

Your Town News

JUNE 2021

Mayor Stuart's Community Message

We start the month of June after we received some much needed precipitation. The active new covid case counts are coming down and (with more people receiving vaccinations) I am optimistic we are making progress. Hopefully, we will see some of the restrictions lifted so that we can enjoy the summer with friends and family. The Town of Bowden received some very negative publicity due to the rodeo that was held in our general vicinity. Much of the negativity was due to the misinformation that was originally aired by various news agencies. After sending out a media release and correcting the false statements, I received many positive responses concerning our town. I would like to thank the residents that brought their concerns forward to the Town Office. Just a reminder to bring any of your concerns or questions to the staff at the Town Office.

At our May 10th Town Council meeting, we welcomed the Acting Commander of the Olds RCMP detachment (Jody Achtymichuk) to provide us with an update on 2020 crime statistics for the Town of Bowden. We were pleased to see that we had a 29% decrease in crime in 2020 from 2019. Sgt. Achtymichuk also shared other information with us. We have always been very appreciative of the cooperation and support that we have received from the Olds RCMP detachment. Town Council also gave three readings to Taxation Rate Bylaw 06-2021. It was gratifying to see that we were able to have a 0% tax increase for 2021.

The repaving of 22nd street between 21st and 27th avenue commenced on May 25th. This made it a little inconvenient to access Secondary Highway 587 but the disruption was very short term. This was a major project and came in at approx. 60% of estimated cost. There will also be some asphalt patching done in other areas of town.

The Public Hearing for Bylaw No.04/2021 took place on May 25th. The hearing was uneventful and after the hearing Town Council gave second and third readings to our new Land Use Bylaw. The new bylaw will be more effective and in line with updated regulations of the Municipal Government Act. It also simplifies land uses and regulatory standards. I would like to thank the County of Red Deer staff for the help they provided. I would give special recognition to Julie Harges, Moira Duley and Treena Miller for their work and assistance.

Warm regards,

Mayor Robb Stuart

June 7 -13th

Seniors' Week

.....

Celebrating the seniors in our community.



JUNE 15, 2021

BOWDEN EXPANDING HORIZONS AGM

6:30PM

Belvin Angus Sale Barn
28353 Twp Rd 342
(south on 284 to intersection, left on 342)
Face masks & physical distancing mandatory
\$5.00 membership fee - new members welcomed

FLOWER BASKETS

We all know that Hanging Baskets add to the beauty of our community, but did you know that they help to host our community events too? Choose to sponsor a Hanging Basket for \$60 and that money goes directly towards community events and programs.

If you sponsor a basket, your name will be published in the Town Newsletter and on our website throughout the summer in recognition of your support. Please come into the Town Office and sign up to sponsor a basket today!

Thank you to our sponsors!

The Bowden Friendship Club
Sheila Church
Rita & Owen Taylor
Sena & Roger Urichuk
Manuela & Erwin Weber
Alex Corsiatto
Robb & Lorraine Stuart



Mayor Robb Stuart presented a certificate of appreciation to Charlie and Janice Brittain for their volunteer work and community involvement. Thank you, Charlie and Janice for making our community a great place to live.

BABYSITTING COURSE

BOWDEN SCHOOL WELLNESS ROOM

FRIDAY, JUNE 4

9:30 TO 3:30 PM

COST: \$42.00

THIS RED CROSS CERTIFIED PROGRAM IS FOR YOUTH AGES 11+
ALL COVID-19 PROVINCIAL HEALTH REGULATIONS WILL BE OBSERVED.

PARTICIPANTS WILL NEED TO BRING A PEN
OR PENCIL, NUT-FREE LUNCH & SNACKS,
DRINKS, AND A DOLL OR STUFFIE.




