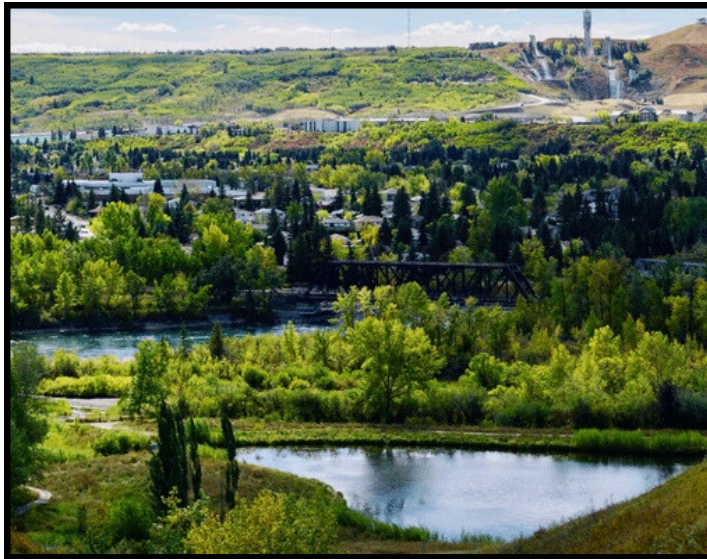
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Monitoring During and After Construction

Even with protection measures, some impact may be unavoidable. Roots larger than two inches should be cleanly pruned rather than torn, heavy equipment access minimized near root zones, and protective ground mats used to reduce compaction.

Post-construction care may include deep root watering, mulch application, soil remediation, or structural pruning to rebalance the canopy with any root loss.

After construction, monitoring is key. Watch for thinning canopy, smaller leaves, dieback in upper branches, early fall color, or increased pest or disease activity. If symptoms develop, an arborist can evaluate whether they are consistent with root disturbance or soil compaction and provide professional reporting if required.



Trees as Long-Term Investments

Mature trees are significant assets. They provide shade, manage stormwater, increase property value, support wildlife, and contribute to the distinct character of Bowness. Unlike temporary infrastructure projects, the loss of a mature tree can have long-term impact.

By understanding proper tree preservation, securing professional documentation, and obtaining a pre-construction appraisal, residents along 34th Avenue and adjacent infill construction can take meaningful steps to safeguard both their trees and their interests.

Infrastructure improvements are necessary—but protecting your landscape investment is equally prudent. If you have trees adjacent to the upcoming construction corridor or infill construction and would like guidance on documentation or appraisal, consulting a Certified Arborist who is also a Qualified Tree Appraiser before work begins is a wise step.

- Lisa Sullivan

BSFM Project

What Bowness Residents Need to Know

By: Zoë Decker

As construction approaches for the Bearspaw South Feeder Main (BSFM) Project along 34th Ave N.W., residents are asking about utilities, access, and where to get information and support.

The City advises that residents should not expect long-term impacts to water, electricity, or gas. Short, planned water interruptions—measured in hours, not days—will occur, but there are no planned electrical or gas disruptions. During the construction, residents along 34th Ave will still have access to water directly into their house with a small interruption in access for a couple hours before and after construction.

Residents can stay informed in several ways: an overview of area construction and resources will be available at calgary.ca/bearspawfeedermain (live March 3), and detailed project information at calgary.ca/bsfmproject. You can also sign up for the project mailing list, email bsfmproject@calgary.ca, call 311, or visit the project team at the Bowness Community Association (BCA).

Beginning March 2, 2026, the BSFM Community Resource Centre will open at the BCA. Hours are **Mondays and Wednesdays 9:00 AM – 5:00 PM** and **Tuesdays and Thursdays 10:00 AM – 7:00 PM**. Staff will answer questions, share updates, connect residents with resources, and gather community feedback for the project team. Registered social workers will also be onsite to support anyone experiencing stress, crisis, or other challenges related to the project.

Stage B—spanning 34th Ave from 73 Street to 89 Street—will use an open-cut method. This allows construction to be completed more efficiently and shortens the overall schedule. Crews will work on 1–2 blocks at a time, with 2–3 teams in operation, and each section is expected to take 4–6 weeks. Stage A will use microtunnelling due to major crossings along the alignment, including 16th Ave, the Bow River, Sarcee Trail, and the CPKC rail line.

The trench for Stage B will be roughly 4–7 m wide and 6–9 m deep within the public right-of-way. Some temporary driveway closures will be required, but residents will be notified in advance and accessibility needs will be supported. Work will stay within the public right-of-way, and any private property impacts will be coordinated directly with owners.

Residents are encouraged to use available resources and reach out with questions.

Please note: new information is released daily and plans may change. Visit the Community Resource Centre at the BCA and sign up for the email list to get the most accurate and up-to-date construction information.



Bearspaw South Feeder Main improvements

We're replacing, reinforcing and rehabilitating the Bearspaw South Feeder Main.

