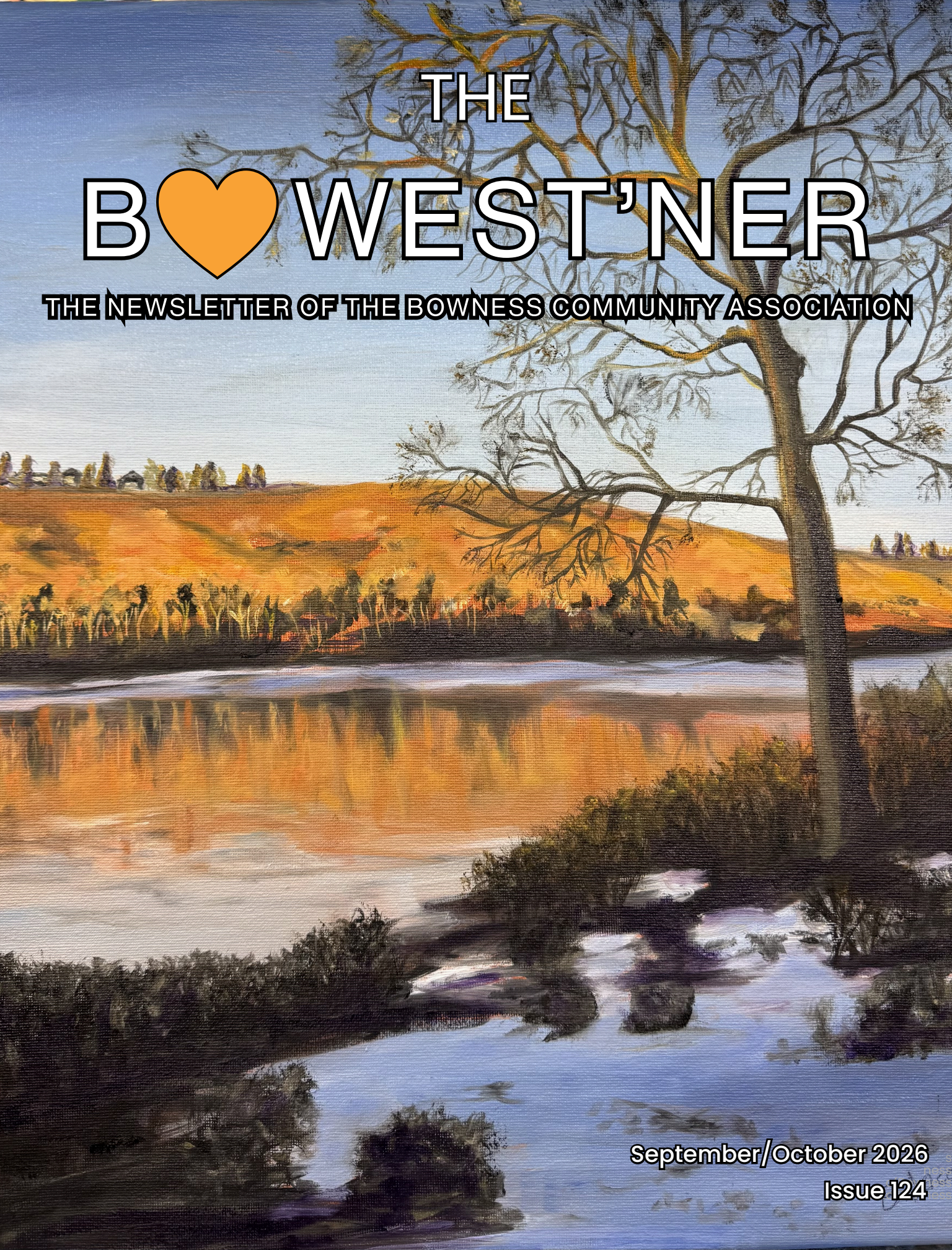




THE B ♥ WEST'NER

THE NEWSLETTER OF THE BOWNESS COMMUNITY ASSOCIATION

September/October 2026

Issue 124

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Call to speak with *Anthony Merah *Amina Muhammad *Nazeef Muhammad *Rosemarie Greene (Student-at-Law) *Colleen Hustad (Legal Assistant) *Kirandeep Kaur (Legal Assistant) *Kerry McClelland (Retired)



See you at The Landing!

The Landing is now open again with new floors and a new menu. Come check it out!

DAYTIME DROP-IN

MON - FRI: 9AM - 4PM

SAT - SUN: CLOSED

A free and open community space where you can relax and enjoy pay-what-you-want coffee and tea

All ages welcome

PSST!! The Concession in the arena is now open as well!

Mon - Fri
4PM - 9PM

Sat - Sun
7AM - 9PM

EVENING SERVICE

MON - FRI: 4PM - 10PM

SAT - SUN: CLOSED

Enjoy small bites and a fully licensed beverage menu

Minors welcome with adult supervision until 9PM

Letter from the BCA

Issue 124

September/October 2026

Welcome to the 124th issue of
The Bowest'ner!

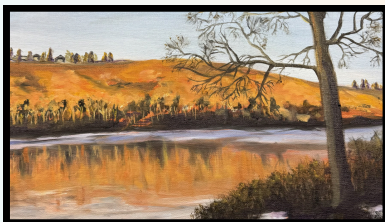
Just like that, the leaves on the trees are turning, and summer is winding down. Instead of a welcome return to Fall and its routines, ongoing water main repairs are causing more disruption and uncertainty in Bowness. Detours and closures are widespread, and another set of water restrictions is expected this Fall.

The Bowness Community Association is doing our very best to keep up to date on the latest City of Calgary information, help answer or redirect questions, and support you in advocating for your concerns. Like everyone in the neighbourhood and City, we certainly are looking forward to the new pipe being completed!

On a brighter note, we're gearing up for several events in our Community Food Series this September. These events celebrate all things food and community. We are also reopening our concession and the Landing with a new menu (and new floors!). We will also be bringing several opportunities to get involved in community through our HUBS programs and our Fall craft fair. And don't forget about our AGM in November, another opportunity to see what the BCA is up to!

As always, thank you for picking up the Bowest'ner. Keep on reading for more neighbourhood happenings, as well as stories and contributions from an array of community members.

On the Cover:



Evening Sun
Painting by: Betty Jacobs



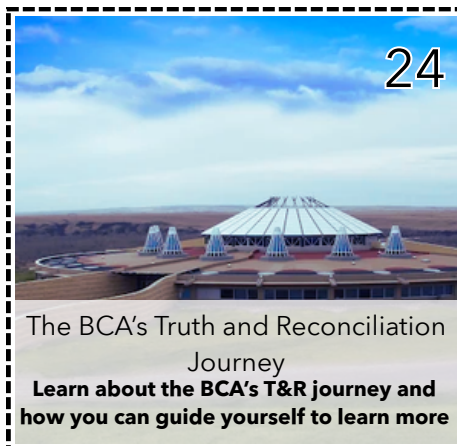
Food Series September
**Read about what events
are back this year!**



The Bowtanical Garden
Moving On Up



The Bowness Mini Forest
**The Bowness Mini Forest
celebrates its second anniversary!**



The BCA's Truth and Reconciliation
Journey
**Learn about the BCA's T&R journey and
how you can guide yourself to learn more**

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BOWNESS COMMUNITY ASSOCIATION

At the Bowness Community Association, we believe the heart of a community is how it shows up for one another. We are proud to support our BIPOC and 2SLGBTQ+ neighbours, and are committed to fostering a space where everyone feels safe, welcome, and respected.

Community is strongest when people feel they belong—when differences are valued, and everyone is free to be themselves.

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

We are always learning and working to do better. If you ever have an experience at the BCA that doesn't feel inclusive, we want to hear from you:
iheartbowness@mybowness.com

ACROSS THE BOARD

Building the Neighbourhood You Want

**By: Harv Matchullis, Board Member and Chair,
HR/Nominating Committee**

We moved to Bowness in 2021. The quality of life and sense of community that drew us in. We also knew from living in other communities across Canada and internationally that strong communities don't happen by accident—they happen because people choose to get involved.

Hundreds of you already do that. At the Bowness Community Association, we have at least 250 active volunteers on our list contributing in many ways. The truth is, there are many hundreds more helping shape our community through local associations, sports clubs, faith communities, schools, neighbourhood groups, and by simply being good neighbours. That collective involvement—whether recognized on a volunteer list or not—is what makes Bowness both liveable and loveable.

One volunteer opportunity that can seem intimidating at first but is incredibly important to the future of our community is serving as a Board Member. It's not a role for everyone, but it is a role that benefits everyone.

Bowness has always been known for its strong sense of community. It's a place where people look out for one another, support local events, and take pride in their neighbourhood. The Bowness Community Association helps make many of those things happen—and it is guided by a volunteer Board of Directors.

What does a board member do?

