

Conversations with Bowness Residents: The Strength of the Community

Bowness Neighbourhood Leadership Initiative
June – December 2010



humanity above all else

In 2009, the Bowness Community Association, supported by United Way of Calgary and Area along with the City of Calgary and many community agencies engaged hundreds of Bownesians to discuss what was great in their neighbourhood, what was missing and what actions need to occur. The result of those conversations was the Vital Signs Report, titled Voices of Bowness.

The Vital Actions Report in 2010 demonstrated that many residents are taking action on the issues that came up in the original report. The questions that started to arise were, “who are the residents that are working on projects and are there more people who would like to get involved? What supports do residents need to work on community initiatives?” Many of the strengths identified in the report will continually require nurturing, while emerging issues are also addressed.

The United Way, City of Calgary and Catholic Family Service of Calgary came together early in 2010 and agreed to gather information that would facilitate further coordinated action in the community.

The information gathered focused on two main questions:

- 1) What skills, capacities and knowledge do you have now and need to have to engage in community initiatives?
- 2) What supports would you require to develop those skills or participate in community projects?

The information gathered will be utilized by the Bowness Community Association to strengthen Vital Actions. This resident-led organization is a vital coordinating structure for resident participation and supports all who live, learn, work or worship in Bowness.

A special thank you to the community volunteers who contributed over 40 hours going door to door in October and November, 2010. This report would not have been possible without all the residents, groups and agencies who took the time to talk who they are and what they would like to contribute to the Bowness community.

In summary, this report will provide information on:

- 1) best practices to engage residents
- 2) results of surveys and events
- 3) results of small group discussion
- 4) results of key informant discussions
- 5) recommendations for next steps
- 6) conclusion

Community engagement is important in order for residents to be aware of community projects and events and to empower residents to become more involved in their community. To begin to answer the above questions required staff and residents to reach out to people in ways they are familiar with.

Multiple techniques of community engagement were utilized throughout the project in order to find out the best practices from the residents' perspectives.

The table below outlines the specific events or groups contacted as part of the information gathering process.

Events	Resident Led Groups	Focus Groups and Key Informants	Agency and Community Connections
Bowness Stampede Parade	Community Suppers	Library Focus Group	Families First
Youth-centered Engagement, Action and Respect (Y.E.A.R.)'s mural unveiling	Connecting through Cooking	5 Youth Focus Groups	Catholic Family Service – Never Too Late
Bownesian Picnic	The Historical Society	Community Chat at Sportsplex	The Bownesians
Harvest Fair	The Safety Council	Former Neighborhood Leaders	Café Institute
Foyer Friends at Bowness High School	Bowness Seniors' Centre	Day Home Provider	Multicultural Health Brokers
Door to Door Survey over 3 nights and one day	Awaken	Former Youth Sports Program Leader	
	The House of Commons		

Future groups that could still be contacted include: Bowness Legion, Bowness Lions Club, Community Gardens and Bowness community sports teams.



Line up at Bowness Stampede Breakfast and Parade. July 10th, 2010

There are a number of factors to consider when choosing a strategy to engage residents in a discussion. Larger events are great for getting the word out that the initiative is taking place but can be difficult to engage residents in long conversations. Focus groups with existing networks have the advantage of being able to talk with residents who are already getting together. A Community Chat may attract citizens who are not already involved with a resident led organization to get involved.

Most useful Engagement Strategy by Population

Population	Strategies	Helpful Hints
Youth	<ul style="list-style-type: none"> • Manning a table • Focus groups 	<ul style="list-style-type: none"> • Meet youth where they gather. Use natural meeting places as places to recruit for focus groups and/or engage on the spot. • Have food available (pizza or candy worked well).
Immigrants	<ul style="list-style-type: none"> • Door to door • Programs (NTL, Families Matter, etc.) • Key informants 	<ul style="list-style-type: none"> • Use informal networks. • Going door to door helps to meet immigrants who may not yet be connected. • If possible, connect them with someone who has the same culture and/or language. • Key informants are important to access existing informal networks.
Seniors	<ul style="list-style-type: none"> • Events for seniors • Groups for seniors • Seniors' Centre 	<ul style="list-style-type: none"> • Look for condos or senior centres to engage a large number of mature residents • Building relationships with a couple of key people allows you to quickly build relationships with others.

Population	Strategies	Helpful Hints
Residents who are not yet engaged	<ul style="list-style-type: none"> • Door to door • Community Supper 	<ul style="list-style-type: none"> • Going door to door allows to meet residents who may not already be engaged but who would like to become more involved in their community. • Attending the community supper helps build relationship with residents with who it might otherwise take longer to build relationship.



Engaging Residents With the Door to Door Survey

Results of the survey will be discussed in this section then the feedback received from groups and events will be summarized in the next section. Respondents to the surveys provided demographic information that allow this report to compare survey results from respondents with varying income levels (under \$40,000 or over \$40,001), ethno-cultural background (Canadian or Newcomer to Canada), and age (youth, adult, and seniors). The information gathered on supports needed and projects of interest were compiled for the respondents overall.

The survey was used as a method of building relationship with residents so that they would be more comfortable discussing the skills, talents and knowledge they could contribute to community projects (Appendix A). It was also used to hear if residents were already participating in Bowness and what supports they would need to become more involved in the community. The survey was also used as a tool to collect resident information who would like to be contacted about projects and events related to Vital Actions (2010) in Bowness.

Out of 547 residents engaged, 153 residents filled out the survey. One hundred and twenty-two (122) people who filled out the survey would like to be contacted about projects that may interest them. In addition, 255 flyers about the project were dropped off when conducting the survey door to door (Appendix B). As a result, 802 residents in total were contacted about the survey. A map of Bowness indicating the surveyed streets is shown in **Appendix C**.

The demographic profile of respondents was:

- 1) 44% were 19 to 40 years old and 37% were 41 to 60 years old. Seniors age 61+ accounted for 11% of residents surveyed with 17% of respondents youth ages 12-18 years.
- 2) 41% identified themselves as belonging to an ethno-cultural group other than Canadian. According to Statistics Canada (2006), 25% of Bownesians are from different ethno-cultural backgrounds. As a result, the survey slightly over-represents these populations.
- 3) 69% of respondents said they had never heard of the Vital Signs or Vital Action initiatives.
- 4) 26% of respondents reported they currently volunteer in Bowness.