This work is essential to protecting Calgary's drinking water system and is critical to reducing the risk of future failures.

We are committed to working closely with you to provide more detailed information about construction activities, address individual needs and reduce impacts where possible.

Thank you for your continued patience and understanding.



Project email: BSFMPProject@calgary.ca



If you have questions, please **contact 311**.

[calgary.ca/
bfsmproject](https://calgary.ca/bfsmproject)



Join the mailing list
to receive regular
project updates



26-0053483 | CRV-44714



Boost Your Credit Confidence

Practical Steps for a Strong Credit Score

By: Sarah Boudreau



Your credit score plays an important role in your financial health. It's a number—between 300 and 900—that lenders use to understand how you manage credit when applying for rentals, mortgages, loans, credit cards, or lines of credit. A strong credit score can help open doors to better rates and more opportunities. **Here are some simple, positive habits to help keep your credit score in great shape:**

Set up automatic payments

Automatic minimum payments help you avoid missed or late payments and keep your credit history on track.

Keep balances low

Try to use less than 50% of your available credit on credit cards. Lower balances show lenders you manage credit responsibly.

Maintain more than one type of credit

Having at least two credit products—such as a credit card and a line of credit—can strengthen your credit profile. When possible, keep older accounts open to benefit from a longer credit history.

Limit credit inquiries

Too many hard credit checks in a short time can temporarily lower your score. Apply for credit thoughtfully.

Pay off collection accounts

Even small accounts in collections can impact your credit score. Paying them off helps clean up your credit report.

Monitor your credit regularly

Free tools from Equifax, TransUnion, Credit Karma, Borrowell, and many major banks make it easy to stay informed and track your progress.

Small steps today can lead to big financial wins tomorrow!

Need Help or Have Questions?

Improving your credit score doesn't have to be overwhelming. If you have questions or would like guidance, feel free to reach out at sarah@sarahboudreau.ca.




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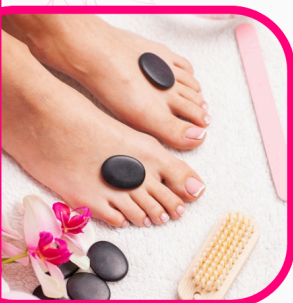
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Greenwood Village Spring Craft & Vendor Sale

Many different vendors with unique items for sale. Including Easter & Mother's Day items. Win a table full of items donated by the vendors. Including a 6-in-1 Vacuum Food Sealer with dry & moist modes, value \$199.99, donated by the Greenwood Craft Sale Organizers. Winner takes all. Kitchen will also be open. Follow the signs to the Dome.

Where: 3223 – 83 ST NW Calgary

When: Saturday, March 21, 2026

Time: 10:00 am to 3:00 pm





Hidden in Plain Sight

Discovering Urban Foraging with Light Cellar's Malcolm

By: Zoë Decker



We met Malcolm at the Bear's Paw Dam trailhead—a tucked-away, almost secret stretch of riverside forest in Valley Ridge. It felt less like a city park and more like a hidden pocket of wilderness. The kind of place where you instinctively lower your voice. The Bow River moved steadily beside us. Spruce branches filtered the light. Chickadees flitted overhead. It already felt like nature had gathered us in.

Malcolm began not with a lecture, but with humility. He spoke about his own journey into foraging—how he's still learning, still asking questions. That tone shaped the entire walk. Curious. Respectful. Safe. We weren't there to conquer plants. We were there to meet them. He explained that within city limits, foraging is restricted—except for plants classified as noxious weeds and common weeds. Those, we could pick freely. With that in mind, we stepped onto the trail.

A note for the reader: This story is written in a meandering way to bring the reader along the journey through the eyes of the writer. Please start at the First Plant: Spruce. Then continue along. Hear the sounds of nature and smell the world around you. Enjoy.



First

Spruce
(*Picea spp.*)

The first plant we truly met was a mighty spruce.

Many of us in Bowness have at least one in our yard, but I'd never looked at one quite like this. We stood close to the trunk while ants travelled their highways up and down the bark. Sap glistened in small healing patches. Birds twittered in the upper branches.

Malcolm invited us to try the young spruce tips. Bright green and soft, they burst with sharp citrus flavour—strong but invigorating. They're packed with vitamin C and traditionally used in teas for respiratory health.

We learned that spruce trees carry both male and female reproductive parts. The pollen pods (male) release that familiar yellow dust that coats our patios each Spring. Before release, those pollen pods are edible—considered by some to be a powerful herb. Even the inner bark can be dried and powdered.

Standing beneath this giant, feeling small, smelling the fresh sap, tasting the tart flavours still lingering on my tongue, I pondered the life around me so hidden but in plain sight.

Malcolm explained that foraging follows two paths:

1. Identifying, observing, learning.
2. Preserving, extracting, and delivering—how to turn plant knowledge into teas, tinctures, food, or medicine.