The Board of Directors is collectively responsible for advancing the mission of the Bowness Community Association through strategic leadership, sound governance, and financial stewardship.

In practical terms, this means helping guide the long-term direction of the organization, approving budgets and major decisions, supporting membership growth, setting governance policies, overseeing the Executive Director, and ensuring the organization remains financially and legally responsible.

Board members are not responsible for running day-to-day operations. That's the role of BCA staff working under the Executive Director. Our role is governance and policy, all of which help to shape the future direction of the organization and community. Board service is voluntary and unpaid.

News straight from the Bowness
Community Association Board of
Directors!

What skills or experience do you need?

You don't need previous board experience or a background in community planning to get involved. Community association boards work best when they include people with different experiences, perspectives and skill sets, and who demonstrate an active commitment to community life.

Every contribution matters. Right now, we are especially interested in adding people with backgrounds in legal services and facility management, but above all, we're looking for people who want to contribute to the future of Bowness.

How much time does it take?

Our Board meets a minimum of 10 times per year, with meetings typically lasting 1.5-2 hours each. Board members also participate in committees or working groups focused on specific projects or priorities.

Beyond meetings, board members are encouraged to help support major community events throughout the year—events like Run Bowness, Holiday Dinner, and other community initiatives. This adds a few extra volunteer hours throughout the year, but it also creates opportunities to be boots-on-the-ground in the community and connect directly with residents.

Yes, it is an active commitment—and it is also incredibly rewarding. Serving on the Board is an opportunity to help shape the future of the community while working alongside people who care deeply about Bowness.

Bowness is a special place, and its future will continue to be shaped by the people who choose to participate in whatever way they can.

If you'd like more information about becoming a volunteer board member, visit our website at mybowness.com/team and scroll down to "Board Nomination Process" to read more or scan the QR code below.

See you around the neighbourhood!



SCAN HERE

PLANNING & DEVELOPMENT

By: Shaun Heffel, Chair of Planning & Development Committee

Over the past year, the Bowness Community Association (BCA) Planning and Development Committee has undergone significant change, with one goal in mind: strengthening how we serve and advocate for our community.

One of our first priorities was updating the committee's Terms of Reference. Working alongside dedicated volunteers and with guidance from the Federation of Calgary Communities, we modernized the governance document, clarified conflict of interest provisions, and brought the final version to the BCA Board, where it was unanimously approved. Most importantly, the committee remains open to all residents who want to become involved in planning and development matters in Bowness.

At the same time, planning in Calgary has become increasingly difficult for residents to follow. Public engagement timelines have changed, development circulations have moved online, and recent policy changes have shortened the time available for meaningful public participation. I raised these concerns directly with the City Council in March and again during the July 21 public hearing, emphasizing that while industry stakeholders were given multiple opportunities to meet with City administration, community associations were largely limited to being "informed" through newsletters rather than meaningfully engaged.

Rather than simply criticizing the process, the BCA Planning and Development Committee has focused on improving communication within Bowness. Earlier this year we launched a dedicated Facebook page that provides monthly development permit updates, planning news, and information about City policy changes affecting our community. Recognizing that not everyone uses social media, we are also launching a monthly email newsletter, to add your email address visit mybowness.com/planning and exploring larger community information sessions to help residents better understand planning and development issues. Residents can send an email to the planning team to sign up for the newsletter, or find a link to join the Facebook group on the BCA website under the Planning & Development tab.

I often hear people say, "The City is going to do whatever it wants anyway." While I understand that frustration, I don't believe disengagement is the answer. Even a brief letter to Council or participation in a public hearing helps ensure community voices become part of the public record. Effective advocacy starts with being informed, and that is exactly what we are working to improve in Bowness.



There are also reasons for optimism. Persistent advocacy contributed to the approval of a long-awaited pedestrian railway crossing near Superstore, and following concerns about the loss of the 6623 Bowness Road playground, the City has committed new playground improvements through its PAPA (Parks and Playground Amenities) program. These outcomes demonstrate that informed, respectful, and persistent community advocacy can make a difference.

Planning and development will continue to shape the future of Bowness. While we cannot control every decision made at City Hall, we can ensure our community is informed, engaged, and represented. I encourage anyone with an interest in these issues to join the Planning and Development Committee, subscribe to our updates, and help us continue building a stronger voice for Bowness.



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BCA Events & Happenings

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

Annual General Meeting

Wednesday November 4, 2026

7:00pm - 9:00pm

BCA Main Hall | 7904 43 Ave NW

Join us for the Bowness Community Association's Annual General Meeting. This is your chance to hear about our work over the past year, learn what's ahead, and take part in shaping the future of the BCA. The meeting is open to everyone in the community, but **only members with an active BCA membership 30 days before November 4th are eligible to vote in the board elections.** **You must live in Bowness in order to vote at the AGM.** Register at mybowness.com/annualevents.



Leopold's Tavern Seniors' Brunch

Tuesday September 8, 2026

9:00 am - 11:00 am | Seniors | RSVP Required

BCA Main Hall | 7904 43 Ave NW

Join your neighbours for a delicious brunch catered for us by the Team at Leopold's Tavern! Register at mybowness.com/hubs or contact Anna Draper at communityhub@mybowness.com. Registration starts August 24.



Balancing Your Boundaries

Wednesday September 23, 2026

6:00 pm - 7:30 pm

BCA Community Room | 7904 43 Ave NW

Learn a stepped approach to setting realistic and reasonable boundaries.

Please register at mybowness.com/hubs



Riding the Wave of Emotions

Wednesday October 14, 2026

6:00 pm - 7:30 pm

BCA Community Room | 7904 43 Ave NW

Ride the wave of emotions and explore individual reactions to intense emotions.

Please register at mybowness.com/hubs



Coffee with a Uniform

Friday September 11, 2026

10:30 am - 12:00 pm

BCA | The Landing (Upstairs)

Come meet our neighbourhood's Community Resource Officer and other members of the Calgary Police Service over a cup of coffee. This is a drop-in event. No registration required.



Fall Book Club

Last Wednesday of each month | 7:00 PM - 9:00 PM

Location: The Landing at the BCA

Drop In. No registration or fee required

This fall we will be reading Hyperion by Dan Simmons (September), The Best Laid Plans by Terry Fallis (October), & Red Notice by Bill Brower (November).



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 Bears paw South Feeder Main project and get support during construction. Staff will be available to listen, answer questions, and share updates.



Coffee, Culture & Conversation

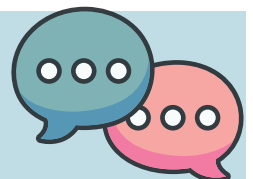
September 14 & October 19, 2026 (Mondays)

2:00pm - 3:00pm | BCA The Landing (Upstairs) | 7904 43 Ave NW

Join us for a warm and welcoming monthly gathering where neighbours can:

- Meet new & old friends in the community
- Learn about a variety of traditions
- Share ideas and experiences from diverse backgrounds
- Coffee and snacks will be provided

Drop-in: Come to one or come to all! For more information, contact Clara Yuen at clara.yuen@calgary.ca or (403) 370-7352



BCA Events & Happenings

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

Bird Boxes Workshop

Thursday September 17, 2026

6:30pm-7:30pm | All Ages | RSVP Required

BCA Main Hall | 7904 43 Ave NW

Come build a functional Birdhouse that will attract House Sparrows, Wrens, and Chickadees to your yard. We welcome residents of all ages to participate. Children in Kindergarten through Grade 6 are especially encouraged to attend with a parent or guardian. Register at mybowness.com/hubs or contact Clara Yuen at clara.yuen@calgary.ca or (403)370-7352. Registration starts August 17.



Community Nature Walk - Escarpment by Bowness Park

Friday September 25, 2026

2:00pm-4:00pm | All Ages | Drop-In

West end of 33 Ave and 48 Ave

Come discover the biggest trees in Bowness. For over 400 years more than 70 Douglas Firs have called Bowness home. Meet at the West end of 33 Ave where it meets 48 Ave for a walk along the escarpment with some steep parts, similar to a mountain trail.

For more information, visit mybowness.com/hubs or contact Anna Draper at communityhub@mybowness.com.

Note: Some hiking experience would be beneficial, as the trail is a single-track path with some roots and moderate elevation gain.