Respondents from the survey described 476 things they know a lot about or do well. Things residents do well range from working with cooking (22) and computers (21) to crafts (19), specialty trades (18), and sales & marketing (15). The category with the most respondents was the arts.

When compared to the number and variety of skills and talents from the community chat (192), the youth focus groups (50), and the Harvest Fair (46), there is a significant difference in the skills and talents found in the door to door survey. Specifically, there were more respondents who said they had skills in the trades (Appendix D).

This may be an indication that conducting the survey allowed us to target a different population that is present at a community chat or at a community event.

Connections in the results occurred between respondents reporting existing skills and the skills that residents expressed wanting to learn more about.

Respondents requiring development of a skill/talent	Number of respondents stating they have this skill
Math tutoring	8
Sewing	12
Computers	21
Getting to Know People	10

In addition, respondents described 271 things they are interested in and learning more about. They include:

- Family (49)
- Children/youth (25)
- Friends (20)
- Animals/pets (23)
- Relationships (19)
- Community (16)

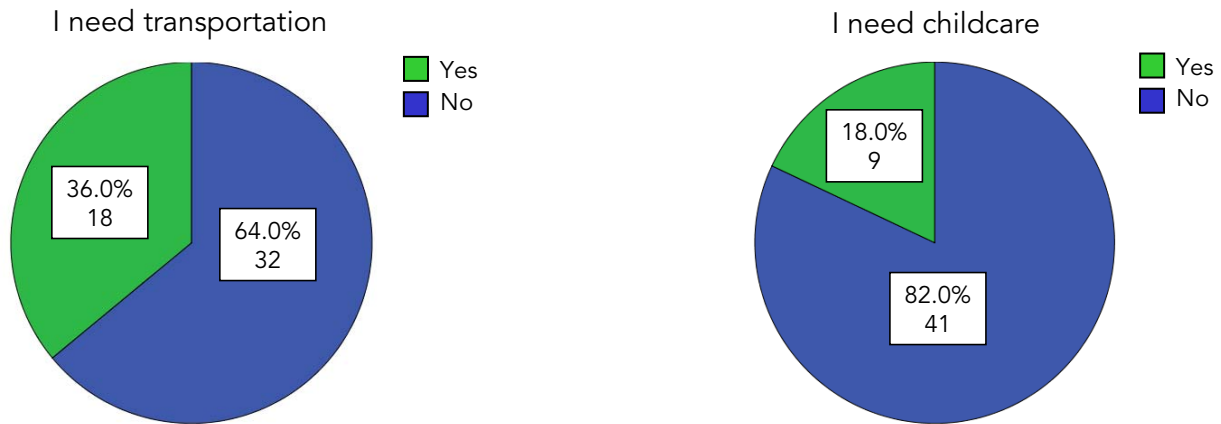
As mentioned above, only 26% of respondents currently volunteer in Bowness. Nevertheless, 78% of respondents are interested in being involved in the community. It is to be noted that some people who said initially said they were not interested in being involved gave us their contact information at the end of the survey. The 122 residents who have agreed to be contacted are recorded in a confidential database accessed only through BCA.

The level of involvement requested by respondents primarily begins at attending events (64%). A surprising amount of respondents (46%) would like to volunteer at events and only 14% already have a specific event they volunteer for every year.

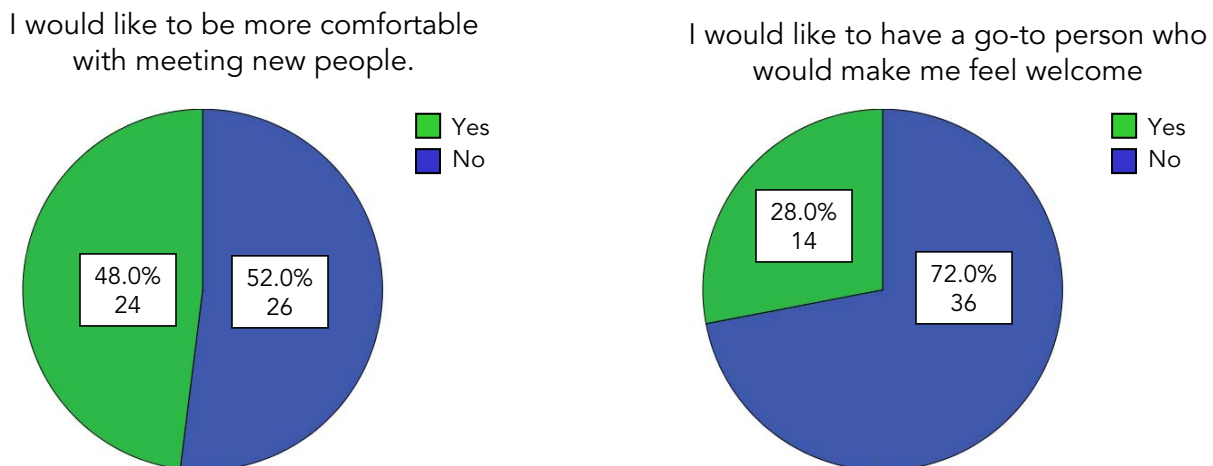
There is a significant amount of interest in volunteering in a way that can fit in with busy lifestyles. For example, 34% of respondents indicated that helping from home is of interest to them while 27% explained that they like recruiting others and/or telling neighbours about events. Finally, only 25% expressed that they enjoy being part of a planning committee and a low 10% said they like to get sponsorships.

Supports needed were explored in three categories: basic needs, building relationships, and learning new skills. Results were then compared between Canadians and non-Canadians. They were also compared between respondents with an income of \$40,000 or less, respondents of \$40,001 or more, and respondents of different age groups.

