



Greetings from the Mayor



First, I would like to congratulate Rochelle Jans for being the Valedictorian of the 2011 Grade 12 class. Bowden Grandview School had their scholastic awards night on September 16th. For a small school, Bowden has always done well academically. Kudos to the staff and students of Bowden Grandview School.

September 16th was also the night of our "Movie in the Park". The evening was started with a farmer's market and a free Bar-B-Que. I would like to thank the Innisfail Co-op for hosting the Bar-B-Que. The Bowden Recreation and Culture Board did a great job of presenting our "Movie in the Park". There were a large number of people that turned out to watch the movie "Megamind". I would like to thank all of the volunteers that spent the evening helping out. Congratulations to Corbin Cocke, who was the winner of the bike and helmet that was raffled off by the Recreation and Culture Board. Thank you to all of the people who supported the raffle.

Town Council hosted a public open house on September 19th. This was an opportunity for resident/taxpayers to interact with your elected officials. We had hoped for a good turn out to help us evaluate how Town Council was addressing your concerns. I would like to thank the six people that did attend. We had the opportunity for some excellent dialogue and will be initiating action on some of the subjects that were discussed. We appreciate the positive comments that we received.



Until next time,

Robb Stuart

Mayor



Bowden Library Grand Opening

On October 12, 2011, ribbon cutting at 1 p.m. Stop in throughout the day and help us celebrate! There will be lots of door prizes.

October 12 is also Snapshot Day! This is a way for libraries of all sizes to show what happens in a single day and helps prove our worth in the community. Come get your picture taken and leave a comment about what your library means to you!

Winners of our opening week door prizes were Shirley Miller and Sandra Gyorffy. Congratulations!

Our next book club meeting will be Oct. 13 at 1 pm. We are reading "The Help". Feel free to drop in and join the group! Family membership is \$15/year. "Like" us on Facebook to see upcoming events.

Family Scavenger Hunt

Bring the whole family out on Wednesday, October 5th from 6:30 – 7:30 p.m. for some fun!

Starting point will be at the new Library (beside the Town Office Bay 2, 2101-20 Avenue).

There will be prizes and refreshments included.

Come celebrate National Family Week.

This event will run rain or shine!



Bowden Town Office 2101 – 20th Avenue P.O. Box 338 Bowden, AB T0M 0K0
PH: 403-224-3395 FAX: 403-224-2244 E-Mail: admin@town.bowden.ab.ca
Office Hours: Monday – Friday 8:00 a.m. – 4:00 p.m.

www.town.bowden.ab.ca



From the FCSS Desk:

Bowden Good Neighbours!

If you'd like to show your appreciation for a special neighbour, please call 403.224.2207 and leave a message outlining why you think they are deserving of recognition.

Congratulations to Michael Parlee, Bowden author, on the publication of your second novel, *Son of Sister Maria*.



Community BACK TO SCHOOL SAFETY

Drivers play a key role in back-to-school safety. Be alert and cautious. Watch out for children and school buses. When you're approaching a school bus, remember these tips:

- Alternating flashing amber lights mean a bus is slowing down to stop. Do the same.
- When approaching a school bus with red lights flashing on an undivided highway -

you must stop! The fine for passing a school bus with its red lights flashing is \$402 and six demerit points.

- Always watch for children crossing roads. Prepare to slow down and stop.

Bowden Seniors Wisdom

"The only way past this moment is through it." – Ray H.

The Alberta Safety Action Plan reminds us in October to: Buckle up... no matter how far you're going!

Because the average person takes more trips around the neighbourhood than long-distance ones, the chances of being involved in a car crash close to home are that much greater. Therefore, it is no surprise that most deaths and serious collisions resulting in injuries happen in cars travelling under 65 km/h. That is why it is important during every trip to make sure that you and everyone in your vehicle is wearing a seat belt or is properly harnessed in a child safety seat. Remember, everyone has an equal chance of being in a collision so don't take chances on the safety of you and your fellow travelers. And, wearing a seat belt is not only good sense - in Alberta, it's the law.

Caregiving: Who are Caregivers?

Chances are you are, or will become, a caregiver. Caregivers are individuals who provide care and assistance to family members or friends; like loved ones who need support because of age, health conditions, injury, long term illness or disability. They provide hands on care, emotional support and often act as a patient advocate. They are unpaid. While many caregivers say the role is rewarding, demands often exceed their capacity to cope; this results in stress, health issues, financial loss and mental anguish. VON (Victorian Order of Nurses) has a website that is Canada's trusted source for caregiver information. Go to caregiver-connect.ca to find information and programs you need to take care of yourself, take care of loved ones, refer someone or ask a question.

Seniors

Did you know that persons over 60 should receive a herpes zoster, also known as Shingles, vaccine? If you've had chickenpox, you're at risk. And 95% of Canadians have had chickenpox! Shingles is a painful, blistering rash that can last several weeks and cause skin infections and scarring, along with nerve pain that can last for months or years after the rash heals. Talk to your doctor or pharmacist.

Families

Bowden Parent-child SEEDS Program for parents and their children 0 – 6 years. This is a fun 16 week program that helps parents and caregivers develop your children's oral language with songs and rhymes, books, story sack and storytelling in a fund, relaxed setting followed by a healthy snack. It's FREE! The program runs once a week from 9:30 – 11:30 am at the Bowden Playschool starting October 5. For more information or to register, call The Henday Association for Lifelong Learning at 403.227.2866.

Interested in Pre-Natal Classes in Innisfail (5 classes per session)? Call The Henday Association for Life Long Learning at 403.227.2866. The cost is \$60 and subsidies are available if required.