Until this walk, I'd mostly stayed on the first path. That day, I felt ready to explore the second.

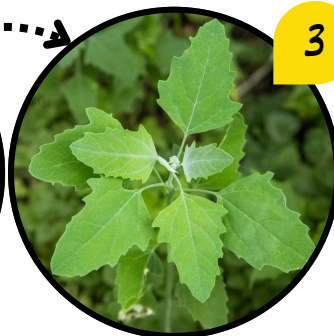
Second

Wild Mustard
(*Brassica spp.*)

Next we spotted wild mustard glowing yellow in the sun.

Thick at the base, branching upward into delicate four-petaled flowers, it's easy to overlook until you really see it. The leaves have a bold, peppery flavour—great in salads if you enjoy a kick.

Malcolm suggested fermenting the leaves into kimchi. The flowers? Beautiful as is, sprinkled fresh on top of any dish.



Lamb's Quarters
(*Chenopodium album*)

Third

If you let your garden grow a little wild, you probably already know this plant—even if you didn't know its name.

Once used as a spinach substitute, lamb's quarters are tender and mild. Another reminder that sometimes the "weeds" we pull are quietly nutritious.

Wild Rose (*Rosa acicularis*)

Delicate pink blooms brightened the understory.

Rose petals are edible and moisture-rich—lovely in teas or syrups. Later in the season come rose hips, often brewed into tea. Malcolm reminded us to strain them carefully—the tiny hairs inside can irritate the throat.

Seventh

7



Sixth

Pennycress (*Thlaspi arvense*)

Pennycress grows everywhere once you know how to spot it. Thin stem. Flat, coin-like seed pods running upward.

We tried the pods fresh. Sharp, mustardy, slightly sulphuric—but surprisingly pleasant. Especially after wormwood.

After the pennycress, we crossed a small wooden bridge into denser forest. The air cooled. The ground softened with needles and moss.

6



Wormwood

(*Artemisia absinthium*)

Fifth

Malcolm called it “the most bitter plant.” He wasn’t wrong.

A wild relative of sage, wormwood is traditionally known for its antiparasitic properties. Just a tiny taste lingered intensely. Even after moving on, that bitterness stayed with us—which made the next plant taste even brighter by comparison.

4



Fourth

Thistle (*Cirsium arvense*)

“Everyone loves to hate thistle,” Malcolm said.

But up close, its purple bloom is striking—architectural, almost regal. It’s one of my personal favourites. Misunderstood, resilient, beautiful.

In survival situations, the peeled stem can provide moisture (though not exactly delicious). Still, it’s a plant Malcolm admits he’s still learning about—proof that foraging is a lifelong study.



Stinging Nettle (*Urtica dioica*)

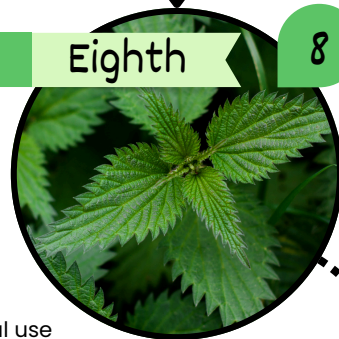
A plant most of us know from childhood warnings.

Square stem—placing it in the mint family. Highly nutritious. More nutrient-dense than spinach, Malcolm said.

He demonstrated its traditional use for arthritis by gently brushing it along his knuckles. The sting fades with heat, making it ideal for soups, teas, and sautés. Once steamed, it loses its bite.

Eighth

8



Woodland Violet

(*Viola canadensis*)

Low to the forest floor, heart-shaped leaves like tiny lily pads. White flowers streaked with purple.

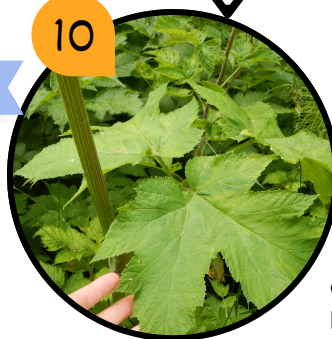
Malcolm showed us a “party trick”: each of us gently pulling out the inner stem and tasting it. Bubble gum and root beer quickly came to mind.

Ninth

9



10



Cow Parsnip

(*Heracleum maximum*)

Large leaves, thick hollow stems, and traditionally used as a vegetable by Indigenous peoples in this region, cow parsnip surprised us all.

Malcolm peeled the outer layer and sliced the hollow stem into penne-sized pieces.

It tasted faintly of carrot to me. Fresh. Crisp. Unexpectedly delicious.

As we walked back along the river, we noticed raspberry canes beginning their biennial cycle, red clover growing softly in the grass, and sweet clover waving yellow in the breeze. The forest no longer felt anonymous. It felt conversational.

Continuing the Journey

By the end of the walk, I felt changed—not dramatically, but attentively. Plants I had passed a thousand times now had names. Flavours. Stories.