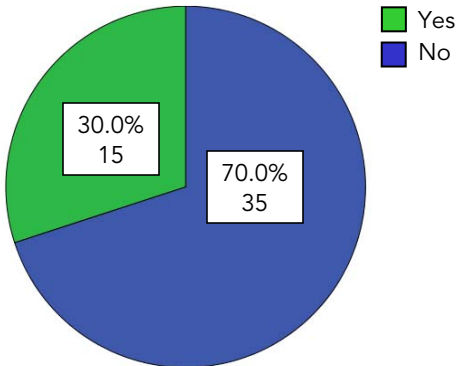
For basic needs supports, 22% of respondents explained that they needed transportation and 15% described they need childcare in order to be able to volunteer more. There was no significant difference between Canadians and non-Canadians. 25% of respondents with an income over \$40,001 explained they needed childcare. Perhaps more respondents who were in this income category were from families with two working adults. The results are summarized below.



The supports residents might need to build their networks, namely helping them build relationships found 37% of respondents would like help becoming more comfortable meeting new people. In addition, 26% would like to have a go-to person to help them feel welcome and 30% would like someone to keep in touch with them. There were no other statistical differences in this category. As a result, residents of all ethno-cultural backgrounds and income levels expressed a need to help build relationships.

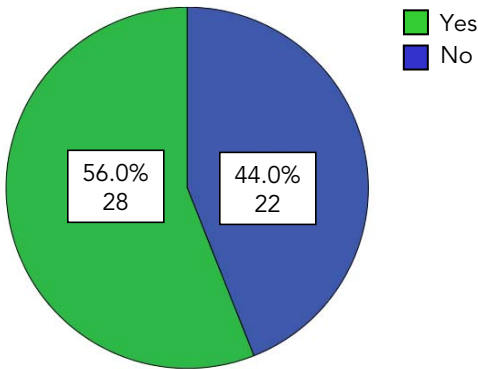


I would like someone to keep in touch with me

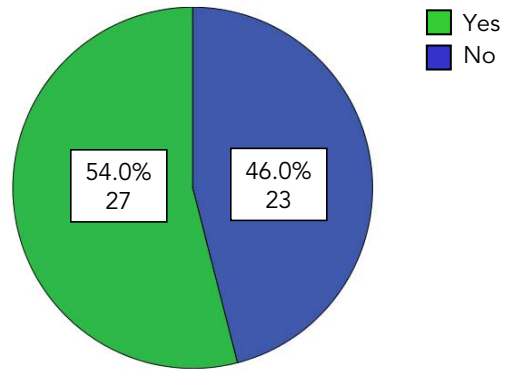


Respondents were also asked if they would like help increasing their skills by attending workshops or by learning from someone in the community. 40% answered that they would like to attend workshops and 39% would like to learn new skills through someone in the community. Only 27% of residents who had an income of under \$40,000 expressed a desire to learn from someone in the community. Once again, there were no significant statistical differences between age groups, residents who are Canadian and those who identify themselves from as being from a different ethno-cultural background.

I would like to attend workshops



I would like to learn new skills from someone in the community



Projects of interest were explored in order to find common interests and to see whether themes emerged according to ethno-cultural backgrounds and income. Projects were divided into three groups: projects that help beautify the community; projects that increase relationships between neighbours; and projects that support the local economy. These projects were taken from the "vital actions," the Vital Signs recommendations (Bowness Vital Signs, 2009).

Projects that help beautify the community were creating more gardens and pathways (37%), having safe pathways and streets (28%), community clean-ups (35%), Block Watch (29%), maintaining Bowness properties (20%), and beautifying the community with art/murals (31%). Respondents who had an income of less than \$40,000 expressed a lower interest in creating more gardens and pathway (27%), beautifying the community (17%), and community clean ups (25%) yet close to all respondents for the projects involving safety.

Next, projects that increase relationships between neighbours included affordable recreation (42%), reaching out to people who are isolated (27%), special interest groups (37%), and organizing community events (30%).

Finally, respondents indicated an interest in projects that promote the local economy including supporting local businesses (34%), creating a Farmer's Market (43%), and the promotion of Bowness (35%). These activities may reflect on the importance of the small town feel in Bowness. Respondents with incomes under \$40,000 were less likely to be interested in supporting local businesses (19%) and creating a Farmer's Market (33%). Respondents with incomes over \$40,001 were more likely to be interested in supporting local businesses (50%). As a result, there are some differences between projects that may be of interest to residents of different socio-economic status.