Food Budgeting for Healthier Eating

Tuesday September 15, 2026

6:00pm-7:00pm | Ages 16+ | RSVP Required

BCA Community Room | 7904 43 NW

Choosing between healthy eating food options and keeping costs down doesn't require an all-or-nothing mindset. However, it does require some thinking about food and grocery shopping in a new way. Join Anna Mandzuik from Calgary Community Kitchen to discuss what it means to rethink food and grocery shopping and how this can be effective. There will be lots of opportunities for group discussion. For more information or to register visit mybowness.com/hubs or contact Anna Draper at communityhub@mybowness.com



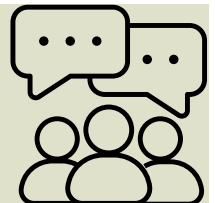
Community Food Series Panel Discussion: Food Resource Round-Up

Friday September 18, 2026

6:00pm-8:30pm | Ages 12+ | RSVP Required

MCA Community Hall | 5003 16 Ave NW

Join us at the Montgomery Community Association to share a meal and learn from a panel of experts about access to food resources in the city. The doors open at 6:00pm, panel discussion begins at 6:30pm, food will be provided. For more information or to register visit mybowness.com/hubs or contact Anna Draper at communityhub@mybowness.com



bowness LIONS CLUB

*Call the Lions!
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help!*

contact:

daryl reinke

☎ 780.608.9884

✉ dwreinke@gmail.com

marilynne hall

✉ mrwhall@shaw.ca



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BCA Drop-In Programs

These events take place at the Bowness Community Association (7904 43rd Ave NW)

Drop-In Skating Programs

The BCA offers drop-in skating for the community year round.

All programs are drop-in, no pre-registration required. Just show up, pay at the door (if applicable), and enjoy the ice.

For more info visit <https://mybowness.com/iceskating/>

For ice times visit : <https://mybowness.com/events/>



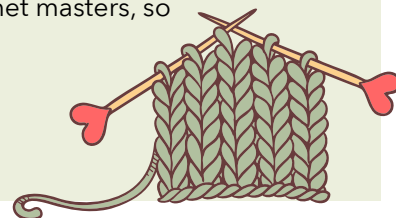
Bowness Stitches

We welcome all handcrafts that involve needles, crochet hooks, embroidery projects, hand-quilting or sewing, you name it! Among the regular attendees there are knitting experts and crochet masters, so help with a problem is usually at hand! No registration required this is a drop-in group.

When: Tuesdays, 6:30 - 8:30 PM

Where: The Landing at the BCA

For more info visit: <https://mybowness.com/events/>



Drop-In Pickleball

Drop in play is beginner friendly and open to anyone. Bring your own racket, all levels are welcome, games are not structured.

Currently Drop-In Play times:

- **Monday** 5:30 - 9:30 PM
- **Thursdays** 11:30 AM - 1:30 PM

To register visit: <https://mybowness.com/pickleball/>



Carya Drop-In Play

A place for families to connect and play! Drop by for a snack and some playtime. Suitable for parents and caregivers with children ages 0-6.

When: Mondays, 9:30 - 11:00 AM

Where: BCA Gym (7904 43 Ave NW)



BCA Holiday Craft Fair - Vendor Applications are Open!

Vendor applications have opened for the BCA's annual Holiday Craft Fair—**scan the QR code to register:**

The Bowness Holiday Craft Fair prioritizes local vendors and handmade items. Vendors will be chosen based on product offerings, diversity, quality, and uniqueness of their product.

Questions about the event or registration can be sent to craftfair@mybowness.com



Ward 1 Update - Councillor Kim Tyers

In the Community

I wish everyone a happy back-to-school season! Thank you to the Ward 1 community for a wonderful summer! Calgary Culture Days are back! Explore arts and culture across the city from September 1st-30th. Visit calgary.ca/culturedays for more information. Are you a post-secondary student? Visit calgary.ca/fire to ensure your living accommodations have the necessary fire safety equipment.

Listening to Residents

Do you have comments or concerns about what's happening in Ward 1 and across the city? Fill out a short survey at <https://forms.gle/s3PwPWftmqRkw6gp7>. The City of Calgary is proposing changes to the city's flood bylaws. I advocated for more engagement with Bowness residents. If you will be impacted, I want to hear from you at <https://forms.gle/S6GCdbWi5fVbkcQo8>.

Supporting Residents Through Construction

Since construction began in June, there are now 40 segments of steel feeder main installed along 3 blocks of 34 Avenue NW in Bowness. Construction remains on schedule and is expected to continue along 34 Avenue NW until the end of the year. I recently visited the construction site in Bowness, and was impressed at the efficiency and care of this project. I know construction can be disruptive and I am focused on ensuring residents have the support and information they need. Resources are available at the Community Resource Centre at the Bowness Community Association. For questions, please email BSFMProject@calgary.ca.

Serving You at City Hall

Before the August recess, the majority of Council voted to reject making backyard suites a permitted use city-wide. While backyard suites can make sense in certain contexts, it is crucial that community input is considered when evaluating these developments. For this reason, I fought for discretionary use for backyard suites.

Have feedback? Please email ward1@calgary.ca.

A message from the Calgary Alpha House Society

Alpha House has started a Community Pantry to support our newly housed clients. In the wake of high costs of living and cuts to income supports, many of our residents are working with limited budgets and can't always afford important household goods. Please consider helping formerly unhoused individuals stock up on the everyday necessities they need to build and maintain stability in their new homes. We are looking for non-perishable food, hygiene, and household supplies. Donations can be shipped/dropped off at: 408 28 Street NE.

Donate Here

SCAN ME!



Bowness Events & Happenings

Please note, these events are hosted outside of BCA events and programs and the BCA is not responsible for changes or gaps in information and timing

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.



Mother Goose

The Monday drop-in play program at the BCA ends with a 15 minute “mini” Mother Goose circle that anyone is welcome to join!

Carya holds a Mother Goose program for parents and caregivers with kiddos ages 0-3 at the Bowness Rate Payers Hall, and a baby program at Trellis for the Fall term for free!



Programming at The Bowness Library

Location: Mainstreet Bowness (6532 Bowness Rd NW)

The Bowness Library has a ton of fall programs throughout the months of September and October for babies, kids and families, teens, and adults!

For more information on their fall programs and schedules visit www.calgarylibrary.ca/events-and-programs/programs



Senior's Crib at the Legion

Tuesdays | 10:00am-1:00pm | doors open at 9:30

Location: Bowness Legion

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 are welcome! Come for the warm atmosphere and make some new friends!



Neighbourhood Grant (starts September 1, 2026)

Do you live in Bowness, Montgomery, or Greenwood Village?

Small actions can make big impacts. The City of Calgary Neighbourhood Grant helps residents take action towards building inclusive neighbourhoods. Grants up to \$1000 are provided for neighbourhood activities that focus on Social Inclusion, Economic Participation, Anti-Racism, and Truth & Reconciliation.

For more info: www-prd.calgary.ca/communities/grant-programs or contact **Clara Yuen** at clara.yuen@calgary.ca



Food Series September!

This year, the Bowness Hub ran a year-long Community Food Series instead of a Community Food Week. Good news! Many of the best loved events from that food week are back for September 2026.

Kicking off the Community Food Series events for September is the highly anticipated **Leopold's Tavern Senior's Brunch.**

The team from Leo's will arrive before the crack of dawn to prepare a delicious breakfast in the BCA kitchen, and hundreds of Bowness seniors roll in at 9am for food, fun, and time connecting with their neighbours. We personally look forward to this event all year long!

Tuesday September 8, 2026
9:00am-11:00am | Seniors | RSVP Required
BCA Main Hall | 7904 43 Ave NW



The finale for this year's Community Food Series is yet another **Food Panel Discussion!**

This year our focus will be the food resources on offer in our community. Join us at the Montgomery Community Association for a delicious meal and the Food Resource Round-Up.

Friday September 18, 2026
6:00pm-8:30pm | Ages 12+ | RSVP Required
MCA Community Hall | 5003 16 Ave NW

Our food programming has always included a variety of workshops, and this year is no exception.

Come and join Calgary Community Kitchen's Anna Mandziuk in her workshop **Food Budgeting for Healthier Eating** to discuss what it means to rethink food and grocery shopping and how this can be effective.

Tuesday September 15, 2026
6:00pm-7:00pm | Ages 16+ | RSVP Required
BCA Community Room | 7904 43 NW



Anna's Punch

- 1 large frozen orange juice
- 1 large frozen lemonade
- 2 liters of apple juice
- 4 liters of ginger ale

Method:

- Mix in large punch bowl and serve chilled
- **For the summer:** may want to add frozen grapes to keep the punch chilled
- **For the winter/Christmas:** add fresh cranberries, or orange/lemon slices



The Bowtanical Garden

Moving On Up

By: Beverley Sheridan

It might have been my imagination, or simply my enthusiasm for just one more plant, but I was sure that my garden was shrinking in size every year. Upon closer examination I noticed that there was a great deal of blank space between the tall mature trees and the flowering shrubs and plants in the garden beds. It was time to stop thinking horizontally and start looking up.

With lot sizes shrinking, and more people living in condos and apartments, available space for gardens has become prime real estate. Vertical gardening is one the easiest ways to create more garden that feels lush, colourful and abundant, and like me, has room for just one more plant. It can also utilize or camouflage some underused and often ugly features such as a wall, fence or other structure.