Foraging, I learned, isn’t just about food. It’s about relationship. If you’re curious to explore further, Malcolm and the team at Light Cellar offer both indoor workshops (elixirs, chocolate-making, herbal preparations) and outdoor plant walks—including mushroom foraging, which might be next on my list.

I’ll definitely be back to Bear’s Paw Dam Trail with plant book in hand, eyes attentive, and mind open.



Money Made SIMPLE

By: Tietje White

Creating a Spending Plan That Works for Real Life



For many people, the word “budget” feels like a drag. If you’ve tried budgeting before and it didn’t stick, you’re not alone. Most budgets fail not because people lack discipline, but because the system wasn’t designed for real life—or for you.

Instead of a traditional budget, it can help to think of this next step as a spending plan. It will be as unique as you are and will help you decide, ahead of time, how you want to use your money so it supports the life you want to build.

In the first article in this series (see Jan/Feb 2026 Bowest’ner), we focused on understanding your financial starting point by looking at your net worth, cash flow, and goals. Your spending plan is where you begin taking action.

IMPORTANT

Quick note about me: I’m a recently retired midwife who now enjoys helping people with their personal finances as a certified financial coach. I’ve navigated my own bumpy road to financial independence and want to help make the process more approachable and less intimidating to others.



Start with What’s Already Happening

Before creating a plan that’s going to work for you, it helps to look at the last one to three months of spending. Ask yourself:

- What surprised me?
- What felt worth the money?
- What didn’t add much value?

This awareness is often more powerful than any rigid, rule-based budget.

The Basics of a Simple Spending Plan

A spending plan allocates your after-tax income for your fixed and variable expenses, as well as your savings goals. You’ll target an amount for each category—remember to include a cushion for irregular or annual expenses.

Some approaches include:

- **50/30/20 method** – allocate for needs, wants, and savings
- **Zero-based budgeting** – assign every dollar a job
- **Pay yourself first** – prioritize saving before spending

There’s no one right method—the best plan is one that actually works for you.

Make It Easy

A little upfront work to organize and set up good systems will offer big payoffs down the road.

Consider:

- Opening separate bank accounts for different spend/save categories
- Using budgeting apps
- Opening high-interest savings accounts
- Automating savings, investments, and bill payments whenever possible



Let Your Values Guide Your Spending

A spending plan works best when it reflects your values. If you love travel, convenience, or supporting local businesses, it’s okay to prioritize those things!

At the same time, you may notice areas where spending doesn’t bring much joy and could be reduced, allowing more of your resources to go where you really want them.

Regularly reviewing spending while keeping your financial goals front-of-mind is a simple and effective habit to keep you motivated and on track.

Your Takeaway

Start small. This week, review recent spending. Next, choose one step:

- Consult with your bank to open a new account to organize your savings
- Set up an auto-deposit to move money the easy way
- Pick one spending category to adjust

Plan for a short, regular check-in with your money—this can be far more effective than an overly detailed plan you avoid. A good spending plan is about awareness and intention. With curiosity, flexibility, and practice, it can become a rewarding tool that fast-tracks you in the direction of your goals.

Next issue of The Bowest’ner, we’ll look at credit and debt—how they work, how to reduce anxiety around them, and how to use borrowing more intentionally.

Questions or feedback? Feel free to reach out: tietjewhite@gmail.com





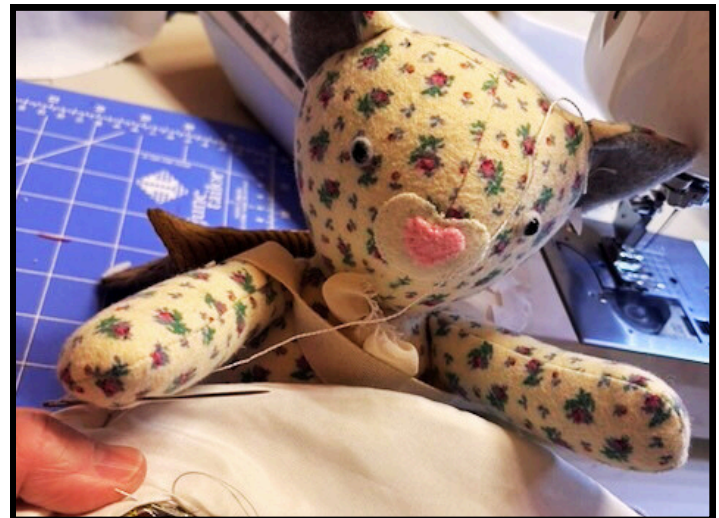
Sewing has been part of my life for as long as I can remember. I stitched my very first doll at 10 years old, and I've been creating ever since. Through travels around the world, raising a family, and 36 years of designing Irish dance dresses (thanks to my Irish husband), sewing has been both my livelihood and my love language. I've made everything from wedding gowns to treasured memory bears sewn from a loved one's clothing. Every piece carried a story—and a piece of my heart.