FOCUS GROUP AND EVENT RESULTS

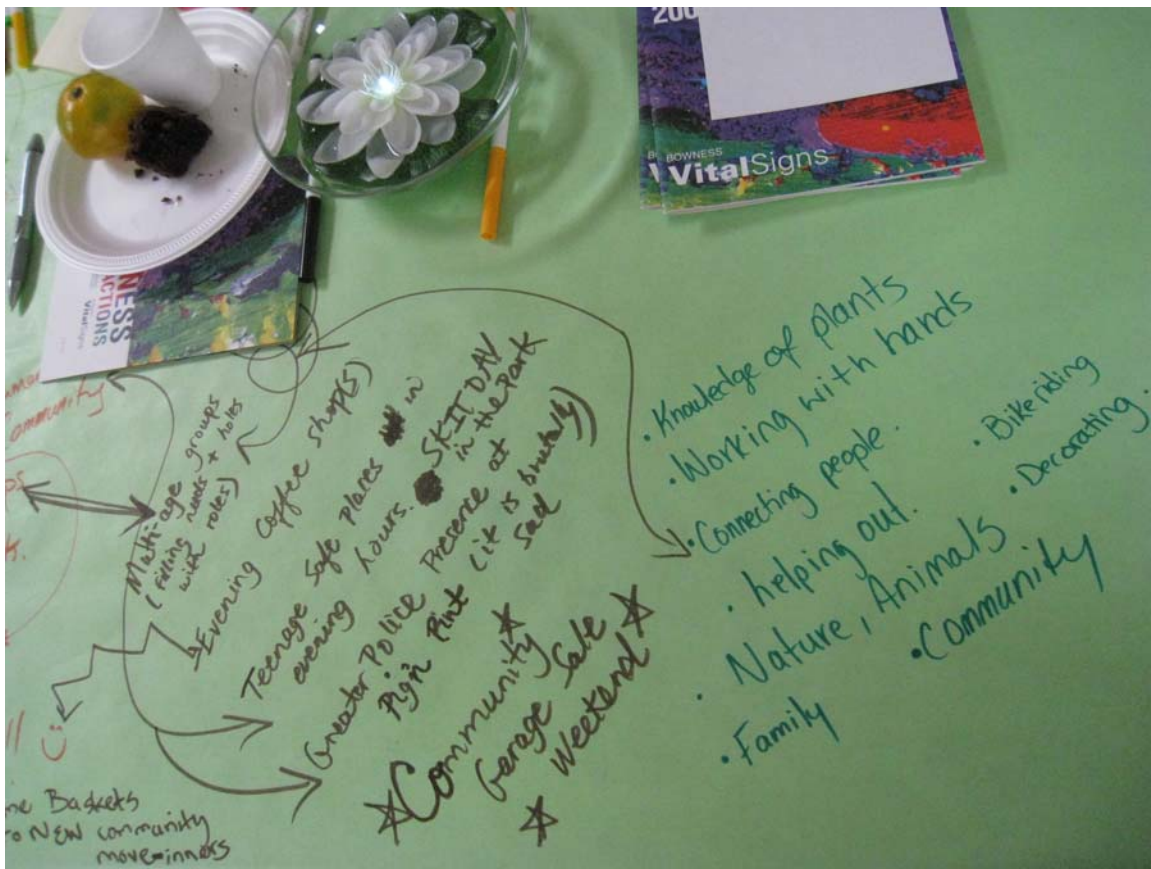


Information was gathered from residents at a Community Chat in November, 2010 along with 5 youth focus groups throughout the fall and The Harvest Fair in September, 2010.

The skills and talents of residents were collected at each of these events and summarized below. The table outlines the number of respondents per skill set residents identified themselves as having.

Skills/Talents	TOTALS	Community Chat	Youth Focus Groups	Harvest Fair
Education	21	18	1	2
Art	29	13	5	11
Theatre	3	2	1	-
Trades	5	2	-	3
Sports	35	14	16	5
Business	21	13	6	2
Hobbies	25	18	6	1
Music	12	6	5	1
Home Management	51	40	2	9
Language Arts	41	36	4	1
Sciences	4	2	2	-
Social Supports	34	20	7	7
Community Knowledge	7	5	1	1
Massage Therapy	2	2	-	-

The Community Chat, November 8, 2010 utilized a Conversation Café model. Sample of resident ideas is in the picture below.



A number of groups and individuals engaged in one time or ongoing discussions focused on what supports they would need to increase their level of participation in the community. The results of these many conversations have been themed into the following five points.

A. Receiving information about opportunities

Many residents explained that they would like to be aware of volunteer opportunities available in Bowness. Others stated that they would appreciate a list of resources and programs available in Bowness.

Residents loved receiving the Bowest'ner as it has an easy to read layout yet looks professional. Having additional copies available at local gathering places seems to be useful as residents often misplace their copies or need a copy at hand for reference.

Residents described a need for a central volunteer office in Bowness. This would be a central office where residents could go if they wanted to volunteer in the community or have ideas on how to better connect to their neighbours. It would also be a place where residents could seek training, whether formally through workshops or informally through the mentorship of other residents.

B. Feeling welcome

Many residents explained that they do not feel welcome when joining a new group. Reasons for this include not feeling their contribution is valued, anxiety in new group situations particularly if they identify they are in a group not in their financial class.

C. Managing time

Many residents struggled with multiple commitments such as work, family, and volunteer commitments. Residents described family as their most important priority. As a result, many residents seem to want to be involved in the community but need avenues that do not require much time or involve their family.

D. Volunteer development

Many residents explained that they would be open to attending workshops or being mentored by another resident, depending on the task at hand (Appendix E). Residents seemed to be open to learning new skills to help contribute to a project. Some residents even recognized volunteering as an opportunity to increase their skill set.

Many key informants noted that they struggled when organizing an event or establishing an informal program. They expressed a clear need for additional training in volunteer recruitment, volunteer retention, event planning, and risk management.

Youth in particular expressed a desire to attend workshops and to learn from someone in the community in order to increase their skills.

E. Bridging the socio-economic gap

Residents described a polarity of backgrounds that has created two groups in Bowness between those who have money and those who do not. Some described themselves as “real” Bownesians and were clear on the characteristics that constituted such a Bownesian. Many residents did not feel as though they could become friends with a resident from another socio-economic background. One person scoffed at the idea of ever being able to build relationship through community projects.

Almost every resident discussed the impact of the socio-economic gap in Bowness. The division according to income was also present in the survey results when discussing projects that were of interest to respondents. Respondents of higher incomes were more likely to express an interest in community clean ups, affordable recreation, organizing community events, and supporting local businesses. The projects that appeal to all socio economic backgrounds include a strong interest in the promotion of Bowness and projects involving the safety of Bowness.

Of interest is that many Bownesians who agreed to talk over this issue do not think it is important to mesh the two polar groups of the community. They describe themselves as being content with having a community composed of those who are similar, with similar ideas, educational backgrounds, and socio-economic backgrounds. Many residents simply do not see the advantages of having a cohesive community and of celebrating diversity.



Bowness Park Picnic 2010

A. Building relationships as a method of empowerment

Building relationships is crucial when engaging residents. It is to be noted that some residents who were surveyed who initially expressed that they did not want to be involved in the community gave us their contact information at the end of the survey. As a result, building a relationship with residents empowers them to be more involved in their community.

Taking time to build a relationship with a resident empowers residents to discover their inherent skills and talents and to believe they can create the change they want to see in their community.

Relationships also allow for the building of trust, which is crucial when engaging residents who are marginalized because of factors such as age, socio-economic background, or ethno-cultural background.

Some projects, such as a welcome basket in Bowness, inherently build relationship. Other projects, such as volunteering at an event, will need additional strategies to build relationships. This may include a team building meeting, or a volunteer appreciation party. Best practices with volunteers include a recognition for their involvement.

B. Using informal networks to engage residents

As mentioned above, engaging residents is best done by building relationships with them. It would be impossible for one key person to maintain relationships with each resident. Utilizing informal networks to expand upon existing connections is critical.