Climbing plants are the obvious stars of the show and fortunately there are a number of attractive, Calgary hardy, climbing plants, both annual and perennial, that given an appropriate support structure, will create large blocks of colour and interest in the vertical direction. There is also great appeal in standing face-to-face with a plant in flower when watering, deadheading or just admiring your handywork; no kneeling required.

A tour through the local garden centres and online sites will uncover a variety of prefabricated garden structures suitable for climbing plants. Attractive arbours, arches, pergolas, trellises and supports for hanging baskets made of wood, metal and plastic are available in a wide range of sizes, quality and price. If your budget is limited, or you want to be more creative, old ladders, wooden pallets and even large tree branches or wooden dowels lashed together can find a second life as a vertical display. Suddenly you have "rustic garden décor" and more space in the garage! One of the easiest ways to convert a blank fence to a flowering centrepiece is to simply attach inexpensive string or plastic mesh and plant a few annual seeds at the base.

Over the years I have tried a variety of vertical structures made from different materials; some purchased and some scavenged from flea markets and back lane "free for the taking" opportunities. The most important thing I have found is that you need to ensure that the structure you choose will support the weight of the plant and will be tall enough to contain its full height growth. This spring I had to creatively re-anchor a metal obelisk that was supporting a very vigorous climbing rose.

The plant had become so heavy that the entire structure leaned about 45 degrees. Well anchored structures are also important when the Chinook winds blow.

Climbing plant choices can be found in both perennial and annual varieties. Plants such as Black-eyed Susan *Thunbergia alata*, Morning Glory *Ipomoea*, Scarlet Runner Beans *Phaseolus coccineus*, or Sweet Peas *Lathyrus* are hardy, quick growing annuals that can cover a garden structure in one season. For those who are gardening on a balcony, these work great in large pots with light weight inserted metal trellises purchased at the local dollar store.

Perennial climbers, once established on a structure, can make a significant yearly impact in your garden. Although there are very few true climbing roses that will survive our winters, there are several hardy shrub roses such as John Cabot, William Baffin and John Davis from the Canadian Explorer series that can be trained to grow up a tall support. I find these roses grow best inside a large triangular structure and require you only to tie the main shoots to the frame as they grow. If you like hot colours in your garden, Dropmore Scarlet Trumpet Honeysuckle *Lonicera brownii* will provide a wonderful orange-scarlet splash from June to October. If you prefer softer colours, perennial sweet peas will grow to 9 feet on a support and give you a collection of blues, pinks and whites.

Clematis is a very popular climbing plant for Alberta gardens and there are a large number of varieties that can withstand exposed and windy sites, I have several in my garden. Many Clematis are also very fast growing and will cover a garden structure in one season. In addition to growing Clematis on manmade structures as mine are, I have also seen it planted at the base of trees or large shrubs and encouraged to scramble upwards. Seeing a spring flowering tree "in bloom" in August is quite an arresting sight. Be sure to check with your local garden personnel for appropriate varieties that are hardy in our zone 4 conditions.

As our gardening season nears its end remember that in gardening, the sky isn't the limit - it's simply the next place to plant something wonderful. Don't worry if your garden is not the biggest or best on the block. With a few clever supports, a splash of imagination and flowers willing to travel up, you can create a display that's full of colour, charm and personality.

The History Of Schools In Bowness

Original article by Mrs. Gordon Ennis—Golden Jubilee Bowness 1911-1961

A Publication of the Bowness Historical Society bownesshistoricalsociety.com

The first classroom in Bowness was opened in 1932. Ted Calbeck and Harold Farrin were responsible for the beginning. The Calgary Herald owned a Recreation Hut on the banks of the Bow River near the Shouldice Bridge. It was in this building that one schoolroom for about twenty pupils was rented for the fall term. The first teacher was Evelyn Roberts, and some of her students were Max Irwin, George, June and Joy Taylor, Pat and Joe Milino (Joe still resides in Bowness), Kenneth Katzalay, Dorothy Pulham, and Dorothy and Evelyn Fawtley. Mr. Calbeck was the chairman of the first local school board, and Mr. Farrin was one of the first trustees. This building still stood in 1961 as a house containing two suites.

In 1932, a two-room school was built on the site of the School Board offices in the west end of Bowness. Soon after, two more rooms were added. These four rooms were known for some years as the Main School. This school was to be renamed Parkway School because of its proximity to Bowness Park. Interestingly, in 1949 some army huts formed an auditorium plus an eight-room addition to the Main School. These huts, due to their width, could not be moved over the Shouldice Bridge. They were taken, instead, over the Louise Bridge (now 10th Street N.W.), along 11th Avenue to the Old Banff Coach Road and into Bowness from the west. This school now consisted of 12 rooms. George Staal became Principal in 1935, a position he held until his death in 1954. During those 19 years he was a strong influence in the community. At first he had only four rooms to supervise but towards the end he was faced with the tremendous task of supervising 20 school rooms spread all over the village from Viscount Bennett to the Wood's Home. This he did without even the help of a stenographer. Over the years, he kept a very accurate chart showing the growth of the school population.

A shortage of classrooms, due to the rapid growth of Bowness, was a problem which confronted the School Board continually. The Scout Hall and two rooms in the Fraser House were used to augment space in the west end. In close co-operation with Ian MacDonald, former police chief. Mr. Staal organized the first School Patrols, which have held a high standard through the years.

In 1942, the Viscount Bennett school, consisting of two classrooms and two basement rooms, was built in the vicinity of Shouldice Bridge. One, or both, of the basement rooms had been used as classrooms almost consistently since the building was erected. In 1955, four rooms were added to the school. The school closed in the early 2000s. A 17-roomed Junior High School plus an auditorium was built north of Bowness Road, west of the CPR. It was opened at Easter in 1956, (later to be expanded into a High School). Bowness was growing so rapidly by this time that one school would hardly be completed before another was being planned.

In 1953, the first six rooms of the Bow Croft (original spelling of Bowcroft) school were built just west of the CPR crossing. The following year, seven rooms were added, making it a two-storey school. While waiting for the completion of this school, space was at such a premium that temporary classrooms were used in the Gospel Hall, the basements of the Catholic and United Churches, the Legion Hall and in Auditoriums.

The shift system was also used, and some grades were sent to Calgary. A 20-roomed Elementary school and auditorium called Belvedere were built on the highway near Parkway School in 1958. (It eventually became known as Belvedere-Parkway in 1963, with the 'Main School' Parkway becoming a kindergarten). In the same year, Our Lady of the Assumption, a ten-room Separate School and auditorium, were built on the south side of Bowness.

The elementary school situation was eased considerably, but during all those years the senior high school students were being educated in Calgary. For some years the Bowness School Board had an arrangement with Mount Royal College where the majority of these students attended. A thirteen-room high school was attached to the Junior High building. This also included an auditorium and was completed in 1959—eventually becoming the Bowness Composite High School, Among the many School Board members who gave generously of their time to school business were A.P. (Tony) Schmalz, who served as chairman for 21 years, and Harold Farrin, who was trustee for 18 years.

Mrs. George Saunders was a keenly interested member. She gave unstintingly of her time, riding the rolling, rollicking street cars in order to curb the over-jubilant spirit of high school pupils attending the city schools. She also did much good as a welfare worker. She was kind and sincere in all her undertakings.

Another school in the 1950s, a modern three-roomed structure, was at the Wood's Christian Home, and later affiliated with Bowness Schools. Today one of the newer schools is Thomas B. Riley.

FRASER HOUSE SCHOOL / RESIDENCE



The Fraser House was a temporary school built in 1912-13 by the Hextall Home Company, and now exists as a home. It is located at 8917 - 39 Avenue N.W. Nearby is another historic home, the Crawford-Cross home, built at about the same period by Hextall. It is located at 8904 - 39 Avenue N.W.

THEN AND NOW PHOTOS OF CRAWFORD-CROSS HOUSE





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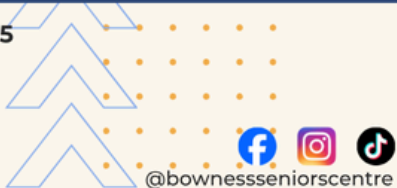


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	11:30-12:30 PM LINE DANCE	SEPTEMBER 9 - NOVEMBER 25
	4:00-5:00 PM ZUMBA	SEPTEMBER 9 - NOVEMBER 25
THURSDAY	10:00-11:00 AM BE-FIT	SEPTEMBER 10 - NOVEMBER 12
	4:00-5:00 PM BOLLYWOOD	SEPTEMBER 10 - NOVEMBER 26

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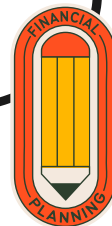
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Money Made SIMPLE

By: Tietje White

Planning for Life's Big Goals



We rarely achieve big goals by accident. Whether you're hoping to travel, buy a home, pay for a child's education or retire comfortably one day, it usually begins with a plan.

