



YOUR TOWN NEWS



Greetings from the Mayor

I would like to commend our Emergency Service Director (Lori Conkin) for her efforts on July 7th. Lori had just got home from work, when a tornado watch was issued for our area. She returned to the town office and stayed there until 9:00 p.m. She was monitoring the weather radar and made sure all of our resources were available. The Bowden Fire Department was put on standby alert until the situation was resolved. A tornado did touchdown west of Innisfail.

The town garbage truck is no longer serviceable. Mountain View Regional Waste has been contracted to supply a garbage truck to do our weekly garbage pickup. Council has directed administration to review all options available to ensure we get the best value and service on our waste management. A decision will be forth coming.

Alberta Transportation has ordered the town to remove the flashing red light at the intersection of 20th Avenue and 20th Street. The light has been removed and the intersection will remain a four way stop.

Remember to mark **September 16th** and **September 19th** on your calendars. September 16th is the date for our "Movie in the Park". There will be a Farmer's Market and Innisfail Co-op will be providing a free Barbeque. This will be followed by the movie "Megamind".

September 19th is our first annual public forum/open house. This will be at the Friendship Center starting at 7:00 p.m. This is your chance to interact with Town Council and discuss the challenges that are facing Bowden. With your input, we hope to make Bowden a better place to "Live, Work, Grow".

It has been brought to my attention that there have been broken glass bottles found at our playgrounds. Please try to stop this. You would not like to be responsible for a child being injured.

Until next time,

Robb Stuart

Mayor



Healthy Living/ Garden Markets

The Recreation and Culture Board is planning "From Our Fields to Your Table" garden market on September 16, 2011. It will be held between 5:00 & 7:30 p.m. at the Igloo Arena.

Join us for a chance to win some "healthy" door prizes and check out what our community has to offer you and your dinner table.

Any local farmers, greenhouses or growers that may be interested in participating should call the town office at 403.224.3395 and speak with Tiffany in order to reserve your spot. There is no charge for your table!

BOWDEN COMMUNITY REGISTRATION AND INFORMATION EVENING

Thursday, September 8, 2011

6:00 – 8:00 p.m.

Lion's Hall

Movie in the Park

Friday, September 16

Come join the Rec Board for a FREE viewing of *Megamind* and BBQ! Bring your lawn chairs and blankets to Centennial Park (Arena)!

BBQ and Garden Market starts at 5:00 pm. Movie starts at dusk.

Winner of the Raffle Bike will be announced!

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

TOWN COUNCIL MEETS AT 7:30 pm on the 2nd and 4th Monday of each month, in council chambers at the Town Office. A PUBLIC COPY OF THE AGENDA IS AVAILABLE AT THE TOWN OFFICE THE PROCEEDING FRIDAY. Meetings are open to the public. To speak to an issue important to you at council, be sure to have your delegation placed on the agenda by the Wednesday preceding council. Contact the Town Office at 224-3395 for more information.



From the FCSS Desk:



Bowden Seniors Wisdom

Never ask a question you're not ready to hear the answer to." –

Anonymous

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.

Thank you to Carol Taylor, who lives up to the following quote: "Those who can, do. Those who can do more, volunteer" for stepping forward in a time of need for a community member. -Corrie Monk

Community Registration Night

Thursday, September 8 from 6:00 - 8:00 p.m. Come register your children and youth for local activities and stop by the Family School Wellness/FCSS table for all sorts of resources and information and make sure to complete an important survey focused on children in our community. Your name will be entered into a prize draw.

Upcoming Courses, Seminars and Workshops for Adults of All Ages:

Learn to Run for Smokers Program, starting September 13 for 8 weeks in Olds.

Walk/run with peers in a supportive environment with a coach, learn everything you need to know to enjoy running for a lifetime and make positive changes, improve fitness and have fun! Call 403.224.2207 for more info.

Resiliency Speaker Series for Parents: The following topics will be held on the third Thursday of the month from 7:00 – 8:30 p.m. at the CLC in Olds: September 15: Cyber Bullying: What Happens When Youth Press SEND, October 20: Understanding the World of Video Games, and November 17: Helping Teens with Healthy Relationships and Sexuality. Pre-registration is required. Please call 403.224.2207. If there is enough community interest, we may be able to travel together in the community bus. If you are interested in attending sessions in Olds on coping with common parenting challenges, please call 403.224.2207 for further information.