Something to think about: When choosing an organization for your child, such as sports or a child care facility, there are 3 steps you can take to keep your child safe from childhood sexual abuse.

1. Get to know the organization: What do you know about the organization's history, mandate, structure or values? Visit the organization. What impression were you left with after? What did you notice about the environment, the employee/volunteer's interaction with children and each other? Is the organization open to questions about child protection and have an open door policy for addressing concerns? How is parental involvement encouraged?
2. Ask the following questions: Does your organization train staff and volunteers about child sexual abuse? Is there a Code of Conduct for adults working with children? Does it outline clear boundaries between staff /volunteers and children? How are staff/volunteer interactions with children supervised? Do you have screening and hiring processes in place for staff/volunteers? What is the policy for reporting child abuse or staff/volunteer misconduct?
3. Ask specific questions about how risk is managed for activities that include any of the following: Naptime, toileting, one on one time with children, offsite activities (field trips, walks, etc.), transportation of children, children visiting staff/volunteer's homes, staff/volunteers having contact with children outside work duties. For more information visit www.commit2kids.ca, a program to help child serving organizations prevent sexual abuse.



Thank you to all of our Movie in the Park Sponsors!

Our Gold Sponsors:



Border Paving

BDO Canada LLP

Our Silver Sponsors:



Cimco Refrigeration



Door Prize Sponsor:



A special thank you to the Innisfail Co-op for providing the BBQ!



A note from Public Works:

With winter now upon us we have a few reminders for the season:

1. Please keep sidewalks cleared for the safety of yourself and your neighbors.
2. Please avoid shoveling your snow on to the streets or back alleys. Piling snow on these areas causes extra work for the snow removal crew and delays other streets from being cleared.
3. Water Meter readings are conducted the last couple days of the month; please ensure that the public works staff can access your meter during this time. To ensure your water meter remote is accessible: have walkways near the meter cleared and non-slippery, and ensure gates open easily.

Thank you to all of the volunteers for the great job! Thank you to Mayor Robb Stuart for all of your help. Thank you to Steve Blamire for working tirelessly on our cotton candy machine to keep it running.

Thank you to all of the vendors for supporting the event and for supplying draw prizes: Every Day Style - Debbie Marshall, Arlene's Teas, Pine Hill Farms, Bowden Farm Fresh Chicken, Angela Krause and family, Janice Doherty, Costa Rica Coffees - Chris Mountain, Scentsy Candles - Shy Zillman, Heat'n Serve Perogies & Cabbage Rolls - Donna McIntyre, Epicure - Shannon Sieben, Wellness Shoes - Elaine Jamieson, and RV Mats - Tammy Ryrie. I apologize to anyone who may have been missed.

Congratulations to Corbin Cocke for winning the Raffle Bike!

A special thank you to everyone who helped with the Recreation & Culture Board with the Raffle Bicycle:



Expanding Horizons – Bowden Culture Enhancement Society and Milaney Construction for your generous donation.

Thank you to everyone who participated and donated to the Recreation Board.



Everyone enjoying the free BBQ!



Bowden Community Calendar

OCTOBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pool at the Friendship Centre every Monday at 1:00 pm				Whist Cards at the Friendship Centre every Friday at 7:00 pm	1 Alberta Arts Days 2011 in Didsbury. Phone 403.335.9445 for info.
2 Alberta Arts Days 2011 in Didsbury.	3 National Family Week: Turning Your Family's Values into Action	4	5 Seniors Cooking Club Cemetery Board Meeting 7 pm	6	7	8
9 Fire Prevention Week	10 Happy Thanksgiving Town Office Closed	11 Regular Council Meeting Arena Open!	12 Rec Board Meeting 7:00 pm 	13 Check your Smoke Detectors! See below for more fire safety tips.	14	15
16	17	18	19	20	21	22
23	24 Organization and Regular Council Meeting	25	26	27 Seniors Pot Luck Supper at 6 p.m. at the Friendship Centre	28	29
30	31 Happy Halloween!					



Bowden Igloo Arena

The Ice will be available to rent starting on October 11.

Public Skating & Shiny Hockey:

- **Shiny** – Fridays from 5-6:20pm, Sundays from 4-5:20pm
- **Public Skating** – Fridays from 6:30-7:20pm, Sundays from 5:30-6:20pm
- **Moms & Tots** – Wednesday from 3:30-4:20pm
- Times are subject to change; please call the Bowden Igloo Arena at 403-224-2445 for booking or for information.

- = Meetings
- = Town Events
- = Canadian Holidays
- = School
- = Seniors
- = Skating

Fire Prevention Week: October 9 – 15 please visit www.fipreca.ca. This year's theme is: Protect Your Family from Fire. The website has valuable information that may save your life and the lives of your loved ones. Statistics show that, on average, fire kills eight people each week in Canada, with residential fires accounting for 73% of these fatalities.

- Keep anything that can burn one meter away from furnaces, fireplaces, space heaters and woodstoves.
- Turn space heaters off before you leave the room or go to bed.
- Make sure your fireplace has a sturdy screen to prevent sparks from flying into the room and allow ashes to cool before disposing in a metal container.
- Have heating equipment and chimneys inspected and cleaned each year.
- Install smoke alarms in every bedroom and on every level of your home. Test them monthly.
- Have two or more ways out and keep exits clear of snow and ice.

Lost Items

Have you lost anything in the Town of Bowden this year? There are some unclaimed items at the Town Office. Please call 224.3395 or stop by the office to see if we have any of your missing items.