Fortunately, you don't need to know exactly what the future holds to start preparing for it—small, thoughtful choices today can create more flexibility and opportunity tomorrow.

In the last article, we explored saving and investing. Here, we'll look at how your present financial habits connect to future possibilities.

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. Having navigated my own bumpy road to financial independence, I hope to make the process more approachable and less intimidating for others.



Start With Your Vision

Before thinking about numbers, take a moment to picture the future you're working toward. Ask yourself:

- What goals matter most to me?
- When would I like to achieve them?
- What kind of lifestyle do I hope to have?
- What will bring me meaning and enjoyment?

Your answers don't need to be perfect. They simply provide a direction. Clarifying the destination makes it much easier to decide how to save and invest as you go.

The Right Tools For The Right Job

Taking advantage of the right accounts and programs can offer significant benefits:

- RRSPs can provide valuable tax savings during your working years while saving for retirement.
- TFSAs offer flexibility and tax-free withdrawals—useful for short- and long-term goals.
- For a first home, FHSA and the RRSP Home Buyers' Plan can both help.
- To save for your child's education, RESPs offer access to the Canada Education Savings Grant (CESG), which adds 20% to eligible annual contributions.

Retirement Planning in Canada

For most Canadians, retirement income comes from a combination of sources.

Government programs like the **Canada Pension Plan (CPP)** and **Old Age Security (OAS)** provide a foundation.

Guaranteed Income Supplement (GIS) offers extra support to eligible lower-income seniors.

Some folks will also receive a workplace pension, while others rely on their savings in RRSPs, TFSAs or non-registered accounts.

How Much Do I Need?

Your expenses will likely change over time, but a best guess of your cash flow needs is a great place to begin. Eventually, a retirement planning expert may be helpful, but you can learn a lot from experimenting with online calculators, AI tools or the 4% rule of thumb as starting points.

Small Steps Foster Big Progress

Long-term goals can sometimes feel overwhelming, especially if you're starting later than you'd hoped or worry that you've made mistakes. The good news is that you can begin wherever you are, and you don't have to figure it out all at once.

A simple plan, reviewed once a year and adjusted as life changes, will keep you moving in the right direction.

Your Takeaway

Choose one long-term goal, then ask yourself:

- When would I like this to happen?
- How much might it cost?
- Which savings account best supports this goal?

You don't need to predict the future perfectly—our goal is to build a flexible roadmap that can grow and change as your life does.

Next time, we'll wrap up this series by looking at taxes, insurance and estate planning, and how these final pieces help protect everything you've worked so hard to build.

Questions or feedback? Feel free to reach out:

tietjewhite@gmail.com

Q & A with Jennifer Wallace

The newest addition to the BCA Board of Directors

How long have you lived in Bowness, and what originally drew you to this neighbourhood? We moved in 2015. Originally, my husband is from Bowness, and his daughter lived here, so we wanted to move closer to her.

Bowness has such a rich history. What are some of the biggest or most positive changes you've seen in the community since you first moved here? I was just having a conversation with somebody about this weekend being Leopold's anniversary here, and we were talking about how, even though it is just a pub, it has a special place in our hearts because when it opened, there weren't many options. There was a Hexter's, and there was Bowness Pub, so it was nice to have an extra place. My biggest thing has been the flood - even though we didn't live here then - but watching how everybody came together, and then when we moved here, you could still feel it. Then, when the water main broke, just the way everybody came together - that's always been super impressive to me about Bowness. Even with the most recent flood scare, people were on social media offering to help and support. Bowness has been really beat up over the last couple years and most people haven't let it shake them at all.

Volunteers are the backbone of the Bowness Community Association. What was the specific moment or reason that motivated you to put your name forward for the Board of Directors? There is a development at the end of our street that was not making the neighbours happy. The site wasn't being maintained and was just constantly full of garbage, and so I started out by getting involved with the Planning and Development Committee. I started reaching out to people and they responded, and I got involved there, and then just through getting to know Sean and Gideon and some of the other folks that were on the board, it occurred to me that if I was going to complain about stuff I should probably try and do something and get involved and try to help. I looked into the board with Sean and Gideon's encouragement and applied that way.

Sometimes people are intimidated by the idea of joining a board. What was the actual process like for you when you joined, and what surprised you most about it? It's a very simple process: you just submit a resume as if you're applying for a job and let them know you would like to join the board. You write an attention letter or email. I had my interview with a few members, and that's where I really got excited about it because I was at the BCA with Jimmy and Molly, and just talking to them, you realized they are just other Bownesians. The "Board of Directors", especially when coming from the corporate world, always had this very formal and intimidating feel to it, but this wasn't like that at all. Learning that they all just live in Bowness and want to make a difference... it's all just been way easier than I thought, and it made me really excited."

What specific skills or passions from your own background are you most excited to contribute? My career has been as a business analyst, so I talk to people for a living like customers, people that I work with, and partners that I have in the corporate world. I feel like I've been really comfortable talking to all sorts of people, and not all of those conversations have been good, so I'm really excited to see how I can take that into the community and talk to different groups of people with different feelings about things. The big part of my job too, is to translate that to people who can maybe help make a difference or suggest a solution. I'm hoping that will help make a difference, and I can translate some things back to the board and just get out there more. I know the board has a lot on their plate, so I think that with additional numbers we can get out into the community more. I'm super social, so that helps and will hopefully make a difference.

Bownesians are known for their strong community pride. How would you describe the unique Bowness spirit to someone who has never been here? I grew up in the south of Calgary, and I used to actually be told when I was a kid to stay away from Bowness, so I always had this idea of what it was. So, when we moved here, I had no idea what I was getting into, but I know it used to be its own town or village, and it's pretty obvious. On our first day moving in, people across the street brought over a bottle of wine as a welcome gift, and it's just stayed that way. We were recently displaced from our house because of the construction site next door for two and a half weeks, and the whole time we were gone, people were phoning us just to let us know they were checking in on our home and that everything looks good. They were reaching out to make sure that anything we needed we had, and that's just how it's always been here. I can't imagine ever leaving Bowness.

What has been the most rewarding part of serving on the board so far? I came in because I had one specific issue that I wanted to address, but learning through the two meetings I've been to now about how much stuff the board is involved in, keeps an eye on, and tries to help with, has been really eye-opening. I'm really excited to be part of that, but so far, honestly, just meeting all the new people and being able to come up to the BCA office to introduce myself to anyone has made me feel a little more involved in the community.

What is your favorite hidden gem, park, or go-to business in the neighborhood? There's a lot actually. My husband and I are big food people. I don't want to say foodie because that's not really accurate, but there's a ton of great spots in Bowness. I personally think we have so much, from The Place, to up the hill at Bona Roma, and even Cadence, which has the best coffee in the city in my opinion. I don't know if there are any hidden gems per se, but all the different community events the BCA does - we love things like that. The Movie in the Park in August is only a block and a half away from my husband and I, so we just walk over with our yetis and put a blanket down. We love Bowness Park as well, and we have a dog that likes to go out, so I love that it's big enough that we can still have our own space with her even though there's always a ton of people down there. I know there are a lot of smaller Bowness businesses as well, like Bowness Soapworks, candle places, and things like that. I'm looking forward to learning more about those places so I can try even more things.

Where do you hope to see yourself on the board in the future and just in general in the community? The normal Board term is 2 years but I did not join just thinking this would be a two-year thing. I would like to stay on to help and see more connection between the board and the community. That's not to say that they haven't done that; it's just that I think it's an opportunity to come in and bring a different perspective. The development stuff in particular is something that I'm pretty passionate about - making sure we don't lose the history behind Bowness - so hopefully we can find a balance there. I know that the Board's not responsible for the development, but it would be nice to get more of an idea of what the community wants to see and hopefully work with the city and the foundations that are involved in that, and make sure there's some foresight. Or at least bring awareness, so the community members know what they can do. I have seen that there is a lot in planning and development where people expect we can just come in and shut down a development. We can make sure that the community members have all the resources they need to take whatever action they want, and I think that the most important thing is just redeveloping that connection. So, I'd say ideally in five years we can sit down and have this conversation again, and it's more about doing that and people feeling a little bit more involved. Hopefully some other people will be inspired to get more involved, which I think is really important right now, too.



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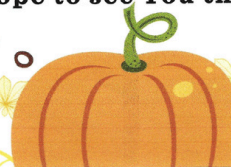
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The Bowness Mini Forest Celebrates Its Second Anniversary

By Rob Miller, Calgary Climate Hub

In June of 2024, the Bowness Mini Forest site was ready for planting. The excavator had dug down 30cms and replaced the sod and compacted soil with a mixture of topsoil and good compost. A generous layer of mulch was spread on top and the crushed stone paths were in place. Then, the Bears paw South feeder main burst and Calgary was plunged into immediate water restrictions.