When my husband passed away in October 2024, after 36 years together, my world shifted overnight. Sitting at my brother Tim's kitchen table in Bowness, unsure of what the future might hold, his cat Bagus quietly kept me company. Bagus (pronounced "Bah-goose") has lived in Bowness for 16 years. His name means "good" in Bahasa (official language in Indonesia), a hopeful choice that, as any cat owner knows, didn't entirely guarantee good behaviour. He's equal parts dignified and mischievous—a big presence with an even bigger personality. And as I shared my worries with Tim about building a future through sewing, Bagus simply stayed close—a steady, comforting presence. Tim had an idea: "Let's collaborate. You do what you do best. I'll do what I do best."

So, we did.

Those early days were spent moving between Tim's kitchen, living room, and home office in Bowness—where he, and his wife have lived for over 20 years. Whenever emotions surfaced, Bagus was there, somehow turning sadness into creativity. Tim helped me refocus on something I had always done naturally but hadn't fully recognized: when I made toys or gifts, they were never generic—they were always about the person receiving them. The idea became clear: create a special friend for a special person.

Our very first plush friend had to be Bagus. How could it be anyone else? Always ready for a hug, always offering comfort.



From there, the ideas grew quickly. Conversations with my children and grandchildren turned into stories of animals, favourite things, and big imaginations. Like any grandmother, I think my grandkids have extraordinary personalities—and they certainly had no shortage of suggestions! Their ideas became characters, adventures, and backstories. Using unused and recycled fabrics added another layer of creativity and fun to the process. FunStuf truly became a family adventure. My kids, grandkids, my dear Aunt Donna in Red Deer, my sister, my brother and his family in Texas—all played a role in shaping the stories, stuffing arms and legs, and bringing FunStuf to life.

One of the greatest joys has been receiving photos and videos of these little friends being loved by people of all ages. Seeing that connection is incredibly meaningful.

We're excited to share these joy-filled friends at the Bowness Spring Market—stitched with love, resilience, and a little bit of Bagus magic.



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
Zumba 7:00-8:00 pm

TUESDAY

Fitness Classes 9:00-10:00 am
Euchre 12:30-3:00 pm
Floor Curling League 6:45-9:00 pm

WEDNESDAY

Shuffle Board 9:00-11:00 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 9:00-11:30 am
Fitness Classes 10:30-11:30 am
Bridge (Just play) 2:45-3:00 pm

FRIDAY

Pool/Billiards 9:00-11:30 am
Monthly Bingo 11:00 am-4:00 pm

It's not too late to register for our Spring Programs!

For pricing, dates, membership opportunities and more information please visit our website



Preparations for our Community Garden are underway! Contact us for more information now!



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

Chef Emad's Homemade Pizza Recipe

Ingredients:

Dough

- 2½ cups all-purpose flour
- 1 tsp salt
- 1 tsp sugar
- 1 packet instant yeast
- 1 tbsp olive oil
- ¾ cup warm water

Real Pizza Sauce

- ¾ cup crushed tomatoes
- 1 tbsp olive oil
- 1 small garlic clove, grated
- 1 tsp salt
- ½ tsp dried oregano

Instructions:

1. Dissolve sugar in the warm water then stir in the yeast and let sit for 5 mins.
2. Add flour and salt to a large mixing bowl then pour in the wet ingredients plus the oil.
3. Mix until all ingredients come together. Then knead the dough for 5 mins. and let rest in a warm spot for 30-45 mins.
4. Mix all ingredients listed for pizza sauce in a bowl. Then let rest for 10 mins.
5. Roll out the dough. Spread the sauce and add other pizza toppings of your choice.
6. Bake at 450F for 12-15 mins.



High-Altitude Tip:

In Bowness, our dry air and elevation may require an extra tablespoon of water to keep the dough soft and elastic.



Growing Together

The Importance of Gardening in the Community

By: The Bowness Seniors' Centre

In a world that seems to move faster every year, gardening offers something truly valuable. It gives us a reason to slow down and reconnect with nature, with our food, and with our community. Whether it's a few herbs on a windowsill, backyard flowers, or a shared community garden, growing plants helps people get outside and reconnect with the things that are truly important in life.

Gardening supports both physical and mental health by encouraging movement and reducing stress. Environmentally, gardens support pollinators, reduce the need for long-distance food transportation, and promote more sustainable habits like composting.

Most importantly, gardening brings people together. Community gardens create shared spaces where neighbours of all ages can learn, build relationships, and take pride in caring for the place they call home.

No matter the size, every garden helps make our community greener, healthier, and more connected.



The Bowness Shed

A Place for Men to Connect, Create, and Chill

By: Harv Matchullis

Hey Men of Bowness (any age!)-I've got an idea and I'd love your input.

Do any of these sound like you?