Living Well: Are you living with a long term health condition? If you are interested in attending (for FREE) six sessions that run for 2.5 hours each week to teach you the skills and confidence to overcome the physical and emotional challenges you may be facing day to day, please call 403.224.2207 to add your name to the list. We need a minimum of 6 participants to run the program which is part of DTHR's Living Well with a Chronic Condition programming. (Dates, time and place – T.B.A.) Who should attend? Individuals living with long term conditions such as: high blood pressure, diabetes, heart disease, asthma, chronic lung disease, osteoporosis, depression, kidney failure, liver disease, arthritis, etc. Spouses, partners, family members or friends may also attend; they too, will benefit from learning about how long term conditions affect you.

Mental Health First Aid: In Canada, 1 in 3 people will experience a mental health problem in their lifetime. Half of all mental disorders begin by age 14 and 75% begin by age 24. Join over 35,000 mental health first aiders. The Mental Health First Aid course will be held on October 6 & 7 at Greenwood Neighbourhood Place in Sundre. The cost is \$30 for the manual. For more information or to register before September 29, please call Greenwood Neighbourhood Place at 403.638.1011.

Alzheimer's Disease: The Alzheimer Society presents: A Caring Approach to Alzheimer's Disease, A Community Workshop to learn about Alzheimer's disease and related dementia and being a care provider. Tuesday, October 11 from 9:30 a.m. – 3:30 p.m. at Sundre West Country Centre. Coffee, snacks and lunch provided. Please register by October 3 by calling 403.638.1011.

Sobeys 21 Days to Healthy Eating Challenge

Communities ChooseWell has partnered with Sobeys to bring you an exciting new challenge! We are encouraging Alberta families to come back to the table together. From September 6 to September 26 we are asking families to eat at least one meal a day together, every day. Registered families will also be entered to win one of up to 12 prizes totaling \$5500. Families can pick up logbooks and register for the challenge at a local Sobeys or IGA store.

There are many benefits of family meals for children and youth, including improved dietary intake, lower prevalence of disordered eating, overweight/obesity prevention, and improved communication with family members, lower levels of substance abuse, improved psychosocial wellbeing, and improved school performance. In order to ensure behavior change, experts agree that it takes a minimum of 21 days to change a behavior. Winners will be chosen at random from all registered families. Prizes include up to 12 family focused prizes worth a combined value of approximately \$5500.

Are you unemployed? Do you...

- have a business idea?
- have an entrepreneurial spirit?
- have determination to succeed?

... we have a program for you

EPSS- Employment Placement and Support Services : Self Employment Program

For more Information call 403.224.2207

TOWN OF BOWDEN ECONOMIC DEVELOPMENT NEWS (SEPTEMBER)

Each month, we will be providing business profiles of local businesses in Bowden. Some of the businesses featured you will recognize, and others you may not be aware of. All of us can take part in our community's growth and success by supporting these merchants. Remember that by shopping local, we all win! Are you a local business that would like to be featured in an upcoming edition of the newsletter? Contact Andy Weiss (Planning & Development Services Manager) at the Town Office for details! (Note: Business Profiles are free and there is a very modest monthly fee for Business Card advertising on the reverse side of this page.)

Aurora Earth Medicine "Mobile Massage in the comfort of your own home" My goal at Aurora health medicine is to provide you with a complete holistic healing experience and help you on your path to an optimal state of a relaxed and balanced mind and spirit. I strive to create a comfortable, trusting and respectful partnership with you so you can participate with knowledge and confidence in your own healing process.

Treatments include: Swedish & Deep Tissue Massage, Cranio Sacral, Myofascial Cupping, Reiki & Crystals. I come to your home and set up in a room of your choice. No traffic. No bad weather. No one to see your after massage hair. Between 1 and 2 hour entire body massage depending on treatments needed \$75.

Contact: Brian Perpelitz – Registered Massage Therapist (Member of National Health Practitioners of Canada)
(Phone – 403-877-6479) www.auroraearthmedicine.talkspot.com

Bowden Liquor Store is located on Main Street next to ATB financial. Hours of operation are;

Mon. to Wed. 10:00 AM to 9:00 AM. Thur. to Sat. 10:00AM to 10:00PM. Sunday 11:00AM to 8:00 PM.