The Calgary Climate Hub's mini forests have been very resilient in their early years, but there's no way they can survive without watering during our hottest and driest months. As a result of water restrictions, the forest planting event was postponed indefinitely until the restrictions were no longer in place. Then, the Bowness Community Association staff swung into action.

An idea was hatched to collect water from the refrigeration condenser for the hockey arena, which was normally discharged into the parking lot at the rear of the building. Permission was obtained from the city for this temporary measure and about 50 ice cream buckets were donated by Angel's Drive In to be used for collecting water.



The forest planting event was back in play and in July 2024, 650 seedlings were put in the ground by approximately 70 volunteers. For the rest of the summer a group of volunteers including residents of Simon House took on hand watering responsibilities. It was no easy task. Moving the buckets to the forest and watering with solo cups took two or three people about two hours, and during the dog days of summer this was needed twice a week. Thanks to the water bearers working diligently through July and August, the forest grew and thrived.

When the water restrictions were finally lifted, the forest could be watered with a sprinkler and it became a one person job. Two years on, it's hard to believe those tiny plant seedlings have grown so prolifically.

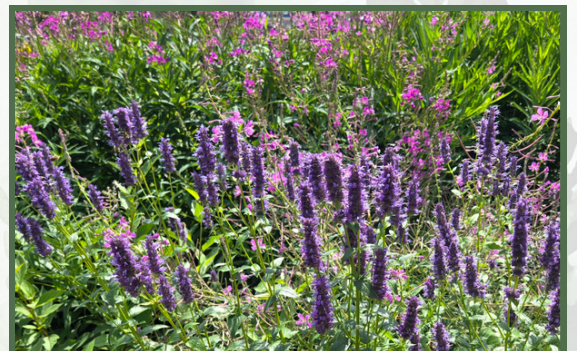
Rapid growth of the forest is an expected outcome when using the Miyawaki method of forest planting. Developed by Japanese botanist, Akira Miyawaki, the method focuses on restoring urban environments through small, dense, diverse, native forest plantings. Miyawaki mini forests can grow up to 10x faster than monoculture forests and help re-establish biodiversity and thriving ecosystems within communities.

The forest soil is amended before planting to provide a healthy growing environment for the young plants. Only native trees, shrubs and ground cover are planted because they grow naturally in similar habitats in this part of Alberta. Native plants are well adapted to our region meaning that they will require less maintenance than non-native plants, particularly because we selected species that are drought-resistant once established. Native plants also help restore local biodiversity because they provide habitat and food for native insects and birds.

In July 2026, the milkweed, fireweed, giant hyssop and yarrow were in full bloom, attracting bees and other pollinators.

Some of the canopy trees like Poplars and River Birch were starting to surge above the shrub layer while the Spruce and Douglas Fir were looking healthy and happy despite growing more slowly.

You can view the plant guide for the Bowness Mini Forest on the Climate Hub website: https://www.calgaryclimatehub.ca/forests_for_calgary

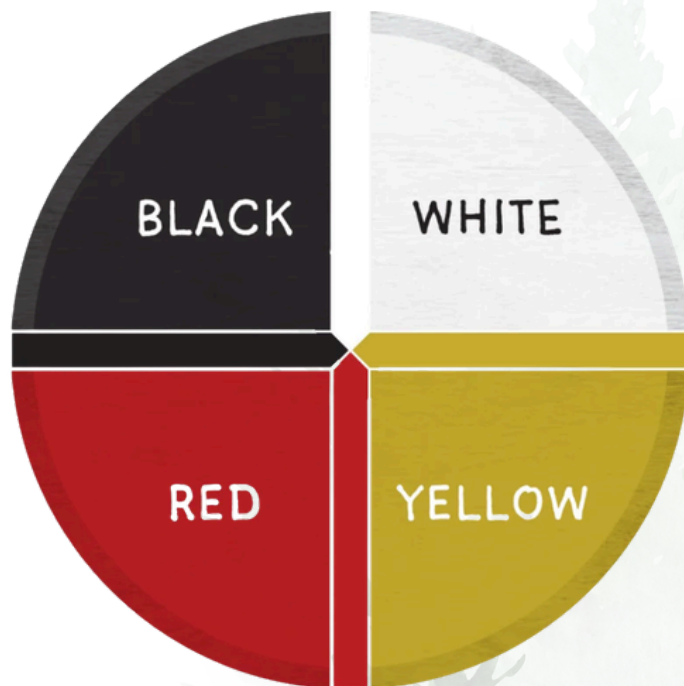


The Medicine Wheel is an ancient Indigenous symbol used to transfer teachings about nature's cycles, stages of life, self-care and the Sacred Medicines. The modern symbol has been adapted by individual Indigenous Nations, to reflect their unique culture and teachings. This Medicine Wheel forest provides a place for Calgarians to learn about and share Medicine Wheel Teachings from Elders and Knowledge Holders.

The Bowness forest design was refined in consultation with some Indigenous members of the Bowness community, who met with the Bowness Community Association, members of the Calgary Climate Hub, Heather Morigeau, and Elder Marilyn Shingoose of the Saulteaux First Nation, Côté band.

The coloured gravel pathways in the mini forest delineate the four quadrants of the Medicine Wheel as taught by Elder Marilyn Shingoose. In each quadrant we planted subcanopy trees, shrubs, and wildflowers that reflect the quadrant colour in their flowers, fruits or bark.

Canopy trees were not included in this planting approach because there are only a few species of canopy trees native to Calgary and thus the same tree species were planted in each quadrant. For the black quadrant, we selected plants with black-purple berries or purple flowers because black flowers are very rare in nature.



On August 23rd, 2025 the Bowness Mini Forest was honoured with an Indigenous Naming Ceremony conducted by Elder Clarence Wolfleg. In Indigenous cultures, the practice of naming, whether for people or places, is deeply meaningful and often shared through ceremony. Names are descriptive and rooted in purpose, history, or spiritual significance.

Elder Wolfleg named the forest Pokitso'wa'ssko', meaning, "tiny, beautiful place." In his teachings, the Elder reminded us that the little seedlings planted by volunteers are now our children and it is our responsibility to care for them until they grow tall and strong enough to live on their own.

Stewardship of the mini forest is essential for the first 4-5 years. BCA operations staff have been watering the forest and a small group of community volunteers have been taking

care of pulling grass, dandelions and other invasive weeds, as well as spreading mulch around the plants to prevent weeds from growing back quickly. The mulch also helps to retain water and will eventually break down and provide nutrients to the soil. There is also a group of volunteers trained to identify plants and other bio-organisms, and who monitor the development of the mini forest. The group uses the iNaturalist app to upload photos of insects, pollinators and birds, tracks plant growth and mortality, measures soil health, and quantifies changes in biodiversity.

The mini forest stewardship group meets at the Bowness Mini Forest on Mondays at 7:00pm throughout the spring and summer months.

If you're interested in becoming part of the stewardship team, please email volunteer@mybowness.com. Some members of the group aren't available on Monday evening, but come by on their own time to look after the forest. When it comes to stewardship there's no contribution that doesn't make a difference.



Little Free Bowness

By Jessica Clark



When I purchased my Bowness home over 10 years ago, one of the first things I wanted to do was establish a Little Free Library. If folks aren't familiar, a little free library is a box where you can leave a book you're finished reading, or take a book you want to read.

I was lucky to win my library box during a Boys and Girls Club event hosted over at the former RB Bennett School site. I got some help from my dad to prop it up on a fence post in the front yard and the library was open for browsers. As a steward of a free library, I've heard from my neighbours their gratitude in keeping it active during COVID when public libraries were closed. It's been an interesting microcosm study on who visits, how often, what they leave and what they take.

I happen to be very near to a playground, and we have quite a few kids under 12 in the area. I don't know if other folks know this, but kids' books regularly show up and then quickly disappear from the box.

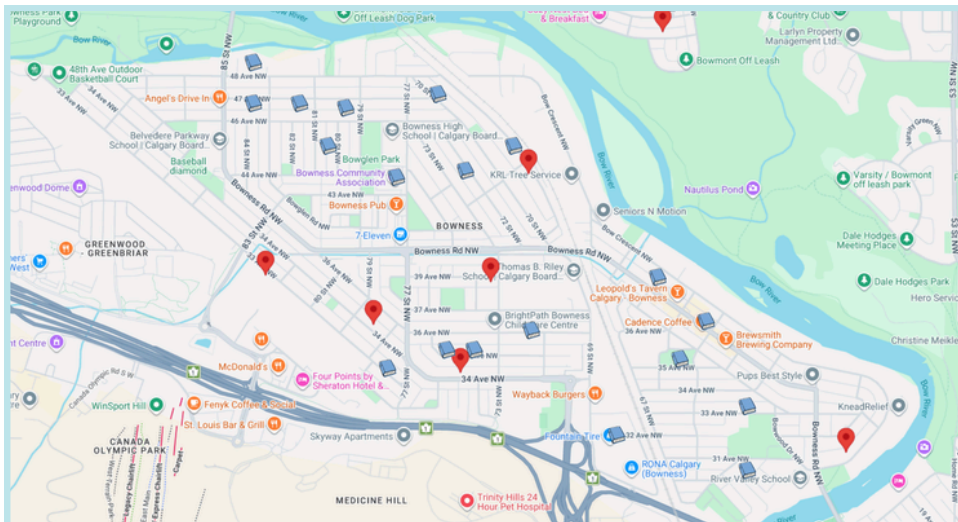
I've also had an instance where there have been videotapes, CDs and even toys left for someone to enjoy.