BOWDEN



For more information, contact Megan with Red Deer County at 403-350-9533 or msoldan@rdcounty.ca

BOWDEN

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Contact Kristin with Questions and to Register for Programming: 403-877-7163 Or kristin.mcbride@mcmancentral.ca		1 Tot Tuesday (2) Making Moon Sand 9am-10am	2 No Programs	3 Stronger Tomorrow Group (12-15) 3:30pm-5pm	4 June Buddies (3-5) Side Walk Chalk Ice 10am-11am Ignite Youth Club (6-9) Lava Lamp Bottles 4pm-5pm	5
6	7 No Programs	8 Tot Tuesday (2) Puffy Paint 9am-10am	9 Impact Youth Club (10-13) Tin Can Lanterns 4pm-5pm	10 Stronger Tomorrow Group (12-15) 3:30pm-5pm	11 June Buddies (3-5) Paper Bowl Ice Cream Craft 10am-11am Ignite Youth Club (6-9) Rainbow Paper Experiment 4pm-5pm	12 Family Day 11am-12pm Canvas Family Signs
13	14 Teen Talk- LGBTQ Guest Speakers (14-18) 5:30pm-7pm	15 Tot Tuesdays (2) Father's Day Cards 9:00am-10am	16 Teen Dream Catcher Building (14-18) 4pm-5:30pm	17 Stronger Tomorrow Group (12-15) 3:30pm-5pm	18 June Buddies (3-5) Father's Cards 10am-11am Ignite Youth Club (6-9) Father's Day Cards 4:00pm-5:00pm	19
20	21 No Programs	22 Tot Tuesdays (2) Kite Making 9am-10am	23 Impact Youth Club (10-13) Sponge Bombs 4pm-5pm	24 No Programs	25 No Programs June Buddies (3-5) Take Home Kits No Programs Ignite Youth Club (6-9) Take Home Kits	26
27 	28 No Programs	29 Tot Tuesday (2) Paper Plate Turtle Craft 9am-10am	30 No Programs			

Paterson Community Centre

For booking inquiries call
 Kim at 403-507-5090
www.bowdencommunityhall.ca

PATERSON COMMUNITY CENTRE
BOWDEN



Red Deer County & Area

Coordinated Community Response to Elder Abuse

June 2021 News

RECOGNIZE SIGNS OF ELDER ABUSE & LEARN HOW TO GET HELP

Elder abuse is any action or inaction by self or others that jeopardizes the health or well-being of a senior.

Common forms of elder abuse include:

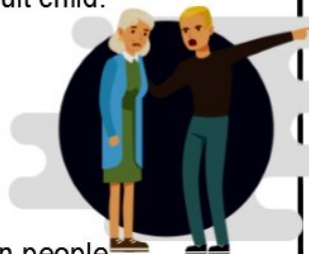
- financial
- emotional
- physical
- sexual
- neglect
- medication



Victims commonly suffer more than one type of abuse at the same time. The most frequently identified and reported types of elder abuse in Canada are financial and emotional. Any senior can become a victim of elder abuse regardless of gender, sexual identity, race, ethnicity, income or education. Elder abuse is often committed by someone known to the victim who is in a position of power, trust or authority. Approximately 25% of crimes against seniors are committed by family members, usually a spouse or adult child.

Common signs of elder abuse:

- confusion.
- depression or anxiety.
- unexplained injuries.
- changes in hygiene.
- seeming fearful around certain people.
- fear or worry when talking about money.



Do not blame yourself. Know that it is not your fault and help is available. No one deserves to be abused. Many groups in your community want to help you to protect your rights, safety and dignity.

WHAT TO DO IF YOU THINK YOU ARE BEING ABUSED:

Leave the situation if you are in immediate danger. Go to a safe place, such as with a neighbour, friend or relative. Go into a business or when calling a helpline ask to be taken to a shelter. If you are unable to leave your home, call 911 immediately.

Confide in someone you trust and tell them about what is happening.

This could be a friend or family member, public health nurse, social worker, home care worker, someone at your place of worship, or a doctor.

Keep a record.

Write down what is happening to you and keep a daily record. This will help you to document the abuse and help others assist you if you need it.

Take legal action.

All forms of abuse are wrong. Some forms are illegal. You may want to think about a court protection order that would stop the abusive person from having contact with you. Your local police service or a police-based victim services unit can give you information.

Help for victims.

The Criminal Code of Canada sets out a variety of criminal offences that can occur in the context of elder abuse.

These include offences such as:

- physical or sexual assault.
- offences against the rights of property, such as property theft, forgery and extortion.
- breach of trust and fraud.