- You like having fun, doing things you love, and maybe trying something new.
- You want to meet other guys in Bowness and make some friends.
- You want to get involved in the community, but on your own terms.
- You have skills or knowledge to share—and you're open to learning from others.
- You want a casual place where you can just be yourself, no pressure, no obligations.
- You've been feeling a bit isolated and want some camaraderie.
- You just like doing stuff.

If that's you, then come join us for an exploratory meeting at the BCA. We'll brainstorm ideas, see what excites people, and figure out how we can make it happen.



We'll be drawing inspiration from Men's Sheds, a grassroots, bottom-up movement where members decide what to do. Want to check it out? See mensshedsCanada.ca for a peek. Basically, it's about building, learning, socializing, and having fun together.

Here's what we're aiming for:

- A welcoming, inclusive, supportive space for friendship and fun activities
- Opportunities to socialize, try new activities, and learn or teach skills
- A space where men can just be themselves

We're hosting two meetings to fit different schedules (both cover the same stuff—come to one or both!):

- Friday, March 20 | 10:00 AM – 12:00 PM at the Landing
- Monday, March 23 | 6:30 PM – 8:30 PM at the Landing

No need to sign up—just show up and bring your ideas.

Let's see what we can build together.



The Place
STEAKHOUSE

Paul Sipos
Owner

403-288-7608
Mobile 403-383-1825

theplacerestaurant@yahoo.ca
theplacepizza.ca

6308 Bowness Road NW
Calgary, Alberta T3B 0E5

Why My Dogs Donate Blood

(And Why Yours Might Too!)

By: Zoë Decker

WARNING! This article is full of long snouts and awkward horse dogs.



I'll be honest—before this, I didn't know dogs gave blood. That changed the day my vet found out we had adopted greyhounds. Greyhounds are one of the breeds that can be universal blood donors, so the question came quickly: *Would they be willing to donate?*

That's how Brandy and Nori became blood donors with the Canadian Animal Blood Bank. Nori turned out to be a universal donor, Brandy isn't—but both of their blood is needed, and both have shown up again and again. Between the two of them, they've helped save the lives of over 30 dogs and cats. That still blows my mind.

What the Experience Is Actually Like

We donate at Bowmont Animal Hospital, though there are many locations that participate. The process is calm, positive, and honestly... kind of lovely. I'm with my dogs the whole time. They know the drill now—hop up on the table, lie down, relax.

They are *incredibly* calm throughout the entire process and absolutely soak up the attention. The vet techs give endless treats, scratches, and cuddles, and my dogs are very into it. No fear, no stress—just a lot of praise and snacks.

The Perks (Yes, There Are Perks)

Beyond the very good feeling of helping others, there are real benefits for donor dogs. The biggest perk for me? Routine testing for bloodborne diseases and heartworm. Knowing my dogs are regularly screened gives me real peace of mind.

There are other perks too—tags, bandanas, and donor benefits if your dog ever needs blood themselves—but that testing alone makes participation feel even more worthwhile.

Why It Matters

Blood donations are used for surgeries, trauma, poisoning, immune diseases, and sudden emergencies. When families are going through one of the worst days with their pet, donor blood can be the reason their animal comes home.

It's incredibly rewarding to know that something my dogs do so calmly—and even happily—can make such a difference during someone else's hardest moment.

If you've got a dog who meets the criteria and you're curious, I can't recommend it enough. Giving blood wasn't something I ever imagined doing with my dogs, but it's become one of the most meaningful things we do together.

Email calgary@canadiananimalbloodbank.ca or call (780) 900-3620 to learn about requirements and when the next donation day is!

Nearest Donation Clinics to Bowness: Argo Vet, Bowmont Animal Hospital, Bowness Animal Hospital, Cambrian Animal Hospital, Paramount 24 Hour Animal Hospital, & University District Vet Clinic



THE FLOWER HOUSE



Locally Grown Blooms

By: Beth McKendrick

Hi, I'm Beth McKendrick, owner of The Flower House, which officially bloomed in March 2025. My love of growing things began years ago when I became a homeowner and started filling our yard with vegetables, seasonal pots, and hanging baskets—basically anything that would grow. Over time, the garden kept expanding (while our grass slowly disappeared!), thanks to my patient husband and a generous friend who lends me space to grow even more flowers.

I've lived in Bowness since 2013 and am a proud mom of two boys who attend the community school and play hockey with the Bow River Bruins. I spend a lot of time at the rink, so if you see me, please say hi!

See them and more at the Spring Craft Fair! March 28-29!



www.theflowerhouseyyc.ca
@theflowerhouseyyc

By day (and many nights), I work as a nurse at Alberta Children's Hospital in critical care—emergency and pediatric intensive care—and casually in pediatric cardiology. Flowers found me during a difficult season in 2020 and 2021 when I was navigating PTSD and searching for something grounding. What began as "I need a hobby" quickly became a love affair. Gardening became therapy, self-care, and joy. Even a simple jar of sweet peas can lift my spirits in an instant.