With the coming of fall season and Back to School, I thought it would be a good time to provide Bowness with a walking tour of Little Library locations in the community.



To start, I hopped onto the Little Free Library world map to see what I could find. And it was sparse. My own library was not logged. But maybe that's because I am not an official trademark Little Free Library (LFL) owner? Or maybe I need to register with them.

Regardless, I laced up my best walking shoes to traverse all of Bowness in a week (due to my procrastination combined with a pressing deadline from our lovely Bowest'ner editorial team) and verify the map, so you don't have to. The red pins are the registered LFLs on the website. The books are all the libraries I was able to find.



Note - this is by no means a complete map, I am sure. It reflects what I found through leg work, driving around the neighbourhood and verification from Google Maps. It should be used as a guideline only. I apologize if I missed any. Happy Reading Bowness!



The BCA's Truth and Reconciliation Journey

The guiding vision of the Bowness Community Association is to be the Heart of Bowness. The community of Bowness is a group of people, schools, parks, gardens, streets, homes, and businesses. All of those things make Bowness what it is, but all of those things can come and go. What will always define Bowness is its land, an area of earth framed on two sides by the Bow River.

If we failed to acknowledge the land that makes us Bowness, we could never be the Heart of Bowness. To do that is to acknowledge that this land where we make our home is the traditional territory of the Blackfoot Confederacy, which includes the Siksika, the Kainai, and the Piikani Nations. We were first invited into this land through Treaty 7, which was also signed by the Tsu'tina Nation and the Îyârhe Nakoda nation, which includes the Chiniki, Bearspaw, and Goodstoney bands. This September 30th marks the 5th Truth and Reconciliation Day, which we hold to acknowledge that Canada did not honor their Treaty responsibility, but instead enacted a cultural genocide against their Treaty partners over the many decades since it's signing in 1877.

To make your home here on this land, to walk the streets, breathe the air, sow gardens in the ground, and cool your toes in the waters of the Bow River is to be a Treaty person under Treaty 7. This means that our responsibility to the Treaty, to the land, and to one another is not over. Whether you came to Treaty 7 generations ago, or yesterday, you are here, so you are a Treaty person. We are all responsible to seek truth, and to seek reconciliation.

This fall, we have the honour and pleasure of hosting teachings from Elder Cheryle Chagnon-Greyeyes here at the BCA.

Indigenous Tea and Learn on October 2nd, 2pm-4 pm.

This will include a Truth and Reconciliation teaching and video, and a smudging demonstration, with tea and refreshments to follow.

Remembering our Warriors in Early November (date TBA):

In honor of Indigenous Veterans Day join, us for a teaching from Elder Cheryle on Indigenous Canadian War Hero Tommy Price.

To learn more about these programs and register for them, visit mybowness.com/hubs.

Other Resources to Guide you in this Journey:

Visit:

Tsuut'ina Nation Cultural Museum
Blackfoot Crossing Historical Park
Nose Hill Medicine Wheel

Read:

Clearing the Plains by James Daschuk
Halfbreed by Maria Campbell
White Fragility by Robin DiAngelo
Myth of Reverse Racism by the Alberta Civil Liberties Association
The Story of the Blackfoot People: Niitsitapiisinni by the Blackfoot Gallery Committee
Nice Racism by Robin DiAngelo
Blackfoot Ways of Knowing by Betty Bastien
Unreconciled by Jesse Wenty
52 Ways to Reconcile by David A. Robertson
21 Things You Might Not Know About the Indian Act by Bob Joseph
21 Things You Need to Know About Indigenous Self Governance by Bob Joseph

Other Resources:

These Mountains are our Sacred Places - Chief John Snow
Calgary Foundation Land Acknowledgements
Indigenous Peoples Atlas of Canada
UNDRIP (United Nations Declaration on the Rights of Indigenous People)
AROC (Anti-Racist Organizational Change) - CommunityWise Resource Centre



Blackfoot Crossing Historical Park

Swept Through Time

The Craft and History of the Handmade Broom

By: Zoë Decker

Mariann Howell is a lifelong Calgarian, academic support professional at the University of Calgary, and a maker with a deep curiosity for the history of everyday objects. When she is not working in education or practicing fibre arts like knitting and weaving, she is growing, harvesting, and crafting something most people rarely stop to consider—the humble broom.

Her path into broom-making began at the intersection of material history, medieval studies, and a fascination with how objects carry meaning across time. With a background in English, Renaissance, and Medieval Studies Howell is drawn to the hidden stories behind ordinary tools—their users, their roles in daily life, and the way function can gradually become layered with culture, symbolism, and craft.

"I'm intrigued by the history of objects," she explains. "Who interacted with them? What spaces did they occupy?"

That curiosity led her to broom corn—a plant that is not actually corn, but a type of sorghum. While it has been used globally for food, livestock feed, and ethanol production, its long, straight seed heads made it especially valuable in broom-making. Historically, it improved on earlier sweeping tools made from twigs or sedge grasses, which were either too stiff, too soft, or inefficient. Broom corn struck a balance—durable, flexible, and effective.

Its history stretches across continents, originating in eastern Africa before spreading through Asia and into Europe by the medieval period. It later became central to broom-making traditions refined in North America, particularly by the Shakers in the late 18th century. The Shakers developed tools like the broom vise, which compressed fibres into a dense, even surface and transformed sweeping into a more efficient, precise practice. For Howell, this long lineage of experimentation is part of what makes the craft so compelling.

Growing broom corn in Alberta presents challenges. With a short growing season, she starts seeds indoors in late spring before transplanting them outdoors in early summer. She often incorporates them into a modified Three Sisters garden—an Anishinaabe agricultural system traditionally pairing corn, beans, and squash. In her version, broom corn grows alongside sweet peas and pumpkins, creating a living structure of mutual support.

By late summer, the plants can reach seven feet tall, though Prairie conditions often limit tassel length compared to commercial varieties. As frost approaches, Howell "tables" the corn—bending the stalks to encourage straighter growth in the seed heads used for broom-making.

The making process is hands-on and improvisational. She works with simple, often repurposed tools—a wooden dowel wrapped in twine, a bodkin needle, and even an IKEA frame adapted into a makeshift vise. The process reflects both tradition and ingenuity, echoing older eras of craft where tools were built from what was available. Her favourite forms are whisk brooms—small tools for quick cleanups or tabletop sweeping. She also creates decorative brooms adorned with dried flowers like lavender, pieces that blur the line between utility and ornament.

For Howell, broom-making sits between art and craft. It is functional, but also expressive—shaped by design, texture, and intention. "Even in something so humble," she says, "there's space for creativity."

And in that space, the broom becomes more than a tool. It becomes a continuation of an ancient practice—still growing, quite literally, from the soil.



The Bowness Flower Stand

A love for gardening inspired the creation of a home-based flower stand "Whenever Blooms Allow" as a way to share flowers grown with family, and to bring something unique to the community. Flower and farm stands are common in many other countries and provinces, but they are less common in Alberta, making the roadside stand a fun and welcoming addition to the Bowness community.

A variety of annual and perennial flowers are grown, including sunflowers, snapdragons, delphinium, yarrow, cosmos, dahlias, sweet peas, calendula, cornflower, zinnias, and asters. Prices range from \$5 to \$20 and bouquets are usually \$10. Flowers can be purchased by cash or e-transfer at 7935 33 Ave NW.

The selection changes depending on the season giving customers the opportunity to find different locally grown flowers throughout the summer. While running the business from home can sound challenging, it's actually very convenient. The flowers can be easily checked on and the stand can be restocked when needed. Since the stand is self-serve and the flowers are grown right in the backyard, there are fewer overhead costs and no need to purchase flowers from another supplier.

Looking toward the future, the goal is to continue selling flowers, building a strong customer base with repeat customers, experimenting with growing new varieties, and becoming a small but meaningful part of the thriving Bowness community.



Lacto-Fermented Vegetables: A Step-By-Step Guide

Ingredients:

Vegetables: Choose your picking veggies, like cucumbers, carrots, beets, green beans, zucchini, red peppers, asparagus, garlic, or onions.

Herbs & spices: Fresh or dried herbs such as dill, mustard seeds, or a pre-mixed pickling spice blend.