Membership Program

Based on the amount of your purchase you will receive 1.5% (Except for specially marked items). When you reach 1000 points, you may convert them to dollars to use towards your purchase. Or the store will match your points and donated them to a "Bowden Charity" of your choice (Every 3 months).

Membership is FREE.

Special discounts are given to functions.

Contact : Edward (Phone : 403-224-3006, Fax : 403-224-3241) 2020-20Ave. Bowden, AB

Central Alberta Pizza & Red Hound Café is located in the Bowden Place Mall (24A Crescent) behind the Pelican Motel. We are proud to announce new owners and a new menu. Featured is a full breakfast and lunch menu with various specialty dishes also available. Be sure to watch for our Smorg events coming this fall.

Open: Monday to Friday 7:00 a.m. till 9:00 p.m. Saturdays from 11:00 a.m. till 8:00 p.m.

Closed on Sundays and Holidays

Phone: (403) 224-2141 SPECIALIZING IN PIZZA AND DONAIRS

TOWN OF BOWDEN ECONOMIC DEVELOPMENT

COLOR BUSINESS CARD ADVERTISING OPPORTUNITY!

Advertise your business here! Our monthly circulation is currently 1,100. The cost to advertise your business here is \$10.00 per month (plus G.S.T.) We also have other advertising opportunities for you to get the word out to potential clients.

FOR MORE INFORMATION, CONTACT: ANDY WEISS, ECONOMIC DEVELOPMENT OFFICER – TOWN OF BOWDEN



2101 – 20 AVENUE P.O. BOX 338

BOWDEN, AB T0M 0K0

PH: (403) 224 – 3395

FAX: (403) 224 – 2244

LIVE. WORK. GROW.

E-MAIL:

admin@town.bowden.ab.ca

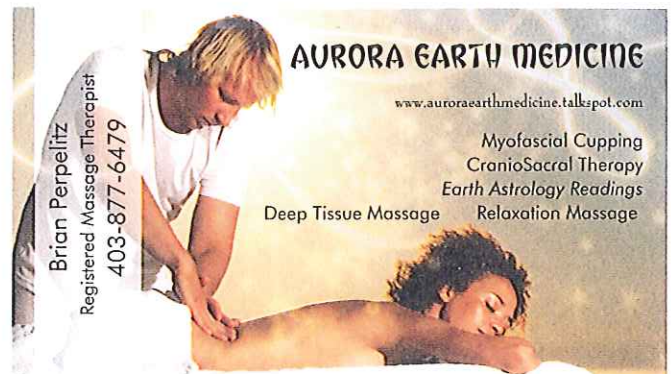


ERWIN WEBER

Licensed Journeyman Plumber

P.O. Box 601
Bowden, AB T0M 0K0
Phone/Fax: 403.224.3420
Cell: 403.392.7143
Email: emweber@shaw.ca

Plumbing - Gas Fitting - Hotwater Heating
New & Retrofit - Boilers



BOWDEN LIQUOR STORE



**BEER / WINE
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Special DC for
FUNCTION**

Tel: 403-224-3006
Fax: 403-224-3241

VISIT US ON THE WEB!

WWW.TOWN.BOWDEN.AB.CA



First Annual Dedication Service
Sunday, September 11 at 1:00 p.m.

Memorial Trees
are available at

The Bowden Cemetery

Trees may be dedicated to individuals or families.

Burial in the Bowden Cemetery is not a requirement for a tree dedication.

Contact Tiffany at the Town Office at (403)224-3395 for further details.

Contact Information

Name: _____

Address: _____

Phone Number: _____

In memory of _____



Bowden Library News

The Bowden Library is now at its new location. Come see us next to the Town Office!

“Like” us on Facebook to see upcoming events. Family memberships are only \$15/year!

From the Rec Board

Thank you to everyone who visited our first Garden Market on August 17th. Our next one will be held at our Movie in the Park on Friday, September 16th, and promises to be even larger, with vendors who couldn't make it in August because of prior market commitments. Also, there will be a free barbecue sponsored by the Innisfail Co-op. Don't forget, raffle tickets for our BMX Jumping Bike are still available and our winner will be drawn just prior to the movie. Thank you again for your support. The winners of the door prizes were:

- | | |
|----------------------------|----------------------------|
| Shirley Boese – Vegetables | Tara Hanson – Vegetables |
| Brett Herbert – Vegetables | Sheila Church – Vegetables |
| Brandy Herbert – Flowers | Don Wilson – Flowers |

Town of Bowden Garbage Collection

Garbage is collected every week on Wednesday. Please have your garbage out by **8:00 am**, otherwise you risk missing collection.