Building relationships with connected members of the community widens the messaging of community events and call for volunteers. These are residents who do not necessarily volunteer a lot in the community but who know their neighbours and are passionate about Bowness.

Activities that would help find and build these connected members could include:

- 1) Organizing block parties and other small community gatherings such as an informal BBQ or snowman-making contest.
- 2) Talking to residents in the community to find out who knows everybody on their block.
- 3) Find out about small informal events and gatherings and who is organizing them.

Informal networks allow passing along information in the most efficient way: through trusting relationships. This is supported by the model used by the Multicultural Health Brokers (MCHB) in Edmonton.

C. Developing a plan to bridge the socio-economic gap

Residents who were part of the survey and discussions appear to be divided by their socio-economic status, yet it is also clear that all residents are very passionate about Bowness. Many residents, no matter their socio-economic background, also described their family as their number one priority and passion.

Jim Diers' (2004) first rule of community organizing is to "start where people are" (p.25). Knowing that residents of Bowness are passionate about their families, one option to involve all residents would be to plan activities that focus on developing the family unit to increase their common ground. Alternatively, starting a project around safety could also bring residents together.

Another method to involve all residents is to encourage micro-volunteering (Convergence, La Piana Consulting, 2009). Giving participants a small task that would take them a short amount of time to complete allows for greater uptake on volunteer duties. Micro-volunteering allows residents to volunteer no matter their time constraints and allows them to be valued as a contributing member of a group. It allows the participation of more residents in projects and the potential for attracting new volunteers to a project.

Residents should start with projects that are "immediate, concrete, and achievable" (Jim Diers, 2004, p.26). Achieving concrete results helps residents understand their contributions and value to the community. It empowers them to tackle bigger issues and allows them to set more difficult goals.

During these resident-lead projects, it is important that residents are encouraged to be welcoming and to see the value and contribution to each and every resident. Organizing groups composed of residents from a variety of backgrounds is very important in this process.

D. Creating welcoming spaces

Formal and informal groups need to be supported in creating welcoming space. Many residents explained that they did not want to join an organizing group because they did not feel as though their contribution was valued.

In particular, youth expressed a desire to be more comfortable meeting new people. As a result, youth may need extra structure in order to make them feel welcome.

Creating a welcoming space starts with how residents are greeted when they first call the leader of the group or when they first join the group.

Some ideas for creating a welcoming space include:

- 1) Calling prospective members back within a three day span.
- 2) Welcoming new members by having a welcome package on hand that may be a short description of the group and key contact numbers.
- 3) Having everybody introduce themselves and including an ice breaker.
- 4) Allowing the new member to ask questions.
- 5) Pairing up the new member with an existing member as a mentorship opportunity.
- 6) Giving new members something concrete to do either during the group or after the group meets to give them a sense that they contribute to the group.

A resource such as a checklist of ideas could be developed to help groups being more welcoming to new member. This resource could be included in a tool kit to help groups become established or the resource could be distributed to existing groups.

E. Building processes for the development of resident ideas

Residents have many ideas for Bowness. Nevertheless, they need tools to be able to articulate the idea and develop it. It would be useful to repeat an activity such as the Community Chat on a regular basis to help residents develop their ideas and network with their neighbours. The World Café model can also be used throughout the process of implementing an idea, such as to develop planning committees and to evaluate an event.

In addition, the BCA will follow up with residents who attended the Community Chat in November. Timely follow up allows for residents to feel as though their ideas and input were of use and will allow the momentum built at the event to be retained.

Many survey respondents also expressed their interest in attending workshops or being mentored by other residents in order to increase their skills. Calling together residents to develop a process that is effective for the community could be an effective first step.

F. Having a central avenue for volunteer development

Residents expressed a need for a central location where they could find volunteer opportunities. This could also be a meeting place to expand ideas residents have for Bowness and obtain the support they need to make these ideas a reality. Residents need a central location where they would have access to a tool kit to help them expand on their ideas and workshops to help them develop their organizing skills. In addition, this location could help match residents in order to increase mentorship opportunities between residents.

Some of this work could be done by using an online database. However, residents expressed an appreciation for a central face-to-face location where they could obtain the resources they need.

In order to make this central location a success, organizations and groups based out of Bowness need to agree on the location and the process for referring residents to this location. As a result, residents would have a clear understanding of the process they need to take to volunteer with this location being a "one stop shop" for volunteering in Bowness.

Residents of Bowness are very passionate about their family and community. They have many skills and talents and need help recognizing these skills to see the value to contribute to the community.

Continuous resident engagement is important to ensure the succession of Bowness volunteers and involvement of all residents in the community. Resident engagement can be done through having a presence at events, manning a table, having focus groups, joining existing resident-lead groups, going door to door, using key informants, and using having meetings World Café-style.

Using surveys as a community engagement tool can also be useful. Surveys allow for a formal method of engagement and can be developed to build relationship with the resident. In our case, the question about skills and talents, with descriptions about the gifts of the head, hands, and heart allowed us get to know the resident and empowered them to see that their contribution to the community would be of value.

Over the past couple of years there is an increasingly strong undercurrent of passion in Bowness to further develop the small town feel of their community. The most important piece of advice would be to have fun (Diers, 2004)! The advancement of community efforts in Bowness will depend on making volunteering fun and engaging for residents, as this will ensure that they keep on volunteering and working together on building a sense of community in Bowness.

For more information, please contact:

Sherry Hiebert-Keck
Catholic Family Service
403-233-2360

For copies of this report, go to www.cfs-ab.org.

Hello, my name is _____ and I work with the Bowness Neighbourhood Leadership Initiative. We're conducting a survey to find out the talents of residents of Bowness. We're trying to find out what people of Bowness are good at and how we can support in helping them to volunteer in their community.

Do you have a few minutes for me to ask you a few questions?

I'd like to know a bit about what you enjoy doing and what you're good at.



Gifts of the Head (Things you know something about)



Gifts of the Hands (Things or skills you know how to do)



Gifts of the Heart (Things you care deeply about)

I'd like to know more about your interests. These are some things that you may enjoy doing already but you'd like learn more about.

Thinking about abilities from the head, hands and heart, what are some things you would like to learn more about?