Salt: Non-iodized is recommended

Water: Clean, filtered water

Directions:

Prepare your container. Start with a clean glass mason jar or ceramic fermenting pot

Pack the vegetables. Wash and chop your vegetables as desired, then tightly pack them into the container

Add herbs and spices. Place your chosen fresh or dried herbs and spices into the jar with the vegetables.

Create the brine. Add your salt directly to the jar. For a 2% brine solution, use 20 grams of salt per 1 liter (1000ml) of water. A simple way to measure this is to use about 1 tablespoon plus 1 teaspoon of salt per liter.

Fill with water. Pour water over the vegetables, ensuring they are completely submerged.

Weigh it down. Pour water over vegetables, ensuring they are completely submerged.

Cover and wait. Cover jar with a cloth or an air-lock system to allow gases to escape. Let it sit at room temperature for a minimum of 5 days, up to 2-3 months.

Check for doneness. You'll know it's ready with the brine has turned cloudy and the pickles have a pleasant sour and acidic smell and taste.

Store the finished pickles. Once fermented to your liking, seal the container and move it to a cold place, like a cold-room or a fridge, to slow the fermentation process.





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Why call on Global Home Energy Ltd?

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Meet The New BCA Community & Development Coordinator

What does a day in the life of a Community Development Coordinator look like, and what drew you to this work in Bowness?

I've been living in Bowness for 5 years now and absolutely fell in love with this beautiful vibrant community and its beautiful vibrant people. I've been working at the BCA for around 2.5 years as an office administrator, and I have been so excited to work with this community. I have loved coming to work, knowing that I am building a space where our community is welcome, and a space that really matters to the people here.

I'm just getting started in Community Development, but no two days are quite alike. I get to run workshops and events, meet with residents, work with our amazing partner organizations that

are also serving Bowness, build connections between people, places, and services, and spend time with our awesome volunteers. The Community Hubs Initiative is all about creating welcoming spaces and fostering a sense of belonging.

How do you explain the Hubs model to a resident who might be hearing about it for the first time?

The Bowness Community Association is one of 6 Hubs sites within the Community Hubs Initiative. This means that we receive funding and support from the Hubs Initiative, which is supported by United Way and the City of Calgary, to build a welcoming and inclusive space in the community for all community members to come together and build the thriving environment that they want to live in. The goal of the Hubs Initiative is to build up community spaces that are created by communities, for communities. We are working to strengthen the sense of belonging that community members have, and the bonds of care for one another within the community to make Bowness even more resilient and beautiful than ever before.

A priority of the Hub is deepening community engagement. How can everyday Bownesians actively participate in, or even help steer, the direction of the Hub and its programming?

I think the first step is to come on out and see what we have going on! Attend an event, participate in a workshop, meet your neighbours, and the staff and volunteers at the Community Association. Then, you can find a way to volunteer yourself. We are always looking for new volunteers, and we have several volunteer committees that help shape the direction of the BCA that you could get involved in. If you have a passion you want to share with the community, I would love to help you get started on facilitating a workshop or program too!

Hubs funding supports everything from the Neighbourhood Grants, to the Community Food Series, to Wellbeing Wednesdays. What has been your favorite Hub-supported initiative or moment so far?

Last year we had Bownesian Artist Nicole Jackson run a series of art classes, where over three weeks a group of residents created a beautiful series of paintings. I got to be at one of the classes and it was so amazing watching her pass her knowledge to community members, and neighbours getting to know one another over art and creativity. We now have all of those paintings hanging on the wall in the Landing, so I get the reminder every day at work, and you can too if you pop by the Landing on the 2nd floor of the BCA!

Construction for Stage B of the Bearspaw South Feeder Main replacement project is coming to Bowness.

Stay connected, informed and engaged every step of the way.

Visit the community resource centre

located at the *Bowness Community Association*

7904 43 Ave. N.W.

Open:

Mon. and Wed., 9 a.m. – 5 p.m.

Tues. and Thurs., 10 a.m. – 7 p.m.

Meet with your Construction Liaisons

at the Bowness Community Association on Wednesdays, 10 a.m.-12 p.m.



Sign up online to receive important project updates.



Scan here to sign up



Email bsfmproject@calgary.ca to connect directly with the project team.



Phone 311 to ask questions, learn more, or share your thoughts.



26-0053483 - CTV-47686

Visit calgary.ca/bearspawfeedermain

to learn more about area construction impacts and find community updates.



Thank you for your continued support



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Office Hours

Monday - Thursday | 9AM - 4PM
Friday | 9AM - 12PM

The Landing

Daytime Drop-in:

Monday - Friday | 9AM - 4PM

Evening Food & Drinks:

Monday - Friday | 4PM - 10PM

The Concession:

Monday - Friday | 4PM - 9PM
Saturday - Sunday | 7AM - 9PM

The Bowest'ner Volunteer Contributors

Every issue, amazing volunteers and local Bownesians use their creativity to bring The Bowest'ner to life. If you'd like to contribute to a future issue of The Bowest'ner, email editor@mybownness.com.

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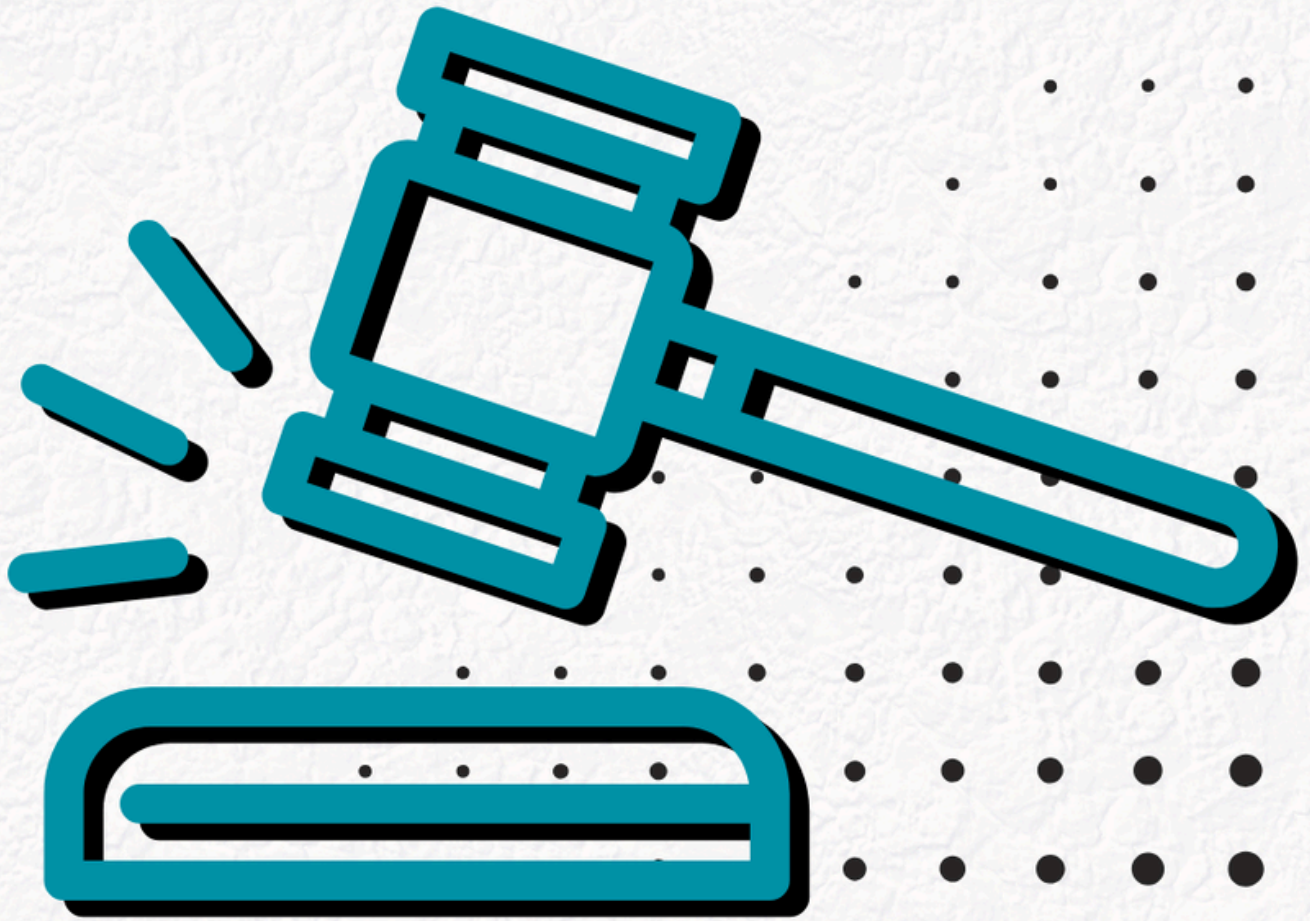
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BCA Annual General Meeting

NOV 4 | 7-9PM

BCA Main Hall

re • al • tor

n.

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