There is a bag limit of 3 per household. Bag should be 26 x 36 inches and less than 25 pounds. If you require more bags please stop by the town office to pick up garbage tags at \$1.00 for each bag.

Please have all garbage contained in a suitable container. If it is not contained properly it is the owners' responsibility to clean it up.

Bowden Friendship Centre Activities:

- Every Monday come play some pool with the Friendship Club! Games start at 1:00 pm.
- Every Friday evening you can come join in a game of whist cards at 7:00 pm.
- On September 22 come out to the Friendship Centre for a Community Pot Luck Supper. Supper begins at 6:00 pm and everyone is welcome.

MAYOR ROBB STUART HAS PROCLAIMED

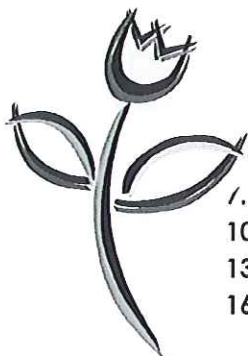
SEPTEMBER 2011 AS

MUSCULAR DYSTROPHY AWARENESS MONTH

MUSCULAR DYSTROPHY IS A GROUP OF NEUROMUSCULAR DISORDERS THAT HAVE NO KNOWN CURE. IN MOST CASES, THERE ARE FEW TREATMENTS AND NO WAY TO STOP THE DISORDER'S PROGRESSION. ONLY THROUGH THE SUPPORT OF THE COMMUNITY MAY A CURE BE FOUND.

Sponsor a Basket!

Thank you to everyone who has sponsored a basket! Flowers add to the beauty of our town and we are proud to see so much support!



- | | | |
|---------------------------------|----------------------------------|--------------------------|
| 1. Town of Bowden | 2. Town of Bowden | 3. Bowden Reddi Mart |
| 4. Bowden Reddi Mart | 5. Gordon & Joyce Spark | 6. Shurway Trucking Ltd. |
| 7. Louis & Kristin Levesque | 8. Elsie Kilthau & Ed Johnson | 9. Jack's Kitchen |
| 10. Bowden Friendship Club | 11. Bowden Friendship Club | 12. Bowden United Church |
| 13. Bowden United Church | 14. Canada Post | 15. Bowden Liquor Store |
| 16. Sheila Church | 17. Sandy & Ab Gamble | 18. Sandy & Ab Gamble |
| 19. Lloyd Lane & Colleen Brooks | 20. Syd Cannings & Dorothy Olson | |



Bowden Community Calendar

SEPTEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pool at the Friendship Centre every Monday at 1:00 p.m.			1 School Starts! 	2 Whist Cards 7 pm at Friendship Centre; Every Friday!	3
4	5 Labor Day Town Office Closed	6 Sobeys 21 Days to Healthy Eating Challenge Begins	7 Seniors Cooking Club Planning Meeting; 10:00 am Town Office	8 Seniors Cooking Club Community Registration Night	9 Whist Cards 7 pm at Friendship Centre	10
11	12 Regular Council Meeting	13	14	15	16 Garden Market, BBQ and Movie Starts @ 5:00; Arena	17
18	19 Community Open House 7:00 p.m.	20	21	22 Pot Luck Supper; 6 p.m. at the Friendship Centre	23 Whist Cards 7 pm at Friendship Centre	24
25	26 Regular Council Meeting	27	28	29	30 Whist Cards 7 pm at Friendship Centre	

Upcoming Events

Bowden Grandview School – Classes start on Sept. 1.

Seniors Cooking Club – September 7: planning meeting at the Town Office at 10:00 a.m. September 8: cooking day at the Missionary Church at 1:00 p.m.

Community Registration Night – Sept. 8 at the Lion's Hall from 6:00 – 8:00 p.m.

Movie in the Park – Come out for a free BBQ and movie, while you're there check out the garden market. At the arena on Sept. 16 starting at 5:00!

Community Open House – Sept. 19 from 7:00-9:00 p.m. at the Friendship Centre.

- = Meetings
- = Town Events
- = Canadian Holidays
- = School and Kids
- = Seniors

Healthy Living Garden Market!