The Flower House is my way of sharing that joy with others. You can find me at the Bowness Spring Craft Sale and Seedy Saturday, and in early May I'll host a specialty plant sale featuring unique cut flower varieties. I also offer flowers for small weddings and events.

My self-serve Flower Stand opens in April or May (weather dependent), and this year I'm excited to offer Flower Share subscriptions as well. I can't wait to share what's growing.



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The Bowtanical Garden



The Problem With Plastic—Confessions of a Plant Pot Hoarder

By: Beverley Sheridan

I pulled them all out from the garage storage cupboard this week. It's that time of year—time to start germinating seeds under lights that by May will be ready to plant out into the garden. To do that, I needed my trusty seed trays and covers.

If they gave out awards for reducing plastic in the garden, I would not win a gold medal, but I might place respectably, mostly because I have been reusing the same seed trays, covers, and pots for decades. Not a few years—decades. The invention of light, strong plastic pots in the 1960s revolutionized the nursery industry and changed how we all garden forever.

If you, like me, have come home from the garden centre feeling excited about your plant purchases only to discover several weeks later that you are now the owner of seventeen plastic pots, ten cell packs, and plastic-coated plant labels showing lovely pictures but likely outliving civilization—you are not alone. I did not set out to reduce plastic as a moral crusade; I mostly started because I hate waste, clutter, and spending money on things I already have numerous versions of in my life.

The Hidden Plastic Problem

We have all read about the issue of plastics in the ocean, yet there is likely even more plastic pollution in our soils. Plastic is everywhere in gardening—netting, row covers, hoses, watering cans, pots, soil and mulch bags, tools. The list is very long. It is strong, lightweight, and can be used to produce products at lower costs.

The downside, however, is that it does not go away. It just breaks down into smaller and smaller particles. Scientists are still trying to understand what all that plastic is doing to us and to our soils, but some recent research points to microplastics actually changing the structure of soil and thus interfering with plant growth.

The “Gateway Plastic”

For me, nursery pots are the gateway plastic of gardening. Plants arrive in them, they stack nicely, and somehow, they multiply when I am not looking. I can say, however, that I have not had to purchase a garden pot in many, many years, as I have a huge number in various sizes that I wash, stack, store, and reuse, reuse, reuse.

Many of them find new homes filled with plants that I give to fellow gardeners. The extras—and there are always extras—I wash and deposit in my blue recycling bin. The City of Calgary does accept plastic plant pots for recycling as long as they display a 1 to 7 resin code, so as a last resort, recycling is an option. I have also been able to return pots for reuse to some of our local garden centres.



At the time of writing, which businesses will be offering this service in Calgary in 2026 has yet to be announced, but I am hoping that those who have accepted pots in past years will continue with this very important service. I encourage you to support these companies and keep the pots and trays out of landfill.

When You Actually Need More Pots

If you have claimed all the plastic orphaned pots from your friends' and neighbours' garages but still need more—based on what I know about Calgary gardeners, this will be a very rare occurrence, as most of them have LOTS of spare pots they want to get rid of—there is a growing number of non-plastic alternatives available.

Most garden centres carry biodegradable pots made from materials such as recycled paper or cardboard, coconut coir, wood fibers, peat moss, bamboo, or rice husks. These are particularly good if you start seeds under lights, as the pots can be planted directly into your garden where they break down quickly. If they become damaged or too small for the plant, they can go directly into your green composting bin.

For those of us thrifty gardeners, repurpose your egg cartons and bathroom tissue tubes. They work really well for young seedlings and they too can be disposed of in the green composting bin.

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Small Swaps That Add Up

As plastic is everywhere in the products for sale at nurseries and DIY stores, questioning what comes into your garden and what you will do with it will help keep some of it in check.

Instead of plastic ties, purchase a roll of jute twine or repurpose those pantyhose that have holes. You can even try large wooden popsicle sticks as plant markers.

I have tools with plastic handles, but I paid some serious coin for them and they, like my seed trays, have been in use for decades with proper care. If you are looking for new tools, check second-hand stores or flea markets for tools with wooden handles.

Instead of plastic weed barrier and disposable frost covers, recycle old sheets, burlap sacks, cardboard boxes, or simply increase the amount of natural-source mulch you are using.

Progress, Not Perfection

Reducing plastic in our gardens is not about achieving zero plastic. It's about habits: reusing what we have, questioning what we buy, and choosing durability over convenience when we can.

I still own plastic. A lot of it. But every season I try to buy less, reuse more, and resist the urge to replace perfectly good items with trendier ones.