While no one ever expects to be a victim of crime, it is important to know that help is available for victims of crime. If you have been a victim of crime, your first step is to call the police. They will investigate the crime and refer you to a victim services unit for assistance. Victim services units are staffed with trained, caring people who offer information, assistance and support to victims during the police investigation and throughout the criminal justice process.

Alberta

June Seniors Dates & Events

Intergenerational Day June 1st

Seniors Week June 7th-13th

World Elder Abuse Awareness Day June 15th



Plant Purple for WEAAD

World Elder Abuse Awareness Day
June 15, 2021

- ♦ Plant a purple flower
- ♦ Use a purple planter
- ♦ Display a purple garden accessory
- ♦ If you want, do all three!

Show your support for WEAAD
by going purple in your yard.



Isolation Check-Ins

If you or someone you know could benefit from a well-being check-in, please contact your local FCSS.

Benalto:

Angie Schickerowski
403.597.8074
aschickerowski@rdcounty.ca

Spruce View:

Pam Hetu
403.505.9091
phetu@rdcounty.ca

Springbrook:

Megan Soldan
403.350.9533
msoldan@rdcounty.ca

Innisfail:

Karen Bradbury
403.227.3376
karen.bradbury@innisfail.ca
&
Sandy Wacker
403.227.3376
Sandy.wacker@innisfail.ca

Other Red Deer County areas:

Community Services
403.357.2399
communityservices@rdcounty.ca

Bowden:

Jade Prefontaine
403.224.2207
fcss@bowden.ca

Elnora:

Michelle Thiem
403.773.3717
elnorafcss@gmail.com

Delburne:

Shari Caffet
403.749.3654
delbfcss@delburne.ca

Penhold:

Jennifer Blaylock
403.886.3288
jblaylock@townofpenhold.ca
&
Jamie Seiyama
403.886.3250
jseiyama@townofpenhold.ca



Support Numbers for Seniors:

- Elder Abuse 24hr Hotline
1-877-454-2580
- Central AB Elder Abuse Safe House
& Golden Circle Resource Line:
403-343-6076
- Health Advocates
Toll Free: 310-0000 when prompted,
dial 780-422-1812



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"I don't know what you're eating,
but you gave the dog a can
of spaghetti sauce!"



FROZEN MEAL MENU

GOLDEN CIRCLE INDIVIDUAL MEALS \$7.50

ROAST BEEF WITH GRAVY, MASHED POTATOES & WINTER MIX VEGGIES
LIVER & ONIONS WITH GRAVY, MASHED POTATOES & CARROTS
SWEET & SOUR MEATBALLS WITH FRIED RICE & GREEN BEANS
SALISBURY STEAK WITH FRIED ONIONS AND GRAVY, MASHED POTATOES, PEAS & CARROTS
MEAT LASAGNA & PICK OF THE DAY VEGGIES
HONEY GARLIC CHICKEN WITH RICE & FRENCH BEANS
CHICKEN CORDON BLEU WITH RICE & PICK OF THE DAY VEGGIES
CHICKEN ALFREDO & ITALIAN MIX VEGGIES
BAKED COD WITH SCALLOPED POTATOES & PICK OF THE DAY VEGGIES
POACHED SALMON WITH RICE & PEAS
HAM AND CHEESE OMELETTE WITH HASHBROWNS
MUSHROOM PORK CHOPS WITH MASHED POTATOES & BABY CARROTS
SWEET & SOUR PORK WITH FRIED RICE & ITALIAN VEGGIES
PORK CUTLETS WITH GRAVY AND MASHED POTATOES & PICK OF THE DAY VEGGIES
HAM STEAK WITH SCALLOPED POTATOES & PEAS

FAMILY SIZED MEALS SMALL \$15.00/LARGE \$25.00

LASAGNA
CHICKEN & BROCCOLI PENNE
SHEPHERDS PIE
GLUTEN FREE CHICKEN & BROCCOLI PENNE
BUTTER CHICKEN
BAKED CHEESE & SPINACH RAVIOLI
SPAGHETTI BOLOGNESE

POT PIES \$5.00

CHICKEN POT PIE
BEEF POT PIE

SOUPS SMALL \$2.50/'LARGE \$9.50*

CHICKEN NOODLE
BEEF BARLEY
SPLIT PEA

*OPTIONS VARY EACH WEEK. PLEASE CALL FOR SELECTION.