Have you heard about the Vital Signs survey that was conducted last year?

Yes

No

The Vital Signs report, “Voices of Bowness,” showed a number of projects that community residents would like to see in Bowness. As a result, we’re gathering information to see what residents in Bowness are good at, and how we can support them starting small projects in their community.

Do you currently volunteer in Bowness?

- Yes No

Where do you volunteer?

Are there things that make volunteering difficult? Explain.

Are you interested in being involved in your community?

- Yes No

How do you like to get involved?

- I like to attend events
 I like to volunteer at events
 I have a specific event that I like to volunteer for every year. Explain:

-
- I like to help from home on my spare time
 I like recruiting others or telling others about an event/project
 I like getting sponsors
 I like being part of the planning committee
 Other: _____

How could we support you in getting involved in small community projects?

- I need transportation
 I need childcare
 I would like to be more comfortable with meeting new people
 I want to learn new skills (see question about what I'd like to learn more about)
 Other: _____

Please elaborate:

Which projects would you like to be involved with?

1. Projects that beautify the community

- Creating more gardens and pathways
- Having safe pathways & streets
- Community clean-ups
- Maintenance of Bowness properties
- Beautifying the community with art/murals

2. Projects that increase relationships between neighbours

- Bowness Block Watch
- Affordable recreation
- Reaching out to people who are isolated
- Special interest groups (like art groups, running groups, music)
- Organizing community events

3. Projects that promote the local economy

- Supporting local businesses
- Creating a Farmer's Market
- Promotion of Bowness (eg. Welcome sign)

Would you be interested in sharing your talents and skills with other residents? Please explain.

The following questions are for demographic purposes only. Please note that all answers are strictly confidential.

Postal Code: _____

Age: _____

Education:

- | | |
|--|---|
| <input type="radio"/> Some High School | <input type="radio"/> Bachelor's degree |
| <input type="radio"/> Completed High School | <input type="radio"/> Post-graduate education |
| <input type="radio"/> Trade/Technical School | |

Ethno-cultural background: _____

Languages spoken: _____

How many adults are there in your household (18 and over)?

- | | | |
|-------------------------|-------------------------|---------------------------|
| <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 + |
|-------------------------|-------------------------|---------------------------|

How many children are there in your household (17 and under)?

- | | | | |
|-------------------------|-------------------------|-------------------------|--------------------------|
| <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4+ |
|-------------------------|-------------------------|-------------------------|--------------------------|

Household income in 2009 (gross):

- | | |
|---|--|
| <input type="radio"/> Under \$20,000 | <input type="radio"/> \$60,000-\$80,000 |
| <input type="radio"/> \$20,001 - \$40,000 | <input type="radio"/> \$80,001+ |
| <input type="radio"/> \$40,001-\$60,000 | <input type="radio"/> Prefer not to answer |

The following information helps us connect with you. All information prior to this is confidential. In order to use the information below, we ask that you sign a Release of Information form.

Can we contact you to connect you with current initiatives that we think you might enjoy?

- | | |
|---------------------------|--------------------------|
| <input type="radio"/> Yes | <input type="radio"/> No |
|---------------------------|--------------------------|

Can we contact you to connect community members that would like to learn more about what you're good at?

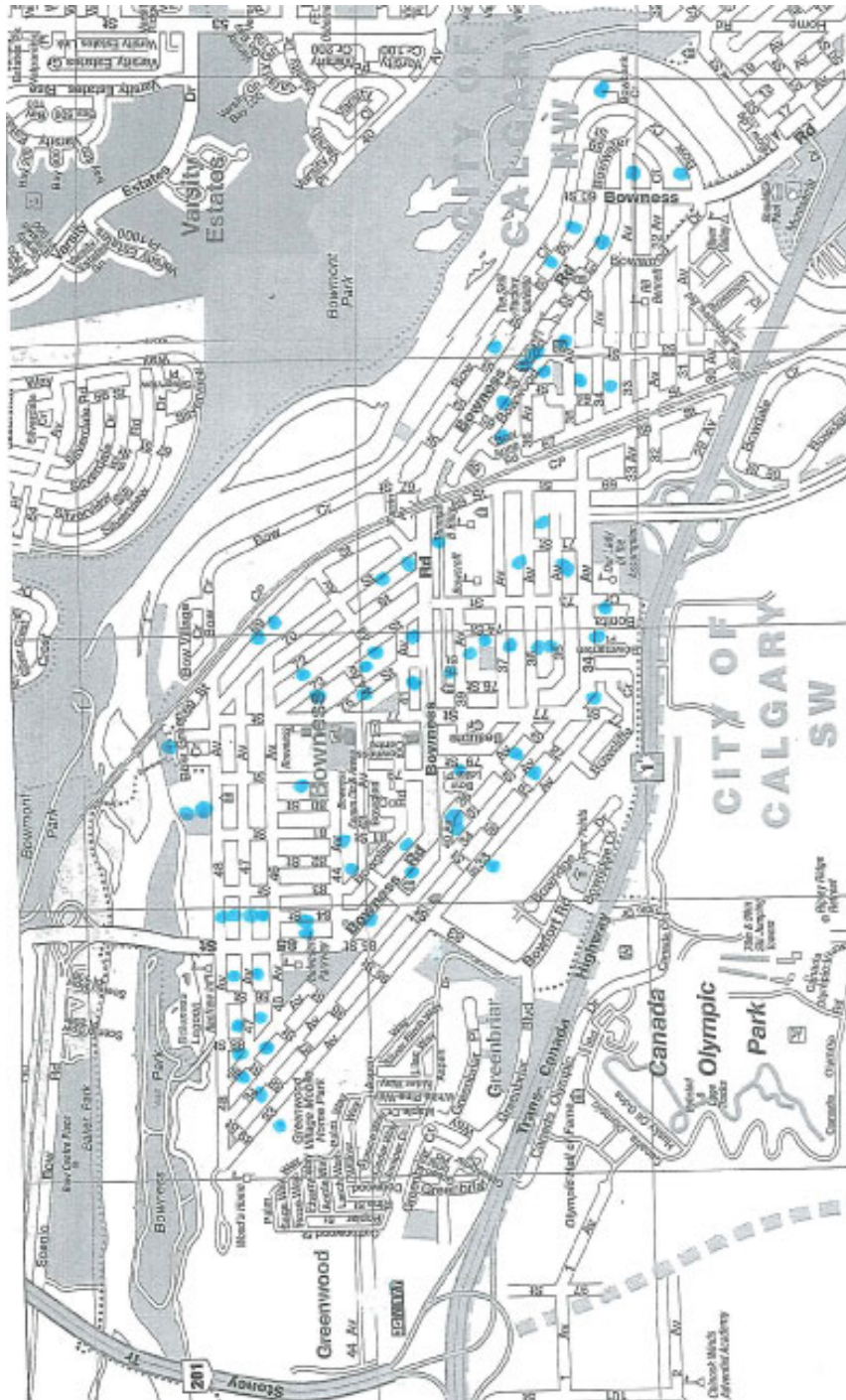
- | | |
|---------------------------|--------------------------|
| <input type="radio"/> Yes | <input type="radio"/> No |
|---------------------------|--------------------------|