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Contact

403 288 8300
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www.mybowness.com

Socials

@MyBowness

Office Hours

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Writers

Annie of NOW Nails
Beth McKendrick
Beverly Sheridan
The Bowness Seniors' Centre
Chef Emad Hemeida
Christopher Drew
Harv Matchullis
Karen of ElderDog
Kimberly McCormack
Lisa Sullivan
Maria Mur Cano
Sarah Boudreau
Tietje White

Proof-Readers

April Vyas
Erin Bacon
Janis Giroux
Linda MacRae

Staff Directory

Rentals & Bookings

Anna Draper
roomrentals@mybowness.com

Events & Volunteers

Erin Bacon
events@mybowness.com

Community Development

Abby Vadeboncoeur
communityhub@mybowness.com

Communications

Zoë Decker
communications@mybowness.com

Accounting

Deb Hall
accounting@mybowness.com

Facilities Team Manager

Bryon Andrews
facilities@mybowness.com

Facilities Operators

Allan Godden
Brynne Clementine
Jacob Caveye
Kale Daniels
Kevin McRobbie
Lynn Hauer
Meagan Peterson

The Landing Bartenders

Charlize Algor
Will Bird
thelanding@mybowness.com

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executivedirector@mybowness.com

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How to Join the Board



Community Contacts

City of Calgary Community Social Worker

Clara Yuen
clara.yuen@ucalgary.ca

City of Calgary Neighbourhood Partnership Coordinator

Amanda Turvey
amanda.turvey@calgary.ca

Calgary Police Service Community Resource Officer

Constable Kevin Francis
KFrancis@calgarypolice.ca

WARD 1 Councillor

Kim Tyers
403 268 2430
ward1@calgary.ca

MLA Calgary Bow

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

MP Calgary Confederation

Corey Hogan
corey.hogan@parl.gc.ca

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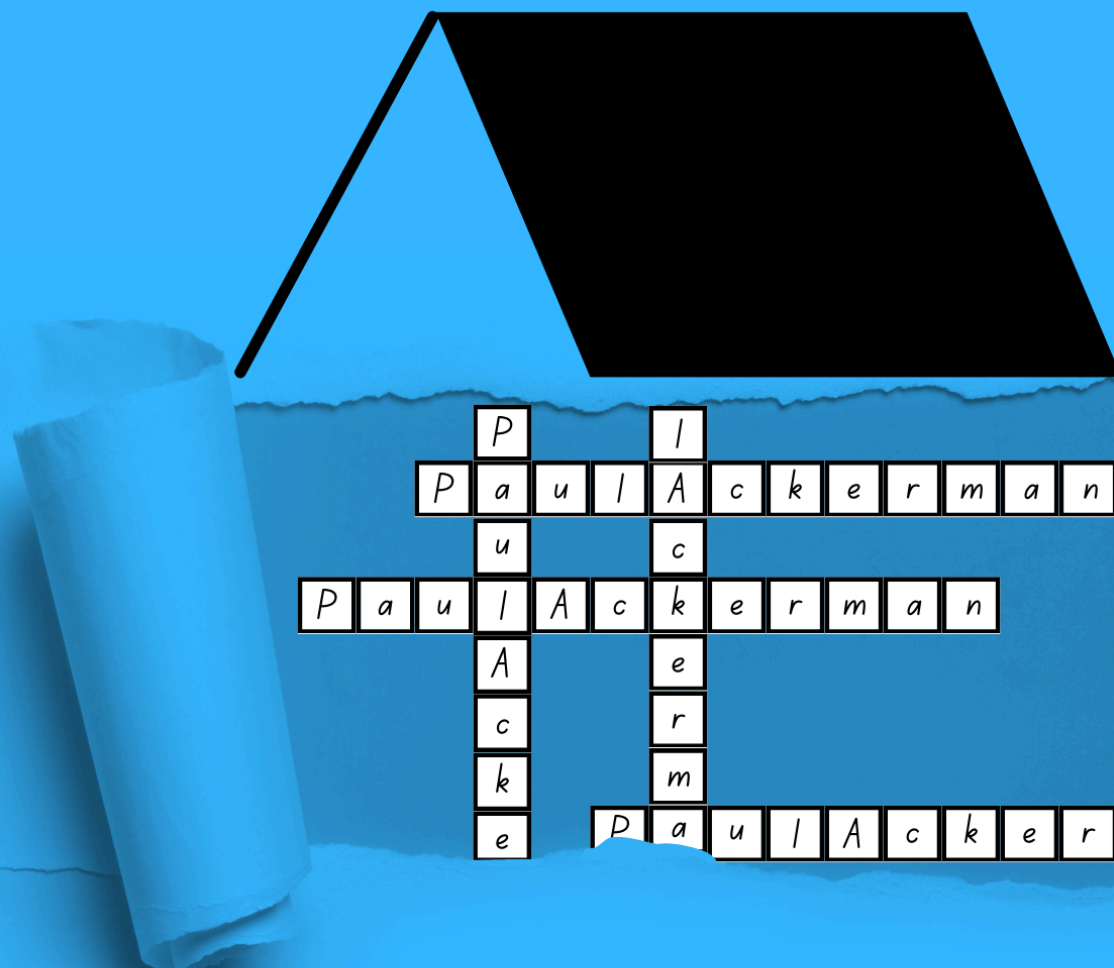
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