403.350.2150



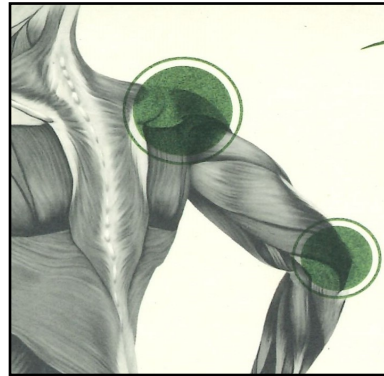
Kim Urichuk
Manager


Bowden Community Hall

403 507 5090

2101 - 27th Avenue Bowden, AB
www.bowdencommunityhall.ca bowdencommunityhall@gmail.com

* Weddings, Reunions, Conventions, Theatre, Corporate Events, Community Groups *



Sara Willert 

Box 487
Bowden, AB
T0M 0K0

RMT, BSc KIN
403-224-0002
403-358-1528 (cell)
sarawillert11@gmail.com

Kim Urichuk

Agency Owner/Manager
Bowden Agency

Office 403-224-2180 2020-20 Ave
Fax 403-224-2931 Bowden, AB
kurichuk@atb.com T0M 0W0


atb.com


ATB Financial

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Cell 403-396-1477



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2115 20 Ave, Bowden, Alberta

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BOWDEN, AB



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Manual Osteopath
Registered Massage Therapist

National Manual Osteopathic Society
Natural Health Practitioners of Canada



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Bowden, AB T0M 0K0
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Cell: 403.392.7143
Email: emweber@shaw.ca

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Paige Clowes

Licensed Practical Nurse

heartsolefootcare@gmail.com

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Therapeutic
Services

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BOWDEN VOLUNTEER FIRE DEPARTMENT

By becoming a volunteer fire fighter you:

- Get to help others in need
- Volunteer in your community
- Receive income for hours volunteered
- Receive free training and support
- Claim a tax credit with a minimum of 200 hours volunteered



Volunteer applications available at the Town Office

Bowden Volunteer Fire Department

2114 20 Avenue

403-224-2246

Webbtastic
Creations
Salon and Spa

Shannon Webb
Aesthetician/Hairstylist
(403) 415-5335

5-23 Avenue Close
Bowden, AB T0M 0K0

WebbtasticCreations

Shannon Webb

Independent Beauty Consultant

5-23 Avenue Close
Bowden AB T0M 0K0
phone 403.415.5335
aestheticsbyshannon@shaw.ca
www.marykay.ca/shannonwebb

MARY KAY



Bowden Community Calendar

JUNE 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Thrift Store 1-4pm	3	4 Thrift Store 1-4pm	5
6	7 Recycling Day	8	9 Thrift Store 1-4pm	10	11 Thrift Store 1-4pm	12
13	14 Garbage Day Council Meeting 7pm	15 Expanding Horizons AGM 6:30pm	16 Thrift Store 1-4pm	17	18 Thrift Store 1-4pm	19
20	21 Recycling Day	22	23 Thrift Store 1-4pm	24	25 Thrift Store 1-4pm	26
27	28 Garbage Day Council Meeting 7pm	29	30 Thrift Store 1-4pm			

	Good Food Box		Recycling
	Seniors Programing & Friendship Centre Activities		FCSS
	Bowden Grandview School		Boards & Committees
	Community Events		Town Council Meetings
	Garbage		Bowden Public Library
			Igloo Arena

 **BOWDENALBERTA**

 **TOWN_OF_BOWDEN**

 **TOWNOFBOWDEN**

 **BOWDEN.CA**

 **COMMUNICATIONS@BOWDEN.CA**

Bowden Town Office
 2101 – 20TH Avenue
 P.O. Box 338
 Bowden, AB
 T0M 0K0
 PH: 403-224-3395
 FAX: 403-224-2244
 Office Hours:
 Monday – Friday
 8 a.m. – 4 p.m.