Name: _____

Phone number: _____

Email: _____

APPENDIX C: MAP OF RESIDENTS SURVEYED



APPENDIX D: SKILLS AND PASSIONS



	Surveys	Comm. Chat	Youth groups	Harvest Fair	Total
Education	7	1	1		9
Early learning	3	4			7
Childcare	13	4			17
Teaching	8	9		2	19
	31	18	1	2	52
Art	14	1	3	3	21
Painting	11	1	1	2	15
Drawing	3	3		2	8
Crafts	19	1		1	21
Sewing	12	4		1	17
Yarnwork	4	1		2	7
Ceramics	3	0			3
Photography	1	2	1		4
	67	13	5	11	96
Theatre	4	1			5
Acting	2				2
Drama	2				2
Dancing	3	1	1		5
	11	2	1		14
Trades	5				5
Construction	13	1			14
Renovating	18			1	19
Specialty	2			1	3
Outdoors	4	1		1	6
Labour					
	42	2		3	47
Sports	7	2	3		12
Soccer	4		2		6
Basketball	4		1		5
Hockey	2				2
Badminton	2				2
Running	2	2	1	1	6
Other	12	10	9	4	35
	33	14	16	5	68

	Surveys	Comm. Chat	Youth groups	Harvest Fair	Total
Business		2			2
Office Admin.	9	1		1	11
Computers	21	4	5	1	31
Sales & Marketing	15				15
Non-profit	4				4
Graphic design	4	1			5
Other	3	5	1		9
	56	13	6	2	77
Hobbies					
Camping	3		1		4
Fishing	4	1			5
Movies	2	3			5
Health & fitness	5	1			6
Animals/pets	6	2			8
Cars	4				4
Other	9	11	4	1	25
	33	18	5	1	57
Music					
	8	4	1		13
Guitar	6				6
Piano	2				2
Singing	2	2	1		5
Band	1				1
Other instrument	6			1	7
	25	6	2	1	34
Around the home					
Cleaning	6	1	1		8
Organizational skills	4	1			5
Cooking	22	20	1	4	47
Gardening	16	14		5	35
Other		4	2		6
	48	40	4	9	101
Language Arts					
		3			3
French	2	1			3
English	5	3			8
Other language	1	2			3
Writing	13	8	1		22
Reading	9	17	1	1	28
Public speaking	4	2			6
	34	36	2	1	73

	Surveys	Comm. Chat	Youth groups	Harvest Fair	Total
Sciences	6				6
Environment	3				3
Health care	8	2			10
In home supports	5				5
Other	8				8
	30	2			32
Social Sciences	2				2
Relational skills	10	8	4	3	25
Organizing	10	4	3	1	18
Faith-related	4				4
Politics	3	1			4
Other	3	7		3	13
	32	20	7	7	66
Math	8	1		1	10
Driving	7			1	8
Beauty	3	2		1	6
Massage therapy	3				3
	6	2		1	9
Community	1				1
Bus routes	1	2			3
City history	2				2
Know people in Bowness	4	3	1	1	9
Know Bowness	8	5	1	1	15
Miscellaneous	1				1
Stocking shelves	1				1
Security	1				1
History	1				1
Serving	1				1
	4				4
	476	192	50	46	764

Ideas	Supports Needed
<p>Keeping/Creating essential services Post office x6 Library x6</p> <p>Major bank x3 Recreation Centre x2 Health Centre Multi-purpose centre Community Centre</p>	<p>New programs Education on how to get library card More computers and kids stations More school involvement Advocacy CBE and City of Calgary rules</p>
<p>New businesses Major grocery store Gym Movie theatre</p>	
<p>Friendship Centre x2</p>	
<p>Drive-in theatre x4 Non-drug Targeting families During the winter: movie nights in community centre. Business fair at the same time. Driver safety Silent Auction Cheap and/or donate to a program (proceeds go to a program) Connect seniors and youth lounge Theme movies Discussion groups Family day in the morning, Teen movies in the evening, Senior's movies with introduction by a senior.</p>	<p>Business sponsorship (local) Blockwatch, Safewalk Vendors (popcorn, pop) or donations Ads Local artist</p>

Ideas	Supports Needed
Website Related ideas: <i>Community Facebook</i> <i>Website Calendar</i> <i>Mybowness.com</i>	Money Webmaster Volunteers to update Meetings/e-mail list Volunteers to design different ways to get information Set up so community members can post Must be a member of website Postings approved by admin
Making Bowness a gated community	
Café open after 4pm x4 Multi-use/late night. Philo-café, music, art programs, theatre arts A place to hang out. Related ideas: <i>Coffee and 'Scream-type' place for</i> <i>children and mothers to have fun, a</i> <i>safe place to go x2</i> <i>Café with live music after supper x2</i> <i>Coffee or pub night.</i>	Location? Volunteers Fundraisers Grants Churches Late-seller
Bridging social gap	
Police presence	
Evening classes at library	
Adult/youth space Related ideas: Multi-age groups	
Block parties x3 Related ideas: Block party day in Bowness	Fire pits Movie projector Alcohol? What season, time? – Questions to consider Music, local musicians Everyone responsible for own plates, cups and utensils Bowness Park has a moveable fit pit Support form local businesses like the Bownesian Grocery Pot luck – bringing food Communication – flyers Support from City of Calgary Themed like a Halloween Party
Bowness 100-year celebrations x2	
M.O.N.day (Meet Our Neighbour day) Eg. 7pm people can go out their door for half an hour and meet their neighbours	

Ideas	Supports Needed
Community kitchens x2 Resident run and informal.	
Community gardens x2 Related ideas: Shared gardens (garden bank) Community herb garden	
Garbage cans on posts Hire a Bownesian as the gatherer	
Theatre group x2 Putting on plays. Related ideas: Fine and performing art nights	
Book clubs x3	Library Teenagers for safety and help Peers reading to peers
Open gym nights	High school
Bowness business book Why call a job from far away when you can get your neighbour? Related ideas: Bowness business coupon book	Volunteers Talk to churches, schools, realtors, businesses Submitting information to Bowest'ner Small grants Coordinating Help for new Canadians
People who are alone gather at a site during major holidays	
Bowness clothing line (Bownesians Boasting)	
Connect youth with the rest of the population Related ideas: Old and Young days (match-ups) Bowness club (connect youth with seniors at centre)	
Youth hang out x2 Teenager-safe places in evening hours	
Paint the pavement	City approval On main street Bowness park Connect with Montgomery
Beautification of Boys & Girls Club yard	
Local artists show/dance	
Meditation nights/yoga	
Build a new playground in Greenwood Park project with Calgary's After School Mentoring program at Greenwood Village.	
Walking group	www.fitfrog.com
Eddie's Hang Up "seconds", scratch & deal	

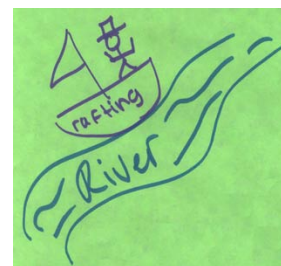
Ideas	Supports Needed
Support groups x4 Men's nights/Women's nights	
Repurposing Home Ec. at Bowness High	
Community rummage sale x3	
Bowness community closet x2 Shop and drop/exchange So many good clothes go to the WINS dumpster, something better can be done with their castaways	Sponsors Racks, hangers, shelving CALM community hours Carpenters, welders, plumbers, electricians Labels Coordinator and volunteers Needs WINS onboard BGCC a helping agency Need a room Signs Bra fittings (bro bono) Bags
Kite regatta Flying art	Volunteer engineers and carpenters Kites Artists Supplies Money Volunteers Public space Identify artists Creative space Wall space in businesses Kids/Parents Wind
Spoken Word nights	
Special nights	
Children's fishing contest from the bridges and river banks	
Better care for the environment x2 Better preservation of natural environment ponds.	
Fireworks	
Sports Football Soccer Related ideas: Annual sports events for every ages	
Nominate local joints for Diners/Drive-ins & Dines on Foot Network	
Shakespeare in the Park	
Continuing education art	
More programs at the library	

Ideas	Supports Needed
Cooking classes	
Cultural fair	
Jamboree for kids	
Welcome wagon x3 For new community members. Welcoming committee. With coupons based in Bowness.	
Immigrant support Multicultural welcome wagon	
Art Space x2 Places to hang and create art Local artist to attract people Related ideas: Art exhibits in local businesses with walking tours	
Conversation cafes like World Cafe	
Meeting places (more than one)	
Concerts and advertising about them Related ideas: Concerts in Bowness Park	
More support for animal rights	
Vegan bake sales/fairs (bakeries, restaurants, etc.)	
Zamboni competition	
Pay it Forward	
River Raft Competition	
A community mandala Local artists, urban youth works, paint the pavement, mini festivals	
Cycling festival with Bow Cycle	
Knit night	
Taste of Bowness	
Pumpkin carving contest	
Singles' night x2	
Greater police presence at Pig 'n Pint	
Skit day in the park	
Bike lanes and/or designed bike routes without vehicle traffic	

Note: Due to time constraints, residents at each table only chose one idea to expand upon into supports needed.

What do you like about Bowness?

- Variety of houses
- Original
- Playground
- Sense of community
- Schools
 - TB Riley
 - Bowness High
 - Lady of Assumption
- Angel's
- Stores
 - Proximity
 - Variety
 - Food
 - Owners
- Parks
- Trees
- Everyone knows everyone
- Rafting on the river



What are you good at?

- | | |
|---|--|
| <ul style="list-style-type: none"> • School • Being Silly • Sleeping • Art • Computer • Camping • Reading & Writing • Playing Hockey • Singing • Chores • Making Friends =] • Dancing (hip-hop) | <ul style="list-style-type: none"> • Cleaning • Facebook • Gaming • Painting • Video games • Sports <ul style="list-style-type: none"> ○ Basketball ○ Soccer ○ Rugby ○ Football ○ Lacrosse ○ Baseball |
|---|--|

What do you want to see change in Bowness?

- Change area for the bar
- Live theatre and plays outside!
- Less construction
- More fairs
 - Stampede
 - Block parties
 - Canada Day – 100 years old
- A play to spray paint
- Carnival
 - Winter Carnival
- Teen Dances
- Less garbage
- More planting
 - Trees
 - Flowers
- More kids want to move to Bowness
- Bowness Mascot
- Swimming pool



- Less vandalism
- More sports teams
- Less violence
- Attraction:
- New playgrounds
 - Stages
 - Concerts – all types
 - Water park
 - Skate park
 - Skating

How can you help create that change?

- Knowing volunteer opportunities
- Call the alderman
- Help organize
- Get involved
- Volunteering
 - Ref community teams
- Give ideas
- Volunteer at events (block party)
- Help fundraise (\$)
- Come to community events

How could the community help you create this change?

- Fundraise
- Supervisors
- Money
- Promotion
 - Help from agencies
- Resources
- Donations
- Planning Committee
- Others, Peoples opinions
- Info
 - Teaching/Mentoring
- Volunteers
- Bottle Drives
 - Scouts
 - Boys & Girls Clubs

Note: Above answers from one of the five focus groups.